



Subway Menu

<https://menuweb.menu>

74 N Plains Rd The Plains, OH 45780-1097, United States
+17407972900



The **menu of Subway** from [The Plains](#) includes **94** dishes. On average the *dishes or drinks* on [the menu](#) cost approximately \$8.6. You can view the categories on the menu below. The Subway location on Main Street in Athens receives high praise for its cleanliness, professionalism, and excellent customer service. Customers appreciate the consistency in getting their orders right, generous ingredient portions, and the fresh taste of the wheat bread. The staff members are commended for their friendliness and willingness to correct any mistakes promptly. Overall, patrons enjoy the welcoming atmosphere and the quality of the subs served at this location, making it a preferred choice for many in Athens County.

Subway Menu



Salads

BLACK FOREST HAM (120 CALS) \$8.4

Popular Items

11 SUBWAY CLUB

Shareable Desserts

6 PACK COOKIE BOX (0 CALS) \$4.6

Hot And Cold Subs

PIZZA SUB \$6.1

Deli Heroes

GARLIC ROAST BEEF

Footlong Pro®

MEATBALL MARINARA (540 CALS) \$9.3

Japanese Specialties

TERIYAKI CHICKEN

CHICKEN TERIYAKI

Italian

18 THE ULTIMATE B.M.T

MEATBALL MARINARA \$6.1

Restaurant Category

ITALIAN

VEGETARIAN

Breakfast

BACON, EGG CHEESE WRAP (860 CALS) \$8.5

BLACK FOREST HAM, EGG CHEESE WRAP (770 CALS) \$8.5

EGG CHEESE WRAP (700 CALS) \$8.5

STEAK, EGG CHEESE WRAP (820 CALS) \$9.7

Chicken



SWEET ONION CHICKEN TERIYAKI \$7.2

BUFFALO CHICKEN \$7.1

ROTISSERIE CHICKEN \$7.2

GRILLED CHICKEN \$7.1

20 ELITE CHICKEN BACON RANCH

These Types Of Dishes Are Being Served

OVEN ROASTED TURKEY

ROAST BEEF \$7.7

SOUP

PANINI

BREAD

CHICKEN

Sandwiches

STEAK CHEESE \$7.7

ITALIAN B.M.T. \$6.6

B.L.T. \$6.8

VEGGIE DELITE \$5.4

EGG CHEESE \$6.1

BLACK FOREST HAM, EGG CHEESE \$6.1

BACON, EGG CHEESE \$6.1

Subway Menu



Ingredients Used



CHICKEN TERIYAKI

CHEESE

HAM

PORK MEAT

BLACK FOREST HAM \$6.0

TUNA \$6.7

BEEF

ONION

OVEN-ROASTED TURKEY HAM \$6.7

OVEN ROASTED TURKEY HAM (160 CALS) \$10.0

PIZZA SUB (620 CALS) \$9.3

ROAST BEEF (230 CALS) \$11.9

TUNA (550 CALS) \$10.2

ROTISSERIE-STYLE CHICKEN (230 CALS) \$11.2

SWEET ONION CHICKEN TERIYAKI (350 CALS) \$11.1

STEAK CHEESE (380 CALS) \$11.5

ITALIAN B.M.T. (410 CALS) \$10.2

Subway® Series



#8 THE GREAT GARLIC \$8.0

THE PHILLY \$8.3

#2 THE OUTLAW \$8.3

#3 THE MONSTER \$9.1

#4 SUPREME MEATS \$8.5

#6 THE BOSS \$7.8

#5 BELLA MOZZA \$8.0

#9 THE CHAMP \$7.7

#10 ALL-AMERICAN CLUB \$8.2

12 TURKEY CALI CLUB

Wraps



ROTISSERIE-STYLE CHICKEN (500 CALS) \$11.2

BLACK FOREST HAM (440 CALS) \$9.3

ROAST BEEF (500 CALS) \$11.9

PIZZA SUB (720 CALS) \$9.3

OVEN ROASTED TURKEY HAM (440 CALS) \$10.0

OVEN ROASTED TURKEY (430 CALS) \$10.2

MEATBALL MARINARA (810 CALS) \$9.3

ITALIAN B.M.T. (680 CALS) \$10.2

GRILLED CHICKEN (470 CALS) \$10.8

COLD CUT COMBO (530 CALS) \$9.0

B.L.T. (620 CALS) \$9.7

BUFFALO CHICKEN (560 CALS) \$10.8

SPICY ITALIAN (820 CALS) \$9.3

STEAK CHEESE (570 CALS) \$11.5

SWEET ONION CHICKEN TERIYAKI (590 CALS) \$11.1

No Bready Bowls™



SPICY ITALIAN (550 CALS) \$9.3

BLACK FOREST HAM (170 CALS) \$9.3

BUFFALO CHICKEN (380 CALS) \$10.8

B.L.T. (360 CALS) \$9.7

COLD CUT COMBO (260 CALS) \$9.0

GRILLED CHICKEN (200 CALS) \$10.8

OVEN ROASTED TURKEY (150 CALS) \$10.2

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TUNA (820 CALS)	\$10.2	VEGGIE DELITE (330 CALS)	\$8.3
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Subway

74 N Plains Rd The Plains, OH
45780-1097, United States

Opening Hours:
Monday 08:00-21:00
Tuesday 08:00-21:00
Wednesday 08:00-21:00
Thursday 08:00-21:00
Friday 08:00-21:00
Saturday 08:00-21:00
Sunday 08:00-21:00

Made with [Menu](#)

