

Long Island Deli Made to Order Sandwich Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Prot (g)
Made to Order Bread												
Baguette	1/2 baguette	310	1	0	0	0	620	63	1.96	3	0	11
Black Pepper Parmesan Focaccia	1 portion	660	22	6	0	20	2440	95	4.48	3	0	7
Marble Rye	2 slices	200	2.5	0.5	0	0	420	36	2.09	1	0.6	7
Sourdough	2 slices	170	2	0	0	0	370	33	1.3	2	0	4
Made to Order Meat												
Bacon	2 slices	160	12	4	0	40	480	0	0	0	0	10
Capicola	2 slices	80	4.5	1.5	0	25	310	1	--	0	--	7
Corned Beef	5 oz	230	15	5	0.5	90	1570	1	0	1	0.94	25
Fire Grilled Chicken Breast	5 oz	150	2	0.5	0	100	480	0	--	0	--	33
Genoa Salami	3 slices	160	11	4	0	45	870	1	0	1	0	13
Hot Sopressata	3 slices	170	12	4	0	45	840	2	0.18	1	0	12
Mortadella	1.5 oz	130	11	4	0	25	390	2	0	0	0	7
Pastrami	5 oz	180	6	2.5	0	125	1150	3	--	--	--	28
Pepperoni	3 slices	60	6	2	0	15	240	1	--	0	--	3
Pork Roast	3 oz	110	2.5	1	0	50	650	4	0.18	3	0.02	18
Prosciutto	1 oz	70	3	1	0	10	580	0	0	0	0	9
Roast Beef	5 oz	180	9	4	0	75	1190	1	0	1	0.91	25
Smoked Ham	5 oz	150	4	1.5	0	75	1490	1	0	1	1.49	28
Smoked Turkey	5 oz	130	2.5	0	0	65	1590	3	0	3	2.53	25
Smoky Bacon Flavored Tempeh Strips	4 oz	210	7	0.5	0	0	1010	15	7.46	3	2.98	18
Made to Order Cheese												
Cheddar	4 half slices	160	14	8	0	40	280	0	0	0	0	10
Co-Jack	2 half slices	80	7	4	0	20	130	0	0	0	0	5
Fresh Mozzarella	2 slices	200	16	9	0	45	220	2	0	1	0	14
Pepper Jack	2 half slices	70	6	3.5	0	20	120	0	0	0	0	5
Provolone	4 half slices	140	12	7	0	30	360	0	0	0	0	10
Swiss	2 half slices	80	6	3.5	0	20	45	0	0	0	0	6
Made to Order Veggies												
Arugula	0.05 oz	0	0	0	0	0	0	0	--	0	--	0
Banana Pepper Rings	1 oz	5	0	0	0	0	460	1	0	0	0	0
Dill Pickle Slices	1 oz	0	0	0	0	0	380	0	--	0	--	0
Lettuce Leaf	1 leaf	5	0	0	0	0	5	1	0.31	0	0	0
Mild Giardiniera	1 oz	60	6	--	--	--	420	--	--	0	0	0
Red Onions	1 oz	10	0	0	0	0	0	3	0.49	1	0	0
Sauerkraut	1 oz	5	0	0	0	0	170	1	0.94	0	0	0

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Tomatoes, 2 slices	2 slices	15	0	0	0	0	0	3	0.87	2	0	1
Made to Order Spreads												
Deli Mustard	1 oz	30	2	0	--	0	320	2	1.02	--	0	2
Guacamole	2 oz	130	11	2	0	0	260	4	1.89	0	0	2
Mayo	1 oz	200	22	3.5	0	15	180	1	0	1	0.58	0
Olive Bruschetta	1 oz	120	13	1.5	0	0	150	2	1.89	0	0	0
Roasted Garlic Aioli	1 oz	170	17	2	0	20	240	2	0	0	0	0
Roasted Garlic Onion Jam	0.5 oz	35	0	0	0	0	0	9	0	9	7.56	0
Thousand Island Dressing	1 oz	100	10	1.5	0	10	210	4	0.15	4	3.26	0