

subhub

	6"	12"		6"	12"
Start with a Sub or Roll	210 cal	420 cal	V	Each	Each

Combos		
	6"	12"
Sub sandwich, chips or side salad	\$0.00	\$0.00
Sub sandwich, chips or side salad with any size fountain soda	\$0.00	\$0.00

Cheese (Pick One)					
	6"	12"		6"	12"
American	70 cal	140 cal	V	1.5 slices	3 slices
Mild Cheddar	90 cal	180 cal	V	1.5 slices	3 slices
Swiss	80 cal	160 cal	V	1.5 slices	3 slices
Provolone	70 cal	140 cal	V	1.5 slices	3 slices
Pepper Jack	80 cal	160 cal	V	1.5 slices	3 slices

Fillings (Pick One)				
	6"	12"	6"	12"
Smoked Ham	60 cal	120 cal	2 oz.	4 oz.
Turkey	55 cal	110 cal	2 oz.	4 oz.
Roast Beef	50 cal	100 cal	2 oz.	4 oz.
Tuna Salad	240 cal	480 cal	1 scoop	2 scoop

Vegetables (Pick Three)					
	6"	12"		6"	12"
Iceburg Lettuce	5 cal	10 cal	VG	½ cup	1 cup
Sliced Tomatoes	5 cal	15 cal	VG	4 slices	8 slices
Sliced Red Onion	5 cal	10 cal	VG	½ oz.	1 oz.
Baby Spinach	5 cal	10 cal	VG	½ cup	1 cup
Balsamic Roasted Vegetables	15 cal	30 cal	VG	3 oz.	6 oz.
Pickled Jalapeno Peppers	5 cal	10 cal	VG	½ cup	1 cup
Seedless Cucumber	5 cal	10 cal	VG	3 slices	6 slices
Sliced Black Olives	5 cal	10 cal	VG	1 tbsp	2 tbsp
Sliced Banana Pepper	5 cal	10 cal	VG	1 tbsp	2 tbsp
Dill Pickle Chips	0 cal	5 cal	VG	5 chips	10 chips

Condiments (Pick Two)					
	6"	12"		6"	12"
Mayonnaise	110 cal	200 cal	V	1 tbsp	2 tbsp
Yellow Mustard	15 cal	30 cal		1 tbsp	2 tbsp
Horseradish Mayonnaise	80 cal	160 cal	V	1 tbsp	2 tbsp
Siracha Infused Mayonnaise Spread	80 cal	180 cal	V	1 tbsp	2 tbsp
Honey Mustard Dressing	80 cal	160 cal	V	1 tbsp	2 tbsp
Ranch Dressing	50 cal	100 cal	VG	1 tbsp	2 tbsp
Classic Hummus	35 cal	70 cal	VG	1 tbsp	2 tbsp
Balsamic Vinaigrette	50 cal	100 cal	VG	1 tbsp	2 tbsp
Olive Oil	65 cal	130 cal	VG	1 tbsp	2 tbsp
Red Wine Vinegar	0 cal	0 cal	VG	1 tbsp	2 tbsp

Sides				
Pickle Spear	10 cal	VG	1 spear	Included
Sea Salt Dusted Chips	190 cal	VG	2 oz.	\$0.00
Baby Carrots	30 cal	VG	½ cup	\$0.00
Green Grapes	55 cal	VG	½ cup	\$0.00



2000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information available upon request.

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Signature Sub Sandwiches

	6"	12"	6"	12"		6"	12"	6"	12"
Club Sub	529 cal	1059 cal	\$6.39	\$9.29	Turkey Sub	453 cal	928 cal	\$5.09	\$8.89
<i>Oven roasted turkey, smoked ham, bacon, swiss cheese with lettuce, tomato & mayo on a sub roll</i>					<i>Roast turkey, Jack cheese with shredded lettuce, tomato & mayo on sub roll</i>				
BLT Sub	459 cal	917 cal	\$6.39	\$9.29	Honey Mustard Ham & Swiss Sub	459 cal	917 cal	\$4.99	\$8.79
<i>Crispy bacon with shredded lettuce, tomato & mayonnaise on a sub roll</i>					<i>Smoked ham, swiss cheese with shredded lettuce, tomato and honey mustard on sub roll</i>				
Roasted urkey Ranch Sub	478 cal	928 cal	\$6.39	\$9.29	Spicy Chicken Sub	467 cal	925 cal	\$5.19	\$9.09
<i>Roasted turkey, bacon, Jack cheese with shredded lettuce, tomato and ranch dressing on sub roll</i>					<i>Roasted chicken, jalapeno peppers, Jack cheese with Sriracha mayonnaise, lettuce & tomato on a sub roll</i>				



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Signature Paninis

Chicken Fajita **616 cal** **\$7.99**
Roasted chicken, sautéed peppers & onions, fresh cilantro, picante sauce & melted Jack cheese on griddled panini bread

The Cubano **618 cal** **\$7.99**
Pulled pork, sliced ham, swiss cheese, dill pickles and mustard on a griddled baguette

Turkey Florentine **524 cal** **\$7.99**
Crispy bacon with shredded lettuce, tomato & mayonnaise on a sub roll

Classic Panini **573 cal** **\$7.99**
Shaved ham, turkey, swiss cheese, honey mustard and tomato on griddled panini bread

Grilled Cheese & Tomato **V** **480 cal** **\$3.99**
American, swiss and provolone with tomatoes

Grilled Cheese, Tomato & Bacon **610 cal** **\$5.99**
American, swiss and provolone with tomatoes and bacon

Classic Grilled Cheese **470 cal** **\$3.59**
American Cheese in toasted bread

Mac & Pulled Pork Melt **590 cal** **\$7.99**
Pulled pork, mac & cheese, kick'n bourbon sauce & jack cheese on griddled white bread



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