

Nutrition for Deli Sandwiches, Subs & Wraps

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
Cranberry Bread with Chicken Salad	Whole (10 oz.)	752	377	42	7	0	69	1694	66	6	9	21	N	Wheat, Milk, Egg, Soy, Pecans
Cranberry Bread with Honey Craisin Ham	Whole (10 oz.)	639	244	27	12	0	96	1749	72	5	16	27	N	Wheat, Milk, Egg, Soy
Cranberry Bread with Honey Craisin Turkey	Whole (10.35 oz.)	547	160	18	5	0	69	1294	68	5	12	25	N	Wheat, Milk, Egg, Soy
Gourmet Sub - All American, Half	9.6 oz	629	230	26	13	1.5	103	2037	63	2	11	38	N	Wheat, Milk, Egg, Soy
Gourmet Sub - All American, Whole	19.2 oz													Wheat, Milk, Egg, Soy
Gourmet Sub - Little Italy, Half	10.88 oz.	782	332	36.9	13	2	110	2678	66	3	10	38	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Little Italy, Whole	21.76 oz.													Wheat, Milk, Egg, Soy
Gourmet Sub - Mesquite Combo, Half	8.04 oz.	591	264	29	15	1	108	1964	36	1	7	40	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Mesquite Combo, Whole	16 oz.													Wheat, Milk, Egg, Soy
Gourmet Sub - Philly Beef, Half	8.44 oz.	495	200	22	9	0.8	79	1444	39	2	6	29	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Philly Beef, Whole	16.88 oz.													Wheat, Milk, Egg, Soy
Sub Sand - Corned Beef & Swiss, Half	10.96 oz.	779	331	37	12	0.8	95	1900	67	3	6	37	N	Wheat, Milk, Egg, Soy
Sub Sand - Corned Beef & Swiss, Whole	21.92 oz.													Wheat, Milk, Egg, Soy
Sub Sand - Poorboy, Half	9.76 oz.	735	331	37	13	0.7	116	2359	65	2	8	33	N	Wheat, Milk, Egg, Soy
Sub Sand - Poorboy, Whole	19.52 oz.													Wheat, Milk, Egg, Soy
Sub Sand - Primo, Half	11.3 oz.	809	326	36	16	0.7	126	2887	68	3	9	39	N	Wheat, Milk, Egg, Soy
Sub Sand - Primo, Whole	22.60 oz.													Wheat, Milk, Egg, Soy
Sub Sand - Rueben, Half	13.36 oz.	792	332	37	12	0.8	95	2216	70	5	7	38	N	Wheat, Milk, Egg, Soy
Sub Sand - Rueben, Whole	26.72 oz.													Wheat, Milk, Egg, Soy
Hawaiian Bread, Beef with Cheddar Cheese	7.04 oz.	445	163	18	8	0	86	1207	36	1	4	28	N	Wheat, Milk, Egg, Soy
Hawaiian Bread, Chicken with Colby Cheese	7.2 oz.	430	154	17	9	0	75	1125	36	1	4	33	N	Wheat, Milk, Egg, Soy
Hawaiian Bread, Ham with Swiss Cheese	7.04 oz.	432	151	17	8	0	80	1325	42	1	9	30	N	Wheat, Milk, Egg, Soy
Hawaiian Bread, Turkey with Colby Cheese	7.2 oz.	446	147	16	9	0	83	1221	37	1	5	34	N	Wheat, Milk, Egg, Soy
Marble Rye, New York Rueben	Whole (10 oz.)	597	295	33	13	0	94	1932	43	4	5	33	N	Wheat, Milk, Egg, Soy
