

BUILD YOUR OWN SANDWICH, WRAP, OR SALAD 6.25

HOT SANDWICH OPTIONS

GOURMET GRILLED CHEESE	4.95
QUESADILLA	4.95
PHILLY CHEESE STEAK	7.95
VEGGIE BURGER	6.95



BUILD YOUR OWN OPTIONS

BREAD:

CIABATTA *210 cal*
WHITE *158 cal*
WHEATBERRY *190 cal*
HOAGIE *260 cal*
TOMATO WRAP *290 cal*
SPINACH WRAP *330 cal*
JALAPENO WRAP *300 cal*

MEATS:

3 oz serving

SMOKED TURKEY *75 cal*
BLACK FOREST HAM *90 cal*
PEPPERONI *68 cal*
BACON *86 cal*
GRILLED CHICKEN *75 cal*
CHICKEN SALAD *145 cal*
TUNA SALAD *159 cal*

MAKE IT A COMBO 2.00

(Chips & Can Soda)

EXTRA MEAT	2.00
EXTRA CHEESE	1.00
BAG OF CHIPS	1.15
CAN SODA	1.35

BUILD YOUR OWN OPTIONS

CHEESE:

1 oz serving

AMERICAN 100 cal

CHEDDAR 110 cal

SWISS 100 cal

PROVOLONE 100 cal

PEPPER JACK 140 cal

SAUCES:

.5 oz serving

MAYO 90 cal

CHIPOTLE MAYO 80 cal

MUSTARD 10 cal

RANCH 73 cal

ITALIAN 35 cal

VEGETABLES:

1 oz serving

SPINACH 0 cal

SPRING MIX 0 cal

ROMAINE 0 cal

SHREDDED LETTUCE 0 cal

TOMATO 0 cal

GREEN PEPPER 0 cal

BANANA PEPPER 0 cal

JALAPENO 10 cal

RED ONION 10 cal

BLACK OLIVES 90 cal

CUCUMBERS 0 cal