



207-451-5858

<http://www.takeoutguys.biz>

Subway

SIGNATURE SANDWICHES

B.L.T.

The sub that proves great things come in threes. In this case, those three things happen to be crisp bacon, lettuce and juicy tomato. While there's no scientific way of proving it, this B.L.T. might be the most perfect sub in existence.

- B.L.T. (6 Inch) \$4.79
6 inch sub (370 Cals.)
- B.L.T. (Foot Long) \$6.79
Foot Long (740 Cals.)

Buffalo Chicken

You might wonder how something could taste this incredible. But when you bite into a sandwich this tender, juicy and irresistibly bold, the only thing you need to question is how soon is too soon to have another.

- Buffalo Chicken (6 Inch) \$5.49
6 Inch Sub (410 Cals.)
- Buffalo Chicken (Foot Long) \$8.19
Foot Long Sub (820 Cals.)

Chicken & Bacon Ranch Melt

Saddle up & try the fresh toasted SUBWAY Chicken & Bacon Ranch Melt sandwich. Stuffed with melted Monterey cheddar cheese, tender all-white meat chicken, crispy bacon, lettuce, tomato, onions and green peppers.

- Chicken & Bacon Ranch Melt (\$5.79 Inch)
6 Inch Sub (590 Cals.)
- Chicken & Bacon Ranch Melt (Foot Long) \$8.49
Foot Long Sub (1190 Cals.)

Cold Cut Combo

Can't decide what kind of meat you want? Get them all. The Cold Cut Combo is stacked with turkey-based meats - Black Forest ham, Genoa salami and bologna. It's topped with crisp vegetables and served on freshly baked bread. This combo has a little bit of everything.

- Cold Cut Combo (6 Inch) \$4.49
6 Inch Sub (340 Cals.)
- Cold Cut Combo (Foot Long) \$4.99
Foot Long Sub (690 Cals.)

Italian B.M.T.

This all-time Italian classic is filled

BREAKFAST

Bacon, Egg & Cheese

Start your day in a sizzlin' way with crispy bacon, egg and melty cheese on fresh toasted Flatbread or whatever you like. It's hard to imagine this trio of tasty ingredients could get even better, but just wait till you try it with everything from juicy tomatoes to spicy jalape os for a full on flavor free-for-all.

- Bacon, Egg & Cheese \$3.89
Breakfast (6 Inch)
6 Inch Sub (460 Cals.)
- Bacon, Egg & Cheese \$5.69
Breakfast (Foot Long)
Foot Long Sub (930 Cals.)

Black Forest Ham, Egg & Cheese

Heloooo delicious! Enjoy savory ham, melted cheese, and egg all on a on 3" flatbread. Add your choice of toasty veggies for a tasty way to start the day!

- Black Forest Ham, Egg & Cheese Breakfast (6 Inch) \$3.89
6 Inch Sub (410 Cals.)
- Black Forest Ham, Egg & Cheese Breakfast (Foot Long) \$5.69
Foot Long Sub (820 Cals.)

Breakfast B.M.T. Melt

Fluffy egg omelet, ham, salami and spicy pepperoni come together with bubbly melted cheese for a morning masterpiece worthy of the breakfast hall of fame. Try it today on a hot toasted flatbread with all your favorite crisp veggies.

- Breakfast B.M.T. Melt Breakfast (6 Inch) \$3.89
6 Inch Sub (520 Cals.)
- Breakfast B.M.T. Melt Breakfast (Foot Long) \$5.69
Foot Long Sub (1040 Cals.)

Egg & Cheese

A classic for a reason. Our Egg and Cheese is simply delicious. Enjoy a fluffy egg omelet with melted cheese fresh toasted on freshly baked bread. It's unbeatable.

- Egg & Cheese Breakfast (6 Inch) \$3.89
6 Inch Sub (380 Cals.)
- Egg & Cheese Breakfast (Foot Long) \$5.69
Foot Long Sub (770 Cals.)

