

| <b>Deli Roast Beef</b> |               | calories   | total fat g. | sat. fat g. | cholesterol mg. | sodium mg.  | total carbs g. | dietary fiber g. | sugar g. | protein g. |
|------------------------|---------------|------------|--------------|-------------|-----------------|-------------|----------------|------------------|----------|------------|
| Bread Rye              | 2 slices      | 320        | 1            | 0           | 0               | 370         | 34             | 4                | 0        | 6          |
| Roast Beef             | 3.5oz         | 106        | 3.5          | 1.8         | 44              | 880         | 0              | 0                | 0        | 18         |
| Cheddar                | 1oz           | 110        | 9            | 5           | 30              | 180         | 0              | 0                | 0        | 7          |
| EVOO Mayonnaise        | 1oz           | 90         | 8            | 0           | <10             | 190         | 4              | 0                | <1       | 0          |
| Lettuce Shredded       | 1.5oz         | 8          | 0            | 0           | 0               | 5           | 1.5            | <1               | 1        | <1         |
| Tomato                 | 2 slices/2 oz | 12         | 0            | 0           | 0               | 3           | 2              | <1               | 2        | <1         |
| Salt, Pepper & Oregano |               | 2          | 0            | 0           | 0               | 295         | 0              | 0                | 0        | 0          |
| <b>Total amount</b>    |               | <b>648</b> | <b>21.5</b>  | <b>6.8</b>  | <b>74</b>       | <b>1923</b> | <b>41.5</b>    | <b>4</b>         | <b>3</b> | <b>31</b>  |

| <b>Deli Tuna</b>        |               | calories   | total fat g. | sat. fat g. | cholesterol mg. | sodium mg.  | total carbs g. | dietary fiber g. | sugar g. | protein g. |
|-------------------------|---------------|------------|--------------|-------------|-----------------|-------------|----------------|------------------|----------|------------|
| Bread Rye               | 2 slices      | 320        | 1            | 0           | 0               | 370         | 34             | 4                | 0        | 6          |
| Spicy Pickle Tuna Salad | 4oz           | 157        | 9            | 1.5         | 35              | 590         | <1             | 0                | 0        | 22         |
| Lettuce Shredded        | 1.5oz         | 8          | 0            | 0           | 0               | 5           | 1.5            | <1               | 1        | <1         |
| Tomato                  | 2 slices/2 oz | 12         | 0            | 0           | 0               | 3           | 2              | <1               | 2        | <1         |
| Salt, Pepper & Oregano  |               | 2          | 0            | 0           | 0               | 295         | 0              | 0                | 0        | 0          |
| <b>Total amount</b>     |               | <b>499</b> | <b>10</b>    | <b>1.5</b>  | <b>35</b>       | <b>1263</b> | <b>37.5</b>    | <b>4</b>         | <b>3</b> | <b>28</b>  |

| <b>Deli Ham</b>        |               | calories   | total fat g. | sat. fat g. | cholesterol mg. | sodium mg.  | total carbs g. | dietary fiber g. | sugar g. | protein g. |
|------------------------|---------------|------------|--------------|-------------|-----------------|-------------|----------------|------------------|----------|------------|
| Bread Sourdough        | 2 slices      | 220        | 0            | 0           | 0               | 480         | 48             | 2                | 0        | 6          |
| Ham                    | 3.5oz         | 106        | 5.2          | 1.7         | 53              | 1091        | 0              | 0                | 0        | 16         |
| Swiss                  | 1oz           | 110        | 8            | 5           | 30              | 60          | 1              | 0                | 0        | 9          |
| EVOO Mayonnaise        | 1oz           | 90         | 8            | 0           | <10             | 190         | 4              | 0                | <1       | 0          |
| Lettuce Shredded       | 1.5oz         | 8          | 0            | 0           | 0               | 5           | 1.5            | <1               | 1        | <1         |
| Tomato                 | 2 slices/2 oz | 12         | 0            | 0           | 0               | 3           | 2              | <1               | 2        | <1         |
| Salt, Pepper & Oregano |               | 2          | 0            | 0           | 0               | 295         | 0              | 0                | 0        | 0          |
| <b>Total amount</b>    |               | <b>548</b> | <b>21.2</b>  | <b>6.7</b>  | <b>83</b>       | <b>2124</b> | <b>56.5</b>    | <b>2</b>         | <b>3</b> | <b>31</b>  |

