WICHES

MY NAME

SIZE

○ Regular ○ Large

MY WICH

○ WICKED®
roasted turkey, ham, roast beef, pepperoni, applewood smoked bacon, pepper jack, cheddar, provolone, lettuce, fresh tomatoes, red onions, wich sauce

Reg 6.50 | 780 cal **Lg 9.25** | 1170 cal

○ CALI CLUB
roasted turkey, applewood smoked bacon, avocado, cheddar, lettuce, fresh tomatoes, red onions, mayo

Reg 6.50 | 820 cal **Lg 9.25** | 1220 cal

○ Philly CHEESESTEAK
thinly sliced steak, caramelized onions, sautéed bell peppers, provolone

Reg 6.50 | 720 cal **Lg 9.25** | 1070 cal

○ BUFFALO CHICKEN
crispy or grilled chicken, provolone, buffalo sauce, lettuce, fresh tomatoes, ranch

Reg 6.50 | 750 cal **Lg 9.25** | 1220 cal

○ crispy chicken ○ grilled chicken

○ Turkey & Swiss
roasted turkey, Swiss, lettuce, fresh tomatoes, wich sauce

Reg 6.50 | 580 cal **Lg 9.25** | 880 cal

○ ULTIMATE BLT
applewood smoked bacon, lettuce, fresh tomatoes and avocado, with roasted garlic aioli

Reg 6.50 | 740 cal **Lg 9.25** | 1110 cal

○ TUNA CRUNCH
house-made tuna salad, lettuce, fresh tomatoes, pickles, salt & vinegar chips

Reg 6.50 | 510 cal **Lg 9.25** | 760 cal

○ THE DOUBLE AVOCADO
avocado, cheddar, fresh tomatoes, cucumbers, red onions, hummus

Reg 6.50 | 590 cal **Lg 9.25** | 880 cal

○ GRINDER
pepperoni, genoa salami, capicola, provolone, lettuce, fresh tomatoes, roasted garlic aioli, oil & vinegar

Reg 6.50 | 1020 cal **Lg 9.25** | 1540 cal

○ CHICKEN CLUB
grilled or crispy chicken, applewood smoked bacon, avocado, Swiss, lettuce, fresh tomatoes, mayo, wich sauce

Reg 6.50 | 930 cal **Lg 9.25** | 1390 cal

○ crispy chicken ○ grilled chicken

WHICH WICH®?

TEMPLE UNIVERSITY
1755 North 13th Street
Philadelphia, PA 19122
215.204.0433 •TEMPLEU@WHICHWICH.NET

DRINKS 24oz **1.75** 32oz **2.00**

CHIPS **1.25**

○ **House Chips** (210 cal) ○ **Jalapeño Kettle Chips** (190 cal) ○ **Lays®** (240 cal)
○ **Baked Lays®** (140 cal) ○ **Sun Chips®** (210 cal) ○ **Miss Vicki's BBQ** (210 cal)
○ **Doritos®** (240 cal) ○ **Miss Vicki's® Salt & Vinegar** (210 cal)

SWEETS

○ **Courtney's Cookies™** (310 cal) **1.75**
○ **Courtney's Cakes** (270-360 cal) **1.95**
• **Birthday Cake** • **Chocolate** • **Carrot**

REAL ICE CREAM SHAKES 16oz **3.25**

○ **Courtney's Cookie™** (1160 cal) ○ **OREO® Cookie** (930 cal)
○ **Chocolate Cake** (930 cal) ○ **Birthday Cake** (1160 cal) ○ **Carrot Cake** (1020 cal)
○ **Vanilla** (920 cal) ○ **Hershey's® Chocolate** (880 cal) ○ **Strawberry** (800 cal)
○ **Yellow M&M's®** (910 cal)

SPECIAL INSTRUCTIONS

DOWNLOAD OUR APP!

Scan the QR code or go to whichwich.com/app

Vegan – White baguette and salad options
Calories shown include a white baguette. For a wheat baguette, subtract 10 cal (Regular) or 30 cal (Large).
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.

BUILD YOUR OWN

MY NAME

BREAD

WHITE: ○ Regular ○ Large

WHEAT: ○ Regular ○ Large

○ Salad ○ Spinach Wrap

PROTEIN (CHOOSE ONE)

- ○ Roast Beef
- ○ Crispy Chicken
- ○ Grilled Chicken
- ○ Black Bean Patty
- ○ Steak
- ○ Turkey
- ○ Ham
- ○ Tuna
- ○ Avocado

EXTRAS*

	Added Calories Regular/Large
○ Bacon	80/120
○ Extra Meat	20-470/40-710

CHEESE

○ Extra Cheese*	20-470/40-710
○ American	100/150
○ Cheddar	110/170
○ Pepper Jack	100/150
○ Swiss	110/160
○ Provolone	100/150

FRESH VEG

○ Avocado*	45/70
○ Red Onions	0/5
○ Fresh Tomatoes	15/20
○ Lettuce	0/5
○ Spring Mix	5/10
○ Mushrooms	5/10
○ Black Olives	20/35
○ Cucumbers	0/5
○ Bell Peppers	0/0
○ Crispy Onion Strings	50/80

PICKLE IT

○ Dill Pickles	0/0
○ Pickled Jalapenos	0/0
○ Banana Peppers	5/10
○ Caramelized Onions	10/15
○ Hot Pepper Mix	130/200

SPREADS

○ Wich Sauce	90/140
○ Regular Mayo	70/110
○ Light Mayo	10/15
○ Chipotle Mayo	70/110
○ Roasted Garlic Aioli	80/120
○ Yellow Mustard	10/10
○ Deli Mustard	30/45
○ Buttermilk Ranch	45/70
○ Pesto	30/45
○ BBQ	30/40
○ Buffalo	0/0
○ Balsamic Vinaigrette	40/60
○ Oil	50/70
○ Vinegar	0/0
○ Hummus	70/100
○ Spicy Ranch	40/60

SPICES

○ Salt	0/0
○ Pepper	0/0

All spices contain 0 calories on all size wiches

***Extra charge**

Vegan – White baguette and salad options
Calories shown include a white baguette. For a wheat baguette, subtract 10 cal (Regular) or 30 cal (Large). For salad, subtract 260 cal.
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WHICH WICH®

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TRADITIONAL

7" REGULAR WICH | 5.50
10.5" LARGE WICH | 7.75

WRAP | 5.50

SALAD | 6.50

	Regular/Large/Wrap/Salad
TURKEY	370 cal/560 cal/400 cal/110 cal
HAM	390 cal/580 cal/420 cal/130 cal
TUNA	340 cal/510 cal/370 cal/80 cal
AVOCADO vegan	370 cal/560 cal/400 cal/110 cal

PREMIUM

7" REGULAR WICH | 5.75
10.5" LARGE WICH | 7.95

WRAP | 5.75

SALAD | 6.75

	Regular/Large/Wrap/Salad
ROAST BEEF	380 cal/570 cal/410 cal/120 cal
CRISPY CHICKEN	530 cal/790 cal/550 cal/270 cal
GRILLED CHICKEN	400 cal/600 cal/420 cal/140 cal
BLACK BEAN PATTY vegan	450 cal/680 cal/480 cal/190 cal
STEAK	460 cal/690 cal/490 cal/200 cal

EXTRA CHEESE* ..... Reg 1.00 Lg 1.50
BACON ..... Reg 1.00 Lg 1.50
AVOCADO ..... Reg 1.00 Lg 1.50
EXTRA MEAT* ..... Reg 2.00 Lg 3.00

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*Extra cost for select WICHES