

BREAKFAST 4" Sub or Flat

SMOKY BACON MELT \$5.29

crispy bacon • scrambled egg • smoked gouda •
chipotle mayo

390

Contains milk, eggs, wheat, soy, gluten.

CRISPY CHICKEN & EGG \$5.19

crispy chicken • scrambled egg • cheddar •
honey mustard bbq sauce

500

Contains milk, eggs, wheat, soy, gluten.

TURKEY SAUSAGE & SPINACH \$5.29

turkey sausage • Swiss • spinach •
roasted red peppers

450

Contains milk, eggs, wheat, soy, gluten.



EGG & CHEESE \$4.49

scrambled egg • cheddar

260

Contains milk, eggs, wheat, soy, gluten.

HAM, EGG & CHEESE \$5.29

ham • scrambled egg • cheddar

310

Contains milk, eggs, wheat, soy, gluten.

BACON, EGG & CHEESE \$5.19

crispy bacon • scrambled egg • cheddar

330

Contains milk, eggs, wheat, soy, gluten.



ALL-DAY BREAKFAST

Signature SALADS

UNDER
550
CALORIES

BUFFALO CHICKEN \$8.69

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

500

Contains milk, eggs, wheat, gluten.

CHICKEN CAESAR \$8.69

roasted chicken • romaine • parmesan • croutons • Caesar dressing

670

Contains milk, eggs, fish, wheat, gluten.



BYO Build Your Own \$8.09 430

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

ADD ROASTED CHICKEN	\$0.60	90
ADD CRISPY CHICKEN	\$0.60	150
ADD HAM	\$0.60	60
ADD TURKEY	\$0.60	50
ADD BACON	\$0.60	110

SIGNATURE Subs 6" and 12"

UNDER
550
CALORIES

BUFFALO CHICKEN RANCH

\$6.79 / \$10.19

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

530 / 1060

Contains milk, eggs, wheat, soy, gluten.

ITALIAN \$7.09 / \$10.49

capicola • ham • provolone • lettuce •
onion • tomato • mayo

660 / 1320

Contains milk, eggs, wheat, soy, gluten.

TURKEY CLUB \$6.79 / \$10.19

turkey • bacon • lettuce • onion • tomato • mayo

560 / 1130

Contains milk, eggs, wheat, soy, gluten.

UNDER
550
CALORIES

ROASTED VEGGIE \$5.79 / \$9.19

zucchini • squash • mushroom • spinach •
onion • parmesan • special mayo

430 / 840

Contains milk, eggs, wheat, soy, gluten.

TUNA SALAD \$6.09 / \$9.19

tuna • lettuce • tomato • celery

650 / 1300

Contains eggs, fish, wheat, soy, gluten.

MEATBALL MARINARA \$6.79 / \$10.19

meatballs • provolone • marinara

730 / 1460

Contains milk, wheat, soy, gluten.

UNDER
550
CALORIES

BAJA CHICKEN \$6.79 / \$10.19

roasted chicken • pepper jack • chipotle
seasoning • baja sauce • lettuce •
onion • tomato

460 / 920

Contains milk, eggs, wheat, soy, gluten.

UNDER
550
CALORIES

CHICKEN CAESAR \$6.09 / \$9.19

roasted chicken • parmesan •
caesar dressing • romaine

380 / 760

Contains milk, eggs, fish, wheat, soy, gluten.

UNDER
550
CALORIES

CRISPY CHICK'N BBQ RANCH \$6.09 / \$9.19

crispy vegan chick'n • provolone • lettuce •
onion • tomato • bbq sauce • ranch

530 / 1060

Contains milk, eggs, wheat, soy, gluten.

PIZZA Subs 6" and 12"

MEAT LOVERS PIZZA

\$7.09 / \$10.39

meatballs • capicola • provolone •
mozzarella • marinara

670 / 1340

Contains milk, wheat, soy, gluten.

UNDER
550
CALORIES

ROASTED VEGGIE PIZZA

\$6.99 / \$10.29

zucchini • squash • mushroom • onion •
provolone • mozzarella • marinara

490 / 990

Contains milk, wheat, soy, gluten.

DESSERTS

PERUVIAN MANIFESTO BROWNIE

\$3.69 360

CHEWY MARSHMALLOW MANIFESTO BAR

\$3.69 230

CHOCOLATE CHUNK MANIFESTO COOKIE

\$2.99 380

Create Your COMBO

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

for **\$2.99**



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

BYO *Build Your Own*

TURKEY	\$6.89 / \$10.19	50
ROASTED CHICKEN	\$6.89 / \$10.19	90
CRISPY CHICKEN	\$6.89 / \$10.19	150
HAM	\$6.89 / \$10.19	60
VEGGIE	\$6.99 / \$10.29	5-60

CALORIES DOUBLE FOR 12" SUBS

EXTRAS

BACON	\$1.49 / \$2.39	110
MEAT	\$1.59 / \$2.99	50-150
CHEESE	\$1.29 / \$2.39	80-110
VEGGIES	\$1.29 / \$2.49	5-60
AVOCADO	\$1.59 / \$2.99	45

CALORIES DOUBLE FOR 12" SUBS

SIDES

CHIPS	\$1.99	130-240
YOGURT	\$1.99	150
PICKLE	\$1.99	35
WHOLE	\$1.89	40-70
FRUIT		

