

# DELI

Please add any additional items where appropriate

DELI MEATS	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Chicken Breast	3.5 oz	110	1.25	0.33	0	58	65	0	0	23
Fresh Carved Turkey	3.5 oz	130	0.5	0	0	80	50	0	0	30
Genoa Salami	3.5 oz	350	29	10.5	0	96	1645	1.5	0	19
Thin 'N Trim Ham	2 oz	60	2	0.5	0	25	360	1	0	9
Thin 'N Trim Pastrami	2 oz	60	2	1	0	30	480	1	0	10
Thin 'N Trim Roast Beef	2 oz	70	2	0.5	0	30	180	1	0	12
Thin 'N Trim Corned Beef	3.5 oz	87	0.5	0	0	35	750	0	0	18
Roast Turkey Breast	2 oz	60	2	1	0	30	480	1	0	10

  

DELI SALADS	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Chicken salad	4 oz.	280	23	4.5	0	60	680	10	2	11
Egg salad	4 oz	260	20	4.5	0	270	650	9	0	10
Seafood salad	4 oz	180	13	2	0	70	630	3	0	14
Tuna salad	4 oz	210	11	1.5	0	15	460	11	0	18

  

CHEESE	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
American	1 oz	110	9	6	0	25	300	1	0	5
Cheddar	1 oz	100	9	5	0	30	180	0	0	7
Fresh Mozzarella	1 oz	80	6	4	0	20	40	0	0	5
Gouda	1 oz	100	9	5	0	15	210	0	0	7
Pepper Jack	1 oz	110	9	6	0	30	170	<1	0	7
Provolone	1 oz	90	7	4	0	20	200	1	0	7
Swiss	1 oz	110	9	6	0	25	50	<1	0	7

  

SPREADS & TOPPINGS	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Bacon	3 strips	240	21	0.75	0	45	750	0	0	12
Guacamole	2 tbsp	35	3	0	0	0	55	2	<1	0
Hummus	2 tbsp	54	2	0	0	0	45	7	2	2
Light Mayo	1 tbsp	45	4.5	0.5	0	5	120	<1	0	0
Mayo	1 tbsp	100	11	2	0	5	70	<1	0	0
Mustard	1 tbsp	15	1	0	0	0	200	1	0	1
Pickle	1 each	10	0	0	0	0	830	3	0	0
Roasted Peppers	1 oz	10	0	0	0	0	60	1	0	0

  

BREADS	Serving Size	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Marble	2 slices	200	3	0	0	0	440	38	4	6
Multigrain	2 slices	200	3	0	0	0	320	36	2	6
Rye	2 slices	180	2	0	0	0	420	31	4	6
Sourdough	2 slices	200	2	0	0	0	220	38	1	6
Wheat & Honey	2 slices	180	1	0	0	0	340	34	2	6
Wheat	2 slices	180	2	0	0	0	360	34	4	6
White	2 slices	200	2	0	0	0	420	38	1	6
Bulkie Roll	1 each	210	2	0	0	0	420	39	2	7
Sub Roll	6"	200	2	0	0	0	420	39	2	2
White Pita	1 each	90	1	0	0	0	140	17	0	4
Wheat Pita	1 each	90	1	0	0	0	140	17	3	4
Wraps (plain, spinach, wheat)	1 each	330	1.5	1.5	0	0	710	54	5	10