



ALL SANDWICHES 79

Genoa Salami

Slices of Genoa Salami layered onto freshly baked Italian Bread, then piled high with your favorite veggies, like lettuce, tomatoes, cucumbers, green peppers and zesty red onions.

Chicken Mango Curry

Mango curry covered chicken with layers of onion, tomato and cucumber under a spread of bright cilantro chutney on fresh baked Italian bread.

Chicken Tikka

Creamy Tikka Masala covered chicken with layers of onion, tomato and cucumber under a spread of bright cilantro chutney on fresh baked Italian bread.

Chicken Vindaloo

Spicy Vindaloo covered chicken with layers of onion, tomato and cucumber under a spread of bright cilantro chutney on fresh baked Italian bread.

Paneer Tikka

Paneer cheese covered in a creamy Tikka Masala with layers of spinach, tomato and cucumber under a spread of bright cilantro chutney on fresh baked Italian bread.

New Southwest Chicken Club

The new Southwest Chicken Club packs in chicken strips with Applewood Smoked bacon. We then add Pepper Jack cheese, tomatoes, lettuce, green peppers, red onions, Chipotle Southwest sauce, guacamole and toast it in our spicy jalapeno cheddar bread.

American Club

The American Club is a delicious combo of turkey breast, Black Forest ham and Applewood Smoked bacon. We top it off with American cheese, lettuce, tomatoes, mayonnaise and fold it up in a tasty toasted Artisan flatbread.

Veggie Patty

Delicious veggie patties served on fresh 9-Grain Wheat bread. Top it with fresh lettuce, baby spinach, tomatoes, cucumbers, green peppers and red onions.

Green Chile Steak

Green Chile Steak

Mediterranean Steak

A Greek style flavor adventure. Toasty flatbread, piled high with steak, feta cheese, and fresh veggies. The finishing touch? Creamy Tzatziki sauce.

Garlic Steak & Provolone

The new Garlic Steak & Provolone sandwich takes layers of tender shaved steak topped with a secret Sub Spice Seasoning and stacks it on our delicious New Ciabatta bread. We add provolone, tomatoes, onion, green peppers and finish it with our creamy garlic aioli.

NEW Carne Asada Cheesesteak

Try our spin on a classic cheesesteak! The Carne Asada Cheesesteak starts with Jalapeno Cheddar bread and is topped with shaved steak. Then we kick it up a notch with pepper jack cheese, roasted chiles & onions, jalapenos, creamy guacamole, lettuce, tomatoes and salsa verde.

Double Provolone Cheesesteak

The classic sandwich you love now made with extra cheese! Our Double Provolone Cheesesteak starts with freshly baked bread and is topped with shaved steak, green peppers, onions, lettuce, tomatoes, mayo and a double portion of provolone.

Orchard Chicken

Orchard Chicken Salad

Orchard Chicken

Orchard Chicken

Fresh Fit Crispy Chicken

Fresh Fit Crispy Chicken

Harvest Turkey & Ham

Savory and meaty with a little bit of crunch, the New Harvest Turkey and Ham starts with our New Sunflower Crunch bread and gets piled high with turkey and Black Forest ham. Then it's topped with provolone, spinach, tomatoes, red onions, and creamy Dijon aioli.

New Chipotle Cheesesteak

Starting with our new Sunflower Crunch Bread, we stack tender shaved steak and top it with melted Monterey cheddar cheese. Then things get smoky when we finish it with our Chipotle Southwest Sauce.

BBQ Rib

Mix things up with the new Subway® BBQ Rib sandwich. Tender pork topped with sweet BBQ Sauce, crisp lettuce, onions and tangy pickles. Try the tasty new BBQ Rib footlong or 6" sub today! *Rib-shaped pork patty.

Homestyle Crispy Chicken

Meet the chicken sandwich your taste buds have been waiting for. The New Homestyle Crispy Chicken Sandwich starts with chicken that's juicy on the inside and perfectly crispy on the outside. Then we pack it into fresh-baked Italian bread and pair it with American, pickle chips and our new smoky honey mustard.

Fresh Fit Crispy Chicken

Finally you can enjoy an amazing crispy chicken sandwich that you and your taste buds can feel good about. The chicken in our New Fresh Fit® Crispy Chicken Sandwich is juicy on the inside and perfectly crispy on the outside. It's served on fresh-baked 9 grain bread and topped with lettuce, spinach, tomatoes, cucumbers, onions and green peppers.

Corned Beef Reuben

You cannot describe the deliciousness of the Reuben with savory corned beef, traditional sauerkraut, creamy Thousand Island dressing and swiss cheese on toasted rye bread. Or maybe you can. For a limited time.

Turkey Reuben

A delicious twist on the classic reuben. The twist? Swap the corned beef with a hearty, double-meat portion of oven roasted turkey breast. Enjoy it with traditional sauerkraut, creamy Thousand Island dressing, and melted Swiss cheese on freshly-baked Rye Bread.

Autumn Carved Turkey

The Autumn Carved Turkey with thick-cut turkey breast, sweet and tangy cranberry mustard sauce and cheddar cheese. Like Thanksgiving but too delicious for leftovers. Happy Tastegiving! Limited time only.

Italian Hero

Spicy Capicola, Mortadella, and Genoa Salami topped with provolone, oil and red wine vinegar, and Mediterranean oregano on Italian Bread. Try this hearty sub packed with authentic Italian flavor, only for a limited time!

Chicken Caesar Melt

All hail flavorful strips of chicken, topped with melty provolone cheese, tender spinach, tomatoes and onions, drizzled with creamy Caesar sauce, served on Italian bread.

New Steak Club

The new Steak Club brings layers of shaved steak, turkey breast and Applewood Smoked bacon to the table. Then we add tasty American cheese, crisp lettuce, juicy tomatoes, creamy mayo and toast it up on fresh Italian bread.

Turkey & Bacon Avocado

Freshly baked Italian bread, meet delicious turkey breast, bacon and creamy avocado. Top it with your favorite veggies.

Cubano Pulled Pork

Cubano Pulled Pork

Subway Seafood Sensation

Treat your senses to a mouthwatering blend of seafood and mayo on freshly baked Italian bread, topped with your favorite veggies. Don't let this catch get away. (Subway Seafood Sensation™ is a processed seafood and crab blend.)

BBQ Bacon Angus Melt

Korean BBQ Pulled Pork

Chipotle Chicken and Cheese

Egg Salad Sandwich

Our egg salad is simply delicious. We take hard boiled eggs, whip them with creamy mayonnaise, then spread it on freshly baked Italian bread. Top it with lettuce, tomatoes, crispy cucumbers, green peppers, and tangy red onions.

Chicken & Bacon BBQ Melt Sandwich

Mega Melt

Spring Garden Chicken

Spring Garden Chicken

Turkey & Bacon Guacamole

Tender turkey and bacon layered on 9 grain wheat bread, topped with our creamy Guacamole. Really live it up by adding your choice of fresh veggies.

