



# AFTERNOON RUN

**GET FUELED. EAT WELL.**

**LOOK FOR THE  ICON FOR DIETITIAN-APPROVED EAT WELL DISHES.**  
always  $\leq$  600 calories,  $\leq$  6 grams saturated fat, and  $\leq$  800 mg sodium

## SMALL PLATES


**AVOCADO SMASH** 8.00 serves two   
fresh avocados smashed with sea salt, lime juice and olive oil, served with cucumber, jicama, tortilla chips, salsa verde, pico de gallo  
per serving: calories 440, fat 31g, sat fat 3.5g, sodium 960mg, carbs 41g, sugar 6g, protein 6g, fiber 14g

**HAND-CUT CHIPS WITH SHERRY-FRENCH ONION DIP** 4.00   
Sub 4 secret spice blend and sherry-French onion dip  
calories 520, fat 37g, sat fat 10g, sodium 550mg, carbs 38g, sugar 6g, protein 5g, fiber 4g contains: dairy

**MARKET BOARD** 12.00 serves two  
assorted local cheeses, Olympia Provisions charcuterie, pickled vegetables, marinated olives, rosemary toasted almonds, dried fruit, jams and mustards, grilled country bread  
contains: wheat, dairy, tree nuts, fish

## SLIDERS

ALSO AVAILABLE AS A LETTUCE WRAP

**SHIITAKE SLIDER** 3.00   
shiitake mushroom, smoked chipotle catsup, vegan mayo, baby arugula, charred onion, pickle, tomato on a Grand Central slider bun  
calories 260, fat 12g, sat fat 2g, sodium 530mg, carbs 31g, sugar 9g, protein 4g, fiber 2g contains: wheat, dairy, egg

**SUB 4 SLIDER** 3.00  
Childer's high desert grass fed beef, tomato jam, baby arugula, onion, pickle, tomato on a Grand Central slider bun  
calories 300, fat 13g, sat fat 4g, sodium 690mg, carbs 31g, sugar 9g, protein 15g, fiber 2g contains: wheat, dairy, egg

**SMOKED PULLED PORK SLIDER** 3.00  
Carlton Farm's pork, Carolina gold bbq sauce, savoy cabbage slaw, red onion, house-made pickle, ground mustard-maple sauce on a Grand Central slider bun  
calories 340, fat 17g, sat fat 4.5g, sodium 670mg, carbs 32g, sugar 8g, protein 13g, fiber 2g contains: wheat, dairy, egg


**RESERVE YOUR TABLE: SUB4@NIKE.COM**


2,000 calories a day is used for general nutrition advice, but calorie needs vary.  
Additional nutrition information available upon request.

### CONSUMER ADVISORY:

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

**AFTERNOON RUN MENU:** Monday- Friday 2 p.m. - 6 p.m.


 indicates vegetarian item

 indicates vegan item



## LEGAL GREENS


### ADD-ON PROTEINS

**CHICKEN BREAST** 5.50  
calories 200, fat 6g, sat fat 1.5g, sodium 300mg, carbs 0g, sugar 0g, protein 37g, fiber 0g

**TOFU** 4.50 contains: soy   
calories 140, fat 9g, sat fat 1g, sodium 160mg, carbs 1g, sugar 0g, protein 12g, fiber 0g

**STEELHEAD TROUT** 7.50  
calories 180, fat 6g, sat fat 1g, sodium 350mg, carbs 0g, sugar 0g, protein 30g, fiber 0g



 **TRACKTOWN SPRING SALAD** 8.00   
spring mix, grilled corn, avocado, tomato, grilled onion, charred red pepper, cotija cheese, cilantro-lime dressing  
calories 370, fat 27g, sat fat 6g, sodium 280mg, carbs 32g, sugar 8g, protein 9g, fiber 15g contains: dairy, egg


 **OREGON TRAIL MIXED SPROUTED GRAIN SALAD** 8.00  
kale, quinoa, wheat berries, fennel, spun beets, cracked hazelnuts, toasted coconut, lemon herb vinaigrette  
calories 600, fat 39g, sat fat 6g, sodium 370mg, carbs 60g, sugar 20g, protein 12g, fiber 11g contains: wheat, tree nuts


**LOCAL GRILLED GEM LETTUCE CAESAR** 8.00  
Little Gem lettuce, tahini caper dressing, herbed parmesan crostini, Belgian white anchovies  
calories 850, fat 57g, sat fat 17g, sodium 2070mg, carbs 45g, sugar 9g, protein 45g, fiber 14g contains: wheat, dairy, fish

