

# 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



**COLD SUBS .....11.49**

**PORTABELLA CAPRESE | V | 580 CAL**

GRILLED PORTABELLA, FRESH MOZZARELLA,  
BASIL, TOMATO, BALSAMIC DRESSING

**FORBES ITALIAN | 940 CAL**

PEPPERONI, HAM, CAPICOLA, SALAMI,  
ROASTED PEPPER, PROVOLONE

**COMBO SPECIAL... 13.99**

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

**HOT SUBS .....11.49**

**MEATBALL BOMBER | 447 CAL**

ITALIAN MEATBALLS, MARINARA, AND  
MOZZARELLA CHEESE



**Meal Block Options**

Any build-your-own-sandwich with a side of chips.

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