



















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)
Build Your Own Sandwich								
PROTEINS (4 oz. PORTION)								
 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
BREADS								
 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
CHEESE								
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
VEGETABLES (1 oz.)								
 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
CONDIMENTS & DRESSINGS (1 oz.)								
 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.