

DUNKER'S DELI NUTRITION INFORMATION

MEATS

Food Item	kCals	Fat	Pro	Carb
Smoked Turkey	100	4g	6g	12g
Oven Roasted Turkey	120	4g	4g	14g
Roast Beef	121	2g	24g	0g
Ham	133	4.7g	14.6g	6.7g
Baked Chicken	141	4.5g	23g	1g
Tuna Salad	159	4g	28g	4g
Steak	162	6.7g	22.6g	4g
Chicken Salad	200	14g	9g	9g
Crispy Chicken	235	11g	13g	18g
Bologna	273	21g	12g	6.6g
Meatballs	363	16g	10g	10g
Cranberry Walnut Chicken Salad	367	28g	11g	19g
Salami	399	32g	24g	4g
Pepperoni	519	48g	24g	0g
Bacon	603	53g	31g	0g

*Nutritional values for 4oz Servings.

CHEESES

Food Item	kCals	Fat	Pro	Carb
American Cheese	40	3.5g	2g	1g
Provolone Cheese	80	6g	5g	0g
Jack	80	6g	5g	1g
Gouda	100	8g	7g	0g
Mozzarella	107	8g	8g	0g
White Cheddar	120	10g	6g	0g
Swiss Cheese	160	12g	12g	1g

*Nutritional values for 1 slice of cheese.

BREADS

Food Item	kCals	Fat	Pro	Carb
Wheat Roll	163	2g	6g	30g
White Roll	165	.8g	5.5g	31g
Flatbread	250	5g	8.2g	43g
Honey Wheat Tortilla	300	8g	8g	49g
White Tortilla	310	9g	8g	49g
Jalapeno Cheese Wrap	310	9g	7g	50g
Tomato Wrap	310	9g	7g	50g
Sourdough	316	2.4g	9.7g	62.5g
7 Grain	342	6g	10g	62g

*Nutritional values are for 2 slices of bread, one 6" roll, or 1 tortilla.

OTHER

Food Item	kCals	Fat	Pro	Carb
Banana Peppers	0	0g	0g	0g
Pickles	0	0g	0g	0g
Cucumbers	5.6	0g	0g	1.5g
Iceberg Lettuce	6.4	0g	.4g	1.1g
Tomatoes	6.8	0g	0g	1.5g
Pepperoncini	6.8	0g	0g	1.3g
Mushrooms	8.3	0g	.6g	1.3g
Jalapeno Peppers	10	.4g	0g	1.9g
Green Bell Peppers	10	0g	.4g	2.3g
Artichokes	10	0g	.6g	1.8g
Onions	15.8	0g	0g	3.8g
Olives	28	2.5g	0g	0.5g

*Nutritional values for 1oz serving.

SAUCES

Food Item	kCals	Fat	Pro	Carb
Red Wine Vinegar	0	0g	0g	0g
Yellow Mustard	0	0g	0g	0g
Spicy Mustard	0	0g	0g	0g
Buffalo Sauce	10	0g	0g	2g
Italian Dressing	15	1g	0g	0g
Marinara	22.5	1g	.3g	2.8g
Steak Sauce	30	0g	0g	6g
Sesame Dressing	49	.1g	.6g	11g
BBQ Sauce	58	0g	.3g	14g
Lite Mayo	107	11g	.4g	4g
Honey Mustard	133	12g	.4g	5g
Red Pepper Pesto	140	14g	3g	3g
Basil Pesto	144	16g	1g	1g
Horseradish	154	17g	.1g	.2g
Ranch	164	18g	.4g	1g
Chipotle Mayo	170	18.4	.1g	.4
Mayo	200	22g	0g	0g
Olive/Canola Oil Blend	238	27g	0g	0g
Olive Spread	350	35g	2.5g	1.7g

* Nutritional Values for 2 tablespoons of sauce.



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*Menu items are subject to change based on availability of ingredients.