Turkey Breast

If a classic is what you crave, then our oven roasted Turkey Breast is the sandwich for you. It's full of flavor and packed with protein. Made-to-order with your choice of crisp veggies, served on our freshly baked bread.

Turkey Breast & Black Forest Ham

A sandwich so deliciously hearty, you won't know you're eating low fat. Enjoy the flavor of tender sliced turkey breast and Black Forest ham with your favorite veggies from juicy tomatoes to sweet red onions served on your favorite freshly baked bread.

Oven Roasted Chicken

The Oven Roasted Chicken sandwich is warm, with savory chicken on freshly baked bread with your choice of veggies. Oh, and it's one of eight 6-inch Fresh Fit™ subs with two servings of crisp veggies on freshly baked bread for under 400 calories.

Sweet Onion Chicken Teriyaki

Our Sweet Onion Chicken Teriyaki sandwich is stuffed with teriyaki-glazed chicken strips topped with our own fat-free sweet onion sauce. All that, and it's one of eight 6-inch Fresh Fit™ subs with two servings of crisp veggies on freshly baked bread for under 400 calories.

Black Forest Ham

Black Forest Ham sandwich is classic. Just add your own flavor. Oh, and it's one of eight six-inch Fresh Fit™ subs with two servings of crisp veggies on freshly baked bread for under 400 calories.

Meatball Marinara

The Meatball Marinara sandwich is drenched in irresistible marinara sauce, sprinkled with Parmesan cheese, topped with whatever you want (no judgement) and perfectly toasted just for you.

Italian B.M.T.®

The Italian B.M.T.® sandwich is filled with Genoa salami, spicy pepperoni, and Black Forest Ham. Big. Meaty. Tasty. Get it.

The Big Philly Cheesesteak

The Big Philly Cheesesteak is every meat lover's dream. With lots of steak smothered in melted cheese, it's easy to see why this classic is the taste that Philly is so proud of.

Subway Melt®

Imagine freshly baked bread stuffed with tender sliced turkey breast, Black Forest Ham, crispy bacon, melted cheese, and your choice of tasty vegetables and condiments. Now, stop imagining and get your mouth over to your nearest SUBWAY® Restaurant.

Classic Tuna

You'll love every bite of our classic tuna sandwich. Flaked tuna blended with creamy mayo then topped with your choice of crisp, fresh veggies. Served on our freshly baked bread.

Veggie Delite®

The Veggie Delite® sandwich is crispy, crunchy, vegetarian perfection. Pile on the veggies any which way you want! It's one of eight 6-inch Fresh Fit™ subs with two servings of crisp veggies on freshly baked bread for under 400 calories.

Cold Cut Combo

The Cold Cut Combo sandwich with ham, salami, and bologna (all turkey based) is a long-time Subway® favorite. Yeah. It's that good.

Chicken & Bacon Ranch Melt

The Chicken & Bacon Ranch Melt sandwich is packed with tender all-white meat chicken with seasoning and marinade, savory bacon, melty Monterey cheddar cheese...and toasted. Aw yeah.

Spicy Italian

Our Spicy Italian sandwich is a combo of pepperoni and Genoa salami. Pile on cheese, crunchy veggies, and finish it with your favorite sauce. Or don't. Your call.

Buffalo Chicken

You might wonder how something could taste this incredible. But when you bite into a sandwich this tender, juicy and irresistibly bold, the only thing you need to question is how soon is too soon to have another.

B.L.T.

The sub that proves great things come in threes. In this case, those three things happen to be crisp bacon, lettuce and juicy tomato. While there's no scientific way of proving it, this B.L.T might be the most perfect sub in existence.

NEW Sriracha Chicken Melt

Melty pepperjack cheese over tender chicken with fiery Sriracha Sauce. Chicken just got bold.

Steak & Cheese

Our Steak & Cheese sandwich is where warm, delicious steak gets topped with melty cheesiness. Get crazy with veggies and sauces to make it what you want.

Sunrise Subway Melt®

Rise and shine to a delightfully delicious breakfast of tender turkey, crispy bacon, Black Forest ham and fluffy egg white under a blanket of bubbly melted cheese. Try one today on hot toasted flatbread with your choice of tasty veggies.

Oven Crisp Chicken

Experience the breakthrough taste of the NEW Oven Crisp Chicken for some deep flavor without the deep fryer. It's NEVER fried, NEVER greasy and ALWAYS tasty. As a 6-inch sub, it's a delicious part of a SUBWAY FRESH FIT® meal. Try one today, because grease is out. Fresh taste is in.

Chicken Marinara Melt

Tender chicken breast covered in our signature marinara sauce, with plenty of melty cheese. All served fresh-toasted on Italian bread. Get it now as a \$5 Footlong(tm) sub, this November only!

Turkey B.L.T

Just when you thought our tender turkey sandwich couldn't get any better, we take it to the next level and load it with crispalicious bacon! And get this - even with a bounty of bacon, this fresh twist on turkey has just 7 grams of fat.

Turkey Jalapeno Melt

If your New Year's resolution was to get wild, then this boldacious number will be right up your alley. Treat your taste buds to a flavor explosion of tender turkey and bubbly, melted cheese, amped up with kickin' jalapeños and Chipotle Southwest sauce.

Chicken Pizziola® Melt

Our fresh take on Italian. Juicy chicken, zest-errific pepperoni, and our signature recipe marinara sauce toasted with melty cheese on your favorite freshly baked bread. Molto buona!

Chicken Parmesan

An Italian classic with a SUBWAY® twist. Tender, juicy chicken and our signature recipe marinara sauce. All fresh toasted with lots of melty cheese. Mangia-licious!

Smokehouse BBQ Chicken

This limited time SUBWAY FRESH FIT® sub is big on flavor, not fat. Enjoy tender, pulled chicken smothered in smoky BBQ sauce on your freshly baked bread. It's also a \$6 FOOTLONG™ Special!

Applewood Pulled Pork

Get a taste of tender pulled pork, slow-cooked and covered in rich barbecue sauce with that sweet, smoky flavor you can't get enough of. Try it on your favorite freshly baked bread, piled high with red onions, tangy pickles or whatever you like.

Ultimate Veggie

Super foods avocado and spinach put the Ultimate in the Ultimate Veggie. Enjoy your favorite freshly baked bread piled high with the fresh veggies you'll only find here or even creamy avocado and fresh baby spinach.

BBQ Oven Roasted Chicken Melt

Our BBQ Oven Roasted Chicken Melt is topped with Monterey Cheddar, tangy pickles and barbecue sauce with a slightly spicy finish. Get it made the way you say with your favorite toppings on our freshly baked bread!

Steak and Bacon Melt

Two of your favorites on one melt. The Steak & Bacon Melt is piled high with mountains of tender juicy steak and crispy bacon, smothered in bubbly melted cheese. What's not to love?

Pizza Sub

Hot outta the oven, it's the Pizza Sub. Enjoy spicy pepperoni, piled high and layered with melt-a-licious cheese and our signature marinara sauce. Try it on freshly baked Italian Herb & Cheese bread today, because this May only, it joins our many \$5 FOOTLONGS™.

Chipotle Steak and Cheese

We took a SUBWAY® classic and kicked it up a notch. The smokey Chipotle Steak and Cheese features tender, juicy steak with bubbly, melted cheese, all topped off with our Chipotle Southwest sauce.

Chicken Cordon Bleu Melt

Warm, rotisserie-style chicken, Black Forest Ham, and Swiss cheese, tossed with lettuce, spinach, tomatoes, green peppers, onions, and black olives, and topped with Honey Mustard.

NEW Fritos® Chicken Enchilada Melt

There's never been another sub like it! Crunch into a pile of Fritos placed right on top of tender pulled chicken and authentic enchilada sauce for a new satisfyingly delicious bite of flavor you can't find anywhere else!

BBQ Steak and Bacon Melt

A mountain of juicy steak with peaks of crispy bacon and cascades of sweet and smoky barbecue sauce all under a velvety soft blanket of melted cheese. This masterpiece sits beautifully atop freshly baked bread – a feast for the eyes as well as the mouth.

NEW Sriracha Steak Melt

Tender shaved steak covered in pepperjack cheese with fiery Sriracha Sauce. How's that for bold?

Turkey Italiano Melt

Tender turkey breast, oven-roasted to perfection. With genoa salami, spicy pepperoni, melty provolone and tangy NEW SUBWAY® Vinaigrette. All on freshly baked bread and with your favorite veggies to make it a sandwich like no other.

Turkey & Bacon Guacamole

Tender Turkey Breast, crispy bacon and rich guacamole, made with a little kick of jalapenos, onion and garlic. Try it with fresh veggies like cucumbers, green peppers and red onions all on freshly toasted Italian Bread.

Big Hot Pastrami Melt

A monument to flavor loaded with cuts of dry-rubbed, pepper-crusting beef and melted cheese on freshly baked bread. Enjoy yours with mustard and pickles.

Carved Turkey

It's tender. It's juicy. It's our NEW premium, thick-cut Carved Turkey served on freshly baked bread. Featuring all white meat, no artificial preservatives, and classic oven roasted flavor. Enjoy as is, or top off your sub with any of our fresh veggies.

Carved Turkey with Bacon

It's tender. It's juicy. It's our NEW premium, thick-cut Carved Turkey served on freshly baked bread. Featuring all white meat, no artificial preservatives, and classic oven roasted flavor. Try it with melted cheese, crisp veggies, and topped with Applewood smoked bacon.

EXTRAS 5

Gluten Free Bread

Avocado

Bacon

Adding our savory bacon makes any Subway® sandwich, salad or wrap even more irresistible.

Cheese

Add your favorite cheese to your favorite sandwich, salad or wrap.

Pepperoni

Add our zesty pepperoni to your favorite sandwich, salad or wrap.

New Little Cheesesteak Slider

The Little Cheesesteak packs BIG flavor. Handcrafted on a telera slider roll, we top it with tender shaved steak, American cheese, green peppers, red onions and zesty Chipotle Southwest sauce.

New Little Turkey Slider

The Little Turkey is everything you love in a more cravable size. Made by hand on a telera slider roll, we combine our delicious turkey breast with savory pepper jack cheese. Then top it with spinach and mayo for good measure.

New Italian Spice Slider

The Italian Spice delivers huge flavor in a smaller size. Crafted on a telera slider roll, we add pepperoni, salami and American cheese for the perfect flavor experience. It's not complete without our classic Subway® vinaigrette.

New Ham & Jack Slider

The Ham & Jack delivers the flavors you crave in a smaller size. We start with a delicious telera slider roll then combine savory Black Forest Ham with pepper jack cheese for the ultimate flavor experience.

Meatball Marinara

The Meatball Marinara sandwich is drenched in irresistible marinara sauce, sprinkled with Parmesan cheese, topped with whatever you want (no judgement) and perfectly toasted just for you.

Cold Cut Combo

The Cold Cut Combo sandwich with ham, salami, and bologna (all turkey based) is a long-time Subway® favorite. Yeah. It's that good.

BREAKFAST 11

Bacon, Egg & Cheese

Start your day in a sizzlin' way with a Tomato Basil wrap filled with American Cheese and a double portion of delicious egg omelets and crispy bacon.

Black Forest Ham, Egg & Cheese

Helllloo delicious! Enjoy a Spinach wrap filled with American cheese and a double portion of savory Black Forest ham and egg omelets. What a tasty way to start the day!

Egg & Cheese

A classic for a reason, now available on a Spinach wrap. Enjoy with American Cheese and a double portion of fluffy egg omelets.

Steak, Egg & Cheese

No matter what side of the bed you wake up on, you'll love this. Enjoy American cheese and a double portion of egg omelets and tender shaved steak on a delicious Tomato Basil wrap. Oh, what a beautiful breakfast.

Sausage Egg & Cheese

Rise and shine with this breakfast classic. A fluffy omelet topped with savory sausage and melted American cheese.

Black Forest Ham, Egg & Cheese

Enjoy savory Black Forest ham, melted cheese, and egg - all on your favorite bread. Add your choice of veggies for a tasty way to start the day. Hello, delicious.

Bacon, Egg & Cheese

Start your day in a sizzlin' way with bacon, egg, and melty cheese on freshly toasted flatbread (or whatever you like). Pile on your favorite veggies and sauce. Start the day right.

Western Egg & Cheese

The Western Egg & Cheese is the Featured \$5 FOOTLONG™ of July! It's fresh toasted with Black Forest Ham, peppers, onions, and melty cheese on tasty flatbread, and available all day this July only!

Steak, Egg & Cheese

No matter what side of the bed you wake up on, you'll love this. Yummy egg with tender and delicious steak covered in melty cheese. That's one beautiful breakfast.

Egg & Cheese

A classic for a reason. Our Egg and Cheese is simply delicious. Enjoy a fluffy egg omelet with melted cheese. Try it toasted - It's unbeatable.

Breakfast B.M.T.® Melt

Fluffy egg, Black Forest ham, salami and spicy pepperoni come together with bubbly melted cheese for a morning masterpiece worthy of the breakfast hall of fame. Try it today on tasty flatbread with all your favorite crisp veggies.

