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Subway (NZ)

Menu Prices — October 23, 2026

Subway (NZ) menu with prices in New Zealand, updated April 2025: 124 items across 8 categories, prices from $1.60 to $18.90.

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Subway (NZ) Menu with Prices (New Zealand)

Subway (NZ) menu with prices in New Zealand, updated April 2025: 124 items across 8 categories, prices from $1.60 to $18.90. Prices are collected by PriceListo and may vary by location. See the latest prices online at nz.pricelisto.com/menu-prices/subway-nz

Menu categories: Picked for you · Current Promotions · Subway Footlong® · Subway Six Inch® · Wraps · Sides/Extras · Drinks · Kids Pak™

Picked for you

ITEM	PRICE
Pack of 6 Cookies Don’t say we didn’t warn you, our cookies are irresistible.	**$7.40**
V Energy Drink 500ml	**$6.10**
Chicken Classic Subway Six Inch A Subway® classic – a tender chicken patty with a flavour-packed coating.	**$11.90**
Italian B.M.T. Subway Footlong The Subway® signature Italian B.M.T®. with layered pepperoni, salami and leg ham.	**$15.50**
Chicken Teriyaki Subway Footlong Tender chicken breast strips marinated in our signature teriyaki sauce. Try it with our Sweet Onion dressing.	**$17.20**

Current Promotions

ITEM	PRICE
BBQ Pulled Pork Subway Footlong Porc effiloché, cuit à feu doux avec un assaisonnement inspiré de Memphis, servi dans un pain footlong.	**$18.90**
BBQ Pulled Pork Subway Six Inch Porc effiloché cuit lentement, agrémenté d'un assaisonnement typique de Memphis, servi sur un pain de six pouces.	**$13.00**
BBQ Pulled Pork Wrap (Plain Wrap) Succulent, low and slow cooked pulled pork with a Memphis-style seasoning.	**$13.00**
BBQ Pulled Pork Wrap (Gluten Free Wrap) Succulent, low and slow cooked pulled pork with a Memphis-style seasoning.	**$14.80**

Subway Footlong®

ITEM	PRICE
Meatball Melt Subway Footlong Our signature meatballs in rich tomato marinara sauce.	**$15.10**
Chicken Classic Subway Footlong A Subway® classic – a tender chicken patty with a flavour-packed coating.	**$17.20**
Chicken Teriyaki Subway Footlong (Subway Footlong®) Morceaux de poulet tendres imbibés dans une sauce teriyaki maison, relevés par une touche de sauce Oignon Doux.	**$17.20**
Three Pepper Chicken Subway Footlong Made with succulent 100% chicken breast, coated in golden, lightly peppered breadcrumbs, peppery but mild.	**$18.60**
Chipotle Steak Melt Subway Footlong Juicy steak topped with your choice of melted cheese, add some freshly prepared salads and finish it off with a flavours...	**$18.60**
Pork Riblet Subway Footlong A succulent boneless pork riblet patty. Try it with BBQ sauce.	**$14.10**
Turkey Subway Footlong Tranches de poitrine de dinde servies dans un sandwich footlong. Accompagnez-les d'une touche de mayonnaise pour une sav...	**$15.90**

ITEM	PRICE
Leg Ham Subway Footlong Jambon de cuisse fumé avec soin. Savourez-le accompagné d'une sauce moutarde au miel.	**$14.10**
Veggie Delite with Avo Subway Footlong With creamy avocado and packed with your choice of wide selection of salads, cheese and sauces.	**$14.10**
Pizza Melt Subway Footlong Layered pepperoni and salami topped with our tomato marinara sauce and melty cheese.	**$14.10**
Italian B.M.T. Subway Footlong (Subway Footlong®) The Subway® signature Italian B.M.T®. with layered pepperoni, salami and leg ham.	**$15.50**
Roast Beef Subway Footlong Carved roast beef. Try it with sweet chilli sauce.	**$15.90**
Tuna and Mayo Subway Footlong Morceaux de thon enrobés d'une mayonnaise onctueuse.	**$15.50**
Chicken and Bacon Ranch Melt Subway Footlong Tender breast chicken strips, topped with flavoursome streaky bacon, and creamy ranch dressing	**$18.60**
Veggie Patty Subway Footlong A veggie patty packed with vegetables, spices and bursting with flavour.	**$15.40**
Smashed Falafel Subway Footlong A popular meat-free option – delicious falafel made with chickpeas, herbs and spices. Try it with garlic aioli.	**$15.40**
Chicken Strips Subway Footlong Tranches de poulet tendre.	**$16.90**
Buffalo Chicken Subway Footlong Morceaux de poitrine de poulet enrobés d'une sauce Buffalo épicée, accompagnés de votre choix de fromage bleu acidulé ou...	**$17.20**

