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Mr. Sub (CA)

Menu Prices — October 23, 2026

Mr. Sub (CA) menu with prices in Canada, updated January 2026: 125 items across 14 categories, prices from $1.31 to $22.25.

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Mr. Sub (CA) Menu with Prices (Canada)

Mr. Sub (CA) menu with prices in Canada, updated January 2026: 125 items across 14 categories, prices from $1.31 to $22.25. Prices are collected by PriceListo and may vary by location. See the latest prices online at ca.pricelisto.com/menu-prices/mr-sub-ca

Menu categories: FEATURED · PREMIUM SUBS · SIGNATURE SUBS · PROTEIN PACKED SUBS · SELECT SUBS · CLASSIC SUBS · MIGHTY MEATLESS SUBS · SPECIALTY WRAPS · SMALL COMBOS · LARGE COMBOS · ON THE SIDE · ENTRÉE SALADS · KIDS' MEAL · THIRST QUENCHERS

FEATURED

ITEM	PRICE
68 Sub Sauce 68 Sub Sauce	**$6.99**

PREMIUM SUBS

ITEM	PRICE
Large Steak and Cheese Sub How do you take your steak? (640 Cals)	**$13.76**
Large Ultimate Club Sub Calling all meat lovers! Sliced RWA turkey, RWA ham, succulent roast beef, crispy bacon, cheddar cheese, lettuce, tomato...	**$13.76**
Large Louisiana Pepper Chicken Sub Wrap your taste buds around this pepper seasoned chicken. (720 Cals)	**$13.76**
Small Steak and Cheese Sub How do you take your steak? (320 Cals)	**$9.84**
Small Ultimate Club Sub Tranches fines de dinde et de jambon, savoureux rôti de bœuf, bacon croustillant, cheddar fondant, laitue croquante, tom...	**$9.84**
Small Louisiana Pepper Chicken Sub Doux morceaux de poulet assaisonnés au poivre nichés dans un pain sub. (360 Cal)	**$9.84**

SIGNATURE SUBS

ITEM	PRICE
Large Canadian Club Sub Un grand sous-marin garni de bacon croustillant, de dinde et de jambon issus de pratiques agricoles responsables. (780 C...	**$13.54**
Large Grilled Chicken Sub This sub is made with all-white-meat grilled chicken strips sourced from Canadian farms. (620 Cals)...	**$13.20**
Large Buffalo Chicken Sub Buffalo Chicken Sub	**$13.20**
Large Spicy Breaded Chicken Sub Sink your teeth into crispy spicy breaded chicken breast. (880 Cals)	**$13.54**
Large Chicken Parm Sub Une touche italienne authentique : morceaux de poulet pané, nappés d'une sauce marinara, garnis de fromage parmesan fond...	**$13.54**
Small Spicy Breaded Chicken Sub Sink your teeth into crispy spicy breaded chicken breast. (440 Cals)...	**$9.73**
Small Canadian Club Sub Feast on this sub made with crispy bacon, sliced RWA turkey and RWA ham. (390 Cals)...	**$9.73**
Large Breaded Chicken Sub Crispy breaded chicken breast with your choice of toppings	**$13.54**

ITEM	PRICE
Small Grilled Chicken Sub Fines tranches de poulet blanc grillé, provenant directement des fermes canadiennes, garnissent délicieusement ce petit...	**$9.51**
Small Chicken Parm Sub Une touche italienne en format réduit! Poulet pané nappé de sauce marinara, agrémenté de fromage parmesan fondu, d'oigno...	**$9.73**
Small Buffalo Chicken Sub Buffalo Chicken Sub	**$9.51**
Small Breaded Chicken Sub Crispy breaded chicken breast with your choice of toppings	**$9.73**

