



NO BREADY BOWLS® 13

Tuna

How much tuna? A Footlong's worth of tuna, that's how much. Enjoy your go-to protein, 100% wild caught tuna, mixed with mayo on top of a bed of fresh lettuce with your choice of veggies. That's a tuna Protein Bowl.

Meatball Marinara

When it comes to the Meatball Marinara Protein Bowl, we won't skimp on the protein. You'll get spinach, peppers and other veggies plus all eight meatballs (count 'em!) you'd find on a Footlong.

Steak & Cheese

Packed with protein and stacked with veggies, the Steak & Cheese Protein Bowl is everything you love about your favorite Footlong — literally, it has the same amount of juicy steak — plus peppers, onions and more.

Veggie Patty

When you're in the mood for a satisfying veggie meal, our Veggie Patty bowl with all the delicious vegetables you want is just the thing.

Roast Beef

A generous portion of Choice Angus Roast Beef and veggies: this is a Protein Bowl that packs a punch.

B.L.T.

The classic B.L.T., in a bowl. It's that simple. But of course, you can add your favorite veggies, too.

Oven Roasted Turkey & Ham

Our thin-sliced, oven roasted turkey and Black Forest ham make an unbeatable duo, especially sitting on top of all your favorite veggies.

Oven Roasted Turkey

Get all the flavor you'd find in an Oven Roasted Turkey Footlong, without sacrificing an ounce of protein. The Oven Roasted Turkey Protein Bowl is loaded with your choice of veggies and topped with all the thin-sliced turkey you'd get in your favorite Footlong.

Buffalo Chicken

Packed with grilled chicken, plus just the right amount of Frank's RedHot® Buffalo sauce, a little peppercorn ranch to beat the heat and all the veggies you can fit in there. Frank's RedHot® is a registered trademark of McCormick & Co. and used under license by Subway Franchisee Advertising Fund Trust Ltd. ®/© Subway IP LLC 2021.

Rotisserie-Style Chicken

Fuel up with juicy rotisserie-style chicken, piled high on whatever veggies you happen to be in the mood for.

Black Forest Ham

A Footlong's worth of protein? Yup! When you make it a Protein Bowl you'll get all of the Black Forest ham you'd get on your favorite Footlong, piled high atop fresh lettuce, tomato, cucumber and more veggies.

Grilled Chicken

Tender grilled chicken is the star of the show, while you choose the supporting cast from our long list of veggies in this protein-packed bowl.

Cold Cut Combo®

Can't pick just one protein for your Protein Bowl? Try three. The Cold Cut Combo® features heaping portions of ham, salami and bologna (all turkey based) plus lettuce, tomato, cucumbers and more.

DELI HEROES 4

#17 Garlic Roast Beef

Our Garlic Roast Beef is an explosion of flavor in every bite! On soft Artisan Italian Bread is the combination of tender roast beef, 2x provolone, lettuce, tomatoes, onions and finished with Roasted Garlic Aioli — unlocking a go-to option when hunger calls.

#15 Titan Turkey

The Titan Turkey is big enough to stand up to any appetite! With 33% MORE* turkey, 2x provolone, lettuce, tomatoes, onions, and mayo all on our Artisan Italian bread. You'll enjoy a meal fit for a titan! *33% more meat than Classic Sandwich portion.

#30 The Beast

The sandwich that makes hunger fear going to sleep every night — The Beast. This sub's got pepperoni, salami, turkey, ham and roast beef all adding up to a whopping 1/2 lb of meat*. Add in 2x provolone, lettuce, tomatoes, onions, mayo, and top it all off with our MVP Vinaigrette and you get one beast of a sub. *1/2 lb of meat based on FL serving.

#99 Grand Slam Ham

The Grand Slam Ham delivers heavy-hitting flavor every time. On top of Artisan Italian Bread is 33% MORE* ham, 2x provolone, lettuce, tomatoes, onions, and mayo — a delicious sub that leaves you feeling satisfied. *33% more meat than Classic Sandwich portion.

FRESH FIT FOR KIDS® 3

Veggie Delite® for Kids

Veggie Delite® for Kids is the easiest and most delicious way to get them to eat their veggies. This meal starts with their favorite veggies piled on freshly baked bread, and continues with a scrumptious side of apple sauce, and finishes with a choice of a bottle of low-fat milk or Honest Kids'® Fruit Punch. Veggies just got a lot more exciting.

Black Forest Ham for Kids

Our Black Forest Ham for Kids is BIG on flavor. They get delicious slices of ham with their favorite veggies on freshly baked bread, and also enjoy a side of apple sauce and a choice of a bottle of low-fat milk or Honest Kids'® Fruit Punch.

Oven-Roasted Turkey for Kids

A turkey sandwich for lunch is a classic for a reason—it's why kids go crazy for our Oven Roasted Turkey for Kids. The main attraction is tasty oven roasted turkey slices with their favorite veggies piled on, all on freshly baked bread. But they also get a side of apple sauce and a choice of a bottle of low-fat milk or Honest Kids'® Fruit Punch. Can you say, best lunch ever?

SHAREABLE DESSERTS 2

12 Pack Cookie Box

12 cookies. 1 delicious order. That's what our 12 Cookie Box is all about. Pick your favorite flavor and enjoy a dozen of fresh-baked cookies. That's a one-way ticket to sweet treats that you can share with friends, family or co-workers. With so many choices, there's a cookie for everyone.

6 Pack Cookie Box

Our 6 Pack Cookie Box is the most delicious out-of-the-box thinking. Pick your favorite flavor and enjoy a half-dozen of fresh-baked cookies. One for you, one for him, one for her and even more to keep sharing...or not! Get the New 6 Pack Cookie Box today and get that sweet treat you're craving.

KIDS DRINKS 2

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.

Honest Kids® Super Fruit Punch

Grape, strawberry, apple, watermelon juices and other ingredients unite to truly pack a punch. USDA organic certified. Sweetened only with fruit juice. No added sugar. No artificial sweeteners. No high fructose corn syrup. Gluten free. No GMOs.

WRAPS 14

B.L.T.

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

Grilled Chicken

When you want to be 100% satisfied, this wrap delivers. Tender grilled chicken, with fresh veggies like lettuce, spinach, tomatoes, cucumbers, green peppers and red onions in a wrap.

Oven Roasted Turkey

Our Oven Roasted Turkey Wrap is a go-to. It's a footlong portion of our premium, thin-sliced, oven roasted turkey, with fresh veggies like lettuce, tomatoes, spinach, cucumbers, green peppers and red onions, all served up in a wrap.

Veggie Delite®

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

Roast Beef

Choice Angus Roast Beef brings the premium flavor, with fresh veggies, such as lettuce, spinach, tomatoes, cucumbers, green peppers, and red onions in a wrap.

Tuna

Our tasty Tuna Wrap is completely cravable. It has a double serving of 100% wild caught tuna mixed with mayo in a wrap. Then it gets topped with any crunchy veggies you want.

Oven Roasted Turkey & Ham

Take a bite of this wrap filled with a footlong portion of our tender, thin-sliced oven roasted turkey and tasty Black Forest ham. Top it with lettuce, spinach, tomatoes, cucumbers, green peppers and red onions. It's simply delicious.

Steak & Cheese

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

Veggie Patty

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

Cold Cut Combo®

Can't decide what kind of meat you want? Get three at once on a delicious 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.

Meatball Marinara

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

Buffalo Chicken

A wrap that’s not afraid to be bold. We start with a Footlong portion of grilled chicken, adding just the right amount of Frank’s RedHot® Buffalo sauce. Then we cut the heat with crisp lettuce, tomatoes and cucumbers, and roll it all up in a wrap. Frank’s RedHot® is a registered trademark of McCormick & Co. and used under license by Subway Franchisee Advertising Fund Trust Ltd. ®/© Subway IP LLC 2021.

Black Forest Ham

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

Rotisserie-Style Chicken

A generous portion of juicy rotisserie-style chicken with fresh lettuce, spinach, tomatoes, cucumbers, green peppers and red onions. Served in a wrap.

