

Subway Menu With Prices & Calories 2026

Full menu list with item descriptions, protein, prices, and calories based on the menu information supplied.

Hot Honey Signature Swicy Collection

Try the new Hot Honey Swicy subs on the Subway menu, where sweet honey glaze meets a bit of heat on toasted bread. Available with chicken or steak in a 6-inch or footlong.

Menu Item	Description	Protein	Price	Calories
Doritos® Hot Honey Chicken Nachos	Chicken, cheddar, veggies, chipotle, and Hot Honey on Doritos® chips.	25g	\$4.99	630
Doritos® Hot Honey Steak Nachos	Shaved steak, cheddar, veggies, chipotle, and Hot Honey on Doritos® chips.	26g	\$5.99	640

Hot Honey Sandwiches

Menu Item	Description	Protein	Price	Calories
Hot Honey Turkey Italian	Pepperoni, salami, turkey, provolone, veggies & Hot Honey on Jalapeño Cheddar bread.	57g	\$6.59	550
Hot Honey Italian	Pepperoni, salami, provolone, veggies & Hot Honey on Jalapeño Cheddar bread.	55g	\$5.99	620

Sandwiches

Browse the full list of Subway sandwiches, from the Italian B.M.T.® and Turkey Breast to Steak & Cheese and Veggie Delite®. Choose your bread, cheese, veggies, and sauce, then pick a 6-inch sub or a Subway footlong.

Steak

Menu Item	Description	Protein	Price	Calories
Steak Philly	Juicy steak, American cheese, mayo, peppers & onions on fresh Artisan bread.	57g	\$7.69	510
Chipotle Philly	Juicy steak, Pepper Jack, Baja Chipotle, peppers & onions on fresh Artisan bread.	59g	\$7.69	490

Chicken

Menu Item	Description	Protein	Price	Calories
Chicken & Bacon Ranch	Rotisserie chicken, Monterey cheddar, bacon, ranch, lettuce, tomatoes & onions on bread.	69g	\$7.39	580
Honey Mustard	Rotisserie chicken, cheddar, pickles, Honey Mustard, lettuce, tomatoes & onion on bread.	59g	\$7.09	480
Sweet Onion Chicken Teriyaki®	Grilled chicken, cheese, Teriyaki, lettuce, tomatoes & onions on bread.	29g	\$7.09	430
Grilled Chicken	Grilled chicken, Monterey cheddar, lettuce, tomatoes, onions & mayo on Italian bread.	63g	\$6.69	510

Italians

Menu Item	Description	Protein	Price	Calories
B.M.T.®	Spicy pepperoni, salami, ham, provolone, lettuce, tomatoes, onions & mayo on Italian bread.	53g	\$4.99	590
Spicy Italian	Pepperoni, salami, provolone, jalapeños, lettuce, tomatoes & mayo on Artisan bread.	52g	\$5.99	660
Meatball Pepperoni	Meatball, pepperoni, marinara, provolone & parmesan on Italian Herb bread.	64g	\$6.69	680
5 Meat Italian	Pepperoni, salami, turkey, ham, roast beef, provolone, lettuce & mayo on bread.	77g	\$8.69	670
Meatball	Meatballs, marinara, provolone & parmesan on fresh Italian bread.	53g	\$5.39	550

Deli Classics

Menu Item	Description	Protein	Price	Calories
Cold Cut Combo®	Turkey ham, salami, bologna, provolone, lettuce, tomatoes, onions & mayo on Italian bread.	48g	\$3.99	520
Ham & Salami	Ham, salami, provolone, lettuce, tomatoes, onions & mayo on Italian bread.	46g	\$3.99	510
B.L.T.	Bacon, lettuce, tomatoes & mayo served on our freshly baked Artisan Italian bread.	37g	\$3.99	480
Spicy Pepperoni	Spicy pepperoni, Pepper Jack, lettuce, tomatoes, jalapeños & Sriracha on Italian bread.	40g	\$3.99	520
Oven-Roasted Turkey	Turkey, provolone, lettuce, tomatoes, onions & mayo on Italian bread.	26g	\$6.49	470
Black Forest Ham	Ham, provolone, lettuce, tomatoes, onions & mayo on Italian bread.	49g	\$4.549	480
Roast Beef	Roast beef, provolone, lettuce, tomatoes, onions & mayo on Italian bread.	58g	\$8.79	500
Tuna	Tuna, provolone, lettuce, tomatoes & onions on Italian bread.	53g	\$6.09	560
Veggie Delite®	Provolone, spinach, cucumbers, peppers, lettuce, tomatoes & onions on Multigrain bread.	32g	\$5.09	310

