

BUILD YOUR OWN



6" SUB \$6.75

WRAP \$6.75

UPGRADES

+ \$1.95 BACON	+ \$0.59 HUMMUS
+ \$1.59 AVOCADO	

- 1 TYPE OF BREAD OR WRAP**
- 2 PICK YOUR PROTEIN**

TURKEY 50 CAL	CAPICOLA 164 CAL
HAM 90 CAL	TUNA SALAD 270 CAL
GRILLED CHICKEN 170 CAL	MEATBALLS 300 CAL
CRISPY CHICKEN 300 CAL	BACON 80 CAL
SALAMI 210 CAL	ROASTED VEGGIE 50 CAL

- 3 CHOOSE CHEESE**
- 4 PILE ON VEGGIES**
- 5 ADD SOME SAUCE**



2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

SIGNATURE *SUBS & SANDWICHES*



ROASTED VEGETABLE & HUMMUS 510 CAL	\$6.45
CRISPY CHICKEN 124 CAL	\$6.75
GRILLED CHICKEN 250 CAL	\$6.75
MEATBALL 280 CAL	\$6.75
TUNA SLIM FIT 303 CAL	\$6.75
SALAMI 210 CAL	\$6.75
PHILLY STEAK -- CAL	\$8.79
ITALIAN 900 CAL	\$8.79
TURKEY CLUB 690 CAL	\$8.79

+ \$3.75
DOUBLE MEAT

**DOUBLE
IT UP**

+ \$0.69
DOUBLE CHEESE

MEAL EXCHANGE



Monday - Friday at 2pm



Main Entrée
1 Side (Chips OR Soup Cup)
1 Fresh Fruit OR Dessert*
1 Beverage

Entrée Upgrades (+\$2.00)
 Turkey Club
 Italian
 Philly Steak

* Fresh fruit or dessert only included with bag of chips side option

Bonus and Ultimate Meals, Cash, Credit/Debit, Titan Dollars and UWO Gift Cards accepted.

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DOUBLE MEAT

**DOUBLE
IT UP**

+ \$0.69
DOUBLE CHEESE

MEAL EXCHANGE

Friday at 2pm - Sunday Night



Main Entrée
1 Side (Chips OR Soup Cup)
1 Fresh Fruit OR Dessert*
1 Beverage

Entrée Upgrades (+\$2.00)
 Turkey Club
 Italian
 Philly Steak

* Fresh fruit or dessert only included with bag of chips side option

Access, Classic, Bonus and Ultimate Meals, Cash, Credit/Debit, Titan Dollars and UWO Gift Cards accepted.