SANDWICH CHART

SANDWICH (HERO)	BREAD / INGREDIENTS	SERVE SIZE (gms)	CALORIES	CALORIES FROM FAT	FAT	SODIUM (mg)	POTASSIUM (mg)	CARBOHYDRATE (gm)	DIETARY FIBRE (gm)	SUGARS (gm)	PROTEIN (gm)
	Wholegrain	100	283	0	7	0	0	43	0	6	9
	Multigrain	100	364	0	14	369	0	44	0	3	13
	Turkish	100	227	0	3	477	0	41	0	0	7
	Ciabatta	100	211	0	1	492	0	43	0	0	7
	Gluten free	100	308	0	13	498	0	41	0	5	6
MANHATTAN											
	Onion	10	6.7	0.0	0.0	0.7	28.1	1.6	0.4	1.3	0.1
	Olives	8	9.2	0.0	0.9	58.8	0.6	0.5	0.3	0.0	0.1
	Tomato	35	5.9	0.0	0.0	4.7	80.4	1.2	0.2	0.7	0.2
	Coleslaw	25	24.8	36.8	24.8	2.8	66.8	44.3	3.2	0.0	0.0
	Pickles	10	1.2	0.1	0.0	87.4	9.2	0.3	0.1	0.1	0.1
	Tomato relish (dairy free)	40	43.2	0.0	0.2	198.4	0.0	9.8	0.0	8.0	0.3
	Mayonnaise (whole egg free range)	12	85.8	0.7	9.2	63.0	0.6	0.7	0.0	0.2	0.1
	Onion Jam	30	56.1	0.0	0.9	56.1	0.0	11.3	0.0	10.4	0.4
	Pastrami (slice)	110	57.4	20.6	2.2	347.6	82.3	0.0	0.0	0.0	8.5
Totals with your bread of choice - *(Hero)*	TOTAL FILLING:	280	290	58	38	820	268	70	4	21	10
	Wholegrain	380	573.2	58.2	45.1	819.2	268.1	112.7	4.2	26.7	18.9
	Multigrain	380	654.2	58.2	52.1	1188.2	268.1	113.7	4.2	23.7	22.9
	Turkish	380	517.2	58.2	41.1	1296.2	268.1	110.7	4.2	20.7	16.9
	Ciabatta	380	501.2	58.2	39.1	1311.2	268.1	112.7	4.2	20.7	16.9
	Gluten free	380	598.2	58.2	51.1	1317.2	268.1	110.7	4.2	25.7	15.9
HARLEM FLANK											
	Onion	10	45.0	0.0	0.0	5.0	190.0	11.0	3.0	9.0	1.0
	Tomato	35	21.9	0.0	0.0	17.5	297.5	4.4	0.9	2.6	0.9
	Olives	8	9.2	0.0	0.9	58.8	0.6	0.5	0.3	0.0	0.1
	Coleslaw	30	44.1	29.7	3.3	80.1	53.2	3.8	0.0	0.0	0.5
	Pickles (gherkins)	10	2.5	0.2	0.0	178.9	18.9	0.5	0.2	0.3	0.1
	Sweet Chilli mayo	30	30.0	157.1	0.0	14.3	245.4	0.0	7.9	0.0	6.6
	Grated Cheddar cheese	15	59.9	44.5	4.9	92.2	14.5	0.0	0.0	0.1	3.7
	Flank Steak	110	170.7	62.1	7.9	59.2	10.3	0.0	0.0	0.0	23.4
Totals with your bread of choice - *(Hero)*	TOTAL FILLING:	248	383	294	17	506	830	20	12	12	36
	Wholegrain	348	666.2	293.7	24.0	506.0	830.4	63.5	12.3	17.9	45.2
	Multigrain	348	747.2	293.7	31.0	875.0	830.4	64.5	12.3	14.9	49.2
	Turkish	348	610.2	293.7	20.0	983.0	830.4	61.5	12.3	11.9	43.2
	Ciabatta	348	594.2	293.7	18.0	998.0	830.4	63.5	12.3	11.9	43.2
	Gluten free	348	691.2	293.7	30.0	1004.0	830.4	61.5	12.3	16.9	42.2
NYD CHEESESTEAK											
	Onion	10	3.0	0.0	0.0	0.3	12.8	0.7	0.2	0.6	0.1
	Tomato	35	5.9	0.0	0.0	4.7	80.4	1.2	0.2	0.7	0.2
	Olives	8	9.2	0.0	0.9	58.8	0.6	0.5	0.3	0.0	0.1
	Chipotle sauce	40	40.0	56.4	0.0	0.8	412.0	0.0	10.6	0.0	8.2
	Coleslaw	25	36.8	24.8	2.8	66.8	44.3	3.2	0.0	0.0	0.4
	Pickles (gherkins)	10	2.5	0.2	0.0	178.9	18.9	0.5	0.2	0.3	0.1
	Grated Cheddar cheese	20	28.4	114.6	85.2	9.4	176.4	27.8	0.4	0.1	0.1
	Cheddar cheese slice	30	105.9	0.0	8.3	489.0	24.0	1.1	0.0	0.7	6.1
	Flank Steak	100	178.0	64.7	8.2	61.7	10.7	0.0	0.0	0.0	24.4
Totals with your bread of choice - *(Hero)*	TOTAL FILLING:	278	410	261	105	870	780	35	12	2	40
	Wholegrain	378	615.1	375.3	189.2	390.9	932.6	104.8	12.3	7.6	42.6
	Multigrain	378	696.1	375.3	196.2	759.9	932.6	105.8	12.3	4.6	46.6
	Turkish	378	559.1	375.3	185.2	867.9	932.6	102.8	12.3	1.6	43.6
	Ciabatta	378	543.1	375.3	183.2	882.9	932.6	104.8	12.3	1.6	40.6
	Gluten free	378	640.1	375.3	195.2	888.9	932.6	102.4	12.3	6.6	39.6
LITTLE ITALY											
