

SANDWICHES

SUBS & WRAPS

Sandwich or Wrap \$6.99

6" Sub \$6.99 | 12" Sub \$9.99

Bread

house-made sub roll, baguette, rye, sprouted multigrain, tomato or spinach wrap, wheat-free multigrain^{WF}

Proteins (Extra Meat +1.99)

deli ham, smoked turkey, salami, grilled chicken, tuna salad, Ithaca Soy Tofu Kan^V, Susie's Seitan-BBQ^V, hummus^{V, GF}

Cheese (Extra Cheese +\$1.99)

cheddar, monterey jack, provolone, swiss, vegan option

Vegetables

baby spinach, romaine lettuce, spring mix, tomato, red onion, green bell pepper, cucumber, Grillo's pickles, clover sprouts

Condiments

mayonnaise, vegan mayo^V, chipotle mayo^V, Dijon mustard, yellow mustard^V, balsamic/oil^V, Russian dressing, garlic herb ailoli^V