

Nutrition for Deli Sandwiches, Subs & Wraps

Product Name	Serving Size (oz)	Nutrition Facts											Allergens	
		Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g) * less than .5 grams per serving	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)		Gluten Free Ingrid.
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	11.5	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
Croissant, mini, Turkey Cheddar	1ct. (4oz.)	283	128	14	9	0	67	1004	16	0	3	19	N	Wheat, Milk, Egg, Soy
Croissant, mini, Egg Salad	1ct. (4oz.)	323	204	23	7	0	208	541	17	0.2	5	6	N	Wheat, Milk, Egg, Soy
Croissant, mini, Ham Salad	1ct. (4oz.)	331	206	23	7	0	44	761	19	0.1	7	6	N	Wheat, Milk, Egg, Soy
Croissant, mini, Chunky Chicken Salad (no grapes)	1ct. (4oz.)	336	221	25	6	0	44	394	16	0.5	3	7	N	Wheat, Milk, Egg, Soy, Pecans
Croissant, mini, Home-style Chicken Salad	1ct. (4oz.)	293	177	20	6	0	51	258	14	0.2	2	9	N	Wheat, Milk, Egg, Soy
Croissant, mini, Tuna Salad	1ct. (4oz.)	301	167	19	5	0	46	677	17	0.2	3	11	N	Wheat, Milk, Egg, Soy, Tuna
Dietz & Watson Mini Bagel, Turkey Cucumber, Herb Cream Cheese	Whole (4 oz.)	234	46	5.1	2.6	*.1	27.4	578.6	27.7	1.1	1.9	11.3	N	Wheat, Milk, Soy
Dietz & Watson Mini Bagel, Turkey Cucumber, Red Pepper Spread	Whole (4 oz.)	248	79	8.8	1.8	0	24.6	595.6	28.3	1	1.2	10.1	N	Wheat, Milk, Egg, Soy
Dietz & Watson Mini Bagel, Smoked Ham & Swiss	Whole (4 oz.)	311	69	8	4	0	43	637	26	0.9	16	17	N	Wheat, Milk, Soy
Dietz & Watson Chicken Spinach Feta	Whole (8oz.)	463	87	9.6	4.4	0	66.5	1515.6	49.3	2.3	8.2	30.3	N	Wheat, Milk, Soy
Dietz & Watson Pesto Chicken Havarti	Whole (8 oz.)	741	293	32.6	2.6	0	84.6	1342.4	54.1	2.3	9.9	29.5	N	Wheat, Milk, Soy, Nut (Almond)
Dietz & Watson BL Turkey and Smoked Ham	Whole (7 oz.)	496	139	15.5	9.4	0	91.2	1121.7	41.9	6.1	7.7	36.9	N	Wheat, Milk, Soy
Dietz & Watson Peppered Ham Provolone	Whole (8 oz.)	505	152	16.9	5.4	0	71	1610.8	53.5	6.2	14.7	34.1	N	Wheat, Milk, Soy
Dietz & Watson Southern Fried Chicken and Swiss	Whole (9 oz.)	510	152	16.9	7.3	0	74.4	1525.3	47.4	6.7	11.7	37.5	N	Wheat, Milk, Soy
Dietz & Watson Peppered Ham Swiss on Rye	Whole (6 oz.)	409	140	15.5	7.4	0	89.1	1353	45.3	2.1	6.6	30.9	N	Wheat, Milk, Soy
Dietz & Watson Smoked Turkey Swiss on Rye	Whole (6 oz.)	389	134	14.9	6.6	0	76.4	1238.4	44	2.1	2.1	30.8	N	Wheat, Milk, Soy
Dietz & Watson Skinny Turkey Cucumber, Herb Cream Cheese	Whole (6 oz.)	262	57	6.3	2.4	*.1	54.1	1042.7	27.6	5.3	3.3	21.5	N	Wheat, Milk, Egg, Soy
Dietz & Watson Skinny Ham and Swiss	Whole (6 oz.)	351	134	14.9	8.5	0	86.4	893.9	23.5	5.1	7.9	30	N	Wheat, Milk, Soy
Dietz & Watson Skinny Pesto Chicken	Whole (7 oz.)	560	258	28.6	7.3	0	70.8	1131.3	36.4	5.3	6.1	33.4	N	Wheat, Milk, Soy, Nut (Almond)
Dietz & Watson Skinny Turkey, Red Pepper Spread	Whole (6 oz.)	255	74	8.3	1.2	0	49.1	1038.1	27.5	5.5	2.3	20.5	N	Wheat, Milk, Egg, Soy
