

**Broad Street Deli Nutrition**

Standard Menu Item	Recipe Number	Portion Size	Weight	Weight	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carb	Total Sugars	Added Sugars	Cholesterol	Protein	Dietary Fiber	Sodium
			(oz)	(g)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(g)
<b>Lunch - Deli Components</b>															
<b>Breads</b>															
Sour Dough Sliced Bread	62273.2	1 slice	1.76oz	50g	130	1.5	0	0	24	1	1	0	5	1	220
White Sliced Bread	62272.11	1 slice	1.66oz	47g	130	1.5	0	0	23	3	0	0	4	1	230
Whole Grain Sliced Bread	62273	1 slice	1.41oz	39.97g	90	1	0	0	18	<1 g	<1 g	0	3	0	140
<b>Vegetables &amp; Pickles</b>															
Balsamic Glazed Vegetables	36846	4 ounce	4oz	113.4g	70	4	0	0	8	5	0	0	2	2	10
Roasted Red Peppers	8119.6	1/2 cup	2.54oz	72.01g	40	2.5	0	0	4	3	0	0	<1 g	1	0
Roasted Vegetables	30389.8	1/2 cup	3.07oz	87.02g	40	2	0	0+	5	3	0	0	1	2	85
Lettuce, Romaine, Leaf, Fresh	62314	1 each	0.6oz	17g	0	0	0	0	<1 g	0	0	0	0	0	0
Onions, Red, Each Slice, Fresh	14918	1 slice	0.44oz	12.6g	5	0	0	0	1	<1 g	0	0	0	0	0
Spinach, Baby, Fresh	47960.1	1/4 cup	0.26oz	7.5g	0	0	0	0	0	0	0	0	0	0	5
Tomatoes, Each Slice, 1/4", Fresh	47955.4	1 slice	0.48oz	13.65g	0	0	0	0	<1 g	0	0	0	0	0	0
Tomatoes, Sun-Dried	62339.1	1 tbsp	0.12oz	3.37g	10	0	0	0	2	1	0	0	0	0	40
Cucumbers, Thin Slices	68562	1/4 cup	0.92oz	26g	0	0	0	0	<1 g	0	0	0	0	0	0
Avocado (quarter)	65294	1 each	1.11oz	31.45g	50	4.5	0.5	0	3	0	0	0	<1 g	2	0
Banana Peppers	46017.25	1 tbsp	0.23oz	6.5g	0	0	0	0	0	0	0	0	0	0	30
Cherry Peppers, Hot	131243	1 tbsp	0.49oz	14g	0	0	0	0	0	0	0	0	0	0	150
Giardiniera	47957.26	1 tbsp	1.06oz	30g	5	0	0	0	3	<1 g	0	0	0	<1 g	550
Jalapeno, Sliced, Canned	13404.4	1 tbsp	0.53oz	15g	0	0	0	0	<1 g	0	0	0	0	0	250
Jalapeno, Sliced, Fresh	63607	1 tbsp	0.2oz	5.62g	0	0	0	0	0	0	0	0	0	0	0
Pickle Relish, Dill	47957.13	1 tbsp	0.54oz	15.25g	20	0	0	0	5	-	0	0	0	0	170
Pickles, Bread & Butter	63438.1	4 each	1.06oz	30g	25	0	0	0	6	6	5	0	0	0	160
Pickles, Dill Hamburger Slices	63438	4 each	0.99oz	28g	0	0	0	0	<1 g	0	0	0	0	0	230
Pickles, Dill Spears	5197	1 each	1.06oz	30g	0	0	0	0	<1 g	0	0	0	0	0	240
<b>Cheese</b>															
Cheese, American, Sliced, 5 oz	1748.7	1 oz	1oz	28.35g	100	9	5	0	1	<1 g	0	30	5	0	470
Cheese, Mild Cheddar Sliced	43037.3	1 oz	1oz	28.35g	110	9	5	-	<1 g	0	0	30	6	0	190
Cheese, Gouda, Smoked, Sliced	75797	1 oz	1oz	28.35g	100	8	5	-	<1 g	<1 g	0	30	7	0	230
Cheese, Havarti, Sliced	45467.5	1 oz	1oz	28.35g	110	8	5	-	<1 g	0	0	25	7	0	160
Cheese, Mozzarella, Fresh	62290	1 oz	1oz	28.35g	80	6	4	-	<1 g	0	0	20	6	0	140
Cheese, Muenster, Sliced	43035.1	1 oz	1oz	28.35g	100	9	5	-	0	0	0	25	7	0	180
Cheese, Pepper Jack, Sliced	43037.2	1 oz	1oz	28.35g	110	9	5	-	0	0	0	25	7	0	170
Cheese, Provolone, Sliced	13404.12	1 oz	1oz	28.35g	100	8	5	-	<1 g	0	0	20	7	0	210
Cheese, Swiss, Sliced	75797.1	1 oz	1oz	28.35g	110	9	5	0	0	0	0	25	8	0	55
<b>Condiments &amp; Spreads</b>															
Unsalted Butter	66191	1 tbsp	0.5oz	14.19g	100	12	7	-	0	0	0	30	0	0	0
Mayonnaise, Heavy Duty	47957.8	1 tbsp	0.49oz	13.8g	100	11	1	-	0	0	0	10	0	0	80
Mayonnaise, Light	47957.9	1 tbsp	0.53oz	15g	35	3.5	0.5	0	<1 g	0	0	<5mg	0	0	100
Pesto Mayonnaise	69765.3	1 tbsp	0.49oz	13.84g	90	10	1	0+	0	0	0	5	0	0	75
Chipotle Mayo	22403	1 tbsp	0.49oz	13.84g	90	10	1	0+	<1 g	0	0	5	0	0	80
