



Fresh Fit Subs

Rotisserie-Style Chicken

6" 4.95 | 350 Cal
Footlong 7.95
690 Cal



Carved Turkey

6" 4.95 | 330 Cal Footlong 7.95 | 670 Cal

Roast Beef

6" 4.95 | 320 Cal Footlong 7.95 | 630 Cal

Subway Club

6" 4.95 | 310 Cal Footlong 7.95 | 630 Cal

Oven Roasted Chicken

6" 4.50 | 320 Cal Footlong 6.95 | 640 Cal

Turkey Breast

6" 4.50 | 280 Cal Footlong 6.95 | 560 Cal

Black Forest Ham

6" 3.95 | 290 Cal Footlong 5.95 | 570 Cal

Veggie Delite

6" 3.75 | 230 Cal
Footlong 5.75
460 Cal



Local Favorites

Veggie Patty

6" 4.75 | 390 Cal
Footlong 7.50
780 Cal



Subway Melt

6" 4.95 410 Cal/Footlong 7.95 | 810 Cal

B.L.T.

6" 4.50 380 Cal/Footlong 6.75 | 770 Cal

Chopped Salads

Make any 6" Sub a Salad

Deduct 170 Cal per 6" sub
Salad dressing 0-220 Cal
ADD 1.75



Kids Meal 4.75

Includes mini sub on 9-grain wheat with apples & low-fat white milk OR Organic Honest Kids*

Black Forest Ham 320 Cal
Turkey Breast 320 Cal
Roast Beef 340 Cal
Veggie Delite 290 Cal

*deduct 60 Cal with juice drink



Signature Subs



Chicken & Bacon Ranch Melt

6" 4.95 | 610 Cal
Footlong 7.95 | 1210 Cal



Steak & Cheese

6" 4.95 | 380 Cal
Footlong 7.95 | 760 Cal



Sweet Onion Chicken Teriyaki

6" 4.95 | 370 Cal
Footlong 7.95 | 730 Cal



Italian B.M.T.

6" 4.50 | 410 Cal
Footlong 6.95 | 810 Cal



Tuna

6" 4.50 | 480 Cal
Footlong 6.95 | 960 Cal



Cold Cut Combo

6" 3.75 | 360 Cal
Footlong 5.75 | 710 Cal



Meatball Marinara

6" 3.75 | 480 Cal
Footlong 5.75 | 970 Cal



Spicy Italian

6" 3.95 | 480 Cal
Footlong 5.75 | 960 Cal

Meal Deal +2.75 to sub price

21 oz. Drink + Apples
OR 2 Cookies OR Chips
Swap any drink size
and pay the difference



Sides

Apple Slices

1.50 | 35 Cal

Chips

1.29 | 130-340 Cal

Cookies

.65 | 190-230 Cal

Soup

3.00 | 140-350 C

Chili

3.25 | 350 Cal

Muffin

1.75 | 400-510 Cal

Brownie

1.75 | 370 Cal

Drinks

Bottled 1.99 | 0-300 Cal

Milk 1.89 | 100-170 Cal

Juice Box 1.99 | 100 Cal

Fountain

21 oz. 1.89 | 0-320 Cal

30 oz. 2.09 | 0-460 Cal

40 oz. 2.49 | 0-620 Cal





Breakfast

Egg or Egg White 6" 3.75 | Footlong 6.00

**deduct 40 Cal per 6" sub for egg white



Egg and Cheese
320 | 730 Cal**



Bacon, Egg and Cheese
440 | 890 Cal**



Black Forest Ham, Egg and Cheese
390 | 780 Cal**



Steak, Egg and Cheese
430 | 860 Cal**

Hash Browns
1.25 | 210 Cal



HOT BEVERAGES 16 oz.

Fresh Brewed Coffee 1.99

Caffe Latte 3.50

Caffe Mocha 4.00

White Chocolate Mocha 4.00

Caramel Macchiato 4.00

Hot Tea 1.95

Hot Chocolate 3.00

Add Espresso Shot .70

Add Syrup .70



COLD BEVERAGES 16 oz.

Iced Coffee 1.99

Caffe Latte 3.25

Caffe Mocha 3.75

White Chocolate Mocha 3.75

Caramel Macchiato 3.75

Coffee Blended Latte/Mocha 4.60

Fruit Flavored Blended Mango, Raspberry 4.60