Standard serving size for turkey and cheese are 2 oz and 1 oz, respectively. This sandwich contains 1.5 servings of turkey and 1 serving of cheese.
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*No artificial ingredients, minimally processed.
Information in this brochure is subject to change without notice.
The Feingold Association of the United States is a non-profit organization whose purpose is to generate public awareness of the role of food and synthetic additives in behavior, learning and health. For a complete list of qualifying products please visit https://boarshead.com/nutrition-wellness/certifications-partnerships/feingold.

The below Boar’s Head® products are certified by the American Heart Association because they meet their requirements for heart healthy foods as part of a healthy eating pattern. We met their standards simply by living up to our own.

Please note: the Heart-Check Food Certification does not apply to recipes, unless expressly stated. For more information, see the Heart-Check Food Certification nutrition guidelines at: heartcheckmark.org/guidelines

**CERTIFICATIONS**

American Heart Association® Heart-Check Food Certification

The below Boar’s Head® products are certified by the American Heart Association because they meet their requirements for heart healthy foods as part of a healthy eating pattern. We met their standards simply by living up to our own.

Please note: the Heart-Check Food Certification does not apply to recipes, unless expressly stated. For more information, see the Heart-Check Food Certification nutrition guidelines at: heartcheckmark.org/guidelines

**TURKEY**
Cracked Pepper Mill®, Smoked Turkey Breast
Golden Roasted Turkey Breast
- 43% Lower Sodium
Maple Glazed Honey Coat®, Turkey Breast
Mesquite Wood Smoked Turkey Breast
- 32% Lower Sodium
No Salt Added Turkey Breast
Our Premium Lower Sodium Turkey Breast
- 46% Lower Sodium - Skinless
Ovengold®, Turkey Breast
Pastrami Seasoned Turkey Breast

**CHICKEN**
All American BBQ Chicken Breast
Blazing Buffalo®, Style Chicken Breast
EverRoast®, Chicken Breast
Golden Classic®, Chicken Breast
- 42% Lower Sodium
Lemon Pepper Chicken Breast
Rotisserie Seasoned Chicken Breast

**BEEF**
Londonport®, Top Round Roast Beef

**BACON**
Canadian Style Uncured Bacon
- With Natural Juices

**ALL BOAR’S HEAD® MEATS, CHEESES, SPREADS & CONDIMENTS ARE GLUTEN FREE.**

**PARTNERSHIPS**

The Feingold® Association

The Feingold Association of the United States is a non-profit organization whose purpose is to generate public awareness of the role of food and synthetic additives in behavior, learning and health. For a complete list of qualifying products please visit https://boarshead.com/nutrition-wellness/certifications-partnerships/feingold

![Feingold Association Logo]

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- **CERTIFICATIONS**
  - American Heart Association® Heart-Check Food Certification
  - denotes product is certified heart healthy by the American Heart Association®

- **PARTNERSHIPS**
  - The Feingold® Association
  - denotes product is included on the Feingold® Food List

- **ALL BOAR’S HEAD® MEATS, CHEESES, SPREADS & CONDIMENTS ARE GLUTEN FREE.**
Boar’s Head is proud to offer a complete line of lower sodium meats and cheeses.

### Premium Delicatessen Meats • 2 oz (56g) Serving Unless Noted

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Sodium (mg)</th>
<th>% DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Branded Deluxe Ham</td>
<td>480</td>
<td>20%</td>
</tr>
<tr>
<td>- 42% Lower Sodium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SmokeMaster Beechwood Smoked® Black Forest Ham - With Natural Juices</td>
<td>460</td>
<td>19%</td>
</tr>
<tr>
<td>- 31% Lower Sodium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>33% Lower Sodium Bologna</td>
<td>360</td>
<td>15%</td>
</tr>
<tr>
<td>Our Premium Lower Sodium Turkey Breast</td>
<td>360</td>
<td>15%</td>
</tr>
<tr>
<td>- 46% Lower Sodium - Skinless</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deli Cut White Rotisserie Turkey</td>
<td>360</td>
<td>15%</td>
</tr>
<tr>
<td>- 46% Lower Sodium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hickory Smoked Black Forest Turkey Breast</td>
<td>390</td>
<td>16%</td>
</tr>
<tr>
<td>- 40% Lower Sodium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deluxe Low Sodium Roast Beef</td>
<td>80</td>
<td>3%</td>
</tr>
<tr>
<td>- Cap Off Top Round</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Salt Added Turkey Breast</td>
<td>55</td>
<td>2%</td>
</tr>
<tr>
<td>No Salt Added Roast Beef</td>
<td>40</td>
<td>2%</td>
</tr>
<tr>
<td>Mesquite Wood Smoked- Roasted Turkey Breast</td>
<td>440</td>
<td>18%</td>
</tr>
<tr>
<td>- 32% Lower Sodium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Golden Roasted Turkey Breast</td>
<td>380</td>
<td>16%</td>
</tr>
<tr>
<td>- 43% Lower Sodium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Golden Classic®, Chicken Breast</td>
<td>350</td>
<td>15%</td>
</tr>
<tr>
<td>- 42% Lower Sodium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Simplicity®, All Natural* Oven Roasted Beef</td>
<td>140</td>
<td>6%</td>
</tr>
</tbody>
</table>

