

# BUILD YOUR OWN



**6" SUB** \$6.39

**WRAP** \$6.39

**UPGRADES**

<b>+ \$1.78</b> BACON	<b>+ \$0.59</b> HUMMUS
<b>+ \$1.17</b> AVOCADO	

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

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

- 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	<b>\$6.14</b>
CRISPY CHICKEN 124 CAL	<b>\$6.39</b>
GRILLED CHICKEN 250 CAL	<b>\$6.39</b>
MEATBALL 280 CAL	<b>\$6.39</b>
TUNA SLIM FIT 303 CAL	<b>\$6.39</b>
SALAMI 210 CAL	<b>\$6.39</b>
PHILLY STEAK -- CAL	<b>\$8.35</b>
ITALIAN 900 CAL	<b>\$8.35</b>
TURKEY CLUB 690 CAL	<b>\$7.99</b>

**+ \$3.55**  
DOUBLE MEAT

**DOUBLE  
IT UP**

**+ \$0.64**  
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 (+\$1.92)**  
 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.



# SIGNATURE *SUBS & SANDWICHES*



ROASTED VEGETABLE & HUMMUS 510 CAL	<b>\$6.14</b>
CRISPY CHICKEN 124 CAL	<b>\$6.39</b>
GRILLED CHICKEN 250 CAL	<b>\$6.39</b>
MEATBALL 280 CAL	<b>\$6.39</b>
TUNA SLIM FIT 303 CAL	<b>\$6.39</b>
SALAMI 210 CAL	<b>\$6.39</b>
PHILLY STEAK --- CAL	<b>\$8.35</b>
ITALIAN 900 CAL	<b>\$8.35</b>
TURKEY CLUB 690 CAL	<b>\$8.35</b>

**+ \$3.55**  
DOUBLE MEAT

**DOUBLE  
IT UP**

**+ \$0.64**  
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 (+\$1.92)**  
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.