Steak, Egg & Cheese

CHOPPED SALADS

Black Forest Ham Chopped Salad \$6.79

Simply delicious. This flavorful salad is packed with lean Black Forest ham and served with your choice of veggies. All this mouthwatering greatness and it's low-fat. Can't beat that. (110 Cals)*

Double Chicken Chopped Salad \$8.79

Oven roasted to perfection and piled high with your favorite toppings from spicy jalape os to crisp green peppers. With all this juicy flavor, your taste buds won't believe it's low-fat. (220 Cals)*

Oven Roasted Chicken Chopped Salad \$7.19

Oven roasted to perfection and piled high with your favorite toppings from spicy jalape os to crisp green peppers. With all this juicy flavor, your taste buds won't believe it's low-fat. (150 Cals)*

Steak & Cheese Chopped Salad \$7.79

Back by popular demand, the Steak and Cheese is here to stay. The two most elemental, irresistible ingredients in the world - piled high onto freshly your choice of crisp veggies. (210 Cals)

Sweet Onion Chicken Teriyaki Chopped Salad \$7.49

This gourmet specialty is a flavorful blend of tender teriyaki glazed chicken strips and our own fat-free sweet onion sauce. A taste so big, you won't believe it's low-fat! (230 Cals)*

Tuna Chopped Salad \$7.19

Our tasty Tuna Salad is simply sumptuous. Flaked tuna, mixed with mayo, and your choice of vegetables, this local favorite can be built to suit your craving. (310 Cals)

Turkey & Bacon Guacamole Chopped Salad \$8.29

Tender Turkey Breast, crispy bacon and rich guacamole, made with a little kick of jalapenos, onion and garlic, top a blend of baby spinach, tomatoes, cucumbers and green peppers. (330 Cals)

Turkey Breast Chopped Salad \$7.19

Get flavor without the flab when you try this American classic. Dive into tender turkey breast piled sky-high with crisp veggies. (110 Cals)

Veggie Delite Chopped Salad \$6.49

Crispy, crunchy and classically delicious. Try a delicious combination of lettuce, tomatoes, green peppers, black olives and onions with your choice of condiments. (60 Cals)

with Genoa salami, spicy pepperoni, and Black Forest Ham. Get it made the way you say with your favorite veggies on freshly baked bread.

Italian B.M.T. (6 Inch) \$5.19
6 Inch Sub (390 Cals.)
Italian B.M.T. (Foot Long) \$7.79
Foot Long Sub (790 Cals.)

Meatball Marinara

A SUBWAY Restaurants favorite.

Enjoy Italian style meatballs drenched in irresistible marinara sauce, served on freshly baked bread.

Meatball Marinara (6 Inch) \$4.79
6 Inch Sub (460 Cals.)
Meatball Marinara (Foot Long) \$4.99
Foot Long Sub (920 Cals.)

Spicy Italian

A blend of pepperoni and salami, topped with cheese. Try it with hot peppers, or your choice of crisp veggies and condiments served hot on freshly baked bread.

Spicy Italian (6 Inch) \$4.79
6 Inch Sub (470 Cals.)
Spicy Italian (Foot Long) \$4.99
Foot Long Sub (930 Cals.)

Steak & Cheese

The two most elemental, irresistible ingredients in the world - piled high onto freshly baked bread and your choice of crisp veggies.

Steak & Cheese (6 Inch) \$5.79
6 Inch Sub (360 Cals.)
Steak & Cheese (Foot Long) \$8.49
Foot Long Sub (720 Cals.)

Subway Melt

Imagine freshly baked bread stuffed with tender sliced turkey, ham, crispy bacon, melted cheese, and your choice of tasty vegetables and condiments. Now, stop imagining and get your mouth over to your nearest SUBWAY Restaurant.

Subway Melt (6 Inch) \$5.49
6 Inch Sub (410 Cals.)
Subway Melt (Foot Long) \$8.19
Foot Long Sub (820 Cals.)

Tuna

Our tasty Tuna Sandwich is simply sumptuous. Flaked tuna, mixed with mayo, and your choice of vegetables, this local favorite can be built to suit your craving.

Tuna (6 Inch) \$5.19
6 Inch Sub (470 Cals.)
Tuna (Foot Long) \$7.79
Foot Long Sub (940 Cals.)

Turkey & Bacon Guacamole

Tender Turkey Breast, crispy bacon and rich guacamole, made with a little kick of jalapenos, onion and garlic. Try it with fresh veggies like cucumbers, green peppers and red onions all on freshly toasted Italian Bread.

Turkey & Bacon Guacamole (6) \$6.29

No matter what side of the bed you wake up on, you'll love this. Yummy egg with tender and delicious steak. All covered in melty cheese on freshly baked bread. Oh, what a beautiful breakfast.

Steak, Egg & Cheese Breakfast \$3.89
(6 Inch)
6 Inch Sub (450 Cals.)
Steak, Egg & Cheese Breakfast \$5.69
(Foot Long)
Foot Long Sub (900 Cals.)

