

Create your own

SANDWICH

**Sandwich
Only**

\$8.19

Sandwich Combo includes
Chips or Fruit & a Drink

\$11.59



BREAD



White Sub	240 cal
Wheat Sub	240 cal
Flour Tortilla	310 cal

*Made Without Gluten Bread
available upon request*

PROTEIN

Turkey	50 cal
Ham	50 cal
Pepperoni	140 cal
Salami	120 cal
Bacon	100 cal
Diced Chicken	80 cal

CHEESE



Provolone	140 cal
Pepper Jack	100 cal
Cheddar	160 cal
American	100 cal

VEGGIES



Lettuce	10 cal
Spinach	15 cal
Cucumbers	5 cal
Tomatoes	15 cal
Banana Peppers	10 cal
Green Bell Peppers	10 cal
Pickles	0 cal
Onion	10 cal
Pickled Jalapeños	5 cal



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