BOTTLED BEVERAGES 10

vitamin water® XXX

Delicious taste of açai-blueberry-pomegranate flavor with other natural flavors. Vitamin and nutrient-enhanced water beverage with electrolytes and other good stuff. With three types of antioxidants to help fight free radicals: vitamin-a, vitamin-c and selenium. plus a great source of vitamin b5, vitamin b6, and vitamin b12.

Dasani® Water

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.

Simply Orange®

100% pure-squeezed, pasteurized orange juice.

Coca-Cola® Classic

Crisp, refreshing, original taste.

Sprite®

Cool, crisp lemon-lime taste that’s caffeine free with 100% natural flavors. A lemon-lime soda with 100% natural flavors.

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.

Honest Kids® Super Fruit Punch

Grape, strawberry, apple, watermelon juices and other ingredients unite to truly pack a punch. USDA organic certified. Sweetened only with fruit juice. No added sugar. No artificial sweeteners. No high fructose corn syrup. Gluten free. No GMOs.

Gatorade® Cool Blue

The thirst quenching taste of cool blue raspberry to rehydrate and help maximize your performance.

Monster Energy® Zero Ultra

A little less sweet than the original, with a light refreshing citrus flavor. Zero Ultra has all the flavor you expect, but with zero sugar, and packed with a full load of our Monster energy blend. Unleash the Ultra Beast!

Monster Energy® Green

Tear into a can of the meanest energy drink on the planet, Monster Energy. Unleash the Beast!

SIDES 14

Cookies

Every meal deserves a dessert, because simply put, they just belong together. So, when you’re ordering your favorite sandwich, just remember that it pairs perfectly with one of our delectable cookies. They’re freshly baked, come in a variety of flavors and they go hand-in-hand with that sub you’re about to order.

Raspberry Cheesecake

Hold the silverware, because our Raspberry Cheesecake Cookie is a hands-on experience. Sweet raspberry flavored pieces, white chips and just the right amount of cream cheese are mixed together to bake the perfect cookie. So go ahead, dive right into this delicious treat and leave the silverware aside.

Auntie Anne's® Footlong Pretzel

330 calories each, not including Honey Mustard sauce. The NEW Auntie Anne’s® Footlong Pretzel is a twist on Auntie Anne’s® signature pretzel, baked to tasty golden-brown perfection and ready to share. Served warm and topped with just the right amount of butter and salt, it’s a savory sidekick sensation. Enjoy every soft and wonderful bite.

LAY’S® Classic

It all starts with farm-grown potatoes, cooked and seasoned to perfection. So every LAY’S® potato chip is perfectly crispy and full of fresh potato taste. Happiness in Every Bite.®

SunChips® Harvest Cheddar®

The flavor of real cheddar cheese is layered onto a delicious whole grain chip to create this tasty combination.

Miss Vickie’s® Jalapeño

Made with jalapeño seasoning for enough heat to make things deliciously interesting. And every spicy bite is made with no artificial flavors or preservatives.

GoGo squeeZ® Apple Apple

GoGo squeeZ® applesauce pouches are a yummy, nutritious snack made from 100% fruit, no sugar added* and no artificial anything. With a resealable cap, GoGo squeeZ® fruit on the go can be enjoyed wherever life takes you. *Not a Low Calorie Food. Contains 13g of sugar and 70 calories.

Double Chocolate

Calling all chocolate lovers! Our Double Chocolate Cookie has your name written all over it. It has rich semi-sweet chocolate chips mixed in a chocolate dough, along with white chips, vanilla and other natural flavors. Take one bite and your taste buds will thank you for it.

Oatmeal Raisin

Our Oatmeal Raisin Cookie is perfectly soft and chewy making it a must have with your order. Rolled oats, molasses, real California Raisins and just the right touch of cinnamon—all mixed and baked for the perfect treat any time of the day, including breakfast, because it’s oatmeal.

White Chip Macadamia Nut

Our delectable White Chocolate Macadamia Cookie is anything but cookie cutter. That’s because it has a generous amount of tasty ingredients: white chips, macadamia nuts, vanilla and other natural flavors mixed together to prepare a delightfully rich and nutty taste in a cookie. Go ahead and go nuts!