	Mesculun	10	46.8	0.0	0.0	53.4	0.0	9.6	4.2	0.0	4.2
	Onion	10	3.0	0.0	0.0	0.3	12.8	0.7	0.2	0.6	0.1
	Olives	10	9.2	0.0	0.9	58.8	0.6	0.5	0.3	0.0	0.1
	Tomato	35	5.9	0.0	0.0	4.7	80.4	1.2	0.2	0.7	0.2
	Tomato Relish Dairy free)	15	15.0	16.2	0.0	0.1	74.4	0.0	3.7	0.0	3.0
	Pepperoni	55	61.9	0.0	5.2	361.2	383.6	0.4	0.0	0.1	3.3
	Verona	55	61.9	0.0	5.5	358.9	0.0	0.0	0.0	0.0	2.8
	Ham	55	43.5	0.0	1.8	360.9	86.1	0.5	0.0	0.0	6.3
	Mozzarella	112	90.0	58.9	6.7	188.0	0.0	0.5	0.0	0.3	6.7
Totals with your bread of choice - *(Hero)*	TOTAL FILLING:	355	337.3	75.1	20.1	1386.4	637.9	13.4	8.6	1.7	26.7
	Wholegrain	455	620.2	75.1	27.1	1386.3	638.0	56.4	8.6	7.7	35.6
	Multigrain	455	701.2	75.1	34.1	1755.3	638.0	57.4	8.6	4.7	39.6
	Turkish	455	564.2	75.1	23.1	1863.3	638.0	54.4	8.6	1.7	33.6
	Ciabatta	455	548.2	75.1	21.1	1878.3	638.0	56.4	8.6	1.7	33.6
	Gluten free	455	491.2	75.1	26.6	1635.3	638.0	33.9	8.6	4.2	29.6
OBAMA BLT											
	Iceberg lettuce	30	3.4	0.0	0.0	3.4	42.1	0.7	0.3	0.7	0.3
	Tomato	35	5.9	0.0	0.0	4.7	80.4	1.2	0.2	0.7	0.2
	Streaky Bacon	70	150.7	21.1	7.4	0.6	0.0	3.5	0.0	0.0	16.3
	Mayonnaise (whole egg free range)	20	140.0	0.0	15.5	101.0	0.0	0.3	0.0	0.2	0.4
	American Mustard	15	9.0	0.0	0.3	106.5	0.0	1.2	0.0	0.7	0.3
Totals with your bread of choice - *(Hero)*	TOTAL FILLING:	170	309	21	23	216	123	7	1	2	18
	Wholegrain	270	592.0	21.1	30.2	216.2	122.5	49.9	0.6	8.3	26.8
	Multigrain	270	673.0	21.1	37.2	585.2	122.5	50.9	0.6	5.3	30.6
	Turkish	270	536.0	21.1	26.2	693.2	122.5	47.9	0.6	2.3	24.6
	Ciabatta	270	520.0	21.1	24.2	708.2	122.5	49.9	0.6	2.3	24.6
	Gluten free	270	617.0	21.1	36.2	714.2	122.5	47.9	0.6	7.3	23.6
CHICKEN SOHO											
	Mesculun	15	46.8	0.0	0.0	53.4	0.0	9.6	4.2	0.0	4.2
	Onion	7	29.1	0.0	0.0	3.2	123.0	7.1	1.9	5.8	0.6
	Olives	8	9.2	0.0	0.9	58.8	0.6	0.5	0.3	0.0	0.1
	Cucumber	20	0.0	0.0	0.0	0.0	28.0	0.4	0.2	0.2	0.2
	Carrot	10	3.8	0.0	0.0	7.7	32.1	0.9	0.3	0.6	0.1
	Beetroot	25	10.8	0.0	0.1	0.0	0.0	2.4	0.7	1.7	0.4
	Pickles (gherkins)	10	2.9	0.3	0.0	212.5	22.4	0.6	0.3	0.3	0.2
	Cranberry	40	58.1	0.0	0.0	26.6	0.0	14.0	0.0	13.4	0.1
	Peach mango	60	0.0	0.0	0.0	2.4	0.0	21.6	0.0	18.6	0.6
	Chicken (boiled)	110	121.0	0.0	1.4	71.5	280.5	0.0	0.0	0.0	25.3
Totals with your bread of choice - *(Hero)*	TOTAL FILLING:	305	281.8	0.3	2.3	637.8	486.6	57.1	7.8	40.7	31.8
	Wholegrain	405	564.8	281.8	288.8	281.8	281.8	324.8	281.8	287.8	290.8
	Multigrain	405	645.8	281.8	295.8	650.8	281.8	325.8	281.8	284.8	294.8
	Turkish	405	508.8	281.8	284.8	758.8	281.8	322.8	281.8	281.8	288.8
	Ciabatta	405	492.8	281.8	282.8	773.8	281.8	324.8	281.8	281.8	288.8
	Gluten free	405	589.8	281.8	294.8	779.8	281.8	322.8	281.8	286.8	287.8
LONG ISLAND LAMB											
	Onion	10	3.0	0.0	0.0	0.3	12.8	0.7	0.2	0.6	0.1
	Olives	8	9.2	0.0	0.9	58.8	0.6	0.5	0.3	0.0	0.1
	Tomato	35	5.9	0.0	0.0	4.7	80.4	1.2	0.2	0.7	0.2
	Mint Jelly	30	81.0	0.0	0.0	42.0	0.0	20.0	0.0	15.3	0.0
	Tomato relish (dairy free)	35	37.8	0.0	0.1	173.6	0.0	8.5	0.0	7.0	0.3
	Cucumber	20	0.0	0.0	0.0	0.0	28.0	0.4	0.2	0.2	0.2
	Lamb	100	219.9	79.5	8.8	55.9	220.8	2.5	0.0	0.0	30.7
	Onion Jam	30	56.1	0.0	0.9	56.1	0.0	11.3	0.0	10.4	0.4
Totals with your bread of choice - *(Hero)*	TOTAL FILLING:	268	413	80	11	391	343	45	1	34	32
	Wholegrain	368	696.0	79.5	17.7	391.5	342.7	88.2	0.9	40.2	40.9
