

U.S. NUTRITION INFORMATION July 2022

	erving Si	ries	l Fat	Fat (g)	s Fat	(mg)	Sodium (m	arbohydr	Dietary Fib	ars (g)	guS be	Protein(g)	min A	min C	% mni	Iron % DV
2,000 calories a day is used for general nutrition advice, but calorie needs vary.	Serv	Calories	Total	Sat.	Trans	Chol.	Sodi	Carb	Dieta	Sugars	Added	Prot	Vitamin	Vitamin	Calcium	Iron
SANDWICHES				U U												
6" Subway Series Sandwiches	Double	values fo	or footlo	ng nutri	tion info	rmation	(one foo	tlong=t	wo 6" se	rvings)						
#1 The Philly	192	480	25	9	1	85	1120	37	1	3	3	31	10	15	20	15
#2 The Outlaw #3 The Monster	192 207	440 540	21 29	9	1	90 105	1210 1250	37 39	1	3	5 4	30 35	10	25 15	20 4	15 20
#4 Supreme Meats #5 Bella Mozza	245 245	500 420	28 18	10 7	0	75 60	1730 1410	41	2	5	4	26 27	15 25	30 20	10 10	15 15
#6 The Boss	257	580	31	14	1	80	1480	49	4	7	4	29	10	30	15	20
#7 The MexiCali (with Smashed Avocado) #7 The MexiCali (with Sliced Avocado)	276 269	500 480	27 25	9	0	90 90	1290 1160	40 40	4	4	4	29 29	20 20	25 25	20 20	15 15
#8 The Great Garlic #9 The Champ	242 192	470 440	24 22	8	0	85 85	1200 1020	38 37	2	3	2	31 28	15 10	15 15	10 4	15 15
#10 All-American Club® #11 Subway Club®	225 254	450 460	24 20	7	0	60 65	1290 1200	39 41	1 4	5 7	3	25 29	15 15	15 6	6 10	20 20
#12 Turkey Cali Club (with Smashed Avocado)	275	590	34	10	0	70	1260	43	6	7	3	31	25	8	10	20
#12 Turkey Cali Club (with Sliced Avocado)	268	570	32	10	0 tion info	70	1140	42	6	6 ryinac)	3	31	25	10	10	20
6" Build Your Own Sandwiches 6" Black Forest Ham	219	270	4	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0	30	(one foo 810	41	4 4	6	3	18	30	15	2	15
6" Buffalo Chicken (with Grilled Chicken)	248	340	12	3	0	55	1360	39	2	4	2	24	25	20	2	15
6" Chicken & Bacon Ranch (with Rotisserie-Style Chicken) 6" Cold Cut Combo	256 213	530 280	29 10	11 3	0	105 45	1200 980	39 38	2	5 4	3	34 17	25 15	15 20	20 6	15 15
6" Italian BMT®	213	360	16	6	0	50	1160	39	2	4	2	19	15	30	4	15
6" Meatball Marinara 6" Oven Roasted Turkey	205 219	410 260	18 3	7	0	40 25	1080 790	48 39	4	6	2	20	10 30	25 15	6 2	20 20
6" Roast beef 6" Rotisserie-Style Chicken	233	300 300	5 6	2	0	40 50	740 710	41 39	4	7 5	3	22	30 30	15 15	2	20 15
6" Spicy Italian	208	430	24	9	0	60	1280	39	2	4	2	19	15	35	4	15
6" Steak & Cheese (with American cheese) 6" Sweet Onion Chicken Teriyaki	161 262	320 340	10 4	5 1	0	65 50	1020 790	37 54	1 4	3 22	3 14	25 24	6 30	15 20	6 4	15 15
6" Tuna 6" Vegqie Delite®	223 162	430 200	25 2	5 0	0	40 0	670 320	37 39	1 4	4 5	2	19 8	15 30	20 15	2	15 10
6" Limited Time Offer/Regional Subs**							(one foo				Z		30	15	2	10
6" Big Hot Pastrami**	213	470	26	9	0	80	1780	38	1	4	2	27	8	8	8	25
6" B.L.T**	151	330	14	5 1	0	35	700	37	1	4	3	17	10	15	2	15 15
6" Grilled Chicken** 6" Oven Roasted Chicken**	233 233	280 280	4 5	1	0	50 45	530 620	40	4	6	2	24 21	30	20 15	2	15
6" Oven Roasted Turkey and Ham** 6" Pizza Sub**	219 165	270 420	4 23	1 10	0	25 60	800 1480	40	4	6 5	2	19 18	30 15	15 30	2 10	15 15
6" Veggie Patty**	247	380	11	1	0	0	640	56	12	7	2	14	30	15	2	10
Footlong Pro Subway Series Sandwiches #1 The Philly	Values 525	include f 1190	ootlong 60	portions 21	of vege	tables a 285	and chee: 3140	se and d 78	louble fo 3	otlong p	ortion o	of protein 95	20	30	35	45
#2 The Outlaw	525	1120	52	21	1 2	295	3330	78	3	8	12	93 114	20	45	45	45
#3 The Monster #4 Supreme Meats	585 662	1470 1440	80 88	30 32	2	355 280	3750 5550	83 89	4	11 13	10	82	25 35	30 70	10 25	50 45
#5 Bella Mozza	647	1030	44	17	0	205	4290	89 128	3 14	15 25	12 12	80 91	50	45	25	35
#5 Bella Mozza #6 The Boss #7 The MexiCali (with Smashed Avocado)	647 828 693	1030 1810 1190	44 108 62	17 46 20	5 0	270 280	4290 4950 3360	128 81	14 8	25 9	12 9	91 87	50 50 40	45 100 45	25 45 45	35 70 30
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado)	647 828	1030 1810 1190 1140	44 108 62 57	17 46 20 19	5	270 280 280	4290 4950 3360 3110	128	14	25	12 9 9	91	50 50 40 45	45 100 45 50	25 45 45 45	35 70 30 35
#5 Bella Mozza #6 The Boss #7 The MexiCali (with Smashed Avocado) #7 The MexiCali (with Sliced Avocado) #8 The Great Garlic #9 The Champ	647 828 693 679 655 525	1030 1810 1190 1140 1290 1070	44 108 62 57 69 52	17 46 20 19 22 18	5 0 0 1	270 280 280 310 275	4290 4950 3360 3110 3530 2830	128 81 80 79 75	14 8 8 4 3	25 9 9 11 7	12 9 9 8 5	91 87 87 101 86	50 50 40 45 35 25	45 100 45 50 30 30	25 45 45 45 45 25 8	35 70 30 35 35 35
#5 Bella Mozza #6 The Boss #7 The MexiCali (with Smashed Avocado) #1 The MexiCali (with Sliced Avocado) #8 The Great Garlic	647 828 693 679 655	1030 1810 1190 1140 1290	44 108 62 57 69	17 46 20 19 22 18 20 13	5 0	270 280 280 310	4290 4950 3360 3110 3530	128 81 80 79	14 8 8 4	25 9 9 11	12 9 9 8	91 87 87 101	50 50 40 45 35	45 100 45 50 30	25 45 45 45 25	35 70 30 35 35
#5 Bella Mozza #6 The Boss #7 The MexiCali (with Smashed Avocado) #1 The MexiCali (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Cali Club (with Smashed Avocado)	647 828 693 679 655 525 592 693	1030 1810 1190 1140 1290 1070 1190 1140 1460	44 108 62 57 69 52 64 46 83	17 46 20 19 22 18 20 13 25	5 0 0 1	270 280 280 310 275 210 220 225	4290 4950 3360 3110 3530 2830 3890 3790 3820	128 81 80 79 75 82 87 88	14 8 8 4 3 3 8	25 9 9 11 7 13 16	12 9 9 8 5 9	91 87 87 101 86 81 94	50 50 40 45 35 25 35 35 50	45 100 45 50 30 30 30 15	25 45 45 45 25 8 15 20 25	35 70 30 35 35 30 50 60
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Sliced Avocado) Footlong Pro Build Your Own Sandwiches	647 828 693 679 655 525 592 693 694 680 Values	1030 1810 1190 1140 1290 1070 1190 1140 1460 1410	44 108 62 57 69 52 64 46 83 78	17 46 20 19 22 18 20 13 25 24 portions	5 0 0 1 1 1 1 1 1 s of vege	270 280 280 310 275 210 220 225 225 225	4290 4950 3360 3110 3530 2830 3890 3790 3820 3570 and chee	128 81 80 79 75 82 87 88 87 se and d	14 8 8 4 3 3 8 11 11 ouble fo	25 9 9 11 7 13 16 15 15 otlong p	12 9 9 8 5 9 10 7 7 ortion o	91 87 87 101 86 81 94 94 94	50 50 40 45 35 25 35 35 50 50	45 100 45 50 30 30 30 15 15 25	25 45 45 45 25 8 15 20 25 25	35 70 30 35 35 30 50 60 60
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Call Club (with Snashed Avocado) #12 Turkey Call Club (with Sliced Avocado)	647 828 693 679 655 525 592 693 694 680 Values	1030 1810 1190 1140 1290 1070 1190 1140 1460 1410	44 108 62 57 69 52 64 46 83 78	17 46 20 19 22 18 20 13 25 24	5 0 0 1 1 1 1 1 1	270 280 280 310 275 210 220 225 225	4290 4950 3360 3110 3530 2830 3890 3790 3820 3570 and chee: 2610	128 81 80 79 75 82 87 88 87	14 8 8 4 3 3 8 11	25 9 9 11 7 13 16 15	12 9 9 8 5 9 10 7	91 87 87 101 86 81 94 94	50 50 40 45 35 25 35 35 50	45 100 45 50 30 30 30 15	25 45 45 45 25 8 15 20 25	35 70 30 35 35 30 50 60
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Sliced Avocado) Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken)	647 828 693 679 655 525 592 693 694 680 Values 552 665	1030 1810 1190 1140 1290 1070 1190 1140 1460 1410 670 840	44 108 62 57 69 52 64 46 83 78 ootlong 12 27	17 46 20 19 22 18 20 13 25 24 portions 4 6	5 0 0 1 1 1 1 1 1 1 5 of vege 0	270 280 280 310 275 210 220 225 225 225 2110 215 345	4290 4950 3360 3110 3530 2830 3890 3790 3570 nd chee: 2610 3830 3540	128 81 80 79 75 82 87 88 87 se and d 88	14 8 8 4 3 3 8 11 11 11 ouble fo 8 4	25 9 9 11 7 13 16 15 15 15 10 11	12 9 9 8 5 9 10 7 7 7 vortion o	91 87 87 101 86 81 94 94 94 5 protein 55 81	50 50 40 45 35 25 35 50 50 60 70 45	45 100 45 50 30 30 30 15 15 25 30 40	25 45 45 45 25 8 15 20 25 25 25 6 6	35 70 30 35 35 30 50 60 60 70 30 35 40
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Sliced Avocado) Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken)	647 828 693 679 655 525 592 693 694 680 Values 552 665	1030 1810 1190 1140 1290 1070 1190 1140 1460 1410 include f 670 840	44 108 62 57 69 52 64 46 83 78 ootlong 12	17 46 20 19 22 18 20 13 25 24 portions 4 6	5 0 0 1 1 1 1 1 1 s of vege	270 280 280 310 275 210 220 225 225 225 110 215	4290 4950 3360 3110 3530 2830 3890 3790 3820 3570 and chee: 2610 3830	128 81 80 79 75 82 87 88 87 se and d	14 8 8 4 3 3 8 11 11 ouble fo	25 9 9 11 7 13 16 15 15 otlong p	12 9 9 8 5 9 10 7 7 ortion o	91 87 87 101 86 81 94 94 94 95 protein 55	50 50 40 45 35 25 35 50 50 60 70	45 100 45 50 30 30 30 15 15 25	25 45 45 45 25 8 15 20 25 25 25 6 6	35 70 30 35 35 30 50 60 60 70
