

Meta Description: *Do you want to know the type of cheeses available at Subway? If yes, you are in the right place. Check out this post for essential details!*

Subway Cheese Options: Here are the Cheeses Currently Available

People's love for delicious, tasty, and creamy cheese is a consistently flourishing affair. Cheese is a rich source of protein and calcium that strengthen your body's musculoskeletal structures and reduce the risk of chronic health conditions, such as hypertension and blood clotting.

So, the never-ending affair with cheese makes it a staple food item. You can eat cheese in numerous ways: melted, sliced, grated, crumbled, baked, and even grilled. Subway is the most popular fast-food establishment worldwide, and its cheeses make perfect, one-of-a-kind sandwiches.

In addition to sandwiches, you can add cheese to various items. For instance, shredded feta cheese is a perfect topping option for fresh and delicious salads. Likewise, Subway's cheddar cheese is an excellent addition to freshly baked cookies. Today's article will discuss the type of cheeses available at Subway.

Mozzarella Cheese

Subway's mozzarella cheese is a delicious and nutritious option, containing 40 calories with 3.0 grams of fat and 0.0 grams of carbohydrates. Not only do people love mozzarella for its flavor, but they also praise this cheese for its versatility.

Mozzarella cheese is a common ingredient in various Subway sandwiches. However, it is also a must-have for Italian foods, including pizzas. Mozzarella has a smooth and silky texture with a sweet and creamy flavor.

Bear in mind that this light cheese has a sour aftertaste. Yet, it is an excellent option for consumers to make their sandwiches more moistened and flavorful.

American Cheese

Do you love Subway sandwiches? If yes, American cheese is the best option to fit the bill. It is famous for its creamy, rich texture and mild flavor, making it an ideal complement to other ingredients on sandwiches like:

- Sweet Onion Teriyaki
- Steak and Cheese
- Meatball Marinara
- Etc.

So, if you want to eat a sandwich that satisfies your taste buds and fulfills your cheese cravings, look no further than a sandwich with American cheese. In addition, you can top the Subway melt sandwich with white American cheese.

Monterey Cheddar

Subway's Monterey is cheddar cheese with a sharper and tangier appearance than white American cheese. It contains a higher fat content than American cheese due to its making from whole milk. You can find Monterey cheese in various Subway locations.

The white, light cheddar has a mild buttery flavor with a slight tang. The melting process makes this cheese even creamier and a perfect accompaniment to Subway's turkey sandwiches. The good news is that you can add this cheese to other menu items to achieve a subtle flavor.

Pepper Jack Cheese

Pepper Jack cheese, also called provolone, is an Italian cheese with a mild to moderate flavor and sweet taste. Provolone melts quickly, producing a creamier and smoother texture. So, we recommend choosing this option if you are craving an Italian-style sandwich, panini, or pizza.

Cheddar Cheese

Cheddar is another type of cheese available at most Subway establishments. The cheddar cheese has a sharp, rich flavor, giving your sandwich a delectable taste. Like Pepper Jack cheese, cheddar cheese melts smoothly, giving your sandwich an extra kick.

Moreover, you can add cheddar cheese to any Subway menu item, mainly if you are a cheese enthusiast and want to make your sandwich a bit more flavorful. Cheddar cheese is a perfect complement to Subway grilled sandwich.

Feta Cheese

You can request Subway staff to add feta cheese to your sandwich and give it a unique taste. Remember, not all Subway establishments or franchises have feta cheese available.

So, before ordering a sandwich, ask the staff whether this type of cheese is available. Although feta cheese goes well with most sandwiches, it is a perfect garnisher for pasta, chickpeas, salads, pizzas, and eggs, thanks to its tangy touch.

How Much Does Subway Cheese Cost?

The cheese price depends on the sandwich you order at Subway. For example, if you order a sandwich or salad, you don't need to pay for the cheese because it's already included in the price.

However, the staff will charge you additional money if you request an extra cheese portion. Keep in mind that this varies from one location to another. Therefore, we suggest asking the Subway staff how much an additional cheese portion will cost!

The price of extra cheese depends on the type and quantity of the product. For instance, adding more cheese to a six-inch sub will cost between \$0.30 and \$2. Mozzarella and cheddar cheeses are less costly options than other products.

Final Words

Subway cheeses are excellent options that work well with different sandwich ingredients. Ultimately, the choice of cheese depends on your preferences, whether mozzarella, cheddar, feta, pepper jack, or American cheese. All of them are unique choices if you want to satisfy your taste buds with something a little different.