

# BUILD YOUR OWN

SUB  
stand

 **6" SUB**

\$6.39

 **WRAP**

\$6.39

## UPGRADES

**+ \$1.78**

BACON

**+ \$0.59**

HUMMUS

**+ \$1.17**

AVOCADO

**1 TYPE OF BREAD OR WRAP**

**2 PICK YOUR PROTEIN**

TURKEY CAL 50

HAM CAL 90

GRILLED CHICKEN CAL 170

CRISPY CHICKEN CAL 300

SALAMI CAL 210

CAPICOLA CAL 164

TUNA SALAD CAL 270

MEATBALLS CAL 300

BACON CAL 80

ROASTED VEGGIE CAL 50

**3 CHOOSE CHEESE**

**4 PILE ON VEGGIES**

**5 ADD SOME SAUCE**



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