BUILD YOUR OWN!

PROTEINS

CHICKEN 60 Cals / 110 Cals

SOUTHWEST CHICKEN 90 Cals / 170 Cals

GYRO 160 Cals / 320 Cals

DELITURKEY 40 Cals / 80 Cals

CHICKEN SOUVLAKE 45 Cals / 90 Cals

CHICKEN SHAWARMA 80 Cals / 160 Cals

BUFFALO CHICKEN 90 Cals / 170 Cals

DELICLUB 80 Cals / 150 Cals

STEAK 60 Cals / 120 Cals

BACON 70 Cals / 140 Cals

HALL OUML 45 Cals / 90 Cals

SMOKY BBO BEEF BRISKET 100 Cals / 200 Cals **BLACK BEAN** 80 Cals / 160 Cals

FALAFEL 100 Cals / 190 Cals

CHICKEN CAESAR 100 Cals / 190 Cals

DELIHAM 50 Cals / 90 Cals



TOPPINGS

HUMMUS 60-100 Cals



AVOCADO 45-70 Cals



ALFALFA SPROUTS 4-10 Cals



GREEN PEPPER 3-10 Cals



CUCUMBER 2-4 Cals



JALAPEÑO 2-4Cals



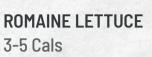
CHEDDAR 120 Cals



SPINACH 4-10 Cals



ONION 5-10 Cals





MUSHROOMS 4-10 Cals



ICEBERG LETTUCE 2-4 Cals

GREEN OLIVES

PICKLE

2-3 Cals

10-15 Cals

PINEAPPLE

5-10 Cals

SWISS

90 Cals



TOMATO 3-5 Cals



HOT PEPPERS 2-3 Cals



BLACK OLIVES 15-25 Cals



PARMESAN 30-60 Cals



FETA 90 Cals

SAUCES & SPICES

ANCHO CHIPOTLE 30-60 Cals BALSAMIC 20-35 Cals **BBO** 15-30 Cals CAESAR 45-90 Cals DONAIR 15-30 Cals

GARLIC AIOLI 15-30 Cals HONEY GARLIC 15-30 Cals HONEY MUSTARD 20-35 Cals HOT SAUCE 5-10 Cals LEMON ZA'ATAR 10-20 Cals

LIGHT MAYO 20-40 Cals MUSTARD O Cals RANCH 35-70 Cals SPECIAL SAUCE 50-100 Cals SPICY MAYO 40-80 Cals

SPICY THAI 20-40 Cals TZATZIKI 20-40 Cals

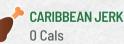
Pro Tip: Choose up to 3 sauces for the perfect flavour!



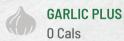
O Cals



TEX-MEX 0 Cals











Kids under 10 get a choice of a Petita® + kid's drink (170-420 Cals) & cookie (160-170 Cals)

DELI TURKEY 170 Cals

BACON 200 Cals

CHEESE 250 Cals

DELI HAM 180 Cals CHICKEN 190 Cals

MAKE IT EXTRA

GLUTEN-FREE PITA | 300 Cals

PITA CHIPS | 320 Cals

DOUBLE MEAT | 80-320 Cals

EXTRA BACON | 70 Cals

EXTRA CHEESE | 30-120 Cals