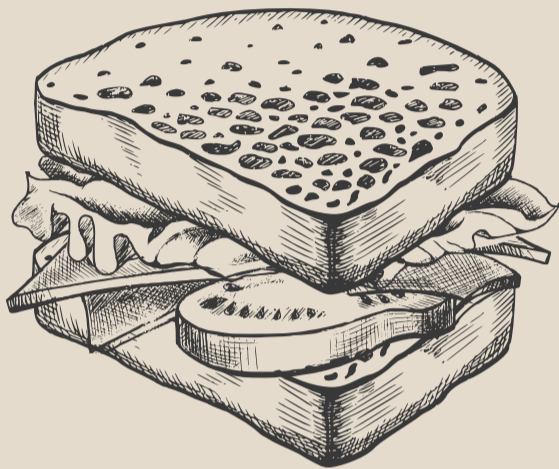


Choose!

deli

FLAVORS 100–260 Cal (6") 150–390 Cal (12"):

Turkey, Ham, Roast Beef, Tuna, Bacon
Cappicola, Salami, Hummus



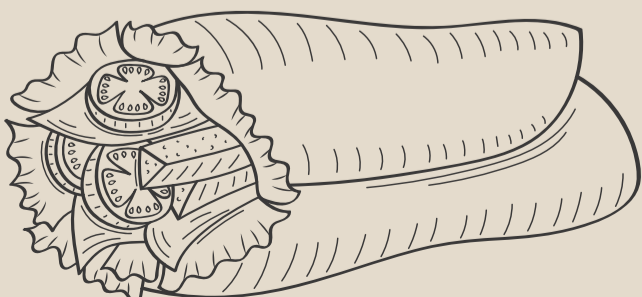
BREADS 170–330 Cal

Vermont White
Vermont Wheat
Bagel
Sub Roll
Gluten-Free

OR

WRAPS 310 Cal

White
Wheat
Tomato-Basil
Garlic-Herb

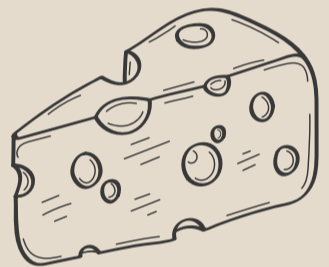


SPREADS

5–100 Cal (6") 10–200 Cal (12")

Mayo
Honey Mustard
Hot Sauce
Oil & Vinegar

Dijon
Ranch
Baja Sauce



CHEESE

200–220 Cal (6") 300–330 Cal (12")

Cabot Cheddar
American
Provolone
Boggy Meadow Swiss

TOPPINGS 0–10 Cal

Lettuce
Tomato
Onion
Green Peppers
Banana Peppers
Pickles
Black Olives
Jalapeño
Capers

Yummy!

Delicious!

deli

SANDWICH.....5.69

WRAP7.59

COLD SUBS

Small 6" 5.69

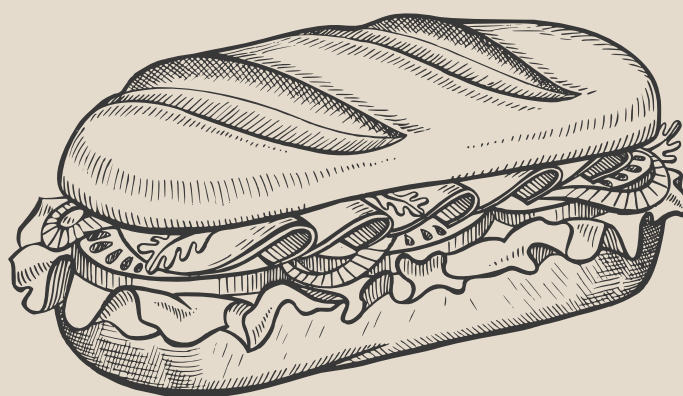
Large 12" 7.59

HOT SUB Ask about our special**5.69**

ADD ONS:

