



(912) 689-9748

<http://www.islandtimetakeout.com>

Subway Saint Simons

Wraps

Buffalo Chicken	\$10.88
B.L.T.	\$9.67
Chicken & Bacon Ranch	\$12.09
Cold Cut Combo	\$9.38
Grilled chicken	\$7.85
Italian B.M.T.	\$10.88
Meatball Marinara	\$9.67
Oven Roasted Turkey	\$10.88
Oven Roasted Turkey & Ham	\$10.88
Pizza Sub	\$9.67
Roast Beef	\$12.09
Spicy Italian	\$9.38
Steak & Cheese	\$10.88
Sweet Onion Chicken Teriyaki	\$10.88
Tuna	\$10.29
Veggie Delight	\$9.06
Black forest Ham	\$9.67
Savory Rotisserie-style Chicken	\$10.88

Cesar Wrap

Cheeses

American cheese, Pepper Jack, provolone, Monterey cheddar, shredded mozzarella

Veggies

Lettuce, Spinach, Cucumbers, Green peppers, Red onions, Pickles, Black Olives, Banana Peppers, Jalapenos

Sauces

Oil, Red Wine Vinegar, Regular mayonnaise, Yellow Mustard, Honey Mustard, Buffalo, Sweet Onion Teriyaki, Peppercorn Ranch, Bja Chipotle, MVP Parmesan Vinaigrette, Roasted Garlic Ranch

Add-Ons

Bacon, Pepperoni, BelGioioso, Capicola Smashed Avocado

Pizza

Personal Pan Cheese Pizza	\$7.26
Additional Topping on Pizza	\$0.61
Xtra Cheese on Pizza	\$0.61
Extra Bacon on Pizza	\$0.91
Extra Pepperoni on Pizza	\$0.30

Classic Sandwiches

6" Steak & Cheese	\$7.25
<i>Two of the most irresistible ingredients in the world - piled high on freshly baked bread with crispy vegetables.</i>	
6" Spicy Italian	\$5.75
<i>A blend of pepperoni and salami, topped with cheese - try it with banana peppers or your choice of crisp vegetables and condiments served hot on freshly baked bread.</i>	
6" Meatball Marinara	\$6.04
<i>Italian style meatballs drenched in irresistible marinara sauce, served on freshly baked bread.</i>	
6" Cold Cut Combo	\$5.75
<i>Stacked with turkey-based meats - ham, salami and bologna. It's topped with crisp vegetables and served on</i>	

Fresh melts

6" Tuna Melt	\$7.87
12" Tuna Melt	\$10.29
6" Steak & Cheese Melt	\$8.46
12" Steak & Cheese melt	\$10.88
6" Spicy Italian Melt	\$5.75
12" Spicy Italian Melt	\$8.17
6" Oven Roasted Turkey Melt	\$7.87
12" Oven Roasted Turkey Melt	\$10.29
6" Buffalo Chicken Melt	\$8.46
12" Buffalo Chicken Melt	\$10.88
6" Meatball Marinara Melt	\$6.66
12" Meatball Marinara Melt	\$8.17
6" Chicken Bacon Ranch	\$6.96
12" Chicken Bacon Ranch Melt	\$10.59
6" Ham & Cheese melt	\$6.66
12" Ham & Cheese Melt	\$8.17
6" Italian B.M.T. Melt	\$7.87
12" Italian B.M.T. Melt	\$9.68

No Bread Bowls

Black Forest Ham	\$9.67
<i>A Footlong's worth of protein? Yup! When you make it a Protein Bowl you'll get all of the Black Forest Ham you'd get on your favorite Footlong, piled high atop fresh lettuce, tomato, and more veggies</i>	
Chicken & Bacon Ranch	\$12.09
<i>Bacon, Rotisserie chicken, Monterey Cheddar, lettuce, spinach, tomatoes, cucumbers, green peppers, black olives, red onions, Peppercorn Ranch</i>	
Cold Cut Combo	\$9.38
<i>Turkey Based: Ham, salami & bologna, lettuce, spinach, tomatoes, cucumbers, green peppers, black olives, red onions</i>	
Grilled Chicken	\$7.85
<i>Grilled Chicken, lettuce, spinach, tomatoes, cucumbers, green peppers, red onions.</i>	
Italian B.M.T.	\$10.88
<i>Black Forest ham, Pepperoni, Genoa Salami, lettuce, spinach, tomatoes, cucumbers, green peppers, black olives, red onions.</i>	
Meatball Marinara	\$9.67
<i>Meatballs, lettuce, spinach, tomatoes, cucumbers, green peppers, black olives, red onions</i>	
Oven Roasted Turkey	\$10.88
<i>Oven roasted turkey, lettuce, spinach, tomatoes, cucumbers, green peppers, black olives, red onions</i>	
All bowls come with the same protein that's on a Footlong	
Tuna	\$10.29
<i>Tuna, lettuce, spinach, tomatoes, cucumbers, green peppers, black olives, red onions.</i>	
Buffalo Chicken	\$10.88
<i>Packed with Grilled Chicken and just the right amount of Frank's RedHot Buffalo sauce, a little Peppercorn Rance to beat the heat on top of lettuce, spinach, tomatoes,</i>	

