

EFFECTIVE SEPTEMBER 2026 — NEW MENU. Do not post before the menu switch.

Got an allergy? **We got you.** Here's what's in our stuff, mapped to the nine major allergens. Our kitchen is small and everything's made in shared space, so cross-contact can happen — **flag your allergy with a team member** and we'll take care of you.

● Contains this allergen ● May contain (made on shared equipment) Blank = not an ingredient **Every sub comes on a bread you pick — add its allergens (see note)**

Menu Item	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soy	Sesame
Breads									
Garlic Herb Bread	●	●					●	●	
Wheat Bread							●	●	
White Bread (Soft French)	●	●					●	●	
Gluten Friendly Bread		●							
Salad Bases									
Side Salad*	●	●					●	●	
Apollo 13 Salad*	●	●					●	●	
Kali Twist Salad*	●	●					●	●	
Pacific Blue Salad*	●	●	●				●	●	
White Widow Salad*	●	●					●	●	
Subs									
5-0	●							●	
AK-47	●						●	●	
Acapulco Gold	●						●	●	
Apollo 13	●								
Bomb	●						●	●	
Cheba Chiesel	●								
Chronic	●						●	●	
Dank	●								
G-13	●	●							
Griego	●								
Jamaican Red	●								
KGB	●	●							
Kali Mist	●	●							
La Canna	●								
Maui Wowie	●	●						●	●
Midwest Best	●	●							
Pacific Blue	●	●	●						
Pakalolo	●	●							
Power Plant	●							●	●
Sensi Kush	●	●							
Sticky Icky						●			
Thai Stick	●						●	●	
The Kind	●								
White Widow	●	●							
Secret Stash (monthly feature)	Rotating monthly — allergens vary. Ask for the current feature card before ordering.								

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Munchies & Sides									
Plain Krispy	●								
Fruity Krispy	●								
Berry Crunch Krispy	●							●	
Cinnamon Square Krispy	●						●	●	
Goo-Balls	●					●			
Brownies	●	●					●	●	
Cookies	●	●					●	●	
Garlic Cheese Bread	●	●					●	●	
Fire Cheese Bread	●	●					●	●	
Teriyaki Bowl of Balls	●						●	●	
Marinara Bowl of Balls	●						●	●	
BBQ Bowl of Balls	●						●	●	
Greek Bowl of Balls	●						●	●	
Loaded Not'chos	●	●							
Pretzel Nugs (w/ Honey Mustard)	●	●					●	●	
Sauces & Spreads									
Au Jus							●	●	
BBQ Sauce							●	●	
Chipotle Mayo		●							
Dijonnaise Sauce		●							
Garlic Butter	●								
Greek Dressing									
Guacamole									
Handcrafted Marinara									
Honey Mustard		●							
Honey-Sriracha									
Horseradish		●							
House Cream Cheese	●								
House Dressing									
Hummus								●	●
Jalapeno Cream Cheese	●								
Jamaican Red Sauce	●								
Signature Ranch	●	●							
Spicy Ranch	●	●							
Teriyaki Sauce							●	●	

A few things worth knowing

Pick your bread — it's required. Subs are listed by their fillings, and no sub is served without a bread, so add your chosen bread's allergens too: **White (Soft French)** or **Garlic Herb** add Wheat, Milk, Egg & Soy · **Wheat** adds Wheat & Soy · **Gluten-Friendly** adds Egg and is wheat-free. Salads marked * include croutons — removing croutons removes the crouton Egg, Soy & Wheat (other sources may remain; ask us). **Not one of the nine, but ask us anyway:** garlic & onion are in lots of our stuff · mustard (Honey Mustard, Dijonnaise) · sulfites (dressings, garlic-in-oil) · barley/gluten in our breads (matters for celiac) · gelatin in our marshmallow treats (matters if you're veggie, kosher or halal).