	Multigrain	368	777.0	79.5	24.7	760.5	342.7	89.2	0.9	37.2	44.9
	Turkish	368	640.0	79.5	13.7	868.5	342.7	86.2	0.9	34.2	38.9
	Ciabatta	368	624.0	79.5	11.7	883.5	342.7	88.2	0.9	34.2	38.9
	Gluten free	368	721.0	79.5	23.7	889.5	342.7	86.2	0.9	39.2	37.9
BROOKLYN SHORT RIB											
	Coleslaw	40	58.8	34.7	3.9	93.5	62.0	4.5	0.0	0.0	0.5
	Onion	10	3.0	0.0	0.0	0.3	12.8	0.7	0.2	0.6	0.1
	Olives	10	13.8	0.0	1.3	88.2	1.0	0.8	0.4	0.0	0.1
	Tomato	35	5.9	0.0	0.0	4.7	80.4	1.2	0.2	0.7	0.2
	Tomato relish (dairy free)	15	16.2	0.0	144.0	260.0	0.0	14.6	0.0	13.6	0.0
	Pickles (gherkins)	15	2.5	0.2	0.0	131.2	13.8	0.4	0.2	0.2	0.1
	Ribs	160	518.1	0.0	46.2	55.0	246.4	0.0	0.0	0.0	24.2
	Grated Cheddar cheese	40	114.9	85.4	9.5	177.0	27.9	0.4	0.0	0.1	7.1
	Smoked Hickory Sauce	15	36.0	0.0	0.5	115.0	0.0	8.5	0.0	7.8	1.0
Totals with your bread of choice - *(Hero)*	TOTAL FILLING:	340	769	120	205	925	444	31	1	23	33
	Wholegrain	440	1052.2	120.3	212.3	972.6	449.4	74.2	1.1	29.1	42.4
	Multigrain	440	1133.2	120.3	219.3	1341.6	449.4	75.2	1.1	26.1	46.4
	Turkish	440	996.2	120.3	208.3	1449.6	449.4	72.2	1.1	23.1	40.4
	Ciabatta	440	980.2	120.3	206.3	1464.6	449.4	74.2	1.1	23.1	40.4
	Gluten free	440	1077.2	120.3	218.3	1470.6	449.4	72.2	1.1	28.1	39.4
NEW YORK PORK											
	Coleslaw	25	36.8	24.8	2.8	66.8	44.3	3.2	0.0	0.0	0.4
	Onion	10	3.0	0.0	0.0	0.3	12.8	0.7	0.2	0.6	0.1
	Olives	8	9.2	0.0	0.9	58.8	0.6	0.5	0.3	0.0	0.1
	Tomato	35	5.9	0.0	0.0	4.7	80.4	1.2	0.2	0.7	0.2
	Pickles (gherkins)	10	2.5	0.2	0.0	178.9	18.9	0.5	0.2	0.3	0.1
	Apple sc (unsweetened)	30	28.5	0.0	0.1	15.3	0.0	6.8	0.9	2.2	6.6
	Pork Crackling	15	15.0	82.5	0.0	6.8	0.0	0.0	0.0	0.0	0.0
	Pork (roast)	110	218.4	90.8	10.1	60.1	443.3	0.0	0.0	0.0	29.8
	Onion Jam	30	56.1	0.0	0.9	56.1	0.0	11.3	0.0	10.4	0.4
Totals with your bread of choice - *(Hero)*	TOTAL FILLING:	273	375	198	15	448	600	24	2	19	31
	Wholegrain	373	658.4	198.3	21.6	447.8	600.3	67.2	1.8	24.5	40.1
	Multigrain	373	739.4	198.3	28.6	816.8	600.3	68.2	1.8	21.5	44.1
	Turkish	373	602.4	198.3	17.6	924.8	600.3	65.2	1.8	18.5	38.1
	Ciabatta	373	586.4	198.3	15.6	939.8	600.3	67.2	1.8	18.5	38.1
	Gluten free	373	683.4	198.3	27.6	945.8	600.3	65.2	1.8	23.5	37.1
BRONX BEEF											
	Coleslaw	30	44.1	29.7	3.3	80.1	53.2	3.8	0.0	0.0	0.5
	Onion	10	3.0	0.0	0.0	0.3	12.8	0.7	0.2	0.6	0.1
	Grated Cheddar cheese	20	80.5	59.9	6.6	124.0	19.6	0.3	0.0	0.1	5.0
	Tomato	35	5.9	0.0	0.0	4.7	80.4	1.2	0.2	0.7	0.2
	Horseradish	30	14.4	0.0	0.2	94.2	73.8	3.4	1.0	0.0	0.4
	Tomato relish (dairy free)	40	43.2	0.0	0.2	198.4	0.0	9.8	0.0	8.0	0.3
	Pickles (gherkins)	10	1.2	0.1	0.0	87.4	9.2	0.3	0.1	0.1	0.1
	Flank Steak	110	170.7	62.1	7.9	59.2	10.3	0.0	0.0	0.0	23.4
	Onion Jam	30	56.1	0.0	0.9	56.1	0.0	11.3	0.0	10.1	0.4
Totals with your bread of choice - *(Hero)*	TOTAL FILLING:	315	419	152	19	704	259	31	2	20	30
	Wholegrain	415	1052.2	120.3	212.3	972.6	449.4	74.2	1.1	29.1	42.4
	Multigrain	415	1133.2	120.3	219.3	1341.6	449.4	75.2	1.1	26.1	46.4
	Turkish	415	996.2	120.3	208.3	1449.6	449.4	72.2	1.1	23.1	40.4
	Ciabatta	415	980.2	120.3	206.3	1464.6	449.4	74.2	1.1	23.1	40.4
	Gluten free	415	1077.2	120.3	218.3	1470.6	449.4	72.2	1.1	28.1	39.4
SALMON ON BROADWAY											
	Mesculun	15	39.0	0.0	0.0	45.0	0.0	8.0	3.5	0.0	3.5