Clubs

Menu Item	Description	Protein	Price	Calories
All American Club®	Turkey, ham, American cheese, bacon, lettuce, tomatoes, onions & mayo on bread.	55g	\$7.99	540
Subway Club®	Turkey, ham, roast beef, American cheese, lettuce, tomatoes & mayo on bread.	61g	\$7.99	500

Local Favorites

Menu Item	Description	Protein	Price	Calories
Turkey & Ham	Turkey, ham, American cheese, lettuce, tomatoes, onions & mayo on Italian bread.	52g	\$4.25	460
Pizza Sub	Spicy pepperoni, provolone, marinara, peppers & onions on Italian bread.	43g	\$4.59	480
Veggie Patty	Vegan patty, American cheese, lettuce, spinach, cucumbers, peppers, tomatoes & onions.	39g	\$5.49	470

Fresh Fit®

Fresh Fit® subs are Subway's lower calorie sandwiches, made with lean protein and lots of fresh vegetables. Check the Subway nutrition guide for exact calories, protein, and allergen details before you order.

Menu Item	Description	Protein	Price	Calories
Grilled Chicken & Avocado	Chicken, spinach, tomatoes, cucumbers, onions, avocado & Chipotle.	70g	\$7.89	470
Ham & Turkey Stacker	Turkey, ham, lettuce, spinach, tomatoes, cucumbers, onions & mustard.	41g	\$4.49	290
Turkey & Ranch Delite	Turkey, lettuce, spinach, tomatoes, cucumbers, onions & Peppercorn Ranch.	52g	\$6.99	380
Seasoned Steak & Avocado	Steak, spinach, tomatoes, cucumbers, onions & avocado on Multigrain bread.	70g	\$8.69	460

Snacks, Sides & Desserts

Add Subway cookies, chips, or a cold drink to make any sub a full meal. Chocolate chip and white chocolate macadamia nut are the best-selling Subway cookies.

Menu Item	Description	Protein	Price	Calories
Simply Cheetos® Puffs White Cheddar	Baked to perfection with real cheese and no artificial colors or flavors.	3g	\$1.69	200
Lays® Classic	Farm-grown potatoes cooked and seasoned for crispy, fresh-tasting LAY'S® chips.	3g	\$1.10	240
SunChips® Harvest Cheddar®	Real cheddar cheese layered onto a delicious whole-grain chip.	3g	\$1.10	210
Miss Vickie's® Jalapeño	Jalapeño-seasoned with delicious heat and no artificial flavors or preservatives.	3g	\$1.19	210
Doritos® Nacho Cheese	Bold, intense Nacho Cheese flavor in every crunchy Doritos® tortilla chip.	4g	\$1.10	260
Lays® Baked Original	Baked LAY'S® chips with classic flavor, perfect with a Subway sandwich.	2g	\$1.10	130
Doritos® Cool Ranch®	Iconic tangy Cool Ranch® flavor in every crunchy Doritos® tortilla chip.	3g	\$1.79	260
Lays® Baked BBQ	Baked LAY'S® BBQ chips with the same sweet and spicy BBQ flavor.	2g	\$1.79	140

Menu Item	Description	Protein	Price	Calories
Lay's® BBQ	Farm-grown potatoes with sweet, spicy BBQ flavor for crispy LAY'S® chips.	0g	\$1.79	230
Miss Vickie's® Salt & Vinegar	Tangy vinegar seasoning with sea salt—this is a farm-inspired take on a classic.	3g	\$1.79	200
SunChips® Original	Everyone's favorite whole grain chip. It's slightly savory, slightly sweet and totally 100% original.	3g	\$1.79	210
GoGo squeeZ® Apple Apple	GoGo squeeZ® is a nutritious 100% fruit snack with no added sugar or artificial ingredients.	0g	\$1.50	70
6 Pack Cookie Box	6 fresh-baked cookies in your favorite flavors, perfect for sharing—or keeping.	0g	\$5.29	0

