

Tuna

6"

\$6.29 – 517 Kcal

Footlong

\$8.79 – 1034 Kcal

Read More



Veggie Patty

6"

\$11.94 – 380 Kcal

Footlong

\$17.26 – 760 Kcal

Read More



Oven-Roasted Turkey

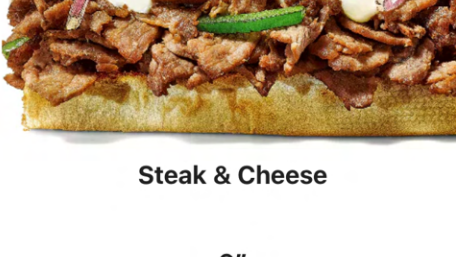
6"

\$6.19 – 310 Kcal

Footlong

\$9.69 – 610 Kcal

Read More



Steak & Cheese

6"

\$6.79 – 360 Kcal

Footlong

\$10.49 – 710 Kcal

Read More



Veggie Delite®

6"

\$5.29 – 210 Kcal

Footlong

\$7.49 – 430 Kcal

Read More



Meatball Marinara

6"

\$5.69 – 510 Kcal

Footlong

\$8.69 – 1010 Kcal

Read More



Sprite®

\$3.69 (230 Cals)



vitamin water® XXX

\$3.69 (80 Cals)



Coca-Cola® Classic

\$3.69 (240 Cals)



Black Forest Ham

6"

\$5.69 – 320 Kcal

Footlong

\$8.69 – 630 Kcal

Read More



6 Pack Cookie Box

\$6.19 (0 Cals)

Read More



Diet Coke®

\$3.69 (0 Cals)

Combos – 3PD



Oven-Roasted Turkey

\$14.47



Tuna

\$14.47



#20 Elite Chicken & Bacon Ranch

\$15.67



#1 The Philly

\$15.47

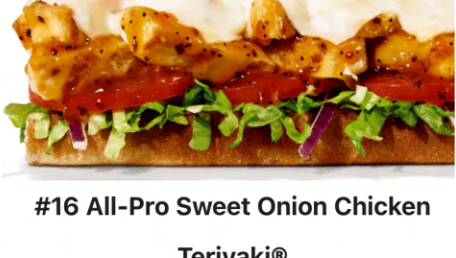


#10 All-American Club®

\$15.67

Subway® Series

View Full Subway Menu



#16 All-Pro Sweet Onion Chicken Teriyaki®

6"

\$7.29 – 430 Kcal

Footlong

\$11.49 – 850 Kcal

Read More



#20 Elite Chicken & Bacon Ranch

6"

\$8.29 – 570 Kcal

Footlong

\$13.49 – 1140 Kcal

Read More



#23 The Hotshot Italiano

6"

\$8.29 – 620 Kcal

Footlong

\$12.29 – 1250 Kca

Read More



#18 The Ultimate B.M.T.®

6"

\$8.49 – 560 Kcal

Footlong

\$13.19 – 1110 Kcal

Read More



#7 The Sliced Avo MexiCali

6"

\$10.42 – 480 Kcal

Footlong

\$17.98 – 960 Kcal

Read More



#10 All-American Club®

6"

\$7.60 – 530Kcal

Footlong

\$12.50 – 1060 Kcal

Read More



#33 Teriyaki Blitz

6"

\$7.29 – 450 Kcal

Footlong

\$11.49 – 910 Kcal

Read More



#1 The Philly

6"

\$7.29 – 500 Kcal

Footlong

\$11.49 – 1000 Kcal

Read More



#19 Pickleball Club™

6"

\$9.79 – 500 Kcal

Footlong

\$14.99 – 1000 Kcal

Read More



#8 The Great Garlic

6"

\$8.29 – 570 Kcal

Footlong

\$13.49 – 1140 Kcal

Read More



#22 Spicy Nacho Chicken

6"

\$7.14

Footlong

\$11.70

Read More



#2 The Outlaw®

6"

\$7.29 – 480 Kcal

Footlong

\$11.49 – 970 Kcal

Read More



#30 The Beast

6"

\$9.60 – 730 Kcal

Footlong

\$16.50 – 1460 Kcal

Read More



#11 Subway Club®

6"

