



Meal Exchange includes: a bag of chips, a cookie, a piece of whole fruit, and fountain drink.

ITALIAN

\$6.39 | 580 cal

Ham, salami, pepperoni, smoked bacon, sharp provolone, lettuce, tomato, onion, and cherry pepper relish on 7" baguette.

contains egg, fish, milk, soy, wheat

## TURKEY CLUB

\$6.39 | 760 cal

Turkey, smoked bacon, cheddar, lettuce, tomato, onion & spicy avocado on tomato rosemary ciabatta.

contains egg, milk, wheat

### ROAST BEEF

\$6.89 | 790 cal

Roast beef, swiss, lettuce, tomato, onion & horesradish mustard on a pretzel roll.

contains milk, egg, wheat



\$6.39 | 920 cal

Smoked bacon, lettuce, tomato, onion, lemon pepper mayo on white tortilla wrap.

contains egg, fish, soy, wheat

## BUFFALO CHICKEN WRAP \$6.89 | 380 cal

Chicken, shaved celery, spicy pickles, lettuce, tomato, onion, & buffalo bleu spread on white wrap.

contains milk, wheat

# THE KITCHEN SINK

\$7.89 | 800 cal

Ham, salami, pepperoni, meatballs, smoked bacon, sharp provolone, lettuce, tomato, onion, cherry pepper relish, and a sub splash on a 7" baguette.

contains egg, fish, milk, soy, wheat









TUNA

\$6.89 | 650 cal

Housemade tuna salad, cucumber, lettuce, tomato, onion & feisty fiesta spread on focaccia.

contains egg, fish, milk, wheat

#### MEATBALL

\$7.49 | 630 cal

Meatballs, sharp provolone, marinara sauce & pesto spread on a 7" baguette

contains milk soy, wheat

### **AVOCADO TOAST**

\$8.25 | 240 cal

Savory avocado mash on sourdough with tomato, pickled onion, cotija cheese, crispy corn, chilis, and arugula.

contains milk, soy, wheat

SIDES

**DRINKS** 

**COOKIES** \$2.27

FOUNTAIN DRINK (16 OZ)

WHOLE FRUIT \$1.00

COFFEE (12OZ)

