

SANDWICHES 9.10 | 13.30 (12" sub)

BREAD

Sub Roll (6" or 12") | 285–570 CAL
Contains: Wheat

Stewart's Kaiser Roll | 190 CAL
Contains: Wheat, Soy

Spinach or White Wrap | 310 CAL
Contains: Wheat, Soy

Gluten-Free Bread | 170 CAL

SPREADS

Mayo | 100 CAL
Contains: Soy, Eggs

Pesto Mayo | 90 CAL
Contains: Soy, Eggs, Milk

Chipotle Mayo | 100 CAL
Contains: Soy, Eggs

Vegan Mayo | 180 CAL
Contains: Soy

Dijon Mustard | 20 CAL

Yellow Mustard | 15 CAL

CHEESE

Cabot Cheddar | 110 CAL
Contains: Milk

Swiss | 110 CAL
Contains: Milk

Provolone | 100 CAL
Contains: Milk

Fresh Mozzarella | 100 CAL
Contains: Milk

American | 80 CAL
Contains: Milk

MADE YOUR WAY!

PROTEIN

Roast Turkey | 100–150 CAL

Smoked Ham | 120–180 CAL

Salami | 400–600 CAL

Bacon | 240–480 CAL

Buffalo Chicken Salad | 284–426 CAL

Contains: Soy, Eggs, Milk

Sweet Chili Tofu | 240–360 CAL

Contains: Soy

Hummus | 140–280 CAL

Contains: Sesame

VEGGIES 0–10 CAL

Lettuce

Red Onion

Spinach

Bell Pepper

Tomato

Pickles

Fresh Jalapeños

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.