### Premium Delicatessen Cheeses • 1 oz (28g) Serving

<table>
<thead>
<tr>
<th>Cheese Name</th>
<th>Sodium (mg)</th>
<th>% DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>43% Lower Sodium Provolone Cheese</td>
<td>140</td>
<td>6%</td>
</tr>
<tr>
<td>Lacey Swiss Cheese</td>
<td>60</td>
<td>3%</td>
</tr>
<tr>
<td>Low Sodium Muenster Cheese</td>
<td>75</td>
<td>3%</td>
</tr>
<tr>
<td>Imported Switzerland Swiss® Cheese</td>
<td>60</td>
<td>2%</td>
</tr>
<tr>
<td>33% Lower Fat - 36% Lower Sodium American Cheese - Reduced Fat Pasteurized Process American Cheese</td>
<td>300</td>
<td>13%</td>
</tr>
</tbody>
</table>

1. 42% lower sodium than USDA data for regular boneless roasted ham.
2. 31% less sodium than the USDA data for extra lean roasted ham.
3. 33% lower sodium than USDA data for bologna.
4. 46% lower sodium than USDA data for deli cut white rotisserie turkey.
5. 40% lower sodium than USDA data for smoked turkey with lemon pepper flavor.
7. Not a sodium-free food.
8. 32% lower sodium than USDA data for smoked turkey with lemon pepper flavor.
9. 43% lower sodium than USDA data for deli cut white rotisserie turkey.
10. 42% lower sodium than USDA data for oven roasted deli sliced chicken breast.
11. 43% lower sodium than USDA data for regular provolone cheese.
12. Sodium 75mg per serving.
13. 36% less sodium 33% less fat than the USDA data for pasteurized process American cheese.

**DV=Daily Value**

*No artificial ingredients, minimally processed.*
## DELUXE LOW SODIUM ROAST BEEF - CAP-OFF TOP ROUND

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>90</td>
<td>3g</td>
<td>35mg</td>
<td>80mg</td>
<td>15g</td>
<td></td>
</tr>
</tbody>
</table>

**Calories 90, Fat cal 25, Total fat 3g (4% DV), Sat fat 1g (6% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat fat 0g, Cholest 35mg (12% DV), Sodium 80mg (3% DV), Potassium 180mg (5% DV), Total carb <1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 15g (30% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.**

## SEASONED FILET OF ROAST BEEF - CAP-OFF TOP ROUND

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>90</td>
<td>3g</td>
<td>40mg</td>
<td>230mg</td>
<td>14g</td>
<td></td>
</tr>
</tbody>
</table>

**Calories 90, Fat cal 1.5g (7% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat fat 0g, Cholest 40mg (13% DV), Sodium 230mg (10% DV), Total carb <1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 15g (28% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.**

## CORNED BEEF TOP ROUND - CAP-OFF

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>80</td>
<td>2.5g</td>
<td>30mg</td>
<td>490mg</td>
<td>14g</td>
<td></td>
</tr>
</tbody>
</table>

**Calories 80, Fat cal 2.5g (4% DV), Sat fat 1g (6% DV), Trans fat 0g, Monounsat fat 1g, Polyunsat fat 0g, Cholest 30mg (10% DV), Sodium 490mg (20% DV), Total carb <1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 14g (27% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.**

## FIRST CUT CORNED BEEF BRISKET

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serv size: 2.5 oz 66g Cooked, Servings: Varied, Amount Per Serving:</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>130</td>
<td>7g</td>
<td>60mg</td>
<td>380mg</td>
<td>18g</td>
<td></td>
</tr>
</tbody>
</table>

**Calories 130, Fat cal 60, Total fat 7g (11% DV), Sat fat 2.5g (13% DV), Trans fat 0g, Monounsat fat 3.5g, Polyunsat fat 0g, Cholest 60mg (21% DV), Sodium 380mg (16% DV), Potassium 135mg (4% DV), Total carb <1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 18g (35% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.**

## TOP ROUND PASTRAMI - CAP-OFF

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>80</td>
<td>3g</td>
<td>30mg</td>
<td>600mg</td>
<td>13g</td>
<td></td>
</tr>
</tbody>
</table>