DORITOS® Nacho Cheese

The iconic bold and intense cheesiness of Doritos® Nacho Cheese Flavored Tortilla Chips. Doritos® flavors ignite adventure and inspire action. Are you ready? If so, crunch on.

Chocolate Chip

One bite of our Chocolate Chip Cookie and you may just find the sudden urge to order 2, 3... maybe 6. It has semi-sweet chocolate chips, vanilla and other natural flavors folded into buttery cookie dough. It’s waiting to be devoured, just don’t say we didn’t warn you!

Cinnabon® Footlong Churro

190 calories each. The NEW Cinnabon® Footlong Churro is a totally shareable spin on a beloved snack. It's served warm, coated in craveable cinnamon and loaded with signature Cinnabon® flavor so it's sweet and crispy from end to end.

Baked Lay's® Original

SNACK A LITTLE SMARTER™ with Baked LAY'S® Potato Chips. It's the LAY'S® chip you love, just Baked. Perfectly paired with your favorite Subway sandwich.

CHIPS 5

Baked Lay's® Original

SNACK A LITTLE SMARTER™ with Baked LAY'S® Potato Chips. It's the LAY'S® chip you love, just Baked. Perfectly paired with your favorite Subway sandwich.

LAY'S® Classic

It all starts with farm-grown potatoes, cooked and seasoned to perfection. So every LAY'S® potato chip is perfectly crispy and full of fresh potato taste. Happiness in Every Bite.®

SunChips® Harvest Cheddar®

The flavor of real cheddar cheese is layered onto a delicious whole grain chip to create this tasty combination.

Miss Vickie's® Jalapeño

Made with jalapeño seasoning for enough heat to make things deliciously interesting. And every spicy bite is made with no artificial flavors or preservatives.

DORITOS® Nacho Cheese

The iconic bold and intense cheesiness of Doritos® Nacho Cheese Flavored Tortilla Chips. Doritos® flavors ignite adventure and inspire action. Are you ready? If so, crunch on.

CLUBS 4

#10 All-American Club®

The American classic. Oven-roasted turkey, Black Forest ham, crisp bacon, and 2x American cheese with lettuce, tomatoes, red onions, and mayo. Served toasted on Artisan Italian bread.

#19 Pickleball Club™

Our Pickleball Club™ sandwich is a crowd pleaser with thin-sliced Black Forest ham, crisp bacon, and American cheese on our Artisan Italian bread. With lettuce, tomatoes, pickles, red onions, and our Honey Mustard sauce, every bite tastes like sweet victory.

#11 Subway Club®

Oven-roasted turkey, Black Forest ham, USDA Choice Roast Beef, 2x American cheese piled on Hearty Multigrain bread and topped with lettuce, tomatoes, red onions, and mayo. A club sandwich Subway® style.

#12 Sliced Avo Turkey Cali Club™

Eat fresh, California style. Oven-roasted turkey, crisp bacon, BelGioioso® Fresh Mozzarella, and sliced Hass avocado. Topped with spinach, tomatoes, red onions, and mayo toasted on Hearty Multigrain bread.

CLASSIC SANDWICHES 14

Roast Beef

Choice Angus Roast Beef, Hearty Multigrain Bread, and plenty of fresh veggies make this lunchtime classic one to remember.

Buffalo Chicken

When you’re looking to spice things up, do it with Frank’s RedHot® and buffalo chicken. Our Buffalo Chicken Footlong is made with everyone’s favorite hot sauce – Frank’s RedHot® and topped with peppercorn ranch. Try it with lettuce, tomatoes and cucumbers! Frank’s RedHot® is a registered trademark of McCormick & Co. and used under license by Subway Franchisee Advertising Fund Trust Ltd.®/© Subway IP LLC 2021.

B.L.T.

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

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.

Oven-Roasted Turkey & Ham

Enjoy the flavor of tender, thin-sliced oven-roasted turkey and Black Forest ham with your favorite veggies, from juicy tomatoes to sweet red onions, all served on freshly baked, Hearty Multigrain bread.

