

1. CHOOSE YOUR BREAD

SUB ROLL

- White 196 cal
- Wheat 210 cal
- Parmesan Herb 242 cal
- Flat Bread 180 cal

WRAPS:

- Whole Wheat 310 cal
- Tomato Basil 290 cal
- Spinach 330 cal
- Jalapeño 300 cal

2. CHOOSE YOUR MEAT 3oz serving

- Turkey 75 cal
- Ham 90 cal
- Bacon 45 cal
- Pepperoni 315 cal
- Salami 390 cal
- Tuna Salad 310 cal
- Grilled Chicken 290 cal
- Crispy Chicken 330 cal
- Chicken Parm

3. CHOOSE YOUR CHEESE 1oz serving

- American 100 cal
- Cheddar 110 cal
- Swiss 100 cal
- Provolone 100 cal
- Pepper Jack 140 cal

4. CHOOSE YOUR VEGETABLES

- Green Pepper 0 cal
- Cucumbers 0 cal
- Red Onion 10 cal
- Spinach 0 cal
- Tomato 0 cal
- Jalapenos 10 cal
- Pickles 0 cal
- Banana Peppers 0 cal
- Shredded Lettuce 0 cal
- Black Olives 90 cal

5. CHOOSE YOUR SAUCE

- Caesar 94 cal
- Oil & Vinegar 72 cal
- Dijon Mustard 30 cal
- Mayo 90 cal
- Mustard 10 cal
- Ranch 73 cal
- Italian 35 cal
- Chipotle Mayo 80 cal
- Buffalo 92 cal

EXTRA MEAT:
6" \$2.29 | 12" \$4.49

EXTRA CHEESE:
6" \$1.00 | 12" \$2.00

6" SUB
\$7.29

12" SUB
\$11.29

WRAP
\$9.99

MAKE IT A
COMBO

Bag of chips with
20oz Fountain soda
\$3.99