**Calories 80, Fat cal 3g (5% DV), Sat fat 1g (6% DV), Trans fat 0g, Monounsat fat 1.5g, Polyunsat fat 0g, Cholest 30mg (11% DV), Sodium 600mg (25% DV), Total carb <1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 13g (26% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.**
### FIRST CUT PASTRAMI BRISKET

**Nutrition Facts**
- **Serv size:** 2 oz (56g), **Servings:** Varied, **Amount Per Serving:**
- **Calories:** 90, **Fat cal:** 35, **Total fat:** 4g (6% DV), **Sat fat:** 1.5g (7% DV), **Trans fat:** 0g, **Monounsat fat:** 2g, **Polyunsat fat:** 0g, **Cholest:** 30mg (10% DV), **Sodium:** 670mg (28% DV), **Total carb:** 2g (1% DV), **Fiber:** 0g (0% DV), **Sugars:** 0g, **Protein:** 12g (25% DV), **Vitamin A:** 0% DV, **Vitamin C:** 0% DV, **Calcium:** 0% DV, **Iron:** 8% DV.

Percent Daily Values (DV) are based on a 2,000 calorie diet.

### NO SALT ADDED ROAST BEEF

**Nutrition Facts**
- **Serv size:** 2 oz (56g), **Servings:** Varied, **Amount Per Serving:**
- **Calories:** 90, **Fat cal:** 30, **Total fat:** 3.5g (5% DV), **Sat fat:** 1.5g (7% DV), **Trans fat:** 0g, **Monounsat fat:** 2g, **Polyunsat fat:** 0g, **Cholest:** 35mg (11% DV), **Sodium:** 40mg (2% DV), **Potassium:** 170mg (5% DV), **Total carb:** 0g (0% DV), **Fiber:** 0g (0% DV), **Sugars:** 0g, **Protein:** 14g (28% DV), **Vitamin A:** 0% DV, **Vitamin C:** 0% DV, **Calcium:** 0% DV, **Iron:** 10% DV.

Percent Daily Values (DV) are based on a 2,000 calorie diet.

### LONDONPORT, TOP ROUND ROAST BEEF

**Nutrition Facts**
- **Serv size:** 2 oz (56g), **Servings:** Varied, **Amount Per Serving:**
- **Calories:** 80, **Fat cal:** 25, **Total fat:** 2.5g (4% DV), **Sat fat:** 1g (5% DV), **Trans fat:** 0g, **Monounsat fat:** 1g, **Polyunsat fat:** 0g, **Cholest:** 40mg (14% DV), **Sodium:** 350mg (15% DV), **Potassium:** 200mg (6% DV), **Total carb:** 2g (1% DV), **Fiber:** 0g (0% DV), **Sugars:** 2g, **Protein:** 12g (21% DV), **Vitamin A:** 0% DV, **Vitamin C:** 0% DV, **Calcium:** 0% DV, **Iron:** 8% DV.

Percent Daily Values (DV) are based on a 2,000 calorie diet.

### LONDON BROIL ROAST BEEF - CAP-OFF TOP ROUND

**Nutrition Facts**
- **Serv size:** 2 oz (56g), **Servings:** Varied, **Amount Per Serving:**
- **Calories:** 70, **Fat cal:** 25, **Total fat:** 3g (5% DV), **Sat fat:** 1g (5% DV), **Trans fat:** 0g, **Monounsat fat:** 1.5g, **Polyunsat fat:** 0g, **Cholest:** 25mg (8% DV), **Sodium:** 310mg (13% DV), **Total carb:** 0g (0% DV), **Fiber:** 0g (0% DV), **Sugars:** 0g, **Protein:** 12g (24% DV), **Vitamin A:** 0% DV, **Vitamin C:** 0% DV, **Calcium:** 0% DV, **Iron:** 8% DV.

Percent Daily Values (DV) are based on a 2,000 calorie diet.
Nutrition Facts

33% LOWER SODIUM BOLOGNA

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 150, Total fat 13g (21% DV), Sat fat 4.5g (19% DV), Trans fat 0g, Monounsaturated fat 6g, Polyunsaturated fat 1g, Cholesterol 35mg (11% DV), Sodium 530mg (22% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 7g (14% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

BEEF BOLOGNA

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 150, Total fat 13g (20% DV), Sat fat 4.5g (23% DV), Trans fat 0g, Monounsaturated fat 6g, Polyunsaturated fat 1.5g, Cholesterol 30mg (10% DV), Sodium 360mg (15% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 8g (15% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

GARLIC BOLOGNA

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 150, Total fat 13g (21% DV), Sat fat 4.5g (22% DV), Trans fat 0g, Monounsaturated fat 6g, Polyunsaturated fat 1g, Cholesterol 35mg (11% DV), Sodium 530mg (22% DV), Potassium 110mg (3% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 7g (14% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