	Onion	10	3.0	0.0	0.0	0.3	12.8	0.7	0.2	0.6	0.1
	Olives	8	9.2	0.0	0.9	58.8	0.6	0.5	0.3	0.0	0.1
	Cucumber	20	0.0	0.0	0.0	0.0	28.0	0.4	0.2	0.2	0.2
	Capers	10	2.3	0.0	0.1	295.4	4.0	0.5	0.3	0.0	0.2
	Horseradish	20	9.6	0.0	0.1	62.8	49.2	2.3	0.7	0.0	0.2
	Salmon (smoked)	65	76.0	25.3	2.8	509.4	113.7	0.0	0.0	0.0	11.9
	Cream cheese	25	87.5	77.5	8.8	75.0	29.8	0.8	0.0	0.0	2.0
Totals with your bread of choice - *(Hero)*	TOTAL FILLING:	173	226.6	102.8	12.8	1046.3	238.2	13.1	5.1	0.8	18.2
	Wholegrain	273	509.6	102.8	19.7	1046.3	238.2	56.1	5.1	6.8	27.2
	Multigrain	273	590.6	102.8	26.7	1415.3	238.2	57.1	5.1	3.8	31.2
	Turkish	273	453.6	102.8	15.7	1523.3	238.2	54.1	5.1	0.8	25.2
	Ciabatta	273	437.6	102.8	13.7	1538.3	238.2	56.1	5.1	0.8	25.2
	Gluten free	273	534.6	102.8	25.7	1544.3	238.2	54.1	5.1	5.8	24.2
PORK-CHEESE											
	Mozzarella	40	40.0	120.0	78.6	8.9	250.7	0.0	0.7	0.0	0.4
	Cheddar cheese (slice)	20	20.0	70.6	0.0	5.5	326.0	16.0	0.7	0.0	0.5
	Pork	110	109.7	229.6	95.5	10.6	63.2	466.0	0.7	0.0	0.0
Totals with your bread of choice - *(Hero)*	TOTAL FILLING:	170	170	420	174	25	640	482	2	0	1
	Wholegrain	270	452.6	420.2	181.0	25.0	639.9	525.0	1.4	6.0	9.8
	Multigrain	270	533.6	420.2	195.0	394.0	639.9	526.0	1.4	3.0	13.8
	Turkish	270	396.6	420.2	198.0	502.0	639.9	523.0	1.4	0.0	7.8
	Ciabatta	270	380.6	420.2	199.0	517.0	639.9	525.0	1.4	0.0	7.8
	Gluten free	270	477.6	420.2	212.0	523.0	639.9	523.0	1.4	5.0	6.8
TUNA MELT											
	Mayonnaise (whole egg free range)	40	40.0	0.3	4.3	29.4	0.3	0.3	0.0	0.1	0.1
	Tomato pesto	40	40.0	0.0	3.8	25.6	0.0	1.1	0.0	1.0	0.5
	Pickles (gherkins)	10	10.0	1.2	0.1	0.0	87.4	9.2	0.3	0.1	0.1
	Onion	10	10.3	3.1	0.0	0.0	0.3	13.3	0.8	0.2	0.6
	Tomato	35	36.2	6.1	0.0	0.0	4.9	83.2	1.2	0.2	0.7
	Cheddar chese (slice)	30	30.0	105.9	0.0	8.3	489.0	24.0	1.1	0.0	0.7
	American mustard	10	10.0	12.0	0.0	0.4	142.0	0.0	1.6	0.0	0.9
	Tuna (flaked)	110	121.0	0.0	0.7	308.0	297.0	0.4	0.0	0.4	28.1
Totals with your bread of choice - *(Hero)*	TOTAL FILLING:	285	297.5	128.7	8.8	371.6	1021.0	131.5	5.0	2.0	31.7
	Wholegrain	385	397.5	411.7	8.8	378.6	1021.0	131.7	47.9	2.1	37.7
	Multigrain	385	397.5	492.7	8.8	385.6	1390.0	131.7	48.9	2.1	34.7
	Turkish	385	397.5	355.7	8.8	374.6	1498.0	131.7	45.9	2.1	31.7
	Ciabatta	385	397.5	339.7	8.8	372.6	1513.0	131.7	47.9	2.1	31.7
	Gluten free	385	397.5	436.7	8.8	384.6	1519.0	131.7	45.9	2.1	36.7

SANDWICH (SLIDER)	BREAD / INGREDIENTS	SERVE SIZE (gms)	CALORIES	CALORIES FROM FAT	FAT	SODIUM (mg)	POTASSIUM (mg)	CARBOHYDRATE (gm)	DIETARY FIBRE (gm)	SUGARS (gm)	PROTEIN (gm)
	Wholegrain	50	142	0	4	0	0	22	0	3	5
	Multigrain	50	182	0	7	185	0	22	0	2	7
	Turkish	50	114	0	2	239	0	21	0	0	4
	Ciabatta	50	106	0	1	246	0	22	0	0	4
	Gluten free	50	154	0	7	249	0	21	0	3	3
MANHATTAN											
	Onion Jam	20	37.4	0.0	0.6	37.4	0.0	7.6	0.0	6.9	0.3
	Coleslaw	15	22.1	14.9	1.7	40.1	26.6	1.9	0.0	0.0	0.2
	Onion	5	1.5	0.0	0.0	0.2	6.4	0.4	0.1	0.3	0.1
	Olives	4	4.6	0.0	0.4	29.4	0.3	0.3	0.1	0.0	0.0
	Tomato	20	3.4	0.0	0.0	2.7	45.9	0.7	0.1	0.4	0.4
	Pickles (gherkins)	5	0.4	0.0	0.2	5.0	0.0	0.1	0.0	0.0	0.0
	Tomato Relish Dairy free)	30	32.4	0.0	0.1	148.8	0.0	7.3	0.0	6.0	0.2
	Mayonnaise (whole egg free range)	5	35.0	0.0	3.9	25.3	0.0	0.1	0.0	0.1	0.1
	Pastrami (slice)	60	87.7	31.5	3.4	530.7	125.8	0.0	0.0	0.0	13.1
