

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

6" SUB

\$7.69

12" SUB

\$11.89

WRAP

\$9.99

ADD

*Bag of chips OR
cookie and
20oz Fountain soda*

\$3.99

EXTRA MEAT: \$2.99 EXTRA CHEESE: \$1.49 ADD BACON: \$2.99

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