BOLOGNA - PORK & BEEF

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 150, Total fat 13g (20% DV), Sat fat 4.5g (23% DV), Trans fat 0g, Monounsaturated fat 6g, Polyunsaturated fat 1.5g, Cholesterol 30mg (10% DV), Sodium 360mg (15% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 8g (15% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

STRASSBURGER BRAND LIVERWURST

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 170, Total fat 15g (22% DV), Sat fat 6g (28% DV), Trans fat 0g, Monounsaturated fat 7g, Polyunsaturated fat 1.5g, Cholesterol 85mg (28% DV), Sodium 470mg (20% DV), Potassium 85mg (2% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 8g (16% DV), Vitamin A (220% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (25% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
### Bologna, Wursts & Loaves

#### Nutrition Facts

**Olive Terrine Loaf**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

- **Calories**: 130, Fat cal 110 (87% DV), Total fat 9g (13% DV), Sat fat 5g (24% DV), Trans fat 0g, Monounsaturated fat 4.5g, Polyunsaturated fat 0g, Cholesterol 40mg (13% DV), Sodium 590mg (25% DV), Potassium 135mg (4% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 8g (16% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Pickle & Pepper Terrine Loaf**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

- **Calories**: 150, Fat cal 130 (87% DV), Total fat 13g (19% DV), Sat fat 7g (35% DV), Trans fat 0g, Monounsaturated fat 4.5g, Polyunsaturated fat 0g, Cholesterol 30mg (10% DV), Sodium 500mg (21% DV), Potassium 135mg (4% DV), Total carb 2g (1% DV), Fiber 0g (0% DV), Sugars 1g, Protein 6g (13% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Beef Salami**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

- **Calories**: 120, Fat cal 100 (83% DV), Total fat 9g (13% DV), Sat fat 5g (24% DV), Trans fat 0g, Monounsaturated fat 4.5g, Polyunsaturated fat 0g, Cholesterol 40mg (13% DV), Sodium 470mg (19% DV), Potassium 140mg (4% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 8g (16% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Roasted Salami**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

- **Calories**: 130, Fat cal 110 (85% DV), Total fat 11g (16% DV), Sat fat 5g (24% DV), Trans fat 0g, Monounsaturated fat 5g, Polyunsaturated fat 0g, Cholesterol 40mg (13% DV), Sodium 590mg (25% DV), Potassium 135mg (4% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 8g (16% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
### Nutrition Facts

**HORSERADISH CHEDDAR CHEESE**

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>110</td>
<td>9g</td>
<td>30mg</td>
<td>190mg</td>
<td>6g</td>
</tr>
</tbody>
</table>

**Nutrition Facts**

**Calories 110**, Total fat 9g (11% DV), Sat fat 6g (28% DV), Trans fat 0g, Cholest 30mg (10% DV), Sodium 190mg (8% DV), Total Carb 2g (1% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

---

**3 PEPPER COLBY JACK CHEESE**

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>8g</td>
<td>25mg</td>
<td>170mg</td>
<td>6g</td>
</tr>
</tbody>
</table>

**Nutrition Facts**

**Calories 100**, Total fat 8g (11% DV), Sat fat 5g (26% DV), Trans fat 0g, Cholest 25mg (8% DV), Sodium 170mg (7% DV), Total Carb 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

---

**CHIPOTLE GOUDA CHEESE**

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>110</td>
<td>9g</td>
<td>20mg</td>
<td>240mg</td>
<td>6g</td>
</tr>
</tbody>
</table>

**Nutrition Facts**

**Calories 110**, Total fat 8g (10% DV), Sat fat 5g (25% DV), Trans fat 0g, Cholest 20mg (7% DV), Sodium 240mg (10% DV), Total Carb <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (12% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

---

**VERMONT CHEDDAR CHEESE (YELLOW & WHITE) - LACTOSE FREE**

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>110</td>
<td>10g</td>
<td>30mg</td>
<td>200mg</td>
<td>7g</td>
</tr>
</tbody>
</table>

**Nutrition Facts**

**Calories 110**, Total fat 10g (12% DV), Sat fat 6g (32% DV), Trans fat 0g, Cholest 30mg (10% DV), Sodium 200mg (9% DV), Total Carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

---

**COLBY JACK CHEESE**

Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
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<tr>
<td>110</td>
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**Nutrition Facts**

**Calories 110**, Total fat 9g (12% DV), Sat fat 6g (32% DV), Trans fat 0g, Cholest 25mg (9% DV), Sodium 180mg (8% DV), Total Carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).
**CHEESE NUTRITION FACTS**

**MANCHEGO CHEESE, PRODUCT OF SPAIN**

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:

Calories 100, Total fat 7g (11% DV), Sat fat 6g (31% DV), Trans fat 0g, Cholest 15mg (5% DV), Sodium 350mg (15% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (12% DV), Vitamin D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

**SMOKED GOUDA CHEESE**

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:

Calories 90, Total fat 7g (9% DV), Sat fat 5g (25% DV), Trans fat 0g, Cholest 15mg (5% DV), Sodium 380mg (17% DV), Total carb <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (12% DV), Vitamin D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (2% DV).

