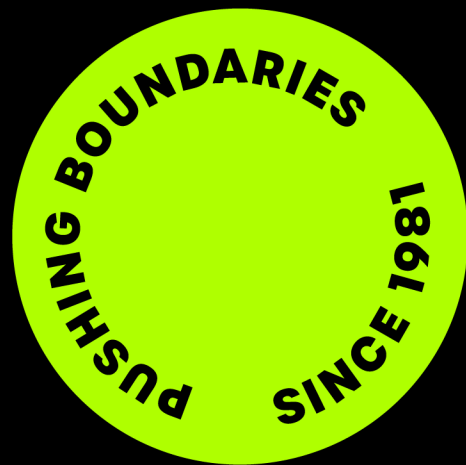


# GROUND BREAKING FLAVOR



**LIMITED TIME OFFERINGS**

**CLASSICS**

**CHICKEN**

**STEAK**

**FLATBREAD SAMMIES**

**FRESH MARKET SALADS**

**FLATBREAD PIZZA**

**SOUPS**

**KIDS**

**SIDES**

**BREAKFAST**

**GLUTEN FREE SUBS**

**TOASTIES ON CIABATTA**

			Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
<b>LIMITED TIME OFFER</b>																
<b>CLASSIS LOBSTER</b>	Small		219	440	19	9	0.5	54	4	5	16	55	1100	3	10	10
	Regular		337	660	28	13	1	81	6	8	24	80	1660	5	13	17
	Large		460	880	38	18	1	108	8	11	32	110	2210	6	19	22
<b>OLDBAY® LOBSTER CLUB</b>	Small		297	560	29	11	0.5	58	4	7	20	70	1560	6	10	13
	Regular		461	880	45	17	1	88	6	11	32	115	2450	10	15	19
	Large		625	1190	62	24	1.5	118	8	15	44	170	3450	14	19	25
<b>CLASSICS</b>																
<b>Honey Bacon Club</b>	Sandwich	Small	275	560	23	7	0.4	62	4	16	27	60	1570	6	13	17
		Regular	419	840	35	11	0.5	94	6	24	41	95	2360	10	19	25
		Large	561	1120	46	14	1	125	8	32	55	125	3140	13	27	33
	Wrap	Small	288	650	30	9	0.5	68	7	15	29	60	1670	4	17	28
		Regular	384	820	40	13	0.5	77	7	22	38	90	2220	6	23	31
		Large	481	980	50	16	1	86	8	28	47	125	2780	10	27	33
<b>Classic Club</b>	Sandwich	Small	267	500	20	7	0.4	54	4	6	27	70	1660	6	12	17
		Regular	405	750	31	10	0.5	81	5	10	41	105	2500	10	19	25
		Large	541	1000	41	14	1	108	7	13	54	145	3330	12	23	31
	Wrap	Small	279	590	27	9	0.5	59	6	6	28	70	1760	4	15	28
		Regular	370	730	36	12	0.5	64	7	8	37	105	2360	6	23	31
		Large	461	860	45	15	1	68	8	9	46	140	2960	9	27	33
<b>The Traditional</b>	Sandwich	Small	273	500	21	6	0.4	53	4	6	24	60	1470	5	13	17
		Regular	416	750	32	10	0.5	81	7	9	37	90	2220	9	19	25
		Large	558	1000	43	13	1	107	9	13	49	120	2960	12	27	33
	Wrap	Small	285	590	28	9	0.5	59	7	6	25	60	1560	4	17	28
		Regular	381	720	38	11	0.5	63	8	7	33	85	2080	5	23	31
		Large	478	860	47	14	1	68	9	9	41	115	2600	7	31	36
<b>Turkey Bacon Guacamole</b>	Sandwich	Small	304	540	24	7	0.4	55	5	6	28	75	1690	7	13	17
		Regular	462	820	37	11	0.5	84	8	9	43	115	2550	12	19	28
		Large	617	1090	49	14	0.5	111	10	12	57	150	3390	16	27	36
	Wrap	Small	316	640	31	9	0.5	61	8	5	29	75	1790	6	17	28
		Regular	427	790	42	12	0.5	66	9	7	39	110	2410	9	23	33
		Large	538	950	53	16	1	71	11	9	49	150	3020	12	31	39
All Subs recipe with white baguette unless otherwise noted																
Some items not available at all locations																

