

# Subs

**6"** **12"**

<b>Buffalo Ranch Chicken</b> +	\$4.99 Cal. 600	<b>\$8.39</b> Cal. 1200
<b>Chicken Caesar</b> -	\$5.69 Cal. 555	<b>\$8.39</b> Cal. 1110
<b>Grilled Chicken</b> -	\$4.99 Cal. 435	<b>\$8.39</b> Cal. 870
<b>Ham &amp; Cheese</b> -	\$4.69 Cal. 475	<b>\$8.19</b> Cal. 950
<b>Italian</b> +	\$5.39 Cal. 690	<b>\$8.39</b> Cal. 1380
<b>Tuna</b> -	\$4.79 Cal. 580	<b>\$8.39</b> Cal. 1155
<b>Veggie Sub</b> -	\$4.49 Cal. 505	<b>\$7.99</b> Cal. 1005
<b>Turkey &amp; Cheese</b> -	\$4.79 Cal. 460	<b>\$7.99</b> Cal. 915
<b>Roast Beef</b> +	\$4.99 Cal. 485	<b>\$8.39</b> Cal. 915
<b>Ham &amp; Turkey Club</b> +	\$4.69 Cal. 510	<b>\$8.19</b> Cal. 1015
<b>Baja Chicken</b> -	\$4.99 Cal. 660	<b>\$8.39</b> Cal. 1320
<b>BBQ Crispy Chicken</b> +	\$5.69 Cal. 545	<b>\$8.39</b> Cal. 1085
<b>Chicken Bacon Ranch</b> -	\$5.09 Cal. 605	<b>\$8.39</b> Cal. 1210
<b>Ultimate Bacon</b> -	\$5.39 Cal. 410	<b>\$8.79</b> Cal. 980

**20 oz. Fountain Drink** \$1.99  
Cal. 0-240

**Chips** \$1.39  
Cal. 140-240

**Apple or Banana** \$1.39  
Cal. 60-105

**2 Cookies** \$1.39  
Cal. 255

# Pizza

- **3** Toppings \$5.49    + **5** Toppings \$6.19

**Step 1**  
**Choose Your Base:**  
Flatbread (Cal. 260)      6" Sub Roll (Cal. 250)

**Step 2** Extra Protein + \$1.39  
**Choose A Protein:**  
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** Extra Cheese + \$1.09  
Extra Veggies + \$0.79  
**Choose Your Veggies:**  
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** \$2.19  
Cal. 150
- Gluten Free Bun** \$2.19  
Cal. 200
- Gluten Free Pizza** \$2.19  
Cal. 150

**Make it a Combo**

Your choice of a side of cookies, fruit or chips \$2.79  
& a 20 oz. fountain drink. Cal. 60-480

Serving a monthly Mindful meal **+** **-**

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