



BUILD YOUR SUB

All subs include your choice of fresh veggies.

SUBS

	6" or 12"	
Turkey 	\$5.59	350 cal / \$8.29 690 cal
Roasted Chicken 	\$4.99	300 cal / \$7.99 600 cal
Crispy Chicken 	\$5.39	430 cal / \$8.49 870 cal
Meatball	\$4.99	480 cal / \$7.69 960 cal
Ham 	\$4.49	290 cal / \$7.29 750 cal
Veggie 	\$4.29	330 cal / \$6.99 650 cal
Tuna Salad	\$5.49	570 cal / \$7.99 1130 cal

BREAD

White
Wheat
Specialty Flavor
Flatbread
Wrap (6" size only)

CHEESE

American
Shredded Parmesan
Provolone
Pepper Jack
Swiss

SAUCE

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

EXTRAS

(\$1.29 / \$2.29 each)
ADD BACON - DOUBLE MEAT
DOUBLE CHEESE - DOUBLE VEGGIES

\$2.99

CONNECT YOUR COMBO

Select any side item with choice of fountain beverage, bottle water or juice.
Choices include chips, cookie or fruit.

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



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

\$5.99 / 45 cal

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

*our romaine mix contains carrots and cucumbers.

ADD PROTEIN

(\$1.29 each)

Roasted Chicken	90 cal
Crispy Chicken	140 cal
Turkey	55 cal
Bacon	110 cal



SIDES

Chips	\$1.39
Fruit	\$1.09
Cookie	\$.69



BEVERAGES

Fountain Drink	\$1.99 22 oz
	\$2.89 32 oz
Bottled Water	\$1.59



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