

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

KJ Lindholm-Leary



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Table of Contents Subway Menu

1. Understanding the eBook Subway Menu
 - The Rise of Digital Reading Subway Menu
 - Advantages of eBooks Over Traditional Books
2. Identifying Subway Menu
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Subway Menu
 - User-Friendly Interface
4. Exploring eBook Recommendations from Subway Menu
 - Personalized Recommendations
 - Subway Menu User Reviews and Ratings
 - Subway Menu and Bestseller Lists

5. Accessing Subway Menu Free and Paid eBooks
 - Subway Menu Public Domain eBooks
 - Subway Menu eBook Subscription Services
 - Subway Menu Budget-Friendly Options
6. Navigating Subway Menu eBook Formats
 - ePub, PDF, MOBI, and More
 - Subway Menu Compatibility with Devices
 - Subway Menu Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Subway Menu
 - Highlighting and Note-Taking Subway Menu
 - Interactive Elements Subway Menu
8. Staying Engaged with Subway Menu
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Subway Menu
9. Balancing eBooks and Physical Books Subway Menu
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Subway Menu
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Subway Menu
 - Setting Reading Goals Subway Menu
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Subway Menu
 - Fact-Checking eBook Content of Subway Menu
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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