



WE BELIEVE IN BETTER®

1 CHOOSE YOUR SUB

2 SELECT YOUR BREAD OR BOWL

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

3 ADD ADDITIONAL TOPPINGS

Table with columns: DRESSINGS, ADDED CAL, TOPPINGS, ADDED CAL. Lists items like Mayo, Oil, Red Wine Vinegar, Brown Mustard, Marinara, Ranch, Lettuce, Spring Mix, Tomatoes, Green Peppers, Pickles, Black Olives, Cucumbers, Onions, Jalapeños, 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

CHOICE OF CHICKEN OR STEAK

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

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

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

3/22

CATERING

PARTY PACK

INCLUDES 20 PIECE PARTY BOX, PARTY CHIPS & DOZEN COOKIES

PARTY BOX

12 PIECE 20 PIECE

DOZEN COOKIES

BOX LUNCH

7½ SUB, CHIPS & COOKIE

PARTY CHIPS



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COUSINSSUBS.COM

