

The Market										Fall 2020
Salads, Sandwiches, Subs and Spuds										
Salads										
Location/Food	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
<u>Greens</u>										
Romaine	3oz	16	0	3	2	1	✓	✓	✓	
Iceberg Lettuce	3oz	14	0	3	1	1				
Spinach	3oz	21	1	1	2	3	✓	✓	✓	
<u>Proteins</u>										
Fried Chicken Pieces	3oz	182	10	12	1	12				Wheat
Grilled Chicken	3oz	92	2	0	0	18			✓	
Ham	1oz	61	5	0	0	5	✓	✓	✓	Pork
<u>Vegetables and Toppings</u>										
Bacon	2 Strips Crumbled	70	6	0	0	4			✓	Pork
Bell Peppers	1oz	6	0	1.5	<1	<1	✓	✓	✓	
Hard Boiled Eggs	1 each	76	5.5	<1	0	6.5		✓	✓	Egg
Black Olives	1oz	53	5	2	0	0	✓	✓	✓	
Broccoli	1oz	9	0	1.5	1	1	✓	✓	✓	
Carrots	1oz	12	0	2.5	0	<1	✓	✓	✓	
Cherry Tomato	1oz	7	0	1	1	0	✓	✓	✓	
Chopped Tomatoes	1oz	7	0	1.5	0	0	✓	✓	✓	
Craisins	1/4cup	140	0	34	3	0	✓	✓	✓	
Croutons	.5oz	66	2	10	0	2				Wheat, Milk, Manufacutred in a facility with Tree Nuts
Cucumbers	1oz	30	3	1	1	0				
Red Onion	1oz	12	0	3	1	0	✓	✓	✓	
Strawberries	1oz	10	0	3	1	0	✓	✓	✓	
Sunflower Seeds	1oz	87	7	3	2	3	✓	✓	✓	May Contain Soy or Peanut Oil
Rotini Pasta	2oz	210	1	42	1	7	✓	✓		Wheat
<u>Dressings</u>										
Avocado Ranch										
Balsamic Dressing	2oz	103	7	10	0	0	✓	✓	✓	Soy Oil
Cesar Dressing	2oz	222	22	4	0	2			✓	Milk (Whey), Egg, Soy, Fish
Italian Dressing	2oz	78	6	6	0	0		✓	✓	Milk, Soy
Ranch Dressing	2oz	125	13	1	0	1		✓	✓	Milk, Egg, Soy
Oil and Vinegar Dressing	1oz	252	28	0	0	0				
<u>Cheeses</u>										
Feta	.5oz	39	3	1	0	3		✓	✓	Milk
Mixed Cheese	1oz	113	9	1	0	7	✓	✓	✓	Milk
Parmesan Cheese	.5oz	50	4	0	0	5		✓	✓	Milk
<u>Sandwiches and Subs</u>										
	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
California Club (Turkey,Bacon, Avocado, Swiss, Mayo,White Bread)	1 sandwich	989	58.5	61	5.6	54.5				Wheat,Milk,Pork,Soy,Egg,Sesame
Chicken Bacon Ranch (Buffalo Chicken, Bacon, Cheddar, Ranch, Mayo,White Bread)	1 sandwich	676	57	7	1	33				Wheat, Milk, Pork, Egg, Soy

