

At SUBWAY® Restaurants, We Have Your Interests At Heart

Welcome to SUBWAY® Restaurants, where great taste and variety come together. This menu represents our commitment to help you discover and enjoy all the delicious choices SUBWAY® Restaurants have to offer.

We offer a variety of sandwiches and salads and encourage you to customize your order to satisfy your taste. Our menu includes a complete listing of ingredients to help you make informed choices – so you can either eat sensibly or splurge.

It's all here for you. So enjoy! We're glad you came.



Take-Out Menu



CAPILANO UNIVERSITY
2055 Purcell Way
North Vancouver, BC V7J 3H5
Phone: 604-984-4970

Menu and prices are subject to change without notice.
www.subway.com

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Informed Dining

For full nutrition information,
see our nutrition guide.

Step 1

Your Menu Choices

Footlong Sub • 6-inch Sub • Salad

Step 2

Choose Your Bread

9-Grain Wheat • 9-Grain Honey Oat
Italian • Italian Herbs & Cheese • Flatbread

Step 3

Choose Your Cheese

Processed Cheddar • Shredded
Monterey Cheddar

Step 4

Choose Your Veggies

Lettuce • Tomatoes • Cucumbers • Peppers
Red Onions • Spinach

More Variety?

Pickles • Black Olives • Banana Peppers

Step 5

Choose Your Sauce

Fat Free per 0.75 oz. (6-inch) serving
Mustard • Sweet Onion

Full Flavor

Light Mayonnaise • Chipotle Southwest
Ranch • Mayonnaise • House Sandwich Sauce

Step 6

Make it a Meal

Choose Your Drink • Choose One Side



Meatball Marinara

6-inch \$ Footlong \$



Ham



Pizza Sub Melt



Cold Cut Combo



Veggie Delite®



Oven Roasted
Chicken

6-inch \$ Footlong \$



Steak & Cheese



Sweet Onion
Chicken Teriyaki



Chicken & Bacon
Ranch Melt



Subway Club®
Turkey Breast, Ham & Roast Beef

6-inch \$ Footlong \$



Turkey Breast

6-inch \$ Footlong \$



Tuna



Italian B.M.T.®
Pepperoni, Genoa Salami & Ham



Turkey Breast
& Ham



Roast Beef

Local Favourites

Prime Rib Melt



6-inch \$ Footlong \$
\$ \$
\$ \$
\$ \$
\$ \$

Chopped Salads

- Chicken \$
- Sweet Onion Chicken Teriyaki \$
- Turkey Breast \$
- Tuna \$
- Veggie Delite® \$



Extras per 6-inch portion

- Double Meat
- Bacon
- Pepperoni
- Extra Cheese

Drinks

- Fountain
- Bottled Beverage

Sides

- Chips
- Cookies
- Apples Slices 1 for 3 for

**7 SUBS UNDER
350 CALORIES AND
6 GRAMS OF FAT**



**TURKEY BREAST
OVEN ROASTED
CHICKEN**

**HAM
TURKEY BREAST &
HAM**

**SUBWAY CLUB®
ROAST BEEF
VEGGIE DELITE®**

Fat content and calories refer to 6-inch sub on Italian or 9-grain wheat bread prepared according to standard recipe without cheese or condiments that contain fat.