



**METRO
DELI®**



**NUTRITION FACTS & RECIPES FOR OUR
LINE OF AUTHENTIC DELI PRODUCTS**



ALL NATURAL*

- * NO ARTIFICIAL INGREDIENTS
- * MINIMALLY PROCESSED
- NO PRESERVATIVES
- NO BINDERS OR FILLERS

If you're looking to make authentic deli sandwich creations, consider Metro Deli® the beginning and end of your journey.

Our delectable, all natural deli meats offer simple, wholesome ingredients that you'll be proud to serve to your customers.



**METRO
DELI.**[®]



METRO DELI®



NUTRITION FACTS

All Natural Buffalo Style Chicken Breast

Serving Size: 2 oz.

Calories	Total Fat	Cholest	Sodium	Protein
60	1.5 g	30 mg	390 mg	12 g

Ingredients: Chicken breast, water, salt, sugar, browned in vegetable oil. Rubbed with red pepper, salt, garlic powder, vinegar, natural flavor.

All Natural Deep Fried Chicken Breast

Serving Size: 2 oz.

Calories	Total Fat	Cholest	Sodium	Protein
60	1 g	30 mg	380 mg	12 g

Ingredients: Chicken breast, water, salt, sugar, vegetable oil.

All Natural Oven Roasted Chicken Breast

Serving Size: 2 oz.

Calories	Total Fat	Cholest	Sodium	Protein
60	0.5 g	30 mg	390 mg	12 g

Ingredients: Chicken breast, water, salt, sugar. Rubbed with sugar, sea salt, paprika, spices.

All Natural Oven Roasted Turkey Breast

Serving Size: 2 oz.

Calories	Total Fat	Cholest	Sodium	Protein
60	1 g	35 mg	280 mg	13 g

Ingredients: Turkey breast, salt.

All Natural Applewood-Smoked Turkey Breast**Serving Size:** 2 oz.

Calories	Total Fat	Cholest	Sodium	Protein
60	0 g	35 mg	300 mg	14 g

Ingredients: Turkey breast, turkey broth, salt, natural flavor.**All Natural Honey Roasted Turkey Breast****Serving Size:** 2 oz.

Calories	Total Fat	Cholest	Sodium	Protein
70	1 g	30 mg	250 mg	11 g

Ingredients: Turkey breast, turkey broth, honey, salt, brown sugar. Rubbed with sugar, chipotle pepper, maple sugar, spices.**All Natural Deep Fried Turkey Breast****Serving Size:** 2 oz.

Calories	Total Fat	Cholest	Sodium	Protein
60	1.5 g	30 mg	380 mg	12 g

Ingredients: Turkey breast, turkey broth, salt, sugar. Browned in vegetable oil.**Uncured Gourmet Ham****Serving Size:** 2 oz.

Calories	Total Fat	Cholest	Sodium	Protein
80	3 g	40 mg	530 mg	12 g

Ingredients: Pork, water, cane sugar, salt, natural flavor.**Smokehouse Uncured Ham****Serving Size:** 2 oz.

Calories	Total Fat	Cholest	Sodium	Protein
110	7 g	35 mg	510 mg	10 g

Ingredients: Pork, water, sugar, vinegar, sea salt, natural flavoring.

Applewood Smoked Honey Ham**Serving Size:** 2 oz.

Calories	Total Fat	Cholest	Sodium	Protein
80	3 g	35 mg	480 mg	11 g

Ingredients: Pork, water, honey, salt, sugar, natural flavor.

Uncured Pastrami Bottom Round Flat**Serving Size:** 2 oz.

Calories	Total Fat	Cholest	Sodium	Protein
80	2.5 g	35 mg	420 mg	14 g

Ingredients: Beef, water, sea salt, sugar, natural flavorings, granulated garlic. Rubbed with spices and dried garlic.

Pepperoni, Uncured Deli Faced**Serving Size:** 1 oz.

