

# Build Your better BREAKFAST

How hungry are you?  
Choose egg or egg white  
Add your favorite veggies and sauce

	3" Flatbread	6" Flatbread or Subs	12" Flatbread or Subs
<b>Egg &amp; Cheese</b>	Regular <small>*Under 200 Cals.</small>	Regular	Regular
<b>Black Forest Ham, Egg &amp; Cheese</b> <b>Bacon, Egg &amp; Cheese</b>	Regular <small>*Under 200 Cals.</small>	Regular	Regular
<b>Breakfast B.M.T.® Melt</b> <small>Pepperoni, Genoa Salami, Black Forest Ham, Egg &amp; Cheese</small>	Regular	Regular	Regular
<b>Steak, Egg &amp; Cheese</b> <b>Sunrise Subway Melt™</b> <small>Turkey Breast, Black Forest Ham, Bacon, Egg &amp; Cheese</small>	Regular	Regular	Regular

## Drinks & Sides

- Juice Minute Maid
- Coffee
- Yogurt Parfait



\*Prepared according to standard recipe with egg white.

# 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		Cookie Platters
ITEM	SERVES	ITEM
Sandwich Platter	5-9	36 Cookies
Giant Subs		Subway to Go!™ Meal
LENGTH	SERVES	
3 Feet	10-12	
6 Feet	20-25	

**Advance notice is recommended 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" cold sub, 1 cookie, 1 side and a napkin. Your choice of side includes chips, yogurt 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.

Menu and prices are subject to change without notice.  
[www.subway.com](http://www.subway.com)

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Double Meat refers to meat content only. Double Meat not offered on Supreme Subs.

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# SUBWAY® Take-Out Menu





# 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 • Monterey Cheddar

# Step 4

## Choose Your Veggies

Lettuce • Tomatoes • Cucumbers • Peppers  
Red Onions

## More Variety?

Pickles • Olives • Banana Peppers • Jalapeños

# Step 5

## Choose Your Sauce

Fat Free per 0.75 oz (6") serving

Mustard • Honey 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

**\$5** REGULAR FOOTLONGS  
Reg. 6-inch

ALL DAY, EVERY DAY.

### B.L.T.

Bacon, Lettuce & Tomato

**Black Forest Ham**  6" sub 

### Cold Cut Combo

Bologna, Salami & Ham  
(All Meats are Turkey Based)

**Egg & Cheese Omelet**

**Veggie Delite**  6" sub 

### Value Meal Add

Drink + 1 Side



or substitute yogurt parfait for your side  
Substitute Milk or Bottled Beverage for your Fountain Drink

REGULAR FOOTLONGS  
Reg. 6-inch

### Spicy Italian

Pepperoni, Genoa Salami

**Meatball Marinara**

REGULAR FOOTLONGS  
Reg. 6-inch

### Turkey Breast



**Oven Roasted Chicken**  6" sub 

### Italian B.M.T.®

Pepperoni, Genoa Salami, & Black Forest Ham



**Tuna**

**Turkey Breast & Black Forest Ham**  6" sub 

REGULAR FOOTLONGS  
Reg. 6-inch

### Buffalo Chicken



REGULAR FOOTLONGS  
Reg. 6-inch



**Sweet Onion Chicken Teriyaki**  6" sub 



**Subway Club**®  
Turkey Breast, Black Forest Ham & Roast Beef  6" sub 



**Subway Melt**®  
Turkey Breast, Black Forest Ham  
Bacon & Cheese

PREMIUM FOOTLONGS  
Premium 6-inch

### Chicken & Bacon Ranch Melt

**Roast Beef**  6" sub 

**Steak & Cheese**



FOOTLONG SUPREMES  
Supreme 6-inch

### Big Philly Cheesesteak



## Chopped Salads

### Double Chicken

Make any Double Meat or Supreme 6" a Salad

### Turkey Breast

Make any Regular or Premium 6" a Salad

### Veggie Delight®

Double Chicken



## Kids



Includes A Fit Mini Sub Of Your Choice (Turkey Breast, Black Forest Ham, Roast Beef or Veggie Delite®) with Apples, Low-Fat Milk & A Premium.


\*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.