\$7.60 – 500 Kcal

Footlong

\$12.50 – 1000 Kcal

Read More



#99 Home Run Ham

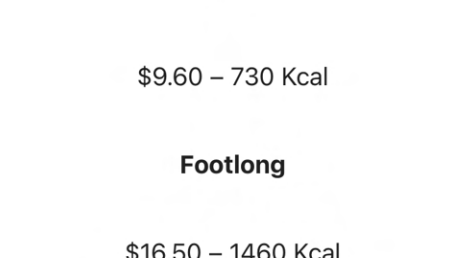
6"

\$8.19

Footlong

\$14.49

Read More



#3 The Monster™

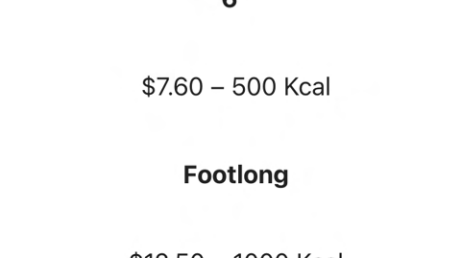
6"

\$8.29 – 580 Kcal

Footlong

\$13.49 – 1170 Kcal

Read More



#21 Honey Mustard BBQ Chicken

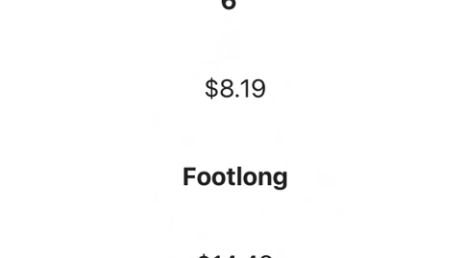
6"

\$6.99 – 510 Kcal

Footlong

\$9.59 – 910 Kcal

Read More



#17 Garlic Roast Beef

6"

\$8.04 – 480 Kcal

Footlong

\$12.99 – 970 Kcal

Read More



#6 The Boss

6"

\$8.99 – 660 Kcal

Footlong

\$14.59 – 1330 Kcal

Read More



#15 Titan Turkey

6"

\$7.29 – 490 Kcal

Footlong

\$10.49 – 980 Kcal

Read More



#31 Cheesy Garlic Steak

6"

\$6.59 – 510 Kcal

Footlong

\$9.49 – 1010 Kcal

Read More

Classic Sandwiches

[View Full Subway Menu](#)



Oven-Roasted Turkey

6"

\$6.19 – 310 Kcal

Footlong

\$9.69 – 610 Kcal

[Read More](#)



Meatball Marinara

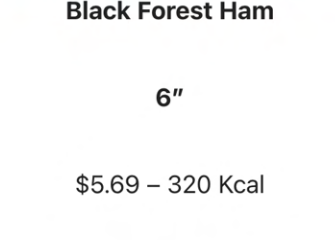
6"

\$5.69 – 510 Kcal

Footlong

\$8.69 – 1010 Kcal

[Read More](#)



Black Forest Ham

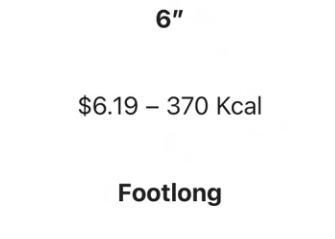
6"

\$5.69 – 320 Kcal

Footlong

\$8.69 – 630 Kcal

[Read More](#)



B.L.T.

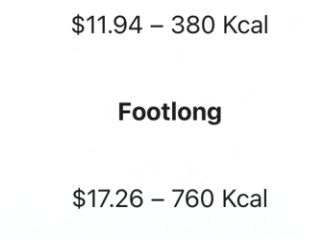
6"

\$6.19 – 370 Kcal

Footlong

\$9.69 – 730 Kcal

[Read More](#)



Veggie Patty

6"

\$11.94 – 380 Kcal

Footlong

\$17.26 – 760 Kcal

[Read More](#)



Tuna

6"

\$6.19 – 500 Kcal

Footlong

\$9.69 – 1010 Kcal

[Read More](#)



Grilled Chicken

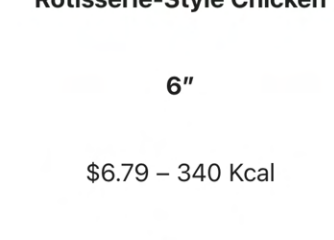
6"

\$6.79 – 330 Kcal

Footlong

\$10.49 – 660 Kcal

[Read More](#)



Rotisserie-Style Chicken

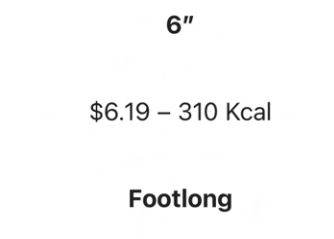
6"

