

Adobe		calories	total fat g.	sat. fat g.	cholesterol mg.	sodium mg.	total carbs g.	dietary fiber g.	sugar g.	protein g.
Bread Rosemary Foccacia	4.8oz	310	4.5	0	0	540	57	2	0	8
EVOO Chipotle Mayo	1oz	90	8	0	0	197	4	0	0	0
Turkey	3.5oz	88	2	0	44	928	0	0	0	21
Fresh Mozzarella	1.5oz	135	9	6	45	195	0	0	0	8
Green Bell Peppers	1oz	6	0	0	0	0	1	<1	<1	0
Salt, Pepper & Oregano		2	0	0	0	295	0	0	0	0
Corn Relish	2oz	35	0	0	0	350	7	<1	2	<1
Total amount		666	23.5	6	89	2505	69	2	2	37

Sausalito Bandido		calories	total fat g.	sat. fat g.	cholesterol mg.	sodium mg.	total carbs g.	dietary fiber g.	sugar g.	protein g.
Bread Rosemary Foccacia	4.8oz	310	4.5	0	0	540	57	2	0	8
EVOO Chipotle Mayo	1oz	90	8	0	0	197	4	0	0	0
Pepper Crusted Turkey	3.5oz	106	1	0	35	739	4	0	0	18
PepperJack	1oz	100	8	5	20	190	1	0	0	6
Roasted Red Peppers	1.5oz	10	0	0	0	103	2	0	1	0
Sundried Tomatoes	1oz	100	5	0	0	190	7	<1	3	<1
Salt, Pepper & Oregano		2	0	0	0	295	0	0	0	0
Total amount		718	26.5	5	55	2254	75	2	4	32

Gobbler		calories	total fat g.	sat. fat g.	cholesterol mg.	sodium mg.	total carbs g.	dietary fiber g.	sugar g.	protein g.
Bread Rosemary Foccacia	4.8oz	310	4.5	0	0	540	57	2	0	8
EVOO Sundried Tomato Mayo	1 oz	95	8	0	0	208	5	<1	<1	<1
Pepper Crusted Turkey	3.5oz	106	1	0	35	739	4	0	0	18
Feta	1 oz	80	6	4	20	320	1	0	0	5
Artichoke Hearts	1.5oz	20	0	0	0	39	4	2	0	1
Salt, Pepper & Oregano		2	0	0	0	295	0	0	0	0
Total amount		613	19.5	4	55	2141	71	4	0	32

Italian		calories	total fat g.	sat. fat g.	cholesterol mg.	sodium mg.	total carbs g.	dietary fiber g.	sugar g.	protein g.
Bread Rosemary Foccacia	4.8oz	310	4.5	0	0	540	57	2	0	8
EVOO Basil Mayo	1oz	90	8	0	<10	190	4	0	<1	0
Mortadella	1.5oz	128	11.5	4.5	27	360	0	0	0	6
Capicola	1oz	45	3	1.8	20	345	0	0	0	5
Salami	1oz	120	11	5	35	500	0	0	0	5
Provolone	1oz	100	8	5	25	250	1	0	1	7
Salt, Pepper & Oregano		2	0	0	0	295	0	0	0	0
Red onion	1/4 oz	2	0	0	0	0	0	0	0	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
Total amount		817	46	16.3	107	2488	65.5	2	4	31

De Luca		calories	total fat g.	sat. fat g.	cholesterol mg.	sodium mg.	total carbs g.	dietary fiber g.	sugar g.	protein g.
Bread Rosemary Foccacia	4.8oz	310	4.5	0	0	540	57	2	0	8
EVOO Basil Mayo	1oz	90	8	0	<10	190	4	0	<1	0
Tomatoes	4 slices	22	0	0	0	6	4	1	3	1
Roasted Red Peppers	1.5oz	10	0	0	0	103	2	0	1	0
Fresh Mozzarella	1.5oz	135	9	6	45	195	0	0	0	8
Spinach	1/2 oz	3	0	0	0	13	<1	0	0	<1
Salt, Pepper & Oregano		2	0	0	0	295	0	0	0	0
Total amount		572	21.5	6	45	1342	67	3	4	17

Basque		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
Ham	3.5oz	106	5.2	1.7	53	1091	0	0	0	16
Cheddar	1oz	110	9	5	30	180	0	0	0	7
Apple Granny Smith	1oz	18	0	0	0	0	5	1	4	0
Honey Mustard	1oz	45	0.5	0	0	200	9	<1	9	<1
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
Total amount		621	15.7	6.7	83	2144	51.5	5	16	29

Brooklyn		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
1000 Island Dressing	1oz	100	8	1.5	10	350	5	0	4	0
Turkey Pastrami	3.5oz	123	4.4	1.7	70	1232	5	0	2	16
Swiss	1oz	110	8	5	30	60	1	0	0	9
Salt, Pepper & Oregano		2	0	0	0	295	0	0	0	0
Coleslaw	4oz	310	22	3.5	10	1000	24	<1	23	0
Total amount		965	43.4	11.7	120	3307	69	4	29	31

Northend		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
Horseradish Mayo	1 oz	92	8	0	0	212	4	0	0	0
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
Pepperoncini Peppers	1/2 oz	5	0	0	0	165	1	0	0	0
Salt, Pepper & Oregano		2	0	0	0	295	0	0	0	0
Red onion	1/4 oz	2	0	0	0	0	0	0	0	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
Total amount		657	21.5	6.8	74	2110	42.5	4	3	31