Classic Sub (Ham, Bacon, turkey, Cheddar, Swiss, Mayo, White Bread)	1 sandwich	931	55	53	2.5	56				Wheat, Milk, Soy, Egg, Pork, Sesame
Ham Sub (Ham, American, Mayo, Wheat Bread)	1 sandwich	572	36	30	3	33				Wheat, Milk, Egg, Soy, Pork
Tuna Sub (Tuna Salad, Croissant)	1 sandwich	740	62	26	2	20				Wheat, Milk, Egg, Soy, Fish
Turkey Sub (Turkey, Mayo, White Cheese, White Bread)	1 sandwich	637	31	52	2.6	37.5				Wheat, Milk, Soy
The Stallion (Salami, Pepperoni, Ham, Provolone, Mayo, Black Olives, Vinegar & Oil)	1 sandwich	892	73	31.5	2.6	29				Wheat, Milk, Pork, Egg, Soy
Veggie (Avocado, Cucumber, Provolone, Mayo, Black Olives, Veggie Wrap)	1 sandwich/wrap	808	54	63	6	16.5		✓		Wheat, Milk, Egg, Soy
Protein Options										
Bacon	2 slices	174	14	0	0	12			✓	Pork
Buffalo Chicken	3oz	78	1	2	0	15.2			✓	
Ham	3oz	158	6	2	0	24			✓	Pork
Tuna Salad	3oz	251	23	0	0	12			✓	Egg, Soy, Fish
Turkey	3oz	100	0	0	0	25			✓	
Salami	1oz	105	9	0	0	6				Pork
Pepperoni	1oz	137	13	1	0	5			✓	Pork
Cheese										
Yellow American	1oz	74	6	1	0	4				Milk, Soy
Mixed Shredded Cheese	1oz	83	7	0	0	5		✓	✓	Milk
Pepper Jack	1 slice	70	6	0	0	5		✓	✓	Milk
Provolone	1 slice	70	8	0	0	5		✓	✓	Milk
Swiss	1 slice	82	6	1	0	6				Milk
Bread Options										
White Sub Bread 6"	1/2 Sub 6"	124	1.5	23.5	1	4		✓		Wheat, (May Contain Milk, Egg, Soy, Sesame)
White Sub Bread 12"	1 Sub 12"	247	3	47	2	8		✓		Wheat, (May Contain Milk, Egg, Soy, Sesame)
Wheat Sub Bread 6"	1/2 Sub 6"	124	1.75	22.5	2	4.5		✓		Wheat, (May Contain Milk, Egg, Soy, Sesame)
Wheat Sub Bread 12"	1 Sub-12" (106g)	248	3.5	45	4	9		✓		Wheat, (May Contain Milk, Egg, Soy, Sesame)
GLUTEN FREE Multigrain Bread	2 slices	161	5	25	3	4		✓	✓	Egg; May contain: Soy
GLUTEN FREE White Bread	2 slices	124	4	20	1	2		✓	✓	Egg; May contain: Soy
Gluten Free Hamburger Bun	1 Bun	243	7	41	4	4	✓	✓	✓	Soy, Poppy Seeds, Sesame Seeds
Tortilla Wrap- White	1-12" Tortilla	303	7	52	2	8				Wheat, Soy
Tortilla Wrap- Wheat	1-12" Tortilla	284	8	45	6	8				Wheat, Soy
Tortilla Wrap- Spinach	1-12" Tortilla	303	7	52	2	8				Wheat, Soy
Spuds	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Loaded Spud (Potato, Margarine, Bacon, Sour Cream, Green Onion, Cheese)	1 ct	631	51	24	1	18			✓	Milk, Soy, Whey
Plain Spud (Potato, Margarine)	1 ct	311	25	20	1	2				Milk, Soy, Whey
BBQ Spud (Potato, Margarine, Green Onion, Cheese, Brisket, BBQ Sauce)	1ct	632	45	36	1	20			✓	Milk, Soy, Whey

Desserts										
White Chocolate Macadamia	2oz	260	13	33	1	3		✓		Wheat, Milk, Soy, Egg, Tree Nuts
Chocolate Chip Cookie	2oz	250	11	36	1	3		✓		Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products
M & M Cookie	2oz	160	7	22	0	2		✓		Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products
Sugar Cookie	2oz	250	11	35	1	3		✓		Wheat, Milk, Egg, Held in Case with Tree Nut Products
Rice Krispie Treat	1 Large Bar	364	20	42	<1	3		✓		Milk(Whey), Soy, Contains Malt(Malt flavoring contains Wheat)
All Fried Items have been fried in Canola Fry Oil in Common Fryer with Dairy and Wheat Items										
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										