

**Welcome to
Quad Creek Cafe**

Sandwich Menu

(White, Wheat, Tomato, 3 Cheese, Flour Wrap or a Salsa Wrap)

Single Meat (*Ham, Beef, Turkey*) \$4.59 / \$7.79

Buffalo Chicken Sub 6" \$5.19 12" \$7.89 Wrap \$4.69

Club Combo \$4.59 / \$7.79

Turkey Club \$4.59 / \$7.79

Italian Combo \$4.59 / \$7.79

BLT \$4.59 / \$7.79

Salad Sub (*Chicken or Tuna*) \$5.39 / \$8.19

Grilled Chicken \$5.39 / \$8.19

Meatball \$5.39 / \$8.19

Veggie \$4.59 / \$7.79



6" Cold Subs

Less than 450 calories*

Turkey, Ham, Roast Beef, Veggie, Seafood Salad

450 to 600 calories*

Club, Cold Cut Combo, Turkey Club,
Italian Combo, Chicken Salad, Tuna Salad

Over 600 calories*: BLT

***on White/Wheat Bread or Wraps
with 2 slices of Cheese and no sauce**



6” Cold Subs

Add for Sauces (2 tbsp)

Mustard, spicy mustard, or BBQ – 50 calories

Salad or ranch dressing – 100 calories

Honey mustard – 130 calories

Garnishes add minimal calories

Lettuce, Tomato, Onion, Green

Pepper, Pickle, Ripe Olives,

Jalapenos, Shredded Carrots,

Cucumber Slices



A Balanced Choice

Have skim milk and fresh fruit with the following:

Turkey, Ham, Roast Beef, Club Combo;
Chicken, Seafood, and Tuna Salads*

*on Wheat Bread or Wraps with 2 slices of Cheese,
any garnishes, and 1 tbsp of either BBQ sauce;
salad dressing; regular, spicy or honey mustards

<600 calories
<35% of calories from fat
<10% of calories from unsaturated fat
>6 g fiber



10 Reasons To Purchase A Meal Plan

10. No cash, no problem!

Just swipe your student card and get your meal!

9. Save your gas!

Stay on campus to eat.

8. It's convenient!

7. Get more for less!

Get dining dollars to use on campus.

6. Choices! Choices!

So many places on campus to eat!

5. No dishes or kitchen to clean.

4. You don't know how to cook.

Ramen noodles can only go so far!

3. At some point, you need to eat.

We are here when you are ready!

2. No grocery shopping needed.

1. Everyone else is doing it.

Contact Us!

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Web www.Drakeudining.com
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For Dining Updates & Specials:



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