

Kosher (Available at Market at Olive Only)	Serving Size (oz)	Calories	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Includes g added Sugar	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Kosher Category	Allergens
Deli Meat																		
Aaron's Best Salami	2 oz	160	13	4.5	0	50	500	3	0	0	0	8	0	50	0.3	0	Meat	Soy
Empire Honey Turkey	2 oz	70	1	0	0	25	340	3	0	3	0	11	0	0	0	0	Meat	No Big 9 Allergens
Empire Smoked Turkey	2 oz	50	1	0	0	25	350	0	0	0	0	11	0	0	0	0	Meat	No Big 9 Allergens
Empire Turkey Pastrami	2 oz	70	3.5	1	0	35	470	<1	0	0	0	10	0	0	0.7	0	Meat	No Big 9 Allergens
Meal Mart 1st Cut Brisket Pastrami	2 oz	50	2	0.5	0	15	420	1	0	0	0	6	0	11	1	123	Meat	No Big 9 Allergens
Meal Mart 1st Cut Corned Beef Brisket	2 oz	50	2	0.5	0	20	450	1	0	0	0	7	0	9	1	125	Meat	Soy
Entrees																		
Chicken - Bnls/SknlS Breast, Baked, House Seasoned	4oz	120	2	0	0	75	510	1	0	0	0	24	0	11	1	14	Meat	No Big 9 Allergens
Chicken - Bnls/SknlS Breast, Grilled, BBQ (Sauced)	4oz	120	1.5	0	0	65	370	7	0	6	5	20	0	16	1	69	Meat	No Big 9 Allergens
Chicken - Bnls/SknlS Breast, Grilled, Plain	4oz	120	2	0	0	75	280	0	0	0	0	24	0	0	0	0	Meat	No Big 9 Allergens
Chicken - Bnls/SknlS Breast, Grilled, Sweet & Sour	4oz	130	1.5	0	0	65	270	9	0	8	8	20	0	0	0	0	Meat	No Big 9 Allergens
Chicken - Bnls/SknlS Breast, Grilled, Teriyaki	4oz	120	1.5	0	0	65	640	6	0	5	0	21	0	21	1	0	Meat	Soy, Wheat
Chicken - Bone In Breast, Baked, House Seasoned	4oz	150	7	0	0	65	600	1	0	0	0	22	0	12	1	15	Meat	No Big 9 Allergens
Chicken - Bone In Breast, Baked, Lemon Herb	4oz	150	7	0	0	65	650	<1	0	0	0	22	0	6	1	9	Meat	No Big 9 Allergens
Chicken - Bone In Breast, Smoked	4oz	150	7	0	0	65	390	2	0	2	2	22	0	8	1	5	Meat	No Big 9 Allergens
Chicken - Bone In Thighs, Baked, House Seasoned	4oz	260	20	0	0	110	520	<1	0	0	0	19	0	12	1	15	Meat	No Big 9 Allergens
Chicken - Bone In Thighs, Baked, Lemon Citrus	4oz	260	20	0	0	110	570	<1	0	0	0	19	0	6	1	9	Meat	No Big 9 Allergens
Chicken - Bone In Thighs, Smoked	4oz	260	20	0	0	110	300	2	0	2	2	19	0	7	1	5	Meat	No Big 9 Allergens
Chicken - Drumstick, Baked, BBQ (Seasoned)	4oz	180	10	0	0	105	440	3	0	2	2	20	0	12	1	8	Meat	No Big 9 Allergens
Chicken - Drumstick, Baked, House Seasoned	4oz	170	10	0	0	105	510	<1	0	0	0	20	0	11	1	14	Meat	No Big 9 Allergens
Chicken - Drumstick, Baked, Lemon Herb	4oz	170	10	0	0	105	560	<1	0	0	0	20	0	5	1	8	Meat	No Big 9 Allergens
Chicken - Drumstick, Smoked	4oz	180	10	0	0	105	330	3	0	2	2	20	0	11	1	8	Meat	No Big 9 Allergens
Chicken - Leg Quarter, Baked, BBQ (Seasoned)	4oz	240	18	5	0	100	440	4	0	3	3	18	0	16	1	10	Meat	No Big 9 Allergens
Chicken - Leg Quarter, Baked, House Seasoned	4oz	240	18	5	0	105	610	1	0	0	0	18	0	17	1	21	Meat	No Big 9 Allergens
Chicken - Leg Quarter, Baked, Lemon Herb	4oz	240	18	5	0	105	700	1	0	0	0	18	0	8	1	12	Meat	No Big 9 Allergens
Chicken - Leg Quarter, Smoked	4oz	240	18	5	0	105	330	3	0	3	3	18	0	13	1	9	Meat	No Big 9 Allergens
Chicken - Whole Chicken, Baked, House Seasoned	4oz	200	12	3.5	0	80	620	3	0	2	2	20	0	22	1	23	Meat	No Big 9 Allergens