Calories	Total Fat	Cholest	Sodium	Protein
130	12 g	25 mg	570 mg	5 g

Ingredients: Pork, beef, sea salt, natural flavors, sugar, paprika, lactic acid starter culture.

Genoa Salami**Serving Size:** 2 oz.

Calories	Total Fat	Cholest	Sodium	Protein
210	18 g	45 mg	920 mg	10 g

Ingredients: Pork, beef, sea salt, sugar, natural flavors, lactic acid starter culture.

Angus Beef Top Round**Serving Size:** 2 oz.

Calories	Total Fat	Cholest	Sodium	Protein
80	3 g	40 mg	170 mg	14 g

Ingredients: Beef, water, sea salt. Rubbed with sea salt, cracked black pepper.

Hard Salami**Serving Size:** 1 oz.

Calories	Total Fat	Cholest	Sodium	Protein
140	13 g	25 mg	500 mg	5 g

Ingredients: Pork, beef, sea salt, natural flavors, lactic acid starter culture.

Uncured Cooked Corned Beef Brisket**Serving Size:** 2 oz.

Calories	Total Fat	Cholest	Sodium	Protein
100	4.5 g	35 mg	430 mg	13 g

Ingredients: Beef, water, sea salt, sugar, natural flavorings, granulated garlic. Rubbed with spices.

Secret Spicy Sauce**Serving Size:** 2 Tbsp.

Calories	Total Fat	Cholest	Sodium	Protein
70	2 g	0 mg	550 mg	1 g

Ingredients: Fermented soybeans, red pepper powder, rice.

Balsamic Onion Jam**Serving Size:** 1/4 cup

Calories	Total Fat	Cholest	Sodium	Protein
100	1 g	0 mg	40 mg	0 g

Ingredients: Caramelized red onions, balsamic vinegar, red wine.

Original with Sea Salt Kettle Cooked Potato Chips**Serving Size:** 1 bag (1.5 oz)

Calories	Total Fat	Cholest	Sodium	Protein
220	11 g	0 mg	180 mg	3 g

Ingredients: Potatoes, sunflower oil and/or safflower oil, sea salt.

Jalapeño Cheddar Kettle Cooked Potato Chips**Serving Size:** 1 bag (1.5 oz.)

Calories	Total Fat	Cholest	Sodium	Protein
220	11 g	0 mg	290 mg	3 g

Ingredients: Potatoes, sunflower oil and/or safflower oil, whey, sea salt, dehydrated vegetables (onion, green bell peppers, tomato, garlic), maltodextrin, jalapeno pepper, cheddar cheese (cultured milk, salt, enzymes), natural flavors, vinegar powder (maltodextrin, vinegar, modified food starch), buttermilk, citric acid, yeast extract, lactic acid, disodium phosphate, extractives of paprika, turmeric.

Hickory Barbeque Kettle Cooked Potato Chips**Serving Size:** 1 bag (1.5 oz.)

Calories	Total Fat	Cholest	Sodium	Protein
220	11 g	0 mg	265 mg	3 g

Ingredients: Potatoes, sunflower oil and/or safflower oil, evaporated cane juice, salt, rice flour, dextrose, paprika, onion powder, spices, tomato powder, molasses powder, yeast extract, citric acid, garlic powder, paprika extract, canola oil, natural smoke flavor.





METRO DELI®



RECIPES

BUFFALO CHICKEN SALAD

INGREDIENTS

- 1 c Metro Deli® All Natural Buffalo-Style Chicken Breast, medium diced
- 1/4 c Chef's Line™ Mayonnaise
- 2 T Glenview Farms® Sour Cream
- 3 T Monarch® Hot Sauce
- 1/2 c Glenview Farms Crumbled Blue Cheese
- 1/4 c celery, grilled and medium diced
- 1/4 c walnuts, toasted and chopped
- pepper and celery salt, to taste
- 4 pc Hilltop Hearth® Texas Toast
- 2 T Beyond® Margarine
- 2 T Monarch Granulated Garlic

PREPARATION

Combine all ingredients together and mix well. Season with salt and pepper to taste. Mix Beyond with granulated garlic, then spread on each piece of bread and toast till golden. Serve chicken salad on garlic toast with lettuce, tomato and onion.