Cookies

Menu Item	Description	Protein	Price	Calories
Chocolate Chip	Fresh-baked cookies in delicious flavors, perfectly paired with your favorite sub.	0g	\$0.99	210
White Chip Macadamia Nut	Fresh-baked cookies in delicious flavors, perfectly paired with your sandwich.	0g	\$0.99	220
Oatmeal Raisin	Fresh-baked cookies in delicious flavors, perfectly paired with your sub.	0g	\$0.99	200
Raspberry Cheesecake	Fresh-baked cookies in delicious flavors, perfectly paired with your sandwich.	0g	\$0.99	210
Double Chocolate	Fresh-baked cookies in delicious flavors, perfectly paired with your sandwich.	0g	\$0.99	210

Drinks

Complete your Subway meal with a refreshing drink from the beverage menu. Choices may include fountain drinks, bottled beverages, and other options depending on the restaurant. Check Subway drinks, prices, sizes, and calories to find the right beverage for your order.

Bottled Beverages

Menu Item	Description	Protein	Price	Calories
poppi Orange	Classic orange soda with a sweet, refreshing citrus flavor and fizzy finish.	0g	\$1.80	25
poppi Strawberry Lemon	A refreshing blend of ripe strawberry and crisp lemon with a bold, juicy flavor.	0g	\$1.80	30
Pepsi®	Bold, refreshing cola with a rich, robust flavor and a crisp, fizzy finish.	0g	\$2.99	250
Pepsi® Wild Cherry	Cola with a thrilling burst of unique cherry flavor and a sweet, crisp taste.	0g	\$2.99	260
Pepsi® Zero Sugar	Real cola taste, with a refreshing pop of sweet, fizzy bubbles without sugar.	0g	\$2.99	0

Menu Item	Description	Protein	Price	Calories
Diet Pepsi®	A crisp tasting, refreshing pop of sweet, fizzy bubbles without calories.	0g	\$2.99	0
Starry®	A caffeine-free soda that provides a crisp, clear burst of lemon lime flavor.	0g	\$2.99	240
Mountain Dew®	Mountain Dew® with a refreshing citrus taste that quenches thirst.	0g	\$2.99	290
Pure Leaf® Sweet Iced Tea	Real cola taste, with a refreshing pop of sweet, fizzy bubbles without sugar.	0g	\$2.99	140
Lipton® Iced Tea, Peach	A unique blend of real tea and peach essence for a deliciously refreshing taste.	0g	\$2.99	110
Tropicana® Apple Juice	A refreshing fruit juice bursting with the bold flavor of juicy red apples.	0g	\$2.99	240
Mountain Dew®	Mountain Dew® exhilarates and quenches thirst with its one of a kind citrus taste.	1g	\$2.99	160
Dole® Lemonade	Fresh lemonade made with real lemon juice and pure sugar for a sweet, refreshing taste.	0g	\$2.99	110
Gatorade® Cool Blue	Cool, satisfying taste to quench thirst and energize without caffeine.	0g	\$1.80	140
Gatorade® Fruit Punch	The thirst quenching taste of fruit punch to rehydrate and energize without caffeine.	0g	\$2.99	140
Gatorade® Zero Sugar, Orange	Orange flavor to refresh and energize without added sugar.	0g	\$2.99	5
Aquafina®	Pure, refreshing water with a clean, crisp taste and smooth finish.	0g	\$2.99	0
Chocolate Milk	Wholesome, great-tasting chocolate milk made in the perfect size for kids.	10g	\$1.99	170
Honest Kids® Super Fruit Punch	Organic grape, strawberry, apple & watermelon juice, no added sugar.	0g	\$1.20	35
1% Low Fat Milk	Pair your sandwich with a tasty side, drink, or extra for a meal that suits every taste.	10g	\$1.99	110