**AMERICAN CHEESE (YELLOW & WHITE)**

Nutrition Facts
Servings: About 80, Serv size: 1 oz (28g), Amount Per Serving:

Calories 110, Total fat 9g (12% DV), Sat fat 6g (30% DV), Trans fat 0g, Cholest 25mg (8% DV), Sodium 350mg (15% DV), Total carb 2g (1% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (12% DV), Vitamin D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (2% DV).

**33% LOWER FAT & 36% LOWER SODIUM AMERICAN CHEESE**

Nutrition Facts
Servings: About 80, Serv size: 1 oz (28g), Amount Per Serving:

Calories 90, Total fat 6g (8% DV), Sat fat 4.5g (23% DV), Trans fat 0g, Cholest 20mg (7% DV), Sodium 300mg (13% DV), Total carb 2g (1% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 7g (14% DV), Vitamin D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (2% DV).

**HICKORY SMOKED GRUYERE CHEESE, PRODUCT OF GERMANY PASTEURIZED PROCESS GRUYERE CHEESE**

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:

Calories 100, Total fat 8g (10% DV), Sat fat 6g (30% DV), Trans fat 0g, Cholest 20mg (7% DV), Sodium 360mg (16% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (12% DV), Vitamin D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).
## CHEESE | NUTRITION FACTS

### FONTINA CHEESE

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<tbody>
<tr>
<td>Servings: Varied, <strong>Serv size: 1 oz (28g)</strong>, Amount Per Serving:</td>
</tr>
<tr>
<td><strong>Calories 110</strong>, <strong>Total fat 10g (13% DV)</strong>, <strong>Total fat 8g (12% DV)</strong>, <strong>Sat fat 6g (30% DV)</strong>, <strong>Trans fat 0g</strong>, <strong>Cholest 30mg (10% DV)</strong>, <strong>Sodium 170mg (7% DV)</strong>, <strong>Total Carb 0g (0% DV)</strong>, <strong>Fiber 0g (0% DV)</strong>, <strong>Total sugars 0g (Incl 0g added sugars, 0% DV)</strong>, <strong>Protein 6g (12% DV)</strong>, <strong>Vit D (0% DV)</strong>, <strong>Calcium (15% DV)</strong>, <strong>Iron (0% DV)</strong>, <strong>Potas (0% DV)</strong>.</td>
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### LOW SODIUM MUENSTER CHEESE

<table>
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<tr>
<td>Servings: Varied, <strong>Serv size: 1 oz (28g)</strong>, Amount Per Serving:</td>
</tr>
<tr>
<td><strong>Calories 100</strong>, <strong>Total fat 8g (10% DV)</strong>, <strong>Sat fat 5g (25% DV)</strong>, <strong>Trans fat 0g</strong>, <strong>Cholest 20mg (7% DV)</strong>, <strong>Sodium 75mg (3% DV)</strong>, <strong>Total Carb 0g (0% DV)</strong>, <strong>Fiber 0g (0% DV)</strong>, <strong>Total sugars 0g (Incl 0g added sugars, 0% DV)</strong>, <strong>Protein 6g (11% DV)</strong>, <strong>Vit D (0% DV)</strong>, <strong>Calcium (15% DV)</strong>, <strong>Iron (0% DV)</strong>, <strong>Potas (0% DV)</strong>.</td>
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### 43% LOWER SODIUM PROVOLONE CHEESE

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<tr>
<td>Servings: Varied, <strong>Serv size: 1 oz (28g)</strong>, Amount Per Serving:</td>
</tr>
<tr>
<td><strong>Calories 100</strong>, <strong>Total fat 7g (9% DV)</strong>, <strong>Sat fat 4.5g (23% DV)</strong>, <strong>Trans fat 0g</strong>, <strong>Cholest 20mg (7% DV)</strong>, <strong>Sodium 140mg (6% DV)</strong>, <strong>Total Carb 0g (0% DV)</strong>, <strong>Fiber 0g (0% DV)</strong>, <strong>Total sugars 0g (Incl 0g added sugars, 0% DV)</strong>, <strong>Protein 7g (14% DV)</strong>, <strong>Vit D (0% DV)</strong>, <strong>Calcium (15% DV)</strong>, <strong>Iron (0% DV)</strong>, <strong>Potas (0% DV)</strong>.</td>
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### PICANTE PROVOLONE ALL NATURAL CHEESE