| <b>Deli Turkey</b>     |               | calories   | total fat g. | sat. fat g. | cholesterol mg. | sodium mg.  | total carbs g. | dietary fiber g. | sugar g. | protein g. |
|------------------------|---------------|------------|--------------|-------------|-----------------|-------------|----------------|------------------|----------|------------|
| Bread Sourdough        | 2 slices      | 220        | 0            | 0           | 0               | 480         | 48             | 2                | 0        | 6          |
| Turkey                 | 3.5oz         | 88         | 2            | 0           | 44              | 928         | 0              | 0                | 0        | 21         |
| Provolone              | 1oz           | 100        | 8            | 5           | 25              | 250         | 1              | 0                | 1        | 7          |
| EVOO Mayonnaise        | 1oz           | 90         | 8            | 0           | <10             | 190         | 4              | 0                | <1       | 0          |
| Lettuce Shredded       | 1.5oz         | 8          | 0            | 0           | 0               | 5           | 1.5            | <1               | 1        | <1         |
| Tomato                 | 2 slices/2 oz | 12         | 0            | 0           | 0               | 3           | 2              | <1               | 2        | <1         |
| Salt, Pepper & Oregano |               | 2          | 0            | 0           | 0               | 295         | 0              | 0                | 0        | 0          |
| <b>Total amount</b>    |               | <b>520</b> | <b>18</b>    | <b>5</b>    | <b>69</b>       | <b>2151</b> | <b>56.5</b>    | <b>2</b>         | <b>4</b> | <b>34</b>  |

| <b>Deli Turkey Pastrami</b> |               | calories   | total fat g. | sat. fat g. | cholesterol mg. | sodium mg.  | total carbs g. | dietary fiber g. | sugar g. | protein g. |
|-----------------------------|---------------|------------|--------------|-------------|-----------------|-------------|----------------|------------------|----------|------------|
| Bread Rye                   | 2 slices      | 320        | 1            | 0           | 0               | 370         | 34             | 4                | 0        | 6          |
| Turkey Pastrami             | 3.5oz         | 123        | 4.4          | 1.7         | 70              | 1232        | 5              | 0                | 2        | 16         |
| Provolone                   | 1oz           | 110        | 8            | 5           | 30              | 60          | 1              | 0                | 0        | 9          |
| EVOO Mayonnaise             | 1oz           | 90         | 8            | 0           | <10             | 190         | 4              | 0                | <1       | 0          |
| Lettuce Shredded            | 1.5oz         | 8          | 0            | 0           | 0               | 5           | 1.5            | <1               | 1        | <1         |
| Tomato                      | 2 slices/2 oz | 12         | 0            | 0           | 0               | 3           | 2              | <1               | 2        | <1         |
| Salt, Pepper & Oregano      |               | 2          | 0            | 0           | 0               | 295         | 0              | 0                | 0        | 0          |
| <b>Total amount</b>         |               | <b>665</b> | <b>21.4</b>  | <b>6.7</b>  | <b>100</b>      | <b>2155</b> | <b>47.5</b>    | <b>4</b>         | <b>5</b> | <b>31</b>  |

| <b>Pepper Crusted Turkey</b> |               | calories   | total fat g. | sat. fat g. | cholesterol mg. | sodium mg.  | total carbs g. | dietary fiber g. | sugar g. | protein g. |
|------------------------------|---------------|------------|--------------|-------------|-----------------|-------------|----------------|------------------|----------|------------|
| Bread Sourdough              | 2 slices      | 220        | 0            | 0           | 0               | 480         | 48             | 2                | 0        | 6          |
| Pepper Crusted Turkey        | 3.5oz         | 106        | 1            | 0           | 35              | 739         | 4              | 0                | 0        | 18         |
| Swiss                        | 1oz           | 110        | 8            | 5           | 30              | 60          | 1              | 0                | 0        | 9          |
| EVOO Mayonnaise              | 1oz           | 90         | 8            | 0           | <10             | 190         | 4              | 0                | <1       | 0          |
| Lettuce Shredded             | 1.5oz         | 8          | 0            | 0           | 0               | 5           | 1.5            | <1               | 1        | <1         |
| Tomato                       | 2 slices/2 oz | 12         | 0            | 0           | 0               | 3           | 2              | <1               | 2        | <1         |
| Salt, Pepper & Oregano       |               | 2          | 0            | 0           | 0               | 295         | 0              | 0                | 0        | 0          |
| <b>Total amount</b>          |               | <b>548</b> | <b>17</b>    | <b>5</b>    | <b>65</b>       | <b>1772</b> | <b>60.5</b>    | <b>2</b>         | <b>3</b> | <b>33</b>  |