





https://menulist.menu 9107 SE 29th St, Midwest City, United States +14057372020









Turkey		Ingredients Use	d		
OVEN-ROASTED TURKEY	\$7.7	TUNA	\$7.7		
		BLACK FOREST HAM	\$6.8		
Italian		GARLIC			
MEATBALL MARINARA	\$6.7				
0 - 11 1 0 1		Breakfast			
Restaurant Category		BACON, EGG CHEESE CALS)	WRAP (860 \$10.9		
ITALIAN		STEAK, EGG CHEESE CALS)	WRAP (820 \$10.9		
No Bready Bowls®		BLACK FOREST HAM,			
MEATBALL MARINARA (540 CALS)	\$10.3	CHEESE WRAP (770 C	ALS)		
01 1 1		EGG CHEESE WRAP (700 CALS) \$9.5		
Chicken		Drinks			
BUFFALO CHICKEN	\$7.7				
ROTISSERIE CHICKEN	\$8.6	COKE ZER	O SUGAR (0 \$3.6		
These Types Of Dishes Are		VITAMIN WATER XXX (80 \$3.4 CALS)			
Being Served		SPRITE (230 CALS)	\$3.4		
ROAST BEEF	\$9.4	COCA-COLA CLASSIC	(240 CALS) \$3.6		
PANINI		Candusiahas			
Al . 0. 1 1 . 1 .		Sandwiches			
New Sidekicks		BACON, EGG CHEESE			
AUNTIE ANNES FOOTLONG PRETZEL (330 CALS)	\$3.9	BLACK FOREST HAM, EGG CHEESE			
CINNABON FOOTLONG CHURRO (190 CALS)	\$2.6	EGG CHEESE			
		VEGGIE DELITE	\$5.9		
Classic Sandwiches		STEAK CHEESE	\$8.6		
B.L.T. (370 CALS)	\$7.3	Salads			
OVEN-ROASTED TURKEY HAM (310 CALS)	\$7.7	MEATBALI (310 CALS)	MARINARA \$9.9		
GRILLED CHICKEN (330 CALS)	\$8.2	STEAK CH CALS)	EESE (210 \$11.8		

	1
LS)	\$15.2
KEY (420	\$12.2
70 CALS)	\$12.3
	\$12.2
CALS)	\$8.7
	\$11.0
560 CALS)	\$13.2
30 CALS)	\$10.3
KEY HAM	\$11.3
A (810 CALS)	\$10.3
(440 CALS)	\$10.7
8	
/AY CLUB	\$9.0
BEAST	\$10.8
TURKEY	\$8.7
	\$9.3
M	\$7.8
	\$9.0
	\$9.8
CLUB	\$9.0
ALIANO	\$7.3
BACON RANCH	\$9.8
M.T.	\$8.2
ONION	\$8.6
	\$8.9
	¢0 0

\$9.8

BLACK FOREST	HAM (120 CALS)	\$10.0	ROAST BEEF (500 CALS)		\$15.2
BUFFALO CHICK	(EN (300 CALS)	\$10.9	OVEN ROASTED TURKEY (420		\$12.2
B.L.T. (210 CALS	5)	\$10.5	CALS)		
VEGGIE DELITE	(50 CALS)	\$9.2	GRILLED CHICKEN (470 CALS)		\$12.3
COLD CUT COM	BO (160 CALS)	\$9.9	TUNA (820 CALS)		\$12.2 \$8.7
ROTISSERIE-STYLE CHICKEN (140 CALS)		\$11.8	VEGGIE DELITE (330 CALS)		
			B.L.T. (620 CALS)		\$11.0
OVEN ROASTED TURKEY HAM (110 CALS)		\$10.9	BUFFALO CHICKEN (560 CALS)		\$13.2
OVEN ROASTED TURKEY (110			COLD CUT COMBO (530 CALS)		\$10.3
CALS)		\$10.9	OVEN ROASTED TURKEY HAM (430 CALS)		\$11.3
GRILLED CHICK	EN (130 CALS)	\$11.4	MEATBALL MARINARA (810 CALS)		\$10.3
No Bready	Bowla"		BLACK FOI	REST HAM (440 CALS)	\$10.7
•			0 1		
	FALO CHICKEN CALS)	\$13.2	Subway	₁ ® Series	
ROAST BEEF (230 CALS)	\$15.2		#11 SUBWAY CLUB	\$9.0	
	,	¢11 0	Serie In		\$10.8
B.L.T. (360 CALS	•	\$11.0		#15 TITAN TURKEY	\$8.7
OVEN ROASTED (160 CALS)	TURKEY HAM	\$11.3	#4 SUPREM		\$9.3
OVEN ROASTED TURKEY (150 CALS)		\$12.2	#99 GRAND SLAM HAM		\$7.8
			#1 THE PHILLY		\$9.0
GRILLED CHICK		\$12.3	#3 THE MONSTER		\$9.8
COLD CUT COM	BO (260 CALS)	\$10.3	#10 ALL-AN	MERICAN CLUB	\$9.0
BLACK FOREST	HAM (170 CALS)	\$10.7	#23 THE HC	OTSHOT ITALIANO	\$7.3
ROTISSERIE-STY CALS)	YLE CHICKEN (230	\$13.7	#20 ELITE (CHICKEN BACON RANCH	\$9.8
TUNA (550 CALS)		\$12.2	#18 THE ULTIMATE B.M.T.		\$8.2
STEAK CHEESE		\$13.7	#16 ALL-PRO SWEET ONION TERIYAKI		\$8.6
•			#6 THE BOS	SS	\$8.9
Wraps			#2 THE OU	TLAW	\$9.0
Contract of the last of the la	AK CHEESE (570	\$13.7	#17 GARLIC	C ROAST BEEF	\$9.9
CALS)	• = -=	#33 TERIYAKI BLITZ		\$9.0	
CONTRACTOR OF THE PARTY OF THE	ISSERIE-STYLE CKEN (500 CALS)	\$13.7	#8 THE GRI	EAT GARLIC	\$9.8

#7 THE MEXICALI



#12 TURKEY CALI CLUB

\$10.5 #19 PICKLEBALL CLUB

\$8.2



Subway

9107 SE 29th St, Midwest City, United States Opening Hours: Monday 10:00-20:30 Tuesday 10:00-20:30 Wednesday 10:00-20:30 Thursday 10:00-20:30 Friday 10:00-20:30 Saturday 10:00-20:30 Sunday 10:00-20:30