Oven-Roasted Turkey

If a classic is what you crave, our thin-sliced Oven-Roasted Turkey is the sandwich for you. It’s full of flavor and made to order with your choice of crisp veggies, served on our freshly baked, Hearty Multigrain bread.

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.

Tuna

You'll love every bite of our classic tuna sandwich. 100% wild caught tuna blended with creamy mayo then topped with your choice of crisp, fresh veggies. 100% delicious.

Veggie Patty

Delicious vegan patties with lettuce, tomatoes, cucumbers, green peppers and red onions, all served on our freshly baked Hearty Multigrain bread.

Black Forest Ham

Our Black Forest Ham sandwich is a true classic. We add lettuce, baby spinach, cucumbers, green peppers and red onions to our delicious, thin-sliced ham and serve it on our Hearty Multigrain bread. Want cheese? Just ask.

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.

Rotisserie-Style Chicken

Who doesn’t love tender, juicy rotisserie-style chicken? Especially when it’s served on our Hearty Multigrain bread with your choice of veggies. We like lettuce, tomatoes, red onions, and peppers, but hey, it’s your sandwich, do what you like.

Veggie Delite®

The Veggie Delite® sandwich is crispy, crunchy, vegetarian perfection. With lettuce, baby spinach, tomatoes, cucumbers, green peppers and red onions, all on our Hearty Multigrain bread.

Grilled Chicken

Tender grilled chicken loaded on our Hearty Multigrain bread with your choice of veggies. A little lettuce, tomatoes, onions and baby spinach, and you can’t go wrong.

HOT DRINKS 1

Hot Beverage

ITALIANOS 4

#18 The Ultimate B.M.T.®

The Ultimate B.M.T.® is thoughtfully prepared with tender Genoa salami, spicy pepperoni, savory Black Forest ham, 2x provolone cheese, crisp lettuce, tomatoes, red onions and MVP Parmesan Vinaigrette® on Artisan Italian bread. Enjoy a sub made with love.

#4 Supreme Meats

One sandwich reigns supreme. Black Forest ham, Genoa salami, pepperoni, and our capicola on fresh-baked Artisan Italian bread with 2x provolone cheese, lettuce, tomatoes and red onions...all topped off with our famous MVP Vinaigrette®.

#23 The Hotshot Italiano

Fuel your tastebuds' need for fire with our Hotshot Italiano sandwich. Artisan Italian bread is topped with spicy pepperoni, Genoa salami, 2x provolone cheese, jalapeño peppers, lettuce, tomatoes, red onions, and an explosive finish of our MVP Parmesan Vinaigrette®.

#6 The Boss

It's the mother of all meatball subs. Juicy meatballs drenched in marinara sauce with slices of pepperoni and BelGioioso® Fresh Mozzarella. Sprinkled with parmesan and served toasted on Italian Herbs & Cheese bread.

CHICKEN 4

#16 All-Pro Sweet Onion Teriyaki

Tackle your hunger with our All-Pro Sweet Onion Teriyaki sandwich. Enjoy a delicious combination of toasted Hearty Multigrain bread, tender grilled chicken strips marinated in our Sweet Onion Teriyaki sauce, 2x American cheese, lettuce, tomatoes, and red onions.

#8 The Great Garlic

Our creamy garlic sauce is the secret to this sub. We pile juicy rotisserie-style chicken, crispy bacon, 2x Monterey cheddar, lettuce, tomatoes, red onions on toasted Artisan Italian bread...all topped off with our creamy Roasted Garlic Aioli. Irresistible!

#20 Elite Chicken & Bacon Ranch

Treat yourself royally with our Elite Chicken & Bacon Ranch sub. Combining tender rotisserie-style chicken, 2x melted Monterey cheddar cheese, hickory-smoked bacon, lettuce, tomatoes, red onions, and our creamy Peppercorn Ranch all on Artisan Italian bread.

