



HAND **CRAFTED**

THE
fast-and-fresh
DELICATESSEN
your sandwich filling station

UHD
University of Houston-Downtown
Dining Services

CREATE YOUR OWN SANDWICH OR WRAP

Breads

		cal	portion
White Bread	  	140	2 slices
Wheat Bread	 	110	2 slices
Multi Grain Bread	  	230	2 slices
Rye Bread	  	270	2 slices
Wheat Pita	  	120	1 pita
6" Sub Roll	  	210	6" roll

Middles

	cal	price	portion
Turkey	70	\$5.29	3 oz.
Ham	90	\$5.29	3 oz.
Roast Beef	170	\$5.59	3 oz.
Chicken Salad	370	\$5.99	3 oz.
Egg Salad	240	\$5.29	3 oz.
Tuna Salad	290	\$5.99	3 oz.

Cheese & Toppings

	cal	price	portion
Cheese			
Pepper Jack	105	\$0.99	1 slices
Swiss	115	\$0.99	1 slices
Provolone	100	\$0.99	1 slices
Cheddar	115	\$0.99	1 slices
American	95	\$0.99	1 slices

Wraps

	cal	portion
Wheat Tortilla	310	1 Tortilla
Spinach Tortilla	290	1 Tortilla
Tomato Basil Tortilla	300	1 Tortilla
Flour Tortilla	290	1 Tortilla
Flatbread	165	1 Flatbread

Spreads

	cal	portion
Mayonnaise	100	1 Tbsp
Honey Mustard	60	1 Tbsp
Roasted Garlic Aioli	110	1 Tbsp
Avocado Ranch	90	1 Tbsp
Sweet Onion Teriyaki	45	1 Tbsp

Toppings

Lettuce	0	1 Leaf
Tomato	10	1 slice
Red Onion	10	1 oz.
Pickles	4	1 oz.
Banana Peppers	15	1 oz.
Jalapeno Peppers	4	1 oz.
Spinach	5	1 oz.
Black Olives	40	1 oz.
Bell Peppers	10	1 oz.



Mindful



Vegetarian



Vegan



Plant Based

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.