DRINKS 38

Gold Peak Light Tea

Gold Peak Light Tea

Gold Peak Raspberry Tea

Gold Peak Raspberry Tea

Gold Peak Unsweetened Tea

Gold Peak Unsweetened Tea

Gold Peak Green Tea

Gold Peak Green Tea

Gold Peak Peach Tea

Gold Peak Peach Tea

Hubert's Lemonade

Chocolate Milk

Chocolate Milk

Strawberry Milk

Strawberry Milk

Coke Classic

Coke Classic

Gatorade Fruit Punch

Gatorade Fruit Punch

Gatorade Cool Blue

Gatorade Cool Blue

Diet Coke

Sprite

Dasani Sparkling Lime

Dasani Sparkling Mixed Berry

Powerade Mountain Berry

Fuze Iced Tea (Peach)

Fuze Fresh Brewed Green

Fuze Fresh Brewed Southern Sweet

Fuze Fresh Brewed Raspberry Sweet

Fuze Fresh Brewed Raspberry Sweet

Guacamole

X2 All-Natural Energy: Strawberry Kiwi/Raspberry

A better for you drink that gives you the energy you want without the guilt. X2 is all natural, with no artificial ingredients, less sugar, caffeine from green tea, pure honey and non-carbonated!

Honest Kids®

Fresh Fit For Kids® meals are even more delicious with NEW Honest Kids® certified organic fruit punch. It's 100% daily value of vitamin C, plus it's sweetened with organic juice!

Gatorade®

When you need to replenish, refuel, or rehydrate, you'll need the world's #1 sports drink.

X2 Sport Energy: Fruit Punch

A better for you drink that gives you the energy you want without the guilt. X2 Sport has no artificial ingredients and includes caffeine from green tea, coconut water for hydration, and only 9 grams of sugar!

1% Low Fat Milk

As delicious as our sandwiches are, they are even better when paired with the perfect side and drink or even adding a little something extra. With such a variety to choose from, there's truly something for every taste.

Juice

As delicious as our sandwiches are, they are even better when paired with the perfect side and drink or even adding a little something extra. With such a variety to choose from, there's truly something for every taste.

Coca Cola® Fountain Sodas

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Dasani® Bottled Water

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Coffee

Rich, robust and ready for you to make it your own.

Coca Cola Zero

Enjoy real Coca-Cola taste and zero calories with thirst-quenching Coke Zero. Add a Coke Zero to any meal today!

vitaminwater XXX

How about pairing your sub with something refreshing? Try vitaminwater xxx, our newest fountain drink infused with vitamins B5, B6, B12 and E.

Simply Lemonade®

Treat yourself to a refreshing drink with simple ingredients you can recognize, with Simply Lemonade®, new at SUBWAY®. With no added preservatives or artificial flavors and a delicious, fresh squeezed taste not from concentrate, Simply Lemonade® is the perfect pairing with any of your favorite subs.

vitaminwater zero™ rise

There's a new flavor at SUBWAY® Restaurants: vitaminwater zero™ rise. The naturally sweetened, great-tasting, zero-calorie water beverage that's enhanced with added nutrients and an excellent source of C & B vitamins. You're taste buds will love it! Nutritional Information: (rise) Serving Size: 16:9 fl oz, Calories: 0, Total Fat: 0g, Sodium: 0mg, Total Carbohydrates: 4g, Sugar: <1g, Protein: 0g, Potassium 4% DV, Vitamin A: 20% DV, Vitamin C: 80% DV, Niacin: 80% DV, Vitamin B6: 80% DV, Vitamin B12: 80% DV, Manganese: 20% DV, Berry and Fruit Polyphenols: 40mg.

Subway Fresh Brewed Tea

Refresh yourself with Subway's fresh brewed iced tea, crafted by Gold Peak. Real fresh brewed tea with a taste that brings you home and only available at SUBWAY®.

Simply Apple®

Treat yourself to the crisp, cold, and irresistible Simply Apple®. Made with 100% pure-pressed apple juice, Simply Apple® makes the perfect refreshing drink to pair with one of your favorite subs.

Simply Orange®

Treat yourself in the morning to refreshing Simply Orange®. Build your own breakfast sandwich and pair it with never sweetened or concentrated Simply Orange® to really get your morning started!

SIDES 39

NEW Carrot Cake Cookie

As delicious as our sandwiches are, they are even better when paired with the perfect side and drink or even adding a little something extra. With such a variety to choose from, there's truly something for every taste.

S'mores Cookie

An ooey-goey, chocolate and marshmallow tribute to a campfire classic.

Raspberry Lemonade Cookie

Sweet raspberry. Tart lemonade flavor. Together in a soft, chewy cookie.

Fritos Chips

Fritos Chips

Gingerbread Cookie

Gingerbread Cookie

Snickerdoodle

As delicious as our sandwiches are, they are even better when paired with the perfect side and drink or even adding a little something extra. With such a variety to choose from, there's truly something for every taste.

Lays Classic Plain

Lays Classic Plain

Doritos Nacho Cheese

Doritos Nacho Cheese

Baked Lays Plain

Baked Lays Plain

Sunchips Harvest Cheddar

Sunchips Harvest Cheddar

Mint Chocolate Chip

Mint Chocolate Chip

Apple sauce

Apple sauce

Miss Vickie's Jalapeno Chips

Doritos Cool Ranch

Dark Chocolate Cherry Cookie

As delicious as our sandwiches are, they are even better when paired with the perfect side and drink or even adding a little something extra. With such a variety to choose from, there's truly something for every taste.

Double Chocolate

We doubled down on a winner - our chewy chocolate cookie, with twice the chocolate.

Peanut Butter Cookie

Super soft, tempting and filled with irresistible peanut butter flavor.

Chocolate Chip with M&M's ®

This tempting treat features both delicious chocolate chips and irresistible M&M® Candies.

Sugar Cookie

A classic sugar cookie, soft and sweet.

Oatmeal Raisin Cookie

Soft, chewy and delicious, our oatmeal raisin cookie is the perfect dessert, or snack.

Chocolate Chip Cookie

Soft, buttery, chock full of chips. What more can we say? Enjoy.

Chocolate Chunk Cookie

Chunks of rich chocolate make this both decadent and delicious.

Raspberry Cheesecake Cookie

The flavor of sweet raspberry. The richness of cheesecake. Together in one awesome cookie creation.

White Chip Macadamia Nut Cookie

Chunks of Macadamia nuts and white chips in a ridiculously delicious cookie.

Black Bean Soup

A warm, wonderful way to accompany your favorite Subway® sandwich, wrap or salad. Or on its own.

Broccoli Cheddar Soup

Savor the cheddar cheesy richness of this satisfying soup.

Creamy Chicken & Dumpling Soup

Diced chicken and tender dumplings make this soup comfort food in a cup.

Creamy Chicken & Wild Rice Soup

This creamy, satisfying soup is loaded with chicken, veggies, and wildly flavorful wild rice.

Homestyle Chicken Noodle Soup

A delicious soup classic, filled with tender noodles, tasty chicken, diced carrots, green cabbage and chopped celery.

Loaded Baked Potato Soup

This mouthwatering potato soup is filled with potatoes, cream cheese, green onions, and savory bacon. Beyond delicious.

Tomato Basil Soup

A classic tomato soup with the mild flavor of basil.

