

Chips Deli

<i>Item</i>	<i>Serving Size</i>	<i>Calories (kcal)</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Carbohydrates (g)</i>	<i>Protein (g)</i>	<i>Sodium (mg)</i>	<i>Fiber (g)</i>
Bread								
White	2 Slices	160	2	0	30	5	408	1
100% Whole Wheat	2 Slices	180	3	0	34	8	340	4
Sourdough Italian	2 Slices	180	3	0	32	6	360	2
7 Grain	2 Slices	193	3	0	35	7	393	3
Rye Bread	2 Slices	160	3	0	30	4	440	2
Sub Roll White	½ Sub	186	2	0	37	6	385	1
Sub Roll Wheat	½ Sub	190	2	0	39	7	360	3
English Muffin	1 Muffin	120	1	0	25	4	200	1
Bagel (assorted)	1 Bagel	295	1	0	63	8	400	5
Wraps (assorted)	1 Wrap	325	7	1	56	9	478	3
Pita	1 Pita	275	1	0	56	9	536	2
Kaiser Roll White	1 Roll	274	3	1	52	9	609	3
Whole Grain Cibatta	1 Roll	122	1	0	25	5	274	2
Meats								
Turkey	2oz	63	1	0	0	12.5	817	0
Roast Beef	2oz	115	7.5	3	0	11	33	0
Ham	2oz	75	3	1	0.5	11	817	0
Salami	2oz	183	10	5	1	12	984	0
Bacon	2 Slices	54	5.5	2	0	1	71	0
Bologna	2oz	179	16	7	0.5	7	560	0
Chicken Salad	2oz	78	3	1	0	11	47	0
Tuna	2oz	73	2	0.5	0	13	215	0
Non Meat Items								
Peanut Butter & Jelly	2oz + 1oz	407	29	6	29	15	278	4
Hummus	2oz	104	5	0.5	11	4	9	3
Egg Salad	2oz	103	7.5	2	3	6	121	0
Cheeses								
Cheddar	1oz	103	9	5.5	.5	6.5	160	0
American	1oz	74	5.5	3.5	2	4	374	0
Swiss	1oz	97	7	4.5	1	7	67	0
Provolone	1oz	91	7	4.5	.5	6.5	226	0
Pepper Jack	1oz	96	8	5	0	6	138	0
Cream Cheese	1oz	100	10	6	1	2	84	0
Light Cream Cheese	1oz	60	5	3	2	2	130	0
Veggie Cream Cheese	1oz	100	10	6	1	2	84	0
Dressing								
Yellow Mustard	0.5oz	3	0	0	0	0	57	0
Dijon Mustard	0.5oz	24	1	0	4	1	400	1
Mayonnaise	0.5oz	55	5	1	3	0	100	0
Horseradish Mayonnaise	0.5oz	56	5	0	4	0	107	0
Pesto Mayonnaise	0.5oz	38	3	0.5	1	0	125	0
Fat Free Mayonnaise	0.5oz	10	0	0	2	0	120	0
Italian Dressing	0.5oz	42	7	0.5	1.5	0	236	0
Ranch Dressing	0.5oz	61	6	1	2.5	0	195	0
Russian Dressing	0.5oz	70	7	1	1.5	0	124	0
Oil & Herbs	0.5oz	120	13	1	0	0	0	0
Vegetables								
Lettuce	1 Leaf	3	0	0	0.5	0	0	0
Onions	0.5 oz	4	0	0	1	0	0	0
Tomatoes	2 slices	9	0	0	2	0	4	0.5
Cucumbers	2oz	7	0	0	1.5	0	0	0.5
Banana Peppers	1 oz	8	0	0	1	0	4	1
Daily Sandwich Specials								
Chicken Salad w/ Tarragona	1 each	561	25	4	64	20	987	4
Hot Italian Sub	½ sub	487	21	12	39	24	1307	1
Chicken Bacon Ranch Sub	½ sub	441	23	6	42	18	894	1
Roast Beef & Cheddar	1 each	411	19	9	35	24	1001	3
Turkey Cesar Wrap	1 each	810	49	12	65	28	2186	4
Turkey Bacon & Guacamole	1 each	733	36	14	66	35	2188	4
Gobbler Turkey Wrap	1 each	568	18	5	78	24	1719	6
Italian Wrap	1 each	906	51	15	75	38	2363	5
Pretzel	1 each	190	10	0	40	6	160	2