Drinks

Bottled Drink	\$2.42
<i>Choose from: Dasani, Vitamin Water XXX or Power C</i>	
20 oz. Fountain	\$2.17
<i>Coke, Diet Coke, Sprite, Dr. Pepper, Powerade Mountain Blast, Vitamin Water XXX, Cherry Coke, or Coke Zero</i>	
30 oz. Fountain	\$2.29
<i>Coke, Diet Coke, Sprite, Dr. Pepper, Powerade Mountain Blast, Vitamin Water XXX, Cherry Coke, or Coke Zero</i>	
40 oz. Fountain	\$2.42
<i>Coke, Diet Coke, Sprite, Dr. Pepper, Powerade Mountain Blast, Vitamin Water XXX, Cherry Coke, or Coke Zero</i>	
Bottled Soft Drink	\$2.42
<i>Choose from: Coke, Diet Coke, Sprite, Fanta Orange, Gatorade Fruit Punch or Cool Blue</i>	

Salads

Black Forest Ham	\$8.17
Oven Roasted Turkey & Black Forest Ham	\$9.38
Roast Beef	\$10.59
Salad ingredients	
<i>All salads come with lettuce, spinach, tomatoes, cucumbers, green peppers, black olives, red onions.</i>	
Buffalo Chicken, grilled chicken, buffalo sauce	\$9.08
Oven Roasted Turkey	\$9.38
Sweet Onion Chicken Teriyaki	\$9.38
<i>Grilled chicken, sweet onion teriyaki.</i>	
B.L.T.	\$8.17
Pizza Sub, Pepperoni, American cheese.	\$8.17
Rotisserie Style Chicken	\$9.08
Steak & Cheese	\$9.98
<i>Steak, American cheese</i>	
Tuna	\$8.77
Chicken & Bacon Ranch	\$10.59
Meatball Marinara, Parmesan cheese	\$8.17
Cold Cut Combo	\$7.87
<i>Turkey Breast, Ham Salami, & Bologna, .</i>	
Grilled Chicken	\$8.46
Italian B.M.T.	\$9.38
Spicy Italian	\$7.87
<i>Pepperoni, Genoa salami</i>	
Veggie Delight	\$8.17

Choice of Bread

Artisan Italian
Artisan Flatbread
Hearty Multigrain
Italian Herbs & Cheese

Choose Toasted or Not

freshly baked bread.

6" Black Forest Ham	\$6.04
6" Pizza Sub	\$6.04
6" Roast Beef	\$8.46
12" Steak & Cheese	\$10.88
12" Spicy Italian	\$9.38
12" Meatball Marinara	\$9.67
12" Italian B.M.T.	\$10.88
6" Italian B.M.T.	\$7.25

All-time Italian classic is filled with Genoa salami, spicy pepperoni, and Black Forest Ham. Get it made the way you say with your favorite veggies on freshly baked bread.

12" Cold Cut Combo	\$9.38
12" Black Forest ham	\$9.67
12" Pizza Sub	\$9.67
12" Roast Beef	\$12.09
Footlong Pro Black Forest Ham	\$12.71

Dbl protein

Footlong pro Cold Cut Combo	\$12.40
Dbl Protein	
Footlong Pro Italian B.M.T. Dbl Protein	\$13.92

Footlong Meatball Marinara Pro	\$12.71
--------------------------------	---------

Dbl Protein

Footlong Spicy Italian Pro	\$12.40
----------------------------	---------

Dbl Protein

Footlong Steak & Cheese Pro	\$13.90
-----------------------------	---------

Dbl Protein

Footlong Pizza Sub Pro	\$12.71
------------------------	---------

Dbl Protein

Footlong Roast Beef Pro	\$15.11
-------------------------	---------

Dbl Protein

6" Buffalo Chicken	\$7.25
12" Buffalo Chicken	\$10.88

Footlong Pro Buffalo Chicken	\$13.90
------------------------------	---------

Dbl Protein

6" B.L.T.	\$6.04
12" B.L.T.	\$9.67

Footlong Pro B.L.T.	\$12.71
---------------------	---------

6" Chicken & Bacon Ranch Melt	\$8.46
-------------------------------	--------

Stuffed with melted Monterey cheddar cheese, tender all-white meat chicken with seasoning and marinade, crispy bacon, lettuce, tomato, onions and green peppers.