## Sides & Drinks

### SIDES

**Chips**    

**Cookies**

 **Apples**

**Yogurt Parfait**

### DRINKS

**Fountain**   

**Bottled Beverage**

**1% Milk**  
or Flavored Milk

**Juice Box** 

## Extras

**Bacon**

**Pepperoni**

**Double Meat**

**Extra Cheese**



## Look For The



Certified 6-inch SUBWAY FRESH FIT® Meals meet AHA criteria for heart-healthy meals, including levels of:

- Calories
- Total Fat
- Cholesterol
- Saturated Fat
- Sodium
- Beneficial Nutrients

Heart-Check certification mark next to a menu item refers to designated 6-inch sandwich and salad meals prepared according to standard recipe served with apple slices and water. Certified salad meals may only include sweet onion dressing. Certified Kids Meal includes the following: Kids Sandwich, Apple Slices and 12 oz. Low Fat Milk. Addition of ingredients or condiments containing sodium or fat may result in meal no longer meeting AHA meal criteria.

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.



**6** grams fat max  
6" sub\*

SUBWAY FRESH FIT® should not be considered a diet program.

\* Fat content refers to 6-inch sub on Italian or 9-grain wheat bread prepared according to standard recipe without cheese or condiments that contain fat.



Order Form

Contact Person Name: \_\_\_\_\_

Pick up Time: \_\_\_\_\_

Page \_\_\_\_\_ of \_\_\_\_\_

Phone Number: \_\_\_\_\_

Total # of Sandwiches \_\_\_\_\_

Name: _____ <input type="checkbox"/> 6" <input type="checkbox"/> 12" <input type="checkbox"/> Salad <input type="checkbox"/> Kid's Meal <input type="checkbox"/> Toasted <input type="checkbox"/> Flatbread <input type="checkbox"/> English Muffin <input type="checkbox"/> Meal <small>Check size 1 Side &amp; 1 Drink</small>	Name: _____ <input type="checkbox"/> 6" <input type="checkbox"/> 12" <input type="checkbox"/> Salad <input type="checkbox"/> Kid's Meal <input type="checkbox"/> Toasted <input type="checkbox"/> Flatbread <input type="checkbox"/> English Muffin <input type="checkbox"/> Meal <small>Check size 1 Side &amp; 1 Drink</small>	Name: _____ <input type="checkbox"/> 6" <input type="checkbox"/> 12" <input type="checkbox"/> Salad <input type="checkbox"/> Kid's Meal <input type="checkbox"/> Toasted <input type="checkbox"/> Flatbread <input type="checkbox"/> English Muffin <input type="checkbox"/> Meal <small>Check size 1 Side &amp; 1 Drink</small>
<input type="checkbox"/> Italian <input type="checkbox"/> 9 Grain Wheat <input type="checkbox"/> 9 Grain Honey Oat <input type="checkbox"/> Italian Herbs & Cheese	<input type="checkbox"/> Italian <input type="checkbox"/> 9 Grain Wheat <input type="checkbox"/> 9 Grain Honey Oat <input type="checkbox"/> Italian Herbs & Cheese	<input type="checkbox"/> Italian <input type="checkbox"/> 9 Grain Wheat <input type="checkbox"/> 9 Grain Honey Oat <input type="checkbox"/> Italian Herbs & Cheese
<b>All Day Sandwiches</b> <input type="checkbox"/> B.L.T. <input type="checkbox"/> Roast Beef <input type="checkbox"/> Ham, Egg & Cheese <input type="checkbox"/> Big Philly Cheesesteak* <input type="checkbox"/> SO Chicken Teriyaki White or Yellow <input type="checkbox"/> Ham <input type="checkbox"/> Spicy Italian <input type="checkbox"/> Bacon, Egg & Cheese <input type="checkbox"/> Buffalo Chicken* <input type="checkbox"/> Steak & Cheese White or Yellow <input type="checkbox"/> Chicken & Bacon <input type="checkbox"/> Subway Club® <input type="checkbox"/> Breakfast B.M.T.® Melt Ranch Melt <input type="checkbox"/> Subway Melt® White or Yellow <input type="checkbox"/> Cold Cut Combo <input type="checkbox"/> Tuna <input type="checkbox"/> Steak, Egg & Cheese <input type="checkbox"/> Egg & Cheese* <input type="checkbox"/> Turkey Breast White or Yellow <input type="checkbox"/> Egg Salad** <input type="checkbox"/> Turkey Breast & <input type="checkbox"/> Sunrise Subway Melt® Ham White or Yellow <input type="checkbox"/> Italian B.M.T.