

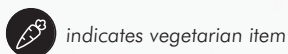
MIDDAY RUN

GET FUELED. EAT WELL.

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

SNACKS

-  **MEXICAN STREET SNACKS** 5.00 
jicama, cucumber, jalapeno, watermelon tossed in lime juice and tajin
calories 80, fat 0g, sat fat 0g, sodium 510mg, carbs 19g, sugar 8g,
protein 2g, fiber 6g
-  **STIR FRIED SHISHITO PEPPERS** 4.00 
tossed in honey-yuzu glaze, togarashi, sesame
calories 130, fat 2g, sat fat 0g, sodium 110mg, carbs 28g, sugar 19g,
protein 3g, fiber 7g
-  **TOFU SUMMER ROLL** 7.00 
glass noodles, tofu, carrot, cabbage, avocado, green onion, peanut
dipping sauce
calories 590, fat 24g, sat fat 4g, sodium 480mg, carbs 67g, sugar 18g,
protein 28g, fiber 4g contains: wheat, soy, peanuts
- 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
- PNW POUTINE** 6.00
house-cut fries, cheese curds, beef gravy, green onions
calories 1280, fat 84g, sat fat 19g, sodium 1610mg, carbs 114g,
sugar 4g, protein 28g, fiber 9g contains: wheat, dairy, soy
- 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



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
-  **STONE FRUIT SALAD** 8.00 
seasonal stone fruit, Scarborough Farms baby arugula, chard, haricot vert,
mint, toasted hazelnuts, balsamic dressing
calories 550, fat 47g, sat fat 3.5g, sodium 270mg, carbs 29g, sugar 19g,
protein 9g, fiber 8g contains: tree nuts
-  **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

PUB BURGERS

ALSO AVAILABLE AS A LETTUCE WRAP OR SUBSTITUTE A *NO WHEAT BUN

-  **PDX BURGER** 9.50
steelhead trout burger, Cajun remoulade, pickled red onion, arugula, tomato
on brioche bun
calories 560, fat 23g, sat fat 6g, sodium 800mg, carbs 41g, sugar 11g,
protein 30g, fiber 1g contains: wheat, egg, soy, fish
- THE IMPOSSIBLE BURGER** 12.00 
vegan burger, smoked chipotle catsup, vegan mayo, baby arugula, charred
onion, pickle, tomato on vegan bun
calories 740, fat 34g, sat fat 11g, sodium 1610mg, carbs 76g, sugar 13g,
protein 30g, fiber 4g contains: wheat, soy
- SUB-4 BURGER** 8.00
1/2lb high desert grass fed beef burger, tomato jam, baby arugula, onion,
pickle, tomato on brioche bun
calories 910, fat 47g, sat fat 14g, sodium 1760mg, carbs 70g, sugar 32g,
protein 52g, fiber 5g contains: wheat, egg, soy

SERVED WITH YOUR CHOICE OF ONE SIDE:

- SIDE SALAD** 
calories 100, fat 5g, sat fat 0g, sodium 35mg, carbs 12g, sugar 3g,
protein 2g, fiber 2g
- WAFFLE FRIES** 
calories 300, fat 18g, sat fat 2g, sodium 670mg, carbs 31g, sugar 1g,
protein 3g, fiber 0g contains: wheat
- CHIPS** 
calories 330, fat 23g, sat fat 3.5g, sodium 400mg, carbs 28g, sugar 0g,
protein 3g, fiber 3g
- BISTRO FRIES** 
calories 420, fat 25g, sat fat 2g, sodium 490mg, carbs 45g, sugar 2g,
protein 5g, fiber 3g

