Breakfastwich®

START YOUR DAY THE WICH WAY

ALL OF OUR WICHES ARE SERVED HOT!

Made with Egg or Egg Whites on a white or wheat baguette.

FRESH START 270 cal
Egg, Provolone, Avocado, Spinach, Tomato

WESTERN 310 cal
Egg, Cheddar, Ham, Bell Peppers

BACON & EGG 290 cal
Egg, Cheddar, Bacon

HAM & EGG 300 cal
Egg, Cheddar, Ham

SAUSAGE & EGG 370 cal
Egg, Cheddar, Sausage

MEAT LOVERS 460 cal
Egg, Cheddar, Bacon, Ham, & Sausage

*Calories shown include egg on a white baguette.
For a wheat baguette, subtract 10 cal. For egg whites, subtract 20 cal.

SMALL 4.00
Add Avocado +50¢

COFFEE 1.49
0 cal

JUICE 1.80
210-220 cal

$5 MEAL

TOPPINGS

Avocado	25 cal
Mushrooms	5 cal
Jalapeños	0 cal
Bell Peppers	0 cal
Tomatoes	10 cal
Red Onions	0 cal
Spinach	5 cal

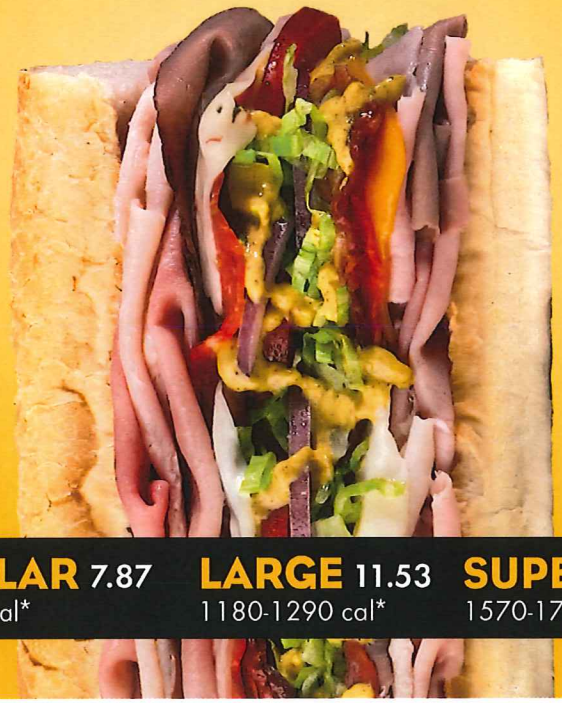
Signature Sandwich

GRAB A BUILD YOUR OWN BAG AND ADD TOPPINGS

WICKED®

5 MEATS + 3 CHEESES

Turkey, ham, roast beef, pepperoni, and bacon with your choice of three cheeses and any toppings



REGULAR 7.87	LARGE 11.53	SUPER 15.38
780-860 cal*	1180-1290 cal*	1570-1710 cal*

Favorites

GRAB A FAVES BAG AND PICK YOUR WICH

CALI CLUB $8.80
Turkey, bacon, avocado, cheddar, lettuce, tomatoes, red onions, mayo
680 cal

Philly CHEESESTEAK $8.80
Thinly sliced steak, caramelized onions, sautéed bell peppers, provolone
720 cal

ITALIAN CLUB $8.80
Turkey, capicola, bacon, provolone, pesto, lettuce, tomatoes
750 cal

BUFFALO CHICKEN $6.77
Chicken, provolone, buffalo sauce, lettuce, tomatoes, ranch
570 cal

THE DOUBLE AVOCADO $6.77
Avocado, cheddar, tomatoes, cucumber, red onions, hummus
580 cal

TUNA MELT $6.77
Tuna salad, cheddar, tomatoes, crispy onion strings
1050 cal

BLACK BEAN BURGERWICH™ $7.87
Black bean patty, avocado, pepper jack, lettuce, tomatoes, red onions, deli mustard
630 cal

*Calories shown on white baguette. For wheat baguette, subtract 10 cal. For salad, subtract 260 cal. For spinach wrap, add 30 cal.