PROTEIN PACKED SUBS

ITEM	PRICE
Large Turkey Sub A healthy helping of sliced RWA turkey. All the pleasure without the guilt. (580 Cals)...	**$12.08**
Large Seafood Sub Dive into this sub filled with a delicious crab and light mayo mixture. (700 Cals)...	**$12.08**
Small Turkey Sub Tranches de dinde RWA finement coupées, servies sur un pain frais, pour un déjeuner léger et savoureux. (290 Cals)	**$8.39**
Large Roast Beef and Cheddar Sub (660 Cals)	**$12.53**
Large BLT Sub Bacon, lettuce and tomato and light mayo (680 Cals)	**$12.08**
Small Seafood Sub Dive into this sub filled with a delicious crab and light mayo mixture. (350 Cals)...	**$8.39**
Large Albacore Tuna Sub Un pain fraîchement cuit rempli de thon albacore mélangé à une onctueuse mayonnaise. Nourrissant et rempli de saveurs ma...	**$12.08**
Small BLT Sub Bacon, lettuce and tomato and light mayo (350 Cals)	**$8.39**
Small Roast Beef and Cheddar Sub (330 Cals)	**$8.95**
Small Albacore Tuna Sub Always a tasty choice, MR.SUB’s albacore tuna is mixed with mayonnaise. (320 Cals)...	**$8.39**

SELECT SUBS

ITEM	PRICE
Large Meatball Sub Meatballs, Mr. Sub cheese covered in marinara sauce (900 Cals)	**$11.08**
Small Meatball Sub Meatballs, Mr. Sub cheese covered in marinara sauce (450 Cals)	**$8.16**
Large Smoked Meat Sub Un généreux sous-marin à la montréalaise garni de viande fumée savoureuse.	**$12.53**
Small Smoked Meat Sub A delicious Montreal-style sub loaded with smoked meat. (340 Cals)	**$8.95**
Small Double Stacked Smoked Meat Sub A delicious Montreal-style sub loaded with smoked meat. (420 Cals)	**$12.29**
Large Double Stacked Smoked Meat Sub A delicious Montreal-style sub loaded with smoked meat. (840 Cals)	**$18.45**

CLASSIC SUBS

ITEM	PRICE
Large RWA - Assorted Sub Salami savoureux, jambon tendre et viande de charcuterie bien placée, avec des viandes élevées sans antibiotiques qui re...	**$10.63**
Large Pizza Sub Savourez les saveurs de la pizza réunies dans un sous-marin! Garnie de salami RWA, nappée de sauce tomate, et généreusem...	**$10.52**
Small RWA - Assorted Sub Une création classique qui remonte à 1968, avec des viandes sans antibiotiques. Cette petite sous-marin réunissant salam...	**$7.16**
Large Veggie and Cheese Sub A healthier option. Feel free to add any other veggies to fill it up. Served with two slices of cheese. (560 Cals)...	**$10.29**
Large Ham Sub RWA ham layered with cheese, fresh lettuce and tomatoes, then drizzled with your choice of sauce. (600 Cals)...	**$10.52**
Small Ham Sub RWA ham layered with cheese, fresh lettuce and tomatoes, then drizzled with your choice of sauce. (300 Cals)...	**$7.16**
Small Pizza Sub All the taste of pizza, on a sub! Served with RWA salami, pizza sauce and double Mr. Sub cheese (350 Cals)...	**$7.16**
Large Italian Salami Sub Italian Salami meat with your choice of toppings. (680 cals)	**$10.52**
Small Veggie and Cheese Sub A healthier option. Feel free to add any other veggies to fill it up. Served with two slices of cheese. (280 Cals)...	**$6.82**
Small Italian Salami Sub Italian Salami meat with your choice of toppings. (340 Cals)	**$7.16**

MIGHTY MEATLESS SUBS

ITEM	PRICE
Large Gardein Meatless Meatball Sub Trois boulettes sans viande Gardein nappées de sauce marinara et garnies du fromage signature Mr. Sub.	**$12.87**
Large Tex-Mex Black Bean Sub Un pain garni de morceaux de haricots noirs épicés, agrémenté de votre sélection de fromage et de garnitures. (1050 Cals...	**$12.87**
Small Gardein Meatless Meatball Sub Une bouchée savoureuse avec trois boulettes sans viande, accompagnées du fromage emblématique de Mr. Sub et nappées d'un...	**$9.17**
Small Tex-Mex Black Bean Sub Packed with flavours from spicy black bean bites and topped with your choice of cheese and toppings. (520 Cals)...	**$9.17**

