

# SANDWICHES AND WRAPS

**6" or 12" Sub**      260/710 Cal      \$4.79/\$6.79

Grilled, Crispy or Spicy Chicken, Chicken Salad, Ham, Tuna, Salami, Veggie, Turkey, Egg Salad

**Deli Sandwiches**      220/660 Cal      \$4.69

Tuna, Hummus, Chicken Salad, Ham, Salami, Turkey, Egg Salad



\*Choice of white, wheat or wheatberry bread

**Wraps**      400/670 Cal      \$4.99

Grilled, Crispy, or Spicy Chicken, Turkey, Tuna, Ham, Chicken Salad, Salami, Caesar, Hummus & Veggie, Veggie, Egg Salad



\*Choice of plain, wheat, jalapeno cheddar, spinach, herb & garlic or tomato basil wrap

ANY SANDWICH OR WRAP CAN BE MADE INTO A SALAD UPON REQUEST

## TOPPINGS

### Veggies

Shredded Lettuce (0 Cal)  
Spinach (0 Cal)  
Tomato (0 Cal)  
Onion (5 Cal)  
Cucumber (0 Cal)  
Pickles (0 Cal)  
Black Olives (20 Cal)  
Banana Pepper (0 Cal)  
Jalapeno Peppers (0 Cal)

### Cheeses

American (50 Cal)  
Swiss (55 Cal)  
Provolone (50 Cal)  
Cheddar (55 Cal)  
Pepper Jack (50 Cal)  
Feta (35 Cal)  
Parmesan (30 Cal)

### Condiments

Mayo (210 Cal)  
Mustard (20 Cal)  
Ranch (100 Cal)  
Blue Cheese (150 Cal)  
Hot Sauce (0 Cal)  
Italian Dressing (40 Cal)  
Oil & Vinegar (180 Cal)  
Pesto (140 Cal)  
Hummus (30 Cal)  
Caesar Dressing (140 Cal)  
Spicy Mayo (210 Cal)  
Barbeque (70 Cal)

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

**POD**  
MARKET  
PROVISIONS ON WHEELS