








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)
SPECIALTY SANDWICHES								
 Slim Sammy	245	5	1	39	1067	23	33	9
 Vegetarian on Whole Wheat (no spread)	433	14	3	20	409	15	59	7
BLT on Multigrain Hoagie	494	21	7	37	1245	22	55	3
Chicken Salad on Soft White Sandwich Bread	349	12	2	104	1077	20	49	5
Italian Specialty on French Hoagie	759	47.5	11.5	148	2791	49	34	2
Roast Beef Pepper Jack Ciabatta	808	33	10	135	2625	62	60	2
Smoked Honey Ham on Multigrain Hoagie	556	20	6.5	89	2543	42	55	5
Smoked Turkey Club Ciabatta	783	34	8	132	2905	60	68	4
Tuna Salad on Soft White Sandwich Bread	362	10	7	70	1655	16	57	6
Vegetarian on Multigrain Hoagie	547	24	12	56	1159	27	62	8
Zesty Herb Chicken Ciabatta	643	26	7	75	1193	26	66	4
SIDE ORDERS								
 Broccoli Raisin Salad (1/2 cup)	162	6	1	10	266	4	26	2
 Fruit Salad	50	0	0	0	130	1	11	1
 Whole Fruit - Apple	95	0.3	0	0	2	0.5	25	4.4
 Whole Fruit - Banana	105	0.4	0.1	0	1	1.3	27	3.1
 Whole Fruit - Orange	86	0.2	0	0	0	1.7	21.6	4.4
Cole Slaw	160	10.3	1	5	434	1	17	0
Housemade Chips (4 oz.)	300	19	3	0	580	4	42	3
Macaroni Salad	216	11	4	63	480	7	26	1
Potato Salad	190	10	2	20	576	5	24	1.5

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