



\$6.99

half \$4.29

add bacon \$1.99
add extra cheese \$0.69
add extra meat \$2.99



Step 1

choose your bread

bread	cal. 200-220
roll	cal. 200-350
tortilla wrap	cal. 290-310

Step 2

choose your protein

turkey	cal. 90
ham	cal. 160
grilled chicken	cal. 180
tuna salad	cal. 160
chicken salad	cal. 290
crispy chicken	cal. 300

Step 3

choose your cheese

American	cal. 50
cheddar	cal. 120
Swiss	cal. 90
Provolone	cal. 100
pepperjack	cal. 110

Step 4

choose your condiments

mayonnaise	cal. 90
yellow mustard	cal. 10
ranch dressing	cal. 120
caesar dressing	cal. 110
honey mustard	cal. 110

Step 5

choose your toppings

lettuce	cal. 0
spinach	cal. 0
tomato	cal. 5
onion	cal. 10

banana peppers	cal. 5
peppers	cal. 5
cucumber	cal. 0
carrots	cal. 10

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