

CREATE YOUR OWN SALAD

\$8.69

(208–938 cal)

PICK YOUR

1. Greens

2. **One Protein**

• Additional protein **\$2.99**
each (110–190 cal)

• Salmon – Friday Only (160 cal)

3. **Four Toppings**

• Additional toppings **\$.69** each

• Avocado **\$1.99** (60 cal)

• Bacon **\$2.49** (55 cal)

4. **One Cheese**

5. **One Crunch**

6. **One Dressing**

FOUNTAIN BEVERAGES

24 oz

\$2.39

(0–460 cal)

SOUPS DAILY

CHICKEN
NOODLE

BROCCOLI
CHEDDAR

FRESHLY MADE SOUP

\$6.79

16 oz (400–710 cal)

BUILD YOUR OWN

SUB

All subs include your choice of fresh veggies

MAKE IT A COMBO + \$3.19

Choose chips or fruit with a 24oz. fountain drink

CLASSIC SUBS

6" / 12"

Turkey 350 / 690 cal	5.29 / 8.39
Roasted Chicken 380 / 760 cal	5.79 / 8.79
Ham 370 / 750 cal	4.99 / 7.89
Crispy Chicken 555 / 1110 cal	5.59 / 8.49
Buffalo Chicken 550 / 1110 cal	5.59 / 8.49
Veggie 330 / 660 cal	4.99 / 7.99

FOUNTAIN BEVERAGES

24 oz

\$2.39

(0-460 cal)

BREAD

White
205 / 410 cal

Wheat
240 / 480 cal

Wrap
310 cal

Sub Roll without gluten
100 / 200 cal

CHEESE

Pepper Jack
90 / 180 cal

Cheddar
120 / 240 cal

American
70 / 140 cal

SAUCE

Hot Sauce 0 cal

Chipotle Lime Mayo 155 cal

Mayo 100 cal

Oil & Vinegar 80 cal

Caesar Dressing 120 cal

Ranch Dressing 140 cal

EXTRAS

Add Bacon 1.99 / 2.69
120 / 240 cal

Double Meat 1.79 / 2.29
70 / 140 cal

Double Cheese 1.09 / 1.49
70 / 240 cal

SIDES

Chips 1.49
240-260 cal

Fruit 1.19
45-100 cal

M&M Cookie 3.29
120-250 cal

Chocolate Chip 3.29
120-250 cal

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