\$6.79 – 340 Kcal

Footlong

\$10.49 – 690 Kcal

[Read More](#)



Oven-Roasted Turkey & Ham

6"

\$6.19 – 310 Kcal

Footlong

\$9.69 – 620 Kcal

[Read More](#)



Big Hot Pastrami

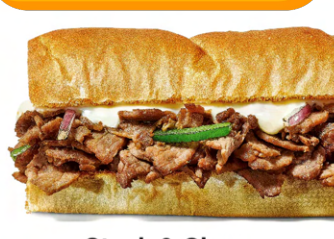
6"

\$9.19 – 470 Kcal

Footlong

\$10.59 – 1160 Kcal

[Read More](#)



Steak & Cheese

6"

\$6.79 – 360 Kcal

Footlong

\$10.49 – 710 Kcal

[Read More](#)



Veggie Delite®

6"

\$5.29 – 210 Kcal

Footlong

\$7.49 – 430 Kcal

[Read More](#)



Cold Cut Combo®

6"

\$5.69 – 360 Kcal

Footlong

\$8.69 – 720 Kcal

[Read More](#)



Roast Beef

6"

\$6.79 – 340 Kcal

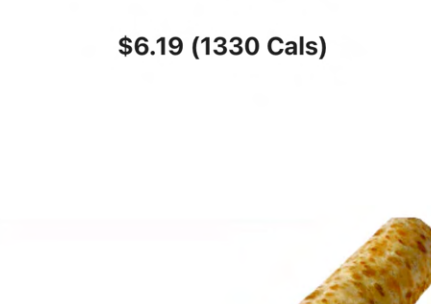
Footlong

\$10.59 – 690 Kcal

[Read More](#)

Sidekicks

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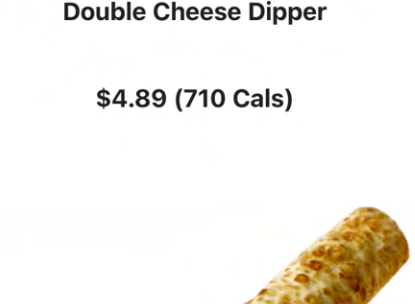
Subway® Footlong Cookie

\$6.19 (1330 Cals)



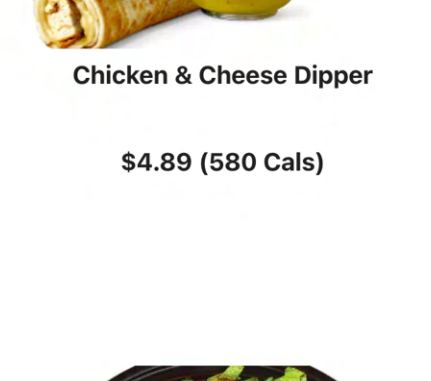
Cinnabon® Footlong Churro

\$2.49 (190 Cals)



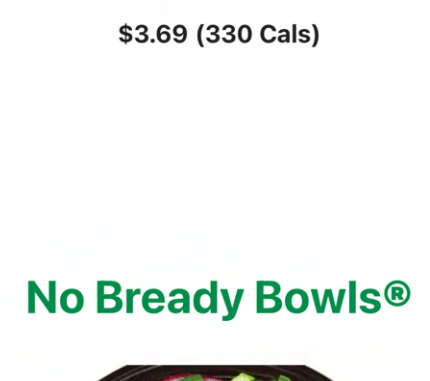
Double Cheese Dipper

\$4.89 (710 Cals)



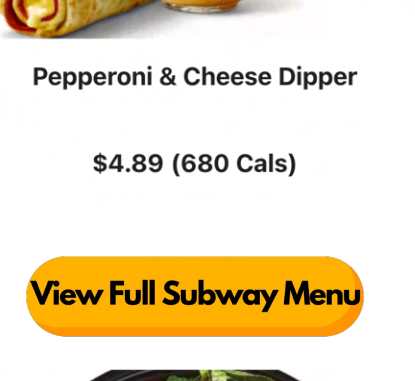
Chicken & Cheese Dipper

\$4.89 (580 Cals)



Auntie Anne's® Footlong Pretzel

\$3.69 (330 Cals)