			Serving size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
<b>CLASSICS</b>																
Classic Italian	Sandwich	Small	273	560	28	8	0.4	54	5	8	25	50	1580	6	13	17
		Regular	416	850	42	12	0.5	82	8	11	37	70	2390	20	25	35
		Large	558	1130	56	17	0.5	109	11	15	49	95	3190	13	27	36
	Wrap	Small	285	660	35	11	0.5	60	8	7	26	45	1680	4	17	28
		Regular	381	820	48	14	0.5	65	10	9	34	70	2250	6	23	33
		Large	478	990	60	18	1	69	11	12	42	95	2830	10	27	36
Veggie Guacamole	Sandwich	Small	275	570	30	9	0.5	57	7	7	18	25	1260	5	19	17
		Regular	419	840	44	14	0.5	85	10	10	27	40	1840	9	31	28
		Large	561	1110	58	18	1	113	13	14	35	50	2400	12	42	36
	Wrap	Small	288	660	37	11	0.5	62	10	6	19	25	1360	3	23	28
		Regular	384	820	50	15	1	68	12	8	23	35	1700	5	35	33
		Large	481	970	62	19	1	74	14	10	27	50	2040	7	42	36
Turkey Ranch & Swiss	Sandwich	Small	264	470	19	6	0.4	51	3	6	24	65	1400	7	13	19
		Regular	402	700	28	8	0.5	79	6	9	36	95	2110	12	19	22
		Large	538	930	37	11	1	104	8	12	48	130	2810	16	27	28
	Wrap	Small	276	560	25	8	0.5	57	7	5	25	65	1500	6	17	25
		Regular	367	670	33	10	0.5	61	7	7	32	95	1970	9	23	28
		Large	458	780	41	13	1	65	8	8	40	125	2450	12	27	31
Meatball	Sandwich	Small	235	530	24	10	0.5	54	4	6	26	55	1280	6	17	22
		Regular	374	810	36	16	1	83	6	10	39	80	2010	10	27	36
		Large	512	1080	48	21	1.5	111	8	15	52	110	2720	13	35	47
	Wrap	Small	247	630	30	13	1	59	6	6	27	55	1380	5	23	33
		Regular	339	780	41	17	1	65	7	8	35	80	1870	7	31	42
		Large	432	940	52	22	1.5	71	8	11	44	105	2360	10	38	50