#7 The Sliced Avo MexiCali

Head for the Southwest with juicy rotisserie-style chicken, sliced avocado, double Pepper Jack cheese, lettuce, tomatoes, and red onions topped with our smoky Baja Chipotle sauce and served toasted on Artisan Italian bread.

FOUNTAIN DRINKS 1

Fountain Beverage

BREAKFAST 8

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.

Egg & Cheese Wrap

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

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.

Egg & Cheese

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

Steak, Egg & Cheese Wrap

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

Bacon, Egg & Cheese Wrap

Start your day in a sizzlin' way with a wrap filled with American cheese, delicious eggs and crispy hickory smoked bacon.

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.

Black Forest Ham, Egg & Cheese Wrap

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

DRINKS 11

Monster Energy® Zero Ultra

A little less sweet than the original, with a light refreshing citrus flavor. Zero Ultra has all the flavor you expect, but with zero sugar, and packed with a full load of our Monster energy blend. Unleash the Ultra Beast!

12 oz Coffee

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

Monster Energy® Green

Tear into a can of the meanest energy drink on the planet, Monster Energy. Unleash the Beast!

vitamin water® XXX

Delicious taste of açai-blueberry-pomegranate flavor with other natural flavors. Vitamin and nutrient-enhanced water beverage with electrolytes and other good stuff. With three types of antioxidants to help fight free radicals: vitamin-a, vitamin-c and selenium. plus a great source of vitamin b5, vitamin b6, and vitamin b12.

Dasani® Water

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.

Simply Orange®

100% pure-squeezed, pasteurized orange juice.

Coca-Cola® Classic

Crisp, refreshing, original taste.

Sprite®

Cool, crisp lemon-lime taste that's caffeine free with 100% natural flavors. A lemon-lime soda with 100% natural flavors.

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.

Honest Kids® Super Fruit Punch

Grape, strawberry, apple, watermelon juices and other ingredients unite to truly pack a punch. USDA organic certified. Sweetened only with fruit juice. No added sugar. No artificial sweeteners. No high fructose corn syrup. Gluten free. No GMOs.

Gatorade® Cool Blue

The thirst quenching taste of cool blue raspberry to rehydrate and help maximize your performance.

COOKIES 1

Cookies

Every meal deserves a dessert, because simply put, they just belong together. So, when you're ordering your favorite sandwich, just remember that it pairs perfectly with one of our delectable cookies. They're freshly baked, come in a variety of flavors and they go hand-in-hand with that sub you're about to order.

NEW SIDEKICKS 3

Auntie Anne's® Footlong Pretzel

330 calories each, not including Honey Mustard sauce. The NEW Auntie Anne's® Footlong Pretzel is a twist on Auntie Anne's® signature pretzel, baked to tasty golden-brown perfection and ready to share. Served warm and topped with just the right amount of butter and salt, it's a savory sidekick sensation. Enjoy every soft and wonderful bite.

Subway® Footlong Cookie

1440 calories each. The NEW Footlong Cookie is baked to perfection and ready to share. It's served warm so it's soft and gooey on the inside. Every inch is loaded with chocolate-chip goodness. It's everything you love about Subway® chocolate chip cookies and more, more, more!

Cinnabon® Footlong Churro

190 calories each. The NEW Cinnabon® Footlong Churro is a totally shareable spin on a beloved snack. It's served warm, coated in craveable cinnamon and loaded with signature Cinnabon® flavor so it's sweet and crispy from end to end.

CHEESESTEAKS 4

#2 The Outlaw®

Spicy, cheesy, smoky — this one's got it all. Juicy steak meets double Pepper Jack cheese, with green peppers, red onions, and Baja Chipotle sauce toasted on Artisan Italian bread. Try not to fall head over heels.

#1 The Philly

The classic cheesesteak stacked with juicy steak and a double helping of American cheese toasted on Artisan Italian bread and topped with green peppers, red onions and mayo.

#33 Teriyaki Blitz

The Teriyaki Blitz is a burst of flavor from the first bite. Featuring tender steak marinated in our Sweet Onion Teriyaki sauce, 2x American cheese on a warm bed of Hearty Multigrain bread, topped with green peppers and red onions.

