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

A Gutmann

Subway Menu:

Menu Design Albin G. Seaberg,1991-01-16 Here in a single thoroughly updated volume is everything you must know to develop a menu that will dramatically enhance a restaurant s image The Fourth Edition addresses the full spectrum of restaurant establishments and the entire gamut of menu possibilities from the perspective of design *Snack Time Chronicles: The Stories Behind Your Favorite Treats* Randall "Firestorm" Knox,Daniel D. Lee,2024-08-13 Listen up This isn t your run of the mill food history book Snack Time Chronicles The Stories Behind Your Favorite Treats is a no holds barred dive into the legendary snacks that have shaped our lives We re not just talking about the fluff you get from some watered down documentary We re talking about the real gritty stories the kind that reveal the blood sweat and genius that turned simple ideas into global icons I m Randall Firestorm Knox and I don t mince words This book is your backstage pass to the snack world From the fiery inception of Flamin Hot Cheetos to the century long dominance of Oreos I m taking you on a raw unfiltered journey through the histories of the snacks you ve devoured since you were a kid You ll get the inside scoop on how Coca Cola went from a medicinal tonic to a cultural phenomenon and how Pop Tarts toasted their way into breakfast history This isn t just about food It s about the high stakes game of branding marketing and staying relevant in an industry that eats its own for breakfast We re going to dissect every iconic campaign every flavor experiment and every moment of pure genius or sheer madness that propelled these snacks into our everyday lives Expect sharp insights intense analysis and no sugarcoating except when it comes to the snacks themselves Whether it s the addictive crunch of Pringles or the melt in your mouth allure of M M s I m breaking down the elements that made these products unstoppable forces in the global market This book isn t for the faint hearted It s for those who crave the truth behind their favorite foods and have the guts to hear it straight from the mouth of someone who won t let anything slide So grab your favorite snack and get ready to learn why you can t resist it But be warned once you know what s really behind these legendary products you ll never look at your snack cupboard the same way again This is Snack Time Chronicles and it s as real as it gets **Brand Relevance** David A. Aaker,2011-01-25 Branding guru Aaker shows how to eliminate the competition and become the lead brand in your market This ground breaking book defines the concept of brand relevance using dozens of case studies Prius Whole Foods Westin iPad and more and explains how brand relevance drives market dynamics which generates opportunities for your brand and threats for the competition Aaker reveals how these companies have made other brands in their categories irrelevant Key points When managing a new category of product treat it as if it were a brand By failing to produce what customers want or losing momentum and visibility your brand becomes irrelevant and create barriers to competitors by supporting innovation at every level of the organization Using dozens of case studies shows how to create or dominate new categories or subcategories making competitors irrelevant Shows how to manage the new category or subcategory as if it were a brand and how to create barriers to competitors Describes the threat of becoming irrelevant by failing to make what customer are

buying or losing energy David Aaker the author of four brand books has been called the father of branding This book offers insight for creating and or owning a new business arena Instead of being the best the goal is to be the only brand around making competitors irrelevant **The Cory Arcangel Hack** Eivind Rossaak,2025-11-04 The first in depth exploration of the work of artist Cory Arcangel a pioneer of DIY new media art whose influential hacks subvert the confines of Big Tech Cory Arcangel b 1978 perhaps best known for Super Mario Clouds the most referenced artistic game hack in art history became one of the first artists from a new generation of punk DIY new media geeks to capture the attention of the art world Combining the hands on skills from the 1990s net art scene and the 2010s post internet art s fondness for memes and the generic image Arcangel demonstrated the way cultural expressions are intimately connected to media technologies and how these technologies can be pranked for cultural critique In The Cory Arcangel Hack Eivind R ssaak shows how Arcangel s body of work defines a particular strain of post conceptual art that is fundamental for understanding the digital world we live in Today the question is not what comes first humans or machines but what the forces regulating expressive flows are Arcangel s aesthetic and micropolitical critique of mediation at the level of codes and chips enables us to think critically with computational articulations through specific aesthetic clashes and disjunctions identified in the book as critical flow cut arrangements This book explores three dominant arrangements in Arcangel s work the flow break hack the flow remix hack and the flow parody hack which pinpoint areas of both creativity and concern before and after platform capitalism *Prepared Foods* ,2008 *Introductory Statistics, International Adaptation* Prem S. Mann,2024-01-24 Introductory Statistics 10th edition is written for a one or two semester first course in applied statistics and is intended for students who do not have a strong background in mathematics The only prerequisite is knowledge of elementary algebra Known for its realistic examples and exercises clarity and brevity of presentation and soundness of pedagogical approach the book encourages statistical interpretation and literacy regardless of student background The book employs a clear and straightforward writing style and uses abundant visuals and figures which reinforce key concepts and relate new ideas to prior sections for a smooth transition between topics This international edition offers new and updated materials and focuses on strengthening the coverage by including new sections on types of scales negative binomial distribution and two way analysis of variance Additionally discussions on ogive curves geometric mean and harmonic mean have also been added Many examples and exercises throughout the book are new or revised providing varied ways for students to practice statistical concepts **Food Management** ,1992 **Restaurant Business** ,2005-05 *International Directory of Company Histories* Jay P. Pederson,Thomas Derdak,2005 Annotation This multi volume series provides detailed histories of more than 7 000 of the most influential companies worldwide **Marketing** William M. Pride,O. C. Ferrell,2003 China Damian Harper,2001 Combining in depth information with high quality maps and photographs this guide features detailed descriptions of major cultural architectural and historical sites and includes commissioned walks and drives plus regional and

city maps Places of interest are also highlighted on the maps *Chef* ,2002 **Funworld** ,2005 **Consumers Index to Product Evaluations and Information Sources** ,2002 Company Profiles for Students Amanda C. Quick,Donna Craft,1999 Covers more than 400 prominent companies most studied by students Entries follow a standard set of rubrics to facilitate comparison between companies Also included are company logos illustrations and ticker symbols current market share new products and where to write for an annual report **Hospitality** ,1995 **Lumber Manufacturer and Dealer** ,1910 **Brandweek** ,2010-07 **F & S Index United States Annual** ,2006 *Convenience Store News* ,2004

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