

SIGNATURE Subs 6" and 12"

UNDER
550
CALORIES

CRISPY CHICKEN RANCH

BBQ or BUFFALO 7.44 / 11.39

crispy chicken • provolone • lettuce • onion • tomato • ranch dressing • bbq OR hot sauce

530 / 1060

ITALIAN 6.29 / 11.29

salami • capicola • ham • provolone • lettuce • onion • tomato • mayo

660 / 1320

TURKEY CLUB 6.89 / 11.49

turkey • bacon • cheddar • lettuce • onion • tomato • mayo

560 / 1130

UNDER
550
CALORIES

ROASTED VEGGIE 6.49 / 11.29

zucchini • squash • mushroom • red peppers • spinach • onion • parmesan • pesto mayo

400 / 810

UNDER
550
CALORIES

CHICKEN CAESAR

6.49 / 11.39

roasted chicken • parmesan • Caesar dressing
romaine

380 / 760

TUNA SALAD 6.89 / 11.64

tuna salad • lettuce • tomato

650 / 1300

UNDER
550
CALORIES

BAJA CHICKEN 6.93 / 12.09

roasted chicken • provolone • lettuce
pico de gallo • chipotle ranch dressing

460 / 920

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

Additional nutrition information
available upon request.

BYO Build Your Own

TURKEY 7.02 / 11.29 50

ROASTED CHICKEN 6.49 / 11.39 9

CRISPY CHICKEN 6.93 / 11.29 150

HAM 6.09 / 11.00 60

VEGGIE 6.49 / 11.29 5-60

CALORIES DOUBLE FOR 12" SUBS

EXTRAS

BACON 3.14 / 5.09 110

MEAT 3.14 / 4.89 50-150

CHEESE 1.46 / 2.19 80-110

VEGGIES 2.40 / 4.09 5-60

AVOCADO 2.19 / 4.19 45

Create Your
COMBO

add any side plus a
24oz. fountain beverage

for 3.89

SIDES

CHIPS	1.56	13-240
COOKIES (3)	2.29	280-410
BANANA	1.56	40-70



SOUPS OF THE DAY *Monday*

CLASSIC CHICKEN NOODLE \$6.81

Slow-simmered chicken, tender noodles, and aromatic vegetables come together in a clean, comforting broth reminiscent of a cherished family recipe.

Contains: Wheat, Gluten, Egg

120 cal

TUSCAN WHITE BEAN \$6.81

Tender cannellini beans, slow-simmered with onions, carrots, celery, and fresh spinach, infused with basil, thyme, and white pepper for a warm, rustic Tuscan finish

190 cal



Processed in a facility that also processes wheat, soy, eggs, tree nuts, shellfish, milk, sesame oil and fish.



SOUPS OF THE DAY

Tuesday

CHICKEN POT PIE \$6.81

Antibiotic-free chicken, fresh vegetables, Idaho potatoes, and sweet peas are simmered in a velvety, herb-scented cream broth, creating a refined yet nostalgic take on classic chicken pot pie.

160 cal

Contains: Milk

CORN COB CHOWDER \$6.81

Sweet corn cut fresh from the cob simmered with vegetables in a light, creamy broth for a bright, comforting chowder.

140 cal



Processed in a facility that also processes wheat, soy, eggs, tree nuts, shellfish, milk, sesame oil and fish.



SOUPS OF THE DAY *Wednesday*

ITALIAN STYLE WEDDING \$6.81

Misnamed, this classic soup is not customarily served at weddings but rather is a wedding of simmered meats with fresh vegetables in a memorable combination.

Contains: Soy, Egg, Wheat, Gluten, Milk

130 cal

BROCCOLI CHEDDAR \$6.81

A creamy blend of fresh broccoli and the finest aged cheddar cheese.

Contains: Milk

250 cal



Processed in a facility that also processes wheat, soy, eggs, tree nuts, shellfish, milk, sesame oil and fish.



SOUPS OF THE DAY *Thursday*

CHICKEN RICE \$6.81

Antibiotic-free chicken, white rice, and a medley of fresh vegetables are simmered in a handcrafted stock of chicken bones, herbs, and aromatics, creating a clean, deeply flavorful take on a timeless classic

130 cal

TOMATO CHEDDAR \$6.81

A thick and unique tomato soup that is slightly sweet and loaded with the finest cheddar cheese.

Contains: Milk

290 cal



Processed in a facility that also processes wheat, soy, eggs, tree nuts, shellfish, milk, sesame oil, and fish.



SOUPS OF THE DAY

Friday

BEEF BARLEY \$6.81

Tender beef cubes, pearl barley, and fresh vegetables are simmered in a rich, slow-crafted brown broth with tomatoes, thyme, and aromatics for a deeply flavorful, classic beef barley soup.

Contains: Gluten

120 cal

ITALIAN MINESTRONE \$6.81

Our version of this amazingly popular soup. It is loaded with fresh vegetables, white beans, elbow macaroni and a touch of fresh basil.

Contains: Wheat, Gluten

140 cal



Processed in a facility that also processes wheat, soy, eggs, tree nuts, shellfish, milk, sesame oil and fish.

