

# 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



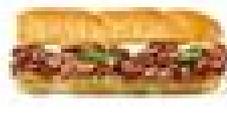
## Rotisserie Chicken

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

**M Carnoy**



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