Apple Pie Cookie

Pumpkin Spice Cookie

Chicken Tortilla Soup

Chicken, diced tomatoes, roasted poblano peppers and roasted corn combined in a flavorful broth with a kick of green Chile peppers.

French Onion Soup

Beef broth filled with savory onions and topped with toasty bread and melty cheese. Yes, please.

Musselman's Apple Sauce

As delicious as our sandwiches are, they are even better when paired with the perfect side and drink or even adding a little something extra.

With such a variety to choose from, there's truly something for every taste

Cookies

As delicious as our sandwiches are, they are even better when paired with the perfect side and drink or even adding a little something extra.

With such a variety to choose from, there's truly something for every taste.

Chips

We've got the perfect crunchy companion for your sub.

LAYS® Applewood Smoked BBQ Chips

Come pick up a bag of NEW Lays Applewood Smoked BBQ Chips. Imagine all the smoky deliciousness of BBQ in every crispy, crunchy chip. Hurry in to try & 'em, they're only here for a limited time.

FEATURED PRODUCTS 17

NEW Cauliflower Fritter Curry Signature Wrap

The new Cauliflower Fritter Curry Signature Wrap is made with a spinach wrap and loaded with our new cauliflower fritters topped with lettuce, onions, green peppers, banana peppers and creamy curry sauce.

Crispy Cauliflower Ranch Signature Wrap

The New Cauliflower Fritter Ranch Signature Wrap starts with a tomato basil wrap filled with our new cauliflower fritters. It's topped with spinach, tomatoes, onions, jalapenos and ranch sauce.

NEW Sweet Onion Teriyaki Protein Bowl

The Sweet Onion Teriyaki Protein Bowl starts with teriyaki-glazed chicken strips piled on top of a bed of shredded lettuce, spinach, tomatoes, cucumbers, green peppers, red onions and topped with our sweet onion sauce.

NEW Chipotle Southwest Steak Protein Bowl

The Chipotle Southwest Steak Protein Bowl starts with shaved steak and Monterey cheddar cheese piled on top of a bed of shredded lettuce, tomatoes, red onions, and green peppers, topped with guacamole and Chipotle Southwest sauce.

NEW Chicken Bacon & Ranch Protein Bowl

The Chicken Bacon & Ranch Protein Bowl starts with all-white meat chicken strips, bacon, and Monterrey cheddar cheese piled on top of a bed of shredded lettuce, tomatoes, cucumbers, green peppers, red onions and topped with our Ranch Dressing.

NEW Classic Italian

The Classic Italian Panini starts with fresh mozzarella, pepperoni and genoa salami, topped with spinach and tomatoes. Finished with a sprinkle of parmesan cheese, all grilled on ciabatta bread.

New Southwest Chicken Club

The new Southwest Chicken Club packs in chicken strips with Applewood Smoked bacon. We then add Pepper Jack cheese, tomatoes, lettuce, green peppers, red onions, Chipotle Southwest sauce, guacamole and toast it in our spicy jalapeno cheddar bread.

American Club

The American Club is a delicious combo of turkey breast, Black Forest ham and Applewood Smoked bacon. We top it off with American cheese, lettuce, tomatoes, mayonnaise and fold it up in a tasty toasted Artisan flatbread.

NEW Chicken Pesto

The Chicken Pesto Panini starts with fresh mozzarella and savory chicken, topped with spinach and tomatoes. Finished with our new basil pesto and a sprinkle of parmesan cheese, all grilled on ciabatta bread.

Garlic Steak & Provolone

The new Garlic Steak & Provolone sandwich takes layers of tender shaved steak topped with a secret Sub Spice Seasoning and stacks it on our delicious New Ciabatta bread. We add provolone, tomatoes, onion, green peppers and finish it with our creamy garlic aioli.

NEW Caprese

The Caprese Panini starts with fresh mozzarella, spinach and tomatoes and is topped with our new basil pesto. Finished with a sprinkle of parmesan cheese, and all grilled on ciabatta bread.

New Sweet N' Smoky Steak & Guac

The new Sweet N' Smoky Steak & Guac Signature Wrap is a combination of flavors you've been craving. A double portion of steak, sweet Guajillo Mesquite Sauce and creamy guacamole. All in a tomato basil wrap with jalapeños, veggies, and Monterey cheddar cheese.

New Chipotle Cheesesteak

Starting with our new Sunflower Crunch Bread, we stack tender shaved steak and top it with melted Monterey cheddar cheese. Then things get smoky when we finish it with our Chipotle Southwest Sauce.

BBQ Rib

Mix things up with the new Subway® BBQ Rib sandwich. Tender pork topped with sweet BBQ Sauce, crisp lettuce, onions and tangy pickles. Try the tasty new BBQ Rib footlong or 6" sub today! *Rib-shaped pork patty.

New Steak Club

The new Steak Club brings layers of shaved steak, turkey breast and Applewood Smoked bacon to the table. Then we add tasty American cheese, crisp lettuce, juicy tomatoes, creamy mayo and toast it up on fresh Italian bread.

Oven Roasted Chicken

The Oven Roasted Chicken sandwich is warm, with savory chicken on freshly baked bread with your choice of veggies. Oh, and it's one of eight 6-inch Fresh Fit™ subs with two servings of crisp veggies on freshly baked bread for under 400 calories.

Veggie Delite®

The Veggie Delite® sandwich is crispy, crunchy, vegetarian perfection. Pile on the veggies any which way you want! It's one of eight 6-inch Fresh Fit™ subs with two servings of crisp veggies on freshly baked bread for under 400 calories.

SIGNATURE WRAPS 32

BBQ Rib Signature Wrap

BBQ Rib Signature Wrap

Green Chile Rotisserie Chicken Signature Wrap

Green Chile Rotisserie Chicken Signature Wrap

Green Chile Steak Signature Wrap

Green Chile Steak Signature Wrap

Turkey Jalapeno Melt

Chicken Salad, Chef's Build

Chicken Salad, Chef's Build

Chipotle Southwest Steak & Cheese

Saddle up with this delicious tomato basil wrap jam-packed with a double portion of steak and topped with your favorite Tex-Mex flavors like Monterey cheddar, guacamole, jalapenos, lettuce, tomatoes, red onion, green peppers and Chipotle Southwest sauce.

Black Forest Ham

Black Forest Ham Signature Wrap is packed with a double portion of ham packed into a tomato basil wrap with lettuce, spinach, tomatoes, cucumbers, green peppers and red onions. Definitely delish.

B.L.T.

Simply delicious! This classic on a Tomato Basil wrap, is filled with a double portion of our crispy bacon and finished off with lettuce, juicy tomatoes, and mayo.

Buffalo Chicken Signature Wrap

A wrap that's not afraid to be bold. We start with a double portion of seasoned & marinated chicken strips tossed in Buffalo sauce. Then we cut the heat with crisp lettuce, tomatoes, cucumbers, green peppers and red onion, and wrap it all up in a tomato basil wrap.

