

SIGNATURE *Salads*

- UNDER 550 CALORIES

BUFFALO CHICKEN 9.09

crispy buffalo chicken • romaine • celery • carrots
red peppers • green onions • ranch or blue cheese dressing

500
- CHICKEN CAESAR** 9.09

roasted chicken • romaine • parmesan • croutons • Caesar dressing

670



BYO *Build Your Own*

7.99

430

1. ROMAINE MIX
2. VEGGIES (UP TO 4)
3. ADD CHEESE
4. CHOOSE YOUR DRESSING

ADD ROASTED CHICKEN	3.19	90
ADD CRISPY CHICKEN	3.19	150
ADD HAM	3.19	60
ADD TURKEY	3.19	50
ADD BACON	3.19	110

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

SIGNATURE Subs 6" and 12"



CRISPY CHICKEN RANCH

7.29 / 11.29
crispy chicken • provolone • lettuce • onion •
tomato • ranch dressing • BBQ sauce
530 / 1060

ITALIAN 7.89 / 11.89

salami • capicola • ham • provolone •
lettuce • onion • tomato • mayo
660 / 1320

TURKEY CLUB 7.89 / 11.89

turkey • bacon • cheddar • lettuce •
onion • tomato • mayo
560 / 1130



ROASTED VEGGIE 7.19 / 11.09

zucchini • squash • mushroom • red peppers •
spinach • onion • parmesan • special mayo
400 / 810

TUNA SALAD 6.79 / 10.39

tuna salad • lettuce • tomato • onion
650 / 1300



CHICKEN SALAD 6.79 / 10.39

chicken salad • lettuce • tomato • onion
380 / 760

MEATBALL MARINARA

6.29 / 9.29
meatballs • provolone • marinara
730 / 1460



BAJA CHICKEN 7.29 / 11.29

roasted chicken • provolone • lettuce
pico de gallo • chipotle ranch dressing
460 / 920



CLASSIC BLT 6.79 / 10.29

bacon • cheddar • lettuce • tomato onion
500 / 1000



CHEESESTEAK 7.19 / 11.09

steak • roasted onions • provolone cheese •
lettuce • tomato • choice of sauce
500 / 1000



ROASTED VEGGIE PIZZA SUB

7.19 / 11.09
zucchini • squash • mushroom •
red peppers • onion • provolone • marinara
490 / 990

MEAT LOVERS PIZZA SUB

7.19 / 11.09
meatballs • capicola • pepperoni •
provolone • marinara
670 / 1340

BYO Build Your Own

TURKEY	7.29 / 11.39	50
ROASTED CHICKEN	7.29 / 11.29	90
CRISPY CHICKEN	7.29 / 11.29	150
HAM	6.09 / 9.09	60
VEGGIE	6.09 / 9.09	5-60
ROAST BEEF	7.19 / 11.09	80

CALORIES DOUBLE FOR 12" SUBS

EXTRAS

BACON	1.59 / 2.69	110
MEAT	2.79 / 4.19	50-150
CHEESE	1.39 / 2.09	80-110
RSTD VEGGIES	1.39 / 2.09	5-60

SIDES

CHIPS	1.89	130-240
YOGURT	2.89	150
WHOLE		
FRUIT	1.89	40-70
SOUP	3.99	Cal Vary

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Create Your COMBO

add chips and 20 oz. fountain drink
for + 5.81

additional cost to make it a combo with
other sides, plus a cookie or soup and
upsized to a large drink

