PIONEER SANDWICH SHOP
SPECIALTY SANDWICHES

NUTRITION
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PROTEIN	SERVING SIZE	CALORIES	TOTAL FAT (grams)
Ham	2 oz.	70	3
Hard Salami	6 slices	120	10
Classic Turkey	2 oz.	50	1
Smoked Turkey	2 oz.	50	1
Bacon	2 slices	70	6
Cheddar Cheese	1 slice	110	9
Swiss cheese	1 slice	160	4
American Cheese	1 slice	50	4
Provolone	1 slice	100	8
Feta Cheese	1/4 C.	90	7

BREADS	SERVING SIZE	CALORIES	TOTAL FAT (grams)
Hoagie Bun	1 roll	240	2
Wheat Bread	1 slice	80	1
White Bread	1 slice	70	1
100% Whole Wheat	1 slice	120	1.5
Croissant	1 roll	170	9
7 Grain Healthy Choice	1 slice	80	1
Spinach Wrap	1 wrap	200	6
Tomato Wrap	1 wrap	210	6

VEGETABLES	SERVING SIZE	CALORIES	TOTAL FAT (grams)
Banana Peppers	1 oz.	5	0
Leaf Lettuce	1 C.	15	0
Tomato	1 slice	3	0
Alfalfa Sprouts	1 C.	10	0
Green Pepper Slices	1 C.	18	0
Black Olives	2 tbsp.	30	2.5
Pickle Slices	1 oz.	0	0

SPECIALTY SANDWICHES	SERVING SIZE	CALORIES	TOTAL FAT (grams)
Greek Baguette	1	408	10
Dilled Tuna Salad Sub	1	595	23
Honey Dijon Turkey Wrap	1	633	22
Fiesta Turkey Roll-Up	1	476	22
California Wrap	1	332	13
Chicken Caesar Wrap	1	540	20
Turkey Bacon Club On Ciabatta	1	540	18
Asian Wrap	1	551	11
Southwest Beef Wrap	1	680	30
All-American Sub	1	729	33
Cuban Panini	1	618	26
Beef & Bacon Wrap	1	589	27
Chicken Salad Pesto Sandwich	1	642	29
Roasted Turkey Bacon Club	1	563	24
BLT on Ciabatta	1	422	17
Turkey & Provolone Sub	1	491	17
Club Wrap	1	399	16
Santa Fe Turkey Six Shooter	1	431	10
Cold Cut Combo Sub	1	588	26
Baked Italian Panini	1	763	41
Hummus & Veggie Wrap	1	427	15
Lone Star Turkey Club	1	1230	60
Chicken Tarragon Croissant	1	444	26
Ham & Provolone Roll-Up	1	661	24
Turkey Caesar	1	573	13
Dilled Tuna Wrap	1	769	44
Santa Fe Turkey	1	431	10
Garden Pita	1	212	2
Classic Cheese Sub	1	579	34
BBQ Beef Sub	1	682	32
Chicken Pita on Pit	1	367	9
Southwest Turkey Special	1	431	17
Ham & Cheese Panini	1	585	25
Chicken Salad & Bacon	1	579	24
BBQ Chicken Ciabatta	1	632	28
Meatball Sub	1	523	19
Chicken Cordon Bleu Sandwich	1	606	35
Roast Beef Cheddar Melt	1	771	40

SPREADS	SERVING SIZE	CALORIES	TOTAL FAT (grams)
Pesto Sauce	1 tbsp.	80	7
Hummus	2 tbsp.	70	4
Yellow Mustard	1 tsp.	0	0
Mayo	1 tbsp.	100	11
Light Mayo	1 tbsp.	45	4
Dijon Mustard	1 tsp.	5	0
Ranch Dressing	2 tbsp.	100	11
Honey Mustard	2 tbsp.	130	11
Peanut Butter	2 tbsp.	200	16
Strawberry Jelly	1 tbsp.	50	0
Grape Jelly	1 tbsp.	50	0

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