

# SUBS ON THE RUN

Business Hours:  
Mon.-Fri. 7:00a.m. - 7:00p.m.  
Sat. 8:00a.m. - 5:00p.m.  
Sundays Closed

2801 N.W. 7th Ave.  
Dine-in, Carry out, Call or \*Fax your order in!  
\*Fax order sheets available upon request  
PH# 305-638-4646 FAX# 305-638-6456

Health comes first! All of our meat is graded A, GRILLED, served on fresh bread with fresh vegetables.



## BREAKFAST SUBS

	6"	12"
Egg Whites extra .35		
Plain Eggs	1.99	2.99
Ham & Eggs	2.49	3.79
Bacon & Eggs	2.49	3.79
Sausage & Eggs	2.49	3.79
Cheese & Eggs	2.39	3.79
Pepper & Eggs	2.39	3.79
Broccoli & Eggs	2.39	3.79
Mushroom & Eggs	2.39	3.79
Veggie & Eggs	2.99	3.99
Pastrami & Eggs	3.09	4.09
Steak & Eggs	3.09	4.09
Chicken & Eggs	3.09	4.09

## COLD SUBS

	6"	12"
America Sub	1.69	2.69
*belong, cooked salami, american cheese		
Double American Sub	2.69	3.69
Italian Sub	3.99	4.99
*genoa salami, capricola, ham, provolone cheese		
Ham & Cheese	3.99	4.99
Salami & Cheese	3.99	4.99
Turkey Breast	3.99	4.99
Roast Beef	3.99	4.99
Corned Beef	3.99	4.99
Chicken Salad	3.99	4.99
Tuna	3.99	4.99
Veggie & Cheese	2.99	3.99
Egg Salad	3.69	4.69
Mixed Cheese	2.75	3.75

## SALADS

(Platter)

Garden Salad	1.69	3.29
Caesar Salad	1.69	3.29
Chef Salad	3.79	4.89
Tuna Salad	3.79	4.89
Chicken Salad	3.79	4.89
Egg Salad	3.69	4.89
Steak Salad	3.99	5.99
Chicken Breast Salad	3.99	5.99

## WRAPS AVAILABLE!!

WHITE, WHEAT, SPINACH,  
TOMATO, AND GARLIC. Extra .55  
\*\*prices subject to change without notice\*\*

## HOT SUBS

	6"	12"
B.L.T. (3 piece)	2.79	3.79
B.L.T. (6 piece)	3.29	4.29
B.L.T. (10 piece)	4.29	5.29
Meatball	3.49	4.49
Italian Sausage	3.49	4.49
Hot Veggie	3.49	4.49
Hot Ham & Cheese	4.29	5.29
Hot Turkey	4.29	5.29
Hot Pastrami	4.29	5.29
Hot Roast Beef	4.29	5.29
Hot Corn Beef	4.29	5.29
Pastrami & Corn Beef	4.29	5.29
Pork	4.29	5.29
Tuna Melt	4.29	5.29

## BURGER SUBS

	6"	12"
Hamburger	3.09	4.09
Cheeseburger	3.39	4.39
B.B.Q. Cheeseburger	3.79	4.79
Pepper Cheeseburger	3.79	4.79
Mushroom Ch. burger	3.79	4.79
Bacon Cheeseburger	4.19	5.19
Burger Supreme	5.19	6.19

## SIDE ITEMS

Can Sodas	0.75
Water	1.00
Cookies	1.25
Cheese/Carrot Calves	2.00
Brownies	1.60
Fries / Onion Rings	1.60
Tater Tots	1.25
Potato Salad	1.25
Macaroni Salad	1.25
Rice Pudding	1.50
Fruit Salad	2.25
Cuban Toast	1.25
Chips	.25 - .99
Café con Leche	.99 - 2.00

