Our Condiments...

**Avocado Spread**
(Serv size: 1 Tbsp)
50 Calories, Tot Fat 4.5g, Carb 3g, Protein 1g

**Buffalo Sauce**
(Serv size: 1 Tbsp) Contains soy.
20 Calories, Tot Fat 1g, Carb 2g, Protein 0g

**Chipotle Mayo**
(Serv size: 1 Tbsp) Contains egg & soy.
100 Calories, Tot Fat 11g, Carb 0g, Protein 0g

**Honey Mustard**
(Serv size: 1 Tbsp)
25 Calories, Tot Fat 0g, Carb 6g, Protein 0g

**Mayonnaise**
(Serv size: 1 Tbsp) Contains egg & soy.
90 Calories, Tot Fat 10g, Carb 0g, Protein 0g

**Ranch**
(Serv size: 1 Tbsp) Contains milk, egg & soy.
80 Calories, Tot Fat 8g, Carb 0g, Protein 0g

**Spicy Brown Mustard**
(Serv size: 1 Tbsp)
20 Calories, Tot Fat 0g, Carb 0g, Protein 0g

**Yellow Mustard**
(Serv size: 1 Tbsp)
0 Calories, Tot Fat 0g, Carb 0g, Protein 0g
Our Meats...

All Boar’s Head meats contain no gluten, artificial colors or flavors, MSG added, fillers or by-products, or trans fat.

Bourbonridge Smoked Ham
(Serv size: 2 oz) 70 Calories
Tot Fat 2.5g, Carb 2g, Protein 10g

Buffalo Style Roasted Chicken
(Serv size: 2 oz) 60 Calories
Tot Fat 1g, Carb 0g, Protein 13g

Deluxe Roasted Beef
(Serv size: 2 oz) 90 Calories
Tot Fat 5g, Carb 1g, Protein 15g

Naturally Smoked Bacon
(Serv size: 2 slices) 70 Calories
Tot Fat 6g, Carb 0g, Protein 4g

Ovengold Roasted Turkey
(Serv size: 2 oz) 60 Calories
Tot Fat 1g, Carb 0g, Protein 13g

Our Cheeses...

American
(Serv size: 1 oz) Contains milk and soy.
100 Calories, Tot Fat 9g, Carb 1g, Protein 5g

Cheddar
(Serv size: 1 oz) Contains milk.
110 Calories, Tot Fat 9g, Carb 1g, Protein 7g

Pepper Jack
(Serv size: 1 oz) Contains milk.
110 Calories, Tot Fat 9g, Carb 0g, Protein 6g

Provolone
(Serv size: 1 oz) Contains milk.
100 Calories, Tot Fat 8g, Carb 0g, Protein 7g

Swiss
(Serv size: 1 oz) Contains milk.
100 Calories, Tot Fat 8g, Carb 1g, Protein 8g

Our Bread...

Ciabatta
(Serv size: 1 roll) Contains wheat & soy.
160 Calories, Tot Fat 2g, Carb 30g, Protein 14g

Flour Tortilla
(Serv size: 1 tortilla) Contains wheat & soy.
292 Calories, Tot Fat 8g, Carb 48g, Protein 8g

Gluten Free Roll
(Serv size: 1 roll) Contains egg.
190 Calories, Tot Fat 5g, Carb 32g, Protein 5g

Kaiser Roll
(Serv size: 1 roll) Contains wheat & soy.
170 Calories, Tot Fat 1.5g, Carb 35g, Protein 6g

Pretzel Roll
(Serv size: 1 slice) Contains wheat, soy & milk.
280 Calories, Tot Fat 3.5g, Carb 54g, Protein 8g

Sub Roll
(Serv size: 1 roll) Contains wheat & soy.
250 Calories, Tot Fat 2.5g, Carb 42g, Protein 9g

Rye Bread
(Serv size: 1 slice) Contains wheat & dairy.
70 Calories, Tot Fat 1g, Carb 13g, Protein 2g

Wheat Bread
(Serv size: 1 slice) Contains wheat & soy.
70 Calories, Tot Fat 1g, Carb 15g, Protein 2g

White Bread
(Serv size: 1 slice) Contains wheat & soy.
80 Calories, Tot Fat 1g, Carb 16g, Protein 3g

Whole Grain Bread
(Serv size: 1 slice) Contains wheat, sesame & soy.
110 Calories, Tot Fat 2g, Carb 19g, Protein 5g

Other Offerings...

Deli Chicken Salad
(Serv size: 4 oz) 300 Calories
Tot Fat 24g, Carb <1g, Protein 21g
Contains egg & soy.

Deli Egg Salad
(Serv size: 4 oz) 270 Calories
Tot Fat 26g, Carb 1g, Protein 7g
Contains egg & soy.

Deli Tuna Salad
(Serv size: 4 oz) 293 Calories
Tot Fat 24g, Carb <1g, Protein 16g
Contains fish, egg & soy.

Vegan Gardein Chick’n
(Serv size: 1 patty) 150 Calories
Tot Fat 5g, Carb 5g, Protein 22g
Contains wheat & soy.

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Our Cheeses...

American
(Serv size: 1 oz) Contains milk and soy.
100 Calories, Tot Fat 9g, Carb 1g, Protein 5g

Cheddar
(Serv size: 1 oz) Contains milk.
110 Calories, Tot Fat 9g, Carb 1g, Protein 7g

Pepper Jack
(Serv size: 1 oz) Contains milk.
110 Calories, Tot Fat 9g, Carb 0g, Protein 6g

Provolone
(Serv size: 1 oz) Contains milk.
100 Calories, Tot Fat 8g, Carb 0g, Protein 7g

Swiss
(Serv size: 1 oz) Contains milk.
100 Calories, Tot Fat 8g, Carb 1g, Protein 8g

Our Bread...

Ciabatta
(Serv size: 1 roll) Contains wheat & soy.
160 Calories, Tot Fat 2g, Carb 30g, Protein 14g

Flour Tortilla
(Serv size: 1 tortilla) Contains wheat & soy.
292 Calories, Tot Fat 8g, Carb 48g, Protein 8g

Gluten Free Roll
(Serv size: 1 roll) Contains egg.
190 Calories, Tot Fat 5g, Carb 32g, Protein 5g

Kaiser Roll
(Serv size: 1 roll) Contains wheat & soy.
170 Calories, Tot Fat 1.5g, Carb 35g, Protein 6g

Pretzel Roll
(Serv size: 1 slice) Contains wheat, soy & milk.
280 Calories, Tot Fat 3.5g, Carb 54g, Protein 8g

Sub Roll
(Serv size: 1 roll) Contains wheat & soy.
250 Calories, Tot Fat 2.5g, Carb 42g, Protein 9g

Rye Bread
(Serv size: 1 slice) Contains wheat & dairy.
70 Calories, Tot Fat 1g, Carb 13g, Protein 2g

Wheat Bread
(Serv size: 1 slice) Contains wheat & soy.
70 Calories, Tot Fat 1g, Carb 15g, Protein 2g

White Bread
(Serv size: 1 slice) Contains wheat & soy.
80 Calories, Tot Fat 1g, Carb 16g, Protein 3g

Whole Grain Bread
(Serv size: 1 slice) Contains wheat, sesame & soy.
110 Calories, Tot Fat 2g, Carb 19g, Protein 5g

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Tot Fat 5g, Carb 5g, Protein 22g
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