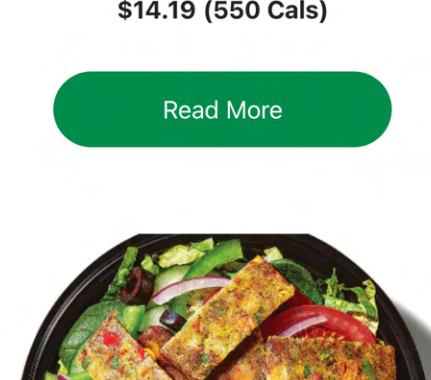


Pepperoni & Cheese Dipper

\$4.89 (680 Cals)

No Bready Bowls®

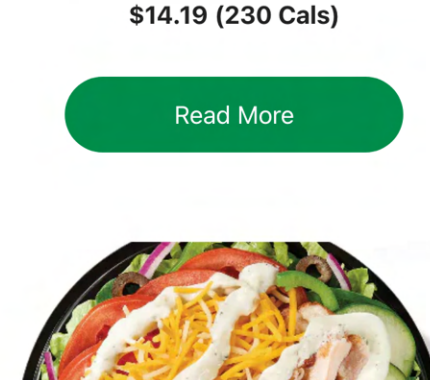
[View Full Subway Menu](#)



Tuna

\$14.19 (550 Cals)

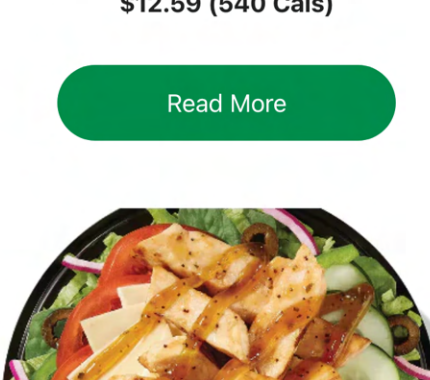
[Read More](#)



Rotisserie-Style Chicken

\$14.19 (230 Cals)

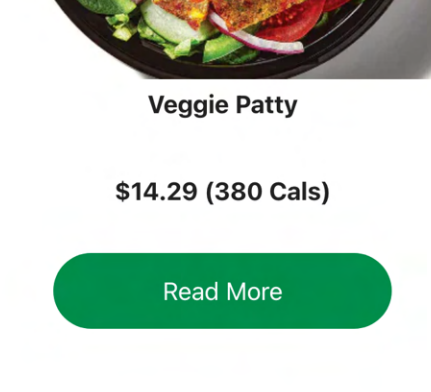
[Read More](#)



Meatball Marinara

\$12.59 (540 Cals)

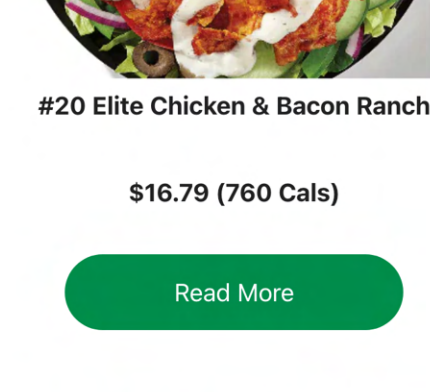
[Read More](#)



Veggie Patty

\$14.29 (380 Cals)

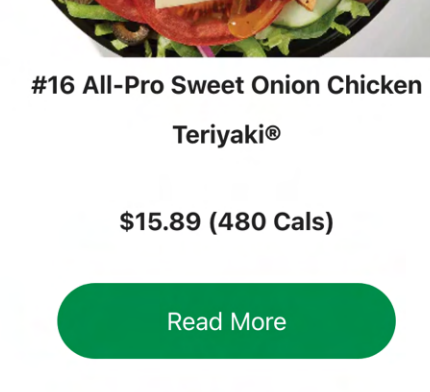
[Read More](#)



#20 Elite Chicken & Bacon Ranch

\$16.79 (760 Cals)

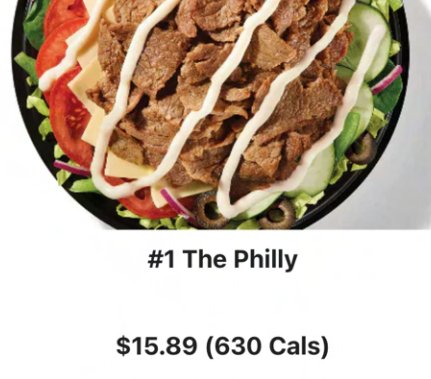
[Read More](#)



#16 All-Pro Sweet Onion Chicken Teriyaki®

\$15.89 (480 Cals)