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Sliced Avocado) Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold Cut Combo Italian BMT® Meatball Marinara	647 828 693 679 655 525 592 693 694 680 Values 552 665 684 553	1030 1810 1190 1140 1290 1070 1190 1140 1440 1410 include f 670 840 1410 790 1080 1310	44 108 62 57 69 52 64 46 83 78 ootlong 12 27 78 35 61 66	17 46 20 19 22 18 8 20 13 25 24 portions 4 6 29 8 22 27	5 0 0 1 1 1 1 1 1 1 1 5 of vege 0 0 1 0	270 280 280 310 275 210 220 225 tables a 110 215 345 185 205	4290 4950 3360 3110 3530 2830 3890 3790 3820 3570 nd chee: 2610 3830 3540 3200 3920 3560	128 81 80 79 75 82 87 88 87 se and d 88 80 78 84	14 8 8 4 3 3 8 11 11 ouble fo 8 4 4 3 4	25 9 9 11 7 13 16 15 15 10 11 9 10 25	12 9 9 8 5 9 10 7 7 Portion of 8 8 5 6 12	91 87 87 101 86 81 94 94 94 55 81 107 51 61 66	50 50 40 45 35 25 35 50 50 60 70 45 25 25 50	45 100 45 50 30 30 30 15 15 25 30 40 40 80 80	25 45 45 45 25 8 15 20 25 25 40 40 20 8	35 70 30 35 35 30 50 60 60 70 30 35 40 40 40
#5 Bella Mozza #6 The Boss #7 The MexiCali (with Smashed Avocado) #7 The MexiCali (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Cali Club (with Smashed Avocado) #12 Turkey Cali Club (with Sliced Avocado) #12 Turkey Cali Club (with Sliced Avocado) #18 Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold Cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef	647 828 693 679 655 525 592 693 694 684 552 665 684 553 553 553 687 552 608	1030 1810 1190 1140 1290 1070 1140 1460 1410 670 840 1410 790 1080 1310 640 780	44 108 62 57 69 52 64 46 83 77 78 35 61 66 9	17 46 20 19 22 18 20 13 25 24 portions 4 6 29 8 22 27 2 5	5 0 0 1 1 1 1 1 1 1 1 1 5 of vege 0 0 0 1 1 0 1 0	270 280 280 310 275 210 220 225 225 225 345 110 215 345 185 205 155	4290 4950 3360 3110 3530 2830 3890 3790 3820 3790 mid chee 2610 3830 3540 3200 3920 3560 2540 2330	128 81 80 79 75 82 87 88 87 se and d 88 80 80 78 84 123 80 87	14 8 8 4 3 3 8 11 11 0uble fo 8 4 4 3 3 4 13 8	25 9 9 11 7 13 16 15 15 15 10 11 9 10 25 12	12 9 8 5 9 10 7 7 7 Portion of 8 5 8 5 6 12 5	91 87 87 101 86 81 94 94 94 97 97 97 97 107 55 81 107 51 61 66 62 73	50 50 40 45 35 35 35 50 50 70 45 25 25 50 60 60	45 100 45 50 30 30 30 15 25 30 40 30 40 80 80 80 30	25 45 45 45 25 8 15 20 25 25 25 6 6 40 20 8 20 6 6	35 70 30 35 35 35 30 50 60 60 70 30 35 40 40 40 60 60
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #11 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Sliced Avocado) Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold Cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken	647 828 693 679 655 525 592 694 680 Values 552 668 553 553 687 553 687 696 698	1030 1810 1190 1190 1070 1190 1140 1410 include f 670 840 1410 790 1080 1310 640 780	44 108 62 57 69 52 64 46 83 78 ootlong 12 27 78 35 61 66 9 16	17 46 20 19 22 18 20 13 25 24 portions 4 6 29 8 22 27 2 5 5	5 0 0 1 1 1 1 1 1 1 1 5 of vege 0 0 0 1 1 4	270 280 280 310 275 210 220 225 225 225 345 110 215 345 185 205 155 100 155	4290 4950 3360 3110 2830 3890 3570 3570 3610 3820 3570 3200 3560 22540 2330 2220	128 81 80 79 75 82 87 88 87 se and d 88 80 78 84 123 80 87	14 8 8 4 3 3 8 11 11 ouble fo 8 4 4 4 3 4 13 8	25 9 9 11 7 13 16 15 15 15 10 11 9 10 25 12 17	12 9 9 8 5 9 10 7 7 7 ortion o 8 5 8 5 6 12 5	91 87 87 101 86 81 94 94 94 55 81 107 55 81 61 66 62 73	50 50 40 45 35 25 35 50 50 60 70 45 25 50 60 60 60 60 60	45 100 45 50 30 30 30 15 15 25 30 40 40 80 80 30 30 40 80 80 30 30 40 80 80 80 80 80 80 80 80 80 80 80 80 80	25 45 45 45 25 8 15 20 25 25 6 6 40 20 8 20 6 6	35 70 30 35 35 30 50 60 60 70 30 35 40 40 40 60 60 60 30
#5 Bella Mozza #6 The Boss #7 The MexiCali (with Smashed Avocado) #7 The MexiCali (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Cali Club (with Smashed Avocado) #12 Turkey Cali Club (with Sliced Avocado) #12 Turkey Cali Club (with Sliced Avocado) #18 Black Forest Ham Buffalo Chicken (with Grilled Chicken) Cold Cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken Spicy Italian Steak & Cheese (with American cheese)	647 828 693 679 655 525 592 693 694 680 Values 665 684 553 553 687 552 608 609	1030 1810 1190 1190 1070 1190 1140 1460 1410 1460 1410 790 1080 1310 640 780 790 1360 860	44 108 62 57 69 52 64 46 83 78 001long 12 27 78 35 61 66 9 16	17 46 20 19 22 18 20 13 25 24 portions 4 6 29 8 22 27 2 5 5 5 13	5 0 0 1 1 1 1 1 1 1 1 0 0 0 1 1 0 0 0 1 1 0 0 0 1 1 0	270 280 280 310 275 210 220 225 tables a 110 215 345 1205 155 100 155 210 250 245	4290 4950 3360 3310 2830 3890 3790 3820 3570 nd chee 2610 3830 3540 3200 3920 2540 2330 2220 4420 2940	128 81 80 79 75 82 87 88 87 88 80 80 80 80 80 84 123 80 87 88	14 8 8 4 3 3 8 11 11 ouble fo 8 4 4 3 4 13 8 8 9 9 4 4 3 4 4 3 8 8 8 11 11 11 0 11 11 11 11 11 11	25 9 9 11 7 13 16 15 15 10 11 10 25 12 17 11 8 8	12 9 9 8 5 9 10 7 7 ortion o 8 5 8 5 6 12 5 10 4 7	91 87 87 101 86 81 94 94 94 107 55 81 107 51 66 62 73 75 89	50 50 40 45 35 25 35 50 50 70 45 25 25 50 60 60 60 60 60 60 60 60 60 6	45 100 45 50 30 30 30 31 15 15 25 30 40 30 40 80 30 30 30 40 30 40 30 40 30 40 30 40 40 40 40 40 40 40 40 40 40 40 40 40	25 45 45 45 25 8 15 20 25 25 25 6 6 6 6 6 6 6 6	35 70 30 35 35 35 30 60 60 60 40 40 40 60 60 60 60 60 45
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #11 Subway Club® #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Sliced Avocado) Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold Cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken Spicy Italian	647 828 679 655 525 592 693 694 680 Values 552 665 684 553 687 552 609	1030 1810 1190 11140 1290 1070 1190 1140 1410 1410 840 1410 790 1080 1310 640 780 790 1360	44 108 62 57 69 52 64 46 83 78 cotlong 12 27 78 35 61 66 9 16	17 46 20 19 22 18 20 13 25 24 portions 4 6 29 8 22 27 2 5 5 35	5 0 0 1 1 1 1 1 1 1 1 0 0 0 1 0 1 0 1 0	270 280 280 310 275 210 220 225 110 215 345 205 155 100 100 100 100 100 100 100 100 1	4290 4950 3360 3110 3530 2830 3890 3570 3820 3570 3830 3540 3200 3920 3560 2540 2330 2220 4420	128 81 80 75 82 87 88 87 88 80 80 80 80 80 87 88 84 123 80 87 88	14 8 8 4 3 3 8 11 11 ouble fo 8 4 4 4 3 4 4 4 3 8 9 4	25 9 9 11 7 13 16 15 15 10 11 19 10 25 12 11 11 8	12 9 9 8 5 9 10 7 7 7 ortion o 8 5 8 5 6 12 5	91 87 87 87 101 86 81 94 94 94 7 protein 55 81 107 51 61 66 62 73 75	50 50 40 45 35 25 35 50 60 70 45 25 25 50 60 60 60 60 60 25	45 100 45 50 30 30 30 15 15 25 30 40 30 40 80 80 80 30 30	25 45 45 45 25 8 15 20 25 25 26 6 6 40 20 6 6 6	35 70 30 35 35 30 50 60 60 70 30 35 40 40 40 60 60 60 60 60
#5 Bella Mozza #6 The Boss #7 The MexiCali (with Smashed Avocado) #7 The MexiCali (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Cali Club (with Smashed Avocado) #12 Turkey Cali Club (with Sliced Avocado) Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Cold Cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken Spicy Italian Steak & Cheese (with American cheese) Sweet Onion Chicken Terlyaki Tuna Footlong Pro Limited Time Offer/Regional Footlong Pro Subs**	647 828 693 679 655 525 693 694 680 Values 552 665 553 553 684 553 553 687 552 608 697 698 697 595 Values	1030 1810 1190 1190 1140 1290 1170 1140 1440 1410 790 1080 1310 640 780 780 900 1360 860	44 108 62 57 69 52 64 46 83 78 ootlong 12 27 78 35 61 19 9 16 19 93 28 11 95 95 95 95 97 97 97 97 97 97 97 97 97 97 97 97 97	17 46 20 19 22 18 20 13 25 24 portions 4 6 29 8 22 27 2 5 5 33 3 17 portions	5 0 0 1 1 1 1 1 1 1 1 0 0 0 1 1 0 0 1 0 0 1 0	270 280 280 280 310 275 210 225 225 225 225 225 210 210 215 345 185 185 100 155 100 155 120 250 245 195 195 195 195 195 195 195 195 195 19	4290 4950 3360 3110 3530 2830 3890 3790 3820 3570 2610 3830 3540 2240 2330 2220 4420 2940 2290 1970 nd chee	128 81 80 79 75 82 87 88 87 80 80 80 78 84 123 80 87 80 87 88 80 87 88 80 78 88 80 78 88 80 78 88 80 78 80 78 80 80 80 80 80 80 80 80 80 80 80 80 80	14 8 8 4 3 3 8 11 11 0uble fo 8 4 4 4 3 8 8 9 4 3 9 3 ouble fo	25 9 9 11 7 13 16 15 15 10 11 9 10 25 12 17 11 8 8 63 8	12 9 8 5 9 10 7 7 7 7 7 7 7 7 7 7 10 8 5 8 5 6 12 5 10 10 10 10 10 10 10 10 10 10	91 87 87 101 86 81 94 94 94 95 55 81 107 51 61 66 62 73 75 59 84 80 63	50 50 40 45 35 25 50 60 70 45 25 25 50 60 60 60 60 60 60 60 60 60 6	45 100 45 50 30 30 30 15 15 25 30 40 80 80 30 30 40 40 80 40 40 40 40 40 40 40 40 40 40 40 40 40	25 45 45 45 25 8 15 20 25 25 25 6 6 40 20 8 20 6 6 6 6 6	35 70 30 35 35 35 30 60 60 70 30 35 40 40 40 60 60 60 60 30 30 40 40 40 40 40 40 40 40 40 40 40 40 40
