

OUR SIGNATURES

Ciabatta Roll (+60cal) • Multigrain (-40cal) • Wrap (+0cal) • Salad Bowl (-210cal) • 6" Sub (+0cal)



TURKEY BACON ON MULTIGRAIN

\$9.19 (500 cal) \$17.39 (1000 cal)  

Turkey, bacon, lettuce, tomato, & avocado mayo



SIGNATURE ITALIAN SUB

\$9.89 (650 cal) \$16.79 (1300 cal) 

Ham, salami, prosciutto, fresh mozzarella, roasted red peppers, lettuce, tomato, onion, mayo, pepper relish & hoagie splash



CHICKEN CAESAR WRAP

\$9.19 (840 cal) \$16.69 (1680 cal) 

Grilled chicken, bacon, romaine, parmesan

BUFFALO CHICKEN SUB

\$9.19 (450 cal) \$16.69 (900 cal)

Grilled chicken, lettuce, tomato, onion, spicy pickles & Buffalo ranch spread



CAPRESE CIABATTA

  **\$9.19 (660 cal) \$16.69 (1320 cal)**

Fresh mozzarella, baby spinach, tomato, pesto mayo & hoagie splash



Low Carbon meals have at least 38% lower carbon emissions than the average meal. [Learn more about this calculation at eatcoolfood.org](https://eatcoolfood.org)

Warning:  indicates that the sodium (salt) content of this item is higher than the total daily recommended limit (2,300 mg). High sodium intake can increase blood pressure and risk of heart disease and stroke.

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

YOUR WAY

1. SELECT YOUR FAV

Calories shown are based on 6" sub or wrap

Turkey & Swiss \$7.99 (400cal) 
Sliced turkey with Swiss cheese

Ham & American \$7.99 (370cal) 
Sliced ham with American cheese

Italian \$8.49 (490cal) 
Sliced ham, salami, pepperoni with provolone cheese

Tuna Salad \$7.99 (520cal) 
Tuna with mayonnaise, celery & lemon juice

Four Cheese \$6.29 (420cal) 
American, cheddar, Swiss, provolone

2. CHOOSE YOUR STYLE

Calories shown are in addition

6" Sub
Ciabatta Roll (+60cal) 
Multigrain (-40cal) 
Wrap 
Salad Bowl (-210cal)

12" Sub
Four cheese +\$5.10 (+420cal)
Italian +\$7.60 (+490cal)
All Others +\$7.20 (+370-520cal)

3. MAKE IT YOURS

Calories shown are in addition

Lettuce (+0cal) 
Tomato (+10-20cal) 
Red Onion (+0cal) 
Pickles (+10-20cal) 
Mayo (+100-200cal) 
Hoagie Splash (+80-160cal) 
Yellow Mustard (+10-20cal) 

ADD-ONS

MEATS

Bacon \$2.49 (+100cal)
Pepperoni \$2.99 (+100cal)
Salami \$2.99 (+100cal)
Double Meat \$3.99 (+160-310cal)

CHEESE

Sharp Provolone \$1.09 (+50cal)
American \$1.09 (+50cal)
Cheddar \$1.09 (+60cal)
Pepper Jack \$1.09 (+50cal)
Swiss \$1.09 (+50cal)

SIGNATURE SPREADS

SPICY AVOCADO SPREAD
Guacamole, mayo, & a spicy kick!
CHERRY PEPPER RELISH
Hot peppers meet dill pickles
RANCH + BUFFALO
Combining the buffalo sauce with a creamy and cool ranch
PESTO SPREAD
A classic herb and olive spread with a hint of garlic

BEVERAGES

Canned Drink \$1.59 (0-520 Cal)

SIDES & SNACKS

Chips \$1.99 (130cal)
Apple or Orange \$1.69
Carrots & Ranch \$2.99
Grape Cup \$3.99
Craveworthy® Chocolate Chip Cookie \$3.69 (280cal)

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