### 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

- **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

### DRINKS

- 24oz | 1.75
- 32oz | 2.00

### CHIPS

- House Chips (210 cal)  
- Jalapeno 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**

- 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.

---

**AMES**

2710 Lincoln Way
Ames, IA 50014

515.203.8964 • AMES@WHICHWICH.NET

**DOWNLOAD OUR APP!**

Scan the QR code or go to whichwich.com/app
**BUILD YOUR OWN**

**MY NAME**

**BREAD**
- WHITE:  
  - Regular  
  - Large
- WHEAT:  
  - Regular  
  - Large
- Salad  
- Spinach Wrap

**SPICES**
- Salt  
- Pepper

**PROTEIN (CHOOSE ONE)**
- Roast Beef  
- Crispy Chicken  
- Grilled Chicken  
- Black Bean Patty  
- Steak

**EXTRAS**

<table>
<thead>
<tr>
<th>Added Calories</th>
<th>Regular</th>
<th>Large</th>
<th>Added Calories</th>
<th>Regular</th>
<th>Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon</td>
<td>80/120</td>
<td></td>
<td>Extra Meat</td>
<td>20/470</td>
<td>40-710</td>
</tr>
</tbody>
</table>

**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

**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

**EXTRA CHEESE**
- American  
  - 100/150  
- Swiss  
  - 110/160  
- Provolone  
  - 100/150

**DRINKS**

<table>
<thead>
<tr>
<th>Size</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>24OZ</td>
<td>1.75</td>
<td></td>
</tr>
<tr>
<td>32OZ</td>
<td>2.00</td>
<td></td>
</tr>
</tbody>
</table>

**SWEETS**

- Oreo Cookies  
  - [1160 cal]  
- Chocolate Cake  
  - [930 cal]  
- Birthday Cake  
  - [1160 cal]  
- Carrot Cake  
  - [1020 cal]

**REAL ICE CREAM SHAKES**

- Courtney's Cookie  
  - [1160 cal]  
- Oreo Cookie  
  - [930 cal]  
- Chocolate Cake  
  - [930 cal]  
- Birthday Cake  
  - [1160 cal]  
- Carrot Cake  
  - [1020 cal]

**AMENDS**
- Courtney's Cookies  
  - [310 cal]  
- Courtney's Cakes  
  - [270-360 cal]

**BACON**
- Reg 1.00  
- Lg 1.50

**AVOCADO**
- Reg 1.00  
- Lg 1.50

**EXTRA MEAT**
- Reg 2.00  
- Lg 3.00

**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

**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

**BUILD YOUR OWN**

- Extra charge for selectwiches

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. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutrition information available upon request.

*Extra charge for selectwiches