

Item Name	Portion Size	Weight (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Lunch - Deli - From the Baker													
12" Flour Tortilla	1 each	3.42oz	290	8	4	0	48	1	1	0	8	2	570
12" Garlic Herb Flour Tortilla	1 each	3.43oz	300	9	4	0	48	1	0	0	8	5	600
12" Spinach Herb Tortilla	1 each	3.42oz	290	8	4	0	47	0	0	0	8	2	640
12" Tomato Basil Flour Tortilla	1 each	3.42oz	300	9	4	0	47	0	0	0	9	2	620
12" wheat sub	1/2 loaf	4.01oz	300	10	1	0	44	3	0+	0	9	5	420
12" white sub	1/2 loaf	4.01oz	300	10	1	0	46	3	0+	0	8	2	490
12" Whole Wheat Flour Tortilla	1 each	3.42oz	290	9	4	0	47	4	0	0	7	5	440
Brioche Bun	1 each	2.57oz	240	5	1	0	41	8	7	0	7	1	320
Ciabatta Roll	1 each	4.5oz	350	5	1	-	64	0	-	0	11	4	730
Croissant	1 each	3oz	270	67	4	0	43	3	3	15	8	2	390
Demi Baguette	1 each	3.99oz	330	1.5	0	0	67	0	0	0	11	2	810
Focaccia	1 serving(s)	2oz	190	2.5	0	0	35	0	0	0	6	1	460
iceburge lettuce wraps	1 serving(s)	1.07oz	0	0	0	0	less than 1 gram	less than 1 gram	-	0	0	0	0
La Baccia Roll	1 each	3.5oz	300	7	0.5	0	51	4	-	0	8	3	460
Marble Rye Bread	2 slice	3.39oz	200	2	0	0	44	0	0	0	6	0	560
Multigrain Bread	2 slice	2.82oz	180	2	0	0	36	1	1	0	7	0	280
Pretzel Roll	1 each	3.5oz	280	5	0.5	0	51	7	0	35	9	3	720
Seed'licious Bread	2 slice	3.88oz	280	6	1	0	51	9	8	0	11	7	390
Sourdough Bread	2 slice	3.53oz	260	4	1	0	46	4	2	0	8	0	480
Telera Roll	1 each	3oz	240	3.5	0	0	45	3	-	0	7	1	450
Udi's White Bread	2 slice	3.46oz	300	10	0.5	0	48	6	4	0	4	1	540
White Bread	2 slice	3.95oz	270	4	0.5	0	49	2	-	0	8	2	520
Whole Wheat Bread	2 slice	3oz	210	3	0.5	0	36	4	-	0	11	5	390
Whole Wheat Sandwich Thin	1 each	1.5oz	100	1	0	0	21	2	2	0	5	5	170

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Lunch - Deli - From the Butcher													
Applewood Bacon	2 slice	0.8oz	110	8	2.5	0	0	0	-	20	8	0	380
bacon	2 slice	0.64oz	80	6	2	0	0	0	-	20	6	0	310
Breaded Chicken Breast	1 each	3.58oz	220	13	1.5	0	15	2	-	35	14	0	620
Deli Roast Beef	4 ounce	4oz	100	3	2	0	0	0	0	50	19	0	1240
grilled chicken breast	1 each	3.1oz	160	8	1.5	0	0	0	-	80	23	0	260
grilled chicken breast	1 each	3.83oz	190	8	1.5	0	0	0	-	100	29	0	290
Low Sodium Ham	4 ounce	4oz	110	3	1	0	4	4	4	55	17	0	730
Natural Smoked Ham	4 ounce	4oz	120	4	2	0	0	0	0	70	22	0	1070
Rare Deli Roast Beef	4 ounce	4oz	110	4	2	0	0	0	0	55	21	0	480
Rare Deli Roast Beef	4 ounce	4oz	130	6	2	0	0	0	0	55	21	0	610
Roasted Turkey	4 ounce	4oz	110	1	0	0	1	less than 1	-	45	23	-	910
Sliced Black Forest Ham	4 ounce	4oz	190	10	0.5	-	4	1	-	65	19	1	920
Sliced Browned Turkey Breast	4 ounce	4oz	100	1.5	0	0	3	2	2	50	18	0	890
Sliced Capicola	2 ounce	2oz	70	2	0	0	4	2	0	30	10	0	870
Sliced Deli Roast Beef	4 ounce	4oz	120	4	2	0	0	0	0	70	20	0	750
Sliced Genoa Salami	2 ounce	2oz	190	15	5	0	1	less than 1	-	50	12	0	990
Sliced Pastrami	4 ounce	4oz	160	6	3	0	2	2	-	70	22	-	1170
Sliced Pastrami	4 ounce	4oz	170	7	3	-	0	0	-	75	25	0	1220
Sliced Pepperoni	2 ounce	2oz	290	26	10	1	less than 1 gram	0	-	55	11	0	900
Spicy Breaded Chicken Breast	1 each	3.12oz	200	12	1.5	0	10	1	0+	25	13	2	640
Thinly Sliced Smoked Turkey Breast	4 ounce	4oz	100	1.5	0	0	3	2	2	45	22	0	1110
Lunch - Deli - From the Carvery													
herbed roast beef	4 ounce	4oz	220	11	3	0+	less than 1 gram	0+	0+	70	26	0	270
marinated flank steak	4 oz meat	6.47oz	310	20	4	0+	6	2	0+	75+	27	1	880
Roast Pork Loin	4 oz portion	3.48oz	170	12	3.5	0	less than 1 gram	0	0+	45	18	0	350
Roasted Turkey	4 ounce	4oz	210	13	1.5	0	0	0	-	60	24	0	490
Smoked Brisket	4 ounce	4oz	340	21	8	0+	4	3	-	115	32	0	390