Extra Meat 2.09

Bacon..... 2.09



OPEN 11:30AM - CLOSE

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

Choose!

bagel

BAGEL **1.39**

VT Cream Cheese 3.29

Peanut Butter 3.19 120 Cal

Jelly 2.39 35 Cal

Butter 2.19 200 Cal

Lox & Cream Cheese 6.29 540 Cal

BAGEL FLAVORS 260–310 Cal

Plain, Wheat, Sesame, Poppy, Onion, Cinnamon Raisin, Everything

CREAM CHEESE FLAVORS 120–180 Cal

Plain, Vegetable, Chive, Garlic–Herb, Cinnamon & Honey, Tofutti, Flavor of the Day

TOPPINGS 0 Cal

Lettuce, Tomato, Onion



OPEN 7:30AM - 11:00AM

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Bagel Nutrition Facts

	Serving	Cal	Fat	Sat. Fat	Sodium	Carb	Fiber	Sugar	Protein	Allergens
Food item			g	g	mg	g	g	g	g	
Bagels										
Plain Bagel	1 each	270	1.5	0.5	480	56	1	4	10	Wheat, Soy
Wheat Bagel	1 each	260	1.5	0	590	53	3	2	10	Wheat, Soy
Sesame Seed Bagel	1 each	310	4	0	530	57	3	4	11	Wheat, Soy
Poppy Seed Bagel	1 each	310	3.5	0	530	58	3	4	11	Wheat, Soy
Everything Bagel	1 each	310	3	0	820	59	3	4	11	Wheat, Soy
Cinnamon Raisin Bagel	1 each	290	1.5	0.5	440	59	2	2	10	Wheat, Soy
Blueberry Bagel	1 each	280	2	0.5	460	58	1	6	10	Wheat, Soy
Onion Bagel	1 each	260	1.5	0.5	450	53	1	4	10	Wheat, Soy
Spreads										
Plain Cream Cheese	1/4 cup	160	16	10	250	2	0	2	4	Milk
Low Fat Cream Cheese	1/4 cup	140	12	8	120	0	0	2	4	Milk
Vegetable Cream Cheese	1/4 cup	140	14	8	200	2	0	2	4	Milk
Garlic Herb Cream Cheese	1/4 cup	160	16	10	250	2	0	2	4	Milk
Strawberry Cream Cheese	1/4 cup	160	14	8	160	4	0	3	2	Milk
Blueberry Cream Cheese	1/4 cup	180	16	9	180	6	0	6	2	Milk
Raspberry Cream Cheese	1/4 cup	180	16	9	190	6	0	6	2	Milk
Maple Walnut Cream Cheese	1/4 cup	200	18	9	190	10	0	10	4	Milk, Treenuts
Cinnamon Honey Cream Cheese	1/4 cup	180	14	8	160	12	0	12	2	Milk
Tofutti-Vegan Cream Cheese	1/4 cup	120	10	4	240	4	0	0	2	Soy
Peanut Butter	1 Packet	120	11	2	100	5	2	2	4	Peanuts
Jelly	1 Packet	35	0	0	25	9	0	9	0	
Butter	2 Tbsp	200	23	14	180	0	0	0	0	Milk
Lox	2 ounces	130	8	1	550	0	0	0	14	Fish

2,000 calories a day is used for general nutrition advice, but calorie needs vary

Redstone Deli Nutrition Facts (Sandwiches and 6" Sub)

