

SIGNATURE SUBS

*choice of white or wheat bread or whole wheat wrap (add 50 cal) *

ITALIAN

6.59 850

ham, pepperoni, salami, hot pepper relish, mayo, provolone cheese, lettuce, tomato oil and vinegar

PLAIN JANE

6.59 735

turkey breast, provolone cheese, lettuce tomato, onion, oil and vinegar

BASIC CHICK

6.59 805

grilled chicken breast, mozzarella cheese, lettuce, tomato, red onion, oil and vinegar

SMOKEY THE BEAR

6.59 555

turkey, Gouda cheese, lettuce, tomato and honey mustard

SMOKEHOUSE

6.59 890

roast beef, provolone cheese, sautéed onion and garlic mayo

SANTA FE

6.59 665

toasted sub with grilled chicken, pepper jack cheese, lettuce, tomato and avocado ranch

THE CAPRI

6.59 655

toasted sub with ham, provolone cheese, banana peppers, lettuce, tomato, onions, oil and vinegar

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BUFFALO CHICKEN

6.59 535

toasted sub with grilled breast of chicken, provolone cheese, lettuce, tomato and buffalo sauce

SICILIAN

6.59 710

toasted sub with grilled chicken breast, mozzarella cheese, roasted red peppers, lettuce, tomato and pesto

TALL TEXAN

6.59 915

roast beef, ham, swiss and cheddar cheese, lettuce, tomato and chipotle mayo

AGGIE CLUB

6.99 675

turkey, ham, bacon, lettuce, tomato, provolone cheese and chipotle mayo

TURKEY CLUB

6.99 725

turkey, swiss, bacon, lettuce, tomato and russian dressing

CALLIE CLUB

6.99 575

turkey, bacon, lettuce, tomato and avocado ranch

MAD MAX

6.99 805

turkey, bacon, gouda cheese, lettuce, tomato and garlic mayo

TEXAS CLUB

6.99 845

roast beef, cheddar cheese, bacon, lettuce, tomato and russian dressing

FINISHERS

complete your meal with sauces, sides & beverages

MAKE IT A COMBO!

2.39

65-375

one side & beverage

SIDES

chips	1.29	120-150
whole fruit	.95	65-105
bakery cookie	.99	350

BEVERAGES

bottled water	1.95	0
regular fountain	1.95	0-300

MADE IN HOUSE DAILY

40-280

- avocado ranch
- chipotle ranch
- buffalo ranch
- brown sugar honey mustard

CUSTOM MADE SUBS

BUILD YOUR OWN FOR 6.59

CHOICE OF BREAD

240-290

white or wheat bread or whole wheat wrap

CHOICE OF PROTEIN

35-400

lean turkey breast, baked ham, grilled chicken breast, hummus, thinly sliced house made roast beef, tuna

CHOICE OF TOPPINGS

0-120

pickles, black olives, red onions, sautéed onions, green peppers, roasted red peppers, banana peppers, spicy peppers, cucumber, spinach, shredded lettuce, jalapeños, corn & bean salsa, hummus, mushrooms, feta, cheese, cherry, tomatoes, shredded carrots

CHOICE OF SPREADS

15-200

spicy mustard, honey mustard, yellow mustard, hot pepper relish, mayo, chipotle mayo, house made ranch, Caesar, balsamic vinaigrette, BBQ sauce, house made avocado ranch, buffalo sauce, pesto, red wine vinegar, olive oil

CHOICE OF CHEESE

80-120

American, pepperjack, cheddar, Swiss, provolone, fresh mozzarella

**2000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE,
BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION
AVAILABLE UPON REQUEST**

ADD BACON TO ANY SUB FOR ADDITIONAL .85 (ADD 90 CAL.)

Smoothie SAILING

Choose your size:



CLASSIC
OR PROTEIN
\$5.29



BOWL
\$5.79



PROTEIN
ONLY
\$6.29

SMOOTHIE BOWLS

MANGO MEDLEY

570 cal

Strawberries, blueberries,
mango, frozen yogurt,
soy milk, topped with granola

STRAWBERRY DELIGHT

710 cal

Bananas, strawberries
peanut butter, frozen yogurt,
soy milk, topped with granola

mix it up:

\$1.25	WHEY PROTEIN BOOST (1 OZ.)	40 cal
\$.50	SUBSTITUTE COCONUT MILK	160 cal

CLASSIC SMOOTHIES

	20 OZ.	24 OZ.
MANGO COLADA <i>Pineapple, mango, frozen yogurt, soy milk</i>	230 cal	260 cal
BANANA SUPREME <i>Strawberries, bananas, apple juice, frozen yogurt</i>	320 cal	370 cal
TRIPLE BERRY ZINGER <i>Strawberries, blueberries, raspberries, apple juice, frozen yogurt</i>	290 cal	350 cal
PEANUT BUTTER FLIP <i>Bananas, peanut butter, frozen yogurt and soy milk</i>	660 cal	840 cal
BOMS <i>Bananas, mangoes, strawberries, orange juice and frozen yogurt</i>	345 cal	530 cal
WEED EATER <i>Kale, mango, pineapple, blueberries apple juice and frozen yogurt</i>	300 cal	360 cal

PROTEIN SMOOTHIES

(WATER BASED)	20 OZ.	24 OZ.
BANANARAMA <i>Blueberries, bananas, strawberries, agave, & whey protein</i>	520 cal	620 cal
WILD BERRY <i>Blueberries, raspberries, strawberries, agave, & whey protein</i>	480 cal	560 cal
PB & B <i>Peanut butter, bananas, chocolate syrup & whey protein</i>	1030 cal	1420 cal
MANGO MUSCLE <i>Mangoes, strawberries, agave, & whey protein</i>	460 cal	540 cal
RABBIT FOOD <i>Kale, blueberries, strawberries agave and whey protein</i>	430 CAL.	510 cal