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Lunch - Deli - From the Dairy													
Blue Cheese Crumbles	2 tbsp	0.6oz	60	5	3	-	0	0	-	15	4	0	190
Crumbled Feta Cheese	2 tbsp	0.66oz	50	4	2.5	-	less than 1 gram	0	-	15	3	0	210
Fresh Mozzarella Cheese	3/4 ounce	0.75oz	60	4.5	3	-	less than 1 gram	0	-	15	5	0	105
Sliced American Cheese	1 slice	0.5oz	50	4.5	2.5	0	less than 1 gram	0	-	15	3	0	240
Sliced Cheddar Cheese	3/4 ounce	0.75oz	90	7	4	-	less than 1 gram	0	-	20	5	0	140
Sliced Mozzarella Cheese	3/4 ounce	0.75oz	60	4	2.5	0	1	0	-	15	5	0	140
Sliced Muenster Cheese	3/4 ounce	0.75oz	80	6	4	-	0	0	-	20	5	0	135
Sliced Pepper Jack Cheese	3/4 ounce	0.75oz	80	6	4	-	0	0	-	20	5	0	130
Sliced Provolone Cheese	3/4 ounce	0.75oz	70	6	3.5	-	0	0	-	15	5	0	150
Sliced Reduced Fat Swiss Cheese	3/4 ounce	0.75oz	70	4.5	3	0	less than 1 gram	less than 1 gram	0	15	6	0	85
Sliced Smoked Gouda Cheese	3/4 ounce	0.75oz	80	6	3.5	-	0	0	-	25	5	0	170
Lunch - Deli - From the Farmer													
chicken salad	1/2 cup	3.97oz	170	7	1.5	0	1	0	0+	90	24	0	370
egg salad	1/2 cup	2.92oz	130	10	2.5	0+	2	less than 1	0+	205	7	0	380
fad-free tuna salad	1/2 cup	3.69oz	110	5	1	0	1	0	0+	35	16	0	420
grilled vegetables	1/2 cup	4.56oz	50	2.5	0	0	6	4	-	0	2	2	60
Tuna Salad	3-1/2 ounce	3.5oz	100	3	0.5	0	less than 1 gram	0	0+	30	16	0	270
Lunch - Deli - Pick a Side													
american macaroni salad	1 cup	6.26oz	250	7	1.5	0+	39	3	0+	10	7	3	310
bakers chips	2 cup	2.92oz	240	22	2	0	13	less than 1 gram	0+	0	less than 1 gram	4	490
Carrot Sticks	5 each	1.41oz	15	0	0	0	4	2	-	0	0	1	30
Carrots and Celery Sticks	1 cup	3oz	25	0	0	0	5	3	-	0	less than 1 gram	2	65
Celery Sticks	5 each	0.63oz	0	0	0	0	less than 1 gram	0	-	0	0	0	15
Country Coleslaw	1 cup	7.18oz	170	9	1.5	0+	21	15	0+	10	2	4	800
cut fruit	1 cup	6oz	70	0	0	0	18	14	-	0	1	2	10