Totals with your bread of choice - *(Slider)*	TOTAL FILLING:	164	225	46	10	820	205	18	0	14	14
	Wholegrain	214	366.0	46.3	13.6	819.5	205.1	39.7	0.4	16.7	18.6
	Multigrain	214	406.5	46.3	17.1	1004.0	205.1	40.2	0.4	15.2	20.6
	Turkish	214	338.0	46.3	11.6	1058.0	205.1	38.7	0.4	13.7	17.6
	Ciabatta	214	330.0	46.3	10.6	1065.5	205.1	39.7	0.4	13.7	17.6
	Gluten free	214	378.5	46.3	16.6	1068.5	205.1	38.7	0.4	16.2	17.1
HARLEM FLANK											
	Olives	4	4.6	0.0	0.4	29.4	0.3	0.3	0.1	0.0	0.0
	Coleslaw	15	22.1	14.9	1.7	40.1	26.6	1.9	0.0	0.0	0.2
	Onion	5	1.5	0.0	0.0	0.2	6.3	0.4	0.1	0.3	0.0
	Tomato	20	7.0	0.0	0.0	2.7	45.9	0.7	0.1	0.4	0.1
	Sweet Chilli mayo	15	15.0	78.6	0.0	7.2	122.7	0.0	4.0	0.0	3.3
	Grated Cheddar cheese	10	40.4	30.0	3.3	62.1	9.8	0.1	0.0	0.0	2.5
	Pickles (gherkins)	5	5.7	4.2	0.5	8.7	1.4	0.0	0.0	0.0	0.4
	Flank Steak	55	85.4	31.0	3.9	29.6	5.1	0.0	0.0	0.0	11.7
Totals with your bread of choice - *(Slider)*	TOTAL FILLING:	129	181.5	158.7	9.8	179.9	218.1	3.4	4.3	0.7	18.2
	Wholegrain	179	323.0	158.7	13.3	179.9	218.1	24.9	4.3	3.7	22.7
	Multigrain	179	363.5	340.7	9.8	186.9	402.6	3.4	26.3	0.7	19.7
	Turkish	179	295.0	272.2	9.8	181.4	456.6	3.4	24.8	0.7	18.2
	Ciabatta	179	287.0	158.7	10.3	425.9	218.1	24.9	4.3	0.7	21.7
	Gluten free	179	335.5	158.7	16.3	428.9	218.1	23.9	4.3	3.2	21.2
NYD CHEESESTEAK											
	Olives	4	0.4	0.0	0.0	2.2	7.6	0.1	0.0	0.1	0.0
	Coleslaw	25	36.8	24.8	2.8	66.8	44.3	3.2	0.0	0.0	0.4
	Onion	5	1.5	0.0	0.0	0.2	6.4	0.4	0.1	0.3	0.0
	Tomato	20	3.4	0.0	0.0	2.7	45.9	0.7	0.1	0.4	0.1
	Grated Cheddar cheese	20	80.7	60.0	6.6	124.3	19.6	0.3	0.0	0.1	5.0
	Cheddar cheese slice	15	53.0	0.0	4.1	244.5	12.0	0.5	0.0	0.3	3.0
	Pickles (gherkins)	5	0.6	0.1	0.0	43.8	4.6	0.1	0.1	0.1	0.0
	Flank Steak	55	85.4	31.0	3.9	29.6	5.1	0.0	0.0	0.0	11.7
Totals with your bread of choice - *(Slider)*	TOTAL FILLING:	169	282	144	18	514	352	5	6	1	24
	Wholegrain	234	387.4	133.6	18.8	413.4	250.7	30.0	0.9	5.1	23.2
	Multigrain	240	427.9	133.6	22.3	597.9	250.7	30.5	0.9	3.6	25.2
	Turkish	240	359.4	133.6	16.8	651.9	250.7	29.0	0.9	2.1	22.2
	Ciabatta	240	351.4	133.6	15.8	659.4	250.7	30.0	0.9	2.1	22.2
	Gluten free	240	399.9	133.6	21.8	662.4	250.7	29.0	0.9	4.6	21.7
LITTLE ITALY											
	Onion	5	1.5	0.0	0.0	0.2	6.4	0.4	0.1	0.3	0.0
	Olives	4	4.6	0.0	0.4	29.4	0.3	0.3	0.1	0.0	0.0
	Mesculun	10	31.2	0.0	0.0	35.6	0.0	6.4	2.8	0.0	2.8
	Tomato	20	3.4	0.0	0.0	2.7	45.9	0.7	0.1	0.4	0.1
	Tomato Relish (dairy free)	25	27.0	0.0	0.1	124.0	0.0	6.1	0.0	5.0	0.2
	Pepperoni	15	42.2	0.0	3.6	246.3	261.6	0.3	0.0	0.1	2.3
	Verona	8	22.5	0.0	2.0	130.5	0.0	0.0	0.0	0.0	1.0
	Ham	15	21.8	0.0	0.9	180.5	43.1	0.2	0.0	0.0	3.2
	Mozzarella	20	60.0	39.3	4.5	125.3	0.0	0.4	0.0	0.2	4.5
Totals with your bread of choice - *(Slider)*	TOTAL FILLING:	122	214	39	12	875	357	15	3	6	14
	Wholegrain	172	366.0	46.3	13.6	819.5	205.1	39.7	0.4	16.7	18.6
	Multigrain	172	406.5	46.3	17.1	1004.0	205.1	40.2	0.4	15.2	20.6
	Turkish	172	338.0	46.3	11.6	1058.0	205.1	38.7	0.4	13.7	17.6
	Ciabatta	172	330.0	46.3	10.6	1065.5	205.1	39.7	0.4	13.7	17.6
	Gluten free	172	378.5	46.3	16.6	1068.5	205.1	38.7	0.4	16.2	17.1
OBAMA BLT											
	Iceberg lettuce	15	1.7	0.0	0.0	1.7	21.1	0.3	0.2	0.3	0.2
