

# CLASSIC SANDWICHES

NUTRITION FOR FOOTLONG (CUT ALL VALUES IN HALF FOR 6")



## Black Forest Ham

560 Calories  
8g Fat  
84g Carbs  
40g Protein



## Cold Cut Combo

640 Calories  
20g Fat  
82g Carbs  
34g Protein



## B.L.T.

740 Calories  
30g Fat  
80g Carbs  
36g Protein



## Italian B.M.T.

800 Calories  
32g Fat  
86g Carbs  
38g Protein



## Grilled Chicken

580 Calories  
8g Fat  
80g Carbs  
54g Protein



## Buffalo Chicken

760 Calories  
24g Fat  
84g Carbs  
50g Protein



## Oven-Roasted Turkey

540 Calories  
8g Fat  
80g Carbs  
44g Protein



## Turkey & Ham

560 Calories  
8g Fat  
82g Carbs  
42g Protein



## Pizza Sub

920 Calories  
48g Fat  
88g Carbs  
36g Protein



## Roast Beef

620 Calories  
10g Fat  
84g Carbs  
50g Protein



## Rotisserie Chicken

620 Calories  
12g Fat  
80g Carbs  
50g Protein



## Spicy Italian

940 Calories  
48g Fat  
84g Carbs  
38g Protein



## Steak & Cheese

720 Calories  
20g Fat  
80g Carbs  
52g Protein



## Chicken Teriyaki

700 Calories  
8g Fat  
110g Carbs  
52g Protein



## Tuna

940 Calories  
50g Fat  
80g Carbs  
40g Protein



## Meatball Marinara

880 Calories  
36g Fat  
100g Carbs  
40g Protein



## Veggie Delite

420 Calories  
6g Fat  
78g Carbs  
20g Protein



## Veggie Patty

780 Calories  
22g Fat  
112g Carbs  
32g Protein

# Subway Menu

**RC Schank**



**Subway Menu:**

## Decoding **Subway Menu**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Subway Menu**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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