



## ***Subway Menu***

<https://menulist.menu>

3021 N Rockton Ave, Rockford, IL 61103, USA, United States

(+1)8152092494 - <https://restaurants.subway.com/united-states/il/rockford/3021-n-rockton-ave>



The menu of Subway from Rockford includes **115** dishes. On average, *dishes or drinks on [the card](#)* cost about \$8.2. The categories can be viewed on the menu below. What [User](#) likes about Subway: one of my favorite places, the rockton ave store. the 2 young men who served us were super friendly, fast and right. both did this with great imagination, they were super nice! [read more](#). The [catering service](#) is also provided by the restaurant for its customers, The fine sandwiches, small salads and other snacks can be planned well as a snack. If you decide to come for breakfast, you are offered a **tasty brunch**.

# Subway Menu



## Burgers

B.L.T. \$7.9

## Meat Dishes

MEATBALL MARINARA \$5.9

## Sweets & Ice

COOKIES

## Veggie Patty Sandwich

VEGGIE PATTY \$6.7

## Premium Subs

STEAK CHEESE \$7.2

## Fresh Melts®

CHICKEN BACON RANCH MELT \$8.2

## Uncategorized

COLD CUT COMBO \$5.9

HAM CHEESE MELT \$8.4

## Ingredients Used

WE HAVE \$6.6

OVEN ROASTED TURKEY HAM \$6.6

BLACK FOREST HAM \$5.9

## Breakfast

BACON, EGG CHEESE WRAP (860 CALS) \$9.9

BLACK FOREST HAM, EGG CHEESE WRAP (770 CALS) \$9.2

EGG CHEESE WRAP (700 CALS) \$9.2

STEAK, EGG CHEESE WRAP (820 CALS) \$9.2

## Chicken

SWEET ONION CHICKEN TERIYAKI \$7.2

GRILLED CHICKEN \$7.2

BUFFALO CHICKEN \$7.2

ROTISSERIE-STYLE CHICKEN \$7.2

## These types of dishes are being served

OVEN ROASTED TURKEY \$6.6

CHICKEN BACON RANCH \$7.3

ROAST BEEF \$7.7

BUFFALO CHICKEN MELT \$8.2

## Drinks

 SPRITE (230 CALS) \$3.1

 COCA-COLA CLASSIC (240 CALS) \$3.1

GATORADE COOL BLUE (140 CALS) \$3.1

DASANI WATER (0 CALS) \$3.1

SIMPLY ORANGE (160 CALS) \$3.1

VITAMIN WATER XXX (80 CALS) \$3.1

HONEST KIDS SUPER FRUIT PUNCH (35 CALS) \$2.0

1% LOW FAT MILK (110 CALS) \$2.7

## Side dishes

 SUNCHIPS HARVEST CHEDDAR (210 CALS) \$1.7

 MISS VICKIE'S JALAPEÑO (210 CALS) \$1.7

# Subway Menu



DORITOS NACHO CHEESE (240 CALS)	\$1.7
LAY'S CLASSIC (240 CALS)	\$1.7
CHOCOLATE CHIP (210 CALS)	\$0.9
WHITE CHIP MACADAMIA NUT (220 CALS)	\$1.0
BAKED LAY'S ORIGINAL (130 CALS)	\$1.7
RASPBERRY CHEESECAKE (210 CALS)	\$0.9
MUSSELMAN'S APPLE SAUCE (45 CALS)	\$2.0
OATMEAL RAISIN (200 CALS)	\$0.9

## Sandwiches



ITALIAN B.M.T.	\$6.5
VEGGIE DELITE	\$5.3
TUNA MELT	\$7.5
ITALIAN B.M.T. MELT	\$8.9
MEATBALL MARINARA MELT	\$8.4
OVEN ROASTED TURKEY MELT	\$6.9
SPICY ITALIAN MELT	\$8.4
STEAK CHEESE MELT	\$8.2
BACON, EGG CHEESE	\$6.5
BLACK FOREST HAM, EGG CHEESE	\$5.0
EGG CHEESE	\$5.0
STEAK, EGG CHEESE	\$5.0

## Subway® Series



#2 THE OUTLAW	\$7.7
#11 SUBWAY CLUB	\$7.7
#6 THE BOSS	\$7.7
#8 THE GREAT GARLIC	\$7.2
#7 THE MEXICALI	\$8.4

#1 THE PHILLY	\$7.7
#3 THE MONSTER	\$8.4
#4 SUPREME MEATS	\$7.3
#5 BELLA MOZZA	\$7.7
#9 THE CHAMP	\$7.7
#10 ALL-AMERICAN CLUB	\$7.3
#12 TURKEY CALI CLUB	\$9.0

