Penn Station Menu 2026: Prices, Calories & Favorites

Penn Station East Coast Subs · Updated November 2026 · kitchencentreliverpool.com

Signature Grilled Subs

Item	Price	Calories
Philly Cheesesteak (6")	$7.99	690
Philly Cheesesteak (12")	$12.99	1100
Chicken Teriyaki (6")	$8.49	620
Chicken Teriyaki (12")	$13.49	1000
Chicken Parmesan (6")	$8.29	650
Chicken Parmesan (12")	$13.29	1050
Reuben (6")	$7.99	700
Reuben (12")	$12.99	1150
Classic Grilled Italian (6")	$7.49	680
Classic Grilled Italian (12")	$12.49	1080
Chicken Cordon Bleu (6")	$8.49	630
Chicken Cordon Bleu (12")	$13.49	1020
BLT (6")	$6.99	600
BLT (12")	$11.99	950

Cold Deli Classics

Item	Price	Calories
Cold Club (6")	$7.49	650
Cold Club (12")	$12.49	1000
Turkey Provolone (6")	$7.29	480
Turkey Provolone (12")	$12.29	800
Turkey Avocado (6")	$7.79	520
Turkey Avocado (12")	$12.79	850
Turkey Bacon Ranch (6")	$7.79	540
Turkey Bacon Ranch (12")	$12.79	870
Ham & Swiss (6")	$7.29	500
Ham & Swiss (12")	$12.29	820
Classic Cold Italian (6")	$7.49	660
Classic Cold Italian (12")	$12.49	1050

Wraps

Item	Price	Calories
Grilled Dagwood Wrap	$8.29	Varies
Cheesesteak Wrap	$8.49	700
Chicken Teriyaki Wrap	$8.49	650
Classic Grilled Italian Wrap	$7.99	680
Grilled Club Wrap	$8.29	670
Cold Dagwood Wrap	$7.99	Varies
Cold Club Wrap	$7.99	650
Turkey Avocado Wrap	$8.29	520
Turkey Bacon Ranch Wrap	$8.29	540
Classic Cold Italian Wrap	$7.99	660

Fresh Salads

Item	Price	Calories
Grilled Dagwood Salad	$8.99	Varies
Cheesesteak Salad	$9.29	450
Chicken Teriyaki Salad	$9.29	430
Classic Grilled Italian Salad	$8.99	460
Grilled Club Salad	$9.29	440
Cold Dagwood Salad	$8.79	Varies
Cold Club Salad	$8.79	420
Turkey Avocado Salad	$9.29	400
Turkey Bacon Ranch Salad	$9.29	410
Cold Classic Italian Salad	$8.79	430

Monthly Specials

Item	Price	Calories
Grilled BBQ Chicken Sub (Small)	$8.99	600
Cold Veggie Delight (Small)	$7.49	480
Combo Deal (Any Small Sub + Fries + Drink)	$12.99	Varies

Sides and Extras

Item	Price	Calories
Fresh-Cut Fries (Small)	$3.99	400
Fresh-Cut Fries (Large)	$5.99	600
Cheesebread (6")	$4.29	300
Cheesebread (12")	$6.29	500
Chips	$1.99	150
Chocolate Chunk Cookie	$2.49	350
Dozen Cookie Bites	$7.99	1200

Drinks

Item	Price	Calories
Fresh-Squeezed Lemonade (Small)	$3.50	200
Fresh-Squeezed Lemonade (Large)	$4.50	300
Summer Squeeze	$3.50	180
Pepsi Products	$3.50	Varies
Unsweetened Tea	$3.50	0
1/2 Gallon Lemonade	$7.99	800
1/2 Gallon Tea	$7.99	0

Deals & Value Combos

Item	Price	Calories
Penn Pairs Deal (Small Sub + Small Fries)	$7.99	Varies
Boxed Lunch (Per Person)	$10.99 - $12.99	Varies
Sub Tray (Serves 10)	From $45.00	Varies
Party Pack (Serves 15)	$75.00	Varies
Deals for Down Syndrome Fundraiser	$5.00 (Donation)	N/A

Customer Favorites

Item	Price	Calories
Philly Cheesesteak	Juicy steak, melted provolone, grilled onions	4.9/5
Chicken Teriyaki Sub	Sweet and savory with fresh veggies	4.8/5
Turkey Provolone Sub	Lean, flavorful, and satisfying	4.7/5
Italian Sub	Loaded with pepperoni, salami, and provolone	4.8/5
Fresh-Cut Fries	Crispy, golden, and perfectly salted	4.9/5
Garden Salad	Fresh greens, customizable toppings	4.7/5
Fresh-Squeezed Lemonade	Tangy, refreshing, and made in-house	4.9/5

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.