

# MY SUBWAY MENU

Explore our latest delicious sandwiches, wraps, breakfast, salads, bowls, and more!

## Daily Deals & Featured Items

\$4.99 Sub of the Day | \$6.99 Meal of the Day | B.M.T.®: \$4.99 (590 Cals)

## 6" DELI FAVES

Cold Cut Combo®	\$3.99	520 Cals
Ham & Salami	\$3.99	510 Cals
B.L.T.	\$3.99	480 Cals
Spicy Pepperoni	\$3.99	520 Cals

## PROTEIN POCKETS

Baja Chicken	\$3.99	330 Cals
Peppercorn Ranch Chicken	\$3.99	330 Cals
Italian Trio	\$3.99	490 Cals
Turkey & Ham	\$3.99	320 Cals

## SANDWICHES

### STEAK

Steak Philly	\$8.09	510 Cals
Chipotle Philly	\$8.09	490 Cals

### CHICKEN

Chicken & Bacon Ranch	\$8.09	580 Cals
Honey Mustard	\$7.99	480 Cals
Sweet Onion Chicken Teriyaki®	\$7.99	430 Cals
Grilled Chicken	\$7.99	510 Cals

### ITALIANS

B.M.T.®	\$4.99	590 Cals
Spicy Italian	\$6.99	660 Cals
5 Meat Italian	\$9.59	670 Cals

Meatball Pepperoni	<b>\$7.49</b>	680 Cals
Meatball	<b>\$6.79</b>	550 Cals

## DELI CLASSICS

Cold Cut Combo®	<b>\$9.89</b>	1040 Cals
Ham & Salami	<b>\$10.99</b>	1020 Cals
B.L.T.	<b>\$8.69</b>	950 Cals
Spicy Pepperoni	<b>\$9.99</b>	1030 Cals
Oven-Roasted Turkey	<b>\$7.29</b>	470 Cals
Black Forest Ham	<b>\$6.79</b>	480 Cals
Roast Beef	<b>\$8.69</b>	500 Cals
Tuna	<b>\$7.09</b>	560 Cals
Veggie Delite®	<b>\$6.59</b>	310 Cals

## CLUBS & LOCAL FAVORITES

All American Club®	<b>\$7.99</b>	540 Cals
Subway Club®	<b>\$8.19</b>	500 Cals
Turkey & Ham	<b>\$7.19</b>	460 Cals
Pizza Sub	<b>\$6.99</b>	480 Cals
Veggie Patty	<b>\$7.39</b>	470 Cals

## FRESH FIT®

Grilled Chicken & Avocado	<b>\$10.89</b>	470 Cals
Ham & Turkey Stacker	<b>\$7.99</b>	290 Cals
Turkey & Ranch Delite	<b>\$7.99</b>	380 Cals
Seasoned Steak & Avocado	<b>\$10.99</b>	460 Cals

## PROTEIN BOWLS

### STEAK & CHICKEN

Steak Philly	<b>\$12.89</b>	630 Cals
Chicken & Bacon Ranch	<b>\$12.09</b>	760 Cals
Honey Mustard	<b>\$11.99</b>	570 Cals

Sweet Onion Chicken Teriyaki®	\$11.99	480 Cals
Grilled Chicken	\$11.99	620 Cals
ITALIANS & DELI CLASSICS		
B.M.T.®	\$11.69	790 Cals
Spicy Italian	\$9.99	920 Cals
5 Meat Italian	\$14.89	940 Cals
Meatball	\$9.89	860 Cals
Cold Cut Combo®	\$9.89	640 Cals
Ham & Salami	\$10.99	630 Cals
B.L.T.	\$8.69	560 Cals
Spicy Pepperoni	\$9.99	640 Cals
Oven-Roasted Turkey	\$10.89	570 Cals
Black Forest Ham	\$9.99	600 Cals
Roast Beef	\$12.99	610 Cals
Tuna	\$9.99	730 Cals

## CLUBS & LOCAL FAVORITES BOWLS

All American Club®	\$12.39	680 Cals
Subway Club®	\$12.99	410 Cals
Turkey & Ham	\$10.99	550 Cals
Pizza Sub	\$9.99	580 Cals
Veggie Patty	\$10.69	540 Cals

## WRAPS

Steak Philly Wrap	\$12.89	710 Cals
Chicken & Bacon Ranch Wrap	\$12.09	840 Cals
Honey Mustard Wrap	\$11.99	670 Cals
Sweet Onion Chicken Teriyaki® Wrap	\$11.99	640 Cals
Grilled Chicken Wrap	\$11.99	680 Cals
B.M.T. Wrap	\$11.69	870 Cals
Spicy Italian Wrap	\$9.99	1010 Cals
Cold Cut Combo® Wrap	\$9.89	720 Cals

