



WE BELIEVE IN BETTER®

1 CHOOSE YOUR SUB

2 SELECT YOUR BREAD OR BOWL

ITALIAN • MULTI-GRAIN (3/6 ADDED CAL)
PARMESAN ASIAGO (85/170 ADDED CAL) • GARLIC HERB (5/10 ADDED CAL)

3 ADD ADDITIONAL TOPPINGS

Table with 4 columns: Category, Added Cal, Category, Added Cal. Rows include Dressings (Mayo, Oil, Red Wine Vinegar, Brown Mustard, Yellow Mustard, Marinara, Ranch) and Toppings (Lettuce, Spring Mix, Tomatoes, Green Peppers, Mushrooms, Pickles, Black Olives, Cucumbers, Onions, Jalapeños, Pepperoncini, Hot Pepper Relish, Salt, Oregano, Black Pepper).

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. WRITTEN NUTRITION INFORMATION IS AVAILABLE UPON REQUEST.



GRILLED TO ORDER



CHEESE STEAK
CHICKEN 560/1120/310 CAL STEAK 540/1080/290 CAL
CHICKEN OR STEAK, PROVOLONE, LETTUCE, ONIONS, TOMATOES & SALT
7 1/2" 15" BOWL

PHILLY
CHICKEN 670/1340/410 CAL STEAK 650/1300/390 CAL
CHICKEN OR STEAK, AMERICAN, SAUTÉED GREEN PEPPERS & ONIONS
7 1/2" 15" BOWL

BACON CHEDDAR
CHICKEN 620/1240/370 CAL STEAK 600/1200/350 CAL
CHICKEN OR STEAK, BACON, CHEDDAR, LETTUCE, ONIONS & TOMATOES
7 1/2" 15" BOWL

DOUBLE CHEESE STEAK
CHICKEN 840/1680/590 CAL STEAK 800/1600/550 CAL
DOUBLE CHICKEN OR STEAK AND PROVOLONE, LETTUCE, ONIONS, TOMATOES & SALT
7 1/2" 15" BOWL

CLASSICS

CLUB
670/1340/220 CAL
HAM, TURKEY BREAST, PROVOLONE, LETTUCE, ONIONS, TOMATOES, OREGANO & MAYO
7 1/2" 15" BOWL

ITALIAN SPECIAL
830/1660/390 CAL
CAPPACOLLA HAM, COTEGHINO BOLOGNA, GENOA SALAMI, PROVOLONE, LETTUCE, ONIONS, TOMATOES, SALT, OREGANO & OIL
7 1/2" 15" BOWL

PEPPERONI MELT
750/1500/300 CAL
HAM, PEPPERONI, PROVOLONE, LETTUCE, ONIONS, TOMATOES, OREGANO & MAYO
7 1/2" 15" BOWL

MEATBALL & PROVOLONE
820/1640/560 CAL
MEATBALLS, PROVOLONE & MARINARA SAUCE
7 1/2" 15" BOWL

TUNA
650/1300/390 CAL
A BLEND OF TUNA & MAYO WITH LETTUCE, ONIONS, TOMATOES & OREGANO
7 1/2" 15" BOWL

DELI FRESH

HAM & PROVOLONE
630/1260/180 CAL
HAM, PROVOLONE, LETTUCE, ONIONS, TOMATOES, OREGANO & MAYO
7 1/2" 15" BOWL

TURKEY BREAST
550/1100/100 CAL
TURKEY BREAST, LETTUCE, ONIONS, TOMATOES, SALT & MAYO
7 1/2" 15" BOWL

VEGGIE
370/740/120 CAL
PROVOLONE, SPRING MIX, CUCUMBERS, GREEN PEPPERS, ONIONS & TOMATOES
7 1/2" 15" BOWL

ROAST BEEF & CHEDDAR
740/1480/290 CAL
ROAST BEEF, CHEDDAR, LETTUCE, ONIONS, TOMATOES, SALT & MAYO
7 1/2" 15" BOWL

CHICKEN CHEDDAR DELUXE
730/1460/280 CAL
SLICED CHICKEN BREAST, BACON, CHEDDAR, LETTUCE, ONIONS, TOMATOES & MAYO
7 1/2" 15" BOWL

DRINKS

REGULAR 0-300 CAL LARGE 0-480 CAL



BOTTLED 0-240 CAL WATER

SHAKES



VANILLA OR CHOCOLATE 720/920 CAL

FLOATS



ROOT BEER OR SODA 320-560 CAL

SUB IN A BOWL

MAKE ANY SUB, A SUB IN A BOWL

ALL BOWLS ARE SERVED OVER A SPRING MIX, EXCEPT THE PHILLY AND MEATBALL & PROVOLONE.

SOUPS OF THE DAY

CUP 70-170 CAL BOWL 110-270 CAL

MAKE IT A MEAL

ADD A REGULAR DRINK & CHIPS OR REGULAR FRIES TO ANY SUB



SIDES

FRIES

REGULAR 260 CAL LARGE 520 CAL

WISCONSIN MAC & CHEESE

CUP 290 CAL BOWL 410 CAL

ADD CHOICE OF HAM, TURKEY BREAST, SLICED CHICKEN BREAST, OR BACON 20-60 CAL

WISCONSIN CHEESE CURDS

REGULAR 680 CAL LARGE 1360 CAL

CHIPS

210-310 CAL

FRESH BAKED COOKIES

180-200 CAL/COOKIE, 3 COOKIES

CATERING

PARTY PACK

INCLUDES 20 PIECE PARTY BOX, PARTY CHIPS & DOZEN COOKIES

PARTY BOX

12 PIECE 20 PIECE

PARTY SALAD

SERVES 4-5

PARTY MAC

10 CUPS

PARTY SOUP

10 CUPS

BOX LUNCH

7½ SUB, CHIPS & COOKIE

DOZEN COOKIES

PARTY CHIPS

Advance notice appreciated on catering orders. Menu items and individual ingredients may vary by location. Prices subject to change without notice.

11/19



SKIP THE LINE® AND ORDER ONLINE
COUSINSSUBS.COM

