

Cold Sandwiches

Item	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs Total	Dietary Fiber	Protein	Vitamin A	Vitamin C	Calcium	Iron
Avanti's Famous Gondola	1 ea	1247	44	17	164	3163	157	6	57	6%	3%	5%	13%
1/2 Gondola	1 ea	579	18	7	69	1396	78	3	27	3%	1%	2%	6%
Ham and Cheese	1 ea	590	17	6	79	1825	78	3	33	3%	1%	2%	6%
Ham	1 ea	545	13	3	72	1731	78	3	33	3%	1%	2%	6%
Turkey	1 ea	1110	16	3	160	2212	160	7	70	9%	21%	30%	26%
1/2 Turkey	1 ea	555	8	1	80	1106	80	3	35	4%	10%	15%	13%
Cheese Sandwich	1 ea	610	24	11	65	1266	79	3	23	3%	1%	2%	6%

This nutritional information is based on standard recipes and product formulas. Some variation may occur due to season, supplier, and minor differences in product assembly.