Subway Six Inch®

ITEM	PRICE
Meatball Melt Subway Six Inch Our signature meatballs in rich tomato marinara sauce.	**$10.20**
Chicken Teriyaki Subway Six Inch Tender chicken breast strips marinated in our signature teriyaki sauce. Try it with our Sweet Onion dressing.	**$11.90**
Three Pepper Chicken Subway Six Inch Made with succulent 100% chicken breast, coated in golden, lightly peppered breadcrumbs, peppery but mild.	**$12.80**
Chipotle Steak Melt Subway Six Inch Juicy steak topped with your choice of melted cheese, add some freshly prepared salads and finish it off with a flavours...	**$12.80**
Pork Riblet Subway Six Inch Profitez d'un tendre patty de côtes de porc désossées, idéalement accompagné de sauce barbecue.	**$8.80**
Chicken and Bacon Ranch Melt Subway Six Inch Tender breast chicken strips, topped with flavoursome streaky bacon, and creamy ranch dressing.	**$12.80**
Buffalo Chicken Subway Six Inch Chicken breast strips marinated in spicy buffalo sauce. Try it with the tangy Blue Cheese or creamy Ranch dressing.	**$11.90**
Leg Ham Subway Six Inch Premium smoked leg ham. Try it with our honey mustard dressing.	**$8.80**
Veggie Delite with Avo Subway Six Inch With creamy avocado and packed with your choice of wide selection of salads, cheese and sauces.	**$8.90**
Turkey Subway Six Inch Tranches de poitrine de dinde accompagnées de notre mayonnaise onctueuse.	**$11.20**
Pizza Melt Subway Six Inch Tranches de pepperoni et salami superposées, nappées d'une sauce marinara maison, le tout gratiné avec du fromage fondu.	**$9.30**

ITEM	PRICE
Italian B.M.T. Subway Six Inch The Subway® signature Italian B.M.T®. with layered pepperoni, salami and leg ham.	**$10.70**
Roast Beef Subway Six Inch Carved roast beef. Try it with sweet chilli sauce.	**$11.20**
Tuna and Mayo Subway Six Inch Tuna chunks mixed with creamy mayonnaise.	**$10.90**
Veggie Patty Subway Six Inch A veggie patty packed with vegetables, spices and bursting with flavour.	**$11.20**
Smashed Falafel Subway Six Inch A popular meat-free option – delicious falafel made with chickpeas, herbs and spices. Try it with garlic aioli.	**$11.20**
Chicken Strips Subway Six Inch Des morceaux de poitrine de poulet savoureux et tendres.	**$11.50**
Chicken Classic Subway Six Inch (Subway Six Inch®) A Subway® classic – a tender chicken patty with a flavour-packed coating.	**$11.90**

