

Meal Deal



21 oz.



or

or



2 Cookies

Swap Any Drink Or Size-Pay Price Difference

Kids' Meal

Includes Mini Sub with Apples & Low-fat Milk



- Turkey Breast
- Black Forest Ham
- Roast Beef
- Veggie Delite®

SUBWAY FRESH FIT® should not be considered a diet program. Fit Mini Subs on 9-grain wheat or Italian bread without cheese or condiments that contain fat.

Breakfast

6-inch Footlong

Served

egg or egg white



- Egg & Cheese
- Bacon, Egg & Cheese
- Black Forest Ham, Egg & Cheese
- Steak, Egg & Cheese

LEAVE THE CATERING TO US!

FAMILY GATHERINGS • OFFICE MEETINGS PARTIES • ANY OTHER OCCASION

SUBWAY® restaurants have many catering options available to you. Make it easy for yourself and order a SUBWAY TO GO™ Meal or a Giant Sub or choose one of our Sandwich Platter Options: SUBWAY FRESH FIT®, Classic Combo, Flavor Craver™ or create your own platter with any combination of our cold sandwich selections. Napkins and an assortment of SUBWAY® sauces, mayonnaise and mustard are supplied with each Giant Sub and Platter.



Sandwich Platters

ITEM	SERVES
Sandwich Platter	5-9

Cookie Platters

ITEM
36 Cookies

Giant Subs

LENGTH	SERVES
3 Feet	10-12
6 Feet	20-25

SUBWAY TO GO™ Meal



24 hours notice required for giant sub orders or a large catering order.

Recommended portions may vary based on type and size of group. Please consult the SANDWICH ARTIST™ for additional information.

SUBWAY TO GO™ Meal consists of a 6" or Footlong cold sub, 1 cookie, 1 side and a napkin. Your choice of side includes chips or apples. Packed in a stackable box. Convenient for outings and company meetings.

At SUBWAY® Restaurants, We Have Your Fresh Interests At Heart

Welcome to SUBWAY® Restaurants, where great taste and variety come together for your convenience. This menu represents our commitment to helping you discover and enjoy all the delicious choices SUBWAY® Restaurants have to offer.

We offer a variety of sandwiches and salads and encourage you to customize your order to satisfy your taste. Our menu includes a complete listing of ingredients to help you make informed choices – so you can either eat sensibly or splurge.

It's all here for you. So enjoy! We're glad you came.



Take-Out Menu



Menu and prices are subject to change without notice. www.subway.com

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Step 1

Your Menu Choices

Footlong Sub • 6-inch Sub • Salad • Flatbread

Step 2

Choose Your Bread

9-Grain Wheat • 9-Grain Honey Oat
Italian • Italian Herbs & Cheese • Flatbread

Step 3

Choose Your Cheese

American • Shredded Monterey Cheddar
Shredded Mozzarella

Step 4

Choose Your Veggies

Lettuce • Tomatoes • Cucumbers • Peppers
Red Onions • Spinach

More Variety?

Pickles • Olives • Banana Peppers • Jalapeños

Step 5

Choose Your Sauce

Fat Free per 0.75 oz (6") serving
Mustard • Sweet Onion • Red Wine Vinegar

Full Flavor

Light Mayo • Chipotle Southwest • Ranch
Mayo • Oil

Step 6

Make it a Meal

Choose Your Drink • Choose One Side



Meatball Marinara



Black Forest Ham



Cold Cut Combo
Ham, Salami and Bologna
(Turkey Based)



