



BUILD YOUR OWN SANDWICH \$7.49

BREAD

Calorie based on 1 piece

- White 70 cal
- Wheat 80 cal 
- Hoagie 197 cal
- Naan 137 cal
- Focaccia 142 cal
- Wrap 270 cal


PROTEIN

Calorie based on 3 oz

- Ham 91 cal
- Salami 300 cal
- Turkey 88 cal
- Chicken 130 cal
- Roast Beef 195 cal
- Hummus 70 cal
- Tuna Salad 232 cal 
- EXTRA MEAT \$1.59


CHEESE

Calorie based on 1 oz



-  Pepper Jack 112 cal
- Provolone 101 cal
- Cheddar 112 cal
- Swiss 101 cal
- American 101 cal
- EXTRA CHEESE \$1.59

VEGETABLES

Calorie based on 2 oz

-   Lettuce 0 cal
- Tomato 0 cal
- Cucumber 0 cal
- Black Olives 0 cal
- Red Onion 0 cal
- Pickles 0 cal
- Jalapenos 0 cal
- Roasted Vegetables 10 cal

CONDIMENTS

- Mayo 90 cal 
- Yellow Mustard 15 cal
- Honey Mustard 30 cal
- Ranch 70 cal
- Caesar 60 cal 
- Pesto Mayo 100 cal
- Chipotle Mayo 100 cal
- Buffalo Sauce 15 cal

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