







BUILD YOUR SUB

All subs include your choice of fresh veggies.

SUBS

6" or 12"

Turkey 	4.87 350 cal / 7.54 690 cal
Roasted Chicken 	5.39 300 cal / 8.07 600 cal
Crispy Chicken 	5.39 430 cal / 8.91 870 cal
Deli Club turkey, ham & bacon	5.39 700 cal / 8.91 1400 cal
Ham 	4.82 290 cal / 7.54 750 cal
Veggie 	4.55 330 cal / 6.50 650 cal
Italian 	5.39 480 cal / 8.91 690 cal
Tuna Salad	4.87 570 cal / 7.54 1130 cal

BREAD

White

Wheat

Specialty Flavor

Wrap (6" size only)
add 0.51

CHEESE

American

Shredded Parmesan

Provolone

Pepper Jack

Cheddar

Swiss

SAUCE

Mayo

Low Fat Mayo

Oil & Vinegar

Hot Sauce

Baja Sauce

Tomato Sauce

Caesar Dressing

Ranch Dressing

Honey Mustard

EXTRAS

(1.73/ 2.04 each)

ADD BACON - DOUBLE MEAT
DOUBLE CHEESE - DOUBLE VEGGIES

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.

2.19 CONNECT YOUR COMBO

Select any side item with choice of fountain beverage or bottled water. 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.

SIGNATURES

Connect to your favorites.



Buffalo Ranch Chicken

5.39 550 cal / 8.91 1110 cal

buffalo crispy chicken, provolone, hot sauce, ranch dressing, lettuce, onion, tomato

Baja Chicken

5.39 510 cal / 8.91 1020 cal

roasted chicken breast, pepper jack, chipotle seasoning, lettuce, onion, tomato, Baja sauce

Chicken Caesar

5.39 370 cal / 8.91 740 cal

roasted chicken breast, romaine, parmesan, Caesar dressing

Chicken Parmesan

5.39 530 cal / 8.91 1050 cal

crispy chicken, provolone, tomato sauce

BUILD YOUR OWN SALAD

5.29/45 cal

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



ADD PROTEIN

(1.73 each)

Roasted Chicken 90 cal

Crispy Chicken 140 cal

Turkey 55 cal

Bacon 110 cal



*our romaine mix contains carrots and cucumbers

SIGNATURE SALADS

7.02

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

Chicken Caesar/640 cal
roasted chicken, parmesan, romaine, croutons, Caesar dressing

BEVERAGES

Fountain Drinks	2.31 / 2.57
Bottled Water	2.05

SIDES

Chips	1.26	Cookie	1.68
Fruit	1.11	Soup	2.72 / 3.24