

SUBS

6” 12”

Buffalo Ranch Chicken	\$6.39 Cal. 570	\$10.89 Cal. 114
Grilled Chicken	 \$6.39 Cal. 630	\$10.89 Cal. 1260
Ham & Cheese	 \$6.29 Cal. 390	\$9.59 Cal. 780
Italian	\$6.19 Cal. 590	\$10.29 Cal. 1180
Tuna	 \$5.89 Cal. 480	\$10.19 Cal. 960
Veggie Sub	 \$5.89 Cal. 430	\$9.69 Cal. 840
Turkey & Cheese	 \$6.19 Cal. 510	\$10.19 Cal. 1020
Roast Beef	\$6.39 Cal. 485	\$10.89 Cal. 970

Extra Meat +\$2.99 | Extra Cheese +\$1.69 | Extra Toppings +\$0.79

SIDES

Fountain Drink	\$2.79 Cal. 0-240	2 Cookies	\$1.79 Cal. 255
Whole Fruit	\$1.69 Cal. 60-105	Chips	\$1.79 Cal. 140-240

SUBS

6” 12”

Ham & Turkey Club	\$6.09 Cal. 510	\$9.69 Cal. 1020
Baja Chicken	\$6.39 Cal. 440	\$10.89 Cal. 880
BBQ Crispy Chicken	\$7.29 Cal. 700	\$10.89 Cal. 1400
Chicken Bacon Ranch	 \$6.49 Cal. 600	\$10.89 Cal. 1200

Change any sub for a wrap or flatbread
Flatbread + cal. 80 Wrap + cal. 80

MAKE IT A COMBO

Your choice of a side of cookies, fruit or chips & a fountain drink.

\$3.09
Cal. 60-480



MAKE IT GLUTEN FREE

Gluten Free Flatbread (cal. 150) \$3.19
Gluten Free Bun (cal. 200) \$2.99

Based on a 2000 Calorie Diet. For additional nutritional information, please ask your server.

BREAD

White Sub Roll	240 CAL
Wheat Sub Roll	240 CAL
Old Bay Cheddar Sub Roll	300 CAL
Garlic Parmesan Sub Roll	300 CAL
Jalapeño Cheddar Sub Roll	305 CAL
Parmesan Herb Sub Roll	300 CAL
Flat Bread	260 CAL
Spinach Wrap	290 CAL
Tomato Basil Wrap	300 CAL
Gluten-Free Cauliflower Wrap	420 CAL
Gluten-Free Bun	220 CAL

PROTEIN

Turkey	50-100 CAL
Ham	60-120 CAL
Grilled Chicken	100-190 CAL
Crispy Chicken	140-290 CAL
Genoa Salami	120-230 CAL
Capicola Ham	50-110 CAL
Roast Beef	50- 100 CAL
Bacon Slices	70-140 CAL
Tuna Salad	270-530 CAL

CHEESE

Shredded Parmesan	20-40 CAL
Shredded Cheddar	30-60 CAL
Sliced Cheddar	90-170 CAL
White American	70-140 CAL
Provolone	70-150 CAL
Swiss	80-170 CAL
Pepper Jack	80-160 CAL

TOPPINGS

Pico de Gallo	10-20 CAL	Banana Peppers	0-10 CAL
Yellow Onions	0-5 CAL	Fresh Green Peppers	0-5 CAL
Sliced Tomatoes	5-10 CAL	Fresh Cucumbers	0 CAL
Baby Spinach	0-5 CAL	Sliced Black Olives	5-10 CAL
Shredded Lettuce	0 CAL	Roasted Squash and Mushroom Blend	90-170 CAL
Hot Cherry Pepper Relish	10-20 CAL		
Sliced Jalapeños	0-10 CAL		

SAUCES/DRESSINGS

Yellow Mustard	10-15 CAL	Buttermilk Ranch	60-130 CAL
Mayonnaise	100-200 CAL	Golden Italian	70-140 CAL
Pesto Aioli	90-180 CAL	Red Wine Vinegar	0 CAL
Sweet Baby Ray's BBQ	35-50 CAL	Canola Oil	90-180 CAL
Frank's Red Hot	0-5 CAL	Kosher Salt	0 CAL
Creamy Caesar	60-130 CAL	Black Pepper	0 CAL
		Italian Seasoning	0 CAL

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