

# YOUR WAY

## 1. SELECT YOUR FAV

Calories shown are based on 6" sub or wrap

**Turkey & Swiss** \$8.99/\$15.39 (400cal)

Sliced turkey with Swiss cheese

**Roast Beef & Cheddar** \$9.75/\$16.49 (420cal)

Sliced roast beef with Cheddar cheese

**Ham & American** \$8.99/\$15.39 (370cal)

Sliced ham with American cheese

**Italian** \$9.75/\$16.49 (490cal)

Sliced ham, salami, pepperoni with provolone cheese

**Tuna Salad** \$9.75/\$15.39 (520cal) 

Tuna with mayonnaise, celery & lemon juice

**Four Cheese** \$7.49/\$11.59 (420cal) 

Pepper jack, cheddar, Swiss, provolone

## 2. CHOOSE YOUR STYLE

Calories shown are in addition

**6" Sub** 

**Ciabatta Roll** (+60cal) 

**Multigrain** (-40cal)  

**Wrap** 

**Salad Bowl** (-210cal) 

**12" Sub**

+370-520cal




Low Carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at [eatcoolfood.org](http://eatcoolfood.org)

## 3. MAKE IT YOURS

Calories shown are in addition

**Lettuce** (+0cal) 

**Tomato** (+10-20cal) 

**Red Onion** (+0cal) 

**Buffalo Pickles** (+10-20cal) 

**Mayo** (+100-200cal) 

**Hoagie Splash** (+80-160cal) 

**Yellow Mustard** (+10-20cal) 

**Add Bacon** \$2.09 (+110cal)

**Add Pepperoni** \$2.09 (+70cal)

**Add Salami** \$2.09 (+110cal)

**Xtra Meat** \$3.49 (+90-110cal)

**Xtra Cheese** \$1.29 (+110cal)

## SOUP

**Chicken Noodle**

\$4.99 (90cal) 

A rich chicken broth with thick egg noodles, tender pieces of chicken, carrots & celery

**Tomato Cheddar**

\$4.99 (63cal)  

Roasted tomatoes & cheddar cheese in a creamy tomato broth

## SIDES

**Apple** \$1.39 (100cal) 

**Bagged Chips** \$2.59 (130cal)

**Chocolate Chip Cookie** \$3.29 (240 cal)

## BEVERAGES

Regular Fountain Drink:  
\$2.69 (0-520cal)

**COMBO DEAL +\$3.99 (+210-570cal)**

Add a fountain drink & chips to any sandwich purchase.

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

# OUR SIGNATURES

## COLD



### TURKEY BACON ON MULTIGRAIN

\$9.75/\$17.79 (500cal)  

Turkey, bacon, lettuce, tomato, & avocado mayo



### CAPRESE CIABATTA

\$9.75/\$17.09 (660cal)  

Fresh mozzarella, baby spinach, tomato, pesto mayo & hoagie splash



### CHICKEN CAESAR WRAP

\$9.75/\$17.09 (640cal) 

Grilled chicken, bacon, romaine, parmesan



Low Carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at [eatcoolfood.org](https://eatcoolfood.org)

#### Customize your sandwich

Ciabatta Roll (+60cal) • Multigrain (-40cal) • Wrap (+0cal)  
Salad Bowl (-210cal) • 6" Sub (+0cal) • 12" Sub (+450-660cal)

## HOT

### SIGNATURE ITALIAN SUB

\$9.89/\$17.09 (650cal)

Ham, salami, prosciutto, mozzarella, roasted red peppers, lettuce, tomato, onion, mayo, pepper relish & hoagie splash



### MEATBALL SUB

\$9.75/\$17.09 (500cal)

Meatballs, tomato sauce & provolone



### BUFFALO CHICKEN SUB

\$9.75/\$17.09 (450cal)

Grilled chicken, lettuce, tomato, onion, spicy pickles & Buffalo ranch spread



### COMBO DEAL +\$3.99 (+210-570cal)

Add a regular fountain drink & chips to any sandwich purchase.