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Lunch - Deli - Signature Spreads													
1000 Island Dressing	2 tbsp	1.06oz	110	10	1.5	0	5	5	5	less than 5 milligrams	0	0	280
Buffalo Wing Sauce	2 tbsp	0.99oz	5	0	0	0	less than 1 gram	0	0	0	0	0	610
chipotle aioli	2 tbsp	0.91oz	170	19	3	0+	less than 1 gram	0	0+	10	0	0	140
chipotle buttermilk dressing	2 tbsp	1.06oz	35	2.5	0	0+	3	2	0+	less than 5 milligrams	less than 1 gram	0	100
Dijon Honey Dressing	2 tbsp	1.06oz	130	12	2	0	7	6	6	15	0	0	160
Dijon Mustard	2 tbsp	1.1oz	30	1.5	0	0	2	1	0	0	1	less than 1	630
Extra Virgin Olive Oil	1/2 tbsp	0.24oz	60	7	1	-	0	0	-	0	0	0	0
Horseradish Spread	2 tbsp	1.01oz	90	10	2	0+	1	less than 1 gram	0+	10	less than 1 gram	0	90
hummus	2 tbsp	0.99oz	70	3.5	0	0	7	1	0	0	3	2	140
Italian Dressing	2 tbsp	1.06oz	110	12	2	0	2	2	2	0	0	0	270
Light Mayonnaise	2 tbsp	1.06oz	70	7	1	0	1	0	0	10	0	0	200
Light Ranch Dressing	2 tbsp	1.06oz	80	8	1	0	2	less than 1 gram	0	10	less than 1 gram	0	270
pesto aioli with pine nuts	2 tbsp	1.04oz	80	7	1	0+	2	0	0+	10	less than 1 gram	0	230
Ranch Dressing	2 tbsp	1.06oz	140	15	2	0	1	1	1	10	0	0	190
Red Wine Vinegar	1/2 tbsp	0.26oz	0	0	0	0	0	0	-	-	0	0	0
roasted garlic aioli	2 tbsp	1.15oz	80	7	1	0	2	0	0+	10	0	0	250
Spicy Brown Mustard	2 tbsp	1.06oz	20	1	0	0	2	0	-	0	1	1	330
sriracha aioli	2 tbsp	0.96oz	35	3	0	0+	1	0	0+	less than 5 milligrams	1	0	170
Yellow Mustard	2 tbsp	1.1oz	20	1	0	0	2	0	-	0	1	1	340

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Lunch - Deli - Toppings													
Baby Arugula	1/4 cup	0.18oz	0	0	0	0	0	0	-	0	0	0	0
Baby Spinach	1/4 cup	0.26oz	0	0	0	0	0	0	-	0	0	0	5
Banana Pepper Rings	1/4 cup	0.92oz	0	0	0	0	0	0	0	0	0	0	120
Dill Pickle Slices	4 each	0.99oz	0	0	0	0	less than 1 gram	0	-	0	0	0	230
Dill Pickle Spears	1 each	1.06oz	0	0	0	0	less than 1 gram	0	-	0	0	0	240
Grated Carrots	1 ounce	1oz	10	0	0	0	3	1	-	0	0	less than 1	20
Lettuce Leaf	1 each	0.27oz	0	0	0	0	0	0	-	0	0	0	0
Roasted Red Pepper Strips	1/4 cup	1.69oz	10	0	0	0	3	2	-	0	0	less than 1	115
Shredded Iceberg Lettuce	1/4 cup	0.63oz	0	0	0	0	less than 1 gram	0	-	0	0	0	0
Shredded Romaine	1/4 cup	0.41oz	0	0	0	0	0	0	-	0	0	0	0
Sliced Black Olives	1/4 cup	1.24oz	40	4	1	0	2	0	-	0	0	less than 1	260
Sliced Cucumber	1 ounce	1oz	0	0	0	0	1	0	-	0	0	0	0
Sliced Green Bell Pepper	1/4 cup	0.81oz	0	0	0	0	1	less than 1	-	0	0	0	0
Sliced Jalapeno Pepper	1 tbsp	0.53oz	0	0	0	0	less than 1 gram	0	-	0	0	0	250
Sliced Mushrooms	1 ounce	1oz	5	0	0	0	less than 1 gram	less than 1 gram	-	0	less than 1 gram	0	0
Sliced Red Onion	1 slice	0.44oz	5	0	0	0	1	less than 1	-	0	0	0	0
Sliced Tomatoes	1 slice	0.87oz	0	0	0	0	less than 1 gram	less than 1 gram	-	0	0	0	0
Lunch - Deli - Upgrade Your Taste													
Applewood Bacon	2 slice	0.8oz	110	8	2.5	0	0	0	-	20	8	0	380
Avocado	1 serving(s)	1.11oz	50	4.5	0.5	0	3	0	-	0	less than 1 gram	2	0
bacon	2 slice	0.64oz	80	6	2	0	0	0	-	20	6	0	310

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