



SANDWICHES & SUBS

CHOICE OF BREAD OR SUB ROLL

6"

	Hero <small>CAL ---</small>	\$7.50
	Veggie Lovers <small>CAL ---</small>	\$5.50
	BLT <small>CAL ---</small>	\$5.50
	Turkey <small>CAL ---</small>	\$5.50
	Ham <small>CAL ---</small>	\$5.50
	Tuna Slim Fit <small>CAL ---</small>	\$5.50
	PB&J <small>CAL ---</small>	\$3.45
	BYO Sandwich	\$5.50

EXTRAS

Bacon <small>CAL 80</small>	\$1.55
Guacamole <small>CAL 70</small>	\$1.00
Hummus <small>CAL 38</small>	\$0.50
Extra Cheese	\$0.55

SIDES

	Chips	\$1.99
	Whole Fruit	\$0.99
	Cookie	\$0.79
	Dessert Bar	\$1.99



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



BYO SANDWICH

BREADS

- Wheat Sub Roll CAL ---
- White Sub Roll CAL ---
- Wheatberry CAL ---
- White CAL ---
- Flour Wrap CAL ---
- Spinach Wrap CAL ---
- Jalapeño Wrap CAL ---
- GF Wrap CAL ---
- GF Bread CAL ---

MEATS

- Chicken Breast CAL 170
- Genoa Salami CAL 210
- Smoked Ham CAL 90
- Turkey Breast CAL 50
- Tuna Salad CAL 270
- Bacon CAL 80

CHEESE

- Provolone CAL 100
- Cheddar CAL 110
- American CAL 50
- Pepper Jack CAL 100

VEGETABLES

- Lettuce CAL 0
- Baby Spinach CAL 5
- Tomato CAL 5
- Cucumbers CAL 15
- Red Onion CAL 5
- Black Olives CAL 45
- Green Peppers CAL 5
- Red Peppers CAL 5
- Banana Peppers CAL 0
- Pickles CAL 5
- Jalapeños CAL 5

SAUCES & DRESSING

- Hummus CAL 38
- Guacamole CAL 70
- Yellow Mustard CAL 5
- Mayonnaise CAL 200
- Ranch CAL 270
- Oil & Vinegar CAL 63
- BBQ CAL ---
- Chipotle Ranch CAL ---
- Honey Mustard CAL 55
- Hot Sauce CAL ---
- Sriracha Mayo CAL ---

MEAL EXCHANGE



INCLUDES

- Main Entrée
- 1 Side
- 1 Fruit, 1 Dessert OR 2 Cookies
- 1 Beverage

Upgrades

Chicken Club (+\$1.49)

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

