



















## GREEN PICKLE DELI MENU NUTRITIONAL INFORMATION

Menu Item (List is a complete entrée unless otherwise noted)	Calories	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
<b>Build Your Own Sandwich</b>								
<b>PROTEINS (4 oz. PORTION)</b>								
 Herb Chicken	117	5	1	45	330	14	6	1
 Roast Beef	140	4	1	50	820	20	2	0
 Turkey	101	2	1	60	800	22	2	0
Bacon (each)	36	3	1	5	101	2	0	0
Chicken Salad	132	10	2	113	677	12	3	0
Ham	133	5	3.5	59	1266	19	3	0
Tuna Salad	192	7	2	97	1125	31	7	0
<b>BREADS</b>								
 Deli Wheat Thins	100	1	0	0	230	5	21	5
 Rye (2 Slices)	166	2	0	0	422	5	31	4
 Soft Wheat Sandwich Bread (2 Slices)	180	2.5	0.5	0	400	7	32	4
 Tortilla Wrap - Whole Wheat	190	4	0	0	460	7	33	4
 Wheat Bread - Reduced Cal. (2 Slices)	80	0.5	0	0	240	5	18	5
Ciabatta Bread	262	4	0.6	0	353	8	48	2
Croissant	231	12	7	38	424	5	26	2
French Bread Hoagie	260	2.5	0.5	5	630	10	52	2
Multigrain Hoagie	250	3	0	0	460	10	46	5
Pretzel Bread	230	3.5	1	0	240	6	45	1
Soft Hoagie Roll	200	3	0	0	380	7	37	2
Soft White Sandwich Bread (2 Slices)	130	1.5	0	0	270	4	26	0
Sourdough (2 Slices)	140	0.5	0	0	290	5	28	1
Tortilla Wrap - Jalapeno	200	4	0	0	390	4	38	4
Tortilla Wrap - Spinach	210	5	2	0	510	6	35	1
<b>CHEESE</b>								
American Cheese (one slice)	70	5	3	20	270	4	2	0
Cheddar Cheese (one slice)	114	9	6	30	176	7	0	0
Pepperjack Cheese (one slice)	106	9	5	25	152	7	0	0
Provolone Cheese (one slice)	100	8	5	20	248	7	1	1
Swiss Cheese (one slice)	95	7	5	24	193	7	1	0
<b>VEGETABLES (1 oz.)</b>								
 Spinach	6	0	0	0	22	1	1	1
 Tomatoes	5	0	0	0	2	0	1	0
 Cucumbers	4	0	0	0	1	0	1	0
 Red Onions	11	0	0	0	1	0	2	1
 Iceberg Lettuce Leaf	1	0	0	0	1	0	0	0
 Banana Peppers	6	0	0	0	142	1	0.5	0
 Pickles	5	0	0	0	363	0	1	0
 Jalapenos	8	0.3	0	0	474	0	1.3	0.7
Black Olives	66	5.7	0	0	605	0	3.8	0
<b>CONDIMENTS &amp; DRESSINGS (1 oz.)</b>								
 Mustard	21	1	0	0	355	1	2	1
 Spicy Mustard	26	2	0	0	371	2	2	0
Chipotle Mayonnaise	80	8	1	5	240	0	4	0
Light Mayo	45	5	1	5	120	0	1	0
Mayo	111	9.5	4	7	207	0.3	7	0

NOTE: While these nutritional values are an excellent guide, they are approximations taken from an average of many government and commercial sources.