

Nutrition for Deli Items

Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Ingrid.	Allergens
Salads														
Ambrosia Salad	4 oz.	188	93	10.4	8.5	0	12	38	23	0.7	19	0.8	Y	Milk, Coconut
Ancient Grain Salad	4 oz.	251	62	6.9	0.4	0	0	163	36	3.9	7	6.7	N	Wheat
Antioxidant Fall Rainbow	4 oz.	181	79	8.7	1.4	0	4.3	189	23.3	1.9	17.2	2.4	Y	
Antioxidant Veggie Patch Salad	4 oz.	177	99	11	0.8	0	0	238	14.7	2	7	3.3	Y	
Apple & Craisin Slaw	4 oz.	125	50	5.5	1	0	12.4	133	15.3	2.4	11.3	3.5	Y	Milk, Egg
Apple Waldorf Salad	4 oz.	178	107	11.9	3.6	0	16.3	50.1	16	1.5	13.6	0.7	Y	Milk, Egg
Asian 5-Grain Salad	4 oz.	229	109	12	1.3	0	0	125	28	3.5	5	3.8	N	Wheat, Soy
Broccoli Grape Salad	4 oz.	250	164	18.3	4	0	17	163	15	2	11	4	Y	Milk, Egg,Almonds
Bulgur Quinoa Salad	4 oz.	124	23	2.5	0.3	0	0	235	23.1	4.9	2.2	4.3	N	Wheat
Cappellini Asiago	4 oz.	286	137	15.2	3.8	0	12.7	367	25	1.6	0.7	6.9	N	Wheat, Milk
Caprese Pasta Salad	4 oz.	199	92	10.2	1.5	0	0.4	138	22.4	1.3	2.6	4	N	Wheat, Milk, Nuts
Caprese Pasta Salad with Fresh Mozzarella	4 oz.	189	88	9.7	1.8	0	3.1	130	21	1.4	3.2	4.4	N	Wheat, Milk, Pineuts
Caprese Salad (prepackaged)	4 oz.	191	141	15.6	6.6	0	28	162	2.9	0.7	1.7	7.6	Y	Milk
Caprese Mozzarella Salad Stack	1 stack	169	120	13	3.5	0	13	386	8.4	0.3	6.2	3.5	Y	Milk
Chicken Salad, Chunky	4 oz.	387	299	33.2	5.8	0	57.5	924	3.9	0.9	2.1	12	Y	Egg, Pecan
Chicken Salad, Chunky with Grapes	4 oz.	353	266	29.6	5.2	0	51.2	403	6.2	0.9	4.2	10.8	Y	Egg, Pecan
Chicken Salad, Cranberry Almond	4 oz.	482	341	38	7	0	85	254	7.4	1.3	5.3	20	Y	Egg
Chicken Salad, Curry	4 oz.	383	279	31	5.4	0	53.5	957	9.4	1.4	6.1	11.5	Y	Egg, Pecan
Chicken Salad, Fruit & Nut	4 oz.	391	278	31	5.2	0	50	804	13	2	9	11	Y	Egg, Almonds
Chicken Salad, Homestyle	4 oz.	324	233	25.9	5.1	0	72.4	325	0.5	0.3	0.3	16.4	Y	Egg
Corn, Black Bean & Edamame Salad	4 oz.	147	74	8.2	1.1	0	0	260	13.7	3.7	4.9	5.3	Y	Soy
Cranberry Ambrosia	4 oz.	347	107	11.9	6.7	0	29.9	26	20.4	1.5	14.7	3.5	Y	Milk, Pecans
Cranberry Relish	4 oz.	164	1	0.1	0	0	0	2.1	42.2	2.5	37.7	0.6	Y	
Crab Seafood Salad	4 oz.	225	139	15.4	2.4	0	26.8	888	17.6	0.3	7.6	4.5	N	Wheat, Milk, Soy, Eggs, Crab, Lobster, Fish
