

HOT SANDWICHES:

HOT PANINIS

 Caprese (520 Cal) \$6.19

 Buffalo Chicken (400 Cal) \$6.19

 BBQ Turkey & Cheddar (480 Cal) \$6.19

FLATBREAD MELTS

Meat Lover's (720 Cal) \$6.89

Grilled Chicken & Bacon (650 Cal) \$6.19

 Cheesy Sun-Dried Tomato (520 Cal) \$6.19



HOT OR COLD SANDWICH PLUS:

Side Caesar Salad (240 Cal) \$2.99

Add Bacon (90 Cal) \$0.99

Chips (110 - 160 Cal) or Fruit (50 - 110 Cal) & Regular Beverage (0 - 410 Cal) \$2.89

PICK THREE:

\$7.19

1/2 Sandwich

8oz. Soup (60-290 Cal)

Chips (110-160 Cal)

Panini (200-260 Cal) or



or



or

Signature (210-320 Cal)

Side Caesar Salad (240 Cal)

Whole Fruit (50-110 Cal)

COLD SANDWICHES:

SIGNATURES

Buffalo Chicken (640 Cal) \$6.89

Baguette

Turkey BLT (550 Cal) \$6.19

 Mediterranean (410 Cal) \$6.19

Veggie Wrap

CLASSICS

Chicken Caesar (530 Cal) \$6.19

Wrap

 Tuna Salad (490 Cal) \$6.19

Sandwich

Classic Italian (590 Cal) \$6.19

Sub

CREATE YOUR OWN:

\$7.59

BREAD

SELECT

1

PROTEIN

SELECT

1

CHEESE

SELECT

1

TOPPING

SELECT

3

SPREAD

SELECT

2

Tortilla Wrap (210 Cal)
Ciabatta (270 - 320 Cal)
Baguette (370 Cal)
Multigrain (80 Cal)
6" Sub Roll (220 Cal)

Chicken (150 Cal)
Ham (90 Cal)
Hummus (130 Cal)
Tuna (310 Cal)
Turkey (80 Cal)

American (45 Cal)
Cheddar (60 Cal)
Swiss (50 Cal)
Pepper Jack (50 Cal)
Provolone (50 Cal)

Lettuce (5 Cal)
Tomato (15 Cal)
Red Onions (10 Cal)
Banana (0 Cal)
Peppers (10 Cal)
Pickles (10 Cal)

Mayonnaise (110 Cal)
Yellow Mustard (10 Cal)
Dijon Mustard (15 Cal)
Sriracha (20 Cal)
Oil & Vinegar (140 Cal)



C.Y.O. SANDWICH ADD-ONS:

Add Bacon (90 Cal) \$0.99

Extra Protein (80 - 310 Cal) \$1.99

Combo It: Chips (110 - 160 Cal) or Fruit (50 - 110 Cal) \$2.89

& Regular Beverage (0 - 410 Cal)

Additional nutrition information available upon request.

2000 calories a day is used for general nutrition advice, but calorie needs vary.