	Serving	Cal	Fat	Sat. Fat	Sodium	Carb	Fiber	Sugar	Protein	Allergens
Food item			g	g	mg	g	g	g	g	
Breads										
6" white sub	1/2 roll	165	2	1	340	31	1	1	3	Wheat, soy
6" wheat sub	1/2 roll	170	3	1	350	33	3	3	7	Wheat, soy
Whole wheat bread	2 slices	180	4	0	380	32	4	2	8	Wheat, soy
White bread	2 slices	220	4	0	400	42	2	4	6	Wheat, soy
Multigrain bread	2 slices	210	4	0	340	42	6	4	6	Wheat, soy
Udi's white bread	2 slices	280	8	0	540	46	2	6	6	Egg
Udi's whole grain	2 slices	280	8	0	580	48	4	4	8	Egg
Proteins										
Turkey	4 oz	100	2	0	860	2	0	0	18	
Ham	4 oz	120	3	1	780	4	0	4	18	
Roast Beef	4 oz	140	3	1	500	2	0	0	22	
Egg salad	0.5 cups	260	13	2	300	3	0	4	13	Egg, soy
Tuna salad	0.5 cup	220	13	2	410	1	0	0	16	Egg, soy, fish
Bacon (BLT)	5 slices	400	30	10	1600	0	0	0	25	
Add bacon	3 slices	240	18	6	960	0	0	0	15	
Cappicola	2.5 oz	225	15	7	1130	0	0	0	20	
Salami	2.5 oz	200	12	4	1330	3	0	3	18	
Hummus	3 oz	210	12	2	470	18	7	0	10	Soy
Cheese										
Cheddar Cheese	2 slices	220	18	12	350	0	0	0	14	Milk
Swiss Cheese	2 slices	220	16	10	110	0	0	0	16	Milk
Provolone Cheese	2 slices	200	15	10	500	2	0	0	15	Milk
American Cheese	2 slices	90	7	5	440	0	0	0	5	Milk
Vegetables										
Lettuce/Spinach	1 cup	5	0	0	0	1	1	0	1	
Cucumbers	1/4 cup	5	0	0	0	0	0	0	0	
Red Onions	2 tbsp	10	0	0	0	3	0	1	0	
Shredded Carrots	2 tbsp	10	0	0	20	3	1	1	0	
Tomatoes	3 slices	5	0	0	0	1	0	0	0	
Bell Peppers	1/4 cup	10	0	0	0	2	1	1	0	
Hot Peppers (Pickled)	2 tbsp	5	0	0	25	1	1	0	0	
Pickles	2 tbsp	5	0	0	75	1	0	0	0	
Dressing/Spreads										
Hummus	2 tbsp	70	5	0	70	5	2	1	2	Soy
Lite Mayonnaise	1 tbsp	50	5	1	90	3	0	1	0	Egg, soy
Mayonnaise	1 tbsp	95	10	2	90	0	0	0	0	Egg, soy
Dijon Mustard	1 tbsp	15	0	0	360	0	0	0	0	
Honey Mustard	1 tbsp	55	5	1	70	5	0	4	0	
Ranch	1 tbsp	80	8	2	140	1	0	1	0	Eggs, milk, soy
Hot Sauce	1 tbsp	0	0	0	460	0	0	0	0	
Baja Sauce	1 tbsp	75	8	2	140	1	0	1	0	Eggs, milk, soy
Oil & Vinegar	1 tbsp	65	14	1	0	2	0	0	0	

2,000 calories a day is used for nutrition advice, but calorie needs vary

Made without Gluten Menu Nutrition Facts

	Serving	Cal	Fat	Sat. Fat	Chol	Sodium	Carb	Fiber	Sugar	Protein	Allergens
Food item			g	g	mg	mg	g	g	g	g	
Cheese Pizza	1/3 pizza	390	17	4.5	0	670	54	5	4	4	Milk, Eggs
Cheese Ravioli	1 serving	520	16	9	170	910	72	3	8	17	Milk, Eggs
Chicken Tenders	1 serving	340	12	2	80	700	35	0	0	26	
Pasta with Marinara	1 serving	380	2.5	0	0	460	80	2	7	8	
Chicken Breast	3 oz, cooked	190	7	1	90	90	0	0	0	29	

2,000 calories a day is used for general nutrition advice, but calorie needs vary