

# HOT DELI

	Serving Size	Weight Gms	Weight Ozs	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)
All American, French	1	416	14.67	767	259	29	12	0	153
All American, Honey Mustard dressing	1	446	15.73	897	379	42	14	0	163
Grilled Cheese on white	1	112	3.95	330	138	16	9	0	36
Corned Beef / Pastrami Reuben	1	280	9.88	616	338	38	11	0	102
Turkey Reuben	1	280	9.88	576	278	31	8	0	92
Southern Reuben (turkey)	1	280	9.88	736	418	46	10	0	113
New Yorker, Rye, mustard	1	252	8.89	430	147	17	8	0	86
Turkey Bacon Sandwich on Wheat	1	257	9.07	410	133	15	7	0	89
Turkey Bacon, Creamy Italian Dressing	1	299	10.55	648	357	41	11	0	103
Tuna Melt on pita	1	255	9.00	739	479	53	15	0	86
Mini Tuna Melt	1	185	6.50	489	277	31	10	0	56
Chicken Cheddar Melt on pita	1	285	10.05	682	361	39	15	0	146
Mini Chicken Cheddar Melt	1	187	6.60	434	204	22	9	0	80
Turkey Broccoli Melt on pita	1	227	8.00	307	45	5	3	0	68
Turkey Broccoli Melt, House dressing	1	255	8.99	452	174	19	5	0	79
Grilled Chicken Sandwich, French	1	289	10.19	553	115	14	6	0	96
Grilled Chkn French, honey mustard dressing	1	317	11.18	674	227	26	0	0	105
Grilled Chicken Mushroom Melt, French	1	321	11.32	633	156	18	8	0	121
Grilled Chkn Mushr Melt, honey must dressing	1	349	12.31	754	268	30	10	0	131
Roast Beef and Cheddar, French	1	292	10.30	528	138	15	8	0	79
Roast Beef and Cheddar, horseradish sauce	1	334	11.78	724	292	33	11	0	93
Really Hot Roast Beef ,French	1	292	10.30	521	140	15	8	0	79
Really Hot Roast Beef, horseradish sauce	1	334	11.78	717	294	34	11	0	93

	Sodium (mg)	Carbo (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C %DV	Calcium %DV	Iron %DV
All American, French	3602	68	6	5	57	11	27	33	33
All American, Honey Mustard dressing	3822	72	6	9	57	11	27	33	33
Grilled Cheese on white	866	34	2	4	16	8	0	31	10
Corned Beef / Pastrami Reuben	1965	37	4	9	33	6	14	27	25

	Sodium (mg)	Carbo (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C %DV	Calcium %DV	Iron %DV
Turkey Reuben	1825	39	4	11	35	6	14	27	17
Southern Reuben (turkey)	2108	46	3	20	34	6	3	26	13
New Yorker, Rye, mustard	1716	31	2	2	33	5	3	26	20
Turkey Bacon Sandwich on Wheat	1639	28	3	6	40	32	13	29	16
Turkey Bacon, Creamy Italian Dressing	1919	30	3	8	40	32	13	29	16
Tuna Melt on pita	862	28	1	2	33	5	1	26	13
Mini Tuna Melt	580	28	1	2	23	5	1	26	11
Chicken Cheddar Melt on pita	1032	33	1	8	45	13	6	34	15
Mini Chicken Cheddar Melt	681	30	1	5	26	11	6	24	11
Turkey Broccoli Melt on pita	1306	30	1	3	34	28	65	28	13
Turkey Broccoli Melt, House dressing	1469	34	1	7	34	29	67	28	13
Grilled Chicken Sandwich, French	1321	61	3	5	46	32	14	29	27
Grilled Chkn French, honey mustard dressing	1526	64	3	9	46	32	14	29	27
Grilled Chicken Mushroom Melt, French	2241	61	3	4	56	5	5	29	30
Grilled Chkn Mushr Melt, honey must dressing	2446	65	3	8	56	5	5	29	30
Roast Beef and Cheddar, French	1800	58	3	4	39	6	5	25	34
Roast Beef and Cheddar, horseradish sauce	2150	66	3	11	39	6	8	25	34
Really Hot Roast Beef, French	2511	57	3	4	39	16	5	26	36
Really Hot Roast Beef, horseradish sauce	2861	65	3	11	39	16	8	26	36