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Smashed Avocado) Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold Cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken Spicy Italian Steak & Cheese (with American cheese) Sweet Onion Chicken Teriyaki Tuna Footlong Pro Limited Time Offer/Regional Footlong Pro Subs** Big Hot Pastrami** Bil Hot Pastrami** Bil Hot Pastrami**	647 828 693 679 655 525 592 693 694 680 Values 552 665 684 553 567 552 609 Values 609 Values 635 637 694 693 697 464 693 595 Values	1030 1810 1810 1190 1140 1290 1170 1140 1410 1410 1410 1410 1410 790 1310 640 780 1360 860 860 970	44 108 62 57 69 52 64 46 83 78 800tlong 12 27 78 35 61 66 9 9 16 16 19 93 28 11 95 95 95 95 97 97 97 97 97 97 97 97 97 97 97 97 97	17 46 20 19 22 18 20 13 25 24 4 6 29 8 22 27 2 5 5 35 13 17 portions 29 20	5 0 0 1 1 1 1 1 1 1 1 1 0 0 0 1 1 0 0 0 1 1 0	270 280 310 275 210 222 225 225 225 225 225 225 205 185 205 155 205 210 25 205 215 205 215 205 215 205 215 205 215 205 205 205 205 205 205 205 205 205 20	4290 4950 3360 3110 3530 2830 3890 3570 and chee 2610 3200 3540 3200 3540 2220 4420 2940 2940 2990 1970 and chee	128 81 80 79 75 82 87 88 87 80 80 80 80 80 80 80 80 80 80 80 78 84 123 80 80 80 80 80 80 75 81 81 81 81 81 81 81 81 81 81 81 81 81	14 8 8 8 8 4 3 3 8 11 ouble fo 8 4 4 4 3 4 4 3 9 4 3 9 3 ouble fo 4 2	25 9 9 11 7 13 16 15 15 10 11 9 10 25 12 17 11 8 8 63 8 8 8 8 10 10 10 10 10 10 10 10 10 10	12 9 8 5 9 10 7 7 7 7 7 7 7 7 10 8 5 8 5 6 12 5 6 10 4 4 4 4 4 7 7 8 7 8 8 8 8 9 9 10 10 10 10 10 10 10 10 10 10 10 10 10	91 87 87 101 86 81 94 94 94 7 protein 55 81 107 51 61 66 62 73 75 59 84 80 63 63 63	50 50 40 45 35 25 35 50 60 70 45 25 50 60 60 60 25 10 60 25 30 60 60 25 25 25 35 25 35 25 35 60 60 60 60 60 60 60 60 60 60 60 60 60	45 100 45 50 30 30 30 15 15 25 30 40 30 40 80 80 30 30 40 40 80 40 40 40 40 40 40 40 40 40 40 40 40 40	25 45 45 45 45 25 8 15 20 25 25 25 26 40 20 8 8 20 6 6 6 6 6 10 10 10 10 10 10 10 10 10 10 10 10 10	35 70 30 33 35 35 30 60 60 40 40 40 40 60 60 60 45 45 33 80 33 80 33 80 80 33 80 80 80 80 80 80 80 80 80 80 80 80 80
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #11 Subway Club® #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Sliced Avocado) Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold Cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken Spicy Italian Steak & Cheese (with American cheese) Sweet Onion Chicken Terlyaki Tuna Footlong Pro Limited Time Offer/Regional Footlong Pro Subs** Big Hot Pastrami** Big Hot Pastrami** Big Hot Pastrami** Big Hot Pastrami** Grilled Chicken**	647 828 693 679 655 525 592 693 680 Values 665 684 553 553 687 552 608 609 535 464 693 595 Values 652 361 608	1030 1810 1190 1140 1290 11790 1190 1140 1410 1410 790 1080 1310 640 780 790 1360 860 900 1360 1450 970 730	44 108 62 57 69 52 64 46 46 83 78 83 78 22 77 86 61 66 9 16 19 93 28 11 11 95 90 tolong 93 28 11 11 11 11 11 11 11 11 11 11 11 11 11	17 46 20 19 22 18 20 13 25 24 6 6 29 8 8 22 7 2 5 5 35 13 3 17 portions 29 20 3	5 0 0 1 1 1 1 1 1 1 1 1 0 0 0 1 0 0 0 0	270 280 310 275 210 220 225 225 225 2110 215 205 115 155 205 155 210 250 245 155 210 250 250 250 250 250 250 250 250 250 25	4290 4950 3360 3110 3530 2830 3890 3790 3570 nd chee 2610 3830 3540 3200 3920 3560 2230 2240 4420 2940 2940 2990 1970 nd chee	128 81 80 79 75 82 87 88 88 80 78 84 123 80 87 80 87 80 87 80 80 87 80 80 80 80 80 80 80 80 80 80 80 80 80	14 8 8 8 8 4 3 3 8 111 ouble fo 8 4 4 13 8 8 9 9 4 3 ouble fo 4 2 9	25 9 9 11 7 13 16 15 15 15 10 10 25 12 17 11 18 8 8 8 8 8 8 10 10 10 10 10 10 10 10 10 10 10 10 10	12 9 8 5 9 10 7 7 7 7 rorition o a 8 5 8 5 6 6 12 5 5 10 4 4 7 4 4 4 7 4 4 4 4 4 4 4 4 4 4 4 4	91 87 87 101 86 81 94 94 94 97 55 81 107 51 61 62 73 75 84 80 63 63 63 63 89	50 50 40 45 35 35 50 50 70 45 25 50 60 60 60 60 60 60 30 25 50 60 60 60 60 60 60 60 60 60 60 60 60 60	45 100 45 50 30 30 30 15 15 25 30 40 80 80 80 30 30 40 80 40 40 40 40 40 40 40 40 40 40 40 40 40	25 45 45 45 25 8 15 20 25 25 25 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6	35 70 30 35 35 35 30 60 60 40 40 40 40 40 40 40 45 45 33 30 80 80 33 30 80
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Sliced Avocado) Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold Cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken Spicy Italian Steak & Cheese (with American cheese) Sweet Onion Chicken Teriyaki Tuna Footlong Pro Limited Time Offer/Regional Footlong Pro Subs** Big Hot Pastrami** Bi_T** Grilled Chicken** Oven Roasted Turkey and Ham**	647 828 693 679 655 525 592 693 680 Values 552 6684 553 687 553 687 552 608 609 535 464 693 595 Values 652 361 608 608	1030 1810 1810 1190 1140 1290 1170 1190 1140 1410 1410 1410 1410 1410 141	44 108 62 57 69 52 64 46 83 78 800tlong 12 27 78 35 61 66 9 9 16 16 19 93 28 11 95 200tlong 93 28 46 46 46 46 46 46 46 46 46 46 46 46 46	17 46 20 19 22 18 20 13 25 24 4 6 29 8 22 27 2 5 5 35 13 3 17 portions 29 20 3 4 3	5 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	270 280 310 275 210 220 225 110 215 215 185 205 155 100 250 255 100 100 100 100 100 100 100 100 100 1	4290 4950 3360 3110 3530 3890 3790 3870 3570 3570 3570 3540 3200 3540 3200 3540 2240 4420 2940 2940 2990 1970 1470 1830 2090 1470 1830 2570	128 81 80 79 75 82 87 88 87 88 80 78 80 80 78 80 83 80 83 78 80 83 80 80 87 80 80 80 80 80 80 80 80 80 80 80 80 80	14 8 8 8 4 4 3 3 8 11 1 11 ouble for 8 4 4 4 3 3 8 8 9 9 4 4 3 3 9 9 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	25 9 9 111 7 13 16 15 15 10 111 9 10 25 12 17 11 8 8 8 63 8 8 10 10 10 10 13 15 15 14	12 9 9 8 5 9 10 7 7 7 7 7 6 7 10 10 10 10 10 10 10 10 10 10 10 10 10	91 87 87 101 86 81 94 94 94 97 107 55 81 107 51 61 66 62 73 75 59 84 80 63 63 63 63 64 65 65 65 65 66 66 67 67 67 67 67 67 67 67 67 67 67	50 50 40 45 35 35 50 50 60 45 25 50 60 60 25 10 60 30	45 100 45 50 30 30 30 15 15 25 30 40 30 40 80 80 80 30 100 30 45 40 30 30 30 40 30 40 30 40 40 40 40 40 40 40 40 40 40 40 40 40	25 45 45 45 45 25 8 15 20 25 25 25 26 40 20 6 6 6 6 10 10 10 10 8 4	35 70 30 33 35 35 30 60 60 60 40 40 40 40 40 40 40 40 45 30 45 30 35 80 35 35 80 35 35 80 35 80 80 80 80 80 80 80 80 80 80 80 80 80
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Sliced Avocado) Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken Spicy Italian Steak & Cheese (with American cheese) Sweet Onion Chicken Terlyaki Tuna Footlong Pro Limited Time Offer/Regional Footlong Pro Subs** Big Hot Pastrami** B.L.T** Grilled Chicken** Oven Roasted Chicken**	647 828 693 679 655 525 592 693 680 Values 652 665 684 553 687 552 608 609 535 464 693 593 595 591	1030 1810 1810 1190 1140 1290 1140 1410 1410 1410 1410 1410 790 1310 640 790 1360 860 900 1360 900 1360 970 1350 970 1350 970	44 108 62 57 69 52 64 46 83 78 800tlong 12 27 78 35 61 66 9 9 35 11 9 9 35 9 9 9 9 9 9 9 9	17 46 20 19 22 18 20 13 25 24 20 13 4 6 29 8 22 27 2 5 5 5 13 3 17 7 29 20 3 4 4	5 0 0 1 1 1 1 1 1 1 1 0 0 0 0 1 1 0 0 0 1 1 0 0 0 0 1 0	270 280 310 275 210 222 225 225 225 345 110 215 345 100 155 210 25 26 27 27 29 29 29 20 21 21 21 21 21 21 21 21 21 21 21 21 21	4290 4950 3360 3110 3530 3890 3790 3870 3570 3610	128 81 79 75 82 87 88 87 80 80 80 80 87 80 87 80 87 80 87 80 87 80 87 80 87 80 87 80 87 80 87 80 87 80 87 80 80 80 80 80 80 80 80 80 80 80 80 80	14 8 8 8 4 3 3 8 11 11 11 11 11 13 8 4 4 3 4 13 8 9 4 3 9 4 3 ouble fo	25 9 11 7 13 16 15 15 15 10 11 19 10 25 17 11 18 8 63 8 63 8 10 10 10 10 10 10 10 10 10 10	12 9 8 5 9 10 7 7 7 7 7 7 7 10 6 8 5 6 6 12 5 5 10 4 4 7 4 4 7 4 4 4 4 7 4 7 8 7 8 8 8 8 8	91 87 87 101 86 81 94 94 94 97 55 81 107 55 61 66 62 73 75 89 84 80 68 89 54 89	50 50 40 45 35 35 50 50 50 70 45 25 50 60 60 60 30	45 100 45 50 30 30 30 15 15 25 30 40 30 40 30 40 30 40 30 40 40 40 40 40 40 40 40 40 40 40 40 40	25 45 45 45 45 25 8 15 20 25 25 6 6 6 40 20 6 6 6 6 10 10 8 4	35 70 30 35 35 35 50 60 60 70 35 40 40 60 60 60 30 35 35 40 80 35 35 80 35 35 35 35 35 35 35 35 35 35 35 35 35