#3 The Monster™

Got a monstrous appetite? We're talking thick juicy steak, crisp bacon, a double helping of Monterey cheddar, green peppers and red onions piled high and served toasted on Artisan Italian bread and topped off with creamy Peppercorn Ranch.

KIDS' SIDES 1

GoGo squeeZ® Apple Apple

GoGo squeeZ® applesauce pouches are a yummy, nutritious snack made from 100% fruit, no sugar added* and no artificial anything. With a resealable cap, GoGo squeeZ® fruit on the go can be enjoyed wherever life takes you. *Not a Low Calorie Food. Contains 13g of sugar and 70 calories.

SUBWAY® SERIES 20

#3 The Monster™

Got a monstrous appetite? We're talking thick juicy steak, crisp bacon, a double helping of Monterey cheddar, green peppers and red onions piled high and served toasted on Artisan Italian bread and topped off with creamy Peppercorn Ranch.

#17 Garlic Roast Beef

Our Garlic Roast Beef is an explosion of flavor in every bite! On soft Artisan Italian Bread is the combination of tender roast beef, 2x provolone, lettuce, tomatoes, onions and finished with Roasted Garlic Aioli — unlocking a go-to option when hunger calls.

#20 Elite Chicken & Bacon Ranch

Treat yourself royally with our Elite Chicken & Bacon Ranch sub. Combining tender rotisserie-style chicken, 2x melted Monterey cheddar cheese, hickory-smoked bacon, lettuce, tomatoes, red onions, and our creamy Peppercorn Ranch all on Artisan Italian bread.

#15 Titan Turkey

The Titan Turkey is big enough to stand up to any appetite! With 33% MORE* turkey, 2x provolone, lettuce, tomatoes, onions, and mayo all on our Artisan Italian bread. You'll enjoy a meal fit for a titan! *33% more meat than Classic Sandwich portion.

#19 Pickleball Club™

Our Pickleball Club™ sandwich is a crowd pleaser with thin-sliced Black Forest ham, crisp bacon, and American cheese on our Artisan Italian bread. With lettuce, tomatoes, pickles, red onions, and our Honey Mustard sauce, every bite tastes like sweet victory.

#8 The Great Garlic

Our creamy garlic sauce is the secret to this sub. We pile juicy rotisserie-style chicken, crispy bacon, 2x Monterey cheddar, lettuce, tomatoes, red onions on toasted Artisan Italian bread...all topped off with our creamy Roasted Garlic Aioli. Irresistible!

#2 The Outlaw®

Spicy, cheesy, smoky — this one's got it all. Juicy steak meets double Pepper Jack cheese, with green peppers, red onions, and Baja Chipotle sauce toasted on Artisan Italian bread. Try not to fall head over heels.

#6 The Boss

It's the mother of all meatball subs. Juicy meatballs drenched in marinara sauce with slices of pepperoni and BelGioioso® Fresh Mozzarella. Sprinkled with parmesan and served toasted on Italian Herbs & Cheese bread.

#11 Subway Club®

Oven-roasted turkey, Black Forest ham, USDA Choice Roast Beef, 2x American cheese piled on Hearty Multigrain bread and topped with lettuce, tomatoes, red onions, and mayo. A club sandwich Subway® style.

#30 The Beast

The sandwich that makes hunger fear going to sleep every night — The Beast. This sub's got pepperoni, salami, turkey, ham and roast beef all adding up to a whopping 1/2 lb of meat*. Add in 2x provolone, lettuce, tomatoes, onions, mayo, and top it all off with our MVP Vinaigrette and you get one beast of a sub. *½ lb of meat based on FL serving.

#1 The Philly

The classic cheesesteak stacked with juicy steak and a double helping of American cheese toasted on Artisan Italian bread and topped with green peppers, red onions and mayo.

#16 All-Pro Sweet Onion Teriyaki

Tackle your hunger with our All-Pro Sweet Onion Teriyaki sandwich. Enjoy a delicious combination of toasted Hearty Multigrain bread, tender grilled chicken strips marinated in our Sweet Onion Teriyaki sauce, 2x American cheese, lettuce, tomatoes, and red onions.