Build Your Own

GRAB A BUILD YOUR OWN BAG AND PICK YOUR WICH

ALL OF OUR WICHES ARE SERVED HOT

Calories
Regular Large Super

TURKEY 370/560/740
Thinly sliced oven roasted turkey breast

HAM 390/580/780
Thinly sliced ham

TURKEY & HAM 380/570/760
Thinly sliced oven roasted turkey breast and ham

ROAST BEEF 370/560/740
Thinly sliced roast beef

CHICKEN 370/560/740
Thinly sliced oven roasted chicken breast

Calories
Regular Large Super

TUNA SALAD 860/1290/1720
Tuna, mayo

THE AVOCADO 400/600/790
Fresh avocado - Vegan

BLACK BEAN PATTY 450/680/910
Black bean patty lightly seasoned with chipotle - Vegan

GRINDER 580/870/1150
Genoa salami, pepperoni and capicola

WICKED® 5 MEATS & 3 CHEESES
Turkey, ham, roast beef, pepperoni, bacon, plus choice of any three cheeses

Regular 780-860
Large 1180-1290
Super 1570-1710

Vegan -White baguette and Lettucewich® options
Calories shown include a white baguette. For a wheat baguette, subtract 10 cal (Regular), 30 cal (Large), or 40 cal (Super).

Toppings

GRAB A SHARPIE® AND MARK YOUR TOPPINGS

	Added Calories Regular/Large/Super		Added Calories Regular/Large/Super
CHEESES			
American	100/150/200	Pepper Jack	100/150/200
Cheddar	110/170/230	Swiss	110/160/220
Provolone	100/150/200		
SAUCES & SPREADS			
Buffalo Sauce	0/0/5	Pesto	30/45/60
BBQ Sauce	30/40/60		
ONIONS			
Red Onions	0/5/5	Caramelized Onions	10/15/25
Crispy Onion Strings	50/80/110		
PEPPERS			
Bell Peppers	0/0/5	Hot Pepper Mix	130/200/260
Jalapeños	0	Banana Peppers	5/10/10
VEGGIES & MORE			
Avocado	45/70/90	Pickles	0/5/10
Hummus	70/100/130	Mushrooms	5/10/10
Tomatoes	15/20/30	Black Olives	20/35/45
Lettuce	0/5/10	Cucumbers	0/5/5
Spinach	5/10/15		
MAYOS			
Regular	80/120/160	Chipotle	80/120/160
Light	10/15/25		
MUSTARDS			
Yellow	10/10/15	Deli	15/20/30
DRESSINGS			
Ranch	80/120/160	Oil	50/70/100
Spicy Ranch	70/100/130	Vinegar	0
Balsamic Vinaigrette	40/60/80		
SPICES			
Salt		Pepper	

All spices contain 0 calories on all size wiches

EXTRAS			
Bacon	80/120/160	Double Cheese	90-230
Double Meat	190-2390		

Build Your Own Wich

WICH

Choose from White or Wheat

- 7" **REGULAR** 6.77
- 10½" **LARGE** 9.88
- 14" **SUPER** 13.18

Make any wich a salad or wrap

SALAD 7.43
110-2130 cal

SPINACH WRAP 6.77
400-2430 cal

Extras

	REGULAR	LARGE	SUPER
Double Cheese	1.10	1.65	2.20
Bacon	1.10	1.65	2.20
Avocado	1.10	1.65	2.20
Double Meat	2.20	3.30	4.40

Make It A Meal

Coca-Cola DRINKS

2.41 20oz 0-290 cal
2.63 32oz 0-420 cal

HOT COFFEE

2.01 12oz 0 cal
2.82 20oz 0 cal

CHIPS 1.38 120-320 cal

COOKIES 1.38 220-250 cal

SWEETS 1.65 240-490 cal

BOTTLED WATER 2.41 20oz 0 cal

ORANGE JUICE 2.74 15oz 220 cal

MILK 2.52 16oz **Regular** 300 cal **Chocolate** 350 cal

REAL ICE CREAM SHAKES 4.49 16oz

OREO **Cookie** 930 cal **Vanilla** 920 cal
HERSHEY'S **Chocolate** 880 cal **Strawberry** 810 cal

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