

# BUILD YOUR SUB

All subs include your choice of fresh veggies.

## SUBS

6" or 12"

|  |                |             |
|--|----------------|-------------|
| <b>Veggie</b>           | 330 / 660 cal  | 4.99 / 7.99 |
| <b>Turkey</b>           | 350 / 690 cal  | 5.29 / 8.29 |
| <b>Roasted Chicken</b>  | 380 / 760 cal  | 5.39 / 8.39 |
| <b>Deli Club</b><br>turkey, ham & bacon  | 620 / 1240 cal | 5.19 / 8.09 |
| <b>Ham</b>            | 370 / 750 cal  | 4.89 / 7.89 |
| <b>Crispy Chicken</b>  | 555 / 1110 cal | 5.39 / 8.29 |
| <b>Roast Beef</b>     | 370 / 740 cal  | 5.29 / 8.29 |
| <b>Tuna Salad</b>  | 570 / 1380 cal | 5.59 / 8.59 |
| <b>Italian</b>        | 480 / 690 cal  | 5.29 / 8.29 |

## BREAD

White  
Wheat  
Specialty Flavor  
Wrap

## CHEESE

Shredded Parmesan  
Provolone  
Pepper Jack  
Cheddar  
American  
Swiss

## SAUCE

Hot Sauce  
Baja Sauce  
Mayo  
Low Fat Mayo  
Southwest Mayo  
Oil & Vinegar  
Spicy Brown Mustard  
Tomato Sauce  
Caesar Dressing  
Ranch Dressing  
Italian Dressing

## EXTRAS

|                      |             |             |
|----------------------|-------------|-------------|
| <b>ADD BACON</b>     | 1.89 / 2.49 | 120-240 cal |
| <b>DOUBLE MEAT</b>   | 1.09 / 2.29 | 70-1440 cal |
| <b>DOUBLE CHEESE</b> | .79 / 1.49  | 70-240 cal  |

 **UNDER 500 CALORIES**

**LOOK FOR THIS SYMBOL ON SELECT SUBS**

Calorie information is based on 6" wheat roll with cheese, shredded lettuce, tomatoes, and onions.

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 / 8.39 550 / 1110 cal

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

**Baja Chicken** 5.39 / 8.39 510 / 1020 cal

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

**Chicken Caesar**  5.39 / 8.39 400 / 800 cal

roasted chicken breast, romaine, parmesan, Caesar dressing

**+ 3.19**  
**CONNECT YOUR**  
**COMBO**

Select any side item with  
24 oz fountain beverage.  
Sides include chips or fruit.

## SALADS

**Build Your Own Salad** 7.99 45 cal

**Buffalo Chicken Salad** 7.99 500 cal

crispy buffalo chicken, romaine, carrots, red peppers, ranch or bleu cheese dressing

**Chicken Caesar Salad** 7.99 640 cal

roasted chicken, parmesan, romaine, croutons, Caesar dressing

**Add Additional Protein** 2.69  
(70-570 cal)

## BEVERAGE / SIDES

**Fountain Drinks** 24 oz / 32 oz 2.19 / 2.59

**Chips** 1.29

**Fruit** 1.19 60-170 cal

**Cookie** 3.29 120-250 cal