

## COLD SUBS AND WRAPS

Type of Sandwich Meat Only	Calories on Sub Roll	Calories on Flatbread	Calories on Wrap (wheat wrap – flour wrap)	Calories on Bread
Turkey	215	153	340-360	120
Ham	206	144	331-351	181
Roast Beef	255	193	380-400	230
Pastrami	245	183	370-390	220
Turkey Club (turkey, ham)	229	167	354-374	204
BLT	298	236	423-443	273
Boston (salami)	248	186	273-293	333
Italian Club (salami/ham)	361	199	386-406	236
Lonestar (ham, bacon)	236	174	361-381	211
Kentucky (turkey, ham, bacon)	242	180	367-387	217

**ADD 60 CALORIES FOR PEPPER JACK CHEESE**

**ADD 70 CALORIES FOR SWISS CHEESE**

**ADD 80 CALORIES FOR PROVOLONE**

**ADD 110 CALORIES FOR CHEDDAR**

**ADD 100 CALORIES FOR AMERICAN**

**ADD 40 CALORIES FOR PARMESAN**

Sauces (2 tbsp)	Calories
BBQ Sauce	50
Caesar Dressing	140
Chalupa Hot Sauce	0
Honey Mustard	130
Horseradish, 1 tsp	2
Hot Sauce, 1 tsp	0
Ketchup	30
Oil and Vinegar	90
Pesto	135
Plain Mustard	0
Ranch Dressing	160
Salad Dressing	100
Spicy Mustard	25

### MINIMAL CALORIES ADDED FOR THE FOLLOWING:

**Banana Peppers**  
**Cucumbers**  
**Green Peppers**  
**Jalapenos**  
**Lettuce**  
**Mushrooms**  
**Olive, Ripe**  
**Onion**  
**Pickles**  
**Tomato**

Additional information available at [www.gvdining.com](http://www.gvdining.com)  
under the nutrition section.

#### **Nutrient Information Disclaimer**

The nutrient information displayed for Sodexo recipes represent the known amount of a particular nutrient in a recipe. The recipes were analyzed using the CBORD Database and additional information from food manufacturers and USDA data base. The data are averages only, and should be used as a guide. The nutrient values are for the edible portion of the recipe. The nutrient information displayed for each item is the result of its exact preparation as stated in the recipe. Any deviation from the recipe such as product substitutions or changes to portion yield will render the information, inaccurate. (Recipes are modified on occasion to better meet local preference in taste, or to accommodate a variety of preparation methods.) Although we strive to make the information as accurate as possible, nutrition analysis is not an exact science. Various factors including diet of an animal, and food processing methods influence the amounts of nutrients in food. However, we hope this information will be useful to you, and assist you in your desire to achieve good health through healthful eating.