



Formula Quiz Study Guide

The following formulas are for the footlong portion of proteins unless that sandwich size is explicitly listed (i.e. mini). All footlong sandwiches come with 4 FULL Slices of cheese automatically. Fresh Fit sandwiches DO NOT COME WITH CHEESE. Unless otherwise noted, only 3 passes of the recommended sauce are added to a sandwich. Any sandwich that has bacon, please note that the bacon goes on top of all the proteins. This ensures that the bacon can crisp up. If you are making a 6 inch sub, you will use half of the requested amounts

1. **Fresh Fit Grilled Chicken & Avocado:** 3 Scoops Chicken Strips, 2 Scoops of Avocado (Lettuce, Spinach, Tomatoes, Cucumber, Onions, Chipotle)
2. **Fresh Fit Turkey & Ranch Delite:** 18 slices of Turkey (Lettuce, Spinach, Tomatoes, Cucumbers, Onions, Ranch)
3. **Fresh Fit Seasoned Steak & Avocado:** 3 Scoops of Steak, 2 Scoops of Avocado (Lettuce, Spinach, Tomatoes, Cucumbers, Onions)
4. **Fresh Fit Ham & Turkey Stack:** 6 Slices of Turkey, 6 Slices of Ham (Lettuce, Spinach, Tomatoes, Cucumbers, Onions, Yellow Mustard)
5. **Subway Club:** 6 Slices Turkey, 6 Slices Ham, 2.5oz Roast Beef 4 FULL Slices of cheese (Lettuce, Tomatoes, Onions, Mayo)
6. **All American Club:** 6 Slices Turkey, 6 Slices Ham, 4 Slices of Bacon, 4 FULL Slices of cheese (Place bacon on top of cheese before toasting) (Lettuce, Tomatoes, Onions, Mayo)
7. **Chicken Bacon Ranch:** 2 Scoops Rotisserie Chicken, 4 Bacon, 2 scoops of Shredded Monterey Cheddar Cheese (Lettuce, Tomatoes, Onions, Ranch)
8. **Sweet Onion Chicken Teriyaki:** 2 Scoops of Chicken Teriyaki, 4 FULL Slices of cheese (Lettuce, Tomatoes, Onions, Sweet Onion Teriyaki Sauce)
9. **Honey Mustard BBQ Chicken:** 2 Scoops of Rotisserie Chicken, 2 scoops of Shredded Monterey Cheddar cheese, (BBQ Sauce Before Toasting), (Lettuce, Tomatoes, Onions, Pickles & Honey Mustard Sauce)
10. **Spicy Nacho Chicken:** 2 Scoops of Rotisserie Chicken, 6 passes Cheddar Cheese Sauce, Bell Peppers & Onions BEFORE TOASTING, Jalapeños, Subkrunch, and Sriracha Sauce)

11. **Grilled Chicken:** 2 Scoops of Chicken Strips, 2 Scoops of Shredded Monterey Cheddar Cheese (Lettuce, Tomatoes, Onions, Mayo)
12. **Steak Philly:** 2 Scoops of Steak, 4 FULL Slices American Cheese, (Onions and Bell Peppers BEFORE TOASTING place veggies under the cheese, Mayo)
13. **Cheesy Garlic Steak:** 2 Scoops of Steak (6 passes of Cheddar Cheese Sauce, Bell Peppers & Onions BEFORE TOASTING, Garlic Aioli Sauce) No sliced cheese recommended
14. **Chipotle Philly:** 2 Scoops of Steak, 4 FULL Slices Pepper Jack Cheese (Bell Peppers & Onions BEFORE TOASTING, Chipotle Sauce)
15. **Roast Beef:** 5oz of Roast Beef 4 FULL Slices of Cheese (Lettuce, Tomatoes, Onions Mayo)
16. **Tuna:** 4 Scoops of Tuna 4 FULL Slices of Cheese (Lettuce, Tomatoes, Onions Mayo)
17. **Oven Roasted Turkey:** 12 Slices of Turkey 4 FULL Slices of Cheese (Lettuce, Tomatoes, Onions Mayo)
18. **Black Forest Ham:** 12 Slices of Ham 4 FULL Slices of Cheese (Lettuce, Tomatoes, Onions Mayo)
19. **Cold Cut Combo (Ham, Salami, Bologna):** 1 Set Up 4 FULL Slices of Cheese (Lettuce, Tomatoes, Onions Mayo)
20. **Veggie Delite:** 4 FULL Slices of Provolone Cheese (Lettuce, Spinach, Tomatoes, Cucumber, Bell Peppers & Onions All fresh veggies)
21. **Protein Bowls :** Include a footlong portion of protein and 4 FULL Slices of cheese cut on the diagonal. Receives a footlong portion of veggies
22. **Mini Turkey:** 3 Slices of Turkey, 1 Full slice of Cheese
23. **Mini Ham:** 3 Slices of Ham, 1 Full slice of Cheese

The following are general questions surrounding our menu and food safety

24. **6 Inch Add-On Bacon:** 2 Slices
25. **12 Inch Add-On Bacon:** 4 Slices
26. **6 inch Extra Cheese:** 1 Full Slice
27. **12 Inch Extra Cheese:** 2 Full Slices
28. **6 Inch Pepperoni or Salami Add-On:** 3 slices

29. **12 Inch Pepperoni or Salami Add-On:** 6 Slices
30. **Pepperoni Pizza:** 4 Slices of Pepperoni 1 Scoop of Shredded Monterey Cheddar Cheese
31. **Bacon Pizza:** 4 Slices of Bacon broken into pieces 2 oz of Shredded Monterey Cheddar Cheese
32. **Deluxe Portions:** Add half the amount of protein of the requested sandwich
33. **All food held on the line must be held at what temperature:** All cold products must be below 41 degrees and all hot products must be above 140 degrees
34. **How Often are temperatures checked per day:** Two Times Once before lunch, and again before dinner)
35. **How many seconds after a guest enters the location do you have to greet them:** 3 Seconds
36. **What is the standard greeting you should yell out EVERY time a guest enters the location:** "WELCOME TO SUBWAY"
37. **What is the Subventures company mission statement:** "To provide customers Great Value through fresh, great tasting 'made to order' food and an exceptional in store experience that makes them want to come back