Turkey Breast



Italian B.M.T.
Pepperoni, Genoa Salami & Black Forest Ham



Oven Roasted Chicken

6-inch Footlong



Spicy Italian
Pepperoni, Genoa Salami



Veggie Delite®

6-inch Footlong



Tuna



Turkey Breast &
Black Forest Ham

Local Favorites

6-inch Footlong



Sweet Onion
Chicken Teriyaki

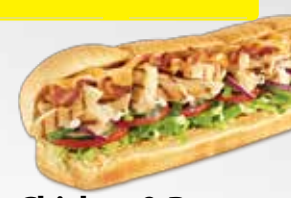


Steak & Cheese



Subway Club®
Turkey Breast, Black Forest Ham & Roast Beef

6-inch Footlong



Chicken & Bacon
Ranch Melt



Roast Beef

Chopped Salads

- Double Chicken
- Turkey Breast
- Spicy Italian
- Tuna
- Veggie Delite®



8 SUBS UNDER 350 CALORIES AND 6 GRAMS OF FAT

**SWEET ONION
CHICKEN TERIYAKI**
TURKEY BREAST
BLACK FOREST HAM

**TURKEY BREAST &
BLACK FOREST HAM**
SUBWAY CLUB®
ROAST BEEF

**OVEN ROASTED
CHICKEN**
VEGGIE DELITE®



6" Meals Certified
by the American
Heart Association
Includes apples and water

Extras per 6-inch portion

Bacon
Pepperoni

Double Meat
Extra Cheese

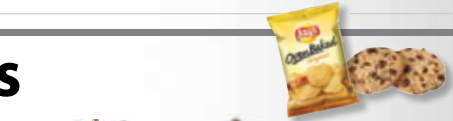
Double Meat refers to meat content only.

Drinks

Fountain
Bottled Beverage
Milk

Sides

Chips
Cookies



1 for _____ 3 for _____

Apples



To meet the American Heart Association nutritional criteria, certified meals include designated salads, 6" subs or 4" subs, built to standard formula, include apple slices and water. Visit Subway.com/heartcheck for details. While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.

SUBWAY FRESH FIT FOR KIDS™ Meals include designated 4-inch sub, apple slices and 8 oz. low-fat milk. Fat content refers to 6 inch subs on 9 grain wheat or white bread prepared to standard formula.

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Phone Order Form

Name: _____ Phone # _____ Pick Up Time: _____

- 6" 12" Salad Kid's Meal Toasted
 Flatbread Flatizza Meal
Check size 1 Side & 1 Drink

Italian 9 Grain Wheat 9 Grain Honey Oat Italian Herbs & Cheese Other: _____

All Day Sandwiches

- B.L.T.
 Big Philly Cheesesteak*
 Buffalo Chicken*
 Chicken & Bacon Ranch Melt
 Cold Cut Combo
 Egg & Cheese*
 Egg Salad**
 Ham
 Italian B.M.T.*
 Meatball Marinara
 Oven Roasted Chicken
 Roast Beef
 SO Chicken Teriyaki
 Spicy Italian
 Steak & Cheese
 Subway Club®
 Subway Melt®
 Tuna
 Turkey Breast
 Turkey Breast & Ham
 Veggie Deluxe®

Breakfast Sandwiches

- Bacon, Egg & Cheese White or Yellow
 Breakfast B.M.T.® Melt White or Yellow
 Egg & Cheese White or Yellow
 Ham, Egg & Cheese White or Yellow
 Steak, Egg & Cheese White or Yellow
 Sunrise Subway Melt® White or Yellow

- Cheese Flatizza™*
 Pepperoni Flatizza™*
 Spicy Italian Flatizza™*
 Veggie Flatizza™*

Flatizza™ Add-Ons*

- Extra Cheese Bacon
 Extra Pepperoni Other: _____

American*/Processed Cheddar** Monterey Cheddar Mozzarella*

Bacon Double Meat Pepperoni Extra Cheese

Lettuce Spinach* Tomatoes Cucumbers Gr. Peppers
 Onions **Upon Request:** Pickles Olives Jalapeños* B. Peppers

SAUCE: Honey Mustard Chipotle Southwest Sweet Onion Ranch
 Mayonnaise Light Mayonnaise Mustard Y or B Oil* Red Wine Vinegar*
 Salt / Pepper / Oregano / Parmesan House Sandwich Sauce** Other _____

DRINK:

16oz.** 21oz. 32 oz.** 40 oz.* Bottled Coffee
 Other: _____
 Flavor: _____ Quantity _____ Size _____

SIDES:

Chips Cookies Apples Yogurt** Soup Other: _____
 Flavor: _____ Quantity _____

COMMENTS: _____