Cold Cut Combo

Can't decide what kind of meat you want? Get three at once on a delicious tomato basil wrap. Stacked with a double portion of turkey-based meats including ham, salami, and bologna. Enjoy it with lettuce, tomatoes, cucumbers, green peppers, and red onions.

Italian B.M.T. ®

The Italian B.M.T. ® Signature Wrap tastes great on a tomato basil wrap. It's filled with a double portion of Genoa salami, spicy pepperoni, and Black Forest ham topped with lettuce, tomatoes, cucumbers, green peppers, and red onions. So tasty.

Meatball Marinara

Our Meatball Marinara Signature Wrap is a double portion of Italian-style meatballs in irresistible marinara sauce, with Parmesan cheese, in a tomato basil wrap. Get yourself one.

Oven Roasted Chicken

The Oven Roasted Chicken Signature Wrap is a fan favorite featuring a double portion of the oven roasted chicken you love, on a delicious spinach wrap. Top it with lettuce, tomatoes, cucumbers, spinach, crisp green peppers, and red onions.

Subway Seafood Sensation™

Our tasty Subway Seafood Sensation™ is simply delicious on our new Spinach wrap. Topped with a double portion of our seafood blend mixed with mayo and wrapped up with lettuce, tomatoes, cucumbers, green peppers, and red onions, it's delicious.

Sweet Onion Chicken Teriyaki

The Sweet Onion Chicken Teriyaki Signature Wrap is a double portion of tender teriyaki-glazed, all-white meat chicken strips, raised without antibiotics, with seasoning and marinade topped with our fat-free sweet onion sauce. Wrap it up in a tomato basil wrap with lettuce, spinach, tomatoes, cucumbers, green peppers, and red onions. Get ready for a big bite of awesome.

Spicy Italian

Feeling spicy? Grab a Spicy Italian Signature Wrap. It's a double portion of spicy pepperoni and Genoa salami on a tomato basil wrap. Topped with lettuce, tomatoes, cucumbers, green peppers and red onions...it's a pretty delicious meal.

Steak & Cheese

Our Steak & Cheese Signature Wrap is a double portion of shaved steak, wrapped up with melty American cheese in a tomato basil wrap. Get crazy with veggies and sauces to make it what you want.

Subway Melt®

Imagine a Tomato Basil wrap stuffed with a double portion of tender turkey breast, Black Forest ham, crispy bacon, American cheese, and a delicious combination of lettuce, tomatoes, cucumbers, green peppers, and red onions. Now, stop imagining and order it!

Tuna

Our tasty Tuna Signature Wrap is completely cravable. It has a double serving of flaked tuna mixed with mayo in a tomato basil wrap. Then it gets topped with any crunchy veggies you want.

Turkey Breast

Our Turkey Breast Signature Wrap is a go-to. With a double portion of our premium sliced turkey in a spinach wrap. Made just for you with crunchy veggies and sauces.

Turkey Breast & Black Forest Ham

Take a bite of this Spinach wrap filled with a double portion of our tender turkey breast and tasty Black Forest ham. Top it with lettuce, spinach, tomatoes, cucumbers, green peppers, and red onions. It's simply delicious.

Turkey Italiano Signature Wrap

The Turkey Italiano Signature Wrap is all about the meat. First, we load a double portion of tender turkey breast, Genoa salami and spicy pepperoni on a spinach wrap. Then we finish this Italian masterpiece with Provolone cheese, veggies, and a burst of zesty Subway® vinaigrette.

Veggie Delite®

The Veggie Delite® Signature Wrap has a double portion of the fresh veggies you love. All wrapped in a flavorful spinach wrap with lettuce, tomatoes, spinach, green peppers, cucumbers, and red onions. It's one bold, crunchy flavor combo.

Veggie Patty

What's better than a Spinach wrap filled with not one, but two of our flavor packed Veggie Patties, lettuce, spinach, tomatoes, cucumbers, green peppers, and red onions.

Turkey & Bacon Avocado Wrap

Get wrapped up in the flavor of this spinach wrap filled with tender turkey, bacon, and creamy avocado. Add to that lettuce, tomatoes, cucumbers, green peppers, black olives and red onions. That's a wrap.

Mediterranean Steak Wrap

Steak Vera Cruz Wrap

Steak Fiesta Signature Wrap

Steak Fiesta Signature Wrap

New Sweet N' Smoky Steak & Guac

The new Sweet N' Smoky Steak & Guac Signature Wrap is a combination of flavors you've been craving. A double portion of steak, sweet Guajillo Mesquite Sauce and creamy guacamole. All in a tomato basil wrap with jalapeños, veggies, and Monterey cheddar cheese.

Turkey Apple Signature Wrap

The New Turkey Apple Club Signature Wrap is everything you love about fall wrapped up in a tomato basil wrap. First, a double portion of savory turkey and Applewood smoked bacon meet Dijon aioli and crisp chopped apples. Then we top it off with veggies and sliced cheddar cheese.

Habanero Roasted Chicken Signature Wrap

Habanero Roasted Chicken Signature Wrap

Turkey, Bacon & Guacamole

The name says it all. A delicious tomato basil wrap filled with a double portion of our premium sliced turkey breast and smoky applewood bacon. And then topped with provolone cheese, guacamole, lettuce, tomatoes, red onions, and ranch sauce.

SALADS 67

American Club

Turkey breast, Black Forest ham, savory bacon, American cheese and mayo, with crisp lettuce and ripe tomatoes.

Southwest Chipotle Chicken Club

Crisp, colorful veggies mingle with tender chicken strips, bacon, and pepperjack cheese. Creamy guacamole and chipotle southwest sauce bring home the authentic flavor.

Pizza Melt Salad

Spicy pepperoni, American cheese and mouthwatering marinara sauce over crisp lettuce, spinach, ripe tomatoes, cucumbers, green peppers, black olives and red onions.

Green Chile Steak Salad

Green Chile Steak Salad

Veggie Patty Salad

A delicious veggie patty mixed with lettuce, spinach, ripe tomatoes, cucumbers, green peppers, zesty red onions and black olives.

Mediterranean Chicken

A Greek style flavor adventure. Tender strips of chicken and tangy feta cheese come together in a delicious salad with lettuce, spinach, tomatoes, cucumbers, olives, peppers and onions. Topped with creamy Greek-style Tzatziki sauce.

Mediterranean Steak

Mediterranean Steak Salad

Chicken Salad, Chef's Build

Chicken Salad, Chef's Build

Chicken Salad, Chef's Build

Chicken Salad, Chef's Build

Green Chile Rotisserie Chicken Salad

Green Chile Rotisserie Chicken Salad

Spring Garden Chicken Salad

Spring Garden Chicken Salad

Harvest Turkey & Ham

Harvest Turkey & Ham Salad

Homestyle Crispy Chicken

Homestyle Crispy Chicken Salad

BBQ Rib

A savory boneless rib patty, smothered in tangy BBQ sauce, piled onto lettuce, spinach, tomatoes, cucumbers, pickles, green peppers, black olives and red onions.