12" Chicken & Bacon Ranch Melt	\$12.09
--------------------------------	---------

Footlong Pro Chicken Bacon Ranch	\$15.13
----------------------------------	---------

6" Tuna	\$8.46
---------	--------

Our tasty Tuna Sandwich is simply sumptuous. Flaked tuna, mixed with mayo, and your choice of fresh vegetables, this local favorite can be built to suit your craving.

12" Tuna	\$12.09
Footlong Pro Tuna	\$13.31

Dbl Protein

6 Grilled Chicken	\$6.34
-------------------	--------

Oven Roasted Chicken you love is piled high atop freshly baked bread with your favorite toppings like crispy green peppers and cucumbers.

12" Grilled Chicken	\$7.85
12" Footlong Pro Grilled Chicken	\$9.67

6" Oven Roasted Turkey	\$7.25
------------------------	--------

Dive into tender turkey breast piled sky-high with everything from lettuce and tomatoes to crispy cucumbers.

12" Oven Roasted Turkey	\$10.88
12" Pro Oven Roasted Turkey	\$13.92

Dbl protein

6" Sweet Onion Chicken	\$7.25
------------------------	--------

cucumbers, green peppers, black olives, red onions, buffalo sauce.

Pizza Sub	\$9.67
-----------	--------

Pepperoni, Monterey Cheddar, lettuce, spinach, tomatoes, cucumbers, green peppers, black olives, red onions.

Roast Beef	\$12.09
------------	---------

Roast beef, lettuce, spinach, tomatoes, cucumbers, green peppers, black olives, red onions.

Oven Roasted Turkey & Ham	\$10.88
---------------------------	---------

Oven Roasted Turkey, Black Forest Ham, lettuce, spinach tomatoes, cucumbers, green peppers, black olives, red onions.

Rotisserie Style Chicken	\$10.88
--------------------------	---------

Rotisserie Style Chicken, lettuce, spinach, tomatoes, cucumbers, green peppers, black olives, red onions.

Spicy Italian	\$9.38
---------------	--------

Pepperoni, Genoa Salami, Lettuce, spinach, tomatoes, cucumbers, green peppers, black olives, red onions.

Steak & Cheese	\$10.88
----------------	---------

Steak, Monterey cheddar, lettuce, spinach, tomatoes, cucumbers, green peppers, black olives, red onions.

Sweet Onion Chicken Teriyaki	\$10.88
------------------------------	---------

Grilled Chicken, lettuce, spinach, tomatoes, cucumbers, green peppers, black olives, red onions, Sweet Onion Teriyaki.

B.L.T.	\$9.67
--------	--------

The classic B.L.T. in a bowl. It's that simple, you can add your favorite veggies too.

Subway Series

A NEW menu of 12 irresistible subs. Order by number and leave the rest to us.

#1 Philly	
<i>The classic cheesesteak stacked with juicy steak and double helping of provolone on toasted Artisan Italian bread and topped with green peppers, red onions and mayo.</i>	
The Philly 6"	\$8.46
The Philly 12"	\$12.09
The Philly Pro	\$15.13

<i>Dbl Protein</i>	
#2 The Outlaw	
<i>Served on Toasted Artisan Italian bread, steak, Pepper Jack cheese, green peppers, red onion, Baja Chipotle</i>	
The Outlaw 6"	\$8.46
The Outlaw 12"	\$12.09
The Outlaw Footlong Pro	\$15.13

<i>Dbl Protein</i>	
#3 The Monster	
<i>Served on toasted Artisan Italian bread, steak, 2x Monterey cheddar, green peppers, red onions, peppercorn ranch</i>	
The Monster 6"	\$10.88
The Monster 12"	\$14.51
The Monster 12" Pro	\$17.55

<i>Dbl protein</i>	
The Italianos	
#4 Supreme Meats 6"	\$8.46
<i>Black forest Ham, Genoa salami, pepperoni, Capicola on fresh baked Italian Artisan Bread with Provolone cheese, lettuce, tomatoes, red onions and banana peppers...all topped off with our MVP Parmesan Vinaigrette.</i>	
Supreme meats #4 12"	\$12.09
Supreme Meats #4 12" Pro	\$15.13

Toasted

Sides

Chips	\$1.82
<i>Lays Classic, Sun Chips Harvest Cheddar, Miss Vickie's Jalapeno, Doritos Nacho Cheese, Baked Lay's Original</i>	
Cookies	\$0.85
<i>Chocolate Chip, White Chip Macadamia Nut, Oatmeal Raisin, Raspberry Cheesecake</i>	

WARNING:

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness, especially if you have certain medical conditions.

