














BUILD YOUR SUB

All subs include your choice of fresh veggies.









SUBS

	6" Calories	6" Price	12" Price
  Veggie	330	4.29	6.29
 Ham	300	4.39	6.99
 Chicken Salad	480	4.59	7.19
Tuna Salad	570	4.59	7.19
 Turkey	350	4.99	7.59
Meatball	760	4.59	7.19
 Roasted Chicken	260	5.29	8.09
 Roast Beef	370	5.29	8.09
 Crispy Chicken	280	5.49	8.39
Italian	540	5.29	8.29
Deli Club	570	5.29	8.29














BREAD

	Calories
 White	205
 Wheat	210
 Cheddar	210
 Garlic Parm	235
 Flatbread	235

CHEESE

	Calories
  American	50
  Parmesan	20
  Provolone	75
  Pepper Jack	55
  Swiss	55

SAUCE

	Calories
  BBQ	40
Hot Sauce	5
 Ranch	90
  Baja Sauce	90
 Caesar	130
  Mayo	100
  Light Mayo	45
   Oil & Vinegar	90
   Salsa	10
   Spicy Brown Mustard	20
  Honey Mustard	80
   Yellow Mustard	10

EXTRAS

	Calories	6" Price	12" Price
Bacon	110	.89	1.89
Cheese	20 - 75	.79	1.59
Meat	55 - 430	1.79	2.99

 = limited time special



UNDER 500 CALORIES
LOOK FOR THIS SYMBOL ON SELECT SUBS

Calorie information is based on 6" white or wheat sub roll, American cheese, without dressing unless specified.



BUILD YOUR OWN SALAD

\$5.69  

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

ADD PROTEIN 

\$2.19 each

*our romaine mix contains carrots and cucumbers



SIGNATURE SALADS

Buffalo Chicken

crispy buffalo chicken, romaine, carrots,
red peppers, ranch or bleu cheese dressing

\$6.49

Chicken Caesar

roasted chicken, parmesan, romaine,
croutons, Caesar dressing




SIGNATURES

Connect to your favorites.

Buffalo Ranch Chicken **550 cal** 5.49 / 8.39
buffalo crispy chicken, provolone, hot sauce, ranch dressing, lettuce, onion, tomato

Baja Chicken **510 cal** 5.29 / 8.09
roasted chicken breast, pepper jack, chipotle seasoning, lettuce, onion, tomato, Baja sauce

 **Chicken Caesar** **370 cal** 5.29 / 8.09
roasted chicken breast, romaine, parmesan, Caesar dressing

 **Chicken Fajita** **420 cal** 5.29 / 8.09
roasted chicken breast, pepper jack, fajita seasoning, lettuce, onion, tomato, salsa



Starting at
3.30

CONNECT YOUR COMBO

Select any side item with fountain beverage. Sides include soup, chips, cookies, yogurt or fruit.

BEVERAGES


Fountain Drinks 2.29 / 2.49

Bottled Water 1.75

Bottled Beverage 1.89 / 1.99 / 2.99

SIDES

Chips 1.29

   **Fruit** 1.29

Yogurt 1.29

Cookie 1.99

Soup 2.99



UNDER 500 CALORIES

LOOK FOR THIS SYMBOL ON SELECT SUBS

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ESOS