Cucumber Dill Salad	4 oz.	154	119	13.2	4.8	0	26.1	472	4.1	0.4	1.2	1.5	Y	Milk, Egg
Cucumber & Tomato Salad	4 oz.	88	65	7.2	1.2	0	0.3	196	4.5	0.7	2	0.9	Y	Milk
Deviled Egg Salad	4 oz.	298	223	24.8	5.4	0	277	575	4.6	0.3	4	9	Y	Egg
Four Bean Salad	4 oz.	141	43	4.8	0.7	0	0	588	22	2.9	15.6	2.3	Y	
Garden Spiral Salad	4 oz.	199	71	7.9	1.2	0	0.3	458	24.3	1.3	3	4.1	N	Milk, Wheat
Greek Veggie Pasta	4 oz.	184	105	11.6	2.3	0	10.1	399	18	0.9	2.6	3.4	N	Milk, Wheat
Grilled Chicken Roasted Veggie Salad	4 oz.	116	61	7	0.7	0	22	258	7	1	5	8	Y	Soy
Ham Salad	4 oz.	369	269	29.8	6.1	0	57.2	1052	8	0.1	7.5	9.7	Y	Egg
Iron Man Kale Salad	4 oz.	179	84	9.3	1.1	0	0	75	20.6	4.7	11.9	7.1	Y	Soy, Nut (Peanut)
Lemon Orzo Salad	4 oz.	196	80	8.9	2.3	0	11.8	350	24	2.1	2.7	6.5	N	Wheat, Milk, Pinenuts
Lentil Health Nut High Energy	4oz	178	76	8.4	0.6	0	0	200	21.7	4.8	10.3	5.6	Y	Almonds, Walnuts
Macaroni Salad	4 oz.	237	112	12.4	1.5	0	11.3	547	30.8	1.2	8.8	3.3	N	Wheat, Egg
Marinated Tomato Salad	4 oz.	92	67	7.4	1.2	0	0	235	5.7	1.2	4	0.9	Y	
Mediterranean Greek Veggie Salad	4 oz.	54	27	3	0.3	0	0	58	7	1	3.6	0.8	Y	Milk

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Pesto Pasta	4 oz.	250	103	11.5	2.2	0	4.4	291	30.1	3	4.1	8.4	N	Wheat, Milk, Soy
Pickled Beets	4 oz.	115	12	1.3	0.2	0	0	104	25	0.9	25	0.5	Y	
Potato Salad, Creamy Red	4 oz.	273	175	19.5	3.7	0	74.2	418	16.6	1.7	1.4	3.5	Y	Egg
Potato Salad, Grandmas	4 oz.	145	34	3.7	0.7	0	0.9	122	26.2	1.6	9.3	2.2	Y	
Potato Salad, Kosher	4 oz.	270	166	18.5	3.5	0	65	271	19	1.3	3.4	3	Y	Egg
Potato Salad, Twice Baked	4 oz.	238	146	16.2	4.5	0	22.8	406	16	1.4	1.1	4	Y	Milk, Egg
Quinoa Tabouleh	4 oz.	211	78	8.7	0.6	0	0	242	21.3	2.5	1.5	3	Y	
Quinoa Power (Wild West Superfood)	4 oz.	116	26	2.9	0.2	0	0	402	23.6	2.8	4.6	3.6	Y	
Salad, Classic Caesar (catering)	4 oz.	184	104	12	2.5	0	9	446	15	1.4	3	6	N	Wheat, Milk, Anchovies
Salad, Classic Spinach (catering)	4 oz.	92	35	3.9	1	0	73	200	10	2	6	4.6	Y	Egg
Salad, Cranberry Walnut Mixed Greens (catering)	4 oz.	168	74	8.3	0.7	0	0	63	24	1.7	6.7	2.2		
Salad, Spring Greens (catering)	4 oz.	159	105	12	1.6	0	0	181	13	2.2	8.8	2.2	Y	Almonds