SANDWICHES

- PHO-FRENCH DIP** 9.00
roasted local beef, basil-mint chutney, jalapeno slaw, pho broth on toasted hoagie
calories 530, fat 7g, sat fat 2g, sodium 1510mg, carbs 70g, sugar 6g,
protein 47g, fiber 3g contains: wheat, soy, fish
- THE CUBANO** 9.00
shredded smoked pork, ham, Swiss cheese, pickle, dijon on toasted hoagie roll
calories 730, fat 29g, sat fat 12g, sodium 2020mg, carbs 72g, sugar 4g,
protein 43g, fiber 3g contains: wheat, dairy
- BANH MI** 8.00 
grilled portobello mushrooms, salad of pickled daikon, carrot, cucumber, jalapeño
and cilantro with vegan sriracha aioli on a vegan roll
calories 770, fat 36g, sat fat 2g, sodium 1680mg, carbs 87g, sugar 18g,
protein 17g, fiber 7g contains: wheat, soy
- SHRIMP PO BOY** 8.00
buttermilk fried shrimp, lemon-cajun remoulade, shredded lettuce, pickle, tomato
on soft hoagie roll
calories 830, fat 30g, sat fat 3g, sodium 1540mg, carbs 96g, sugar 9g,
protein 46g, fiber 5g contains: wheat, egg, shellfish
- GRILLED CHICKEN CAPRESE** 8.00
Mary's organic chicken, fresh mozzarella, heirloom tomato, baby arugula, sweet
basil pesto, balsamic reduction on grilled ciabatta
calories 1190, fat 43g, sat fat 13g, sodium 1610mg, carbs 130g, sugar 64g,
protein 67g, fiber 4g contains: wheat, dairy

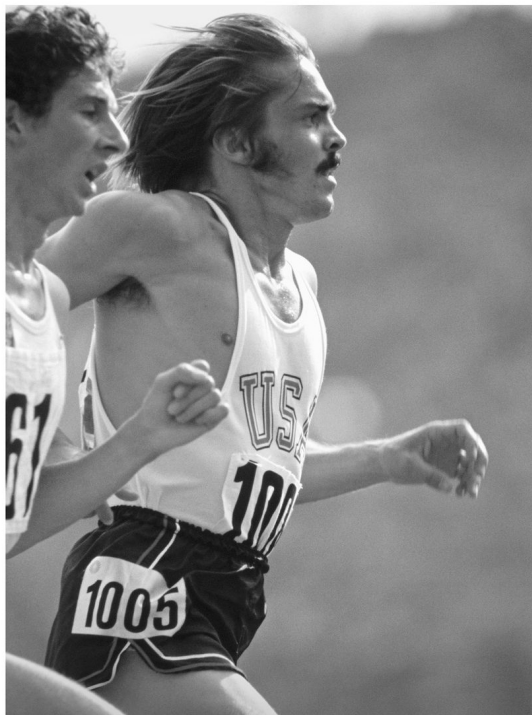
CONSUMER ADVISORY:

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.

ENTREES

-  **ZOODLES AND SPICY SOY CURLS** 8.00 
carrot, shiitake mushroom, onion, napa cabbage, celery, zucchini noodles,
peanut sauce, cilantro, chopped peanuts
calories 430, fat 27g, sat fat 4g, sodium 540mg, carbs 36g, sugar 22g,
protein 17g, fiber 7g contains: soy, peanuts
- SEARED SESAME CRUSTED TUNA SALAD** 12.00
yellowfin tuna, edamame, napa cabbage, spring greens, red onion, carrot,
bell pepper, cucumber, grape tomato, wasabi-lime vinaigrette + furikake
calories 560, fat 31g, sat fat 3g, sodium 1040mg, carbs 38g, sugar 18g,
protein 39g, fiber 11g contains: soy, fish
- ROSEMARY-GARLIC ROTISSERIE CHICKEN** 10.00
Mary's organic chicken, pan seared fingerling potatoes, charred broccolini,
cider-honey glaze
calories 860, fat 43g, sat fat 12g, sodium 880mg, carbs 29g, sugar 7g,
protein 88g, fiber 5g contains: dairy
- BLACKENED STEELHEAD TROUT PASTA** 12.00
house-made pasta, bell peppers, pearl onions, mushrooms, Cajun white wine
cream sauce, parmesan cheese
calories 880, fat 51g, sat fat 19g, sodium 280mg, carbs 53g, sugar 7g,
protein 45g, fiber 3g contains: wheat, dairy, egg, fish
- STEAK FRITES** 13.00
grilled local Childer's beef sirloin, charred broccolini, bistro fries, chimichurri
calories 930, fat 60g, sat fat 11g, sodium 750mg, carbs 54g, sugar 4g,
protein 44g, fiber 6g

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

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

*While our no-wheat bun is free from gluten, SUB 4 is not a gluten-free restaurant. Cross contamination could still occur.

RESERVE YOUR TABLE: SUB4@NIKE.COM

MIDDAY RUN MENU: MONDAY - FRIDAY 11 A.M. - 2 P.M.