Corned Beef Reuben Salad

Turn your favorite SUBWAY® meats and veggies into a mouth-watering salad made just the way you want it. Top it with ranch dressing or light Italian for a fresh, flavorful and guiltless meal.

Turkey Reuben Salad

Turn your favorite SUBWAY® meats and veggies into a mouth-watering salad made just the way you want it. Top it with ranch dressing or light Italian for a fresh, flavorful and guiltless meal.

Autumn Carved Turkey Salad

As delicious as our sandwiches are, our salads are just as delicious and you can create them to fit whatever you're craving. With such a variety to choose from, there is truly something for every taste.

Italian Hero Salad

As delicious as our sandwiches are, our salads are just as delicious and you can create them to fit whatever you're craving. With such a variety to choose from, there is truly something for every taste.

Corned Beef Reuben Salad

Turn your favorite SUBWAY® meats and veggies into a mouth-watering salad made just the way you want it. Top it with ranch dressing or light Italian for a fresh, flavorful and guiltless meal.

Steak Club Salad

Salad lovers meet steak lovers. This hearty salad is made with our flavorful shaved steak, turkey breast, bacon and American cheese - all on a bed of fresh lettuce, spinach, ripe tomatoes, and mayo.

Cubano Pulled Pork

Cubano Pulled Pork

Big Philly Cheesesteak Salad

Subway Seafood Sensation Salad

Love seafood? Try a bountiful blend of delicious seafood and mayo piled onto a mouthwatering mix of lettuce, spinach, tomatoes, crisp cucumbers, green peppers, black olives and red onions. (Subway Seafood Sensation™ is a processed seafood and crab blend.)

Turkey & Bacon Guacamole Salad

This salad is a flavor feast. Tender turkey breast, bacon, and guacamole with crisp lettuce, spinach, ripe tomatoes, cucumbers, green peppers black olives and red onions. A salad that's truly sumptuous.

BBQ Bacon Angus Melt Salad

Korean BBQ Pulled Pork Salad

Chipotle Chicken and Cheese Salad

Chicken Pizziola Melt

Pepperoni with tender chicken strips, delicious marinara sauce, oregano and provolone cheese. all to perfection along with your favorite veggies.

Egg

Our delicious eggs with lettuce, spinach, tomatoes, crisp cucumbers, green peppers, black olives and red onions.

Chicken & Bacon BBQ Melt

Chicken & Bacon BBQ Melt

Chicken Caesar Melt

All hail flavorful strips of chicken, provolone cheese, lettuce, spinach, tomatoes, cucumbers, green peppers, black olives and red onions!

Turkey Jalapeno Salad

As delicious as our sandwiches are, our salads are just as delicious and you can create them to fit whatever you're craving. With such a variety to choose from, there is truly something for every taste.

Applewood Pulled Pork Salad

As delicious as our sandwiches are, our salads are just as delicious and you can create them to fit whatever you're craving. With such a variety to choose from, there is truly something for every taste.

Sriracha Steak Melt Salad

As delicious as our sandwiches are, our salads are just as delicious and you can create them to fit whatever you're craving. With such a variety to choose from, there is truly something for every taste.

BBQ Steak and Bacon Melt Salad

As delicious as our sandwiches are, our salads are just as delicious and you can create them to fit whatever you're craving. With such a variety to choose from, there is truly something for every taste.

Tuscan Chicken Salad

Try the Tuscan Chicken as a salad! With tender chicken, tangy balsamic vinaigrette and Italian spices, there's flavor in every bite. Best of all, at only 7g of fat, it's SUBWAY FRESH FIT® approved!

Chipotle Steak and Cheese Salad

As delicious as our sandwiches are, our salads are just as delicious and you can create them to fit whatever you're craving. With such a variety to choose from, there is truly something for every taste.

Steak and Bacon Melt

As delicious as our sandwiches are, our salads are just as delicious and you can create them to fit whatever you're craving. With such a variety to choose from, there is truly something for every taste.

Turkey & Bacon with Avocado Salad

Delicious tender turkey and irresistible bacon topped with amazingly creamy avocado. They're all mixed together with crisp lettuce, baby spinach, ripe tomatoes, cool cucumbers, green peppers, black olives and tasty red onions.

Chicken Cordon Bleu Salad

As delicious as our sandwiches are, our salads are just as delicious and you can create them to fit whatever you're craving. With such a variety to choose from, there is truly something for every taste.

Sriracha Chicken Melt Salad

As delicious as our sandwiches are, our salads are just as delicious and you can create them to fit whatever you're craving. With such a variety to choose from, there is truly something for every taste.

NEW Fritos® Chicken Enchilada Melt Salad

As delicious as our sandwiches are, our salads are just as delicious and you can create them to fit whatever you're craving. With such a variety to choose from, there is truly something for every taste.

BBQ Oven Roasted Chicken Salad

As delicious as our sandwiches are, our salads are just as delicious and you can create them to fit whatever you're craving. With such a variety to choose from, there is truly something for every taste.

Turkey Italiano Salad

Our turkey can now take you to real Italian flavor. Because it comes with spicy pepperoni, tempting salami and American cheese. It's all mixed with lettuce, spinach, tomatoes, zesty red onions, olives and lots more. Drizzled with our signature Subway® Vinaigrette sauce.

NEW Chipotle Chicken Melt with Guacamole Salad

As delicious as our sandwiches are, our salads are just as delicious and you can create them to fit whatever you're craving. With such a variety to choose from, there is truly something for every taste.

B.L.T. Salad

Savory bacon. Crisp lettuce. Ripe tomatoes. All mixed with baby spinach, crunchy cucumbers, sweet green peppers, black olives, and zesty red onions.

Buffalo Chicken Salad

Strips of delicious chicken coated in spicy buffalo sauce tossed with lettuce, spinach, tomatoes, cucumbers, green peppers, black olives and red onions. A drizzle of ranch dressing cools the spice. Very nice.

Chicken & Bacon Ranch

The Chicken & Bacon Ranch Melt salad has tender all-white meat chicken with seasoning and marinade, topped with Monterey cheddar cheese, and bacon. All on top of crunchy greens and your choice of dressing. Aw yeah.

Cold Cut Combo

The Cold Cut Combo salad has ham, salami, and bologna (all turkey-based) tossed together with crisp lettuce and your favorite veggies. Mix it up with whatever dressing you love best.

Meatball Marinara

The Meatball Marinara salad is the ultimate cravings crusher. Hot Italian-style meatballs in marinara sauce and a sprinkle of Parmesan cheese, all sitting on top of your favorite greens and veggies. Yes!

Oven Roasted Chicken

The Oven Roasted Chicken salad has warm, savory chicken tossed together with crisp greens and any veggies you want. Your favorite sandwich, just in salad form.