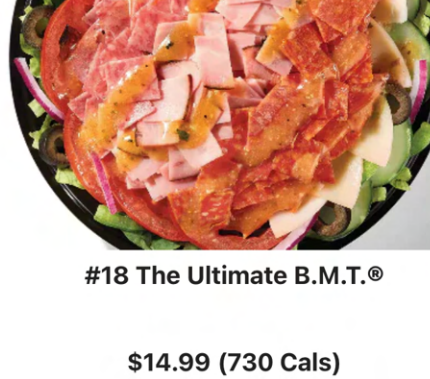
[Read More](#)



#1 The Philly

\$15.89 (630 Cals)

[Read More](#)



#18 The Ultimate B.M.T.®

\$14.99 (730 Cals)

[Read More](#)



#23 The Hotshot Italiano

\$14.19 (860 Cals)

[Read More](#)



\$14.99 (590 Cals)

[Read More](#)



\$14.19 (620 Cals)

[Read More](#)



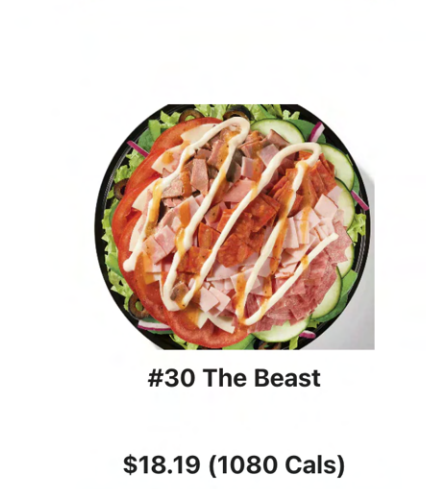
\$16.79 (680 Cals)

[Read More](#)



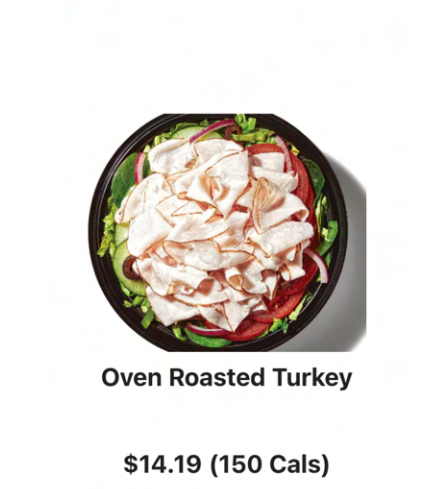
\$16.49 (410 Cals)

[Read More](#)



\$18.19 (1080 Cals)

[Read More](#)



\$14.19 (150 Cals)

[Read More](#)



\$14.99 (380 Cals)

[Read More](#)



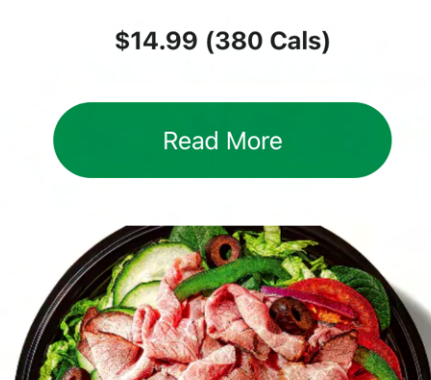
\$14.19 (200 Cals)

[Read More](#)



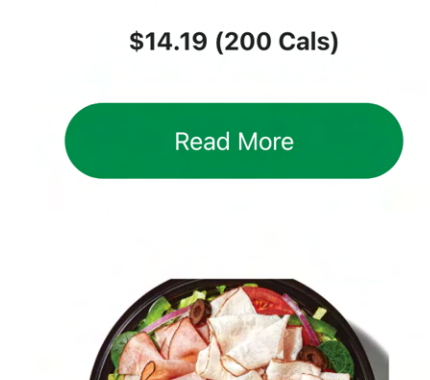
\$12.59 (260 Cals)

[Read More](#)



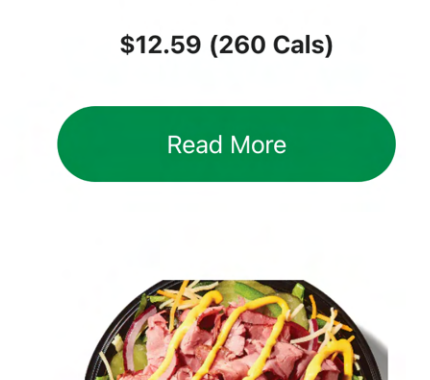
\$14.99 (230 Cals)

