sandwiches (or make it a salad)

grilled vegetable and hummus wrap v 410 Cal | $6.59
grilled eggplant and zucchini, hummus, tomatoes, arugula, and onion wrapped in tortilla

garden veggie sub v 220 Cal | $6.59
spinach, cucumber, carrot, lettuce, tomato, green peppers, red onions, and pickle on a sub roll

classic italian sub 560 Cal | $7.59
ham, salami, pepperoni, tomato, onion, and provolone on a sub roll dressed with vinaigrette

turkey bacon club 600 Cal | $7.59
shaved turkey, bacon, lettuce, tomato, and mayonnaise on a sub roll

philly cheesesteak 730 Cal | $7.59 sandwich $9.59 combo
sauteed beef steak topped with onions and american cheese on a sub roll

chicken cheesesteak 790 Cal | $7.59 sandwich $9.59 combo
sauteed chicken topped with onions and provolone cheese on a sub roll

meatball sub 600 Cal | $7.59 sandwich $9.59 combo
four meatballs and choice of cheese topped with shredded parmesan on a sub roll

v=vegan

Combos include house made chips or fruit, pickle spear, and a fountain drink. Substitute chips for shoestring fries for $1.09.

salads

chef salad 240 Cal* | $7.29
grilled chicken, ham, cheddar cheese, swiss cheese, tomato, and hard-boiled eggs on greens served with ranch dressing

chicken caesar 260 Cal* | $7.29
grilled chicken, parmesan, and seasoned croutons on crisp romaine served with caesar dressing

*calories do not include dressing

sides

shoestring fries 230 Cal | $2.09
chili cheese fries 370 Cal | $2.99
cup of chili 200 Cal | $3.29

drinks

fountain drink $1.89

meal swipe options
comes with house made chips or fruit, pickle spear, and a fountain drink
create your own sandwich (1 meat and 1 cheese)
create your own salad (1 protein)
grilled vegetable and hummus wrap
garden veggie sub
classic italian sub
turkey bacon club

Additional nutrition information is available upon request. 2000 calories a day is used for general nutrition advice, but calorie needs vary.
create your own sandwich $7.59
create your own salad $7.29

choose your bread or wrap:
white hoagie roll, wheat hoagie roll, wheat tortilla, spinach tortilla,
or made without gluten bun
190-310 Cal

choose one meat:
turkey, roast beef, ham, pepperoni, salami, grilled chicken,
chicken salad, tuna salad
120-520 Cal

choose your cheese:
provolone, swiss, american, cheddar, or pepper jack
50-60 Cal

choose your toppings:
iceberg lettuce, baby spinach, tomatoes, cucumbers, black olives, jalapenos,
banana peppers, green bell peppers, red onions, or dill pickles
5-20 Cal

choose your condiments:
light mayo, chipotle mayo, ranch, buffalo ranch, honey mustard, or oil and vinegar
70-180 Cal