Fountain Drinks

Menu Item	Description	Protein	Price	Calories
Diet Coke®	Diet Coke® is a crisp, refreshing cola with a light, fizzy taste and zero sugar.	0g	\$2.09	0
Sprite®	Sprite® is a crisp, refreshing lemon-lime soda with a bright, fizzy taste.	0g	\$2.09	340
Coca-Cola® Classic	Coca-Cola® Classic is a refreshing, fizzy cola with a rich, classic taste.	0g	\$2.09	370
Hubert's Lemonade	Hubert's Lemonade is a refreshing real-lemon drink with a sweet, tangy flavor.	0g	\$2.09	180
Pepsi®	Pepsi® is a bold, refreshing cola with a sweet, fizzy taste and smooth finish.	0g	\$2.39	380

Menu Item	Description	Protein	Price	Calories
Pepsi® Zero Sugar	Pepsi® is a bold, refreshing cola with a sweet, fizzy taste and smooth finish.	0g	\$2.39	0
Starry®	Starry® is a crisp, refreshing lemon-lime soda with a bright, fizzy taste.	0g	\$2.39	360
Mountain Dew®	Mountain Dew® is a bold, citrusy soda with a refreshing, fizzy finish.	0g	\$2.39	420

Shareable Beverages

Menu Item	Description	Protein	Price	Calories
Tropicana® Lemonade	Tropicana® Lemonade is a refreshing citrus drink with a sweet, tangy lemon flavor.	0g	\$2.39	380
Gallon Beverage	Gallon beverages are perfect for sharing at any small gathering.	0g	\$7.79	0

Hot Drinks

Menu Item	Description	Protein	Price	Calories
Hot Beverage	Hot beverages offer a warm, comforting choice to enjoy with your meal.	0g	\$1.60	0

Deli Faves

Cold Cut Combo®

Menu Item	Description	Protein	Price	Calories
A classic crowd-favorite loaded with thick layers of ham, salami, and bologna topped with crispy	—	24g	\$3.99	520
Ham & Salami	Savory ham, salami, provolone, lettuce, tomatoes, onions, and mayo on fresh Italian bread.	23g	\$3.99	510
B.L.T.	Bacon, lettuce, tomatoes & mayo on our freshly baked Artisan Italian bread.	18g	\$3.99	480
Spicy Pepperoni	Spicy pepperoni, Pepper Jack, lettuce, tomatoes, jalapeños & Sriracha on Italian bread.	20g	\$3.99	520

Protein Pockets

Subway Protein Pockets are toasted flatbread pockets filled with meat, cheese, and fresh veggies, with plenty of protein in every bite. Easy to hold, quick to order, and a good fit for lunch on the go.

Menu Item	Description	Protein	Price	Calories
Baja Chicken	A classic favorite loaded with ham, salami, and bologna topped with crispy	24g	\$3.99	330

Menu Item	Description	Protein	Price	Calories
Peppercorn Ranch Chicken	Ham, salami, provolone, lettuce, tomatoes, onions & mayo on Italian bread.	24g	\$3.99	330
Italian Trio	Bacon, lettuce, tomatoes & mayo on our freshly baked Artisan Italian bread.	23g	\$3.99	490
Turkey & Ham	Spicy pepperoni, Pepper Jack, lettuce, tomatoes, jalapeños & Sriracha on Italian bread.	21g	\$3.99	320

\$6.99 Meal of the Day

Check today's Subway \$6.99 deal for a sandwich, side, and drink at one price, one of the easiest ways to save on Subway menu prices. Offers change by day and location, so confirm in the Subway app or at your nearest store.

Menu Item	Description	Protein	Price	Calories
Sweet Onion Chicken Teriyaki®	Grilled chicken, American cheese, Teriyaki, lettuce, tomatoes & onions on Multigrain bread.	29g	\$6.99	590

Breakfast

The Subway breakfast menu serves hot egg and cheese sandwiches with bacon, ham, or sausage on toasted bread. Breakfast hours differ by location, so search "Subway near me" to confirm your store's timings.

