## BUILD YOUR SUB

All subs include your choice of fresh veggies.

### SUBS

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Veggie</td>
<td>330 / 660 cal</td>
<td>5.09 / 8.29</td>
</tr>
<tr>
<td>Turkey</td>
<td>350 / 690 cal</td>
<td>5.09 / 8.49</td>
</tr>
<tr>
<td>Roasted Chicken</td>
<td>380 / 760 cal</td>
<td>5.49 / 8.99</td>
</tr>
<tr>
<td>Deli Club</td>
<td>620 / 1240 cal</td>
<td>5.29 / 8.79</td>
</tr>
</tbody>
</table>

### BREAD

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td></td>
</tr>
<tr>
<td>Wheat</td>
<td></td>
</tr>
</tbody>
</table>

### CHEESE

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>American</td>
<td></td>
</tr>
<tr>
<td>Shredded Parmesan</td>
<td></td>
</tr>
<tr>
<td>Provolone</td>
<td></td>
</tr>
<tr>
<td>Pepper Jack</td>
<td></td>
</tr>
<tr>
<td>Cheddar</td>
<td></td>
</tr>
<tr>
<td>Swiss</td>
<td></td>
</tr>
</tbody>
</table>

### SAUCE

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

### UNDER 500 CALORIES

Look for this symbol on select subs.

Calorie information is based on 6” wheat roll with cheese, shredded lettuce, tomatoes, and onions.

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

Connect to your favorites.

Buffalo Ranch Chicken
5.29 / 8.79   550 / 1110 cal
buffalo crispy chicken, provolone, hot sauce, ranch dressing, lettuce, onion, tomato

Baja Chicken
5.69 / 9.29   510 / 1020 cal
roasted chicken breast, pepper jack, chipotle seasoning, lettuce, onion, tomato, Baja sauce

Chicken Caesar
5.39 / 8.79   400 / 800 cal
roasted chicken breast, romaine, parmesan, Caesar dressing

BBQ Crispy Chicken
5.29 / 8.79   585 / 1170 cal
crispy chicken, cheddar cheese, BBQ sauce, lettuce, onion, tomato

SALADS

Build Your Own Salad
6.79   45 cal

Buffalo Chicken Salad
7.29   500 cal
crispy buffalo chicken, romaine, carrots, red peppers, ranch or bleu cheese dressing

Chicken Caesar Salad
7.29   640 cal
roasted chicken, parmesan, romaine, croutons, Caesar dressing

Add Protein
.79 Roasted Chicken 90 cal
Crispy Chicken 140 cal
Bacon 110 cal