

# SIGNATURE Subs 6" and 12"

UNDER 550 CALORIES

## BUFFALO CHICKEN RANCH

5.39 / 8.69

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

## ITALIAN 6.09 / 9.39

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

## TURKEY CLUB 6.09 / 9.39

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

UNDER 550 CALORIES

## ROASTED VEGGIE 5.19 / 8.29

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

## TUNA SALAD 5.59 / 8.59

tuna • lettuce • tomato • celery  
650 / 1300

UNDER 550 CALORIES

## BAJA CHICKEN 6.09 / 9.39

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

## MEAT LOVERS PIZZA

9.99 / 10.99

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

UNDER 550 CALORIES

## ROASTED VEGGIE PIZZA

5.39 / 8.69

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

## MEATBALL MARINARA

5.19 / 8.29

meatballs • provolone • marinara  
730 / 1460

## BLT 5.79 / 8.79

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

# BYO Build Your Own

# SIDES

TURKEY	5.59 / 8.59	50
ROASTED CHICKEN	6.09 / 9.39	90
CRISPY CHICKEN	5.39 / 8.69	150
HAM	5.29 / 8.29	60
VEGGIE	4.89 / 7.79	5-60

CHIPS	1.89	130-240
YOGURT	1.69	150
PICKLE	1.59	35
WHOLE		
FRUIT	1.69	40-70

CALORIES DOUBLE FOR 12" SUBS

# EXTRAS

BACON	1.39 / 1.89	110
MEAT	2.39 / 2.89	50-150
CHEESE	1.39 / 1.59	80-110

CALORIES DOUBLE FOR 12" SUBS



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

# Build your Meal Exchange

Pick any combination of Meal Exchange items totaling 5 points.

6" = 3  12" = 5 

# Munch Money

Enjoy these delicious Subs and additions for a little bit of Munch Money


## SIGNATURE Subs 6" and 12"

 **ROASTED VEGGIE** 5.19 / 8.29  
zucchini • squash • mushroom • spinach • onion • parmesan • herb mayo  
400 / 810

 **ROASTED VEGGIE PIZZA** 5.39 / 8.69  
zucchini • squash • mushroom • onion • provolone • mozzarella • marinara  
490 / 990

**TUNA SALAD** 5.59 / 8.59  
tuna • lettuce • tomato • celery  
650 / 1300

**MEATBALL MARINARA** 5.19 / 8.29  
meatballs • provolone • marinara  
730 / 1460

 **BAJA CHICKEN** 6.09 / 9.39  
roasted chicken • pepper jack • chipotle seasoning • baja sauce • lettuce • onion • tomato  
460 / 920

 **BUFFALO CHICKEN RANCH** 5.39 / 8.69  
buffalo crispy chicken • provolone • hot sauce • ranch dressing • lettuce • onion • tomato  
530 / 1060

**MEAT LOVERS PIZZA** 6.69 / 10.19  
meatballs • capicola • provolone • mozzarella • marinara  
670 / 1340

**ITALIAN** 6.09 / 9.39  
capicola • ham • provolone • lettuce • onion • tomato • mayo  
660 / 1320

**BLT** 5.79 / 8.79  
bacon • cheddar cheese • lettuce • onion • tomato • ranch  
570 / 1140

**TURKEY CLUB** 6.09 / 9.39  
turkey • bacon • lettuce • onion • tomato • mayo  
560 / 1130

## EXTRAS

BACON	1.39 / 1.89	110
MEAT	2.39 / 2.89	50-150
CHEESE	1.39 / 1.59	80-110

CALORIES DOUBLE FOR 12" SUBS

## BYO Build Your Own

TURKEY	5.59 / 8.59	50
HAM	5.29 / 8.29	60
VEGGIE	4.89 / 7.79	5-60

CALORIES DOUBLE FOR 12" SUBS

## BYO Build Your Own

ROASTED CHICKEN	6.09 / 9.39	90
CRISPY CHICKEN	5.39 / 8.69	150