	Mayonnaise (whole egg free range)	10	70.0	0.0	7.8	50.5	0.0	0.2	0.0	0.1	0.1
	Tomato	20	3.4	0.0	0.0	2.7	45.9	0.7	0.1	0.4	0.1
	Streaky Bacon	50	107.7	15.1	5.3	0.4	0.0	2.5	0.0	0.0	11.7
	American Mustard	8	9.6	0.0	0.4	113.6	0.0	1.3	0.0	0.7	0.3
Totals with your bread of choice - *(Slider)*	TOTAL FILLING:	103	192	15	14	169	67	5	0	2	12
	Wholegrain	153	333.8	15.1	16.9	168.9	67.0	26.4	0.3	4.6	17.0
	Multigrain	153	374.3	15.1	20.4	353.4	67.0	26.9	0.3	3.1	19.0
	Turkish	153	305.8	15.1	14.9	407.4	67.0	25.4	0.3	1.6	16.0
	Ciabatta	153	297.8	15.1	13.9	414.9	67.0	26.4	0.3	1.6	16.0
	Gluten free	153	346.3	15.1	19.9	417.9	67.0	25.4	0.3	4.1	15.5
CHICKEN SOHO											
	Mesculun	8	24.4	0.0	0.0	27.8	0.0	5.0	2.2	0.0	2.2
	Onion	5	1.5	0.0	0.0	0.2	6.4	0.4	0.1	0.3	0.0
	Olives	4	4.6	0.0	0.4	29.4	0.3	0.3	0.1	0.0	0.0
	Cucumber	10	0.0	0.0	0.0	0.0	14.0	0.2	0.1	0.1	0.1
	Carrot	5	1.9	0.0	0.0	3.8	16.0	0.4	0.1	0.3	0.1
	Tomato	20	20.0	3.4	0.0	0.0	2.7	45.9	0.7	0.1	0.4
	Beetroot	12	5.2	0.0	0.0	0.0	0.0	1.2	0.3	0.8	0.2
	Pickles (gherkins)	5	29.4	19.8	2.2	53.4	35.4	2.6	0.0	0.0	0.3
	Peach mango	40	572.0	0.9	11.5	78.8	0.8	0.9	0.0	0.2	0.2
	Cranberry	25	36.4	0.0	0.0	16.7	0.0	8.7	0.0	8.4	0.1
	Chicken (boiled)	75	82.5	0.0	0.9	48.8	191.3	0.0	0.0	0.0	17.3
Totals with your bread of choice - *(Slider)*	TOTAL FILLING:	209	778	24	15	259	267	66	4	10	21
	Wholegrain	259	919.4	24.1	18.6	258.8	266.9	87.1	3.7	13.3	25.3
	Multigrain	259	959.9	24.1	22.1	443.3	266.9	87.6	3.7	11.8	27.3
	Turkish	259	891.4	24.1	16.6	497.3	266.9	86.1	3.7	10.3	24.3
	Ciabatta	259	883.4	24.1	15.6	504.8	266.9	87.1	3.7	10.3	24.3
	Gluten free	259	931.9	24.1	21.6	507.8	266.9	86.1	3.7	12.8	23.8
LONG ISLAND LAMB											
	Horseradish	10	4.8	0.0	0.1	31.4	24.6	1.1	0.3	0.0	0.1
	Onion Jam	15	28.1	0.0	0.4	28.1	0.0	5.7	0.0	5.2	0.2
	Onion	5	1.5	0.0	0.0	0.2	6.4	0.4	0.1	0.3	0.0
	Olives	4	4.6	0.0	0.4	29.4	0.3	0.3	0.1	0.0	0.0
	Tomato	20	3.4	0.0	0.0	0.7	45.9	0.7	0.1	0.4	0.1
	Cucumber	10	9.9	0.0	0.0	0.0	0.0	14.0	0.2	0.1	0.1
	Tomato Relish (Dairy free)	25	27.0	0.0	0.1	124.0	0.0	6.1	0.0	5.0	0.2
	Mint Jelly	20	54.0	0.0	0.0	28.0	0.0	13.3	0.0	10.2	0.0
	Lamb	55	120.9	43.7	4.8	30.8	121.4	1.4	0.0	0.0	16.9
Totals with your bread of choice - *(Slider)*	TOTAL FILLING:	164	254	44	6	273	199	43	1	21	18
	Wholegrain	214	395.6	43.7	9.4	274.5	198.6	64.4	0.9	24.2	22.2
	Multigrain	214	436.1	43.7	12.9	459.0	198.6	64.9	0.9	23.7	24.2
	Turkish	214	367.6	43.7	7.4	513.0	198.6	63.4	0.9	21.2	21.2
	Ciabatta	214	359.6	43.7	6.4	520.4	198.6	64.4	0.9	21.2	21.2
	Gluten free	214	408.1	43.7	12.4	523.5	198.6	63.4	0.9	23.7	20.7
BROOKLYN SHORT RIB											
	Smoked Hickory Sauce	12	21.6	0.0	0.3	69.0	0.0	5.1	0.0	4.7	0.6
	Grated Cheddar cheese	15	60.5	45.0	5.0	93.2	14.7	0.2	0.0	0.1	3.7
	Onion	5	1.5	0.0	0.0	0.2	6.4	0.4	0.1	0.3	0.0
	Olives	6	6.9	0.0	0.7	44.1	0.5	0.4	0.2	0.0	0.1
	Pickles (gherkins)	5	0.6	0.1	0.0	43.7	4.6	0.1	0.1	0.1	0.0
	Tomato	20	3.4	0.0	0.0	2.7	45.9	0.7	0.1	0.4	0.1
	Coleslaw	20	29.4	19.8	2.2	53.4	35.4	2.6	0.0	0.0	0.3
	Ribs	55	259.1	0.0	23.1	27.5	123.2	0.0	0.0	0.0	12.1
	Tomato Relish (Dairy free)	20	21.6	0.0	0.1	99.2	0.0	4.9	0.0	4.0	0.2
Totals with your bread of choice - *(Slider)*	TOTAL FILLING:	158	405	65	31	433	231	14	1	10	17
	Wholegrain	208	546.0	64.8	34.8	432.9	230.7	35.8	0.5	12.5	21.7