Consumer Advisory:

Some items contain peanuts or allergic ingredients. If you are allergic to some types of food, please ask server before ordering the food menu.

Teriyaki	
<i>Teriyaki Glazed chicken strips topped with our own sweet onion sauce. Our chicken strips all white meat with seasoning and marinade, raised without antibiotics. With taste so big you won't believe it has less than 6g of fat.</i>	
12" Sweet Onion Chicken Teriyaki	\$8.46
Footlong Pro Sweet Onion Chicken Teriyaki Footlong	\$13.90
<i>Dbl Protein</i>	
6" Veggie Delite	\$6.04
<i>Crispy, crunchy and classically delicious is tangible proof that a sandwich can be high in flavor without being high in fat. Try a delicious combination of lettuce, tomatoes, green peppers, cucumbers and onions with your choice of fat-free condiments on freshly baked bread.</i>	
12" Veggie Delite	\$8.46

<i>Dbl Protein</i>	
#5 Bella Mozza 6"	\$8.46
<i>Lotsa meat and lotsa mozzarella make this special. Thin Sliced Black Forest ham, Capicola, BelGiosio Fresh Mozzarella, on Artisan Italian bread. Topped with spinach, tomatoes, red onions, and banana peppers and drizzled with our tangy MVP Vinagrette.</i>	
Bella Mozza 12"	\$12.09
Footlong pro Bella Mozza	\$15.13
<i>Dbl protein</i>	
#6 The Boss 6"	\$8.46
<i>The Mother of Meatball Subs. Juicy meatballs drenched in marinara sauce with slices of pepperoni and BelGiosio Fresh Mozzarella. Sprinkled with parmesan and served on toasted Italian Herbs and cheese bread.</i>	
The Boss 12"	\$12.09
The Boss Footlong Pro	\$15.13

Chicken

#7 The MexiCali 6"	\$9.08
<i>Head for the South with juicy rotisserie-style chicken, smashed avocado, double pepper Jack cheese, lettuce, tomatoes, and red onions topped with our smoky Baja Chipotle sauce and served on toasted Artisan Italian bread.</i>	
The MexiCali 12"	\$12.71
The MexiCali Footlong pro	\$15.72
<i>Dbl protein</i>	
#8 The Great Garlic 6"	\$8.46
<i>Our NEW creamy garlic sauce is the secret to this sub. We pile juicy rotisserie-style chicken, crispy bacon, provolone, lettuce, tomatoes and red onions served on toasted Artisan Italian bread... all topped off with our NEW creamy Roated garlic Aioli sauce.</i>	
The Great Garlic 12"	\$12.09
The Great Garlic Footlong Pro	\$15.13
<i>Dbl Protein</i>	
#9 The Champ 6"	\$7.87
<i>Tender hand-pulled rotisseries-style chicken, a double helping of Monterey cheddar, green peppers, red onions. Topped off with creamy Peppercorn Ranch and served on Artisan Italian bread.</i>	
The Champ 12"	\$11.50
The Champ Footlong Pro	\$14.51
<i>Dbl protein</i>	

Clubs

#10 All American Club 6"	
<i>The American classic. Oven roasted turkey, Black Forest ham, crisp bacon, and American cheese with lettuce, tomatoes, red onion, and mayo. Served on Artisan Italian bread.</i>	
All American 12"	\$10.88
All American Footlong pro	\$13.92
<i>Dbl protein</i>	
#11 6" Subway Club	\$7.87
<i>Oven roasted Turkey, Black Forest ham, USDA choice Roast Beef, provolone cheese piled high on Hearty Multigrain</i>	
12 " Subway Club	\$11.50
Subway Club Footlong pro	\$14.51
<i>Dbl Protein</i>	
#12 Turkey Cali Club 6"	\$10.88
<i>Eat Fresh california style. Oven roasted turkey, crisp bacon, BelGiosioso fresh Mozzarella, and smashed Hass avocado. Topped with</i>	

*spinach, tomatoes, red onions and
mayo, served toasted on Hearty
Multigrain bread.*

Turkey Cali Club 12" \$14.51

Turkey Cali Club Footlong Pro \$17.55
Dbl protein