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Smashed Avocado) Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold Cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken Spicy Italian Steak & Cheese (with American cheese) Sweet Onion Chicken Teriyaki Tuna Footlong Pro Limited Time Offer/Regional Footlong Pro Subs** Big Hot Pastrami** B.L.T** Grilled Chicken** Oven Roasted Turkey and Ham** Pizza Sub** Veggle Patty** Kids' Mini Sub	647 828 693 679 655 525 592 693 680 Values 552 665 684 553 687 552 608 609 535 Values 652 361 608 608 552 401 665	1030 1810 1810 1190 11140 1290 1070 1190 1140 1460 1410 790 1310 640 780 1360 860 790 1360 970 730 720 650 1170 1090 nolude	44 108 62 57 69 52 64 46 83 78 80 27 78 83 52 77 83 52 61 66 9 9 33 28 11 9 9 32 8 11 9 9 9 11 9 9 9 9 11 9 9 9 9 9 11 11	17 46 20 19 22 18 20 13 25 24 portions 4 6 29 8 22 27 2 5 5 35 13 3 17 portions 4 3 3 4 4 4 4 tgrain b	5 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	270 280 310 275 210 220 225 345 185 205 215 345 185 205 210 250 210 250 215 210 250 215 210 215 210 210 210 210 210 210 210 210 210 210	4290 4950 3360 3110 3530 3890 3790 3820 3570 360 2610 3200 3540 3200 3540 3220 3560 2220 4420 2940 1970 1470 1830 2570 4140 1910 1910 1910 1950 1	128 81 80 79 75 82 87 88 80 78 80 87 88 80 80 78 80 87 80 83 78 80 83 78 80 83 78 80 83 78 80 84 85 86 86 87 86 87 86 87 86 87 86 87 86 87 86 87 86 87 86 87 86 87 86 87 86 87 86 87 86 87 86 87 86 87 87 87 87 87 87 87 87 87 87 87 87 87	14 8 8 8 4 3 8 11 11 ouble fo 8 4 4 13 8 8 9 4 4 13 8 9 4 4 2 9 8 4 4 4 13 8 8 8 9 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	25 9 9 111 7 13 16 15 15 10 111 9 10 25 12 17 111 8 8 8 8 10 10 10 10 11 11 11 11 11 11 11 11 11	12 9 8 5 9 10 7 7 7 7 7 7 7 7 7 10 10 4 4 7 7 4 3 4 4 7 7 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	91 87 87 101 86 81 94 94 97 94 97 97 107 55 81 107 51 66 62 73 75 59 84 80 63 75 80 63 75 80 80 80 80 80 80 80 80 80 80 80 80 80	50 50 40 45 35 35 50 70 45 25 50 60 60 30 60 60 30 60	45 100 45 50 30 30 30 15 15 25 30 40 30 40 80 80 30 30 40 40 80 30 40 40 80 30 40 40 80 30 30 40 40 40 40 40 40 40 40 40 40 40 40 40	25 45 45 45 45 25 8 15 20 25 25 25 6 6 6 6 6 6 6 10 10 10 10 8 4	35 70 30 35 35 35 30 60 60 70 30 40 40 40 40 45 35 30 35 30 45 35 30 45 35 30 45 40 40 40 40 40 40 40 40 40 40 40 40 40
#5 Bella Mozza #6 The Boss #7 The MexiCali (with Smashed Avocado) #7 The MexiCali (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Cali Club (with Smashed Avocado) #12 Turkey Cali Club (with Sliced Avocado) #12 Turkey Cali Club (with Sliced Avocado) #00 Small Club (with Sliced Avocado) #12 Turkey Cali Club (with Sliced Avocado) #12 Turkey Cali Club (with Sliced Avocado) #12 Turkey Cali Club (with Sliced Avocado) Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold Cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken Spicy Italian Steak & Cheese (with American cheese) Sweet Onion Chicken Teriyaki Tuna Footlong Pro Limited Time Offer/Regional Footlong Pro Subs** Big Hot Pastrami** B.L.T** Grilled Chicken** Oven Roasted Turkey and Ham** Pizza Sub** Veggle Paltty* Kids Mini Sub Veggle Delite® Black Forest Ham	647 828 693 679 655 525 592 693 684 680 Values 652 665 684 699 535 533 593 694 609 535 608 609 535 Values 652 361 608 552 Values 137	1030 1810 1810 1190 1140 1290 1140 1190 1140 1410 1410 790 1310 640 790 1360 900 1360 900 1360 900 1360 910 1450 970 1090 1090 1090 1090 1090 1090	44 108 62 57 69 52 64 46 46 27 78 35 61 66 9 9 9 35 11 9 9 9 9 9 14 9 9 9 9 14 15 16 16 16 16 16 16 17 17 18 18 18 18 18 18 18 18 18 18 18 18 18	17 46 20 19 22 18 20 13 25 24 4 4 6 29 27 2 5 5 5 13 3 17 29 20 3 4 3 32 4 4 (grain b) 0 1	5 0 0 1 1 1 1 1 1 0 0 0 1 1 0 0 0 1 1 0	270 280 310 275 210 220 225 225 225 210 215 215 205 155 155 210 250 245 195 135 200 175 105 105 106 100 115	4290 4950 3360 3110 3530 3890 3790 3870 3570 360 3570 360 3200 3540 3200 3560 2540 2290 4420 2290 1970 2940 2940 1970 1830 2570 4140 1910 1910 1910 1910 1960 1970 1970 1970 1970 1970 1970 1970 197	128 81 80 79 75 82 87 88 88 80 78 84 41 123 80 87 80 87 80 87 80 87 80 87 80 87 80 81 81 81 81 81 81 81 81 81 81 81 81 81	14 8 8 8 4 3 3 8 11 ouble fo 8 4 4 4 3 4 13 8 8 9 4 3 9 9 4 4 2 9 9 8 4 41 3 3 3 3 6 6 6 6 7 7 8 8 8 8 8 9 8 9 8 8 9 8 9 8 8 9 8 9	25 9 9 11 7 13 16 15 15 10 11 9 10 25 12 17 11 8 8 63 8 8 8 10 10 10 10 10 10 10 10 10 10	12 9 8 5 9 10 7 7 7 7 7 7 7 7 10 4 4 4 7 4 4 4 7 4 4 5 6 6 6 6 6 7 7 8 8 8 8 8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9	91 87 87 101 86 81 94 94 94 95 55 81 61 66 62 73 75 59 84 80 63 89 54 67 58 49 40	50 50 40 45 35 35 50 50 50 70 45 25 50 60 60 60 25 25 60 60 60 60 60 60 60 60 60 60 60 60 60	45 100 45 50 30 30 30 15 15 25 30 40 30 40 30 30 40 30 40 30 40 40 30 40 40 30 30 40 30 30 40 40 40 40 40 40 40 40 40 40 40 40 40	25 45 45 45 45 25 8 15 20 25 25 6 6 6 40 20 6 6 6 6 6 6 10 10 8 8 4 15 6 6 6 6 6 6 6 7 8 8 8 8 8 8 8 8 8 8 8 8	35 70 30 35 35 50 60 60 70 30 35 40 40 60 60 30 35 30 40 30 35 30 40 40 40 40 30 30 30 30 30 30 30 30 30 30 30 30 30
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Sliced Avocado) Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken Spicy Italian Steak & Cheese (with American cheese) Sweet Onion Chicken Teriyaki Tuna Footlong Pro Limited Time Offer/Regional Footlong Pro Subs** Big Hot Pastrami** B.L.T** Grilled Chicken** Oven Roasted Chicken** Oven Roasted Chicken** Oven Roasted Chicken** Veggie Patty** Kids Mini Sub Veggie Delite® Black Forest Ham Oven Roasted Turkey	647 828 693 679 655 525 592 693 684 680 Values 553 687 555 608 609 535 464 693 595 361 665 Values 652 361 665 Values	1030 1810 1810 1190 11140 1290 11140 1190 1140 1410 1410 790 1310 640 790 1360 900 1360	44 108 62 57 69 64 46 83 78 800tlong 12 77 78 35 61 66 9 9 35 11 9 9 35 11 9 9 4 11 11 11 11 11 11 11 11 11 11 11 11 1	17 46 20 19 22 18 20 13 25 24 27 2 27 2 5 5 35 13 3 17 29 20 3 4 3 3 22 4 4 1 1 0	5 0 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	270 280 310 275 280 310 275 210 220 225 345 110 205 155 210 250 245 155 200 250 155 200 0 0 all the 0 15	4290 4950 3360 3110 3530 3890 3790 3870 3570 3820 3570 3540 3200 3560 2540 2220 4420 2290 1970 2090 1470 1830 2570 4140 1910 1910 1910 1968	128 81 80 79 75 82 87 88 80 80 78 80 83 80 80 78 80 80 80 80 80 80 80 80 80 80 80 80 80	14 8 8 8 4 4 3 3 8 11 11 11 11 11 11 11 11 11 11 11 11 1	25 9 9 11 7 13 16 15 15 10 11 9 10 25 12 17 11 8 8 63 8 8 10 10 10 10 10 10 10 10 10 10 10 10 10	12 9 9 8 5 9 10 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	91 87 87 101 86 81 94 94 94 97 55 81 107 51 61 66 62 73 73 75 98 84 80 63 63 67 54 89 49 49 49 49 49 49 49 49 49 49 49 49 49	50 50 40 45 35 25 35 50 50 45 25 25 25 50 60 60 60 25 10 60 60 30 60 60 60 60 60 60 60 60 60 60 60 60 60	45 100 45 50 30 30 15 15 15 25 30 40 30 40 80 30 30 100 30 45 40 40 30 40 80 30 40 30 40 40 40 40 40 40 40 40 40 40 40 40 40	25 45 45 45 45 25 8 15 20 25 25 25 6 6 6 6 6 6 6 6 10 10 10 8 8 4 15 6 6 6 6 6 6 6 6 6 6 7 8 8 8 8 8 8 8 8 8	35 70 30 33 35 35 30 60 60 40 40 40 40 60 60 60 45 45 45 33 35 30 30 40 40 40 40 40 40 40 40 40 40 40 40 40