All Subs recipe with white baguette unless otherwise noted

Some items not available at all locations

			Serving size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
<b>CHICKEN</b>																
<b>Carbonara</b>	<b>Sandwich</b>	Small	247	590	28	7	0.4	53	3	6	33	80	1380	4	13	17
		Regular	372	880	41	11	0.5	80	5	9	50	120	2080	6	23	25
		Large	495	1170	55	15	1	105	7	12	67	160	2760	9	27	33
	<b>Wrap</b>	Small	259	680	34	10	0.5	58	6	6	34	80	1470	2	17	28
		Regular	337	850	47	13	1	62	7	7	47	120	1940	3	23	33
		Large	416	1030	59	16	1	66	7	9	59	160	2400	4	31	36
<b>Honey Mustard</b>	<b>Sandwich</b>	Small	272	570	25	7	0.4	56	4	10	32	80	1270	4	12	17
		Regular	417	860	38	11	0.5	85	6	15	48	120	1910	6	17	25
		Large	553	1150	51	14	1	113	7	20	64	160	2540	9	23	33
	<b>Wrap</b>	Small	284	670	32	10	0.5	62	6	10	33	80	1360	3	15	28
		Regular	382	840	43	13	0.5	68	7	13	44	120	1770	4	19	31
		Large	473	1010	55	16	1	73	8	17	56	160	2170	5	27	36
<b>Baja</b>	<b>Sandwich</b>	Small	227	540	22	7	0.4	55	3	10	31	80	1500	3	12	17
		Regular	344	810	33	10	0.5	83	5	15	47	120	2260	4	17	25
		Large	458	1080	44	14	0.5	110	6	19	62	155	3010	6	23	33
	<b>Wrap</b>	Small	239	630	29	9	0.5	60	6	9	32	80	1600	1	15	28
		Regular	309	780	39	12	0.5	65	6	12	43	115	2120	2	19	31
		Large	379	930	49	15	1	71	7	16	54	155	2640	2	23	36
<b>Honey Bourbon</b>	<b>Sandwich</b>	Small	247	380	5	1.5	0	61	4	16	24	45	1010	5	4	17
		Regular	376	570	8	2	0	92	6	23	36	65	1520	7	6	25
		Large	502	760	10	2.5	0.1	122	8	31	48	85	2020	10	10	33
	<b>Wrap</b>	Small	259	470	12	3.5	0.2	66	7	15	25	45	1100	3	8	28
		Regular	341	540	13	4	0.2	74	7	21	33	65	1380	4	10	31
		Large	422	620	14	4	0.2	83	8	27	40	85	1660	5	12	33
<b>Mesquite</b>	<b>Sandwich</b>	Small	276	530	23	7	0.4	52	4	6	32	80	1380	5	13	17
		Regular	421	800	34	11	0.5	79	6	9	48	125	2080	7	19	25
		Large	564	1070	46	14	1	104	7	12	64	165	2770	10	27	33
	<b>Wrap</b>	Small	289	630	30	9	0.5	57	7	5	33	80	1480	3	17	28
		Regular	386	780	40	13	0.5	61	7	7	44	120	1940	4	23	33
		Large	484	930	50	16	1	65	8	8	56	160	2410	5	27	36

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Some items not available at all locations

			Serving size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)	
<b>STEAK</b>																	
<b>Chipotle Steak &amp; Cheddar</b>	<b>Sandwich</b>	Small	254	580	30	8	0.5	51	4	5	28	70	1450	3	13	19	
		Regular	385	880	45	11	1	78	6	7	42	100	2220	4	19	31	
		Large	513	1170	60	15	1	103	8	10	56	135	2980	6	27	42	
	<b>Wrap</b>	Small	267	680	37	10	0.5	57	7	4	4	29	65	1550	1	17	31
		Regular	350	850	50	13	1	60	8	5	5	38	100	2080	2	23	36
		Large	433	1020	64	17	1	63	8	6	6	48	135	2620	2	31	42
<b>Black Angus</b>	<b>Sandwich</b>	Small	264	500	14	6	0.3	62	4	14	32	65	1370	4	19	19	
		Regular	398	750	21	10	0.5	93	6	22	48	95	2060	5	31	31	
		Large	529	990	28	13	0.5	124	8	29	64	130	2740	7	42	42	
	<b>Wrap</b>	Small	277	590	21	9	0.5	67	7	14	33	65	1460	2	23	31	
		Regular	363	720	27	11	0.5	76	7	20	45	95	1920	3	35	39	
		Large	449	850	33	14	1	84	8	25	56	125	2370	4	42	44	
<b>Beef &amp; Swiss Melt</b>	<b>Sandwich</b>	Small	236	570	28	7	0.5	52	4	5	29	65	1300	3	15	19	
		Regular	355	860	41	11	0.5	78	5	8	43	95	1950	5	23	31	
		Large	472	1140	55	14	1	104	7	11	58	125	2590	6	31	42	
	<b>Wrap</b>	Small	248	660	34	9	0.5	57	6	5	30	60	1390	1	19	31	
		Regular	320	830	47	13	1	61	7	6	40	95	1810	2	27	36	
		Large	392	990	59	16	1	64	7	7	50	125	2230	2	31	42	
<b>Peppercorn Steak</b>	<b>Sandwich</b>	Small	250	590	29	7	0.5	53	4	5	29	70	1310	3	13	19	
		Regular	376	880	44	10	0.5	80	6	8	43	105	1960	5	23	31	
		Large	500	1170	58	13	1	106	8	11	57	140	2610	6	27	42	
	<b>Wrap</b>	Small	262	680	36	9	0.5	59	7	5	30	70	1400	1	17	31	
		Regular	341	860	49	12	1	63	8	6	40	105	1820	2	23	36	
		Large	421	1030	62	15	1	67	8	7	49	140	2250	3	31	44	
<b>Au Jus</b>	<b>Side</b>	99	35	2.5	0	0	0	0	0	2	0	830	0	0	0		

