

STACKS DELI LINE		Calories	Total	Saturated	Trans	Cholesterol	Sodium	Carbohydrate-	Fiber	Sugar
INDIVIDUAL COMPONENTS	Calories	from fat	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	hydrate (g)	(g)	(g)
Breads/Wraps										
6" White Sub Roll	165	17	2	1	0	0	345	32	1	2
6" Honey Wheat Roll	163	19	2	1	0	0	320	30	2	2
6x6" Flat Bread	266	45	5	1	0	0	560	46	2	1
12" Flour Tortilla	310	63	7	3	0	0	740	52	2	0
12" Wheat Tortilla	290	63	7	3	0	0	750	50	6	0
White Bread	70	9	1	0	0	0	135	14	1	2
Wheat Bread	70	9	1	0	0	0	150	14	2	2
Meats										
Turkey, 3 slices	50	5	1	0	0	25	460	1	0	0
Ham, 3 slices	41	11	2	0	0	15	585	0	0	0
Roast Beef, 3 slices	90	45	5	2	0	25	610	1	0	1
Cotto Salami, 3 slices	83	68	8	3	0	19	345	0	0	0
Pastrami, 3 slices	80	32	4	2	0	20	810	3	0	1
Precooked Bacon, 3 slices	90	72	8	3	0	15	380	0	0	0
Cheeses										
American Cheese	100	81	9	5	0	25	510	1	0	0
Cheddar Cheese	110	80	9	5	0	30	180	1	0	0
Pepperjack Cheese	60	45	5	3	0	10	105	1	0	0
Provolone Cheese	80	54	6	4	0	20	200	1	0	0
Swiss Cheese	70	41	5	3	0	15	85	1	0	1
Parmesan Cheese, 2 tbsp	39	22	2	2	0	7	159	0	0	0
Sauces, 2 tbsp unless noted										
BBQ Sauce	50	0	0	0	0	0	310	12	0	8
Caesar Dressing	140	140	15	3	0	10	260	0	0	0
Horseradish, 1 tsp	2	0	0	0	0	0	16	1	0	0
Hot Sauce, 1 tsp	0	0	0	0	0	0	85	0	0	0
Ketchup	29	1	0	0	0	0	334	8	0	7
Mustard	0	0	0	0	0	0	25	0	0	0
Spicy Mustard	25	13	2	0	0	0	340	2	2	0
Honey Mustard	130	100	11	2	0	10	190	8	0	7
Pesto	135	126	14	2	0	3	150	1	1	0
Ranch	100	100	11	2	0	10	270	1	0	1
Salad Dressing	100	80	9	1	0	10	270	4	0	4
Vinegar and Oil	87	80	9	1	1	0	0	0	0	0
Condiments										
Banana Peppers, 1 oz	5	0	0	0	0	0	480	1	0	0
Black Olives, 1 tbsp	13	12	2	0	0	0	58	1	0	
Cucumber Slices, 1/4 cup	4	0	0	0	0	0	1	1	0	0
Green Pepper Slices, 2 rings 3" diameter	4	0	0	0	0	0	1	1	0	1
Jalapeno Slices, 1 tbsp	1	0	0	0	0	0	75	0		0
Lettuce, 1.5 oz	6	1	0	0	0	0	4	1	1	1
Mushrooms, 2 tbsp	2	0	0	0	0	0	0	0	0	0
Onion, 2 slices	7		0	0	0	0	1	2	0	1
Pickle Slices, 4 slices	0	0	0	0	0	0	223	0	0	0
Tomato Slices, 2	7	1	0	0	0	0	2	2	1	1

