

Choose Your Veggies

Lettuce, Tomatoes, Cucumbers, Pickles,
Peppers Olives, Red Onions, Jalapeños,
Banana Peppers.



Step 5

Choose Your Sauce

Fat Free per 0.75 oz (6") serving

Mustard, Honey Mustard, Sweet Onion,
Red Wine Vinegar

Full Flavor

Light Mayo, Chipotle Southwest, Ranch,
Mayo, Oil

Step 6

Make it a Meal

Choose Your Drink • Choose One Side



Nutrition Information

6" REGULAR SUBS	CALORIES	FAT(g)
Veggie Delite®	230	2.5
Turkey Breast	290	4.0
Sweet Onion Chicken Teriyaki	380	4.5
Turkey Breast & Black Forest Ham	300	4.5
Black Forest Ham	290	4.5
Roast Beef	320	5.0
Subway Club®	330	5.0
Oven Roasted Chicken Breast	320	5.0

For Fulling™ values, double Calorie & Fat of a 6" Sub

6" DOUBLE STACKED™ SUBS	CALORIES	FAT(g)
Double Turkey Breast	340	5.0
Double Subway Club®	420	7.0
Double Sweet Onion Chicken Teriyaki	490	7.0

FLATBREADS	CALORIES	FAT(g)
Veggie Delite®	260	5.0
Black Forest Ham	320	7.0
Turkey Breast	320	7.0
Turkey Breast & Black Forest Ham	330	7.0
Oven Roasted Chicken Breast	350	8.0
Roast Beef	350	8.0
Subway Club®	360	8.0
Sweet Onion Chicken Teriyaki	410	8.0

KID'S MINIS	CALORIES	FAT(g)
Veggie Delite®	150	1.5
Black Forest Ham	190	2.5
Turkey Breast	180	2.5
Roast Beef	200	3.0

*Kid's minis do not include pickles and olives

FIT SIDES	CALORIES	FAT(g)
Apple Slices (1 package)	35	0.0
Baked! Lay's® Original Chips	130	2.0
1% Low Fat White Milk	160*	3.5

*190 Calories in California

SALADS	CALORIES	FAT(g)
Veggie Delite®	50	5.0
Turkey Breast	110	7.0
Oven Roasted Chicken Breast	130	7.0
Turkey Breast & Black Forest Ham	120	7.0
Black Forest Ham	110	8.0
Sweet Onion Chicken Teriyaki	200	8.0
Roast Beef	140	8.0
Subway Club®	140	8.0

Baked! Lay's, Lay's and Lay's Logo are trademarks owned by Frito-Lay North America, Inc. Our 6" Regular Subs with 8g of fat or less and 6" Double Stacked™ and Flatbread Subs with 8g of fat or less are prepared according to standard recipes with meat, red onions, lettuce, tomatoes, green peppers, pickles and olives, and without cheese or condiments that contain fat (e.g., mayonnaise), and are made on 9-grain wheat or Italian bread. Kid's minis do not include pickles or olives. Customer requests to modify standard sandwich recipes or add cheese or condiments may increase fat or calorie content. Salad nutritional values do not include salad dressings or croutons.

SUBWAY

4 MAIN STREET
AMHERST CENTER
phone 413-256-1919

Eat in or Take out
Hours of Operation



Monday 9am - 12mid
Tuesday 9am - 12mid
Wednesday 9am - 12mid
Thursday 9am - 2am
Friday 9am - 2am
Saturday 9am - 2am
Sunday 9am - 11pm

#1 CHOICE BY FAR!
Around the corner...and around the world!



Menu and prices are subject
to change without notice

www.subway.com