All Subs recipe with white baguette unless otherwise noted

Some items not available at all locations

	Serving size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
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## FLATBREAD SAMMIES

Chicken Bacon Ranch Flatbread	167	350	17	5	0	30	4	3	20	55	870	2	15	14
Chipotle Chicken Flatbread	152	360	19	5	0	29	4	2	17	45	850	20	200	3
BBQ Steak Flatbread	160	250	6	1	0	36	4	7	13	20	810	2	10	17

## FRESH MARKET SALADS

Honey Mustard Chicken	Side	198	410	33	6	0.5	17	2	12	14	60	700	3	6	7
	Entrée	338	540	39	9	0.5	22	3	14	27	100	1080	6	12	13
Chicken Ceasar	Side	192	420	36	7	0.5	9	2	4	14	45	770	3	10	6
	Entrée	327	520	41	9	0.5	14	3	6	25	70	990	6	15	10
Mediterranean Chicken	Side	199	340	29	5	0.4	10	2	5	12	30	900	3	8	7
	Entrée	341	450	33	6	0.5	15	4	7	23	60	1230	6	13	13

## FLATBREAD PIZZA

Big Pepperoni	Half	264	540	27	12	0.5	46	5	5	28	75	1580	2	35	22
Italian	Half	265	540	26	11	0.5	46	4	5	30	75	1610	1	35	19
BBQ Chicken	Half	224	510	18	9	0.5	56	3	16	29	70	1750	2	35	19

## SOUPS

Broccoli Cheese	6 oz	142	120	8	5	0.2	10	1	3	4	15	760	3	8	1
	10 oz	255	220	14	9	0.3	18	1	6	6	25	1380	5	15	2
	Crackers	6	25	0.5	0	0	4	0	0	0.4	0	55	0	0	0.4
Chicken Noodle	6 oz	142	70	2	1	0	8	0	1	4	15	780	1	2	2
	10 oz	255	120	4	1.5	0	14	1	2	7	25	1400	2	2	3
	Crackers	6	25	0.5	0	0	4	0	0	0.4	0	55	0	0	0.4
Chili	6 oz	142	160	5	1.5	0	19	6	4	11	40	550	10	8	17
	10 oz	255	290	10	2.5	0.1	34	10	8	20	75	980	17	13	31
	Crackers	6	25	0.5	0	0	4	0	0	0.4	0	55	0	0	0.4

All Subs recipe with white baguette unless otherwise noted

Some items not available at all locations

		Serving size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
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## KIDS

Turkey & Cheese	5"	155	360	9	4	0.3	50	2	4	19	40	1050	2	10	8
Ham & Cheese	5"	155	370	10	4.5	0.3	50	2	5	20	30	980	1	10	10
Cheesy Cheese	5"	125	360	14	8	0.5	41	2	3	19	40	760	1	25	8
Kids Pizza	Flatbread	188	460	26	12	0.5	32	4	3	25	75	1200	0	27	14

## SIDES

Cheesy Garlic Bread	10 oz	181	220	14	9	0.3	18	1	6	6	25	1380	5	15	2
Chips	Varies by product. See packaging information.														

