



360-404-5582

<http://www.munchiedude.com>

Subway Cook Rd

Attention Customers

Hours shown on site are hours of delivery and may vary from restaurant hours.

Distance Charge

We happily deliver to surrounding areas! The \$3.99 delivery fee covers the first 4 miles from the restaurant. A \$1 pro-rated distance fee will apply for each additional mile

UTENSILS

Plasticware
Napkins

SUBWAY DRINKS

20oz Fountain \$2.87
30oz Fountain \$3.11
40oz Fountain \$3.35
Bottled Water \$2.87
Bottle Drink \$2.99
Honest Juice Box Fruit Punch \$1.91
1% Wilcox Farms White Milk \$2.27
Bottle
2% Wilcox Farms Chocolate \$2.27
Milk Bottle

SIDES

500. Chips \$1.55
501. Applesauce \$1.55
502. Cookie \$0.83
Choice of , Chocolate chip, Oatmeal Raisin, and White Macademia Nut, Double Chocolate, Raspberry Cheesecake
3 Cookies \$2.15
12 Cookies \$8.39
pick 3 flavors get 4 of ea.

BREAKFAST

served all day

Egg & Cheese

6" Egg & Cheese \$6.59
footlong Egg & Cheese \$10.00

Black Forest Ham, Egg & Cheese

6" Black Forrest Ham, Egg & Cheese \$6.59

footlong Black Forrest Ham, Egg & Cheese \$10.79

Bacon, Egg & Cheese

6" Bacon, Egg & Cheese \$7.55
footlong Bacon, Egg & Cheese \$11.39

Steak, Egg & Cheese

6" Steak, Egg & Cheese \$7.91
footlong Steak, Egg & Cheese \$11.99

Breakfast BMT Melt

6" Breakfast BMT Melt \$7.91
footlong Breakfast BMT Melt \$11.99

Sunrise Subway Melt

MAKE IT A MEAL

Includes a drink and a side applesauce, chips or 2 cookies to be paired with any sub!

Make it a meal! \$3.35

FRESH FIT CHOICES

Make any 6 inch sub into a salad!

Turkey Breast

The bird's the word! High in flavor and low in fat, our sliced Turkey Breast is perfectly complemented by crisp, crunchy veggies and your choice of fat-free condiments.

209. 6" Turkey Breast \$8.27
210. Footlong Turkey Breast \$12.47

Roast Beef

Roast Beef, a classic favorite, is the stuff dreams are made of. Lean and tender sliced roast beef with your choice of fresh vegetables and your choice of fat-free condiments served on freshly baked bread.

215. 6" Roast Beef \$8.99
216. Footlong Roast Beef \$13.55

Subway Club

The Subway Club is another delectable sandwich. A taste-tempting combination of our famous lean and tender, sliced turkey breast, sliced roast beef; and savory, sliced ham with your choice of fresh vegetables and your choice of fat-free condiments served on freshly baked bread.

218. 6" Subway Club \$8.99
219. Footlong Subway Club \$13.55

Veggie Delite

The Veggie Delite is a delightfully crunchy combination of garden fresh lettuce, tomatoes, cucumbers, green peppers, onions, olives and pickles and your choice of fat-free condiments served on freshly baked bread. It s like a salad sandwich.

203. 6" Veggie Delite \$6.35
204. Footlong Veggie Delite \$10.00

Ham

What could be better than a simple, savory ham sub sandwich? Try our sliced, lean ham on a flavored bread, garnished with your favorite crisp veggies or mustard, or sweet onion sauce, or hey, it s your choice!

206. 6" Ham \$7.19
207. Footlong Ham \$10.55

Sweet Onion Chicken Teriyaki

Sweet Onion Chicken Teriyaki is one of our gourmet inspired specialities. We take lean and tender, savory, teriyaki glazed chicken strips topped with Subway's own

SIGNATURE SUBS

Make any 6 inch sub into a salad!

Spicy Italian

Here's Old World quality in a zesty blend of pepperoni and salami slices, topped with cheese, if you please! Oil and vinegar on that, with some hot peppers? We'll garnish it the way you say and fresh toasting all the way through adds the crowning touch!

106. 6" Spicy Italian \$7.67
107. Footlong Spicy Italian \$11.39

Meatball Marinara

Meatball Marinara. A generous helping of Italian-style meatballs bathed in Subway's own tangy marinara sauce (our founder's mom's secret recipe) served hot with your choice of fresh vegetables and condiments on freshly baked bread. Mangia!

100. 6" Meatball Marinara \$6.35
101. Footlong Meatball Marinara \$10.55

Subway Melt

If a picture is worth a thousand words, what do you picture when you hear the words SUBWAY Melt? How about lean and tender sliced turkey, ham and crispy bacon topped with melted cheese and served hot with your choice of fresh vegetables and condiments on freshly baked bread. Mmm.