[Read More](#)



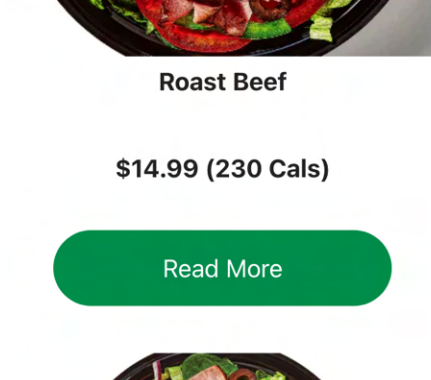
\$13.89 (160 Cals)

[Read More](#)



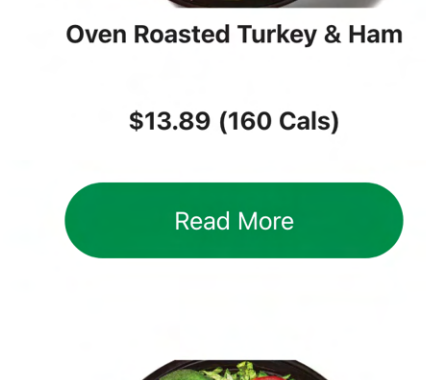
\$14.98 (690 Cals)

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\$12.79 (170 Cals)

[Read More](#)



\$14.19 (360 Cals)

[Read More](#)

Wraps

[View Full Subway Menu](#)



Grilled Chicken

\$14.19 (460 Cals)

[Read More](#)



#18 The Ultimate B.M.T.®

\$14.99 (820 Cals)

[Read More](#)



Steak & Cheese

\$14.99 (560 Cals)

[Read More](#)



#45 Honey Mustard Chicken

\$12.39 (650 Cals)

[Read More](#)



#40 Turkey Bacon Sliced Avocado

\$13.49 (800 Cals)

[Read More](#)



#42 Homestyle Chicken Salad

\$12.19 (670 Cals)

[Read More](#)



#16 All-Pro Sweet Onion Chicken Teriyaki®

\$15.89 (620 Cals)

[Read More](#)



#20 Elite Chicken & Bacon Ranch

\$16.79 (830 Cals)

[Read More](#)



#23 The Hotshot Italiano

\$14.19 (960 Cals)

[Read More](#)



#1 The Philly

\$15.89 (700 Cals)

[Read More](#)



Rotisserie-Style Chicken

\$14.99 (490 Cals)

[Read More](#)



Veggie Delite®

\$11.69 (310 Cals)

[Read More](#)



Black Forest Ham

\$12.79 (430 Cals)

[Read More](#)



Veggie Patty

\$14.29 (640 Cals)

[Read More](#)



B.L.T.

\$14.19 (610 Cals)

[Read More](#)



#21 Honey Mustard BBQ Chicken

\$15.89 (680 Cals)

[Read More](#)



#31 Cheesy Garlic Steak

\$15.89 (700 Cals)

[Read More](#)



#10 All-American Club®

\$16.79 (760 Cals)

[Read More](#)



#11 Subway Club®

\$16.49 (690 Cals)

[Read More](#)



Oven Roasted Turkey

\$14.19 (410 Cals)

[Read More](#)



Cold Cut Combo®

\$12.59 (520 Cals)

[Read More](#)



Roast Beef

\$14.99 (480 Cals)

[Read More](#)



Big Hot Pastrami

\$14.89 (850 Cals)

[Read More](#)



Oven Roasted Turkey & Ham

\$13.89 (420 Cals)

[Read More](#)



Tuna

\$14.19 (800 Cals)

[Read More](#)

Breakfast

[View Full Subway Menu](#)



Black Forest Ham, Egg & Cheese

6"

\$5.49 – 480 Kcal

Footlong

\$8.49 – 960 Kcal

[Read More](#)



Bacon, Egg & Cheese

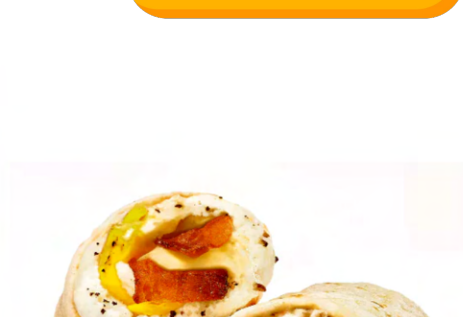
6"

