

SUBWAY SANDWICH FORMULAS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which sandwich formula lists 15 pepperoni, 15 salami, 4 cheese?**
 - A. 6 ham, 9 pepperoni, 9 salami, 4 cheese
 - B. 3 boats chicken patty, 4 cheese
 - C. 12 bacon, 4 cheese
 - D. 15 pepperoni, 15 salami, 4 cheese
- 2. Which deli paper is used for all deluxe sandwiches?**
 - A. White deli paper
 - B. No deli paper used
 - C. Green deli paper
 - D. Blue deli paper
- 3. Which combination corresponds to the Subway Melt?**
 - A. 2 Boats of Chicken, 4 Bacon, 4 Cheese
 - B. 4 Ham, 4 Turkey, 4 Bacon, 4 Cheese
 - C. 2 Boats of Teriyaki Chicken, 4 Cheese
 - D. 4 Ham, 6 Pepperoni, 6 Salami, 4 Cheese
- 4. In a Deluxe Turkey Italiano, how many pepperoni slices are included?**
 - A. 6 pepperoni slices
 - B. 9 pepperoni slices
 - C. 9 salami slices
 - D. 4 cheese slices
- 5. Which combination corresponds to the BLT?**
 - A. 8 Bacon, 4 Cheese
 - B. 4 Ham, 4 Turkey, 4 Roast Beef, 4 Cheese
 - C. 2 Boats of Chicken, 4 Bacon, 4 Cheese
 - D. 2 Boats of Teriyaki Chicken, 4 Cheese
- 6. What comes immediately after Restock baine?**
 - A. The reachin
 - B. Clean the lobby
 - C. Restock baine
 - D. The reachin, then clean the lobby

7. Which sandwich is described as 2 egg patty and 4 cheese?
- A. Egg and Cheese
 - B. Veggie Patty
 - C. Deluxe Ham
 - D. Deluxe Meatball
8. In a Deluxe Turkey Italiano, how many turkey slices are included?
- A. 4 turkey
 - B. 8 turkey
 - C. 6 turkey
 - D. 10 turkey
9. In a standard Turkey Italiano, how many salami slices are included?
- A. 4 salami
 - B. 6 salami
 - C. 8 salami
 - D. 2 salami
10. Which option correctly lists the Tuna formula?
- A. 4 LEVEL scoops tuna, 4 cheese
 - B. 4 LEVEL scoops tuna, 2 cheese
 - C. 4 LEVEL scoops tuna, 4 cheese
 - D. 4 tuna scoops, 4 cheese

Answers

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1. D
2. C
3. B
4. B
5. A
6. A
7. A
8. C
9. B
10. C

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Explanations

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1. Which sandwich formula lists 15 pepperoni, 15 salami, 4 cheese?

- A. 6 ham, 9 pepperoni, 9 salami, 4 cheese
- B. 3 boats chicken patty, 4 cheese
- C. 12 bacon, 4 cheese
- D. 15 pepperoni, 15 salami, 4 cheese**

Matching a sandwich formula means checking that the listed ingredients and their quantities exactly fit the requested combination. Here, the required mix is 15 pepperoni, 15 salami, and 4 cheese. The correct formula is the one that shows those exact three items with those exact counts and no additional ingredients. That makes it a perfect match to the request. The other options introduce different ingredients or different quantities, so they don't satisfy the specified combination. Remember, the order of items isn't important—the key is the exact items and counts.

2. Which deli paper is used for all deluxe sandwiches?

- A. White deli paper
- B. No deli paper used
- C. Green deli paper**
- D. Blue deli paper

Color-coding deli paper by sandwich line keeps the team's workflow clear and consistent. For deluxe sandwiches, green deli paper signals that these items belong to the deluxe category, guiding how they're wrapped, labeled, and presented. That color cue helps staff quickly identify the item type, prevents mixing deluxe sandwiches with other lines, and supports efficient, accurate service. Using white, blue, or no deli paper would break this system, leading to potential mix-ups or inconsistent presentation. So green deli paper is used for all deluxe sandwiches.

3. Which combination corresponds to the Subway Melt?

- A. 2 Boats of Chicken, 4 Bacon, 4 Cheese
- B. 4 Ham, 4 Turkey, 4 Bacon, 4 Cheese**
- C. 2 Boats of Teriyaki Chicken, 4 Cheese
- D. 4 Ham, 6 Pepperoni, 6 Salami, 4 Cheese

The Subway Melt is built around ham and turkey with crispy bacon and melted cheese. So the best match is the option that lists four portions of ham, four portions of turkey, four portions of bacon, and four slices of cheese—exactly fitting that melt combination. The other options mix in different meats or omit one of the core components, so they don't fit the melt profile as well.