109. 6" Subway Melt \$8.75
110. Footlong Subway Melt \$13.19

Turkey Bacon Guacamole

Does it get any better than this? Our premium sliced turkey breast and smoky applewood bacon. And then topped with guacamole your choice of fresh vegetables and your choice of cheese and condiments served on freshly baked bread.

6" Turkey Bacon Guacamole \$9.59
Footlong Turkey Bacon Guacamole \$14.03

Steak & Cheese

Steak with cheese melted on it!
6" sub Steak & Cheese \$8.99
Footlong Steak & Cheese \$13.55

MUNCHIE DUDE DRINKS

Shown on each menu

Coke \$1.00
12oz Can
Diet Coke \$1.00
12oz Can
Mountain Dew \$1.00
12oz Can
Sprite \$1.00
12oz Can

Thin sliced Lean Turkey, Ham, and crisp Applewood Smoked Bacon.

6" Sunrise Subway Melt \$7.91
footlong Sunrise Subway Melt \$11.99

Signature Wraps

Turkey, Bacon & Guacamole Wrap \$9.95

The name says it all. A delicious Tomato Basil wrap filled with a double portion of turkey breast and smoky applewood bacon topped with Provolone cheese, guacamole, lettuce, tomatoes, red onions, and Ranch.

Chipotle Southwest Steak & Cheese Wrap \$9.95

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

fat-free Sweet Onion Sauce. It's a flavorful blend served hot with your choice of fresh vegetables and your choice of fat-free condiments on freshly baked bread.

212. 6" Sweet Onion Chicken Teriyaki \$8.75
213. Footlong Sweet Onion Chicken Teriyaki \$13.19

Rotisserie-Style Chicken

Who doesn't love chicken?

6" Rotisserie-Style Chicken \$8.27
Footlong Rotisserie-Style Chicken \$10.00

Oven Roasted Chicken Breast

Feel right at home with the Oven Roasted Chicken Breast. A tender, boneless chicken breast patty roasted to perfection, with your choice of fresh vegetables and your choice of fat-free condiments served on freshly baked bread. Just like mother used to make.

221. 6" Oven Roasted Chicken Breast \$8.27
222. Footlong Oven Roasted Chicken Breast \$11.99

FRESH FIT FOR KIDS

A Fit Mini Sub (4") applesauce, Low fat white milk or Honest kids

303. Kids 4" Veggie Delight \$6.23
302. Kids 4" Roast Beef \$6.23
300. Kids 4" Turkey Breast \$6.23
301. Kids 4" Black Forest Ham \$6.23

A&W Root Beer \$1.00

12oz can

Dr. Pepper \$1.00

12oz Can

Bottled Water \$1.00

16oz

Redbull \$1.50

8.4 oz can

Chicken Strips

Succulent chicken strips coated in Asian inspired teriyaki sauce and dressed with your selection of freshly prepared salads, finish it off with a drizzle of Sweet Onion sauce. Why not try this on a wrap today.

6" Chicken Strips \$8.39

Footlong Chicken Strips \$12.47

Cold Cut Combo

The Cold Cut Combo is a Subway tradition. Experience sliced turkey bologna, turkey ham and turkey salami with your choice of fresh vegetables and condiments served on freshly baked bread.

400. 6" Cold Cut Combo \$7.19

401. Footlong Cold Cut Combo \$10.55

Chicken and Bacon Ranch Melt

The fresh toasted SUBWAY Chicken & Bacon Ranch sub is made with melted Monterey Cheddar cheese, all-white meat chicken breast strips, bacon strips, lettuce, tomato wheels, onions, green pepper strips, black olive slices, and ranch dressing. Where available, other cheeses may be substituted at the customer's request.

112. 6" Chicken and Bacon Ranch Melt \$9.59

113. Footlong Chicken and Bacon Ranch Melt \$14.03

Tuna

Our gift from the sea, it's simple and savory flaked tuna, mixed with mayo just the way you love it. Some people request red onions and olives, while others ask for a bacon strip or two (additional charges may apply), or extra cheese (additional charges may apply), please!

403. 6" Tuna \$8.27

404. Footlong Tuna \$12.47

Italian B. M. T.

Italian B.M.T. An old-world favorite. Sliced Genoa salami, pepperoni and ham and your choice of fresh vegetables and condiments served on freshly baked bread. Some say BMT stands for bigger, meatier, tastier. We wouldn't disagree.

103. 6" Italian B. M. T. \$7.79

104. Footlong Italian B. M. T. \$11.63

Turkey and Ham

What could be better than a simple, savory ham sub sandwich? Adding turkey of course!! Try our sliced, lean ham and low fat Turkey Breast on a flavored bread, garnished with your favorite crisp veggies and seasoned to your heart's delight!

6" Turkey and Ham \$8.27

Footlong Turkey and Ham \$11.99