® <input type="checkbox"/> Veggie Delite® <input type="checkbox"/> Egg & Cheese <input type="checkbox"/> Meatball Marinara <input type="checkbox"/> Veggie Delite® <input type="checkbox"/> Egg & Cheese <input type="checkbox"/> Oven Roasted Chicken White or Yellow	<b>All Day Sandwiches</b> <input type="checkbox"/> B.L.T. <input type="checkbox"/> Roast Beef <input type="checkbox"/> Ham, Egg & Cheese <input type="checkbox"/> Big Philly Cheesesteak* <input type="checkbox"/> SO Chicken Teriyaki White or Yellow <input type="checkbox"/> Ham <input type="checkbox"/> Spicy Italian <input type="checkbox"/> Bacon, Egg & Cheese <input type="checkbox"/> Buffalo Chicken* <input type="checkbox"/> Steak & Cheese White or Yellow <input type="checkbox"/> Chicken & Bacon <input type="checkbox"/> Subway Club® <input type="checkbox"/> Breakfast B.M.T.® Melt Ranch Melt <input type="checkbox"/> Subway Melt® White or Yellow <input type="checkbox"/> Cold Cut Combo <input type="checkbox"/> Tuna <input type="checkbox"/> Steak, Egg & Cheese <input type="checkbox"/> Egg & Cheese* <input type="checkbox"/> Turkey Breast White or Yellow <input type="checkbox"/> Egg Salad** <input type="checkbox"/> Turkey Breast & <input type="checkbox"/> Sunrise Subway Melt® Ham White or Yellow <input type="checkbox"/> Italian B.M.T.® <input type="checkbox"/> Veggie Delite® <input type="checkbox"/> Egg & Cheese <input type="checkbox"/> Meatball Marinara <input type="checkbox"/> Veggie Delite® <input type="checkbox"/> Egg & Cheese <input type="checkbox"/> Oven Roasted Chicken White or Yellow	<b>All Day Sandwiches</b> <input type="checkbox"/> B.L.T. <input type="checkbox"/> Roast Beef <input type="checkbox"/> Ham, Egg & Cheese <input type="checkbox"/> Big Philly Cheesesteak* <input type="checkbox"/> SO Chicken Teriyaki White or Yellow <input type="checkbox"/> Ham <input type="checkbox"/> Spicy Italian <input type="checkbox"/> Bacon, Egg & Cheese <input type="checkbox"/> Buffalo Chicken* <input type="checkbox"/> Steak & Cheese White or Yellow <input type="checkbox"/> Chicken & Bacon <input type="checkbox"/> Subway Club® <input type="checkbox"/> Breakfast B.M.T.® Melt Ranch Melt <input type="checkbox"/> Subway Melt® White or Yellow <input type="checkbox"/> Cold Cut Combo <input type="checkbox"/> Tuna <input type="checkbox"/> Steak, Egg & Cheese <input type="checkbox"/> Egg & Cheese* <input type="checkbox"/> Turkey Breast White or Yellow <input type="checkbox"/> Egg Salad** <input type="checkbox"/> Turkey Breast & <input type="checkbox"/> Sunrise Subway Melt® Ham White or Yellow <input type="checkbox"/> Italian B.M.T.® <input type="checkbox"/> Veggie Delite® <input type="checkbox"/> Egg & Cheese <input type="checkbox"/> Meatball Marinara <input type="checkbox"/> Veggie Delite® <input type="checkbox"/> Egg & Cheese <input type="checkbox"/> Oven Roasted Chicken White or Yellow
<input type="checkbox"/> American*/Processed Ched.** <input type="checkbox"/> Monterey Ched. <input type="checkbox"/> Other _____	<input type="checkbox"/> American*/Processed Ched.** <input type="checkbox"/> Monterey Ched. <input type="checkbox"/> Other _____	<input type="checkbox"/> American*/Processed Ched.** <input type="checkbox"/> Monterey Ched. <input type="checkbox"/> Other _____
<input type="checkbox"/> Bacon <input type="checkbox"/> Double Meat <input type="checkbox"/> Pepperoni <input type="checkbox"/> Extra Cheese	<input type="checkbox"/> Bacon <input type="checkbox"/> Double Meat <input type="checkbox"/> Pepperoni <input type="checkbox"/> Extra Cheese	<input type="checkbox"/> Bacon <input type="checkbox"/> Double Meat <input type="checkbox"/> Pepperoni <input type="checkbox"/> Extra Cheese
