



Item	Serving Size	Calories	Carb (g)	Pro (g)	Fat (g)	Sat. Fat (g)	Chol (mg)	Sodium (mg)
Bread								
Ciabatta	1 each	120	24	4	1	0	0	260
Croissant	1 each	280	33	6	14	9	45	300
Cuban	1 each	130	25	5	1	0	0	280
Honey Wheat Hoagie	1 each	220	39	9	3	1	0	440
Panella	1 slice	120	25	4	1	0	0	260
Pretzel	1 each	230	44	7	2	0.5	0	320
Sourdough	1 slice	93	20.7	3.7	0.8	0	0	230
Wheatberry	1 slice	272	11.8	2.3	1	0	0	133
White Hoagie	1 each	180	33	6	3	0.5	0	320
Wrap	1 each	310	5	10	9	2.5	5	720
Meats								
Ham	3 oz	138	2	15.5	7.1	2.3	45	1086
Chicken Salad	3 oz	279	1.2	12.4	24.4	3.5	44	611.8
Fried Chicken	3 oz	255	12.3	14.5	16.5	3.7	49.3	411.6
Grilled Chicken	3 oz	140	0	26.4	3	0.8	72.3	63
Roast Beef	3 oz	90	1	16.4	1.5	0	29.8	850.5
Tuna Salad	3 oz	221	5	11.2	17.2	2.4	20.6	803.3
Turkey	3 oz	90	3	16.4	0.7	0	37.3	925
Cheese								
American	1 oz	100	0.5	6	9	6	25	430
Cheddar	1 oz	114	0.4	7	9.4	6	30	176
Pepperjack	1 oz	110	0.5	7	9	6	30	190
Provolone	1 oz	100	0.6	7.3	7.5	5	19.6	248.3
Swiss	1 oz	108	1.5	7.6	7.9	5	5	54.4
Vegetables								
Banana Peppers	2 T	4	0.8	0.3	0	0	0	2
Black Olives	2 T	19	1	0.1	1.8	0.2	0	146.5
Carrots	2 T	6	1.3	0.1	0	0	0	9.5
Cucumber	4 slices	4	1	0.1	0	0	0	0.5
Jalapeno	2 T	5	0.8	0.2	0	0	0	284
Leaf Lettuce	1 leaf	1.5	0.3	0.1	0	0	0	2.8
Red Onion	4 rings	6	1.4	0.1	0	0	0	0.4
Salad Mix	1/4 cup	2	0.4	0.1	0	0	0	1.3
Tomato	3 slices	10.8	2.4	0.5	0.1	0	0	3
Condiments								
Brown Spicy Mustard	1 tsp.	5	0.3	0.3	0.3	0	0	68.1
Honey Mustard	1 tsp.	23	0.8	0.2	2.2	0.3	1.7	30
Mayonnaise	1 T	100	0	0	11	1.5	10	75
Mustard	1 tsp.	3.3	0.4	0.2	0.2	0	0	56