CREATE YOUR OWN

**SALAD**

$8.69

(208–938 cal)

1. **Greens**
2. **One Protein**
   - Additional protein $2.99 each (110–190 cal)
   - Salmon – Friday Only (160 cal)

3. **Four Toppings**
   - Additional toppings $0.69 each
   - Avocado $1.99 (60 cal)
   - Bacon $2.49 (55 cal)

4. **One Cheese**
5. **One Crunch**
6. **One Dressing**

FRESHLY MADE

**SOUP**

$6.79

(16 oz 120–640 cal)

**3 SOUPS DAILY**

- **CHICKEN NOODLE**
- **BROCCOLI CHEDDAR**
- **TOMATO BASIL WITH RICE**

FOUNTAIN BEVERAGES

24 oz

$2.39

(0–460 cal)

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

All subs include your choice of fresh veggies.

## Classic Subs

<table>
<thead>
<tr>
<th></th>
<th>6” / 12”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey</td>
<td>350 / 690 cal</td>
</tr>
<tr>
<td>Roasted Chicken</td>
<td>380 / 760 cal</td>
</tr>
<tr>
<td>Ham</td>
<td>370 / 750 cal</td>
</tr>
<tr>
<td>Crispy Chicken</td>
<td>555 / 1110 cal</td>
</tr>
<tr>
<td>Buffalo Chicken</td>
<td>550 / 1110 cal</td>
</tr>
<tr>
<td>Veggie</td>
<td>330 / 660 cal</td>
</tr>
</tbody>
</table>

## Bread

- White: 205 / 410 cal
- Wheat: 240 / 480 cal
- Sub Roll without gluten: 100 / 200 cal

## Cheese

- Pepper Jack: 90 / 180 cal
- Cheddar: 120 / 240 cal
- American: 70 / 140 cal
- 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
- Double Meat: 1.79 / 2.29
- Double Cheese: 1.09 / 1.49

## 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

## Fountain Beverages

- 24 oz
- $2.39
- (0–460 cal)

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