Dietz & Watson Snacker, BL Turkey	Whole (3 oz.)	157	26	2.9	0.5	0	28.8	535.2	18.9	0	1.9	13.5	N	Wheat, Milk, Soy
Dietz & Watson Snacker, Souther Fried Chicken	Whole (3 oz.)	157	26	2.9	1	0	28.8	554	18	0	1	12.6	N	Wheat, Milk, Soy
Dietz & Watson Snacker, Peppered Ham	Whole (3 oz.)	157	22	2.4	0.5	0	33.6	746.4	19.9	0	2.9	11.6	N	Wheat, Milk, Soy
Dietz & Watson Snacker, Smoked Turkey	Whole (3 oz.)	141	18	2	0	0	25.6	640.8	18.9	0	0	11	N	Wheat, Milk, Soy
Dietz & Watson Snacker, Smoked Ham	Whole (3 oz.)	148	26	2.9	1	0	24	525.6	18	0	1	10.6	N	Wheat, Milk, Soy
Dietz & Watson Snacker, Roasted Chicken	Whole (3 oz.)	157	22	2.4	0.5	0	28.8	506.4	18	0	1	13.5	N	Wheat, Milk, Soy
Flatbread,Grld Chicken & Cheddar Chipotle	1 each	543	195	22	9.2	*.3	108	1185	49	1.7	4.4	35.5	N	Wheat, Milk, Egg
Flatbread, Honey Ham Swiss	Whole (10oz.)	746	363	40	14	0	68	1637	60	3.4	16	38	N	Wheat, Milk, Egg
Flatbread, Pesto Hummus Veggie	1 each	705	303	34	3.9	0	5.6	1236	74.2	9.7	5.1	18.4	N	Wheat, Milk, Nut(Almond)
Flatbread, Ovn Roasted Trky & Havarti	1 each	694	321	35.7	2.5	0	91.9	1933	55.2	2.6	3.7	34	N	Wheat, Milk, Egg, Nut(Almond)
Flatbread, Tuscan Turkey	Whole (11oz.)	560	197	22	9	0	89	1842	50	2	4	35	N	Wheat, Milk, Egg
Flatbread, Veggie Cheese	Whole (8oz.)	474	160	18	8	*.1	40	894	55	4	8.6	17	N	wheat, Milk, Egg
Gourmet Sub - All American, Hlf	8.6oz	587	203	23	11	1.5	89	1687	61	2	10	35	N	Wheat, Milk, Egg, Soy
Gourmet Sub - All American, Whl	2 servings	587	203	23	11	1.5	89	1687	61	2	10	35	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Ancnt Grn California Chckn & Havarti-Hlf	11oz	769	343	38	4.6	0	74	1840	68	4.1	9	31	N	Wheat, Milk, Egg, Soy

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Gourmet Sub - Ancnt Grn California Chckn & Havarti- Whl	2 Servings	769	343	38	4.6	0	74	1840	68	4.1	9	31	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Ancnt Grn Mesq Turkey & Smk Gouda-Hlf	8.3oz	633	187	21	6.3	0	64	2266	73	3.1	15	34	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Ancnt Grn Mesq Turkey & Smk Gouda-Whl	2 Servings	633	187	21	6.3	0	64	2266	73	3.1	15	34	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Mesquite Combo, Hlf	9.5oz	727	281	31.3	15.8	1.7	107.4	2339	63	2.1	11.1	40.2	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Mesquite Combo, Whl	2 servings	727	281	31.3	15.8	1.7	107.4	2339	63	2.1	11.1	40.2	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Primo, Hlf	11.14oz	750	306	34	14.4	0	123.1	2746	59	1.8	5.8	39.8	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Primo, Whl	2 Servings	748	300	33.4	14.1	0	121.7	2794	57.6	1.7	4.2	41	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Sicilian Hero- Hlf	10.7oz	739	367	40.7	12.7	1.5	47.8	2707	64.4	2	12	27	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Siclain Hero- Whl	2 Servings	739	367	40.7	12.7	1.5	47.8	2707	64.4	2	12	27	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Spicy Jalapeno Rstd Chicken-Hlf	9.4oz	505	131	14.6	3	1.5	56	2200	64	2.5	9	27	N	Wheat, Milk, Egg, Soy
