ROCKY’S SIGNATURE SUBS

Meatball Sub • 6”, 450 cal
Tender Italian-style meatballs simmered in marinara sauce
on your choice of bread, topped with melted Provolone

Italian Assorted • 6”, 670 cal
Salami, Capicola, Pepperoni, Lettuce, Tomato Onions, and
Low Calorie Italian Dressing on Choice of Bread

The Mel Melt • 6”, 480 cal
Tender Roast Beef, Sliced Tomatoes, Banana Peppers, And
Dill Pickles with Mel Sauce and Melted Cheddar Cheese

MADE-TO-ORDER SUBS

Half: $6.49
Whole: $8.69
Wrap: $6.49
## Choose Your Bread

**Delorio’s Sub Rolls**  
(White, Wheat or Garlic Herb)

**Father Sam’s Flour Tortilla**

### Cheese
- American 40 cal
- Swiss 50 cal
- Provolone 50 cal
- Cheddar 60 cal
- Pepper Jack 50 cal
- Sliced Mozzarella 60 cal
- Crumbled Feta 35 cal

### Deli Options

**Thin and Trim Meats**

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sliced Turkey</td>
<td>140 cal</td>
</tr>
<tr>
<td>Sliced Ham</td>
<td>120 cal</td>
</tr>
<tr>
<td>Shaved Roast Beef</td>
<td>180 cal</td>
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</tbody>
</table>

**Other Meat Options**

- Bacon Strips 40 cal
- Grilled Chicken Strips 80 cal
- Sliced Pepperoni 100 cal
- Shaved Steak
- Tuna Salad 160 cal
- Meatballs and Marinara
- Sliced Capicola 210 cal
- Sliced Salami 150 cal
- Sliced Salami 150 cal

### Dressings, Sauces and Spreads

<table>
<thead>
<tr>
<th>Dressing</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mayonnaise</td>
<td>210 cal</td>
</tr>
<tr>
<td>Yellow Mustard</td>
<td>5 cal</td>
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<tr>
<td>Ranch Dressing</td>
<td>110 cal</td>
</tr>
<tr>
<td>Oil and Vinegar</td>
<td>43 cal</td>
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<tr>
<td>Mel Sauce</td>
<td>210 cal</td>
</tr>
<tr>
<td>Honey Mustard</td>
<td>130 cal</td>
</tr>
<tr>
<td>Thousand Island</td>
<td>80 cal</td>
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<tr>
<td>Teriyaki Sauce</td>
<td>50 cal</td>
</tr>
<tr>
<td>Low Calorie Italian Vinaigrette</td>
<td>160 cal</td>
</tr>
<tr>
<td>Balsamic Vinaigrette</td>
<td>60 cal</td>
</tr>
<tr>
<td>Hummus</td>
<td>70 cal</td>
</tr>
</tbody>
</table>

### Vegetable Toppings

- Iceberg Lettuce
- Baby Spinach
- Sliced Cucumber
- Pickled Dill Pickle Chips
- Sliced Black Olives
- Sliced Red Onions
- Sliced Bell Pepper Mix
- Sliced Tomato
- Pickled Jalapeno Slices

_all items = <5 calories_