\$5.49 – 530 Kcal

Footlong

\$8.49 – 1050 Kcal

[Read More](#)



Bacon, Egg & Cheese Wrap

\$11.19 (850 Cals)

[Read More](#)



Egg & Cheese

6"

\$5.19 – 450 Kcal

Footlong

\$7.99 – 890 Kcal

[Read More](#)



Steak, Egg & Cheese Wrap

\$8.99 – (800 Cals)

[Read More](#)



Steak, Egg & Cheese

6"

\$5.49 – 520 Kcal

Footlong

\$8.49 – 1030 Kcal

[Read More](#)



Black Forest Ham, Egg & Cheese Wrap

\$8.99 – (750 Cals)

[Read More](#)



Egg & Cheese Wrap

\$7.99 (690 Cals)

[Read More](#)

Salads

[View Full Subway Menu](#)



Grilled Chicken

\$11.39 (130 Cals)

[Read More](#)



#20 Elite Chicken & Bacon Ranch

\$12.19 (490 Cals)

[Read More](#)



#16 All-Pro Sweet Onion Chicken Teriyaki®

\$11.99 (300 Cals)

[Read More](#)



#1 The Philly

\$11.99 (450 Cals)

[Read More](#)



#18 The Ultimate B.M.T.®

\$11.49 (460 Cals)

[Read More](#)



#23 The Hotshot Italiano

\$10.79 (520 Cals)

[Read More](#)



#15 Titan Turkey

\$11.39 (430 Cals)

[Read More](#)



#99 Home Run Ham

\$10.69 (440 Cals)

[Read More](#)



#10 All-American Club®

\$12.19 (480 Cals)

[Read More](#)



#11 Subway Club®

\$12.39 (240 Cals)

[Read More](#)



#30 The Beast

\$13.19 (740 Cals)

[Read More](#)



Oven Roasted Turkey

\$10.99 (110 Cals)

[Read More](#)



Rotisserie-Style Chicken

\$11.49 (140 Cals)

[Read More](#)



Steak & Cheese

\$11.49 (210 Cals)

[Read More](#)



Tuna

\$10..99 (310 Cals)

[Read More](#)



Veggie Delite®

\$9.79 (50 Cals)

[Read More](#)



Black Forest Ham

\$10.19 (120 Cals)

[Read More](#)



Veggie Patty

\$11.19 (220 Cals)

[Read More](#)



Roast Beef

\$11.49 (150 Cals)

[Read More](#)



Oven Roasted Turkey & Ham

\$10.89 (110 Cals)

[Read More](#)



Meatball Marinara

\$10.19 (310 Cals)

[Read More](#)



Big Hot Pastrami

\$11.49 (370 Cals)

[Read More](#)



Cold Cut Combo®

\$10.19 (160 Cals)

[Read More](#)



B.L.T.

\$10.89 (210 Cals)

[Read More](#)

Subway's Soup Menu

[View Full Subway Menu](#)



Broccoli Cheddar Soup

\$2.50 (200 Cals)



Homestyle Chicken Noodle Soup

\$2.49 (119 Cals)



Loaded potato soup

\$2.50 (200 Cals)

Subway Kids Meal Options

[View Full Subway Menu](#)



Meal Option	Description	Pairing Options
Mini Subs	Ham, Turkey Breast, Roast Beef, or Veggie Delite	Apple slices, 100% fruit juice
Veggie Delite	Fresh apple slices, low-fat milk	–
Fresh Fit for Kids	Black Forest Ham, Roast Beef, Turkey Breast, Veggie Delite	–
Fresh Fit for Kids Personal Pizza	Personal-sized pizza option	–

Additional Meal Options

Meal Option	Description
Meal of the Day	6-inch sub, small drink, chips or 2 cookies

Drinks

[View Full Subway Menu](#)



vitamin water® XXX

\$3.69



Coca-Cola® Classic

\$3.69



Sprite®

\$3.69



Diet Coke®

\$3.69 (0 Cals)



smartwater®

\$3.69 (0 Cals)



Simply Orange®

\$3.69 (160 Cals)



Gatorade® Cool Blue

\$3.69 (140 Cals)



Monster Energy® Zero Ultra

\$3.79 (10 Cals)



1% Low Fat Milk

\$3.19 (110 Cals)



Dasani® Water

\$3.29 (0 Cals)



