

Subs

6" 12"

Buffalo Ranch Chicken	+ \$4.79 Cal. 600	\$8.09 Cal. 1200
Chicken Caesar	- \$5.49 Cal. 555	\$8.09 Cal. 1110
Grilled Chicken	- \$4.79 Cal. 435	\$8.09 Cal. 870
Ham & Cheese	- \$4.49 Cal. 475	\$7.89 Cal. 950
Italian	+ \$5.19 Cal. 690	\$8.09 Cal. 1380
Tuna	- \$4.59 Cal. 580	\$8.09 Cal. 1155
Veggie Sub	- \$4.29 Cal. 505	\$7.69 Cal. 1005
Turkey & Cheese	- \$4.29 Cal. 460	\$7.69 Cal. 915
Roast Beef	+ \$4.79 Cal. 485	\$8.09 Cal. 915
Ham & Turkey Club	+ \$4.49 Cal. 510	\$7.89 Cal. 1015
Baja Chicken	- \$4.79 Cal. 660	\$8.09 Cal. 1320
BBQ Crispy Chicken	+ \$5.49 Cal. 545	\$8.09 Cal. 1085
Chicken Bacon Ranch	- \$4.89 Cal. 605	\$8.09 Cal. 1210
Ultimate Bacon	- \$5.19 Cal. 410	\$8.49 Cal. 980

Pizza

- 3 Toppings \$5.29 + 5 Toppings \$5.99

Step 1 Choose Your Base:

Flatbread (Cal. 260)

6" Sub Roll (Cal. 250)

Step 2 Choose A Protein:

Extra Protein + \$1.29

Grilled Chicken (Cal. 65)

Pepperoni (Cal. 60)

Crispy Chicken (Cal. 80)

Italian Sausage (Cal. 50)

Bacon (Cal. 70)

Salami (Cal. 100)

Ham (Cal. 15)

Step 3 Choose Your Veggies:

Extra Cheese + \$.99

Extra Veggies + \$.69

Tomatoes (Cal. 10)

Jalapenos (Cal. 5)

Green Peppers (Cal. 5)

Spinach (Cal. 5)

Red Onions (Cal. 5)

Black Olives (Cal. 10)

Banana Peppers (Cal. 5)

Change any sub for a wrap or flatbread

Flatbread +Cal. 80 Wrap +Cal. 80

Gluten Free Flatbread \$1.99 Cal. 150

Make it a Combo

Your choice of a side of cookies, fruit or chips & a 20 oz. fountain drink. \$2.59 Cal. 60-480

2 Cookies

\$1.29
Cal. 255

Chips

\$1.29
Cal. 140-240

Apple or Banana

\$1.29
Cal. 60-105

20 oz. Fountain Drink

\$1.99
Cal. 0-240

Based on a 2000 Calorie Diet. For additional nutritional information please ask your server.