Marble Rye, Corned Beef & Swiss	Whole (7.8 oz.)	499	213	24	13	0	98	1477	38	2	2	38	N	Wheat, Milk, Egg, Soy
Mini Sandwich, Beef & Cheddar, 1 count	1 each	168	41	4.5	0.6	0	22	642	20	0.5	2.2	9	N	Wheat, Milk, Egg, Soy
Mini Sandwich, Beef & Cheddar, 2 count	2 each	336	82	9	1.2	0	44	1284	39	1	4.4	18	N	Wheat, Milk, Egg, Soy
Mini Sandwich, Primo, 1 count	1 each	258	105	12	5	0	33	703	19	0.5	3	14	N	Wheat, Milk, Egg, Soy
Mini Sandwich, Primo, 2 count	2 each	516	210	24	10	0	66	1406	38	1	6	27	N	Wheat, Milk, Egg, Soy
Mini Turkey Cheddar & Cranberry Honey Mustard, 1 count	1 each	213	64	7	2	0	29	611	23	1	7	13	N	Wheat, Milk, Egg, Soy
Mini Turkey Cheddar & Cranberry Honey Mustard, 2 count	2 each	426	128	14	4	0	58	1222	46	2	14	27	N	Wheat, Milk, Egg, Soy
Roll-up, Flatbread, Beef & Horseradish	Whole (6 each)	861	403	45	27	0	194	2647	51	3	4	53	N	Wheat, Milk
Roll-up, Flatbread, Ham & Colby	Whole (6 each)	897	439	49	25	0	171	2046	57	3	14	52	N	Wheat, Milk
Roll-up, Flatbread, Rstd Red Pepper & Turkey	Whole (6 each)	552	134	15	3	0	95	1914	55	4	10	42	N	Wheat, Milk
Roll-up, Whole Wheat, Black Bean Veggie	Whole (7.36 oz.)	404	185	21	4	0	14	664	39	7	4	9	N	Wheat, Soy, Milk
Roll-up, Whole Wheat, Fresh Veggie	Whole (6.24 oz.)	352	150	17	5	0	17	592	34	5	4	8	N	Wheat, Soy, Milk
Roll-up, Whole Wheat, Rstd Red Pepper & Turkey	Whole (9.76 oz.)	399	153	17	4	0	53	1648	38	7	6	22	N	Wheat, Soy, Milk
Slider, BBQ, Asian Salmon, 2 count	2 each	365	82	9	1.5	0	27	1667	54	0	16	14	N	Wheat, Milk, Egg, Soy, Salmon
Slider, BBQ, Beef, 2 count	2 each	359	76	8	2.5	0	49	862	48	0	12	19	N	Wheat, Milk, Egg, Soy
Slider, BBQ, Chicken, 2 count	2 each	308	32	4	0.3	0	35	1450	51	0.5	15	15	N	Wheat, Milk, Egg, Soy
Slider, BBQ, Meatloaf, 2 count	2 each	448	74	8.2	3.2	0.1	46	1310	83	2.5	23	9	N	Wheat, Milk, Egg, Soy

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Slider, BBQ, Pork, 2 count	2 each	416	114	13	4	0	58	699	48	0	12	25	N	Wheat, Milk, Egg, Soy
Slider, BBQ, Turkey, 2 count	2 each	310	20	2	0.1	0	24	947	65	0	28	6	N	Wheat, Milk, Egg, Soy
Snacker, Beef, 1 count	1 each	160	32	3.5	0	0	30	660	17	0	0	12	N	Wheat, Milk, Egg, Soy
Snacker, Chicken, 1 count	1 each	140	9	1	0	0	24	400	17	0	0	14	N	Wheat, Milk, Egg, Soy
Snacker, Ham, 1 count	1 each	150	27	3	0.7	0	23	814	18	0	0.7	12	N	Wheat, Milk, Egg, Soy
Snacker, Turkey, 1 count	1 each	150	14	1.5	0	0	25	660	18	0	1	14	N	Wheat, Milk, Egg, Soy
Snacker, Chicken in Buffalo Sauce, 2 count	2 each	364	102	11	2	0	67	1241	35	0	0.5	26	N	Wheat, Milk, Egg, Soy