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<tr>
<td>Servings: Varied, <strong>Serv size: 1 oz (28g)</strong>, Amount Per Serving:</td>
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<tr>
<td><strong>Calories 100</strong>, <strong>Total fat 8g (10% DV)</strong>, <strong>Sat fat 5g (25% DV)</strong>, <strong>Trans fat 0g</strong>, <strong>Cholest 25mg (8% DV)</strong>, <strong>Sodium 220mg (10% DV)</strong>, <strong>Total Carb 0g (0% DV)</strong>, <strong>Fiber 0g (0% DV)</strong>, <strong>Total sugars 0g (Incl 0g added sugars, 0% DV)</strong>, <strong>Protein 7g (14% DV)</strong>, <strong>Vit D (0% DV)</strong>, <strong>Calcium (15% DV)</strong>, <strong>Iron (0% DV)</strong>, <strong>Potas (1% DV)</strong>.</td>
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### BABY SWISS CHEESE

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<tbody>
<tr>
<td>Servings: Varied, <strong>Serv size: 1 oz (28g)</strong>, Amount Per Serving:</td>
</tr>
<tr>
<td><strong>Calories 110</strong>, <strong>Total fat 9g (12% DV)</strong>, <strong>Sat fat 6g (29% DV)</strong>, <strong>Trans fat 0g</strong>, <strong>Cholest 25mg (8% DV)</strong>, <strong>Sodium 135mg (6% DV)</strong>, <strong>Total Carb &lt;1g (0% DV)</strong>, <strong>Fiber 0g (0% DV)</strong>, <strong>Total sugars 0g (Incl 0g added sugars, 0% DV)</strong>, <strong>Protein 7g (14% DV)</strong>, <strong>Vit D (0% DV)</strong>, <strong>Calcium (15% DV)</strong>, <strong>Iron (0% DV)</strong>, <strong>Potas (0% DV)</strong>.</td>
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</table>
CHEESE NUTRITION FACTS

IMPORTED SWITZERLAND SWISS CHEESE - LACTOSE FREE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 110, Total fat 8g (11% DV), Sat fat 5g (25% DV), Trans fat 0g, Cholest 25mg (9% DV), Sodium 60mg (3% DV), Total Carb <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 9g (17% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).

BLANC GRUE GRUYERE ALL NATURAL CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 120, Total fat 9g (12% DV), Sat fat 6g (30% DV), Trans fat 0g, Cholest 35mg (12% DV), Sodium 230mg (10% DV), Total Carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 8g (16% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).

CREAM HAVARTI CHEESE: PLAIN, WITH DILL, OR WITH JALAPEÑO

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 110, Total fat 10g (13% DV), Sat fat 7g (34% DV), Trans fat 0g, Cholest 35mg (12% DV), Sodium 210mg (9% DV), Total Carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (11% DV), Vit D (2% DV), Calcium (15% DV), Iron (0% DV), Potas (2% DV).

MONTEREY JACK CHEESE: PLAIN OR JALAPEÑO PEPPER JACK

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 110, Total fat 9g (11% DV), Sat fat 5g (27% DV), Trans fat 0g, Cholest 25mg (8% DV), Sodium 180mg (8% DV), Total Carb 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (12% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

CARAMELIZED ONION JACK CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 110, Total fat 9g (12% DV), Sat fat 4.5g (23% DV), Trans fat 0g, Cholest 15mg (5% DV), Sodium 180mg (6% DV), Total Carb 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).
WHOLE MILK LOW MOISTURE MOZZARELLA CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 90, Total fat 7g (9% DV), Sat fat 4.5g (22% DV), Trans fat 0g, Cholest 20mg (7% DV), Sodium 150mg (7% DV), Total Carb 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (13% DV), Vit D (0% DV), Calcium (10% DV), Iron (0% DV), Potas (0% DV).

MUENSTER CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 100, Total fat 8g (11% DV), Sat fat 5g (26% DV), Trans fat 0g, Cholest 25mg (9% DV), Sodium 190mg (8% DV), Total Carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 6g (13% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

SHARP WISCONSIN CHEDDAR CHEESE - WHITE/RED WAX

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 110, Total fat 9g (12% DV), Sat fat 5g (27% DV), Trans fat 0g, Cholest 30mg (9% DV), Sodium 190mg (8% DV), Total Carb <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

SHARP WISCONSIN CHEDDAR CHEESE - YELLOW/BLACK WAX

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 110, Total fat 9g (12% DV), Sat fat 5g (27% DV), Trans fat 0g, Cholest 30mg (9% DV), Sodium 190mg (8% DV), Total Carb <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