SPECIALTY WRAPS

ITEM	PRICE
Chipotle Turkey and Bacon Wrap A delicious blend of RWA turkey and bacon, french fried onions in chipotle sauce...	**$10.18**
South West Thai Chicken Wrap You've never had a wrap like this! All-white-meat and Canadian farm-raised grilled chicken strips, lettuce, french fried...	**$10.18**
Peppery Chicken Caesar Wrap Poulet assaisonné au poivre, accompagné de laitue croquante, d'oignons frits à la française et de parmesan.	**$10.52**

SMALL COMBOS

ITEM	PRICE

Small Ultimate Club Sub Combo **$13.64**
Small Ultimate Club Sub Combo

Small Turkey Sub Combo **$12.19**
Small Turkey Sub Combo

Small Spicy Breaded Chicken Sub Combo **$13.53**
Small Spicy Breaded Chicken Sub Combo

Small BLT Sub Combo **$12.19**
Small BLT Sub Combo

Small Canadian Club Sub Combo **$13.53**
Small Canadian Club Sub Combo

Small Ham Sub Combo **$10.96**
Small Ham Sub Combo

Small Steak and Cheese Sub Combo **$13.64**
Small Steak & Cheese Sub Combo

Small Buffalo Chicken Sub Combo **$13.31**
Small Buffalo Chicken Sub Combo

Small Seafood Sub Combo **$12.19**
Small Seafood Sub Combo

Small Pizza Sub Combo **$10.96**
Small Pizza Sub Combo

Small Peppery Chicken Caesar Wrap Combo **$14.32**
Small Peppery Chicken Caesar Wrap Combo

Small Chipotle Turkey and Bacon Wrap Combo **$13.98**
Small Chipotle Turkey & Bacon Wrap Combo

Small Smoked Meat Sub Combo **$12.75**
Small Smoked Meat Sub Combo

Small Meatball Sub Combo **$11.96**
Small Meatball Sub Combo

Small Louisiana Pepper Chicken Sub Combo **$13.64**
Small Louisiana Pepper Chicken Sub Combo

Small Grilled Chicken Sub Combo **$13.31**
Small Grilled Chicken Sub Combo

Small Chicken Parm Sub Combo **$13.53**
Small Chicken Parm Sub Combo

Small Breaded Chicken Sub Combo **$13.53**
Small Breaded Chicken Sub Combo

Small Albacore Tuna Sub Combo **$12.19**
Small Albacore Tuna Sub Combo

Small Roast Beef and Cheddar Sub Combo **$12.75**
Le combo du petit sous-marin au rôti de bœuf et cheddar propose de tendres tranches de rôti de bœuf, délicatement déposé...

Small Double Stacked Smoked Meat Sub Combo **$16.09**
Small Double Stacked Smoked Meat Sub Combo...

Small RWA - Assorted Sub Combo **$10.96**
Small RWA - Assorted Sub Combo

Small Veggie and Cheese Sub Combo **$10.96**
Small Veggie & Cheese Sub Combo

Small Italian Salami Sub Combo **$10.96**
Small Italian Salami Sub Combo

Small Gardein Meatless Meatball Sub Combo $12.97
Small Gardein™ Meatless Meatball Sub Combo...

Small Tex-Mex Black Bean Sub Combo $12.97
Petit sous-marin Tex-Mex aux haricots noirs avec combo

Small South West Thai Chicken Wrap Combo $13.98
Small South West Thai Chicken Wrap Combo

