



888-356-8624

<http://www.munchysdeliveries.com>

Subway Albany

Breakfast

Bacon, Egg and Cheese: 12 Inch \$6.69

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 jalapeos for a full on flavor free-for-all.

Black Forest Ham, Egg and Cheese: 12 Inch \$6.69

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

Egg and Cheese: 12 Inch \$6.39

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.

Steak, Egg and Cheese: 12 Inch \$6.69

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.

Bacon, Egg and Cheese: 6 Inch \$4.59

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 jalapeos for a full on flavor free-for-all.

Black Forest Ham, Egg and Cheese: 6 Inch \$4.59

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

Egg and Cheese: 6 Inch \$4.29

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.

Steak, Egg and Cheese: 6 Inch \$4.59

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.

Drinks

Bottled Drinks

Fountain Drinks

Coffee 12oz \$1.49

Sandwiches

B.L.T.: 12 Inch Sandwich \$8.69

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 Sandwich \$4.59

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.

Black Forest Ham: 12 Inch Sandwich \$7.79

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: 6 Inch Sandwich \$5.39

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!

Chicken and Bacon Ranch Melt: 12 Inch Sandwich \$10.79

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 and Bacon Ranch Melt: 6 Inch Sandwich \$6.69

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 Caesar Melt: 12 Inch Sandwich \$8.29

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Chicken Caesar Melt: 6 Inch Sandwich \$5.29

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.

Fresh Fit

Black Forest Ham \$6.49

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!

Oven Roasted Chicken \$7.59

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

Sweet Onion Chicken Teriyaki \$8.49

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 wont believe it has less than 6g of fat!

Turkey Breast \$8.09

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 jalapeos if youre feeling spicy.

Turkey Breast & Black Forest Ham \$7.39

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.*

Veggie Delite \$4.99

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.

Kid's Meal

SUBWAY FRESH FIT FOR KIDS \$4.99

6-inch sub with apples and 1% milk.

Chopped Salads

B.L.T Chopped Salad \$7.00

The salad 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 salad in existence.

Black Forest Ham Chopped Salad \$7.30

Simply delicious. This flavorful salad is packed with lean Black

Sides

8. Apples	\$1.40
9. Chips	\$1.10
10. Cookies Strawberry	\$1.75
<u>Cookies</u>	
13. 1 for	\$0.69
14. 3 for	\$1.79
15. 12 for	\$4.99

Cold Cut Combo: 12 Inch Sandwich \$7.19

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 Sandwich \$5.00

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.

Italian B.M.T: 12 Inch Sandwich \$8.99

This all-time Italian classic is filled 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 Sandwich \$5.99

This all-time Italian classic is filled with Genoa salami, spicy pepperoni, and Black Forest Ham. Get it made the way you say with your favorite veggies on freshly baked bread.

Meatball Marinara: 12 inch Sandwich \$7.79

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

Meatball Marinara: 6 Inch Sandwich \$5.39

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

Oven Roasted Chicken : 12 Inch Sandwich \$9.59

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: 6 Inch Sandwich \$5.99

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

Spicy Italian: 12 Inch Sandwich \$7.79

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

Spicy Italian: 6 Inch Sandwich \$5.19

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

Steak and Cheese : 12 Inch Sandwich \$10.79

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

Steak and Cheese : 6 Inch Sandwich \$6.49

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

Forest ham and served with your choice of veggies. All this mouthwatering greatness and it's low-fat. Can't beat that.

Chicken & Bacon Ranch Chopped Salad \$8.69

Saddle up & try the SUBWAY Chicken & Bacon Ranch salad. Topped with Monterey cheddar cheese, tender all-white meat chicken, crispy bacon, lettuce, tomato, onions and green peppers.