## BREAKFAST

Egg & Cheddar	6"	191	630	42	24	0.4	46	2	3	21	265	920	3	19	14
	12"	368	1210	78	45	0.5	92	5	6	39	515	1740	6	31	28
Bacon & Egg	6"	219	760	51	27	0.4	46	2	3	31	300	1430	3	19	17
	12"	425	1460	98	52	0.5	92	5	6	59	585	2760	6	31	33
Ham & Egg	6"	219	670	43	24	0.4	48	2	4	25	275	1180	3	19	14
	12"	425	1280	81	46	0.5	96	5	8	47	540	2260	6	31	28
Steak & Egg	6"	219	660	42	24	0.4	47	3	3	26	280	1100	3	19	17
	12"	425	1270	80	45	0.5	94	5	6	49	540	2090	6	31	33
Veggie	6"	247	660	43	24	0.4	49	3	5	22	265	940	6	19	14
	12"	481	1260	81	45	0.5	98	6	10	40	515	1770	12	31	28

All Subs recipe with white baguette unless otherwise noted

Some items not available at all locations

		Serving size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
<b>SIGNATURE GLUTEN FREE SUBS</b>																
Classic Italian	Small	272	590	33	8	0.4	50	1710	57	6	9	19	10	10	15	35
	Large	556	1190	66	16	1	95	3440	114	13	18	38	20	20	30	70
Classic Club	Small	266	510	24	7	0.4	70	1750	56	5	8	21	10	8	15	35
	Large	539	1030	47	13	1	140	3510	113	11	15	42	20	20	25	70
Honey Bacon Club	Small	275	570	26	7	0.4	60	1660	65	6	17	21	15	10	15	35
	Large	559	1150	52	14	1	125	3320	130	11	34	43	30	20	25	70
Turkey Ranch & Swiss	Small	263	480	22	5	0.4	65	1490	54	5	7	18	10	10	15	35
	Large	536	950	44	10	1	125	2990	109	11	14	35	20	20	30	70
The Traditional	Small	272	510	24	6	0.4	60	1560	56	6	7	18	10	10	15	35
	Large	556	1030	49	12	1	115	3140	112	12	15	36	20	20	30	70
Veggie Guacamole	Small	275	580	33	9	0.5	25	1350	59	9	8	11	20	60	25	40
	Large	559	1140	65	17	1	50	2580	118	17	16	23	35	120	45	70
Turkey Bacon Guacamole	Small	303	560	28	7	0.4	75	1780	58	7	7	22	8	60	15	40
	Large	616	1120	55	13	1	150	3570	116	14	14	44	15	120	30	80
Signature Tuna	Small	269	550	29	6	0.5	25	1360	55	5	8	20	15	8	15	35
	Large	545	1110	57	12	1	55	2720	111	11	16	41	25	15	25	70
<b>CHICKEN GLUTEN FREE SUBS</b>																
Mesquite	Small	276	560	28	7	0.4	80	1470	54	5	7	26	10	10	15	35
	Large	562	1130	55	14	1	155	2940	109	11	14	51	20	25	25	70
Carbonara	Small	246	610	32	7	0.5	75	1460	55	5	7	27	4	6	15	35
	Large	494	1230	64	15	1	150	2930	110	10	15	54	8	10	30	70
Baja	Small	226	570	27	7	0.4	75	1580	58	5	11	25	10	8	10	30
	Large	457	1130	54	14	1	150	3170	115	10	22	50	20	15	25	60
Honey Bourbon	Small	246	410	10	1.5	0.1	40	1120	65	6	17	18	6	15	4	30
	Large	500	830	20	3	0.1	80	2240	130	11	35	36	10	25	8	60
Honey Mustard	Small	271	600	30	7	0.4	75	1350	59	5	11	26	10	10	15	35
	Large	551	1200	60	15	1	150	2700	118	11	23	51	20	25	25	70

All Subs recipe with white baguette unless otherwise noted

Some items not available at all locations



		Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
<b>TOASTIES ON CIABATTA</b>																
Ham & Swiss	Ciabatta	256	440	15	5	0.3	54	2	5	23	45	1420	10	8	15	10
Veggie	Ciabatta	250	500	24	7	0.5	53	5	4	17	25	1160	15	10	20	15
Meatball	Ciabatta	270	580	25	8	0.1	60	5	6	31	55	1550	15	10	20	30
Turkey Caesar	Ciabatta	270	560	24	5	0.4	55	1570	66	3	11	22	4	10	8	15

All Subs recipe with white baguette unless otherwise noted

Some items not available at all locations