

# 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®

AMES

2710 Lincoln Way  
Ames, IA 50014

515.203.8964 • AMES@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**

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**DOWNLOAD OUR APP!**

Scan the QR code or go to [whichwich.com/app](http://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) .....

- |  |                               |
|--|-------------------------------|
| <input type="radio"/> Roast Beef       | <input type="radio"/> Turkey  |
| <input type="radio"/> Crispy Chicken   | <input type="radio"/> Ham     |
| <input type="radio"/> Grilled Chicken  | <input type="radio"/> Tuna    |
| <input type="radio"/> Black Bean Patty | <input type="radio"/> Avocado |
| <input type="radio"/> Steak            |                               |

## EXTRAS\* .....

	Added Calories		Added Calories	
	Regular	Large	Regular	Large
<input type="radio"/> Bacon	80	120	<input type="radio"/> Extra Meat	20-470/40-710

## CHEESE .....

<input type="radio"/> Extra Cheese* 20-470/40-710	<input type="radio"/> Pepper Jack	100/150
<input type="radio"/> American 100/150	<input type="radio"/> Swiss	110/160
<input type="radio"/> Cheddar 110/170	<input type="radio"/> Provolone	100/150

## FRESH VEG .....

<input type="radio"/> Avocado* 45/70	<input type="radio"/> Mushrooms	5/10
<input type="radio"/> Red Onions 0/5	<input type="radio"/> Black Olives	20/35
<input type="radio"/> Fresh Tomatoes 15/20	<input type="radio"/> Cucumbers	0/5
<input type="radio"/> Lettuce 0/5	<input type="radio"/> Bell Peppers	0/0
<input type="radio"/> Spring Mix 5/10	<input type="radio"/> Crispy Onion Strings	50/80

## PICKLE IT .....

<input type="radio"/> Dill Pickles 0/0	<input type="radio"/> Caramelized Onions	10/15
<input type="radio"/> Pickled Jalapenos 0/0	<input type="radio"/> Hot Pepper Mix	130/200
<input type="radio"/> Banana Peppers 5/10		

## SPREADS .....

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

## SPICES .....

Salt 0/0     Pepper 0/0

All spices contain 0 calories on all size wiches

\*Extra charge

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# WHICH WICH®?

AMES

2710 Lincoln Way  
Ames, IA 50014

TRADITIONAL 515-335-8264 • AMES@WHICHWICH.NET



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



WRAP | 5.50



SALAD | 6.50

## TURKEY

Regular/Large/Wrap/Salad

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

## ROAST BEEF

Regular/Large/Wrap/Salad

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**

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

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\*Extra cost for select WICHES