DEEP FRIED TURKEY CLUB

INGREDIENTS

- 2 T Rykoff Sexton® Extra Virgin Olive Oil
- 1 lb Metro Deli® All Natural Deep Fried Turkey Breast
- 1 pc Chef's Line® Multigrain Baguette, sliced lengthwise
- 4 oz avocado mayonnaise
- 4 oz arugula
- 6 sl Patuxent Farms® Bourbon Bacon, chopped
- 6 ea roasted tomato halves

PREPARATION

Heat olive oil in a frying pan over medium heat and add deep fried turkey. Let cook for 1 minute or until heated through. Remove from heat. Spread avocado mayo (6 oz mayo, 1 oz lemon juice, 1 avocado) on bottom half of bread, then top with arugula, deep fried turkey, bacon, roasted tomatoes and top half of bread. Cut into 4 sandwiches and place onto panini grill to cook through.



BUFFALO CHICKEN PIZZA

INGREDIENTS

- 4 ea Chef's Line® Garlic Naan
- 1 c Monarch® Hot Sauce
- 3 c Harvest Value® Whole Milk Mozzarella, shredded
- 2 lbs Metro Deli® All Natural Buffalo-Style Chicken Breast, diced
- 4 oz blue cheese dressing

PREPARATION

Heat naan on a heated grill, then top with hot sauce, shredded mozzarella and diced chicken. Preheat oven to 350°F (or run through a pizza oven) and cook for 10-12 minutes or until cheese is melted. Remove from oven, drizzle with blue cheese dressing and cut to serve.



STEAK FRITES

INGREDIENTS

- 1 pc Chef's Line® French Baguette
- 10 oz Metro Deli® Angus Beef Top Round, sliced thin
- 1 t Monarch® Steak Seasoning
- 1 c Cross Valley Farms® Ribbon Cut Hash Browns
- ½ c arugula

PREPARATION

Hinge the baguette and toast on a flat top. Sear the roast beef on a flat top or sauté in a pan and season with steak seasoning. Coat both sides of the baguette liberally with horseradish sauce (1 c mayo, ½ c sour cream, ½ c horseradish, 1 t lemon juice, 2 T chopped parsley) and top with roast beef. Fry hash browns till crispy and season with salt and pepper. Place the hash browns on top of the roast beef and top with arugula. Cut on a bias and serve.



GRILLED TURKEY & CHEESE

INGREDIENTS

- 8 sl Hilltop Hearth® Wheat Bread
- 8 sl Glenview Farms® Horseradish & Chive White Cheddar
- 1 lb Metro Deli® Oven Roasted Turkey Breast
- 4 oz hot giardiniera
- 4 oz butter

PREPARATION

Top 4 slices of bread with cheese and giardiniera. Add oven roasted turkey breast and top with remaining bread. Butter the bread with softened butter and grill on both sides until golden brown.



BLUEBERRY CREAM & SMOKED TURKEY

INGREDIENTS

- 4 oz whipped cream cheese
- 4 oz Glenview Farms® Greek Yogurt
- 4 ea Chef's Line® Croissant Buns
- 1 oz butter
- 1 c blueberries
- 24 oz Metro Deli® All Natural Applewood Smoked Turkey Breast
- 24 ea piquillo peppers, sliced
- tt salt and pepper

PREPARATION

In a small bowl, blend cream cheese and yogurt. Split croissant buns into 3 slices. Butter all inside surfaces and toast on griddle. Layer croissant slices with 1 T yogurt mixture, 1/4 c blueberries, turkey and 4 piquillo peppers, letting pepper slices just show out of bun. Finish with blueberry garnish.



