BUILD YOUR OWN SUBS

BUILD YOUR OWN 9.99

CHOICE OF BREAD

LOCAL SUB ROLL | *240 CAL*
WHOLE WHEAT WRAP | *290 CAL*

CHOICE OF PROTEIN

SMOKED HAM | *35 CAL*
TURKEY BREAST |*25 CAL*
CHICKEN BREAST | *170 CAL*
SALAMI | *100 CAL*
CAPICOLA | *35 CAL*
ROAST BEEF | *25 CAL*
TUNA SALAD | *240 CAL*
EGG STYLE TOFU SALAD | *150 CAL*
HUMMUS | *25 CAL*
CHIPOTLE CHICKEN | *180 CAL*

CHOICE OF CHEESE

CHEDDAR | *110 CAL*
SWISS | *110 CAL*
MOZZARELLA | *85 CAL*
PEPPERJACK | *110 CAL*
PROVOLONE | *100 CAL*
AMERICAN | *100 CAL*

CHOICE OF TOPPINGS

TOMATO | *0 CAL*
LETTUCE | *0 CAL*
SPINACH | *5 CAL*
ONION | *10 CAL*
JALAPENO | *0 CAL*
BANANA PEPPER | *0 CAL*

CHOICE OF SPREADS

RANCH | *110 CAL*
MUSTARD | *10 CAL*
CHIPOTLE MAYO | *60 CAL*
RANCH | *140 CAL*
BALSAMIC VINAIGRETTE | *60 CAL*
MAYO | *90 CAL*
PESTO | *90 CAL*
HONEY MUSTARD | *130 CAL*

EXTRAS

EXTRA PROTEIN *(+4)*
AVOCADO (+3)| *60 CAL*
BACON (2 strips, *+2)*| *40 CAL*

SIGNATURE SUBS

COMBO SPECIAL... 13.99
Any signature sandwich, side of coleslaw or chips, plus fountain drink or 16.9 oz bottled water

COLD SUBS 11.49

BBQ CHICKEN | 660 CAL
GRILLED CHICKEN, CRISPY ONIONS, FRESH MOZZARELLA

TOFU BAHN MI | V | 445 CAL
SOY-MARINATED TOFU, CABBAGE SLAW, SESAME GINGER MAYO, SRIRACHA, CILANTRO

HOT SUBS 11.49

SOUTHWEST TURKEY | 490 CAL
ROASTED TURKEY, BELL PEPPERS, PEPPERJACK CHEESE

Meal Block Options

Any flatbread or stromboli, with a side of house-made chips or seasonal fruit

All Meal Blocks come with a 16.9 oz bottled water or fountain drink

V | Vegetarian VG | Vegan AG | Avoiding Gluten

*Avoiding Gluten bun available upon request