BUILD YOUR OWN SANDWICH

1. Bread
   - Kaiser (290 cal)
   - Wheat (280 cal)
   - Homestyle White (200 cal)
   - Seedless Rye (140 cal)
   - 6" Hoagie (200 cal)
   - 12" Wrap (290 cal)
   - Gluten Free (340 cal)

2. Protein
   - Hot, Fresh Roasted Turkey (120 cal) $7.99 / $4.59
   - Deluxe Ham (120 cal) $7.49 / $4.09
   - Genoa Salami (380 cal) $7.49 / $4.09
   - London Broil Roast Beef (140 cal) $7.99 / $4.59
   - Capicola (520 cal) $7.49 / $4.09
   - Albacore Tuna Salad (220 cal) $6.99 / $3.79
   - Red Pepper Hummus (70 cal) $6.99 / $3.79
   - Italian Mix (250 cal) $8.59 / $5.09

3. Cheese
   - American (110 cal)
   - Vermont Cheddar (110 cal)
   - Swiss (90 cal)
   - Provolone (100 cal)
   - Pepper Jack (110 cal)

4. Additions
   - Avocado (60 cal) $1.89
   - Bacon (180 cal) $2.49
   - Extra Meat (30-260 cal) $2.99
   - Extra Cheese (90-110 cal) $1.79
   - Shredded Lettuce (15 cal)
   - Tomato (3 cal)
   - Red Onion (16 cal)
   - Sweet Red Pepper (9 cal)
   - Hot Pepper (6 cal)
   - Mayonnaise (100 cal)
   - Spicy Mayonnaise (100 cal)
   - Mustard (0 cal)
   - Oil & Vinegar (144 cal)
   - Russian Dressing (100 cal)
ALL DAY BREAKFAST

SALADS-TO-GO

BAKERY

Chocolate Croissant (330 cal) $4.25
Giant Muffin (470 cal) $3.79
Black and White Cookie (470 cal) $2.99
Donut (240 cal) $1.29

COFFEE

SUN COFFEE ROASTERS Drip Coffee (0 cal) 12oz. / 16oz. / 20oz.
$1.89 / $2.09 / $2.29
Sustainable Fair Trade

AVAILABLE AFTER 11:00AM

SOUP & 1/2 SANDWICH (sliced bread or roll only) [210-805 cal] $8.09

SOUP DU JOUR [60-640 cal] 12oz./16oz.
$4.99 / $6.39

MACARONI & CHEESE [600-800 cal] 12oz./16oz.
$4.59 / $5.79

Bagel (260–420 cal) $1.59
Bagel w/ Cream Cheese (160–440 cal) $2.99
Egg & Cheese Bagel (430 cal) $3.99
Bacon, Egg & Cheese Bagel (530 cal) $4.59
Sausage, Egg & Cheese Bagel (630 cal) $4.59

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL INFORMATION IS AVAILABLE UPON REQUEST.