```python
import random

print('\nWelcome to Math Quiz\n\n')
user_text = 0
while user_text != 3:
    print('MAIN MENU')
    print('--------------------')
    print('1. Adding Random Numbers')
    print('2. Subtracting Random Numbers')
    print('3. Exit\n')
    user_text = int(input('Please choose one of the menu options: '))
    print()
    if user_text == 1:
        # add option
        count = 1
        random_num1 = random.randint(0, 100)
        random_num2 = random.randint(0, 100)
        print(f' {random_num1}\n+{random_num2}')
        answer = random_num1 + random_num2
        user_answer = int(input('Enter answer.\n'))
        while user_answer != answer:
            count += 1
            if user_answer < answer:
                print('Sorry, guess is too low.')
            else:
                print('Sorry, guess is too high.')
            user_answer = int(input('\nTry again: '))
        print('Congratulations!!! Your answer is correct.')
        print('Number of guesses:', count,'\n')
    elif user_text == 2:
        # substract option
        count = 1
        random_num1 = random.randint(0, 100)
        random_num2 = random.randint(0, 100)
        print(f' {random_num1}\n-{random_num2}')
        answer = random_num1 - random_num2
        user_answer = int(input('Enter answer.\n'))
        while user_answer != answer:
            count += 1
            if user_answer < answer:
                print('Sorry, guess is too low.')
            else:
                print('Sorry, guess is too high.')
            user_answer = int(input('\nTry again: '))
        print('Congratulations!!! Your answer is correct.')
        print('Number of guesses:', count,'\n')
    elif user_text == 3:
        print('Thank you for playing...\nBye!!!')
    else:
        print('error.\n')
```