

31 NORTH DELI SELECTIONS

Breads and Wraps

Item	Allergens	Serving Size	Serving Weight	Calories	Protein (g)	Fat (g)	Sat. Fat (g)	Trans fat (g)	Chol (mg)	Carbs (g)	Sodium (mg)	Fiber (g)
Flour Tortilla	Wheat	1 Tortilla	97g	290	8	8	4	0	0	48	570	2
Whole Wheat Wrap	Wheat	1 Wrap	103g	310	7	9	4	0	0	49	460	6
Spinach & Herb Wrap	Wheat	1 Wrap	97g	290	8	8	4	0	0	47	640	2
Sundried Tomato & Basil Wrap	Wheat	1 Wrap	95g	270	7	5	1.5	0	0	49	620	2
White Bread	Wheat, Soy	1 Slice	28g	60	2	0.5	0	0	0	13	125	1
Wheat Bread	Wheat, Soy	1 Slice	28g	60	2	0.5	0	0	0	12	125	2
Rye Bread	Wheat; Made in a facility that processes soy & egg	1 Slice	32g	80	2	0	0	0	0	17	240	1
Pita Bread	Wheat, Milk	1 Pita	74g	210	6	6	1	0	0	33	400	1
Sub Roll	Wheat, Milk, Egg, Soy	⅓ of Large Roll	106g	280	10	4	0	0	0	54	500	2

31 NORTH DELI SELECTIONS

Deli Items												
Item	Allergens	Serving Size	Serving Weight	Calories	Protein (g)	Fat (g)	Sat. Fat (g)	Trans fat (g)	Chol (mg)	Carbs (g)	Sodium (mg)	Fiber (g)
Capicola		6 Slices	56g	120	10	8	3	0	35	2	740	0
Turkey Breast		3 Slices	59g	60	12	1	0.5g	0	25	0	300	0
Salami		3 Slices	28g	100	6	8	3	0	25	1	460	0
Pepperoni		15 Slices	28g	130	6	12	5	0	30	1	430	0
Ham		2 Slices	56g	60	10	2	0.5	0	30	2	570	0
Tuna Salad	Egg, Fish	⅓ Cup	86g	240	11	22	4	0	35	1	300	0
Egg Salad	Egg	⅓ Cup	78g	210	8	19	4	0	235	1	300	0
Bacon		2 Slices	14g	70	5	5	1.5	0	15	0	260	0
Provolone Cheese	Milk	2 Slices	28g	100	7	7	5	0	20	< 1	250	0

31 NORTH DELI SELECTIONS

Deli Items												
Item	Allergens	Serving Size	Serving Weight	Calories	Protein (g)	Fat (g)	Sat. Fat (g)	Trans fat (g)	Chol (mg)	Carbs (g)	Sodium (mg)	Fiber (g)
Cheddar Cheese	Milk	2 Slices	28g	110	6	9	5	0	30	< 1	180	0
Swiss Cheese	Milk	2 Slices	28g	110	8	9	5	0	25	0	50	0
Pepper Jack Cheese	Milk	2 Slices	28g	100	7	8	5	0	30	< 1	180	0
Banana Peppers		15 Pieces	28g	5	0	0	0	0	0	1	280	0
Sliced Jalapenos		14 Pieces	28g	0	0	0	0	0	0	1	460	0
Shredded Lettuce		¼ cup	14g	0	0	0	0	0	0	0	0	0
Tomato		2 Slices	40g	7	0	0	0	0	0	2	2	0
Onion		1.5 Tbsp	15g	6	0	0	0	0	0	1	0	0

31 NORTH DELI SELECTIONS

Condiments												
Item	Allergens	Serving Size	Serving Weight	Calories	Protein (g)	Fat (g)	Sat. Fat (g)	Trans fat (g)	Chol (mg)	Carbs (g)	Sodium (mg)	Fiber (g)
Dijon Mustard		1 tsp	5g	5	0	0	0	0	0	0	115	0
Yellow Mustard		1 tsp	5g	0	0	0	0	0	0	0	60	0
Honey Mustard	Egg	2 Tbsp	28g	120	0	11	1.5	0	10	6	150	0
Mayonnaise	Egg	1 Tbsp	15ml	100	0	11	1.5	0	5	0	75	0
Tabasco Sauce		1 tsp	5ml	0	0	0	0	0	0	0	35	0
Balsamic Glaze	Sulfites	1 Tbsp	15ml	35	0	0	0	0	0	8	0	0

*Items subject to change based on availability