
MARKET ST DELI



deli sandwich \$5.99 half deli sandwich \$3.59
subs & wraps \$6.29 add bacon \$1.05 extra cheese \$.50

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.
roast beef 160 cal.
chicken breast 140 cal.
Salami 280 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.

Step 4 choose your condiments

mayo 90 cal.
yellow mustard 10 cal.
italian dressing 53 cal.
caesar dressing 56 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.		

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