Slaw, Apple Craisin Autumn	4 oz.	125	50	5.5	1	0	12.4	133	15.3	2.4	11.3	3.5	Y	Milk, Egg
Slaw, Asian Toasted Almond	4 oz.	257	174	19.3	2.5	0	0	251	20.4	2.9	12.7	3	N	Wheat, Soy, Almonds
Slaw, Broccoli Crunch	4 oz.	211	117	13	2.3	0	10.3	247	20	2.4	14	3	Y	Milk, Egg
Slaw, Creamy	4 oz.	175	108	12	2.3	0	11	371	13.6	2	11	1.3	Y	Egg
Slaw, Oil & Vinegar	4 oz.	123	16	1.8	0.3	0	0	316	26.6	1.7	24.4	0.9	Y	
Slaw, Poppyseed	4 oz.	149	95	11	2	0.1	0	221	14	2.3	11.2	1.2	Y	
Spring Pea Salad	4 oz.	328	247	27.4	5.5	0	97.1	558	7.5	2.4	2.7	6.4	N	Wheat, Milk, Egg
Seven Layer Salad	4 oz.	267	204	22.6	7.8	0	38.7	522	4.8	1.3	2.3	8.2	Y	Milk,Egg,Soy
St. Louis Veggie Salad	4 oz.	206	139	15.4	3.5	0	16	83	12.5	1.7	9	2	Y	Egg
Superfood Mixed Bean	4 oz.	162	72	8	0.7	0	0	272	17	4.7	5.4	5.3	Y	Soy
Tropical Fruit Whole Grain Salad	4 oz.	170	4.5	0.5	0	0	45	28	4	9		3	N	Wheat
Tuna Salad	4 oz.	299	191	21	3.7	0	56	854	4.2	0.2	2	17	N	Eggs, Tuna, Wheat
Turkey Salad, Rotisserie with Craisins	4 oz.	440	326	36	6.8	0	58	442	7	1	5.3	14	Y	Eggs, Pecans
Watergate	4 oz.	229	48	5.4	2.7	0	9.8	148	29.7	0.2	17	1.4	Y	Milk, Nuts
Whole Grain Apple Cinnamon	4 oz.	236	44	5	0.5	0	0	52	47.6	4.8	26	3.8	N	Wheat, Soy, Almonds
Low-Carb Salads														
Low-Carb Cobb	13.2oz	600	402	45	13	0.1	286	1926	11	2.4	6.3	40	Y	Milk, Egg
Low-Carb Deli Plate	12.7oz	859	678	75	21.5	0	355	1743	9.2	1.8	4.5	40	Y	Milk, Egg
Low-Carb Mozzarella & Tomato	13.6 oz.	128	185	20.5	6.2	0	25	366	11.5	3.4	4.5	9.6	Y	Milk
Low-Carb Entrée Salad, Homestyle Chicken	13.5 oz.	697	482	54	14	0	325	770	7	2.8	3.2	39	Y	Milk, Egg
Low-Carb Entrée Salad, Chicken Pecan	13.8 oz.	793	580	65	15	0	303	1670	12	4	6	33	Y	Milk, Egg
Low-Carb Entrée Salad, Tuna	13.5 oz.	659	418	47	12	0	301	1565	12	3	5.5	40	Y	Milk, Egg, Tuna
Low-Carb Entrée Salad, Egg	11.5 oz.	578	418	47	13	0	446	1083	12	2.8	7.6	22	Y	Milk, Egg
Stuffed Tomato, Crab Salad	1 each	246	141	16	2.5	0	27	834	22	1.6	11	5.5	Y	Milk, Soy, Eggs, Crab, Lobster, Fish
Stuffed Tomato, Chicken Salad	1 each	345	235	26	5.2	0	72	330	5	1.6	3.3	17	Y	Egg
Stuffed Tomato, Tuna Salad	1 each	319	193	21.5	3.8	0	56	860	8.6	1.6	5	18	Y	Egg, Tuna