Gourmet Sub - Spicy Jalapeno Rstd Chicken-Whl	2 servings	505	131	14.6	3	1.5	56	2200	64	2.5	9	27	N	Wheat, Milk, Egg, Soy
Sub Sand - Corned Beef & Swiss, Half	10.96 oz.	779	331	37	11.5	0.8	95	1900	67	3	6	37	N	Wheat, Milk, Egg, Soy
Sub Sand - Corned Beef & Swiss, Whole	2 Servings	779	331	37	11.5	0.8	95	1900	67	3	6	37	N	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	2 servings	792	332	37	12	0.8	95	2216	70	5	7	38	N	Wheat, Milk, Egg, Soy
Sub Sand- Simple Sammy Ham & Swiss- Hlf	8oz	400	116	12.9	7.7	0	41	898	51	1.3	0.1	19	N	Wheat, Milk, Egg, Soy
Sub Sand- Simple Sammy Ham & Swiss- Whl	2 servings	400	116	12.9	7.7	0	40.7	898	51	1.3	0.1	19	N	Wheat, Milk, Egg, Soy
Sub Sand- Simple Sammy Poorboy- Hlf	8oz	255	92	10.3	4.6	*.1	34	900	27	0.6	1.8	12.5	N	Wheat, Milk, Egg, Soy
Sub Sand- Simple Sammy Poorboy- Whl	2 servings	509	185	21	9.3	*.3	69	1800	54	1.3	3.6	25	N	Wheat, Milk, Egg, Soy
Sub Sand- Simple Sammy Turkey & Cheddar- Hlf	8oz	550	156	17.4	9.3	0	73.2	1355	63.6	2.6	10	29	N	Wheat, Milk, Egg, Soy
Sub Sand- Simple Sammy Turkey & Cheddar- Whl	2 servings	550	156	17.4	9.3	0	73.2	1355	63.6	2.6	10	29.4	N	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	19.5	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	13.7	N	Wheat, Milk, Egg, Soy
Mini Sandwich, Primo, 2 count	2 each	516	210	24	10	0	66	1406	38	1	6	27.4	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	13.4	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	26.8	N	Wheat, Milk, Egg, Soy
Pretzel, Smoked Turkey & Cheddar Bavarian	1 each	550	182	20.3	8.4	*.3	76	1549	60.1	2.3	6.4	31.2	N	Wheat, Egg, Milk
Pretzel, Smokey Turkey & Ham Bavarian	1 each	552	182	20.2	8.3	0	69.4	1829	57	2	3.7	33	N	Wheat, Egg, Milk
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
Skinny Sandwich, Turkey	1 each	261	62	7	1.3	0	52	735.1	25.4	5.3	4	22	N	Wheat, Milk, Egg, Soy

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Skinny Sandwich, Ham	1 each	256	85	9.4	2.3	0	41	792.4	26.7	5.3	6	19	N	Wheat, Milk, Egg, Soy
Skinny Sandwich, Roasted Veggie	1 each	230	99	11	1.6	0	6.7	275	29.6	6.7	5.6	6.6	N	Wheat, Milk, Egg, Soy
Skinny Sandwich, Roast Beef	1 each	279	76	8	3	*.1	54	632	23.5	5	3	24.4	N	Wheat, Milk, Soy
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	*.1	46	1310	83	2.5	23	9	N	Wheat, Milk, Egg, Soy
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	10.5	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.)	482	199	22.1	10.4	*.1	51.8	700	54	4.1	8.5	17.5	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 (10 oz.)	833	471	52.3	18.9	0.6	87.2	3010	59.7	4.8	5.6	25.3	N	Wheat, Milk, Egg
Wrap, Turkey Club	Whole (11 oz.)	714	353	39	14.5	0	83	2371	54	3	12	36	N	Wheat, Milk, Egg