## Wraps



B.L.T. (620 CALS)	\$11.9
SWEET ONION CHICKEN TERIYAKI (590 CALS)	\$10.8
CHICKEN BACON RANCH (840 CALS)	\$11.9
BLACK FOREST HAM (440 CALS)	\$10.9
BUFFALO CHICKEN (560 CALS)	\$11.9
COLD CUT COMBO (530 CALS)	\$10.9
GRILLED CHICKEN (470 CALS)	\$10.8
ITALIAN B.M.T. (680 CALS)	\$9.9
MEATBALL MARINARA (800 CALS)	\$10.9
OVEN ROASTED TURKEY HAM (440 CALS)	\$10.9
ROAST BEEF (500 CALS)	\$12.9
ROTISSERIE-STYLE CHICKEN (500 CALS)	\$11.9
STEAK CHEESE (570 CALS)	\$11.9
TUNA (820 CALS)	\$10.8
VEGGIE DELITE (330 CALS)	\$10.9
VEGGIE PATTY (660 CALS)	\$10.9

## No Bready Bowls™

CHICKEN BACON RANCH (760 CALS)	\$11.9
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# Subway Menu



<b>SWEET ONION CHICKEN TERIYAKI (330 CALS)</b>	<b>\$10.8</b>
<b>TUNA (550 CALS)</b>	<b>\$10.8</b>
<b>BUFFALO CHICKEN (380 CALS)</b>	<b>\$11.9</b>
<b>B.L.T. (360 CALS)</b>	<b>\$11.9</b>
<b>COLD CUT COMBO (260 CALS)</b>	<b>\$8.7</b>
<b>GRILLED CHICKEN (200 CALS)</b>	<b>\$10.8</b>
<b>ITALIAN B.M.T. (410 CALS)</b>	<b>\$9.9</b>
<b>MEATBALL MARINARA (530 CALS)</b>	<b>\$8.7</b>
<b>OVEN ROASTED TURKEY (150 CALS)</b>	<b>\$10.9</b>
<b>OVEN ROASTED TURKEY HAM (160 CALS)</b>	<b>\$9.9</b>
<b>ROAST BEEF (230 CALS)</b>	<b>\$12.9</b>
<b>ROTISSERIE-STYLE CHICKEN (230 CALS)</b>	<b>\$11.9</b>
<b>SPICY ITALIAN (550 CALS)</b>	<b>\$8.7</b>
<b>STEAK CHEESE (380 CALS)</b>	<b>\$11.9</b>
<b>VEGGIE PATTY (380 CALS)</b>	<b>\$10.8</b>

<b>OVEN ROASTED TURKEY HAM (110 CALS)</b>	<b>\$9.4</b>
<b>ROAST BEEF (150 CALS)</b>	<b>\$10.7</b>
<b>ROTISSERIE-STYLE CHICKEN (140 CALS)</b>	<b>\$10.1</b>
<b>SPICY ITALIAN (310 CALS)</b>	<b>\$8.9</b>
<b>STEAK CHEESE (210 CALS)</b>	<b>\$10.1</b>

## Salads



<b>SWEET ONION CHICKEN TERIYAKI (250 CALS)</b>	<b>\$10.1</b>
<b>BLACK FOREST HAM (120 CALS)</b>	<b>\$8.9</b>
<b>BUFFALO CHICKEN (300 CALS)</b>	<b>\$10.1</b>
<b>B.L.T. (210 CALS)</b>	<b>\$9.7</b>
<b>CHICKEN BACON RANCH (490 CALS)</b>	<b>\$10.1</b>
<b>COLD CUT COMBO (160 CALS)</b>	<b>\$8.9</b>
<b>GRILLED CHICKEN (130 CALS)</b>	<b>\$10.1</b>
<b>ITALIAN B.M.T. (240 CALS)</b>	<b>\$9.5</b>
<b>MEATBALL MARINARA (300 CALS)</b>	<b>\$8.9</b>
<b>OVEN ROASTED TURKEY (110 CALS)</b>	<b>\$9.5</b>

# Subway Menu



**TUNA (310 CALS)**

**\$10.5**

**VEGGIE PATTY (220 CALS)**

**\$9.7**

**VEGGIE DELITE (50 CALS)**

**\$8.3**

# *Subway Menu*



## *Subway*

3021 N Rockton Ave, Rockford,  
IL 61103, USA, United States

### **Opening Hours:**

Monday 09:00 -21:00  
Tuesday 09:00 -21:00  
Wednesday 09:00 -21:00  
Thursday 09:00 -21:00  
Friday 09:00 -21:00  
Saturday 09:00 -21:00  
Sunday 09:00 -21:00

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