LARGE COMBOS

ITEM	PRICE
Large Veggie and Cheese Sub Combo Large Veggie & Cheese Sub Combo	$14.09
Large RWA - Assorted Sub Combo Large RWA - Assorted Sub Combo	$14.43
Large Turkey Sub Combo Large Turkey Sub Combo	$15.88
Large Meatball Sub Combo Large Meatball Sub Combo	$14.88
Large Spicy Breaded Chicken Sub Combo Large Spicy Breaded Chicken Sub Combo	$17.34
Large Louisiana Pepper Chicken Sub Combo Large Louisiana Pepper Chicken Sub Combo	$17.56
Large Pizza Sub Combo Large Pizza Sub Combo	$14.32
Large Canadian Club Sub Combo Large Canadian Club Sub Combo	$17.34
Large Breaded Chicken Sub Combo Large Breaded Chicken Sub Combo	$17.34
Large Chicken Parm Sub Combo Large Chicken Parm Sub Combo	$17.34
Large Steak and Cheese Sub Combo Large Steak & Cheese Sub Combo	$17.56
Large Italian Salami Sub Combo Large Italian Salami Sub Combo	$14.32
Large BLT Sub Combo Large BLT Sub Combo	$15.88
Large Gardein Meatless Meatball Sub Combo Large Gardein™ Meatless Meatball Sub Combo	$16.67
Large Ultimate Club Sub Combo Large Ultimate Club Sub Combo	$17.56
Large Grilled Chicken Sub Combo Large Grilled Chicken Sub Combo	$17.00
Large Buffalo Chicken Sub Combo Large Buffalo Chicken Sub Combo	$17.00
Large Albacore Tuna Sub Combo Large Albacore Tuna Sub Combo	$15.88
Large Roast Beef and Cheddar Sub Combo Large Roast Beef & Cheddar Sub Combo	$16.33

ITEM	PRICE
Large Seafood Sub Combo Large Seafood Sub Combo	**$15.88**
Large Smoked Meat Sub Combo Large Smoked Meat Sub Combo	**$16.33**
Large Double Stacked Smoked Meat Sub Combo Large Double Stacked Smoked Meat Sub Combo...	**$22.25**
Large Ham Sub Combo Large Ham Sub Combo	**$14.32**
Large Tex-Mex Black Bean Sub Combo Large Tex-Mex Black Bean Sub Combo	**$16.67**

ON THE SIDE

ITEM	PRICE
Cookies (1 Cookie) MR.SUB’s cookies are freshly baked and oozing with goodness.	**$1.31**
Cookies (2 Cookies) MR.SUB’s cookies are freshly baked and oozing with goodness.	**$2.29**
Cookies (3 Cookies) Un trio de biscuits tout juste sortis du four, parfaits pour une pause sucrée.	**$2.90**
Homestyle Brownie Homestyle Brownie	**$2.63**
Pickle Spears Lances de cornichons à l'aneth croustillants. Servis par quatre pour chaque portion.	**$2.29**

ENTRÉE SALADS

ITEM	PRICE
Caesar Salad A classic blend of crisp lettuce tossed with real bacon, shredded parmesan cheese, crunchy croutons and a thick creamy h...	**$8.95**
Greek Salad A colourful medley of fresh tomatoes, cucumber, and red onions, mixed with feta cheese and sliced black olives...	**$8.05**
Garden Salad A fresh blend of crisp lettuce, onions, tomatoes, green peppers, cucumbers and shredded mozzarella and cheddar....	**$8.05**

KIDS’ MEAL

ITEM	PRICE
Assorted Sub Kids’ Meal Un pain garni emblématique comprenant salami RWA, jambon, viande froide, fromage, laitue émincée et notre sauce spéciale...	**$7.49**
Ham Sub Kids’ Meal Sliced RWA ham served in a kid-sized sub with your choice of milk and cookie....	**$7.49**
Turkey Sub Kids’ Meal Savoury RWA turkey served with your choice of milk and cookie.	**$7.49**

THIRST QUENCHERS

ITEM	PRICE

Bottled Soft Drink **$3.21**

Bottled Soft Drink

Chocolate Milk (Small) **$2.52**

Sweet and refreshing chocolate milk.

Chocolate Milk (Large) **$3.44**

Lait chocolaté doux et rafraîchissant.

Canned Pop **$2.29**

Choose from a selection of deliciously refreshing canned pop flavours.

Cool Blue Gatorade **$3.67**

Cool Blue Gatorade

Pure Leaf (Pure Leaf Lemon) **$3.55**

Pure Leaf

Pure Leaf (Pure Leaf Raspberry) **$3.55**

Pure Leaf

Dole Juice **$3.21**

Quench your thirst with a cool bottle of Dole juice.

Aquafina **$2.98**

Water – the original thirst quencher.

White Milk (Small) **$2.52**

Nutritious and delicious white milk

White Milk (Large) **$3.44**

Nutritious and delicious white milk