

# MARKET ST DELI

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ham and cheese sandwich	\$4.50	cal. 610
turkey and cheese sandwich	\$4.75	cal. 230
grilled chicken wrap	\$5.59	cal. 600

## Sides

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french fries	\$1.49	cal. 214
onion rings	\$1.89	cal. 280
chips	\$2.19	cal. 35
red delicious apple	\$.89	cal. 52
bbq kettle chips	\$1.09	cal. 370

## Xtras

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add bacon	\$.99	add cal. 30
extra cheese	\$.50	add cal. 40

 make it a  
combo!

Add a 16.9 Aquafina  
Water for only \$1.00  
more!

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2000 calories a day is used for general nutrition advice,  
but calorie needs vary. Additional nutrition information  
available upon request.

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## Step 1 choose your bread

nine grain wheat	cal. 220
honey oat	cal. 278
italian herbs & cheese	cal. 230
kaiser roll	cal. 320

## Step 2 choose your protein

smoked turkey	add cal. 220
honey ham	add cal. 123
roasted chicken	add cal. 230
pastrami	add cal. 320

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## Step 3 choose your cheese

white american	add cal. 220
cheddar	add cal. 330
swiss	add cal. 230
provolone	add cal. 320

## Step 4 choose your condiments

mayonnaise	add cal. 220
specialty spread	add cal. 110
oil & vinegar	add cal. 230
deli mustard	add cal. 320

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## Step 5 choose your toppings

lettuce	add cal. 14
tomato	add cal. 18
red onion	add cal. 40
pickles	add cal. 91

cucumbers	add cal. 15
banana peppers	add cal. 0
olives	add cal. 115
green peppers	add cal. 20
jalapenos	add cal. 29

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