<input type="checkbox"/> Lettuce <input type="checkbox"/> Spinach* <input type="checkbox"/> Tomatoes <input type="checkbox"/> Cucumbers <input type="checkbox"/> Gr. Peppers <input type="checkbox"/> Onions <b>Upon Request:</b> <input type="checkbox"/> Pickles <input type="checkbox"/> Olive <input type="checkbox"/> Jalapeños* <input type="checkbox"/> B. Peppers	<input type="checkbox"/> Lettuce <input type="checkbox"/> Spinach* <input type="checkbox"/> Tomatoes <input type="checkbox"/> Cucumbers <input type="checkbox"/> Gr. Peppers <input type="checkbox"/> Onions <b>Upon Request:</b> <input type="checkbox"/> Pickles <input type="checkbox"/> Olive <input type="checkbox"/> Jalapeños* <input type="checkbox"/> B. Peppers	<input type="checkbox"/> Lettuce <input type="checkbox"/> Spinach* <input type="checkbox"/> Tomatoes <input type="checkbox"/> Cucumbers <input type="checkbox"/> Gr. Peppers <input type="checkbox"/> Onions <b>Upon Request:</b> <input type="checkbox"/> Pickles <input type="checkbox"/> Olive <input type="checkbox"/> Jalapeños* <input type="checkbox"/> B. Peppers
<b>SAUCE:</b> <input type="checkbox"/> Honey Mustard <input type="checkbox"/> Chipotle Southwest <input type="checkbox"/> Sweet Onion <input type="checkbox"/> Mayonnaise <input type="checkbox"/> Light Mayonnaise <input type="checkbox"/> Ranch <input type="checkbox"/> Mustard <input type="checkbox"/> Y or <input type="checkbox"/> B <input type="checkbox"/> Oil* <input type="checkbox"/> Red Wine Vinegar* <input type="checkbox"/> House Sandwich Sauce** Other _____	<b>SAUCE:</b> <input type="checkbox"/> Honey Mustard <input type="checkbox"/> Chipotle Southwest <input type="checkbox"/> Sweet Onion <input type="checkbox"/> Mayonnaise <input type="checkbox"/> Light Mayonnaise <input type="checkbox"/> Ranch <input type="checkbox"/> Mustard <input type="checkbox"/> Y or <input type="checkbox"/> B <input type="checkbox"/> Oil* <input type="checkbox"/> Red Wine Vinegar* <input type="checkbox"/> House Sandwich Sauce** Other _____	<b>SAUCE:</b> <input type="checkbox"/> Honey Mustard <input type="checkbox"/> Chipotle Southwest <input type="checkbox"/> Sweet Onion <input type="checkbox"/> Mayonnaise <input type="checkbox"/> Light Mayonnaise <input type="checkbox"/> Ranch <input type="checkbox"/> Mustard <input type="checkbox"/> Y or <input type="checkbox"/> B <input type="checkbox"/> Oil* <input type="checkbox"/> Red Wine Vinegar* <input type="checkbox"/> House Sandwich Sauce** Other _____
<b>DRINK</b> <input type="checkbox"/> 16oz.** <input type="checkbox"/> 21oz. <input type="checkbox"/> 30oz.* <input type="checkbox"/> Bottled <input type="checkbox"/> Coffee <input type="checkbox"/> Other: _____ Flavor: _____ Quantity _____ Size _____	<b>DRINK</b> <input type="checkbox"/> 16oz.** <input type="checkbox"/> 21oz. <input type="checkbox"/> 30oz.* <input type="checkbox"/> Bottled <input type="checkbox"/> Coffee <input type="checkbox"/> Other: _____ Flavor: _____ Quantity _____ Size _____	<b>DRINK</b> <input type="checkbox"/> 16oz.** <input type="checkbox"/> 21oz. <input type="checkbox"/> 30oz.* <input type="checkbox"/> Bottled <input type="checkbox"/> Coffee <input type="checkbox"/> Other: _____ Flavor: _____ Quantity _____ Size _____
<b>SIDES</b> <input type="checkbox"/> Chips <input type="checkbox"/> Cookies <input type="checkbox"/> Apples <input type="checkbox"/> Yogurt <input type="checkbox"/> Soup <input type="checkbox"/> Other: _____ Flavor: _____ Quantity _____	<b>SIDES</b> <input type="checkbox"/> Chips <input type="checkbox"/> Cookies <input type="checkbox"/> Apples <input type="checkbox"/> Yogurt <input type="checkbox"/> Soup <input type="checkbox"/> Other: _____ Flavor: _____ Quantity _____	<b>SIDES</b> <input type="checkbox"/> Chips <input type="checkbox"/> Cookies <input type="checkbox"/> Apples <input type="checkbox"/> Yogurt <input type="checkbox"/> Soup <input type="checkbox"/> Other: _____ Flavor: _____ Quantity _____

\*US ONLY

\*\* CANADA ONLY

\*US ONLY

\*\* CANADA ONLY

\*US ONLY

\*\* CANADA ONLY

Additional Instructions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_