

Deli



Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)
Beef, Deli Roast	1 oz	25	0.5	0	210	0	0	5
Grilled Chicken Breast, 5 oz	1 ea	210	8	1.5	220	0	0	32
FIT Chicken Salad	1 oz	40	2	0	65	< 1	0	5
FIT Tuna Salad	1 oz	45	2.5	0	150	0	0	5
Ham, Black Forest Smoked	1 oz	35	1	0	250	1	0	5
Turkey Breast, Gold Roasted	1 oz	30	1	0	180	< 1	0	6
Turkey Breast, Mesquite Smoked	1 oz	30	0	0	260	0	0	5
Cheese, American	0.75 oz	50	4.5	3	90	0	0	3
Cheese, Cheddar	1 oz	110	9	6	180	0	0	7
Cheese, Pepper Jack	1 oz	110	9	5	150	0	0	7
Cheese, Provolone	1 oz	100	8	5	250	< 1	0	7
Cheese, Swiss, Reduced Fat	1 oz	90	6	3.5	115	1	0	8
Bread, Ciabatta Bun, 4.5 oz	1 ea	350	5	1	780	64	4	11
Bread, Demi-Baguette, 4 oz	1 ea	310	5	1	690	57	4	10
Bread, Focaccia, 4 oz	1 ea	290	3.5	0	660	53	3	10
Bread, Pita, 7"	1 ea	220	3.5	0	390	38	2	7
Bread, Pretzel Hoagie Roll, 4.4 oz	1 ea	310	2.5	0	630	58	2	10
Bread, White, Slice	1 ea	70	1	0	180	13	< 1	2
Bread, Whole Wheat, Slice	1 ea	70	1	0	135	12	2	4
Tortilla, 10" Flour	1 ea	220	6	1.5	450	36	2	6
Tortilla, 12" Spinach Herb	1 ea	310	7	3	730	51	2	9
Tortilla, 12" Tomato Basil	1 ea	310	7	3	720	52	2	8
Tortilla, 12" Whole Wheat	1 ea	290	7	3	750	50	6	9
Onions, Red,	1 oz	10	0	0	0	3	0	0
Peppers, Red Roasted	1 oz	5	0	0	65	2	0	0
Tomatoes, Each Slice	1 ea	0	0	0	0	< 1	0	0
Mayonnaise	2 tbsp	200	22	2.5	160	< 1	0	0
Mayonnaise, Light	2 tbsp	70	7	1	260	2	0	0
Mustard, Spicy Brown	1 tbsp	10	0.5	0	170	< 1	0	< 1
Bakers Chips	4 oz	320	24	3.5	420	25	3	2
Carrot Sticks, Fresh	2 oz	25	0	0	40	5	2	< 1
Celery, Sticks	2 oz	10	0	0	45	2	< 1	0
Pickle Spears, Dill	2 ea	5	0	0	520	2	< 1	0

We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the restaurant level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.

A "-" dash indicates that there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from available data, but some are missing.