Wraps

ITEM	PRICE
Meatball Melt Wrap (Plain Wrap) Our signature meatballs in rich tomato marinara sauce.	**$10.20**
Meatball Melt Wrap (Gluten Free Wrap) Our signature meatballs in rich tomato marinara sauce.	**$12.00**
Chicken Teriyaki Wrap (Plain Wrap) Morceaux de poitrine de poulet marinés dans notre sauce teriyaki maison, accompagnés de notre vinaigrette à l'oignon dou...	**$11.90**
Chicken Teriyaki Wrap (Gluten Free Wrap) Morceaux de poulet savoureux marinés dans notre sauce teriyaki maison. Parfait avec notre vinaigrette douce à l'oignon.	**$13.70**
Turkey Wrap (Plain Wrap) Turkey breast slices. Try with our delicious mayo.	**$11.20**
Turkey Wrap (Gluten Free Wrap) Turkey breast slices. Try with our delicious mayo.	**$13.00**
Chicken Classic Wrap (Plain Wrap) A Subway® classic – a tender chicken patty with a flavour-packed coating.	**$11.90**
Chicken Classic Wrap (Gluten Free Wrap) A Subway® classic – a tender chicken patty with a flavour-packed coating.	**$13.70**
Chipotle Steak Melt Wrap (Plain Wrap) Empreinte de tendres morceaux de steak, le tout agrémenté d'une sauce Chipotle aux saveurs fumées, ce wrap offre une exp...	**$12.80**
Chipotle Steak Melt Wrap (Gluten Free Wrap) Faux steak en dés juteux, nappé d'une sauce chipotle fumée, enveloppé dans une galette sans gluten.	**$14.60**
Chicken and Bacon Ranch Melt Wrap (Plain Wrap) Des morceaux de poulet juteux et tendres, accompagnés de lard croustillant et assaisonnés d'une riche sauce ranch crémeu...	**$12.80**
Chicken and Bacon Ranch Melt Wrap (Gluten Free Wrap) Tender breast chicken strips, topped with flavoursome streaky bacon, and creamy ranch dressing	**$14.60**
Buffalo Chicken Wrap (Plain Wrap) Chicken breast strips marinated in spicy buffalo sauce. Try it with the tangy Blue Cheese or creamy Ranch dressing.	**$11.90**
Buffalo Chicken Wrap (Gluten Free Wrap) Chicken breast strips marinated in spicy buffalo sauce. Try it with the tangy Blue Cheese or creamy Ranch dressing.	**$13.70**
Three Pepper Chicken Wrap (Plain Wrap) Rien	**$12.80**

ITEM	PRICE
Three Pepper Chicken Wrap (Gluten Free Wrap) Faux-filet de poulet enveloppé dans une galette sans gluten, enrobé de chapelure dorée et assaisonné de trois poivres po...	**$14.60**
Leg Ham Wrap (Plain Wrap) Premium smoked leg ham. Try it with our honey mustard dressing.	**$8.80**
Leg Ham Wrap (Gluten Free Wrap) Premium smoked leg ham. Try it with our honey mustard dressing.	**$10.60**
Chicken Strips Wrap (Plain Wrap) Tender chicken breast strips.	**$11.50**
Chicken Strips Wrap (Gluten Free Wrap) Tender chicken breast strips.	**$13.30**
Veggie Delite with Avo Wrap (Plain Wrap) Un wrap avec avocat crémeux, garni d'une variété de légumes frais de votre choix, accompagné de votre fromage préféré et...	**$8.90**
Veggie Delite with Avo Wrap (Gluten Free Wrap) With creamy avocado and packed with your choice of wide selection of salads, cheese and sauces.	**$10.70**
Pizza Melt Wrap (Plain Wrap) Layered pepperoni and salami topped with our tomato marinara sauce and melty cheese.	**$9.30**
Pizza Melt Wrap (Gluten Free Wrap) Layered pepperoni and salami topped with our tomato marinara sauce and melty cheese.	**$11.10**
Italian B.M.T. Wrap (Plain Wrap) Une délicieuse combinaison de pepperoni, salami et jambon cuit enveloppée dans une galette au goût neutre pour une expér...	**$10.70**
Italian B.M.T. Wrap (Gluten Free Wrap) Un généreux assortiment de pepperoni, salami et jambon de Paris enveloppé dans une galette sans gluten.	**$12.50**
Roast Beef Wrap (Plain Wrap) Carved roast beef. Try it with sweet chilli sauce.	**$11.20**
Roast Beef Wrap (Gluten Free Wrap) Carved roast beef. Try it with sweet chilli sauce.	**$13.00**
Veggie Patty Wrap (Plain Wrap) A veggie patty packed with vegetables, spices and bursting with flavour.	**$11.20**
Veggie Patty Wrap (Gluten Free Wrap) A veggie patty packed with vegetables, spices and bursting with flavour.	**$13.00**
Smashed Falafel Wrap (Plain Wrap) A popular meat-free option – delicious falafel made with chickpeas, herbs and spices. Try it with garlic aioli.	**$11.20**
Smashed Falafel Wrap (Gluten Free Wrap) A popular meat-free option – delicious falafel made with chickpeas, herbs and spices. Try it with garlic aioli.	**$13.00**
Pork Riblet Wrap (Plain Wrap) A succulent boneless pork riblet patty. Try it with BBQ sauce.	**$8.80**
Pork Riblet Wrap (Gluten Free Wrap) A succulent boneless pork riblet patty. Try it with BBQ sauce.	**$10.60**
Tuna and Mayo Wrap (Plain Wrap) Morue effilochée mélangée à une mayonnaise onctueuse.	**$10.90**
Tuna and Mayo Wrap (Gluten Free Wrap) Tuna chunks mixed with creamy mayonnaise.	**$12.70**