Menu Item	Description	Protein	Price	Calories
Bacon, Egg & Cheese	Bacon, egg & melty American cheese served on our freshly baked Artisan bread.	53g	\$4.79	550
Steak, Egg & Cheese	Juicy Steak, egg & melty American cheese served on our freshly baked Artisan bread.	63g	\$5.79	540
Egg & Cheese	Egg & melty American cheese served on our freshly baked Artisan bread.	43g	\$4.39	470
Black Forest Ham, Egg & Cheese	Ham, egg & melty American cheese served on Artisan bread.	53g	\$5.29	500
Steak, Egg & Cheese Wrap	Juicy Steak, egg & melty American cheese, wrapped in tortilla.	48g	\$6.99	860
Black Forest Ham, Egg & Cheese Wrap	Veggie patty, American cheese, lettuce, spinach, tomatoes & peppers in tortilla.	32g	\$7.99	630
Egg & Cheese Wrap	Egg & melty American cheese wrapped in a warm, soft tortilla.	32g	\$6.99	740
Bacon, Egg & Cheese Wrap	Bacon, egg & melty American cheese wrapped in a warm, soft tortilla.	42g	\$6.99	900

Protein Bowls

A Subway protein bowl gives you all the toppings of a sub over fresh lettuce, with no bread and fewer carbs. Chicken, steak, and tuna are the top choices for a low-carb, high-protein lunch.

Steak

Menu Item	Description	Protein	Price	Calories
Steak Philly	Steak, American cheese, tomatoes, cucumbers, peppers, olives & mayo on lettuce.	43g	\$12.09	630

Chicken

Menu Item	Description	Protein	Price	Calories
Chicken & Bacon Ranch	Rotisserie chicken, Monterey cheddar, bacon, ranch, tomatoes & peppers on lettuce.	55g	\$12.39	760
Honey Mustard	Rotisserie chicken, Monterey cheddar, pickles, Honey Mustard & veggies on lettuce.	45g	\$11.79	570
Sweet Onion Chicken Teriyaki®	Chicken, cheese, Sweet Onion Teriyaki, veggies & olives on lettuce.	42g	\$11.79	480
Grilled Chicken	Grilled chicken, Monterey cheddar, veggies & olives on lettuce.	48g	\$10.39	620

Italians

Menu Item	Description	Protein	Price	Calories
B.M.T.®	Spicy pepperoni, Genoa salami, ham, provolone, veggies & mayo on lettuce.	38g	\$10.09	790
Spicy Italian	Pepperoni, salami, provolone, jalapeños, veggies & mayo on lettuce.	37g	\$9.69	920
5 Meat Italian	Spicy pepperoni, salami, turkey, ham, roast beef, provolone, veggies & mayo.	62g	\$13.69	940
Meatball	Meatballs, provolone, parmesan, veggies & olives on lettuce.	40g	\$8.49	860

Deli Classics

Menu Item	Description	Protein	Price	Calories
Cold Cut Combo®	Turkey ham, salami, bologna, provolone, veggies & olives on lettuce.	33g	\$6.99	640
Ham & Salami	Ham, salami, provolone, tomatoes, onions & mayo on lettuce.	31g	\$6.99	630
B.L.T.	Bacon, tomatoes, cucumbers, peppers, olives & onions on lettuce.	22g	\$6.99	560
Spicy Pepperoni	Spicy pepperoni, Pepper Jack, jalapeños, veggies & Sriracha on lettuce.	26g	\$6.99	640
Oven-Roasted Turkey	Turkey, provolone, tomatoes, cucumbers, peppers, olives & onions on lettuce.	44g	\$9.79	570
Black Forest Ham	Ham, provolone, tomatoes, cucumbers, peppers, olives & onions on lettuce.	41g	\$7.19	600
Roast Beef	Roast beef, provolone, tomatoes, peppers, olives & onions on lettuce.	44g	\$13.29	610

Menu Item	Description	Protein	Price	Calories
Tuna	Tuna, provolone, tomatoes, cucumbers, peppers, olives & onions on lettuce.	39g	\$9.69	730