4. In a Deluxe Turkey Italiano, how many pepperoni slices are included?

- A. 6 pepperoni slices
- B. 9 pepperoni slices**
- C. 9 salami slices
- D. 4 cheese slices

In this sandwich, the pepperoni portion is set to a specific number to keep the Italian meats balanced and consistent across builds. For the Deluxe Turkey Italiano, pepperoni is included as part of the meat lineup, and the standard amount is 9 slices. This gives a noticeable pepperoni presence without overpowering the turkey and salami, and it distributes well so every bite has a bit of pepperoni. The other options don't fit because they refer to either a different count for pepperoni, or to a different ingredient entirely (salami vs pepperoni, or cheese).

5. Which combination corresponds to the BLT?

- A. 8 Bacon, 4 Cheese**
- B. 4 Ham, 4 Turkey, 4 Roast Beef, 4 Cheese
- C. 2 Boats of Chicken, 4 Bacon, 4 Cheese
- D. 2 Boats of Teriyaki Chicken, 4 Cheese

The concept being tested is how Subway formulas define each sandwich by a specific count of core ingredients. For the BLT, bacon is the main protein and cheese is the topping in this chart, so the standard formula uses a heavy bacon portion with a cheese layer. Eight slices of bacon plus four slices of cheese match that BLT profile, giving a bacon-forward sandwich with a balanced cheese topping. The other options mix in different meats or multiple proteins, which moves away from the BLT formula.

6. What comes immediately after Restock baine?

- A. The reachin**
- B. Clean the lobby
- C. Restock baine
- D. The reachin, then clean the lobby

The question tests how tasks are ordered in a typical prep and stocking routine. After you finish Restock bain-marie, the next logical step is to stock or check the reach-in cooler so cold ingredients are ready and accessible for the crew. This keeps the workflow moving smoothly from one station to the next without backtracking. Restocking the bain-marie again would duplicate effort, and cleaning the lobby isn't the immediate next stocking task in the sequence. The natural next action is stocking the reach-in.

7. Which sandwich is described as 2 egg patty and 4 cheese?

- A. Egg and Cheese**
- B. Veggie Patty
- C. Deluxe Ham
- D. Deluxe Meatball

Two egg patties and four slices of cheese describe a breakfast-style build centered on eggs and cheese. The Egg and Cheese matches that exactly, since its standard construction uses two egg patties plus four cheese slices. The other options rely on different primary fillings—vegetarian patty, ham, or meatballs—without the two-egg-patty arrangement. So the description points directly to the Egg and Cheese.

8. In a Deluxe Turkey Italiano, how many turkey slices are included?

- A. 4 turkey
- B. 8 turkey
- C. 6 turkey**
- D. 10 turkey

Deluxe builds focus on adding a bit more of each topping than the standard version, so the turkey amount is increased to a satisfying level without overwhelming the sandwich. For the Deluxe Turkey Italiano, the standard turkey portion is four slices, and the deluxe version adds two more, bringing it to six slices. This six-slice standard fits the idea of a heartier yet balanced sandwich, giving enough turkey to stand up to the Italian meats and toppings. Four slices would be too light for a deluxe, while eight or ten slices would be excessive for this item.

9. In a standard Turkey Italiano, how many salami slices are included?

- A. 4 salami
- B. 6 salami**
- C. 8 salami
- D. 2 salami

The main idea here is that Subway uses fixed portion sizes for every topping on each sandwich. In the Turkey Italiano, salami is one of the Italian meats included, and the amount is set so you get a distinct salami flavor and texture without letting it overpower the turkey. That established balance is what makes the correct choice—the one that aligns with the standard portioning for this item—the best answer. If the salami amount were too small, the Italian character wouldn't come through; if it were too large, the sandwich would taste heavy and unbalanced. This fixed, balanced quantity is why that option is considered correct.

10. Which option correctly lists the Tuna formula?

- A. 4 LEVEL scoops tuna, 4 cheese
- B. 4 LEVEL scoops tuna, 2 cheese
- C. 4 LEVEL scoops tuna, 4 cheese
- D. 4 tuna scoops, 4 cheese

The main idea here is using precise portions to keep every sandwich consistent. For the Tuna formula, the standard pairing is four level scoops of tuna with four slices of cheese. "Level" means the scoop is even and flush with the top, not piled, so each sandwich gets the same amount of tuna. Four slices of cheese provide the intended balance of flavor with the tuna and match the established portion standard. Other options change either the cheese amount or the way the tuna is measured, which would alter the portion and taste from the standard formula. So the combination that sticks to four level scoops of tuna and four cheese is the one that aligns with the expected Tuna formula.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://subwaysandwichformulas.examzify.com>

We wish you the very best on your exam journey. You've got this!

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