## STREET TACOS

**MADE WITH THREE SISTERS' NIXTAMAL TORTILLAS**  
ORGANIC / NON-GMO / WHEAT-FREE

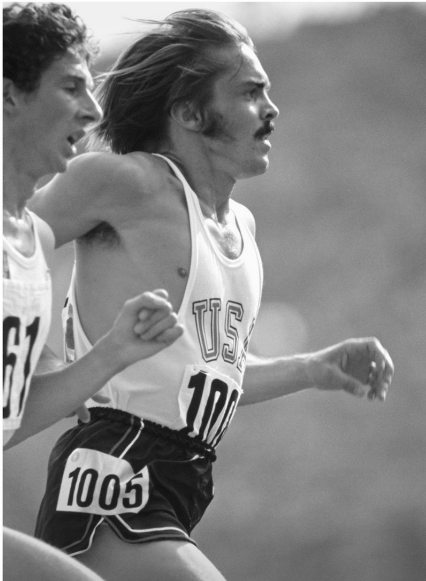
 **VEGAN RANCHERO SOY CURLS** 2.50   
spicy soy protein, citrus slaw, pico de gallo, lime vinaigrette  
calories 90, fat 3.5g, sat fat 0g, sodium 80mg, carbs 12g, sugar 2g, protein 5g, fiber 3g contains: soy

 **CARNE ASADA** 2.50  
grilled spice-rubbed flank steak, house-made guacamole, pico de gallo  
calories 150, fat 6g, sat fat 2g, sodium 170mg, carbs 10g, sugar 1g, protein 14g, fiber 2g contains: wheat, soy

 **CARNITAS** 2.50  
house-smoked pork, salsa verde, chopped onion, cilantro, queso fresco  
calories 220, fat 14g, sat fat 3g, sodium 280mg, carbs 12g, sugar 2g, protein 11g, fiber 1g contains: dairy

**BAJA FISH TACOS** 2.50  
beer battered cod, chipotle crema, citrus slaw, lime vinaigrette, queso fresco  
calories 180, fat 10g, sat fat 1g, sodium 410mg, carbs 12g, sugar 1g, protein 10g, fiber 2g contains: wheat, dairy, fish

**SUB-4**



TO THE RUNNING WORLD, PREFONTAINE WAS THE ULTIMATE COMPETITOR. BUT THOSE WHO KNEW HIM AWAY FROM THE TRACK, KNEW THAT PRE WAS ALSO JUST A REGULAR GUY, ONE WHO LIKED TO HANG OUT WITH FRIENDS AND RELIVE THE RACE.

TRADITIONALLY, THE "SUB-4 CLUB" HAS ALWAYS BEEN A DREAM OF ASPIRING DISTANCE RUNNERS AND ALSO A BIT OF A DIVIDING LINE — AN EXCLUSIVE COTERIE OF THOSE WHO'VE BROKEN THROUGH WHAT WAS LONG CONSIDERED A SUPERHUMAN BARRIER — A 4-MINUTE MILE.

PRE WAS JUST A TEENAGER WHEN HE FIRST BROKE THROUGH. FOR HIM, SUB-4 WAS A DREAM ONLY AS THE NAME OF THE TAVERN HE HOPED TO OPEN AFTER FINISHING HIS RUNNING CAREER. HIS VISION WAS NEVER ABOUT EXCLUSION BUT INCLUSION — THE TAVERN WOULD BE A PLACE FOR RUNNERS AND NON-RUNNERS ALIKE TO GATHER AND ENJOY THEMSELVES.

TODAY HIS DREAM OF A SUB-4 TAVERN IS REALIZED.  
SO STOP IN AND RAISE A GLASS.

## DRINKS

### WINE 120 cal per serving

*Ask your server for seasonal wine information*

**WINE BY JOE PINOT GRIS (OREGON)** 5.50 / 27.00 bottle

**14 HANDS CABERNET (WASHINGTON)** 5.50 / 37.00 bottle

**WILLAMETTE VALLEY PINOT NOIR (OREGON)** 7.50 / 37.00 bottle

**LUNETTA PROSECCO (ITALY)** 5.50

**RED GUITAR TEMPRANILLO (SPAIN)** 5.50

### BEER 190-240 cal per serving

*Ask your server for seasonal beer information*

**DESCHUTES SEASONAL** 4.75 / 19.00 pitcher

**DESCHUTES MIRROR POND** 4.75 / 19.00 pitcher

**DESCHUTES FRESH SQUEEZED** 4.75 / 19.00 pitcher

**STOUT** 4.75 / 19.00 pitcher

**CRUX PILSNER** 4.75 / 19.00 pitcher

**CRUX IPA** 4.75 / 19.00 pitcher

**PBR TALL BOY 20 OZ CAN** 1.25

### CIDER 200 cal per serving

*Ask your server for seasonal cider information*

**2 TOWNS** 5.30 / 19.00 pitcher

**2 TOWNS 16.9 OZ SEASONAL BOTTLE** 6.00

### OTHER STUFF

**PERRIER** 1.75

**SMART WATER** 2.00

**DRY SODA** 2.25

*assorted flavors*

**FENTIMAN'S GINGER BEER** 2.65

**FENTIMAN'S ROSE LEMONADE** 2.65

**FOUNTAIN SODA** 1.95

*Coke 230 cal*

*Pepsi 250 cal*

*Diet Coke or Pepsi 0 cal*

*Sprite 260 cal*

*Lemonade 300 cal*

**HOT TEA** 1.35 / 0 cal

**COFFEE** 1.65 / 0 cal

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