GOUDA CHEESE, PRODUCT OF HOLLAND

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 100, Total fat 8g (10% DV), Sat fat 5g (25% DV), Trans fat 0g, Cholest 25mg (8% DV), Sodium 250mg (11% DV), Total Carb <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 7g (14% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).
**Cheese Nutrition Facts**

### Asiago Cheese

**Nutrition Facts**
Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
- **Calories 100**, **Total fat 9g (12% DV)**, Sat fat 6g (30% DV), **Trans fat 0g**, **Cholest 25mg (8% DV)**, **Sodium 220mg (10% DV)**, **Total Carb <1g (0% DV)**, Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein 6g (12% DV)**, Vit D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

### Goat Cheese, Product of Spain

**Nutrition Facts**
Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
- **Calories 110**, **Total fat 10g (13% DV)**, Sat fat 7g (35% DV), **Trans fat 0g**, **Cholest 30mg (10% DV)**, **Sodium 250mg (11% DV)**, **Total Carb 0g (0% DV)**, Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein 6g (12% DV)**, Vitamin D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).

### Lacey Swiss Cheese

**Nutrition Facts**
Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
- **Calories 90**, **Total fat 6g (7% DV)**, Sat fat 4g (20% DV), **Trans fat 0g**, **Cholest 15mg (6% DV)**, **Sodium 60mg (3% DV)**, **Total Carb 0g (0% DV)**, Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein 9g (18% DV)**, Vitamin D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (0% DV).

### Mild Swiss Cheese

**Nutrition Facts**
Servings: Varied, **Serv size: 1 oz (28g)**, Amount Per Serving:
- **Calories 120**, **Total fat 10g (13% DV)**, Sat fat 6g (30% DV), **Trans fat 0g**, **Cholest 30mg (10% DV)**, **Sodium 70mg (3% DV)**, **Total Carb 1g (0% DV)**, Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), **Protein 7g (14% DV)**, Vitamin D (0% DV), Calcium (15% DV), Iron (0% DV), Potas (0% DV).
Made with
Mild Swiss Cheese.

Standard serving is 1 oz.
This sandwich contains 2 servings.
## CHICKEN NUTRITION FACTS

### ALL AMERICAN BBQ CHICKEN BREAST

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60, Fat cal 10, **Total fat**: 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest**: 35mg (12% DV), **Sodium**: 460mg (18% DV), **Total carb**: 0g, **Fiber**: 0g (0% DV), Sugars 0g, **Protein**: 11g (18% DV), **Vitamin A**: 0% DV, **Vitamin C**: 2% DV, **Calcium**: 0% DV, **Iron**: 2% DV. Percent Daily Values (DV) are based on a 2,000 calorie diet.

### BLAZING BUFFALO, STYLE

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60, Fat cal 10, **Total fat**: 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest**: 35mg (12% DV), **Sodium**: 420mg (18% DV), **Total carb**: 1g, **Fiber**: 0g (0% DV), Sugars 0g, **Protein**: 13g (26% DV), **Vitamin A**: 0% DV, **Vitamin C**: 2% DV, **Calcium**: 0% DV, **Iron**: 2% DV. Percent Daily Values (DV) are based on a 2,000 calorie diet.

### CHIPOTLE OVEN ROASTED CHICKEN BREAST

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60, Fat cal 10, **Total fat**: 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest**: 40mg (13% DV), **Sodium**: 420mg (18% DV), **Total carb**: 1g, **Fiber**: 0g (0% DV), Sugars 0g, **Protein**: 13g (26% DV), **Vitamin A**: 0% DV, **Vitamin C**: 0% DV. Percent Daily Values (DV) are based on a 2,000 calorie diet.

### FIRESMITH, FLAME GRILLED CHICKEN BREAST

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60, Fat cal 10, **Total fat**: 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest**: 35mg (12% DV), **Sodium**: 370mg (15% DV), **Potassium**: 160mg (5% DV), **Total carb**: 2g, **Fiber**: 0g (0% DV), Sugars 2g, **Protein**: 11g (26% DV), **Vitamin A**: 0% DV, **Vitamin C**: 2% DV, **Calcium**: 0% DV, **Iron**: 2% DV. Percent Daily Values (DV) are based on a 2,000 calorie diet.