Chicken Caesar Chopped Salad \$8.49

Just when you thought salads couldnt get any tastier. Try our NEW Chicken Caesar Salad topped with slow-cooked, rotisserie-style chicken thats raised without antibiotics. Served with creamy, savory Caesar dressing, sliced provolone, and sprinkled with grated Parmesan cheese. Add your favorite veggies for the perfect salad.

Cold Cut Combo Chopped Salad \$7.39

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. This combo has a little bit of everything.

Italian BMT Chopped Salad \$7.99

An Italian masterpiece with Genoa salami, spicy pepperoni, and Black Forest ham. Add your favorite veggies and get ready to enjoy.

Meatball Marinara Chopped Salad \$7.39

We take Italian style meatballs, drench them in marinara sauce, and then serve em with your choice of crisp veggies. Buon appetito!

Oven Roasted Chicken Chopped Salad \$6.40

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

Spicy Italian Chopped Salad \$7.19

Go ahead, spice up your life. The Spicy Italian features spicy pepperoni and sensational salami. Try one today with everything else your taste buds desire.

Steak & Cheese Chopped Salad \$8.49

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.

Subway Club Chopped Salad \$8.49

Tender sliced turkey, lean roast beef and tasty Black Forest ham come together with your choice of veggies for a low-fat flavor fiesta.

Sweet Onion Chicken Teriyaki Chopped Salad \$8.49

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!

Tuna Chopped Salad \$7.90

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.

Turkey Breast Chopped Salad \$7.99

Sweet Onion Chicken Teriyaki: \$9.59
12 Inch Sandwich

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: \$6.49
6 Inch Sandwich

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!

Tuna: 12 Inch Sandwich \$8.99

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 Sandwich \$5.99

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.

Turkey Breast & Black Forest \$7.49

Ham: 12 Inch Sandwich

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 \$4.99

Ham: 6 Inch Sandwich

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: 12 Inch \$8.49
Sandwich

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 jalapeos if you're feeling spicy.

Turkey Breast: 6 Inch Sandwich \$5.99

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 jalapeos if you're feeling spicy.

Turkey Italiano Melt: 12 Inch \$8.39
Sandwich

Tender turkey breast, oven-roasted to perfection. With genoa salami, spicy pepperoni, melted provolone and our tangy SUBWAY Vinaigrette that makes it a sandwich like no other.

Turkey Italiano Melt: 6 Inch \$4.89
Sandwich

Tender turkey breast, oven-roasted to perfection. With genoa salami, spicy pepperoni, melted provolone and our tangy SUBWAY Vinaigrette that makes it a sandwich like no other.

Veggie Delite: 12 Inch \$7.19
Sandwich

Crispy, crunchy and classically delicious. The Veggie Delite is tangible proof that a sandwich can be

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

Veggie Delite Chopped Salad \$7.19

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

Veggie Patty Chopped Salad \$7.00

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

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: 6 Inch Sandwich \$5.19

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 Patty: 12 Inch Sandwich \$8.49

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 Sandwich \$5.39

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!

Wraps

B.L.T Wrap \$8.49

Simply delicious! This classic on a Tomato Basil wrap, is filled with a double portion of our crispy bacon and finished off with lettuce, juicy tomatoes, and mayo.

Black Forest Ham Wrap \$8.49

Simply delicious! This flavorful Tomato Basil wrap is packed with a double portion of lean Black Forest ham with lettuce, spinach, tomatoes, cucumbers, green peppers and red onions. Yum!

Buffalo Chicken Wrap \$8.49

Enjoy fiery flavor on a Tomato Basil wrap with a double portion of our all-white meat chicken strips raised without antibiotics with seasoning and marinade mixed with Buffalo sauce wrapped up with lettuce, tomatoes, cucumbers, green peppers, and red onions.

Chicken & Bacon Ranch Wrap \$8.49

Saddle up and try our Chicken & Bacon Ranch on a Tomato Basil wrap. Stuffed with a double portion of tender all-white meat chicken with seasoning and marinade, crispy bacon, topped with Monterey Cheddar cheese, lettuce, tomatoes, red onions, and green peppers.

