

BREAKFAST

4" Sub or Flat

CRISPY CHICKEN & EGG

\$5.19

crispy chicken • scrambled egg • cheddar • honey mustard bbq sauce
450

HAM, EGG & CHEESE

\$5.29

ham • scrambled egg • cheddar
310

BACON, EGG & CHEESE

\$5.19

crispy bacon • scrambled egg • cheddar
370

EGG & CHEESE

\$4.49

scrambled egg • cheddar
260

SMOKY BACON MELT

\$5.29

crispy bacon • scrambled egg • smoked gouda • chipotle mayo
420

TURKEY SAUSAGE & SPINACH

\$5.29

turkey sausage • Swiss • spinach • roasted red peppers
430

BAGEL & CREAM CHEESE

\$2.59

380



Signature

SALADS

UNDER 550 CALORIES

BUFFALO CHICKEN

\$8.69

crispy buffalo chicken • romaine • carrots • red peppers • ranch or bleu cheese
430

CHICKEN CAESAR

\$8.69

roasted chicken • romaine • parmesan • croutons • Caesar dressing
650



BYO

Build Your Own

\$8.09 430

1. ROMAINE MIX*	ADD ROASTED CHICKEN	0.30	90
2. VEGGIES (UP TO 4)	ADD CRISPY CHICKEN	0.30	150
3. ADD CHEESE	ADD HAM	0.30	60
4. CHOOSE YOUR DRESSING	ADD TURKEY	0.30	50
	ADD BACON	0.30	110

*our romaine mix contains carrots and cucumbers

SERVING BREAKFAST ALL DAY!

SIGNATURE Subs 6" and 12"



BUFFALO CHICKEN RANCH \$6.79 / \$10.19

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

ITALIAN \$7.09 / \$10.49

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

TURKEY CLUB \$6.79 / \$10.19

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



ROASTED VEGGIE \$5.79 / \$9.19

zucchini • squash • mushroom • spinach • onion • parmesan • herb mayo
400 / 810

TUNA SALAD \$6.09 / \$9.19

tuna • lettuce • tomato • celery
650 / 1300



BAJA CHICKEN \$6.79 / \$10.19

roasted chicken • pepper jack • chipotle seasoning • baja sauce • lettuce • onion • tomato
460 / 920

MEAT LOVERS PIZZA \$7.09 / \$10.39

meatballs • capicola • provolone • mozzarella • marinara
670 / 1340



ROASTED VEGGIE PIZZA \$6.99 / \$10.29

zucchini • squash • mushroom • onion • provolone • mozzarella • marinara
490 / 990



CHICKEN CAESAR \$6.09 / \$9.19

roasted chicken • parmesan • caesar dressing • romaine
380 / 1190



BBQ CHICKEN RANCH \$6.79 / \$10.19

bbq crispy chicken / provolone / lettuce / onion / tomato / bbq sauce / ranch dressing
530 / 1060

BLT \$6.79 / \$10.19

bacon • cheddar cheese • lettuce • onion • tomato • ranch
570 / 1140

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

EXTRAS

MEAT	\$1.59 / \$2.99	50-150
CHEESE	\$1.29 / \$2.49	80-110
BACON	\$1.49 / \$2.39	

MEATBALL MARINARA \$6.79 / \$10.19

meatballs / provolone / marinara
730 / 1460



HAM & SWISS \$5.99 / \$9.19

ham / swiss cheese / lettuce / tomato / honey mustard bbq
400 / 790

SIDES

CHIPS	\$1.99	130-240
YOGURT	\$2.39	150
WHOLE FRUIT	\$1.89	40-70
COOKIE	\$1.69	90

FOUNTAIN DRINK \$1.99

CHICKEN BACON RANCH

\$6.79 / \$10.19
roasted chicken / bacon / cheddar cheese / lettuce / tomato / onion / ranch dressing
590 / 1580

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