
MARKET ST DELI



deli sandwich	\$6.29	half deli sandwich	\$3.59
subs & wraps	\$6.29	add bacon	\$1.05
		extra cheese	\$.59

Step 1 choose your bread

wheat bread	214 cal.
rye bread	217 cal.
assorted wraps	290-307 cal.
kaiser & steak roll	240-330 cal.

Step 2 choose your protein

turkey	89 cal.
ham	125 cal.
chicken breast	140 cal.
tuna salad	170 cal.
chicken salad	250 cal.

Step 3 choose your cheese

american	104 cal.
swiss	78 cal.
provolone	75 cal.
cheddar	90 cal.
Pepperjack	110 cal.

Step 4 choose your condiments

mayo	90 cal.
yellow mustard	10 cal.
ranch dressing	120 cal.
caesar dressing	110 cal.
Honey mustard dressing	110 cal.

Step 5 choose your toppings

lettuce	8 cal.	banana peppers	0 cal.
tomato	5 cal.	pickle	26 cal.
onion	5 cal.	bell peppers	5 cal.
spinach	5 cal.	bacon (2)	86 cal.
cucumber	0 cal.	olives	34 cal.
carrot	10 cal.		

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.