Clubs

Menu Item	Description	Protein	Price	Calories
All American Club®	Turkey, ham, bacon, American cheese, mayo, veggies & olives on lettuce.	40g	\$12.89	680
Subway Club®	Turkey, ham, roast beef, American cheese, veggies & olives on lettuce.	44g	\$12.69	410

Local Favorites

Menu Item	Description	Protein	Price	Calories
Turkey & Ham	Oven-roasted turkey, ham, provolone, fresh veggies & olives on lettuce.	36g	\$6.99	550
Pizza Sub	Spicy pepperoni, provolone, marinara, green peppers & onions on lettuce.	29g	\$6.99	580
Veggie Patty	Veggie patty, American cheese, fresh veggies & olives on lettuce.	22g	\$8.49	540

Wraps

Subway wraps use a soft tortilla with the same fresh fillings you get on a sub, in a lighter, easier-to-carry size. Popular picks include the chicken bacon ranch wrap and the turkey wrap.

Steak

Menu Item	Description	Protein	Price	Calories
Steak Philly	Juicy Steak, American cheese, peppers, onions & mayo, wrapped in tortilla.	45g	\$12.09	710

Chicken

Menu Item	Description	Protein	Price	Calories
Chicken & Bacon Ranch	Rotisserie chicken, Monterey cheddar, bacon, Peppercorn Ranch & veggies in tortilla.	55g	\$12.39	840
Honey Mustard	Rotisserie chicken, Monterey cheddar, pickles, Honey Mustard & veggies in tortilla.	45g	\$11.79	670
Sweet Onion Chicken Teriyaki®	Grilled chicken, American cheese, Sweet Onion Teriyaki & veggies in tortilla.	45g	\$11.79	640
Grilled Chicken	Grilled chicken, Monterey cheddar & fresh veggies in tortilla.	48g	\$10.39	680

Italians

Menu Item	Description	Protein	Price	Calories
B.M.T.®	Spicy pepperoni, salami, ham, provolone, veggies & mayo in a tortilla.	38g	\$10.09	870
Spicy Italian	Spicy pepperoni, salami, provolone, jalapeños, veggies & mayo in tortilla.	37g	\$9.69	1010

Deli Classics

Menu Item	Description	Protein	Price	Calories
Cold Cut Combo®	Turkey ham, salami, bologna, provolone, lettuce, tomatoes & onions in tortilla.	34g	\$6.99	720
Ham & Salami	Ham, salami, provolone, lettuce, tomatoes, onions & mayo in tortilla.	31g	\$6.99	710
B.L.T.	Bacon, crisp lettuce, fresh tomatoes & creamy mayo wrapped in a tortilla.	29g	\$6.99	730
Spicy Pepperoni	Spicy pepperoni, Pepper Jack, jalapeños, veggies & Creamy Sriracha in tortilla.	27g	\$6.99	770
Oven-Roasted Turkey	Turkey, provolone, lettuce, spinach, tomatoes, cucumbers, peppers & onions in tortilla.	43g	\$9.79	650
Black Forest Ham	Ham, provolone, lettuce, tomatoes & onions, wrapped in tortilla.	41g	\$7.19	670
Roast Beef	Roast beef, provolone, lettuce, tomatoes, peppers, onions & mayo in tortilla.	44g	\$13.29	690
Tuna	Tuna, provolone, lettuce, cucumbers, peppers & onions in tortilla.	39g	\$6.69	910
Veggie Delite®	Lettuce, spinach, tomatoes, cucumbers, onions, provolone & peppers, wrapped in tortilla.	16g	\$7.89	420

Clubs

Menu Item	Description	Protein	Price	Calories
All American Club®	Turkey, ham, American cheese, bacon, lettuce, tomatoes, onions & mayo in tortilla.	43g	\$12.89	770
Subway Club®	Turkey, ham, roast beef, American cheese, lettuce, tomatoes & mayo in tortilla.	47g	\$12.69	710

Local Favorites

Menu Item	Description	Protein	Price	Calories
Turkey & Ham	Turkey, ham, provolone, lettuce, tomatoes, onions & mayo in tortilla.	36g	\$6.99	620
Pizza Sub	Spicy pepperoni, provolone, marinara, green peppers & onions in tortilla.	28g	\$6.99	730
Veggie Patty	Veggie patty, cheese, lettuce, tomatoes, cucumbers & peppers in tortilla.	25g	\$8.49	740