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Silced Avocado) Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken Spicy Italian Steak & Cheese (with American cheese) Sweet Onion Chicken Teriyaki Tuna Footlong Pro Limited Time Offer/Regional Footlong Pro Subs** Big Hot Pastrami** B.L.T** Grilled Chicken** Oven Roasted Turkey and Ham** Pizza Sub** Veggie Patty** Kids' Mini Sub Veggie Delite® Black Forest Ham Oven Roasted Turkey Make any Build Your Own Sandwich into a Wrap	647 828 693 679 655 525 592 693 694 680 Values 552 565 684 553 687 552 608 609 535 464 693 595 Values 652 361 608 552 401 665 Values 108 137 Values	1030 1810 1810 1190 11140 1290 11140 1190 11140 1410 790 1360 1310 640 790 1360 900 1360 900 1360 970 1360 1410 770 1410 1410 1410 1410 1410 1410	44 108 62 57 69 52 64 46 83 78 30 27 78 35 61 66 9 9 3 11 9 9 9 3 11 11 11 11 11 11 11 11 11	17 46 20 19 22 18 20 13 25 24 portions 4 6 29 8 22 27 2 5 5 35 17 7 20 3 4 3 3 24 4 4 4 4 4 4 4 4 4 4 4 4 4 4	5 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	270 280 310 280 310 275 280 210 220 225 110 225 155 100 250 155 100 250 100 250 100 105 105	4290 4950 3360 3110 3530 3890 3790 3870 3570 360 3570 360 3200 3540 3200 3560 2540 2220 4420 2290 1970 1470 2090 1470 2190 1470 2190 1470 2190 1470 2190 1470 2190 4140 4190 450 450	128 81 80 79 75 82 87 88 80 80 78 80 80 80 80 80 80 80 80 80 80 80 80 80	14 8 8 8 8 11 10 0uble for 8 4 4 3 4 13 8 9 4 4 13 8 9 4 4 13 9 3 10 10 10 10 10 10 10 10 10 10 10 10 10	25 9 9 11 7 13 16 15 15 10 11 9 10 25 12 17 11 8 8 63 8 8 15 10 10 11 11 11 11 11 11 11 11 11 11 11	12 9 9 8 5 9 10 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	91 87 87 101 86 81 94 94 94 97 94 97 97 107 55 81 107 51 66 62 73 75 59 80 63 80 63 80 63 80 63 80 63 80 64 80 64 80 65 80 80 80 80 80 80 80 80 80 80 80 80 80	50 50 40 45 35 50 50 70 45 25 50 60 60 60 30 60 60 60 60 60 60 60 60 60 60 60 60 60	45 100 45 50 30 30 30 30 15 15 15 25 30 40 30 40 30 40 30 40 30 40 30 40 30 40 30 40 30 40 40 40 40 40 40 40 40 40 40 40 40 40	25 45 45 45 25 8 8 15 20 25 25 25 6 6 40 20 6 6 6 6 10 8 8 4	35 70 30 35 35 35 50 60 60 70 33 40 40 60 60 30 35 35 40 40 40 40 40 40 40 40 40 40 40 40 40
#5 FBella Mozza #6 The Boss #7 The MexiCali (with Smashed Avocado) #7 The MexiCali (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Cali Club (with Smashed Avocado) #12 Turkey Cali Club (with Sliced Avocado) #12 Turkey Cali Club (with Sliced Avocado) #12 Turkey Cali Club (with Sliced Avocado) #500tong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold Cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken Spicy Italian Steak & Cheese (with American cheese) Sweet Onion Chicken Teriyaki Tuna Footlong Pro Limited Time Offer/Regional Footlong Pro Subs** Big Hot Pastrami** BL T** Grilled Chicken** Oven Roasted Turkey and Ham** Pizza Sub** Veggle Patty** Kids' Mini Sub Veggle Patty** Kids' Mini Sub Veggle Patty** Kids' Mini Sub Veggle Patty** Rids Anno Plain Wrap Bidralo Chicken Wrap (with Grilled Chicken) on Plain Wrap Bidralo Chicken Wrap (with Grilled Chicken) on Plain Wrap Buffalo Chicken Wrap (with Grilled Chicken) on Plain Wrap Buffalo Chicken Wrap (with Grilled Chicken) on Plain Wrap	647 828 693 679 655 525 592 693 680 Values 652 665 684 553 553 553 687 555 609 535 609 609 535 Values 652 361 608 552 361 608 552 Values 137 137 Values	1030 1810 1810 1190 11140 1290 11140 1190 1140 1410 1410 1410 1410 790 1080 1310 640 790 1360 900 1360	44 108 62 57 69 52 64 46 46 83 78 83 78 12 27 78 61 66 9 9 9 3 28 11 19 9 5 2 8 11 14 10 10 10 10 10 10 10 10 10 10 10 10 10	17 46 20 19 22 18 20 13 25 24 6 6 29 8 22 27 2 5 5 35 13 3 17 portions 4 3 32 4 4 4 4 4 4 4 4 4 4 4 6 6 7 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	5 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	270 280 310 275 210 220 225 225 225 215 215 215 205 215 205 215 200 245 195 200 245 195 200 0 115 105 200 0 115 105 200 0 115 105 200 0 115 105 105 105 106 106 106 107 115 107 115 1105 1105 1105 1105 110	4290 4950 3360 3110 3530 3890 3790 3870 3570 3820 3570 3200 3920 3560 2230 4420 2940 2940 1910 460 450 450 etables 6	128 81 80 79 75 82 87 88 88 80 78 84 80 87 85 86 80 86 80 87 8 84 85 86 86 86 87 86 86 87 86 86 86 86 86 86 86 86 86 86 86 86 86	14 8 8 8 8 4 4 3 3 8 8 11 1 11 11 11 11 11 11 11 11 11 11	25 9 9 11 7 13 16 15 15 10 11 9 10 25 12 17 11 8 8 8 63 8 8 10 10 11 11 11 11 11 12 13 14 15 15 10 10 11 11 11 11 11 11 11 12 13 14 15 15 10 10 10 10 10 10 10 10 10 10	12 9 8 5 9 10 7 7 7 7 7 7 7 7 7 7 7 10 10 4 4 7 7 4 4 4 7 7 7 8 8 5 6 6 6 6 7 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9	91 87 87 101 86 81 94 94 94 95 55 81 107 51 61 66 62 73 75 84 80 63 63 63 64 67 55 89 54 94 94 94 94 94 94 94 94 94 94 94 94 94	50 50 40 45 35 35 50 50 70 45 25 25 50 60 60 60 60 60 60 60 60 60 60 60 60 60	45 100 45 30 30 30 30 15 25 30 40 80 80 80 30 30 40 40 80 80 80 30 30 40 80 80 80 30 10 10 40 40 40 40 40 40 40 40 40 40 40 40 40	25 45 45 45 45 25 8 15 20 25 25 6 6 6 6 6 6 6 10 8 4 15 6 6 6 6 6 7 8 8 4 4 4 4 4 6 6 7 8 8 8 8 8 8 8 8 8 8 8 8 8	35 70 30 35 35 35 50 60 60 70 30 35 40 40 40 60 60 30 35 35 35 40 40 40 40 40 40 40 40 40 40 40 40 40
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Sliced Avocado) Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold Cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken Spicy Italian Steak & Cheese (with American cheese) Sweet Onion Chicken Teriyaki Tuna Footlong Pro Limited Time Offer/Regional Footlong Pro Subs** Big Hot Pastrami** Bi_T** Grilled Chicken** Oven Roasted Turkey and Ham** Pizza Sub** Veggie Patty** Kids' Mini Sub Veggie Delite® Black Forest Ham on Plain Wrap Black Forest Ham on Plain Wrap Black Forest Ham on Plain Wrap	647 828 693 679 655 525 592 693 680 Values 552 665 684 553 687 552 608 609 535 464 693 595 Values 108 137 Values	1030 1810 1810 1190 11140 1290 11140 1190 11140 1410 1410 790 1310 640 790 1360 860 790 1360 860 970 730 970 730 720 6550 1170 1090 nclude f 140 170 1100 1100 1100 1100 1100 1100 1	44 108 62 57 69 52 64 46 83 78 80 100 100 11 95 16 16 19 93 28 11 14 10 76 40 40 40 11 2 3 2 uuggstet 11	17 46 20 19 22 18 20 13 25 24 4 6 29 8 8 22 27 2 5 5 35 13 17 17 19 11 29 20 3 4 4 3 32 4 4 4 4 4 4 4 4 4 4 4 4 4 4	5 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	270 280 310 275 280 310 275 210 220 225 110 225 110 215 205 210 255 200 175 105 200 0 15 105 205 205 205 205 205 205 205 205 205 2	4290 4950 3360 3110 3530 3890 3790 3820 3570 d chee 2610 3200 3540 3200 3560 2540 2330 2220 4420 2940 2940 2970 1970 d chee 5410 2090 1470 1830 2570 4140 1910 460 450 450 etables a	128 81 80 79 75 82 87 88 88 80 78 85 80 80 83 78 80 83 78 80 85 75 86 86 86 87 86 86 86 86 86 86 86 86 86 86 86 86 86	14 8 8 8 8 11 ouble fo 8 4 4 4 3 3 4 4 4 3 9 4 3 ouble fo 4 4 3 ouble fo 4 ouble fo 4 ouble fo 5 ouble fo 6 ouble fo 6 ouble fo 7 ouble fo 8 ouble fo 8 ouble fo 9 ouble	25 9 9 11 7 13 16 15 15 10 11 9 10 25 12 17 11 8 8 8 8 8 10 10 10 11 11 11 12 13 14 15 15 10 10 11 11 11 12 13 13 14 15 16 16 16 16 17 18 18 18 18 18 18 18 18 18 18	12 9 9 8 5 9 10 7 7 7 7 6 6 6 12 5 5 10 4 4 7 4 3 3 4 4 5 5 6 6 6 6 6 6 6 7 7 7 7 7 8 8 8 8 8 8 8 8	91 87 87 101 86 81 94 94 94 97 107 55 81 107 51 61 66 62 73 75 59 84 80 63 63 63 63 64 82 67 84 85 86 87 87 88 88 88 88 88 88 88 88 88 88 88	50 50 40 45 35 35 50 50 60 45 25 50 60 60 25 10 60 60 30 60 60 30 60 60 25 25 60 60 60 60 60 60 60 60 60 60 60 60 60	45 100 45 50 30 30 30 15 15 25 30 40 30 40 80 80 30 100 30 45 40 40 30 100 30 45 40 40 40 40 40 40 40 40 40 40 40 40 40	25 45 45 45 45 25 8 15 20 25 25 26 40 20 8 20 6 6 6 10 10 10 8 4 4 4 4 4 4 4 4 5 6 6 6 7 8 8 8 8 8 8 8 8 8 8 8 8 8	35 70 30 33 35 35 30 60 60 60 40 40 40 60 60 60 60 30 45 33 35 30 40 40 40 40 40 40 40 40 40 40 40 40 40