Spicy Italian

Our Spicy Italian salad is a combo of pepperoni and Genoa salami. Basically, the ideal Italian sub, but transformed into a salad. Genius, right?

Steak & Cheese

The Steak & Cheese salad starts with crisp greens, but gets to the next level with warm, delicious steak topped with cheese. Dreams do come true.

Subway Club®

Our premium sliced turkey breast, lean roast beef and tasty Black Forest ham...all tossed with crunchy lettuce and your choice of tasty veggies. It's the Subway Club® salad, and it's amazing.

Subway Melt® Salad

Turkey, ham, bacon, and American cheese with lettuce, spinach, tomatoes, cucumbers, green peppers, black olives and red onions.

Sweet Onion Chicken Teriyaki

Enjoy our Sweet Onion Chicken Teriyaki flavors on a salad. Tender teriyaki-glazed chicken strips topped with fat-free sweet onion sauce over crisp greens and a generous pile of veggies. Flavor like whoa.

Tuna

Our Tuna salad is simply delish. Flaked tuna mixed with mayo, riding high on top of a bed of crisp lettuce and veggies. Classic for a reason.

Turkey Breast & Ham Salad

Tender turkey breast and flavorful Black Forest Ham with lots of crisp lettuce, tender spinach, and many more of your favorite veggies.

Turkey Breast

The Turkey Breast salad is a go-to salad choice. Our premium sliced turkey breast, tossed together with lettuce, crunchy veggies and whatever dressing does it for you. Simply the best.

Veggie Delite®

Enjoy the simpler things? The Veggie Delite® salad is simply delish. A pile of your favorite veggies, finished with the dressing of your choice. Crisp. Delicious. All for you.

Smokehouse BBQ Chicken Salad

As delicious as our sandwiches are, our salads are just as delicious and you can create them to fit whatever you're craving. With such a variety to choose from, there is truly something for every taste.

Double Chicken Salad

As delicious as our sandwiches are, our salads are just as delicious and you can create them to fit whatever you're craving. With such a variety to choose from, there is truly something for every taste.

Big Hot Pastrami Melt Salad

As delicious as our sandwiches are, our salads are just as delicious and you can create them to fit whatever you're craving. With such a variety to choose from, there is truly something for every taste.

Black Forest Ham

The Black Forest Ham salad is a flavorful way to enjoy a Subway® favorite. Sliced ham, lettuce, and a pile of your favorite veggies - all tossed with your choice of dressing.

Italian B.M.T. ®

The Italian B.M.T. ® salad is the salad version of our popular sub. Crisp greens topped with Genoa salami, spicy pepperoni, and Black Forest ham. Meaty deliciousness, all in a salad.

Carved Turkey Salad

It's tender. It's juicy. It's our NEW premium, thick-cut Carved Turkey served on a bed of fresh greens. Featuring all white meat, no artificial preservatives, and classic oven roasted flavor. Enjoy as is, or top off with any of our fresh veggies.

Carved Turkey with Bacon Salad

It's tender. It's juicy. It's our NEW premium, thick-cut Carved Turkey served on a bed of fresh greens. Featuring all white meat, no artificial preservatives, and classic oven roasted flavor. Try it with cheese, crisp veggies, and topped with Applewood smoked bacon.

PERSONAL PIZZA 5

Cheese Flatizza

It's an exciting combination of warm marinara sauce and bubbly mozzarella cheese on a toasty flatbread.

Pepperoni Flatizza

Crispy flatbread crust. Mouthwatering marinara sauce. Bubbly shredded mozzarella cheese. Spicy pepperoni. Make it your own by adding your favorite veggies.

Spicy Italian Flatizza

Our signature crispy flatbread crust. Mouthwatering marinara sauce. Bubbly mozzarella. Topped with savory salami and spicy pepperoni.

Veggie Flatizza

This Flatizza is a crispy, light flatbread, topped with veggies. All those tomatoes, green peppers, olives and onions complement the mouthwatering marinara sauce and melted mozzarella cheese. Irresistible to the last bite.

Personal Cheese Pizza

Our pizza dough is covered with mouthwatering marinara sauce then topped with shredded mozzarella cheese. Make it yours by adding your favorite veggies. We make it amazing by baking it to personal perfection.

FRESH FIT CHOICES™ 6

Fresh Fit Crispy Chicken

Finally you can enjoy an amazing crispy chicken sandwich that you and your taste buds can feel good about. The chicken in our New Fresh Fit® Crispy Chicken Sandwich is juicy on the inside and perfectly crispy on the outside. It's served on fresh-baked 9 grain bread and topped with lettuce, spinach, tomatoes, cucumbers, onions and green peppers.

Turkey Breast

If a classic is what you crave, then our oven roasted Turkey Breast is the sandwich for you. It's full of flavor and packed with protein. Made-to-order with your choice of crisp veggies, served on our freshly baked bread.

Oven Roasted Chicken

The Oven Roasted Chicken sandwich is warm, with savory chicken on freshly baked bread with your choice of veggies. Oh, and it's one of eight 6-inch Fresh Fit™ subs with two servings of crisp veggies on freshly baked bread for under 400 calories.

Sweet Onion Chicken Teriyaki

Our Sweet Onion Chicken Teriyaki sandwich is stuffed with teriyaki-glazed chicken strips topped with our own fat-free sweet onion sauce. All that, and it's one of eight 6-inch Fresh Fit™ subs with two servings of crisp veggies on freshly baked bread for under 400 calories.

Black Forest Ham

Black Forest Ham sandwich is classic. Just add your own flavor. Oh, and it's one of eight six-inch Fresh Fit™ subs with two servings of crisp veggies on freshly baked bread for under 400 calories.

Veggie Delite®

The Veggie Delite® sandwich is crispy, crunchy, vegetarian perfection. Pile on the veggies any which way you want! It's one of eight 6-inch Fresh Fit™ subs with two servings of crisp veggies on freshly baked bread for under 400 calories.

FRESH FIT FOR KIDS™ 3

Veggie Delite® Mini for Kids

Got a kid who loves vegetables above all else? Our Veggie Delite® kids meal piles all their favorites on freshly baked bread. Apple slices and a choice of an ice-cold bottle of low fat milk or Honest Kids'® Fruit Punch make this better-for-you meal a star.

Black Forest Ham Mini for Kids

Every kid likes to ham it up once in a while. That's why they'll love the taste of our Black Forest ham and their favorite veggies on freshly baked bread. Apple slices and a choice of an ice-cold bottle of low fat milk or Honest Kids'® Fruit Punch make this better-for-you meal a star.

Turkey Breast Mini for Kids

Kids love the taste of tender turkey breast, freshly baked bread and their favorite veggies. Apple slices and a choice of an ice-cold bottle of low fat milk or Honest Kids'® Fruit Punch make this better-for-you meal a star.