

# Deli Nutrition Facts

Item	Serving Size	Calories	Fat	Protein	Carbs	Fiber	Sodium	Allergens
------	--------------	----------	-----	---------	-------	-------	--------	-----------

## BREAD

Rye Bread	2 slices	180	2	3	17	1	220	Wheat, Soy
White Bread	2 slices	160						Wheat, Soy
Wheat Bread	2 slices	200	2	10	36	6	360	Wheat, Soy
Pita	1 pocket	230	6	7	38	0	360	Wheat, Soy, Oil
Whole Wheat Wrap	1							Wheat
Wrap	1	310	9	7	52	2	830	Wheat, Soy
Hoagie Roll	1	190	2.5	7	37	1	290	Wheat, Soy
Kaiser Roll	1	190	2	6	37	1	350	Wheat, Soy

## PROTEIN

Turkey	4oz	140	6	16	6	0	160	Soy
Ham	4oz	120	4	16	6	0	1400	
Roast Beef	4oz	100	3	20	0	0	1300	Soy
Salami	2oz	210	18	11	0	0	940	
Chicken Salad	4oz	260	19	20	2	0	540	Egg, Soy
Tuna Salad	4oz	210	16	16	0	0	260	Eggs, Fish, Soy
Chicken Strips	3oz	110	3	19	2	0	455	Wheat, Soy

Item	Serving Size	Calories	Fat	Protein	Carbs	Fiber	Sodium	Allergens
------	--------------	----------	-----	---------	-------	-------	--------	-----------

## CHEESE

American Cheese	2 slices	80	6	4	2	0	360	Milk, Soy
Swiss Cheese	2 slices	200	16	16	2	0	120	Milk
Provolone	2 slices	200	16	14	0	0	400	Milk
Pepper Jack	2 slices	140	10	6	4	0	600	Milk, Soy

## VEGETABLES

Onions	1 slice	15	0	0	3.5	0.6	2	
Lettuce	1/2 slice	1	0	0	0.2	0.1	0	
Tomato	2 slices	8	0	0	2	0.4	2	
Pickle Slices	10z	3	0	0	0	0	320	
Pickle Spear	1 spear	3	0	0	0	0	320	
Pepperoncini	3, ~10z	10	0	0	2	0	410	
Red Pepper Relish	1T	0	0	0	0	0	280	
Relish	1T	15	0	0	3	0	100	

Item	Serving Size	Calories	Fat	Protein	Carbs	Fiber	Sodium	Allergens
------	--------------	----------	-----	---------	-------	-------	--------	-----------

## VEGETABLES

Ranch	2T	140	15	0	2	0	290	Eggs, Milk
Honey Mustard	2T	170	17	0	5	0	135	Eggs, Soy
<b>VG</b> Mustard	1t	3	0.2	0.2	0.3	0	55	
Mayonaisse	1T	100	11	0	0	0	85	Eggs, Soy

## FAN FAVORITES

Turkey (4oz), Provolone Cheese (2 slices), Mayo (1T) & Wheat Bread	1	600	31	35	37	6	1235	Eggs, Milk, Wheat, Soy
<b>V</b> Grilled Cheese on White Bread	1	360	18	8	32	2	610	Milk, Wheat, Soy

**VG** Vegan **V** Vegetarian (may contain dairy and eggs)

## HEALTHY OPTIONS:

It's all about portions. Go easy on the mayo, keep meat and cheese to no more than 3-4 oz . Choose whole grain bread and pair your sandwich with a side salad or some cooked vegetables.

For additional information or if you have any other questions about nutrition, contact the University Dietitian, Terry Passano, at 410-548-9112.

## NUTRITION FACTS SUBJECT TO CHANGE.

Disclaimer: Nutrient values are useful guides but must be considered estimates. The nutrient content of a food can vary due to natural factors like soil quality and climate as well as processing and preparation variations. Manufacturers may change their formulation without our knowledge. And, the portion sizes may vary slightly which will affect the nutrient content. Please consider this information carefully when making selections.