Sides/Extras

ITEM	PRICE
Meatball Mozza Pot Six boulettes de viande baignées dans une sauce marinara, coiffées d'une couche de mozzarella fondue.	**$4.20**

ITEM	PRICE
Cheesy Garlic Toastie These 3 tasty toasties flavours are the best addition to your sub. So simple yet so yummy! Try one today!	**$3.70**
Garlic and Herb Toastie These 3 tasty toasties flavours are the best addition to your sub. So simple yet so yummy! Try one today!	**$3.70**
Avocado Toastie These 3 tasty toasties flavours are the best addition to your sub. So simple yet so yummy! Try one today!	**$3.70**
Double Chocolate Chip Cookie Un duo de chocolat fondant dans chaque bouchée, alliant pépites moelleuses et une douceur cacaotée.	**$1.60**
White Chip Macadamia Nut Cookie Don’t say we didn’t warn you, our cookies are irresistible.	**$1.60**
Choc Chip MandM Cookie Un mélange gourmand de pépites de chocolat et de M&M's fondants, nichés dans chaque bouchée d'un biscuit moelleux.	**$1.60**
Chocolate Chip Cookie Don’t say we didn’t warn you, our cookies are irresistible.	**$1.60**
Oatmeal Raisin Cookie Don’t say we didn’t warn you, our cookies are irresistible.	**$1.60**
Pack of 2 Cookies Don’t say we didn’t warn you, our cookies are irresistible.	**$2.50**
Pack of 3 Cookies Don’t say we didn’t warn you, our cookies are irresistible.	**$3.70**
Pack of 6 Cookies (Sides/Extras) Don’t say we didn’t warn you, our cookies are irresistible.	**$7.40**
Pack of 12 Cookies Assortiment de 12 biscuits, chaque pièce offrant une douceur parfaite, allant du chocolat classique à des saveurs plus a...	**$12.40**

Drinks

ITEM	PRICE
Coca-Cola 600mL	**$5.50**
Coca-Cola No Sugar 600mL	**$5.50**
Coca-Cola Zero 600ml	**$5.50**
Coca-Cola Vanilla 600mL	**$5.50**
Coca-Cola Vanilla No Sugar 600ml	**$5.50**
Sprite 600ml	**$5.50**
Fanta Orange 600ml	**$5.50**
L and P 600mL	**$5.50**
Coca-Cola 420mL	**$4.60**
Coca-Cola No Sugar 420ml	**$4.60**
Pump Water 750mL	**$5.00**
Pump Lime 750ml	**$5.00**
Mini Pump 400mL	**$4.20**
V Energy Drink 350ml	**$5.70**

ITEM	PRICE
V Energy Drink 500ml (Drinks)	**$6.10**
Fuze Iced Tea Peach 500mL	**$5.60**
Fuze Iced Tea Lemon 500mL	**$5.60**
Powerade PET Berry Ice 750ml	**$5.80**
Powerade PET Mountain Blast 750mL	**$5.80**
Powerade Zero Mountain Blast 750ml	**$5.80**
Barista Bros Double Espresso Iced Coffee 500ml	**$5.60**
MOST Organic Juice 275mL	**$5.20**
MOST Apple Orange and Mango 275ml	**$5.20**
MOST Sparkling Apple Blackcurrant 275ml	**$5.20**
Orange Juice 350mL	**$4.60**
Keri Kids Apple Blackcurrant 250mL	**$4.00**

Kids Pak™

ITEM	PRICE
Ham Mini Sub Premium smoked leg ham 4-inch mini sub with a Wattie's Fruit Squirtz™ and 400ml Pump water.	**$9.80**
Turkey Mini Sub Un tendre morceau de poitrine de dinde, découpé avec soin, niché dans un pain de 4 pouces. Accompagné d'une boisson frui...	**$9.80**
Roast Beef Mini Sub Carved roast beef 4-inch mini sub with a Wattie's Fruit Squirtz™ and 400ml Pump water.	**$9.80**
Veggie Delite with Avo Mini Sub Veggie Delite™ with avo 4-inch mini sub with a Wattie's Fruit Squirtz™ and 400ml Pump water.	**$9.80**