Chicken - Whole Chicken, Baked, Plain	4oz	190	12	3.5	0	85	290	0	0	0	0	21	0	0	1	0	Meat	No Big 9 Allergens
Chicken - Whole Chicken, Smoked	4oz	200	12	3.5	0	85	330	2	0	2	2	21	0	8	1	6	Meat	No Big 9 Allergens
Chicken - Wings, Smoked	4oz	200	13	3.5	0	125	310	2	0	1	1	20	0	7	0	5	Meat	No Big 9 Allergens
Italian Plain Meatballs	5.2oz (2pcs)	320	21	8	1	140	780	15	1	4	0	20	0	60	3	392	Meat	Wheat, Egg
Italian Sauced Meatballs	5.4oz (2pcs)	300	19	7	1	125	780	16	1	6	0	18	0	59	3	346	Meat	Wheat, Egg

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Smoked Salmon	4oz	270	16	3	0	85	150	3	0	3	0	29	17	33	1	513	Parve	Fish (Salmon)
Sweet BBQ Glazed Meatloaf	4oz	240	14	5	0.5	105	530	16	<1	8	0	13	0	30	2	253	Meat	Wheat, Egg, Fish (Anchovies)
Sweet Tangy Glazed Meatloaf	4oz	230	14	5	0.5	105	540	14	<1	6	0	13	0	32	2	299	Meat	Wheat, Egg, Fish (Anchovies)
Fried Chicken																		
Bone-In Thigh, Double Breaded, Fried	1 item	290	20	0	1	90	840	10	0	0	0	16	0	0	1	0	Meat	Wheat
Drumstick, Double Breaded, Fried	1 item	200	11	0	1	75	800	9	0	0	0	15	0	0	1	0	Meat	Wheat
Split Breast, Double Breaded, Fried	1 item	410	18	0.5	1.5	125	1670	17	<1	0	0	44	0	0	2	0	Meat	Wheat
Wing, Double Breaded, Fried	1 item	180	10	2.5	0	85	690	8	0	0	0	14	0	0	1	0	Meat	Wheat
Sandwiches																		
Honey Onion Turkey Roll (Onion Roll)	1 Sandwich	280	4	0	0	60	1470	33	<1	16	6	28	0	60	1	0	Meat	Wheat, Egg
Honey Onion Turkey Roll (Pretzel Bun)	1 Sandwich	430	7	0	0	60	1580	58	1	18	9	33	0	90	3	70	Meat	Wheat
Mediterranean Turkey w/ Lemon Garlic Slaw	1 Sandwich	410	12	0	0	50	1560	46	6	4	2	31	0	80	0	283	Meat	Wheat, Soy, Egg, Sesame
NY Deluxe	1 Sandwich	300	9	0.5	0	40	1880	33	2	2	0	23	0	74	4	298	Meat	Wheat, Soy
Pastrami on Rye with Deli Mustard	1 Sandwich	300	9	0	0	35	1660	32	2	2	0	23	0	76	4	295	Meat	Wheat, Soy
Reuben	1 Sandwich	340	13	2	0	40	1810	36	4	3	3	20	0	38	4	407	Meat	Wheat, Soy, Egg
Snacker - Corned Beef	1 ea	150	3	0	0	20	590	21	1	2	2	10	3	49	2	120	Meat	Wheat, Soy
Snacker - Egg Salad	1 ea	280	18	3	0	145	420	22	1	2	2	7	3	44	1	0	Meat Equipment/Parve	Wheat, Soy, Egg
Snacker - Honey Turkey	1 ea	160	2	0	0	25	490	23	1	5	2	14	3	40	1	0	Meat	Wheat, Soy
Snacker - Pastrami	1 ea	150	3	0	0	15	560	21	1	2	2	10	3	51	2	118	Meat	Wheat, Soy
Snacker - Salami	1 ea	260	13	4.5	0	50	640	23	1	2	2	11	3	88	1	0	Meat	Wheat, Soy
Snacker - Tuna Salad	1 ea	230	10	1	0	20	450	28	1	4	2	9	3	40	2	58	Meat Equipment/Parve	Wheat, Soy, Egg, Fish (Tuna)
Snacker - Turkey Pastrami	1 ea	170	4.5	1	0	35	610	20	1	2	2	13	3	40	2	0	Meat	Wheat, Soy
Snaker - Smoked Turkey	1 ea	150	2	0	0	25	500	20	1	2	2	14	3	40	1	0	Meat	Wheat, Soy
Spicy Italian	1 Sandwich	570	29	8	0	80	2040	49	4	10	9	27	0	123	5	240	Meat	Wheat, Soy, Egg, Sesame
The Rachel	1 Sandwich	390	16	3	0	70	1850	35	4	3	3	26	0	20	3	157	Meat	Wheat, Soy, Egg
Tuna Salad on Avocado Bread	1 Sandwich	490	22	2	0	35	1320	56	4	6	2	19	0	60	1	252	Meat Equipment/Parve	Wheat, Soy, Egg, Sesame, Fish (Tuna)