

Signature SUBS

BUFFALO CHICKEN RANCH \$10.00/\$14.00

crispy buffalo chicken, provolone, hot sauce,
ranch dressing, lettuce, onion, tomato
530/1060 calories

ITALIAN \$10.00/\$14.00

capicola, ham, provolone, lettuce, onion,
tomato , mayo
660/1320 calories

TURKEY CLUB \$10.00/\$13.00

turkey, bacon, lettuce, onion, tomato, mayo
560/1130 calories

ROASTED VEGGIE \$8.00/\$13.00

zucchini, squash, mushroom, spinach, onion,
parmesan, herb mayo
400/810 calories

TUNA SALAD \$10.00/\$13.00

tuna, lettuce, tomato, celery
650/1300 calories

MEATBALL MARINARA \$11.00/\$14.00

meatball, provolone, marinara
650/1300 calories

BAJA CHICKEN \$10.00/\$14.00

roasted chicken, pepper jack, chipotle
seasoning, Baja sauce, lettuce, onion, tomato
460/920 calories

CHICKEN CAESAR \$10.00/\$13.00

roasted chicken, parmesan, Caesar dressing,
romaine lettuce
380/760 calories

CHEESESTEAK \$11.00/\$14.00

500/1000 calories

MEAT LOVERS PIZZA \$10.00/\$13.00

670/1340 calories

ROASTED VEGGIE PIZZA \$10.00/\$13.00

490/990 calories

CHIPOTLE BBQ PULLED \$10.00/\$13.00

PORK SUB

GARLIC CHEESE BREAD \$7.00/\$9.00

455/910 calories

Extras

	6 IN.	12 IN.	CALORIES
BACON	\$3.00	\$4.00	110-220
MEAT	\$3.00	\$4.00	50-150
CHEESE	\$2.00	\$3.00	80-110
VEGGIES	\$.300	\$.400	5-60

CALORIES DOUBLE FOR 12" SUBS

BYO Build Your Own

	6 IN.	12 IN.	CALORIES
TURKEY	\$10.00	\$13.00	50
ROASTED CHICKEN	\$10.00	\$13.00	90
CRISPY CHICKEN	\$10.00	\$13.00	150
HAM	\$10.00	\$13.00	60
VEGGIE	\$10.00	\$13.00	5-60

CREATE YOUR OWN

Combo For \$4.00

Add any side plus your choice of fountain beverage
OR bottled water





Meal **EXCHANGES**

BUILD YOUR OWN SUB (1 PROTEIN)

CHEESY GARLIC BREAD

VEGETABLE PIZZA SUB

MEATLOVERS PIZZA SUB

Includes 6 in. sub, chips and a
fountain drink



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