

Description	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fibre	Sugars	Protein
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
<i>Deli</i>											
Black Forest Ham	19 g slice	20	1	0	0	8	110	1	0	0	3
Roast Beef	24 g slice	29	1	1	0	11	192	0	0	0	4
Turkey Breast	19 g slice	18	0	0	0	7	113	1	0	0	3
Tuna	100 g	125	4	0	0	54	390	0	0	0	25
Bacon Bits	8 g	37	3	2	0	6	137	0	0	0	2
Corned Beef	19 g slice	18	1	0	0	6	181	0	0	0	3
Salami	14 g slice	38	3	1	0	8	131	1	0	0	2
Cheddar Cheese	14 g slice	57	5	3	0	15	100	0	0	0	3
Swiss Cheese	11 g slice	41	3	2	0	10	26	0	0	0	3
Feta Cheese	50 mL	84	7	5	0	28	354	1	0	1	5
Light Cream Cheese	30 mL	57	4	3	0	16	141	2	0	2	3
Parmesan Cheese	15 mL	25	1	1	0	4	103	2	0	2	2
Monterey Jack Cheese	21 g slice	76	6	4	0	19	158	0	0	0	5
Provolone Cheese	14 g slice	47	4	2	0	10	95	0	0	0	4
White Sliced Bread	31 g slice	76	1	0	0	0	122	14	2	1	3
Whole Wheat Sliced Bread	31 g slice	76	1	0	0	0	122	14	2	1	3
White Gluten Free Sliced Bread	40 g slice	95	2	1	0	0	175	19	2	2	2
Brown Gluten Free Sliced Bread	45 g slice	115	4	1	0	0	190	20	3	3	3
12 Grain Sliced Bread	43 g slice	120	2	0	0	0	150	20	2	3	5
Soft Style Ciabatta Bun White	95 g	220	2	0	0	0	340	42	2	1	8
Multigrain Ciabatta Bun	95 g	220	3	0	0	0	550	43	4	1	8
Plain Bagel	113 g	294	2	0	0	0	623	55	2	3	9
Multigrain Bagel	113 g	300	6	1	0	0	640	53	4	3	10
Sesame Bagel	113 g	290	4	1	0	0	610	56	2	3	10
Whole Wheat & Honey Bagel	113 g	281	2	0	0	0	586	54	5	6	9
Blueberry Bagel	113 g	320	2	1	0	0	650	65	3	5	11
Cinnamon Bagel	113 g	280	2	0	0	0	400	58	3	7	9
White Panini Bread	128 g	297	1	0	0	0	737	61	2	1	11
Whole Wheat Panini Bread	128 g	294	1	0	0	0	718	62	7	0	11
White Tortilla Wrap	89 g	257	6	1	0	0	621	43	2	0	6
Whole Wheat Tortilla Wrap	109 g	300	8	1	0	0	240	48	5	0	9
Margarine	15 mL	101	12	0	0	0	101	0	0	0	0
BBQ Sauce	30 mL	66	0	0	0	0	484	15	0	13	0
Dijon Mustard	15 mL	13	1	0	0	0	188	1	1	0	1
Grainy Dijon Mustard	15 mL	13	1	0	0	0	188	1	1	0	1
Prepared Mustard	15 mL	10	1	0	0	0	186	1	1	0	0
Mayonnaise Light	15 mL	43	4	1	0	3	92	2	0	1	0
Miracle Whip Light	15 mL	29	2	0	0	4	139	3	0	2	0
Pesto Sauce	30 mL	142	14	3	0	9	364	2	0	0	3
Chunky Salsa	15 mL	5	0	0	0	0	97	1	0	1	0
Dill Pickle	30 g	0	0	0	0	0	240	1	0	1	0
Banana Pepper	28 g	8	0	0	0	0	4	2	1	1	1
Sweet Chili Sauce	15 mL	37	0	0	0	0	245	9	0	8	0

Please note: assortment of deli toppings may vary by location, please ask us if you would like more information about a particular ingredient