Roasted Garlic Aioli	14681.11	1 tbsp	0.54oz	15.23g	100	11	1	0+	<1 g	0	0	10	0	0	100
Sriracha Mayonnaise	24346.12	1 tbsp	0.5oz	14.21g	90	9	1	0+	0	0	0	5	0	0	105
Basil Pesto	62301	1 tbsp	0.5oz	14.17g	60	6	1	0	<1 g	0	0	<5mg	<1 g	0	50
Olive Tapenade	144090	1 oz	1.08oz	30.55g	50	4.5	0.5	0+	2	0	0	0+	0	<1 g	650
Olive Oil	47805.1	1 floz	0.95oz	27g	240	0	0	0	0	0	0	0	0	0	0
Tahini	145428	1 floz	1.06oz	30g	180	16	2.5	-	6	0	0	0	5	3	35
Hummus	70065	1 tbsp	0.55oz	15.62g	35	3	0	0	2	0	0	0	1	<1 g	65
Ketchup	47957.12	1 tbsp	0.6oz	16.98g	20	0	0	0	5	4	4	0	0	0	180
Mustard, Dijon	57714	1 tbsp	0.55oz	15.56g	15	1	0	0	1	<1 g	0	0	<1 g	0	320
Mustard, Spicy Brown	62300	1 tbsp	0.53oz	15g	10	0.5	0	0	<1 g	0	0	0	<1 g	<1 g	170
Mustard, Whole Grain	62300.1	1 tbsp	0.53oz	15g	10	0.5	0	0	<1 g	0	0	0	<1 g	<1 g	170
Mustard, Yellow	47957.1	1 tbsp	0.55oz	15.62g	10	0.5	0	0	<1 g	0	0	0	<1 g	<1 g	170
Barbecue Sauce	14984	1 floz	1.1oz	31.25g	50	0	0	0	11	10	9	0	0	0	230
Buffalo Sauce	62597	1 floz	0.99oz	28.2g	5	0	0	0	<1 g	0	0	0	0	0	920
Vinegar, Balsamic	47957.11	1 floz	1.05oz	29.87g	25	0	0	0	5	4	0	0	0	0	5
Vinegar, Red Wine	62369	1 floz	1.05oz	29.87g	5	0	0	0	0	0	0	-	0	0	0
Peanut Butter, Creamy	63396	1 tbsp	0.57oz	16.12g	110	9	2	0	3	2	1	0	4	1	75
Grape Jelly	63393	1 tbsp	0.74oz	21g	50	0	0	0	13	12	9	0	0	0	5
Red Raspberry Jam	74413	1 tbsp	0.73oz	20.83g	50	0	0	0	13	10	9	0	0	0	0
Strawberry Jelly	47957.19	1 tbsp	0.71oz	20g	50	0	0	0	13	12	9	0	0	0	0
<b>Proteins</b>															
Egg Salad	1932.18	4 oz	4oz	113.4g	340	31	5	0+	2	1+	0	345	12	0	610
Tuna Salad, Hellman's Mayonnaise	40748	4 oz	4oz	113.4g	300	18	2.5	0+	<1 g	0	0	70	33	0	760
Chicken Salad	41079	4 oz	4oz	113.4g	240	19	2	0+	<1 g	0	0	65	18	0	460
Grilled Chicken Breast	5001.9	1 each	5oz	141.82g	210	5	1.5	0	0	0	0	140	40	0	240
Turkey, Breast, Deli, Sliced, Thin	48144.1	3 oz	3oz	85.05g	90	3.5	1	0	3	<1 g	<1 g	40	11	0	770
Beef, Roast Eye Round of Beef	30483.3	3 oz	2.99oz	84.69g	180	8	3	0+	0	0	0	70	24	0	240
Pastrami	48144.12	3 oz	3oz	85.05g	120	4.5	2.5	0	2	2	2	55	17	-	880
Pork, Ham, Black Forest, Sliced	48144.3	3 oz	3oz	85.05g	140	7	0	-	3	<1 g	<1 g	50	14	1	690
Turkey Bacon Slice	84929	1 slice	0.49oz	14g	60	4	1	0	<1 g	<1 g	<1 g	20	5	0	310
Bacon, precooked	608.1	1 slice	0.13oz	3.78g	20	1.5	0	0	0	0	0	<5mg	1	0	65
Applewood Bacon Slice	608.19	1 slice	0.4oz	11.34g	50	4	1.5	0	0	0	0	0	4	0	190
Pork, Pepperoni, Sliced	62331.14	1 oz	1oz	28.35g	130	11	4.5	0	1	1	1	25	6	-	490
Pork, Ham, Prosciutto, Sliced	13404.11	1 oz	1oz	28.35g	70	4	1.5	-	1	1	<1 g	25	7	0	520
Pork, Salami, Genoa, Sliced	48144.27	1 oz	1oz	28.35g	120	11	4	0	0	0	0	30	5	0	480
<b>Lunch - Deli Sandwich Classics</b>															
Chicken Caesar Wrap	37311	1 each	10.3oz	298g	578	24	7	0+	59	1	0	83	35	4	1100
Turkey, Bacon, Cheddar, Adz Sandwich	112277	1 each	8.5oz	236g	521	23	6	0	52	4	3	50	27	2	1317
Italian Hero	25074.8	1 each	12.53oz	355.23g	550	17	6	0+	76	5+	0	40	24	4	2050
Pastrami Sandwich	71007.62	1 each	10 oz	289g	625	33	11	0	52	4	2	103	36	1	1845

2000 calories a day is used for general nutrition advice, but calorie needs vary.  
 Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations.

Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility.  
 Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance.