## Build Your Own Sandwich

### 1. Bread
- Kaiser (290 cal)
- Wheat (280 cal)
- Multigrain (280 cal)
- No Seed Rye (140 cal)
- 6" Hoagie (200 cal)
- 12" Wrap (290 cal)
- Gluten Free (340 cal)

### 2. Protein
- **Hot, Fresh Roasted Turkey** (120 cal) | FULL / HALF
  - $7.99 / $4.59
- **Deluxe Ham** (120 cal) |
  - $7.49 / $4.09
- **Genoa Salami** (360 cal) |
  - $7.49 / $4.09
- **London Broil Roast Beef** (140 cal) |
  - $7.99 / $4.59
- **Capicola** (520 cal) |
  - $7.49 / $4.09
- **Albacore Tuna Salad** (220 cal) |
  - $6.99 / $3.79
- **Red Pepper Hummus** (70 cal) |
  - $6.99 / $3.79
- **Italian Mix** (250 cal) |
  - $8.59 / $5.09

### 3. Cheese
- **American** (110 cal)
- **Vermont Cheddar** (110 cal)
- **Swiss** (90 cal)
- **Provolone** (100 cal)
- **Pepper Jack** (110 cal)

### 4. Additions
- **Avocado** (60 cal) | $1.89
- **Bacon** (180 cal) | $2.49
- **Extra Meat** (30-260 cal) | $2.99
- **Extra Cheese** (90-110 cal) | $1.79
- **Shredded Lettuce** (15 cal)
- **Tomato** (3 cal)
- **Red Onion** (16 cal)
- **Sweet Red Pepper** (9 cal)
- **Hot Pepper** (6 cal)
- **Mayonnaise** (100 cal)
- **Spicy Mayonnaise** (100 cal)
- **Mustard** (0 cal)
- **Oil & Vinegar** (144 cal)
- **Russian Dressing** (100 cal)
ALL DAY BREAKFAST

Bacon, Egg & Cheese Bagel [530 cal] $4.59
Sausage, Egg & Cheese Bagel [630 cal] $4.59
Bagel [80-300 cal] $1.59
Bagel w/ Cream Cheese [160-440 cal] $2.99

SOUP & 1/2 SANDWICH
(sliced bread or roll only)
SOUP DU JOUR [60-640 cal] $4.99 / $6.39
MACARONI & CHEESE [600-800 cal] $4.59 / $5.79

SALADS-TO-GO

BAKERY

Chocolate Croissant [330 cal] $4.25
Giant Muffin [470 cal] $3.79
Black and White Cookie [470 cal] $2.99
Donut [240 cal] $1.29

COFFEE

SUN COFFEE ROASTERS Drip Coffee [0 cal] $1.89 / $2.09 / $2.29

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE. BUT CALORIE NEEDS VARY. ADDITIONAL INFORMATION IS AVAILABLE UPON REQUEST.