SIGNATURE WRAPS

Chipotle Southwest Steak & Cheese Signature Wrap \$6.99

Saddle up with this delicious, tomato basil wrap jam-packed with a hearty portion of steak and your favorite tex-mex flavors like guacamole, jalape os, Chipotle Southwest sauce, Monterey cheddar, lettuce, tomatoes, onions and peppers. (690 Cals)

Turkey, Bacon & Guacamole Signature Wrap \$6.99

Tomato basil wrap, provolone cheese, guacamole, lettuce, tomatoes, onions and Ranch dressing.

Buffalo Chicken Signature Wrap \$6.99

Spinach wrap, Monterey cheddar cheese, lettuce, tomatoes, onion with Ranch sauce.

PLATTERS

Classic Combo Platter \$34.00

Featuring the Cold Cut Combo, Black Forest Ham, Turkey Breast, Tuna and Italian B.M.T. Loaded with some of the tastiest American classics in existence, this platter is sure to please even the most discriminating taste buds. Portions per platter: 15. Serves 5-9. (3610 Cals)

Customize Your Own Platter \$36.50

Variety is great, but sometimes there s just that tasty sub you love so much you want a whole platter of it. We understand. That s why you can choose any of the flavorific subs you want and we ll create a customized sandwich platter so tasty it ought to be enshrined in the catering hall of fame. If one existed, of course. Portions per platter: 15. Serves 5-9. 1 Platter 5 footlong subs. (2790-3670 Cals)

Meat & Cheese Platter \$40.00

Let your guests be their own sandwich artist. Order a platter of tender meats and tasty cheeses, which they can use to build a tasty meal fresh from the bread up just the way they like. Serves 10-12. (4670 Cals)

Toppings Platter \$11.00

The perfect complement to the Meat & Cheese platter. With shredded lettuce, juicy sliced tomatoes, cucumbers, green peppers and red onions, it has everything you and your guests need to bring out the flavor and build a sandwich just the way you like. Serves 10-12. (160 Cals)

Giant Subs

Feed your crew with an absolute tower of taste, the Giant Sub. Grab a 3-foot
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SUBWAY FRESH FIT

Black Forest Ham

The Black Forest Ham has never been better. Load it up with all the crunchy veggies you like on your choice of freshly baked bread. Even try it fresh toasted with melty cheese and mustard. Yum!

Black Forest Ham Subway \$4.79
Fresh Fit (6 Inch)
6 Inch Sub (290 Cals.)
Black Forest Ham Subway \$4.99
Fresh Fit (Foot Long)
Foot Long Sub (570 Cals.)

Oven Roasted Chicken

The Oven Roasted Chicken you love is piled high atop freshly baked bread with your favorite toppings from spicy jalapenos to crisp green peppers.

Oven Roasted Chicken Subway \$5.19
Fresh Fit (6 Inch)
6 Inch Sub (320 Cals.)
Oven Roasted Chicken Subway \$7.79
Fresh Fit (Foot Long)
Foot Long Sub (640 Cals.)

Rotisserie-Style Chicken

Our Rotisserie-Style Chicken Sandwich is made with tender, hand-pulled chicken, raised without antibiotics. Try it with crisp veggies on freshly baked bread.

Subway Club

Tender sliced turkey breast, lean roast beef and tasty Black Forest ham come together with your choice of fresh veggies for a low-fat flavor fiesta. Try it today on freshly baked bread and experience all the deliciousity for 6 grams of fat.

Sweet Onion Chicken Teriyaki

This gourmet specialty features our all white meat teriyaki glazed chicken strips, raised without antibiotics, and our own fat-free sweet onion sauce. With a taste so big, you won't believe it has less than 6g of fat!

Sweet Onion Chicken Teriyaki \$5.49
Subway Fresh Fit (6 Inch)
6 Inch Sub (370 Cals.)
Sweet Onion Chicken Teriyaki \$8.19
Subway Fresh Fit (Foot Long)
Foot Long Sub (730 Cals.)

Turkey Breast

Get flavor without the flab when you try this American classic. Dive into tender turkey breast piled sky-high with everything from lettuce and tomatoes to banana peppers, maybe even jalapenos if you re feeling spicy.

Turkey Breast Subway Fresh \$5.19
Fit (6 Inch)
6 Inch Sub (280 Cals.)
Turkey Breast Subway Fresh \$7.79
Fit (Foot Long)
Foot Long Sub (560 Cals.)

Inch)
 6 Inch Sub (440 Cals.)
 Turkey & Bacon Guacamole \$9.79
 (Foot Long)
 Foot Long Sub (880 Cals.)