#5 FBella Mozza #6 The Boss #7 The MexiCali (with Smashed Avocado) #7 The MexiCali (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Cali Club (with Smashed Avocado) #12 Turkey Cali Club (with Sliced Avocado) #12 Turkey Cali Club (with Sliced Avocado) #12 Turkey Cali Club (with Sliced Avocado) #10 All-American Club® #11 Subway Club® #11 Turkey Cali Club (with Sliced Avocado) #12 Turkey Cali Club (with Sliced Avocado) #13 Turkey Cali Club (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold Cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken Spicy Italian Steak & Cheese (with American cheese) Sweet Onion Chicken Terlyaki Tuna #10 Footlong Pro Limited Time Offer/Regional Footlong Pro Subs** Big Hot Pastrami** Bil T** Grilled Chicken** Oven Roasted Turkey and Ham** Pizza Sub** Veggie Patty** Kids' Mini Sub Veggie Delite® Black Forest Ham Oven Roasted Turkey Make any Build Your Own Sandwich Into a Wrap Black Forest Ham on Plain Wrap Buffalo Chicken Wrap (with Grilled Chicken) on Plain Wrap Chicken & Bacon Ranch (with Rotiserrie-Style Chicken) on Plain Wrap Italian BMT® on Plain Wrap Italian BMT® on Plain Wrap	647 828 693 679 655 525 592 693 680 Values 652 665 684 553 553 553 687 555 608 609 531 608 608 552 401 665 Values 137 137 Values 307 356 378 314	1030 1810 1810 1810 1190 1140 1290 1140 1410 1410 1410 1410 1410 790 1080 1310 640 780 790 1360 900 13	44 108 62 57 69 52 64 46 46 83 78 81 12 27 78 61 66 9 16 19 93 28 11 14 10 76 40 40 11 17 17 19 45 11 19 45 23 36	17 46 20 19 22 18 20 13 25 24 6 6 29 8 22 27 2 5 5 13 3 17 portions 29 20 3 4 4 3 32 4 4 4 4 6 0 1 0 d wrap, 2 4 15 5 11	5 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	270 280 310 275 210 220 225 225 225 210 215 210 215 205 205 210 215 205 210 215 200 215 210 210 210 210 210 210 210 210 210 210	4290 4950 3360 3110 3530 3890 3790 3870 3570 3820 3570 3200 3920 3560 2220 4420 2290 4420 2290 1910 6460 450 6450 1820 21800	128 81 80 79 75 82 87 88 88 80 78 84 4123 80 80 76 80 85 145 82 125 145 85 65 55 55 8	14 8 8 8 8 11 3 3 8 111 ouble fo 8 4 4 13 8 8 9 9 4 13 3 ouble fo 4 2 9 9 8 4 41 3 3 3 iong me 3 3 4 3 3 3 4 3 3 3	25 9 9 111 7 13 16 15 15 10 11 9 10 25 12 17 11 8 8 63 8 8 63 15 10 10 11 11 11 11 12 13 14 15 15 15 10 10 11 11 11 11 11 12 13 14 15 16 16 16 17 17 18 18 18 18 18 18 18 18 18 18	12 9 9 8 5 5 9 10 7 7 7 7 7 7 7 6 6 6 12 15 10 4 4 7 7 4 3 4 4 7 7 7 7 7 7 8 8 8 8 9 9 1 1 1 1 1 1 1 1 1 1 1 1 1 1	91 87 87 101 86 81 94 94 94 97 55 81 107 51 66 62 73 75 59 84 80 63 63 67 54 89 40 11 11 11 11 11 11 11 11 11 11 11 11 11	50 50 50 40 415 35 35 50 50 70 45 25 50 60 70 45 25 50 60 60 60 60 60 60 60 60 60 6	45 100 45 50 30 30 30 30 15 15 25 30 40 80 80 80 30 40 80 80 30 40 80 80 30 40 80 80 80 10 10 10 10 10 10 10 10 10 1	25 45 45 45 45 25 8 15 20 20 6 6 6 6 6 10 8 4 15 6 6 8 4 4 15 20 20 8 20 6 6 6 6 7 8 8 8 8 8 8 8 8 8 8 8 8 8	35 70 35 35 35 35 35 60 60 40 40 40 60 60 30 33 35 35 30 40 40 40 40 40 40 40 40 40 40 40 40 40
#5 Bella Mozza #6 The Boss #7 The MexiCall (with Smashed Avocado) #7 The MexiCall (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Call Club (with Smashed Avocado) #12 Turkey Call Club (with Smashed Avocado) Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold Cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken Spicy Italian Steak & Cheese (with American cheese) Sweet Onion Chicken Teriyaki Tuna Footlong Pro Limited Time Offer/Regional Footlong Pro Subs** Big Hot Pastrami** Bi_L.T** Grilled Chicken** Oven Roasted Turkey and Ham** Pizza Sub** Veggie Patty** Kids' Mini Sub Veggie Patty** Kids' Mini Sub Veggie Politie® Black Forest Ham Oven Roasted Turkey Make any Build Your Own Sandwich into a Wrap Black Forest Ham on Plain Wrap Buffalo Chicken Wrap (with Rotiserrie-Style Chicken) on Plain Wrap Cold Cut Combo on Plain Wrap	647 828 693 679 655 525 592 693 684 680 Values 552 665 684 553 687 552 608 609 535 404 693 595 Values 108 137 Values 137 Values 307 356 378 314 314 314	1030 1810 1810 1190 11140 1290 11140 1190 11140 1140 1410 790 1310 640 790 1360 860 790 1360 1360 1370 1450 970 730 720 650 1170 1090 010000 1160 140 170 160 170 170 170 170 170 170 170 170 170 17	444 108 62 57 69 52 64 46 83 78 80 8010ng 12 27 78 35 61 66 9 93 28 11 95 3010ng 94 54 11 10 76 40 40 40 40 11 19 11 95 23 36 36 39 10	17 46 20 19 22 18 20 13 25 24 portions 4 6 29 8 8 22 27 2 5 5 35 13 3 17 portions 4 3 3 25 4 4 6 29 8 4 10 0 1 0 1 0 d wrap. 2 4 15 5 11 14 2	5 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	270 280 310 275 280 310 225 210 225 225 245 185 200 155 100 255 135 105 200 0 181 105 200 0 181 105 105 107 107 107 107 107 107 107 108	4290 4950 3360 3110 3530 3890 3790 3820 3570 360 2610 3830 3200 3540 3200 3560 2540 2290 4420 2940 1970 4140 2090 1470 1830 2570 4140 1910 460 450 450 1870 18800 1990 1820 2180 2210	128 81 80 79 75 82 87 88 88 80 78 88 80 80 78 85 80 76 80 76 80 85 85 86 86 27 26 86 55 58 86 86 55 58 86 86 55 58 86 86 55 58 86 86 55 58 86 86 55 58 86 56 55 58 86 86 55 58 86 56 55 58 86 55 58 86 56 55 58 86 56 55 55 58 86 56 55 55 58 86 56 55 55 58 86 56 55 55 58 86 56 55 55 58 86 56 55 55 58 86 56 55 55 58 86 56 56 55 55 58 86 56 56 55 55 58 86 56 55 55 58 86 56 55 55 58 86 56 55 55 58 86 56 55 55 58 86 56 55 55 58 86 56 55 55 58 86 56 55 55 58 86 56 55 55 58 86 56 55 55 58 86 56 56 55 55 58 86 56 56 55 55 58 86 56 56 55 55 58 86 56 56 55 55 58 86 56 55 55 58 86 56 55 55 58 86 56 56 55 55 58 86 56 56 55 55 58 86 56 56 55 55 58 86 56 56 55 55 58 86 56 56 55 55 58 86 56 56 55 55 58 86 56 56 56 55 55 58 86 56 56 56 56 56 55 55 58 86 56 56 56 55 55 58 86 56 56 56 56 56 56 56 56 56 56 56 56 56	14 8 8 8 8 4 4 3 3 8 8 11 1 1 1 1 1 1 1 1 1 1 1 1 1 1	25 9 9 11 7 13 16 15 15 10 11 9 10 25 12 17 11 8 8 8 8 8 8 10 10 10 11 11 11 12 13 14 15 15 10 10 11 11 11 12 13 13 14 15 16 16 16 16 17 18 18 18 18 18 18 18 18 18 18	12 9 9 8 5 9 10 7 7 7 6 6 6 12 5 10 4 4 7 4 3 3 9 9 4 4 5 6 6 6 6 7 7 7 7 7 7 7 7 7 8 8 8 8 8 9 9 9 1 1 1 1 1 1 1 1 1 1 1 1	91 87 87 87 101 86 81 94 94 94 7 protein 55 81 107 51 61 66 62 73 75 59 84 80 63 63 75 55 81 107 59 40 40 40 40 40 40 40 40 40 40 40 40 40	50 50 40 45 35 50 50 70 45 25 50 60 70 45 25 50 60 60 30 60 30 60 30 60 25 50 60 60 25 50 60 60 60 60 60 60 60 60 60 6	45 100 45 30 30 30 30 15 15 25 30 40 30 40 80 80 30 30 40 30 40 30 40 80 80 30 40 40 80 40 40 40 40 40 40 40 40 40 40 40 40 40	25 45 45 45 45 26 8 15 20 25 25 26 6 6 6 6 6 6 10 10 10 10 8 4 4 2 2 2 3 4 4 4 4 4 4 4 4 4 4 4 4 4	35 70 30 33 35 35 30 60 60 60 60 40 40 40 40 40 40 45 33 35 30 45 35 30 45 35 30 45 40 40 40 40 40 40 40 40 40 40 40 40 40
#5 Bella Mozza #6 The Boss #7 The MexiCali (with Smashed Avocado) #7 The MexiCali (with Sliced Avocado) #8 The Great Garlic #9 The Champ #10 All-American Club® #11 Subway Club® #12 Turkey Cali Club (with Smashed Avocado) #12 Turkey Cali Club (with Smashed Avocado) #12 Turkey Cali Club (with Smashed Avocado) #0 Footlong Pro Build Your Own Sandwiches Black Forest Ham Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold Cut Combo Italian BMT® Meatball Marinara Oven Roasted Turkey Roast beef Rotisserie-Style Chicken Spicy Italian Steak & Cheese (with American cheese) Sweet Onion Chicken Teriyaki Tuna Footlong Pro Limited Time Offer/Regional Footlong Pro Subs** Big Hot Pastrami** BL.T** Goven Roasted Turkey and Ham** Pitzas Sub** Veggie Delite® Black Forest Ham Oven Roasted Turkey and Ham** Pitzas Sub** Veggie Delite® Black Forest Ham Oven Roasted Turkey Make any Build Your Own Sandwich Into a Wrap Black Forest Ham Oven Roasted Turkey Dillied Chicken) on Plain Wrap Chicken & Bacon Ranch (with Rotiserrie-Style Chicken) on Plain Wrap Meatball Marinara on Plain Wrap	647 828 693 679 655 525 592 693 684 680 Values 553 687 552 608 609 535 464 693 595 361 608 608 652 361 665 Values 108 137 Values 307 Values	1030 1810 1810 1190 11140 1290 11140 1190 11140 1410 1410 1410 1410	444 1088 62 57 69 69 64 46 83 78 000tlong 12 27 78 35 61 66 9 9 11 10 95 11 11 14 10 76 40 40 40 40 40 40 40 40 40 40 40 40 40	17 46 20 19 22 18 20 13 25 24 21 32 25 5 5 5 33 37 7 29 20 33 4 33 32 4 4 15 6 1 0 d wrap, 2 4 15 5 11 14	5 0 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	270 280 310 275 280 310 225 225 345 285 345 185 200 155 210 255 245 215 255 100 0 155 100 0 0 110 0 55 10 10 170 95	4290 4950 3360 3110 3530 3890 3790 3890 3570 nd chee 2610 3830 2261 3830 2261 3830 2261 3830 227 3560 2540 2290 1970 1830 2290 1970 1830 2570 4110 1910 1830 450 450 450 1800 1990 1820 2180 2210	128 81 80 79 75 82 87 88 80 80 78 80 87 88 84 123 80 76 80 7	14 8 8 8 8 8 11 10 0uble fo 8 4 4 3 3 4 13 8 9 4 13 8 9 4 2 9 8 4 4 2 9 13 10 10 10 10 10 10 10 10 10 10 10 10 10	25 9 9 11 7 13 16 15 15 10 11 9 10 25 12 17 11 8 8 63 8 8 8 15 15 10 11 11 11 11 12 13 14 15 15 16 16 16 16 17 18 18 18 18 18 18 18 18 18 18	12 9 9 8 5 9 10 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	91 87 87 87 101 86 81 94 94 94 95 55 81 107 51 66 62 73 73 73 73 80 63 63 63 67 67 58 49 40 40 40 40 40 40 40 40 40 40 40 40 40	50 50 50 40 45 35 50 50 50 70 45 25 50 60 70 45 25 50 60 60 60 30 60 60 60 20 20 20 20 20 20 20 20 20 2	45 100 45 30 30 30 30 30 15 15 25 30 40 30 40 30 40 30 40 30 40 30 40 30 40 30 40 30 40 30 40 40 40 40 40 40 40 40 40 40 40 40 40	25 45 45 45 45 25 8 15 20 25 25 6 6 6 40 20 6 6 6 10 8 4 15 6 6 8 8 20 6 6 8 20 6 8 20 8 8 8 8 8 8 8 8 8 8 8 8 8	35 70 30 35 35 35 50 60 60 70 30 35 40 40 60 60 60 30 35 35 40 40 40 40 40 40 40 40 40 40 40 40 40