Ham & Salami Wrap	<b>\$10.99</b>	710 Cals
B.L.T. Wrap	<b>\$8.69</b>	730 Cals
Spicy Pepperoni Wrap	<b>\$9.99</b>	770 Cals
Oven-Roasted Turkey Wrap	<b>\$10.89</b>	750 Cals
Black Forest Ham Wrap	<b>\$9.99</b>	670 Cals
Roast Beef Wrap	<b>\$12.99</b>	690 Cals
Tuna Wrap	<b>\$9.99</b>	910 Cals
Veggie Delite® Wrap	<b>\$9.29</b>	420 Cals
All American Club® Wrap	<b>\$12.39</b>	770 Cals
Subway Club® Wrap	<b>\$12.99</b>	710 Cals
Turkey & Ham Wrap	<b>\$10.99</b>	620 Cals
Pizza Sub Wrap	<b>\$9.99</b>	730 Cals
Veggie Patty Wrap	<b>\$10.69</b>	740 Cals

## BREAKFAST

Bacon, Egg & Cheese	<b>\$5.19</b>	550 Cals
Steak, Egg & Cheese	<b>\$5.39</b>	540 Cals
Egg & Cheese	<b>\$4.89</b>	470 Cals
Black Forest Ham, Egg & Cheese	<b>\$5.19</b>	500 Cals
Steak, Egg & Cheese Wrap	<b>\$8.39</b>	860 Cals
Black Forest Ham, Egg & Cheese Wrap	<b>\$7.19</b>	630 Cals
Egg & Cheese Wrap	<b>\$6.99</b>	740 Cals
Bacon, Egg & Cheese Wrap	<b>\$7.19</b>	900 Cals

## SALADS

Steak Philly Salad	<b>\$10.48</b>	450 Cals
Chicken & Bacon Ranch Salad	<b>\$10.48</b>	490 Cals
Honey Mustard Salad	<b>\$10.38</b>	480 Cals
Sweet Onion Chicken Teriyaki® Salad	<b>\$10.38</b>	250 Cals
Grilled Chicken Salad	<b>\$10.38</b>	440 Cals
B.M.T.® Salad	<b>\$9.88</b>	530 Cals
Spicy Italian Salad	<b>\$9.38</b>	600 Cals

5 Meat Italian Salad	\$11.98	600 Cals
Meatball Salad	\$9.18	520 Cals
Cold Cut Combo® Salad	\$6.38	460 Cals
Ham & Salami Salad	\$6.38	450 Cals
B.L.T. Salad	\$6.38	420 Cals
Spicy Pepperoni Salad	\$6.38	490 Cals
Oven-Roasted Turkey Salad	\$9.68	420 Cals
Black Forest Ham Salad	\$9.18	430 Cals
Roast Beef Salad	\$11.08	440 Cals
Tuna Salad	\$9.48	400 Cals
Veggie Delite® Salad	\$8.98	140 Cals
All American Club® Salad	\$10.38	480 Cals
Subway Club® Salad	\$10.58	240 Cals
Turkey & Ham Salad	\$9.58	410 Cals
Pizza Sub Salad	\$9.38	320 Cals
Veggie Patty Salad	\$9.78	300 Cals

## FRESH FIT FOR KIDS®

Black Forest Ham for Kids	\$4.29	180 Cals
Oven-Roasted Turkey for Kids	\$4.59	170 Cals
Veggie Delite® for Kids	\$3.99	140 Cals

## PERSONAL PIZZA

Personal Cheese Pizza	\$5.29	700 Cals
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## SNACKS, SIDES & DESSERTS

Simply Cheetos® Puffs White Cheddar	\$1.69	200 Cals
Lays® Classic	\$1.79	240 Cals
SunChips® Harvest Cheddar®	\$1.79	210 Cals
Miss Vickie's® Jalapeño	\$1.79	210 Cals
Doritos® Nacho Cheese	\$1.59	260 Cals
Lays® Baked Original	\$1.79	130 Cals

GoGo squeeZ® Apple Apple	\$1.59	70 Cals
6 Pack Cookie Box	\$4.18	-
COOKIES		
Chocolate Chip	\$0.69	210 Cals
Oatmeal Raisin	\$0.69	200 Cals
White Chip Macadamia Nut	\$0.69	220 Cals
Double Chocolate	\$0.69	210 Cals
Raspberry Cheesecake	\$0.69	210 Cals

## DRINKS (BOTTLED & FOUNTAIN BEVERAGES)

Honest Kids® Super Fruit Punch	\$1.69	35 Cals
1% Low Fat Milk	\$1.69	110 Cals
Dr Pepper®	\$2.19	360 Cals
Brisk® Raspberry	\$2.19	180 Cals
Pepsi® Zero Sugar	\$2.19	0 Cals
Tropicana® Lemonade	\$2.19	380 Cals
Starry®	\$2.19	360 Cals
Mountain Dew®	\$2.19	420 Cals
Pepsi®	\$2.19	380 Cals
Mug Root Beer	\$2.19	360 Cals
Gallon Beverage	\$7.79	-

### SUBWAY ALLERGEN INFORMATION

Have food allergies or dietary restrictions? Before placing your order, please consult the complete Subway Allergen Menu at your local store or online to see which items may contain common allergens such as wheat, milk, eggs, soy, sesame, fish, or tree nuts.