Snacker, Chicken in Gravy, 2 count	2 each	340	74	8	1.5	0	67	615	37	0	0.7	27	N	Wheat, Milk, Egg, Soy
Snacker, Chicken in Teriyaki Sauce, 2 count	2 each	387	68	8	1.5	0	67	908	49	0	11	26	N	Wheat, Milk, Egg, Soy
Snacker, Chicken Salad, 2 count	2 each	343	106	12	1	0	108	1052	42	0	4	18	N	Wheat, Milk, Egg, Soy
Snacker, Homestyle Chicken Salad, 2 count	2 each	504	251	28	5	0	72	685	35	0	0	20	N	Wheat, Milk, Egg, Soy
Snacker, Ham Salad, 2 count	2 each	520	263	29	4.5	0	45	1392	48	0	10	15	N	Wheat, Milk, Egg, Soy
Snacker, Seafood Crab Salad, 2 count	2 each	405	157	17	2	0	27	1248	52	0	8	9	N	Wheat, Milk, Egg, Soy, Pollock, Crab
Snacker, Tuna Salad, 2 count	2 each	479	209	23	4	0	56	1214	38	0	2	21	N	Wheat, Milk, Egg, Soy, Tuna
Whole Grain Wheat, Beef & Provel	Whole (8.7 oz.)	457	137	15	7	0	77	1114	49	2.5	5	29	N	Wheat, Milk, Egg, Soy
Whole Grain Wheat, Fresh Veggie	Whole (10.9 oz.)	591	278	31	15	0	72	876	57	5	10	21	N	Wheat, Milk, Egg, Soy
Whole Grain Wheat, Turkey Bacon Club	Whole (9.7 oz.)	529	186	21	6	0	67	1379	51	3	8	31	N	Wheat, Milk, Egg, Soy
White, Beef & Cheddar	Whole (9.12 oz.)	488	152	17	7	0	75	1216	50	0.7	1	31	N	Wheat, Milk, Egg, Soy
White, Chicken Bacon Club	Whole (9.7 oz.)	575	223	25	8	0	67	1869	51	0.5	4	35	N	Wheat, Milk, Egg, Soy
White, Chipotle Jack Turkey	Whole (10.18 oz.)	609	240	27	7	0	77	1513	51	0.7	0.8	28	N	Wheat, Milk, Egg, Soy
White, Honey Ham & Muenster	Whole (11.14 oz.)	657	291	32	10	0	89	1923	58	1	6	26	N	Wheat, Milk, Egg, Soy
Wrap, Beef & Bleu	Whole (9.63 oz.)	558	209	23	10	0	72	1713	48	4	5	25	N	Wheat, Milk, Egg, Soy
Wrap, BLT	Whole (9.3 oz.)	680	353	39	16	0	65	2174	45	6	3	35	N	Wheat, Milk, Eff
Wrap, Buffalo Chicken	Whole (11 oz.)	571	209	23	11	0	92	1807	49	3	5	32	N	Wheat, Milk
Wrap, Chicken Caesar	Whole (10.2 oz.)	570	215	24	10	0	79	1508	48	3	5	33	N	Wheat, Milk, Egg, Soy, Fish(anchovies)
Wrap, Chicken Ranch	Whole (10.9 oz.)	707	338	38	17	0	102	1758	47	3	5	36	N	Wheat, Milk, Egg
Wrap, Mediterranean Greek	Whole (9.95 oz.)	515	192	21	8	0	74	1508	46	6	3	27	N	Wheat, Milk, Egg
Wrap, Rueben	Whole (12.35 oz.)	890	462	51	20	0	125	2100	53	3.5	7	41	N	Wheat, Milk, Egg
Wrap, Santa Fe Chicken	Whole (10.9 oz.)	873	458	51	16	0	153	1528	53	3	5	41	N	Wheat, Milk, Egg
Wrap, Santa Fe Veggie	Whole (12.35 oz.)	967	546	61	24	0	107	1917	64	6	7	31	N	Wheat, Milk, Egg
Wrap, Turkey Club	Whole (11 oz.)	714	353	39	15	0	83	2371	54	3	12	36	N	Wheat, Milk, Egg