BUILD YOUR OWN SALAD

6.99 / 45 cal

first choose your base of romaine or romaine mix*, cheese, dressing, crunchies and up to 4 of your favorite veggies

ADD PROTEIN
(1.29 each)
Roasted Chicken  90 cal
Crispy Chicken   140 cal
Turkey          55 cal
Turkey Bacon    110 cal

*our romaine mix contains carrots and cucumbers

SIGNATURE SALADS

Buffalo Chicken  500 cal
crispy buffalo chicken, romaine, carrots,
red peppers, ranch or bleu cheese dressing

Chicken Caesar  640 cal
roasted chicken, parmesan, romaine,
croutons, Caesar dressing
## BUILD YOUR SUB

All subs include your choice of fresh veggies.

### SUBS

| Sub Name            | Calories | Price  
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Turkey</td>
<td>350 / 700 cal</td>
<td>5.69 / 7.99</td>
</tr>
<tr>
<td>Roasted Chicken</td>
<td>300 / 600 cal</td>
<td>5.69 / 7.99</td>
</tr>
<tr>
<td>Crispy Chicken</td>
<td>430 / 850 cal</td>
<td>5.69 / 7.99</td>
</tr>
<tr>
<td>Deli Club</td>
<td>700 / 1240 cal</td>
<td>5.69 / 7.99</td>
</tr>
<tr>
<td>Turkey Ham</td>
<td>290 / 580 cal</td>
<td>5.69 / 7.99</td>
</tr>
<tr>
<td>Veggie</td>
<td>330 / 660 cal</td>
<td>5.69 / 7.99</td>
</tr>
<tr>
<td>Chicken Salad</td>
<td>480 / 960 cal</td>
<td>5.69 / 7.99</td>
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</tbody>
</table>

### BREAD

- 6" or 12"
- White
- Wheat
- Wrap

### CHEESE

- Shredded Parmesan
- Provolone
- Pepper Jack
- Cheddar
- Swiss

### SAUCE

- Mayo
- Low Fat Mayo
- Southwest Mayo
- Oil & Vinegar
- Hot Sauce
- Baja Sauce
- Tomato Sauce
- Italian Dressing
- Caesar Dressing
- Ranch Dressing
- Honey Mustard

### UNDER 500 CALORIES

- LOOK FOR THIS SYMBOL ON SELECT SUBS
  - Calorie information based on 6" wheat roll with cheese, shredded lettuce, tomatoes, and onions.

### SIGNATURES

Connect to your favorites.

### EXTRAS

- ADD TURKEY BACON - DOUBLE MEAT
- DOUBLE CHEESE - DOUBLE VEGGIES

- (1.29/ 2.09 each)

#### 2.09 CONNECT YOUR COMBO

Select any side item with choice of 16 oz fountain beverage. Choices include chips, cookie or fruit.

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2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.