Salads

Steak Philly

Menu Item	Description	Protein	Price	Calories
Juicy steak, American cheese, fresh veggies, olives, onions & mayo over lettuce and spinach.	—	24g	\$9.99	450

Chicken

Menu Item	Description	Protein	Price	Calories
Chicken & Bacon Ranch	Rotisserie chicken, cheese, bacon, ranch & veggies over lettuce.	24g	\$9.39	490
Honey Mustard	Rotisserie chicken, honey mustard, cheese & fresh veggies over lettuce.	31g	\$9.09	480
Sweet Onion Chicken Teriyaki®	Grilled chicken, American cheese, teriyaki sauce & fresh veggies over lettuce.	22g	\$9.09	250
Grilled Chicken	Grilled chicken, Monterey cheddar & fresh veggies over lettuce.	26g	\$9.09	440

Italians

Menu Item	Description	Protein	Price	Calories
B.M.T.®	Pepperoni, salami, ham, provolone, mayo & fresh veggies over lettuce.	21g	\$8.39	530
Spicy Italian	Pepperoni, salami, provolone, mayo, jalapeños & fresh veggies over lettuce.	21g	\$7.99	600
5 Meat Italian	Pepperoni, salami, turkey, ham, roast beef, provolone, mayo & veggies over lettuce.	34g	\$10.69	600
Meatball	Meatballs, provolone, Parmesan & fresh veggies over lettuce.	22g	\$7.79	520

Deli Classics

Menu Item	Description	Protein	Price	Calories
Cold Cut Combo®	Turkey ham, salami, bologna, provolone & fresh veggies over lettuce.	19g	\$6.29	460
Ham & Salami	Ham, salami, provolone, mayo, tomatoes & onions over lettuce.	18g	\$6.29	450
B.L.T.	Bacon, tomatoes, cucumbers, peppers, olives & onions over lettuce.	13g	\$6.29	420
Spicy Pepperoni	Pepperoni, Pepper Jack, jalapeños, Sriracha & veggies over lettuce.	15g	\$6.29	390
Oven-Roasted Turkey	Turkey, provolone, fresh veggies & olives over lettuce.	24g	\$8.79	720

Menu Item	Description	Protein	Price	Calories
Black Forest Ham	Ham, provolone cheese, tomatoes, cucumbers, peppers, olives & onions over lettuce.	23g	\$6.59	430
Roast Beef	Roast beef, provolone cheese, tomatoes, cucumbers, peppers, olives & onions over lettuce.	24g	\$11.19	440
Tuna	Wild-caught tuna, provolone cheese, fresh veggies & olives over lettuce.	21g	\$8.49	400
Veggie Delite®	Tomatoes, provolone, cucumbers, peppers, olives & onions over lettuce.	9g	\$7.39	140

Clubs

Menu Item	Description	Protein	Price	Calories
All American Club®	Turkey, ham, American cheese, bacon, mayo & fresh veggies over lettuce.	22g	\$9.99	480
Subway Club®	Turkey, ham, roast beef, American cheese, mayo & fresh veggies over lettuce.	24g	\$9.99	240

Local Favorites

Menu Item	Description	Protein	Price	Calories
Turkey & Ham	Turkey, ham, provolone cheese & fresh veggies over lettuce.	20g	\$6.00	410
Pizza Sub	Spicy pepperoni, provolone, marinara, green peppers & onions over lettuce.	28g	\$6.99	730
Veggie Patty	Veggie patty, cheese, lettuce, tomatoes, cucumbers & peppers over lettuce.	25g	\$8.49	740

Personal Pizza

The Subway personal pizza is a single-serve pizza with melted cheese, sauce, and toppings like pepperoni. A quick pick when you want something different from a regular sub.

Menu Item	Description	Protein	Price	Calories
Personal Cheese Pizza	Pizza dough, marinara sauce, mozzarella cheese, and your choice of veggies, baked fresh.	29g	\$5.49	700