



# BYO SANDWICH

## BREADS

Wheat Sub Roll --- CAL	Spinach Wrap --- CAL
White Sub Roll --- CAL	Jalapeño Wrap --- CAL
Wheatberry --- CAL	GF Wrap --- CAL
White --- CAL	GF Bread --- CAL
Flour Wrap --- CAL	GF Sub Roll --- CAL
Wheat Wrap --- CAL	

## MEATS

Chicken Breast 170 CAL	Turkey Breast 50 CAL
Genoa Salami 210 CAL	Tuna Salad 270 CAL
Smoked Ham 90 CAL	Bacon 80 CAL



## CHEESE

Provolone 100 CAL	American 50 CAL
Cheddar 110 CAL	Pepper Jack 100 CAL
Muenster 110 CAL	

## VEGETABLES

Lettuce 0 CAL	Green Peppers 5 CAL
Baby Spinach 5 CAL	Red Peppers 5 CAL
Tomato 5 CAL	Banana Peppers 0 CAL
Cucumbers 15 CAL	Pickles 5 CAL
Red Onion 5 CAL	Jalapeños 5 CAL
Black Olives 45 CAL	

## SAUCES & DRESSING

Hummus 38 CAL	BBQ 29 CAL
Guacamole 70 CAL	Chipotle Ranch 58 CAL
Yellow Mustard 5 CAL	Honey Mustard 55 CAL
Mayonnaise 200 CAL	Buffalo Sauce 0 CAL
Ranch 270 CAL	Sriracha Mayo 45 CAL
Oil & Vinegar 63 CAL	Tobasco --- CAL
Light Mayo --- CAL	Chulula --- CAL

## MEAL EXCHANGE



Monday - Friday at 2pm



### INCLUDES

- Main Entrée
- Bag of Chips OR 9 oz Soup Cup
- 1 Side\*
  - 1 Fruit OR
  - 1 Dessert OR
  - 2 Cookies
- 1 Beverage

\*Additional side not included with soup

Classic, Bonus and Ultimate Meals, Cash, Credit/Debit, Titan Dollars and UWO Gift Cards accepted.