	Multigrain	208	586.5	64.8	38.3	617.4	230.7	36.3	0.5	11.0	23.7
	Turkish	208	518.0	64.8	32.8	671.4	230.7	34.8	0.5	9.5	20.7
	Ciabatta	208	510.0	64.8	31.8	678.9	230.7	35.8	0.5	9.5	20.7
	Gluten free	208	558.5	64.8	37.8	681.9	230.7	34.8	0.5	12.0	20.2
NEW YORK PORK											
	Coleslaw	15	22.1	14.9	1.7	40.1	26.6	1.9	0.0	0.0	0.2
	Apple sc (unsweetened)	15	14.3	0.0	0.0	7.7	0.0	3.3	0.4	3.3	0.0
	Onion	5	1.5	0.0	0.0	0.2	6.4	0.4	0.1	0.3	0.0
	Onion Jam	20	37.4	0.0	0.6	37.4	0.0	7.6	0.0	6.9	0.3
	Olives	4	4.6	0.0	0.4	29.4	0.3	0.3	0.1	0.0	0.0
	Tomato	20	3.4	0.0	0.0	4.7	80.4	1.2	0.2	0.7	0.2
	Pickles (gherkins)	5	0.6	0.1	0.0	43.7	4.6	0.1	0.1	0.1	0.0
	Pork crackling	10	10.0	55.0	0.0	4.5	0.0	0.0	0.0	0.0	0.0
	Pork (roast)	55	115.2	47.9	5.3	31.7	233.7	0.0	0.0	0.0	15.7
Totals with your bread of choice - *(Slider)*	TOTAL FILLING:	149	209.0	117.8	8.0	199.3	352.1	14.8	1.0	11.3	16.6
	Wholegrain	199	350.5	117.8	11.5	199.3	352.1	36.3	1.0	14.3	21.1
	Multigrain	199	391.0	117.8	15.0	383.8	352.1	36.8	1.0	12.8	23.1
	Turkish	199	322.5	117.8	9.5	437.8	352.1	35.3	1.0	11.3	20.1
	Ciabatta	199	314.5	117.8	8.5	445.3	352.1	36.3	1.0	11.3	20.1
	Gluten free	199	363.0	117.8	14.5	448.3	352.1	35.3	1.0	13.8	19.6
BRONX BEEF											
	Olives	10	11.5	0.0	1.1	73.5	0.8	0.6	0.3	0.0	0.1
	Onion	5	5.0	1.5	0.0	0.0	0.2	6.0	0.4	0.1	0.3
	Horseradish	15	7.2	0.0	0.1	47.1	36.9	1.7	0.5	0.0	0.2
	Pickles (gherkins)	5	0.6	0.1	0.0	43.8	4.6	0.1	0.1	0.1	0.0
	Tomato Relish (Dairy free)	20	21.6	0.0	0.1	99.2	0.0	4.9	0.0	4.0	0.2
	Coleslaw	15	22.1	14.9	1.7	40.1	26.6	1.9	0.0	0.0	0.2
	Flank Steak	55	85.4	31.0	3.9	29.6	5.1	0.0	0.0	0.0	11.7
	Grated Cheddar cheese	10	40.4	30.0	3.3	62.1	9.8	0.1	0.0	0.0	2.5
	Tomato	20	3.4	0.0	0.0	2.7	45.9	0.7	0.1	0.4	0.1
	Onion Jam	20	37.4	0.0	0.6	37.4	0.0	7.6	0.0	6.9	0.3
Totals with your bread of choice - *(Slider)*	TOTAL FILLING:	175	235	78	11	436	130	24	1	12	16
	Wholegrain	225	375.9	77.5	14.3	435.5	129.9	45.5	1.4	14.5	20.1
	Multigrain	225	416.4	77.5	17.8	620.0	129.9	46.0	1.4	13.0	22.2
	Turkish	225	347.9	77.5	12.3	674.0	129.9	44.5	1.4	11.5	19.1
	Ciabatta	225	339.9	77.5	11.3	681.5	129.9	45.5	1.4	11.5	19.1
	Gluten free	225	388.4	77.5	17.3	684.5	129.9	44.5	1.4	14.0	18.6
SALMON ON BROADWAY											
	Horseradish	15	7.2	0.0	0.1	47.1	36.9	1.7	0.5	0.0	0.2
	Cream cheese	15	52.5	46.5	5.3	45.0	17.9	0.5	0.0	0.0	1.2
	Salmon (smoked)	40	46.8	15.6	1.7	313.5	70.0	0.0	0.0	0.0	7.3
	Capers	5	1.2	0.0	0.1	147.7	2.0	0.2	0.2	0.0	0.1
	Cucumber	10	0.0	0.0	0.0	0.0	14.0	0.2	0.1	0.1	0.1
	Mesculun	10	31.2	0.0	0.0	35.6	0.0	6.4	2.8	0.0	2.8
	Onion	5	1.5	0.0	0.0	0.2	6.4	0.4	0.1	0.3	0.0
	Olives	4	4.6	0.0	0.4	29.4	0.3	0.3	0.1	0.0	0.0
Totals with your bread of choice - *(Slider)*	TOTAL FILLING:	104	138.8	62.1	7.1	588.9	140.7	9.0	3.6	0.1	11.7
	Wholegrain	154	280.3	62.1	10.6	588.9	140.7	30.5	3.6	3.1	16.2
	Multigrain	154	320.8	62.1	14.1	773.4	140.7	31.0	3.6	1.6	18.2
	Turkish	154	252.3	62.1	8.6	827.4	140.7	29.5	3.6	0.1	15.2
	Ciabatta	154	244.3	62.1	7.6	834.9	140.7	30.5	3.6	0.1	15.2
	Gluten free	154	292.8	62.1	13.6	837.9	140.7	29.5	3.6	2.6	14.7
PORK-CHEESE											
	Mozarella	30	30.0	89.9	58.9	6.7	187.9	0.0	0.5	0.0	0.3
	Cheddar chese (slice)	15	15.0	53.0	0.0	4.1	244.5	12.0	0.5	0.0	0.3
	Pork	55	55.0	115.2	47.9	5.3	31.7	233.7	0.0	0.0	0.0
