




## SUB MELTS


**MEATBALL** 810 calories   
Traditional Meatballs  
Marinara Sauce | Melted Provolone

**BLT** 422 calories   
Bacon [Regular or Jalapeño] | Lettuce | Ripe Tomato

**CHICKEN CAESAR** 543 calories   
Oven Roasted Chicken | Havarti | Caesar Dressing

**MONTEREY CHICKEN** 520 calories   
Grilled Chicken Breast | Pepper Jack Cheese


**HOT PASTRAMI** 345 calories   
Pastrami | Melted Swiss

**FRENCH DIP** 385 calories   
Roast Beef | Melted Swiss | Au Jus

REGULAR  
SIZE  
**\$6.79**



MONTEREY  
CHICKEN

 Denotes sandwiches are toasted  
We can toast any sub upon request

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. Additional nutrition information is available upon request. Most products served with Provolone Cheese unless specifically listed. Calories based on a regular size sub on wheat bread without condiments unless specified.

## LITE SUBS

### PURCHASE ANY SMALL SUB WITH:

CHIPS 272-805 calories **\$4.79**  
DRINK 172-685 calories **\$4.79**  
SALAD 295-728 calories **\$4.99**  
HOMESTYLE SOUP 365-819 calories **\$5.79**

### KIDS KIDS 10 & UNDER

ANY SMALL SINGLE MEAT SUB,  
CHIPS & SMALL DRINK 272-805 calories **\$4.69**

### SIDES

SMALL GREEN SALAD 135 calories **\$2.99**  
SEASONAL SOUP 170-500 calories **\$3.09**  
SEASONAL CHILI 410 calories **\$3.09**  
POTATO OR MACARONI SALAD 240-320 calories **\$1.59**  
CHIPS 100-340 calories **\$1.19**

### BEVERAGES

FOUNTAIN DRINK 0-300 calories **\$1.79/\$1.99**  
BOTTLED DRINK 0-170 calories **\$1.99**  
BOTTLED WATER 0 calories **\$1.69**


Prices exclude tax and may vary. Menu subject to change without notice.  
\*When available.

For More Information About The Submarina  
Nearest You, Visit [Submarina.com](http://Submarina.com)

Use your smart-  
phone to scan this  
code to learn more  
about Submarina  
California Subs.



Submarina California Subs-09-2014.sd



# MENU



CALI SUB



ASIAN  
CHICKEN  
SALAD

## Deliciously Fresh, Delightfully Healthy™

- ✦ Hand Sliced Premium Meats and Cheeses
- ✦ Hand Made Salads
- ✦ The Freshest Locally Sourced Produce\*
- ✦ Artisan Breads Baked Daily

**submarina**®  
A BETTER BUILT SUB®

*Deliciously Fresh, Delightfully Healthy!™*

Submarina.com



## HAND MADE SALADS

**\$7.49**

### SANTA FE SALAD 189 calories

Oven Roasted Chicken | Jalapeño Bacon  
Avocado | Fresh Greens

### ALBACORE TUNA SALAD 352 calories

Albacore Tuna Salad | Fresh Greens

### CALI SALAD 200 calories

Turkey Breast | Bacon | Avocado | Fresh Greens

### CHICKEN CLUB SALAD 158 calories

Oven Roasted Chicken | Ham | Bacon | Fresh Greens

### GRILLED CHICKEN CAESAR SALAD 158 calories

Grilled Chicken Breast | Caesar Dressing | Fresh Greens

### ASIAN CHICKEN SALAD 252 calories

Grilled Chicken Breast | Mandarin Oranges  
Cashews | Fresh Greens | Snow Peas | Sesame Seeds

ASK ABOUT OUR  
GLUTEN-FREE DRESSINGS!



**CATERING  
AVAILABLE!**

Contact us for your  
upcoming party or event



## SIGNATURE SUBS

REGULAR  
SIZE  
**\$7.49**

### SANTA FE 518 calories 🌶️

Oven Roasted Chicken | Avocado  
Jalapeño Bacon | Pepper Jack

### THE GODFATHER 591 calories

Ham | Prosciutto | Capocola | Salami  
Pepperoni | Provolone

### ALBACORE TUNA 690 calories

Solid White Albacore Tuna Salad | Havarti

### CHICKEN BACON RANCH 559 calories 🌶️

Grilled Chicken Breast | Bacon | Ranch | Provolone

### OVEN ROASTED CHICKEN AVOCADO 392 calories

Oven Roasted Chicken | Avocado | Provolone

### CALI 493 calories

Turkey Breast | Bacon | Avocado | Provolone

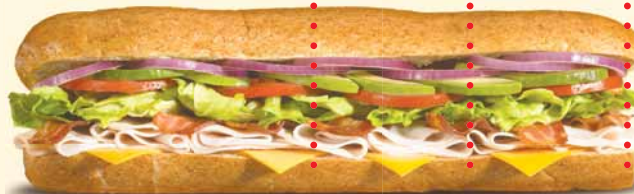
### BAJA 477 calories 🌶️

Roast Beef | Jalapeño Bacon | Pepper Jack

REGULAR

Large  
+  
\$3.00

Extra  
Large  
+  
\$5.00



## CLASSIC SUBS

REGULAR  
SIZE  
**\$6.79**

### ATC 424 calories

Avocado | Turkey Breast | Provolone

### TURKEY CLUB 401 calories

Turkey Breast | Ham | Bacon | Swiss

### TRIPLE PLAY 440 calories

Ham | Turkey Breast | Roast Beef | Provolone

### ITALIAN 562 calories

Salami | Ham | Mortadella | Pepperoni | Provolone

### ARB 482 calories

Avocado | Roast Beef | Smoked Cheddar

### VEGI 418 calories

Served with Swiss & Provolone

REGULAR  
SIZE  
**\$5.99**

Choose One or Two Meats &  
Cheese for a Basic Sub!

**MEATS** TURKEY 380 calories HAM 380 calories  
ROAST BEEF 424 calories SALAMI 628 calories  
PEPPERONI 687 calories

**CHEESE** SWISS 47 calories PROVOLONE 97 calories  
HAVARTI 110 calories PEPPER JACK 107 calories  
AMERICAN 107 calories SMOKED CHEDDAR 107 calories



### CALI-STYLE

Add bacon and  
avocado to your  
favorite sub!

Additional Charge.

Try our freshly sliced  
premium ingredients in  
any of our  
mouth-watering  
**WRAPS!**

