

GUY'S Deli Nutritional Information

	Serving Size	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbs	Sugars	Protein	Calories
White Bread	1 slice	1.5g	0g	0mg	250mg	29g	2g	4g	150
Grains Galore	1 slice	4g	0g	0mg	60mg	30g	5g	7g	170
Sour Dough Bread	1 slice	0g	0g	0mg	220mg	23g	0g	4g	110
Farm Panini Bread	1 slice	0g	0g	0mg	220mg	23g	0g	4g	110
Italian Sub Roll	1 roll	3.5g	0g	0mg	520mg	55g	0g	9g	290
Marble Rye	1 slice	0g	0g	0mg	230mg	16g	0g	3g	80
Gluten Free Bread	1 slice	4g	0g	0mg	240mg	21g	3g	2g	120
Tortillas	1 tortilla	8g	2g	0mg	550mg	45g	1g	7g	280

	Serving Size	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbs	Sugars	Protein	Calories
American Cheese	2 slices	9g	5g	25mg	510mg	0g	0g	5g	100
Swiss Cheese	2 slices	9g	5g	25mg	60mg	1g	0g	8g	110
Fresh Mozzarella	1 slice	5g	3.5g	15mg	85mg	1g	0g	5g	70
3-cheese blend	1/4 cup	7g	4.5g	15mg	210mg	1g	0g	6g	90
Cheddar	1 slice	8g	4.5g	25mg	150mg	0g	0g	6g	90
Pepper Jack	1 slice	6g	3.5g	20mg	320mg	0g	0g	3g	70
Provolone	1oz	7g	5g	20mg	130mg	0g	0g	7g	100

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Turkey	2oz	1g	.5g	25mg	560mg	2g	2g	10g	60
Ham	3oz	5g	1.5g	45mg	840mg	2g	2g	13g	110
Roast Beef	2oz	1.5g	1g	25mg	650mg	0g	0g	10g	50
Pepperoni	1oz	14g	6g	30mg	540mg	0g	0g	6g	150
Bacon	15g	7g	3g	10mg	400mg	0g	0g	4g	80
Corned Beef	3oz	4g	1.5g	50mg	730mg	0g	0g	14g	100

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Cucumber	2oz	0g	0g	0mg	0mg	1.1g	.6g	.6g	5.7
Tomato	3 slices	0g	0g	0mg	0mg	2.4g	1.5g	.6g	12
Banana Peppers	1/4 cup	0g	0g	0mg	300mg	2g	1g	1g	10
Black Olives	1 Tbsp	1g	0g	0mg	90mg	0g	0g	0g	20
Giardiniera	1oz	4.5g	.5g	0mg	100mg	2g	1g	0g	50

Red Onions	2oz	0g	0g	0mg	1mg	2g	1g	0g	8
Romaine Lettuce	1/2 cup	.1g	0g	0mg	2mg	1.5g	.5g	.3g	4
Pickle chips	1oz	0g	0g	0mg	350mg	1g	0g	0g	0
Spin Dip	2 Tbsp	4g	2.5g	15mg	120mg	2g	3g	1g	45
Hummus	2 Tbsp	3.5g	0g	0mg	140mg	6g	1g	2g	60
Jalapenos	1/4cup	0g	0g	0mg	290mg	0g	0g	0g	5
Sauerkraut	2 Tbsp	0g	0g	0mg	185mg	1g	0g	0g	5

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Mayo	1 Tbsp	11g	2g	5mg	65mg	1g	0g	0g	100
Mustard	1 tsp	0g	0g	0mg	60mg	0g	0g	0g	5
Chipotle Aioli	2 Tbsp	8g	1g	5mg	220mg	7g	6g	0g	100
Italian	2 Tbsp	13g	2g	0mg	370mg	2g	2g	0g	120
Balsmic Vin	2 Tbsp	11g	1.5g	0mg	320mg	1g	1g	0g	100
Horseradish Aioli	1 Tbsp	11g	2g	5mg	65mg	1g	0g	0g	100
Ranch	2 Tbsp	17g	3g	15mg	180mg	1g	1g	0g	160
Deli Mustard	1 tsp	0g	0g	0mg	80mg	0g	0g	0g	5
1000 Island	2 Tbsp	10g	1.5g	10mg	280mg	6g	5g	0g	110

Marble Rye

INGREDIENTS: Wheat Flour, Organic Rye Flour, Caramel Color, Sea Salt, Vital Wheat Gluten, Seed, Ground Caraway, Malt, Ascorbic Acid (Vitamin C)

White Bread

INGREDIENTS: Wheat Flour, Cane Sugar, Canola Oil, Cultured Organic Whole Wheat Flour, Sea Salt, Malt, Yeast, Enzymes

Grains Galore

INGREDIENTS: Whole Wheat Flour, Wheat Flour, Sunflower Seed, Honey, Oats, Brown Cane Sugar, Rye Flour, Pumpkin Seed,

Millet, Vital Wheat Gluten, Flax Seed, Cornmeal, Organic Buckwheat Flour, Sesame Seed, Sea Salt,

Cultured Organic Whole Wheat Flour, Organic Quinoa, Poppy Seed, Organic Amaranth, Yeast, Malt, Ascorbic Acid (Vitamin C), Enzymes

Sour Dough

INGREDIENTS: Wheat Flour, Sea Salt, Malt, Ascorbic Acid (Vitamin C)

Italian Sub

INGREDIENTS: Wheat Flour, Olive Oil, Organic Semolina Flour, Sea Salt, Malt, Yeast, Ascorbic Acid (Vitamin C)

Farm Panini

INGREDIENTS: Wheat Flour, 100% Organic Buffalo Wheat Flour, Rye Flour, Sea Salt, Malt

Udi's Gluten Free Bread

INGREDIENTS: Water, Pea Starch, Modified Tapioca Starch, Rice Starch, Canola Oil, Rice Flour, Sorghum Flour, Tapioca Starch, Invert Cane Sugar, Egg Whites, Cane Sugar, Modified Cellulose, Apple Cider Vinegar, Salt, Yeast, Cultured Brown Rice, Guar Gum, Xanthan Gum, Enzymes