Totals with your bread of choice - *(Slider)*	TOTAL FILLING:	100	100	258	107	16	464	246	1	0	1
	Wholegrain	150	241.5	258.1	110.3	16.1	464.1	267.2	1.1	3.0	5.1
	Multigrain	150	282.0	258.1	113.8	200.6	464.1	267.7	1.1	1.5	7.1
	Turkish	150	213.5	258.1	108.3	254.6	464.1	266.2	1.1	0.0	4.1
	Ciabatta	150	205.5	258.1	107.3	262.1	464.1	267.2	1.1	0.0	4.1
	Gluten free	150	254.0	258.1	113.3	265.1	464.1	266.2	1.1	2.5	3.6
TUNA MELT											
	Mayonnaise (whole egg free range)	20	20.0	143.0	1.2	15.3	105.0	1.0	1.2	0.0	0.3
	Tomato pesto	20	20.0	95.6	0.0	9.0	61.2	0.0	2.7	0.0	2.5
	Pickles (gherkins)	5	5.0	0.6	0.1	0.0	43.8	4.6	0.1	0.1	0.1
	Onion	5	5.0	1.5	0.0	0.0	0.2	6.4	0.4	0.1	0.3
	Tomato	20	20.0	3.4	0.0	0.0	2.7	45.9	0.7	0.1	0.4
	Cheddar cheese (slice)	15	15.0	53.0	0.0	4.1	244.5	12.0	0.5	0.0	0.3
	American mustard	5	5.0	6.0	0.0	0.2	71.0	0.0	0.8	0.0	0.5
	Tuna (flaked)	55	60.5	0.0	0.3	154.0	148.5	0.2	0.0	0.2	14.0
Totals with your bread of choice - *(Slider)*	TOTAL FILLING:	145	150.5	303.1	1.6	182.6	676.9	70.1	6.4	0.5	18.4
	Wholegrain	195	292.0	303.0	5.1	182.7	676.9	91.7	6.4	3.5	22.9
	Multigrain	195	332.5	303.0	8.6	367.2	676.9	92.2	6.4	2.0	24.9
	Turkish	195	264.0	303.0	3.1	421.2	676.9	90.7	6.4	0.5	21.9
	Ciabatta	195	256.0	303.0	2.1	428.7	676.9	91.7	6.4	0.5	21.9
	Gluten free	195	304.5	303.0	8.1	431.7	676.9	90.7	6.4	3.0	21.4

Nutrition Disclaimer

New York Deli makes every effort to provide up to date nutritional information and takes our customers dietary requirements and food allergies seriously. Although we provide nutritional information for our standard product formulations and recipes, the information on this site is for informational purposes only. Our web site uses the latest information available from our suppliers and manufacturers for standard product formulations and recipes. Nutritional information may change due to (amongst other things) use of alternative suppliers, methods of preparation, origin and freshness of ingredients and the season of the year.

Manufacturers may also change their formulation of ingredients without notice and product availability may fluctuate and New York Deli accepts no responsibility where a food manufacturer/supplier has changed the formulations/ingredients and/or made substitutions without notifying us. Any gluten free options are provided as a reference only. We can't guarantee that there hasn't been cross contamination with a gluten product as our kitchens also contain numerous non-gluten free products. New York Deli makes every effort to identify ingredients that may cause allergic reactions for those with food allergies.

Our staff are informed of the severity of food allergies, however due to the nature of the operation there is potential for cross-contamination. New York Deli does not assume any responsibility for reactions to food consumed, or items one may come into contact with on the premises or otherwise. It is ultimately the responsibility of the customer to judge whether or not to choose to eat selected foods. We are however happy to assist with any queries customers may have regarding nutritional and ingredient information so please do raise any queries you may have with our staff prior to purchase.

newyorkdeli.co.nz