

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



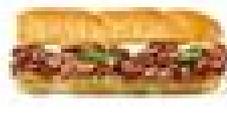
Rotisserie Chicken

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

Tobias Bleicker



Subway Menu:

Discover tales of courage and bravery in is empowering ebook, Stories of Fearlessness: **Subway Menu** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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