Chipotle Southwest Steak & Cheese Wrap \$8.49

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

Cold Cut Combo Wrap \$8.49

Cant decide what kind of meat you want? Get them all on a delicious Tomato Basil wrap. Stacked with a double portion of turkey based meats including ham, salami, and bologna. Enjoy it with lettuce, tomatoes, cucumbers, green peppers, and red onions.

Italian BMT Wrap \$8.49

This all-time Italian classic tastes great on a Tomato Basil wrap. Enjoy a double portion of Genoa salami, spicy pepperoni, and Black Forest ham topped with lettuce, tomatoes,

- cucumbers, green peppers, and red onions.*
- Meatball Marinara Wrap \$8.49**
Enjoy one of our favorites on a Tomato Basil wrap. Get a double portion of our Italian style meatballs in irresistible marinara sauce with parmesan cheese. Buon appetito!
- Oven Roasted Chicken Wrap \$8.49**
Get a taste of this fan favorite featuring a double portion of the oven roasted chicken you love, on a delicious Spinach wrap. Top it with lettuce, tomatoes, cucumbers, spinach, crisp green peppers, and red onions.
- Savory Rotisserie-Style Chicken Caesar Wrap \$8.49**
Who can resist the classic combination of a double portion of tender Rotisserie-Style chicken with seasoning and marinade, plus lettuce, tomatoes, Monterey Cheddar and Caesar dressing all on a spinach wrap? Its fit for an emperor.
- Spicy Italian Wrap \$8.49**
If youre feeling spicy, a double portion of spicy pepperoni and Genoa salami on a Tomato Basil wrap is just what you need. Top it with lettuce, tomatoes, cucumbers, green peppers and red onions to create a delicious meal.
- Steak & Cheese Wrap \$8.49**
What is more irresistible than a double portion of shaved steak topped with American cheese on a Tomato Basil wrap? Finish it with crisp green peppers and red onions for a true American classic.
- Sweet Onion Chicken Teriyaki Wrap \$8.49**
This gourmet specialty features a double portion of our teriyaki glazed, all-white meat chicken strips raised without antibiotics with seasoning and marinade topped with our fat free Sweet Onion sauce. Wrap it up in a Tomato Basil wrap with lettuce, spinach, tomatoes, cucumbers, green peppers, and red onions. Whats not to love?
- Tuna Wrap \$8.49**
Our tasty tuna, served on a Tomato Basil wrap is simply sumptuous. Enjoy a double portion of flaked tuna mixed with mayo and topped with lettuce, tomatoes, green peppers, and red onions.
- Turkey Breast & Black Forest Ham Wrap \$8.49**
Take a bite of this Spinach wrap filled with a double portion of our tender turkey breast and tasty Black Forest ham. Top it with lettuce, spinach, tomatoes, cucumbers, green peppers, and red onions. It's simply delicious
- Turkey Breast Wrap \$8.49**
Dive into a double portion of tender turkey breast on a delicious Spinach wrap, topped with crisp lettuce, spinach, tomatoes, cucumbers, green peppers, and red onions.
- Turkey Italiano Melt Wrap \$8.49**
A twist on an Italian classic on a Tomato Basil wrap! Enjoy a double portion of tender turkey breast, Genoa salami, and spicy pepperoni with American cheese, lettuce, tomatoes, green peppers, red onions, and our tangy Subway Vinaigrette.
- Veggie Delite Wrap \$8.49**
Get a double portion of the fresh veggies you love on a flavorful Spinach wrap. Filled with lettuce,

tomatoes, spinach, green peppers, cucumbers, and red onions, this wrap makes for one bold flavor combination.

Veggie Patty Wrap **\$8.49**

Whats better than a Spinach wrap filled with not one, but two of our flavor packed Veggie Patties, lettuce, spinach, tomatoes, cucumbers, green peppers, and red onions.