	Size (g)		(g)	(b)	*(g)		ng)	drate(g)	Fiber (g)		ıgars (g)	0	\@ \D\	\0 % C	% DV	
	Serving S	Calories	Fotal Fat	Fat	Frans Fat (g)	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fi	Sugars (g)	Added Sugars	Protein(g)	/itamin A	Vitamin C	cium	NO % UC
2,000 calories a day is used for general nutrition advice, but calorie needs vary. Spicy Italian on Plain Wrap	304	820	52	17 Sat.	1	125	2430	58	3	4	1	31	15	40	Cal	30 Po Po
Steak & Cheese on Plain Wrap Sweet Onion Chicken Teriyaki on Plain Wrap	269 365	570 540	20 11	7 2	0	120 95	1700	55 71	3	23	16	43	30	20	10	30 25
Tuna on Plain Wrap Veggle Delite® on Plain Wrap	335 285	820 330	54 8	1	0	75 0	1210 600	53 57	4	6	1	33 10	15 60	15 30	10	20
Make any Sandwich into a Wrap Limited Time Offer/Regional Wrap Big Hot Pastrami on Plain Wrap**	Values 363	include s 860	suggeste 53	ed wrap, 15	select fr 0	esh veg	etables a	and footl 56	ong mea	t portic	n 1	46	15	0	15	45
B.L.T on Plain Wrap** Grilled Chicken on Plain Wrap**	218 335	620 470	33 11	10	0	65 100	1270 1010	54 54	3	5	4	29 42	10 30	8 20	8	25 25
Oven Roasted Chicken on Plain Wrap** Oven Roasted Turkey & Ham on Plain Wrap**	335 307	470 440	13 11	3	0	90 50	1180 1560	57 56	3	6 5	1	34 30	30 30	15 15	10 8	20 30
Pizza Sub on Plain Wrap** Veggie Patty on Plain Wrap**	238 363	720 660	44 26	16 3	0	100	2290 1230	59 87	3 19	5 8	2 1	26 21	15 30	35 15	20 8	25 20
Make any Sandwich into a 6" Fresh Melt	6" servi		oread, ch		d all the			es. Doub	ole value	s for foo	otlong ni	utrition i		on (one	footlong	g=two
6" Black Forest Ham on Artisan Italian 6" Buffalo Chicken (with Grilled Chicken)	204 246	450 450	25 22	10 9	1	70 90	1550 1990	40 40	<1 1	5 5	3 2	23 30	25 35	15 15	15 15	15 15
6" Chicken & Bacon Ranch (with Rotisserie-Style Chicken) 6" Cold Cut Combo	277	570 400	32 20	12 9	0	110 80	1400	39 39	1	5	2	38 22	40	15 20	30 20	15 15
6" Italian B.M.T.® 6" Meatball Marinara	218 237 218	470 520	26 27	12 13 7	2	70 70	1790 1690	41 50 41	3 4	5 8	2 4 2	25 25	40 25 40	30 25	15 20	15 20
6" Oven Roasted Turkey 6" Roast Beef 6" Rotisserie-Style Chicken	290 232	380 480 410	14 21 16	12 8	1 0	55 80 85	1420 1680 1340	46 41	5 4	6 10 6	3	25 28 28	70 40	15 30 15	15 25 15	20 20 15
6" Spicy Italian 6" Steak & Cheese (with American cheese and Mayo)	207	540 500	34	15 11	1	95 95	1910 1500	40	1 1	4	2	24	25 15	35 15	15 15	15 15
6" Sweet Onion Chicken Teriyaki 6" Tuna	264 190	460 570	14	7	0	80 75	1460 1060	57 35	4 <1	25 2	16	30	40	15	15 25	15 15
6" Veggie Delite® (on Artisan Italian with Mayo)	169 Values	390 include b	23	9 neese an	1 d all the	40	1060 egetable	38	1 ole value	4 s for foo	2 otlona ni	13	40	20 on (one	15	10 a=two
Make any Sandwich into a 6" Fresh Melt Lmited Time Offer/Regional 6" Big Hot Pastrami**	6" servi		33	13	0	100	2200	39	1	4	2	31	15	8	15	25
6" Oven Roasted Chicken** SALADS	232	400	15	8	0	75	1250	42	4	7	2	26	40	15	15	10
Make any Sandwich into a Salad		include l	ettuce, s	spinach,	tomatoe	es, onion	s, green	peppers	, cucumb	oers and	d olives.	Values c	lo not in	clude dre	essing u	nless
Black Forest Ham	344 414	120 300	3 19	1 4	0	30 65	570 1180	12 13	4 5	6 7	1	13 20	70 80	35 40	4	10 15
Buffalo Chicken (with Grilled Chicken) Chicken & Bacon Ranch (with Rotisserie-Style Chicken and Peppercorn Ranch Sauce) Cold Cut Combo	430	490 160	36	12	1 0	110 45	1020 700	13	5 4	7	2	30 12	80 70	35 35	20	15 15
Italian B.M.T.® Meatball Marinara	351 426	240	15 17	5	0	50 40	880 780	12	4 7	5	1 2	14	70 80	45 50	6	15 20
Oven Roasted Turkey Roast Beef	344 358	110 150	2	0	0	25 40	550 500	10	4	5	0	14	70 70	35 35	4	20
Rotisserie-Style Chicken Spicy Italian	358 347	150 310	5 23	9	0	50 60	470 1000	10 12	4	5 5	0	18 14	70 70	35 50	6	10 15
Steak & Cheese Sweet Onion Chicken Teriyaki	370 426	210 260	9	4	0	65 50	740 900	12 43	4	6 42	1 29	22 19	70 70	35 40	10 6	15 15
Tuna Veggie Delite®	362 287	310 50	24 1	4 0	0	40 0	390 75	10 9	4	5 5	0	15 3	70 70	35 35	4	10 8
Make any Sandwich into a Salad Limited Time Offer/Regional	Values noted			spinach,	tomatoe		s, green	peppers	, cucumt	oers and	dolives.		lo not in		essing ur	
Big Hot Pastrami** B.L.T.**	450 317	370 210	26 14	8 5	0	80 35	1670 420	14 11	5 4	7	0	24 13	80 70	35 35	10	25 10
Grilled Chicken** Oven Roasted Chicken**	358 358	130 130	3	1	0	50 45	280 370	10 11	4	5 6	0	19 16	70 70	40 35	6	10 10
Oven Roasted Turkey & Ham** Pizza Sub**	344 374	110 310	3 23	10	0	25 60	560 1200	11 16	4 5	5 8	1	14 14	70 80	35 50	4 15	15 15
Veggie Patty** Protein Bowls	372	220	10	1	0	0	390	26	12	7	0	9	70	35	4	8
Make any Footlong a Protein Bowl						ttuce, sp	oinach, to	omatoes	, onions,	green p	eppers,	cucumb	ers and	olives. V	alues do	o not
Black Forest Ham	302 414	170 380	5	se unies 2 4	0	55 115	1050	12	3 4	6	2	21	60 90	30 40	4	10 15
Buffalo Chicken Chicken & Bacon Ranch (with Rotisserie-Style Chicken) Cold Cut Combo	444	760 260	21 55 16	21	0 1 0	205 95	1750 1310	13	4 3	7 7 5	2	36 55 20	80	30 30	6 35 10	15 15
Italian B.M.T.® Meatball Marinara	316 469	410 540	29	11	0	100	1670 1520	13	3	5 15	1 4	25 29	60	45 60	6	15 25
Oven Roasted Turkey Roast Beef	302	150 230	3	1 2	0	50 75	1020	8	3	5	1 4	25 30	60	30 30	4	25 25
Rotisserie-Style Chicken Spicy Italian	325 306	220 550	8 45	3 17	0	105 125	810 1910	8 12	3	4	0	31 24	60	30 60	4 8	10 15
Steak & Cheese Sweet Onion Chicken Teriyaki	358 395	380 330	19 5	9	1 0	140 95	1150 1090	12 41	3	5 42	2 29	42 34	70 60	30 35	20 6	20 15
Tuna Make any Footlong a Protein Bowl Limited Time Offer/Regional						75 ttuce, sp	690 oinach, to	8 omatoes	3 , onions,	4 green p	0 peppers,	26 cucumb	60 ers and	30 olives. V	4 alues do	10 o not
Big Hot Pastrami** B.L.T.**	490 248	dressing 680 360	or chee 52 26	se unles 18 9	s noted 0	165 65	2670 760	15 10	5	7	0	45 22	80	30 30	25 6	40
B.L.1.** Grilled Chicken** Oven Roasted Chicken**	330 330	200	4 6	2	0	100	480 660	9	3	5	0	35 27	60	35 30	4	10
Oven Roasted Chicken** Oven Roasted Chickey & Ham** Pizza Sub**	302 372	160 610	4	1 22	0	50 135	1040	10	3 5	6	2	23	60	30 30 60	4 40	20
Veggle Patty** BREAKFAST & PIZZA & SLIDERS	358	380	19	2	0	0	700	41	19	8	0	14	60	30	4	6
Omelet on 6" Artisan Flatbread (with Egg White)**			o" flatbre	ead, egg	white ar	nd Amer	ican che	ese. Dou	ble value	es for fo	otlong n	utrition i	informat	ion (one	footlon	ig=two
6" Black Forest Ham, Egg White & Cheese Flatbread	6" servi	390	12	4	0	25	1110	45	2	4	3	23	4	0	6	15
6" Egg White & Cheese Flatbread 6" Bacon, Egg White & Cheese Flatbread 6" Steak, Egg White & Cheese Flatbread	174 189 217	350 430 420	11 17 14	4 6 5	0	10 30 45	870 1040 1140	44 44 45	2 2 2	3 4 3	3	18 23 28	4 4	0	6 6	15 15 20
6 Steak, Egg white & Cheese Flatbread Omelet on 6" Artisan Flatbread (with Regular Egg)**	Values		" flatbro	ead, regi					ouble val							20
	-iootion	9-1000 6	-serving	P)												

2.000 calories a day is used for general nutrition advice, but calorie needs vary. 6° Black Forest Ham, Egg & Cheese Flatbread 6° Egg & Cheese Flatbread	203 174	084 Oalories	23 Total Fat (g)	o o Sat. Fat (g)	o o Trans Fat (g)*	265 250	(6m) (mg) 1040 790	Carbohydrate(g)	Dietary Fiber (g)	ω ω Sugars (g)	ν κ Added Sugars (g)	23 Protein(g)	15 Vitamin A % DV	o o Vitamin C % DV	ω α Calcium % DV	>Q % uo.1