#33 Teriyaki Blitz

The Teriyaki Blitz is a burst of flavor from the first bite. Featuring tender steak marinated in our Sweet Onion Teriyaki sauce, 2x American cheese on a warm bed of Hearty Multigrain bread, topped with green peppers and red onions.

#18 The Ultimate B.M.T.®

The Ultimate B.M.T.® is thoughtfully prepared with tender Genoa salami, spicy pepperoni, savory Black Forest ham, 2x provolone cheese, crisp lettuce, tomatoes, red onions and MVP Parmesan Vinaigrette® on Artisan Italian bread. Enjoy a sub made with love.

#4 Supreme Meats

One sandwich reigns supreme. Black Forest ham, Genoa salami, pepperoni, and our capicola on fresh-baked Artisan Italian bread with 2x provolone cheese, lettuce, tomatoes and red onions...all topped off with our famous MVP Vinaigrette®.

#23 The Hotshot Italiano

Fuel your tastebuds’ need for fire with our Hotshot Italiano sandwich. Artisan Italian bread is topped with spicy pepperoni, Genoa salami, 2x provolone cheese, jalapeño peppers, lettuce, tomatoes, red onions, and an explosive finish of our MVP Parmesan Vinaigrette®.

#12 Sliced Avo Turkey Cali Club™

Eat fresh, California style. Oven-roasted turkey, crisp bacon, BelGioioso® Fresh Mozzarella, and sliced Hass avocado. Topped with spinach, tomatoes, red onions, and mayo toasted on Hearty Multigrain bread.

#99 Grand Slam Ham

The Grand Slam Ham delivers heavy-hitting flavor every time. On top of Artisan Italian Bread is 33% MORE* ham, 2x provolone, lettuce, tomatoes, onions, and mayo — a delicious sub that leaves you feeling satisfied. *33% more meat than Classic Sandwich portion.

#10 All-American Club®

The American classic. Oven-roasted turkey, Black Forest ham, crisp bacon, and 2x American cheese with lettuce, tomatoes, red onions, and mayo. Served toasted on Artisan Italian bread.

#7 The Sliced Avo MexiCali

Head for the Southwest with juicy rotisserie-style chicken, sliced avocado, double Pepper Jack cheese, lettuce, tomatoes, and red onions topped with our smoky Baja Chipotle sauce and served toasted on Artisan Italian bread.

SALADS 14

B.L.T.

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

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.

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.

Grilled Chicken

Beautiful in its simplicity. Tender grilled chicken on a bed of fresh lettuce topped with tomatoes, red onions, baby spinach, cucumbers, green peppers and black olives. Perfection.

Buffalo Chicken

Grilled chicken topped with Frank's RedHot® Buffalo sauce, with lettuce, spinach, tomatoes, cucumbers, green peppers, black olives and red onions. A drizzle of peppercorn ranch dressing cools the spice. Very nice. Frank's RedHot® is a registered trademark of McCormick & Co. and used under license by Subway Franchisee Advertising Fund Trust Ltd. ®/© Subway IP LLC 2021.

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.

Oven Roasted Turkey

The Oven Roasted Turkey Salad is a go-to salad choice. Our premium, thin-sliced oven roasted turkey, tossed together with lettuce, crunchy veggies and whatever dressing does it for you. Simply the 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!

Rotisserie-Style Chicken

Juicy rotisserie-style chicken is mixed with fresh lettuce, baby spinach, tomatoes, cucumbers and other veggies of your choosing. We'll even let you choose your dressing. We're good like that.

Veggie Patty

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

Tuna

Our Tuna salad is simply delish. 100% wild caught tuna mixed with mayo, riding high on top of a bed of crisp lettuce and veggies. Classic for a reason.

Roast Beef

Level up your salad with NEW Choice Angus Roast Beef and a whole lot of crisp veggies.

Oven Roasted Turkey & Ham

Thin-sliced oven roasted turkey and Black Forest ham with crisp lettuce, tender spinach and many more of your favorite veggies.

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.