\*\*\*NEW ITEMS\*\*\*

Chicken Nuggets(4)	1.00
French Toast Sticks(4)	1.00
Croquettes(ham)	0.60

\*\*\*\$10 min. to use visa/mastercard lowered fee atm atm.\*\*\*

## STEAK SUBS

	6"	12"
Steak & Onion	4.49	5.49
Steak & Cheese	4.65	5.65
Steak & Bacon	4.99	5.99
Steak & Pepper	4.65	5.65
Steak & Broccoli	4.65	5.65
Steak & Mushroom	4.65	5.65
B.B.Q. Steak	4.65	5.65
Honey B.B.Q. Steak	4.65	5.65
Parmesan Steak	4.65	5.65
Teriyaki Steak	4.65	5.65
Jerk Steak (Hot)	4.65	5.65
Buffalo Steak (Hot)	4.65	5.65
Steak Fajita	4.65	5.65

\*salsa, sour cream, & green peppers

Steak Supreme 5.19 6.19

\*mushroom, green pepper, broccoli, bacon, cheese

## CHICKEN BREAST SUBS

	6"	12"
Chicken & Onion	4.49	5.49
Chicken & Cheese	4.65	5.65
Chicken & Bacon	4.99	5.99
Chicken & Mushroom	4.65	5.65
Chicken & Peppers	4.65	5.65
Chicken & Broccoli	4.65	5.65
Honey Mustard Chicken	4.65	5.65
Honey B.B.Q. Chicken	4.65	5.65
B.B.Q. Chicken	4.65	5.65
Chicken Teriyaki	4.65	5.65
Buffalo Chicken (HOT)	4.65	5.65
Jerk Chicken (HOT)	4.65	5.65
Parmesan Chicken	4.65	5.65
Chicken Gordon Bleu	4.85	5.85
*Chicken, ham, & honey mustard sauce		
Chicken Fajita	4.85	5.85
*salsa, sour cream, & green peppers		
Californian Chicken	4.85	5.85
*Broccoli, carrots, & honey mustard sauce		
Chicken Supreme	5.19	6.19
*mushroom, green pepper, broccoli, bacon, cheese		
Hawaiian Chicken	4.85	5.85
*Chicken, ham, pineapple, teriyaki		
Breaded Chicken Strip Sub	4.49	5.49

# Miami Subs Nutrition

**Sebastian Brünink**

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## **Miami Subs Nutrition:**

*Official Gazette of the United States Patent and Trademark Office* ,2004      Directory of Companies Required to File Annual Reports with the Securities and Exchange Commission Under the Securities Exchange Act of 1934, Alphabetically and by Industry Groups ,1999      **Cost of Capital Quarterly** ,1999      **F & S Index United States Annual** ,2006

### **Directory of Companies Required to File Annual Reports with the Securities and Exchange Commission**

Securities & Exchange Commission,1998-02 Identify the 13 173 companies required to file reports with the Securities and Exchange Commission Companies are presented alphabetically and by industry classification      *Introduction to the Hospitality Industry* Thomas F. Powers,2006      *Predicasts F & S Index United States* Predicasts, inc,1991 A comprehensive index to company and industry information in business journals      **Foodservice Operators Guide** ,2000      **Foodservice Information Abstracts** ,1991      Introduction to the Hospitality Industry, Fifth Edition and NRAEF Workbook Package Tom Powers,Jo Marie Powers,Clayton W. Barrows,National Restaurant Association Educational Foundation,2002-02-19 This revision of a popular textbook for the introduction course excludes management functions but covers all aspects of operations in the hotel foodservice and restaurant and travel and tourism businesses including operations and sales      **The Standard Periodical Directory** ,2003      Standard & Poor's Register of Corporations, Directors and Executives Standard and Poor's Corporation,2003 This principal source for company identification is indexed by Standard Industrial Classification Code geographical location and by executive and directors names      **Thomas Food Industry Register** ,1992

**Brandweek** ,1996-03      Franchising Robert T. Justis,Richard J. Judd,2002 Franchising helps learners develop a clear realistic picture of franchising with insights designed to assist those entering the field The book answers major franchising questions as it explores the franchiser franchisee relationship using an unique three part perspective Success stories throughout add practical knowledge and industry insights as well Case studies help the reader analyze franchise situations and develop sound judgement in handling potential issues and problems      **Directory of Chain Restaurant Operators** ,2010      Directory of Corporate Affiliations National Register Publishing,National Register Publishing Co. Staff,1996-06 Who owns whom      Books in Print 1995-96 Reed Reference Publishing,1995      **The Enforcement Story** ,1996

**Federal Register** ,1969-02

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