

Feast your eyes on our mouthwatering selection of low-fat, high-taste sandwiches, each with only 6 grams of fat or less. Enjoy a different one every day of the week!

7 subs with 6 grams of fat or less™



Savory Turkey Breast

Savory Turkey Breast & Ham

Oven Roasted Chicken Breast

Sweet Onion Chicken Teriyaki

Teriyaki Glazed Chicken Breast Strips with Sweet Onion Sauce

Honey Mustard Ham

Ham with Honey Mustard Sauce

Roast Beef

Turkey Breast, Ham & Roast Beef

When you have a craving for a hearty meal, nothing hits the spot like our SUBstantial selections, made fresh and served hot to satisfy your appetite.

HOT



Meatball Marinara

Meatballs with Marinara Sauce

Italian B.M.T.®

Pepperoni, Genoa Salami & Ham (served hot or cold)

Chipotle Southwest Cheese Steak

Cheese, Steak cooked w/Onions & Peppers with Chipotle Southwest Sauce

Cheese Steak

Cheese, Steak cooked w/Onions & Peppers

Dijon Turkey Breast, Ham & Bacon Melt

Cheese, Bacon, Turkey & Ham with Dijon Horseradish Sauce

Turkey Breast, Ham & Bacon Melt

Cheese, Bacon, Turkey & Ham

It's Your Choice



Fresh Ingredients

All sandwiches can be made with your choice of cheese, red onions, lettuce, tomatoes, cucumbers, pickles, green peppers, hot peppers, olives, salt and pepper.

Fresh Baked Breads

Choose one of our freshly baked breads – Italian, Wheat, Parmesan Oregano, Honey Oat, Italian Herbs & Cheese, Deli-Style Roll, or Wrap.

M-m-m...Original, irresistible Subway® classics... piled high with your favorite fixings.

What'll you have today?



Veggie Delite®

Classic Tuna

Classic Tuna is made with light mayonnaise.

Subway® Seafood Sensation

Subway® Seafood Sensation is a processed seafood and crab blend made with light mayonnaise.

Cold Cut Combo

Ham, Salami, Bologna (all Turkey-based)

Counting carbs or fat grams? Count on Subway® for the best tasting salads. Each one is made with the freshest ingredients. Topped off with a tangy dressing for a highly satisfying meal. Make any 6-inch Sub a Salad.

Subway® fresh SALADS™



Garden Fresh with Red Wine Vinaigrette

Romaine & Iceberg Lettuce, Baby Spinach, Grape Tomatoes, Olives, Shredded Carrots, Red Onions, Cucumbers, and Green Peppers with Red Wine Vinaigrette

Mediterranean Chicken

Romaine & Iceberg Lettuce, Baby Spinach, Chicken Strips, Cucumbers, Red Onions, Grape Tomatoes, Olives, Shredded Carrots, Green Peppers, and Feta Cheese with Greek Vinaigrette

Classic Club

Romaine & Iceberg Lettuce, Baby Spinach, Red Onions, Cucumbers, Green Peppers, Olives, Turkey, Ham, Shredded Monterey Cheddar Cheese, Diced Eggs, and Bacon with Carb-Controlled Ranch

Grilled Chicken & Baby Spinach

Baby Spinach, Red Onions, Chicken Strips, Shredded Monterey Cheddar Cheese, Diced Eggs, and Bacon with Atkins® Sweet as Honey Mustard

Dressings: Carb-Controlled Ranch, Greek Vinaigrette, Atkins® Sweet as Honey Mustard or Red Wine Vinaigrette

Counting carbs doesn't mean you have to give up taste. Try our delicious wraps and see for yourself. Make any 6-inch Sub a Wrap.

Subway® fresh WRAPS™

under 11 net carbs!

Chicken & Bacon Ranch

Chicken Breast Strips, Shredded Swiss Cheese, Bacon, Red Onions, Lettuce, Tomatoes, Pickles, Green Peppers and Olives with Carb-Controlled Ranch

Turkey Breast & Bacon Melt

Turkey, Shredded Monterey Cheddar Cheese, Bacon, Red Onions, Lettuce, Tomatoes, Pickles, Green Peppers and Olives with Chipotle Southwest Sauce

Turkey Breast & Ham

Turkey, Ham, Red Onions, Lettuce, Tomatoes, Pickles, Green Peppers and Olives with Carb-Controlled Ranch



Our wraps contain wheat, soy and sesame flour.

Customizing your Subway® sandwich means we'll make it anyway you want it. So feel free to ask for extra cheese or bacon on your sub.

And discover Subway® for catering. It will make a big hit at your next party, tailgate or office lunch. Don't forget the drinks, chips and cookies.

Extras & CATERING



Extras

Bacon

Double Meat

Extra Cheese

Catering

Platters

Giant Subs

Giant sub orders should be placed 24 hours in advance. Giant sub and platter orders may require a deposit.

Add a Delicious Sauce

Enhance the flavor of your favorite sandwich by adding one of our delicious sauces: Oil, Vinegar, Mustard, Mayonnaise, Chipotle Southwest Sauce, Dijon Horseradish Sauce, Sweet Onion Sauce, Honey Mustard Sauce or Red Wine Vinaigrette



Relax, you're at Subway®, so you can afford the little extras that complete your meal!



Drinks

Cookies

Chips

Subway® packs extra helpings of taste and fun into these nutritious meals kids love.



Kids' Pak® Includes: Fresh Deli-Style Sandwich, Fruit Roll-Ups® Fruit Snack, Minute Maid® 100% Juice Fruit Punch & Toy!

Deli-Style Sandwiches

Ham

Classic Tuna

Classic Tuna is made with light mayonnaise.

Savory Turkey Breast

Roast Beef

*Minute Maid® is a registered trademark of The Coca-Cola Company. ©2004 General Mills. Fruit Roll-Ups® is a registered trademark of General Mills used with permission.



Customize Your Fresh Value Meal® Add a 21 oz. Drink and Your Choice of Chips OR 2 Cookies