Veggie Patty

Whether by choice, or simply for a delicious change, a full-flavored Veggie Patty with your favorite combination of oven-fresh bread, veggies and sauces hits the mark!

Veggie Patty (6 Inch) \$5.19
 6 Inch sub (390 Cals.)
 Veggie Patty (Foot Long) \$7.79
 Foot Long Sub (780 Cals.)

KIDS' MEAL

Black Forest Ham Kid's Meal \$4.50
Every kid likes to ham it up once in a while. That's why they'll love the taste of our Black Forest ham and their favorite veggies on freshly baked bread. Apple slices and a choice of an ice-cold bottle of low fat milk or Honest Kids Fruit Punch make this better-for-you meal a star.
 Turkey Breast Kid's Meal \$4.50
Kids love the taste of tender turkey breast, freshly baked bread and their favorite veggies. Apple slices and a choice of an ice-cold bottle of low fat milk or Honest Kids Fruit Punch make this better-for-you meal a star.
 Veggie Delite Kid's Meal \$4.50
Got a kid who loves vegetables above all else? Our Veggie Delite kids meal piles all their favorites on freshly baked bread. Apple slices and a choice of an ice-cold bottle of low fat milk or Honest Kids Fruit Punch make this better-for-you meal a star.

Giant Sub and watch the big game with friends. Or double the deliciousness with a 6-foot Giant Sub. Still not enough hunger-busting goodness? You can order a Giant Sub in 3-foot increments as far as the eye can see. 3 Foot Giant Sub. Serves 10-12. (3520 7530 Cal) 6 Foot Giant Sub. Serves 20-25. (7040 15060 Cal) 24 hour advance notice is recommended.
 Giant Subs

CATERING

Cookies by the dozen \$5.99
Satisfy your crowd's sweet tooth with a variety of divinely delicious freshly baked cookies. Please note, cookies may contain nuts. (200-230 Cals)
 Cookie Platter \$17.99
Satisfy your crowd's sweet tooth with a variety of divinely delicious freshly baked cookies. Please note, cookies may contain nuts. Choose Your Cookies Please specify the number of platters you would like. Each platter contains 3 dozen cookies. (7200-8280 Cals)

SIDES

Cookies \$0.69
 Chips \$1.19
 130-340 Cals
 Cookies 3pack \$1.79
 Sun Chips \$1.19
 210 Cals

DRINKS

Drinks 16 oz / 20 oz

Classic Coke \$1.99
 240 Cals
 Diet Coke \$1.99
 0 Cals
 Sprite \$1.99
 240 Cals
 Fanta Orange \$1.99
 Root Beer \$1.99
 Dasani Water \$1.99
 0 Cals
 Vitaminwater XXX (16 oz) \$1.99
 0-120 Cals
 Gatorade Fruit Punch \$1.99
 120 Cals
 Gatorade Lemon Lime \$1.99
 120 Cals

Milk (8 oz) (White or Chocolate)

White Milk \$1.60
 Chocolate Milk \$1.60

Honest Kids Juice Box

Honest Kids \$1.09
 35 Cals

X2 Energy Drinks (12 oz)

Turkey Breast & Black Forest Ham

A sandwich so deliciously hearty, you won't know you're eating low-fat.* Enjoy the flavor of tender sliced turkey breast and Black Forest ham with your favorite veggies from juicy tomatoes to red onions served on your favorite freshly baked bread.

Turkey Breast & Black Forest \$5.19
 Ham Subway Fresh Fit (6 Inch)
 6 Inch Sub (280 Cals.)
 Turkey Breast & Black Forest \$7.79
 Ham Subway Fresh Fit (Foot Long)
 Foot Long Sub (570 Cals.)

Veggie Delite

Crispy, crunchy and classically delicious. The Veggie Delite is tangible proof that a sandwich can be high in flavour without being high in fat. Try a delicious combination of lettuce, tomatoes, green peppers, cucumbers and onions with your choice of fat-free condiments on freshly baked bread.

Veggie Delite Subway Fresh Fit \$4.49
 (6 Inch)
 6 Inch Sub (230 Cals.)
 Veggie Delite Subway Fresh Fit \$4.99
 (Foot Long)
 Foot Long Sub (460 Cals.)

Personal 8" Pizza

Cheese Pizza \$4.50
 Pepperoni Pizza \$5.00
 Bacon Pizza \$5.00
 Meatball Pizza \$5.00
 Veggie Pizza \$5.00