### BUILD YOUR SUB

All subs include your choice of fresh veggies.

#### Signature Subs

Connect to your favorites.

#### Subs

<table>
<thead>
<tr>
<th>Sub</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey</td>
<td>$5.39</td>
<td>350 cal</td>
</tr>
<tr>
<td>Roasted Chicken</td>
<td>$5.39</td>
<td>300 cal</td>
</tr>
<tr>
<td>Crispy Chicken</td>
<td>$5.39</td>
<td>430 cal</td>
</tr>
<tr>
<td>Deli Club</td>
<td>$5.49</td>
<td>700 cal</td>
</tr>
<tr>
<td>Turkey Ham</td>
<td>$5.19</td>
<td>290 cal</td>
</tr>
<tr>
<td>Veggie</td>
<td>$4.99</td>
<td>330 cal</td>
</tr>
<tr>
<td>Tuna Salad</td>
<td>$5.19</td>
<td>570 cal</td>
</tr>
<tr>
<td>Chicken Salad</td>
<td>$5.19</td>
<td>350 cal</td>
</tr>
</tbody>
</table>

#### Breads

- White
- Wheat

#### Cheeses

- American
- Shredded Parmesan
- Provolone
- Pepper Jack
- Cheddar
- Swiss

#### Sauces

- Mayo
- Low Fat Mayo
- Southwest mayo
- Oil & Vinegar
- Hot Sauce
- Baja Sauce
- Tomato Sauce
- Italian Dressing
- Caesar Dressing
- Ranch Dressing
- Honey Mustard

#### Extras

- ADD TURKEY BACON - DOUBLE MEAT:
- DOUBLE CHEESE - DOUBLE VEGGIES

- 1.19 each

### 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.

### 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.

### Signature Subs

- **Buffalo Ranch Chicken**
  - 5.49 550 cal / 7.59 1110 cal
  - buffalo crispy chicken, provolone, hot sauce, ranch dressing, lettuce, onion, tomato

- **Baja Chicken**
  - 5.49 510 cal / 7.59 1020 cal
  - roasted chicken breast, pepper jack, chipotle seasoning, lettuce, onion, tomato, Baja sauce

- **Chicken Caesar**
  - 5.49 370 cal / 7.59 740 cal
  - roasted chicken breast, romaine, parmesan, Caesar dressing

- **Chicken Parmesan**
  - 5.49 530 cal / 7.59 1060 cal
  - crispy chicken, provolone, tomato sauce
BUILD YOUR OWN SALAD

6.59/45 cal

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

ADD PROTEIN
(1.19 each)

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

*our romaine mix contains carrots and cucumbers

SIGNATURE SALADS

6.49

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
<table>
<thead>
<tr>
<th>Beverages</th>
<th></th>
<th>Sides</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fountain Drinks</td>
<td>1.39 / 1.69 / 1.99</td>
<td>Cookie</td>
<td>1.29</td>
</tr>
<tr>
<td>Bottled Water</td>
<td>1.99</td>
<td>Chips</td>
<td>1.89</td>
</tr>
<tr>
<td>Bottled Beverage</td>
<td>1.99</td>
<td>Fruit Cup</td>
<td>2.99</td>
</tr>
</tbody>
</table>