

OUR SIGNATURES

Ciabatta Roll (+60cal) • Multigrain (-40cal) • Wrap (+0cal) • Salad Bowl (-210cal) • 6" Sub (+0cal) • 12" Sub +\$7.50 (+450-660cal)



TURKEY BACON ON MULTIGRAIN

\$8.99 (515cal)  

Turkey, bacon, lettuce, tomato, & avocado mayo

MEATBALL SUB

\$8.99 (650cal)

Meatballs, tomato sauce & provolone

BUFFALO CHICKEN SUB

\$8.99 (480cal)

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

CAPRESE CIABATTA



\$8.99 (650cal)

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



WRAPS \$6.49

CRISPY CHICKEN (670cal)
GRILLED CHICKEN (590cal)

SOUP \$4.69

PANINIS

Grab a warm pressed sandwich and quiet your hunger with amazing panini flavor.

BRISKET RUEBEN \$8.99 (660cal)

Beef brisket, swiss cheese, sauerkraut, pickles & thousand island

ITALIAN \$7.79 (640cal)

Ham, salami, pepperoni, provolone, tomato, banana peppers, onion & mayo

PEPPERONI PIZZA \$7.79 (530cal)

Pepperoni, mozzarella & pizza sauce

CAPRESE \$7.79 (500cal)

Marinated fresh mozzarella, tomato, basil & pesto mayonnaise

SUNDRIED TOMATO \$7.79 (520cal)

Asiago, provolone & cheddar with a sun-dried tomato & garlic spread

BUFFALO CHICKEN \$7.79 (570cal)

Grilled chicken, buffalo ranch sauce, pepperjack cheese, banana peppers, spinach



Low Carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at eatcoolfood.org. 2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.

YOUR WAY

1. SELECT YOUR FAV

Calories shown are based on 6" sub or wrap

Turkey & Swiss \$7.69 (400cal)

Sliced turkey with Swiss cheese

Roast Beef & Cheddar \$8.29 (420cal)

Sliced roast beef with Cheddar cheese

Ham & American \$7.79 (380cal)

Sliced ham with American cheese

Italian \$8.09 (500cal)

Sliced ham, salami, pepperoni with provolone cheese

Tuna Salad \$7.79 (500cal) 

Tuna with mayonnaise, celery & lemon juice

Four Cheese \$6.09 (420cal) 

American, cheddar, Swiss, provolone

2. CHOOSE YOUR STYLE

Calories shown are in addition

6" Sub 

Ciabatta Roll (+60cal) 

Multigrain (+50cal)  

Wrap 

Salad Bowl (+210cal) 

12" Sub


Four cheese +\$5.00 (+420cal)

All Others +\$7.00 (+370-520cal)

3. MAKE IT YOURS

Calories shown are in addition

Lettuce (+10cal) 

Tomato (+10-20cal) 

Red Onion (+10cal) 

Buffalo Pickles (+10-20cal) 

Mayo (+100-200cal) 

Hoagie Splash (+80-160cal) 

Yellow Mustard (+10-20cal) 

Add Bacon \$1.79 (+100-200cal)

Xtra Meat \$2.49 (+160-310cal)

Xtra Cheese \$0.99 (+210-420cal)



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