Honest Kids® Super Fruit Punch

\$2.19 (35 Cals)



Simply Lemonade®

\$3.69 (160 Cals)



Monster Energy® Green

\$3.79 (110 Cals)

Snacks & Sides

[View Full Subway Menu](#)



Miss Vickie's® Jalapeño

\$2.19 (210 Cals)



Doritos® Nacho Cheese

\$2.19 (240 Cals)



Chocolate Chip

\$1.59 (210 Cals)



SunChips® Harvest Cheddar®

\$2.19 (210 Cals)



Pepperoni & Cheese Dipper

\$4.89 (680 Cals)



Lays® Baked Original

\$2.19 (130 Cals)



Oatmeal Raisin

\$1.59 (200 Cals)



Double Chocolate

\$1.59 (210 Cals)



Chicken & Cheese Dipper

\$4.89 (580 Cals)



Auntie Anne's® Footlong Pretzel

\$3.69 (330 Cals)



White Chip Macadamia Nut

\$1.59 (220 Cals)



Cinnabon® Footlong Churro

\$2.49 (190 Cals)



GoGo squeeZ® Apple Apple

\$2.19 (45 Cals)



Double Cheese Dipper

\$4.89 (710 Cals)



Lays® Classic

\$2.19 (240 Cals)



Raspberry Cheesecake

\$1.59 (210 Cals)

Shareable Desserts

[View Full Subway Menu](#)



Subway® Footlong Cookie

\$6.19 (1330 Cals)



12 Pack Cookie Box

\$10.29 (0 Cals)



6 Pack Cookie Box

\$6.19 (0 Cals)

Nutrition & allergens Informtion:

[Subway/Menu nutrition](#)

[U.S. Allergy and Sensitivity Information](#)

Subway’s Customer Service

- **Address:** 325 Sub Way, Milford, CT 06461, USA
- **Phone Number:** +1 203-877-4281

Contact the Subway’s team: [Contact Form](#)

Important Links



Official Website:	Subway.com
Locations:	order. subway.com/locator
Rewards & Deals:	order.subway.com/promotions
Gift Cards:	order.subway.com/subwaycard
Franchise:	subwayfranchise.com
Careers:	order.subway.com/careers

Social Media Links



Facebook Page	Facebook
Instagram Account	Instagram
Twitter Handle	Twitter
YouTube Channel	Youtube

FAQs

Are Subway breakfast sandwiches made with fresh or frozen eggs?

Subway breakfast sandwiches are made using fresh eggs in all locations, except fully-vegetarian restaurants in India, which may have different practices

Does Subway offer gluten-free bread?

Currently, Subway does not offer gluten-free bread in India, although it has been introduced in some other markets. The majority of customers prefer other freshly baked bread options

Do Subway breads contain Azodicarbonamide (ADA)?

No, Subway does not use Azodicarbonamide in any of its breads across its locations

What are the vegetarian options available at Subway?

Subway offers a variety of vegetarian subs, including the Veggie Delite and Veg Shammii, among others. Approximately 50% of the menu in India consists of vegetarian options

Can I customize my Subway sandwich?

Yes, every Subway sub is made fresh in front of you and can be customized according to your preferences, including choice of bread, fillings, and sauces

What is the most popular sandwich at Subway?

The Italian B.M.T. is one of the most frequently ordered sandwiches at Subway, known for its combination of meats and toppings

Are there any special sauces available at Subway?

Yes, Subway offers a range of sauces including Chipotle Southwest, Honey Mustard, and Garlic Aioli that can be added to customize your sandwich further

Subway Our Story



The Subway story began in 1965 when Fred DeLuca and Dr. Peter Buck opened their first submarine sandwich shop in Bridgeport, Connecticut. The two friends and business partners changed the fast food industry with their affordable, customizable sandwiches.

How it started

- Fred DeLuca, a 17-year-old high school graduate, asked his family friend Dr. Peter Buck for help paying for college
- Dr. Buck, a nuclear physicist, invested \$1,000 in the business
- The first restaurant was named “Pete’s Super Submarines”

How it grew

- By 1974, the pair owned 16 shops in Connecticut
- They decided to franchise to reach their goal of 32 stores
- Subway became a global chain with more than 44,000 locations

How it’s sustained success

- Subway’s franchisees are small business owners who are committed to providing a great experience to their local communities
- Subway has a legacy of giving back to the communities where its employees live and work
- The Subway Cares Foundation is a non-profit organization that builds on Subway’s legacy of giving