6" Bacon, Egg & Cheese Flatbread 6" Steak, Egg & Cheese Flatbread	189 217	530 520	28 25	8 7	0	270 285	970 1070 merican	44 44	1 2	3	3	24 29 ong nutri	15 15	0	8	20
Omelet on 6" Artisan Italian (with Egg White)** 6" Black Forest Ham, Egg White & Cheese 6" Egg White & Cheese 6" Bacon, Egg White & Cheese 6" Steak, Egg White & Cheese	189 161 176 203	320 290 370 350	" serving 10 9 15 12	4 4 6 5	0 0 0	25 10 30 45	1100 850 1030 1130	38 37 38 38	<1 <1 <1 <1	3 3 3	2 2 2 2	23 18 23 28	4 4 4 4	8 8 8	6 6 6	10 10 10 15
Omelet on 6" Artisan Italian (with Regular Egg)** 6" Black Forest Ham, Egg & Cheese 6" Egg & Cheese 6" Bacon, Egg & Cheese 6" Steak, Egg & Cheese		g=two 6 410 380 460 450			0 0 0	265 250 270 285	1030 780 960 1060	38 36 37 38	0 0 0 	3 2 3 3	2 2 2 2	23 19 24 29	15 15 15 15	8 8 8	8 8 8 8	15 15 15 20
Omelet on Plain Wrap (with Egg White) ** Black Forest Ham, Egg White & Cheese Egg White & Cheese Bacon, Egg White & Cheese Steak, Egg White & Cheese	340 283 313 354	580 510 670 630	21 19 32 24	5 4 9 6	0 0 0	40 10 45 65	1860 1370 1720 1830	59 56 57 58	2 2 2 2	5 3 5 4	2 1 2	39 29 39 46	4 4 4	0 0 0	10 10 15 10	20 15 20 25
Omelet on Plain Wrap (with Regular Egg)** Black Forest Ham, Egg & Cheese Egg & Cheese Bacon, Egg & Cheese Steak, Egg & Cheese	340 283 313 354	770 700 860 820	42 40 53 45	10 10 14 12	0 0 0	520 490 525 550	1720 1230 1570 1680	57 55 56 56	2 2 2 2	4 3 4 4	2 1 2 2	40 30 40 47	25 25 25 25	0 0 0	15 15 15 15	30 30 30 35
Flatizza *** Cheese Pepperoni Sausage Spicy Italian	150 162 180 174	410 470 520 510	17 22 27 26	9 11 13 12	0 1 1 1	40 55 70 65	760 960 1080 1130	45 45 46 46	2 2 2 2	4 4 4 4	3 3 3	18 21 22 23	2 2 6 2	4 6 4 8	25 25 25 25	15 15 20 15
Veggie 8" Pizza** Cheese Bacon** Meetball** Pepperoni	225 292 321 343 324	720 840 860 850	17 24 34 35 35	9 9 13 14 14	0 0 0 1	50 75 80	1360 1620 1660 1740	94 95 98 95	3 4 4 5 4	6 8 9 8	3 0 1 0	19 28 36 37 34	0 0 0 0	25 0 0 0 4	25 0 6 8 6	15 0 2 4 2
Sausage** Sliders Ham & Jack (includes Pepper Jack Cheese)** Italian Spice (includes American Cheese and MVP Parmesan Vinaigrette®)** Little Cheesesteak (includes American Cheese and Baja Chipotle Sauce)** Turkey (includes Pepper Jack Cheese and Mayonnaise)**	335 68 69 68 78	140 230 160 180	37 4 15 7 9	14 2 5 3	0 0 0 0	20 30 20 25	530 720 430 520	96 18 19 19	0 0 <1 0	2 1 2 1	0 1 1 1 0	9 9 8 11	0 2 2 8	0 4 10 8 6	4 4 2 6	6 6 6 10
BREADS & CONDIMENTS Breads		values f					(one foo			vings)	J		Ü		Ü	10
6" Artisan Flatbread 6" Artisan Italian Bread 6" Hearty Multigrain Bread 6" Italian Herbs & Cheese Bread 6" Jalapeño Cheddar Bread** Biscuit** Giuten-Free Bread (as packaged) ¹ ** Spinach Wrap	78 65 71 76 76 90 113	220 160 190 200 190 290 340 290	4 2 2 4 4 14 12 8	1 0 2 2 8 7 4	0 0 0 0 0 0	0 0 0 10 10 0 0	360 350 310 550 470 960 790 780	40 34 36 36 34 35 51 48	1 0 3 <1 <1 <1 3 2	2 3 2 2 3 7	2 2 2 2 2 0 0	7 7 7 9 9 4 6	0 0 4 4 0 0	0 8 0 8 10 0 8 0	0 0 0 2 6 0 2 10	15 10 8 10 10 0 2 15
Tomato Basil Wrap Wrap Mini Artisan Italian Bread Mini Hearty Multigrain Bread 6" Hero™ Bread Sandwich Condiments and Toppings		290 300 100 120 100 t on 6" safor salad				0 0 0 0 0 values t	730 580 240 210 430 For footlo	49 50 22 24 27 ong nutri	2 0 2 26 Ition info	2 1 2 0 rmation	1 1 1 0 (one for	8 8 4 5 12 otlong=t	0 0 0 0 0 wo 6" se	10 0 6 0 4 ervings).	8 6 0 0 2 Double sa	15 15 6 6 6 auce
Baja Chipotle Southwest Sauce Barbecue Sauce** Franks® Red Hot Buffalo Sauce Creamy Sriracha** Giardiniera** Honey Mustard	14 14 14 14 28 14	70 30 5 40 80 20	7 0 0 4 9	1 0 0 1 2	0 0 0 0 0	5 0 0 5 0	125 135 350 240 340 80	1 7 1 2 1 4	0 0 0 0	1 6 0 1 1 4	0 6 0 0 0	0 0 0 0 0	0 0 6 4 0	0 0 0 2 0	0 0 0 0 0	0 0 0 0 0
Hot Pepper Relish** Lite Mayonnaise Mayonnaise Mustard, Yellow MVP Parmesan Vinaigrette® Oil	14 14 14 14 14 14 5	0 50 100 10 60 45	0 5 11 1 6 5	0 1 2 0 1	0 0 0 0 0	0 5 10 0 0	170 90 65 170 150 0	1 0 1 1 0	0 0 0 0 0	0 0 0 0 1	0 0 0 0 1	0 0 0 1 0	0 0 0 0 0	15 0 0 0 0 0	0 0 0 0	0 0 0 0 0
Oil & Vinegar Peppercorn Ranch Sauce Red Wine Vinegar Roasted Garlic Aloli	9 14	45 80	5 8	0 2 0	0	0 5 0	0 100 0	0 1 0	0	0 1 0	0	0 0	0	0 0	0 0	0 0
Sweet Onion Teriyaki Sauce Seasonings and Spices	4 14 14 Amoun	0 80 30 t on 6" sa	9 0 andiwch	2 0	0	5 0	150 130	1 7	0	1 8	6	0	0	0	0	0
	14 14	80 30	9	2 0			150	1	0	1			0	0		
Seasonings and Spices Pepper, Black Oregano**	14 14 Amoun 0 0	80 30 t on 6" sa 0 0	9 0 andiwch 0	2 0 or wrap 0 0	0 0	0 0	150 130 0 0	1 7 0	0 0	1 8 0 0	0	0 0	0 0	0 0 0	0 0	0 0

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Cheese	Serving Size (g)	o o o o o o o o o o o o o o o o o o o	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
American	Amoun 11	40	4	or wrap	0	10	210	1	0	0	0	2	4	0	4	0
BelGioioso® Fresh Mozzarella	17	40	3	2	0	10	55	0	0	0	0	3	0	0	5	0
Monterey Cheddar, Shredded	14	50	5	3	0	15	85	1	0	0	0	3	6	0	0	0
Mozzarella, Shredded**	14	45	4	2	0	10	85	1	0	0	0	3	0	0	6	0
Parmesan Grated	1	5	0	0	0	0	25	0	0	0	0	1	0	0	2	0
Pepperjack	14	50	4	3	0	15	140	0	0	0	1	3	4	4	10	0
Provolone	14	50	4	2	0	10	125	0	0	0	0	4	4	0	8	0
Swiss**	14	60	5	3	0	15	30	0	0	0	0	4	6	0	10	0
Individual Proteins	Amoun		ub or sal					wrap	0	U	0	4	0	0	10	0
Bacon (2 strips)	15	80	6	3	O O	15	170	1 I	0	1	1	5	0	0	0	2
Black Forest Ham	57	70	2	1	0	30	490	2	0	1	1	10	0	0	0	2
Capicola (6 slices)	44	70	4	2	0	25	480	2	0	1	1	7	0	0	0	2
Chicken Patty, Oven Roasted**	71	80	3	1	0	45	300	2	0	1	1	13	0	0	0	2
Cold Cut Combo Meats	64	110	8	1	0	45	620	1	0	1	0	9	0	0	4	4
Egg Patty (regular)	85	180	15	4	0	240	220	2	0	0	0	10	10	0	2	6
Egg Patty (white)	85	90	4	1	0	0	290	3	0	1	0	9	0	0	0	0
Grilled Chicken	71	80	2	2	0	50	210	1	0	1	0	16	2	4	0	2
Grilled Chicken, Buffalo	99	90	2	1	0	50	900	2	0	1	0	17	15	4	0	4
Grilled Chicken, Sweet Onion Teriyaki Glazed	85	110	2	1	0	50	350	9	0	10	7	16	0	4	0	2
Italian B.M.T.® Meats	64	180	14	5	0	50	800	3	0	1	1	11	0	8	2	4
Meatballs	139	250	16	6	1	40	700	14	3	5	2	13	10	15	4	10
Oven Roasted Turkey	57	60	1	1	0	25	480	0	0	0	0	11	0	0	0	10
Pastrami**	57	130	10	3	0	35	470	1	0	1	0	9	2	0	0	8
Pepperoni, (3 slices)	18	80	7	3	0	20	290	1	0	0	0	3	0	4	0	2
Roast Beef	71	90	3	1	0	40	420	2	0	2	2	14	0	0	0	8
Rotisserie-Style Chicken	71	90	4	1	0	50	400	0	0	0	0	15	0	0	0	2
Spicy Italian Meats	59	250	22	8	0	60	930	2	0	0	0	11	0	15	2	6
Steak (no cheese)	71	110	5	2	0	55	450	2	0	1	1	17	0	0	0	6
Subway Club® Meats	92	110	3	1	0	45	700	3	0	2	2	18	0	0	0	10
Tuna	74	250	23	2	0	40	310	0	0	0	0	12	0	0	0	2
Veggie Patty**	85	170	9	1	0	0	320	17	8	2	0	6	0	0	0	0
DESSERTS & SIDES					-			II								
Cookies & Desserts																
Chocolate Chip	45	210	10	5.0	0	10	120	30	<1	18	18	2	0	0	0	10
Oatmeal Raisin	45	200	8	4.0	0	15	110	30	1	16	10	3	0	0	2	6
Raspberry Cheesecake**	45	210	9	5.0	0	15	115	29	0	16	15	2	0	0	2	6
White Chip Macadamia Nut	45	210	10	5	0	15	125	28	<1	17	17	2	0	0	2	6
Applesauce**	90	70	0	0	0	0	0	16	3	13	0	0	0	0	0	2
Biscuit & Gravy**	133	340	18	10	0	5	1140	39	<1	3	0	6	0	0	0	0
Cinnamon Roll**	163	570	20	10	0	5	630	89	3	38	0	8	8	0	4	15
Hash Browns**	108	190	9	3	0	0	600	24	3	1	0	3	0	0	2	60
Muffin, Apple Cinnamon**	113	450	24	4	0	60	370	53	2	31	0	6	0	8	6	10
Muffin, Blueberry Crumb**	113	410	17	4	0	40	440	59	2	33	0	5	0	0	4	10
Muffin, Double Chocolate**	113	550	31	8	0	65	420	61	3	41	0	6	0	0	6	20
Soup** (8 oz. bowl)																
Beef Chili with Beans**	251	360	22	8	1	70	800	21	4	6	3	21	130	15	8	25
Broccoli Cheddar**	227	200	16	8	0	45	960	16	<1	7	0	9	20	15	20	2
Chicken Noodle**	227	70	3	1	0	15	1160	6	<1	1	0	/	15	2	2	0
Loaded Baked Potato with Bacon**	227	200	14	7	0	45	910	17	1	4	0	9	10	15	10	2

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from approved food manufacturers, independent laboratories and the USDA Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly. Nutrition information for these items are based on the most common formulas and ingredients.

**At participating locations.

The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurants contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten-free