



BYO SANDWICH

BREADS

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

MEATS

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



CHEESE

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

VEGETABLES

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

SAUCES & DRESSING

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

MEAL EXCHANGE



Friday at 2pm - Sunday Night



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

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