CROQUE MONSIEUR

INGREDIENTS

- 4 ea Chef's Line® Croissant Buns
- 4 oz Metro Deli® Uncured Cooked Corned Beef Brisket
- 4 oz Metro Deli Genoa Salami
- 4 oz Metro Deli Uncured Pastrami
- 4 ea Glenview Farms® Habanero Monterey Jack Cheese Slices
- 4 oz Cross Valley Farms® Cucumber, sliced
- 4 ea Glenview Farms Eggs
- 4 oz Glenview Farms milk, 2%
- 2 oz Chef's Line Piquillo Pepper & Artichoke Tapenade
- 4 oz Monarch® Chipotle Mayonnaise

PREPARATION

Slice croissant buns crosswise. Load meat, cheese and cucumber onto each bun. Create an egg wash with eggs and milk. Dip bun into mixture and cook on flat top grill or sauté pan until golden brown all over. Slice in half to show the ingredients. In a small bowl, mix tapenade and mayonnaise. Serve as dipping sauce.



GRILLED HAM & GOUDA

INGREDIENTS

- 2 ea Chef's Line® Multigrain Baguette
- 1 ½ c grated gouda cheese
- caramelized onions
- 8 sl Metro Deli® Uncured Gourmet Ham,
1/8-in thick
- 8 T Glenview Farms® Unsalted Butter,
room temperature

PREPARATION

Slice baguettes into 8 pieces of bread on a flat surface. Divide half of the cheese among 4 slices. Top cheese with 2 slices of ham; top ham with some onions and remaining cheese. Place 4 remaining slices of bread on top. Butter the top of the bread using half of the butter. Place sandwiches in cast-iron pan or griddle, butter-side down (may need to do in batches) and cook over medium heat until lightly golden brown. Spread remaining butter on bread facing up; flip and continue cooking until the bottom is golden brown and the cheese has melted. Serve with roasted tomato mayonnaise on the side.



PAIDINA PITA SANDWICH

INGREDIENTS

- 12 oz Rykoff Sexton® Extra Virgin Olive Oil
- 3 T Monarch® Garlic Romano Seasoning
- 6 oz Rykoff Sexton Meyer Lemon Juice
- 6 ea Hilltop Hearth® Whole Wheat Pitas
- 6 oz Metro Deli® Genoa Salami, sliced
- 6 oz Metro Deli Hard Salami, sliced
- 6 oz Metro Deli Pepperoni
- 6 oz Cross Valley Farms® Onions, julienned
- 1 ½ c Cross Valley Farms Arugula
- 12 oz Roseli® Gorgonzola

PREPARATION

In a small bowl, mix oil, seasoning and lemon juice. Reserve. Layer stack sandwich with pita, salami, pepperoni, onion and arugula. Drizzle vinaigrette over sandwich and top with Gorgonzola. Grill for 1 minute and fold. Serve immediately.



SUMMER CHICKEN SALAD

INGREDIENTS

- 12 oz Metro Deli® All Natural Oven Roasted Chicken Breast
- ½ c almonds, toasted
- 2 c red grapes, halved
- 1 T fresh tarragon, chopped
- ½ c Chef's Line® Mayonnaise
- ¼ c Glenview Farms® Sour Cream
- 2 ea Hilltop Hearth® Whole Wheat Greek Pita

PREPARATION

Toss all ingredients together except for the pita. Refrigerate for at least 2 hours before serving. Fill pita with chicken salad. Fold over. Serve immediately.

TURKEY BACON SAMMIE

INGREDIENTS

- 1 ea Chef 's Line® Croissant Bun
- 3 oz Metro Deli® All Natural Deep Fried Turkey Breast, shaved
- 3 sl Patuxent Farms® Applewood Smoked Bacon, cooked crispy
- 1 oz shaved iceberg lettuce
- 1 oz Glenview Farms® Cheddar Cheese
- 1 oz shaved lettuce
- 2 sl fresh tomato

PREPARATION

Cut croissant bun in half. Place turkey and bacon on one side. Top with other half of bun. Place on panini grill or griddle. Heat through. Remove. Open and add shaved iceberg and tomatoes.



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KEEPING KITCHENS COOKING.[®]



For more information about Metro Deli®, please visit
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