### EVERROAST, OVEN ROASTED CHICKEN BREAST

**Nutrition Facts**
- Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories**: 60, Fat cal 10, **Total fat**: 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0.5g, Polyunsat fat 0g, **Cholest**: 30mg (10% DV), **Sodium**: 440mg (18% DV), **Potassium**: 160mg (5% DV), **Total carb**: <1g, **Fiber**: 0g (0% DV), Sugars 1g, **Protein**: 10g (18% DV), **Vitamin A**: 0% DV, **Vitamin C**: 2% DV, **Calcium**: 0% DV, **Iron**: 2% DV. Percent Daily Values (DV) are based on a 2,000 calorie diet.
### Chicken Nutrition Facts

**CHICKEN NUTRITION FACTS**

**CHICKEN**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
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<tbody>
<tr>
<td>60</td>
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<td>35</td>
<td>510</td>
<td>12</td>
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</tbody>
</table>

**Calories** 60, Fat cal 15, **Total fat** 1.5g (2% DV), Sat fat 0.5g (3% DV), Trans fat 0g, Monounsat fat 0.5g, Polyunsat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 510mg (21% DV), **Potassium** 160mg (5% DV), **Total carb** 2g (1% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 11g (23% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**LEMON PEPPER OVEN ROASTED CHICKEN BREAST**

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<th>Sodium</th>
<th>Protein</th>
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<tbody>
<tr>
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<td>35</td>
<td>510</td>
<td>12</td>
</tr>
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</table>

**Calories** 60, Fat cal 10, **Total fat** 1.5g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 400mg (15% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 11g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**ROTISSERIE SEASONED OVEN ROASTED CHICKEN BREAST**

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<tr>
<td>60</td>
<td>1</td>
<td>35</td>
<td>510</td>
<td>12</td>
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</table>

**Calories** 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 400mg (17% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 11g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**GOLDEN CLASSIC, 42% LOWER SODIUM CHICKEN BREAST**

<table>
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<th>Cholest</th>
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<td>12</td>
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**Calories** 60, Fat cal 15, **Total fat** 1.5g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0.5g, Polyunsat fat 0g, **Cholest** 35mg (12% DV), **Sodium** 350mg (15% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**MADRASALA CURRY CHICKEN BREAST**

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**Calories** 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 40mg (13% DV), **Sodium** 470mg (20% DV), **Potassium** 160mg (5% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 12g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
CHICKEN

Made with Bold Ichiban Teriyaki® Style® Oven Roasted Chicken Breast.

Standard serving size is 2 oz.

This salad contains 1.5 servings.
### GOURMET PEPPER BRAND HAM - WATER ADDED

**Nutrition Facts**

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<td><strong>Total fat</strong></td>
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### MAPLE GLAZED HONEY COAT HAM - WATER ADDED

**Nutrition Facts**

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<thead>
<tr>
<th>Serving Size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
</tr>
<tr>
<td><strong>Total fat</strong></td>
</tr>
</tbody>
</table>

### ROSEMARY & SUNDRIED TOMATO HAM - WITH NATURAL JUICES

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
</tr>
<tr>
<td><strong>Total fat</strong></td>
</tr>
</tbody>
</table>

### SMOKED VIRGINIA HAM - WATER ADDED

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
</tr>
<tr>
<td><strong>Total fat</strong></td>
</tr>
</tbody>
</table>

### SMOKEMASTER BEECHWOOD SMOKED, BLACK FOREST HAM - WITH NATURAL JUICES - 31% LOWER SODIUM

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 oz (56g), Servings: Varied, Amount Per Serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
</tr>
<tr>
<td><strong>Total fat</strong></td>
</tr>
</tbody>
</table>
**Nutrition Facts**

**BRAZED DELUXE HAM - WATER ADDED**

- Serv size: 2 oz (56g), Servings: Varied
- Amount Per Serving:
  - Calories 60, Fat cal 20, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polynsat fat 0g, Cholest 25mg (8% DV), Sodium 480mg (20% DV), Potassium 125mg (4% DV), Total carb 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, Protein 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**BRAZED DELUXE HAM - 42% LOWER SODIUM - WATER ADDED**

- Serv size: 2 oz (56g), Servings: Varied
- Amount Per Serving:
  - Calories 60, Fat cal 10, Total fat 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0.5g, Polynsat fat 0g, Cholest 25mg (8% DV), Sodium 480mg (20% DV), Potassium 125mg (4% DV), Total carb 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, Protein 10g (20% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**ITALIAN CAPPY STYLE HAM - WATER ADDED**

- Serv size: 2 oz (56g), Servings: Varied
- Amount Per Serving:
  - Calories 70, Fat cal 30, Total fat 1.5g (5% DV), Sat fat 1g (5% DV), Trans fat 0g, Monounsat fat 1.5g, Polynsat fat 0g, Cholest 35mg (12% DV), Sodium 730mg (30% DV), Potassium 150mg (4% DV), Total carb 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, Protein 9g (18% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
### Nutrition Facts

**Sweet Slice, Smoked Uncured Ham - Contains 7% Seasoning Solution**

<p>| Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving: |</p>
<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>2.5</td>
<td>20</td>
<td>520</td>
<td>10</td>
</tr>
</tbody>
</table>

- **Calories** 60, **Fat cal** 20, **Total fat** 2.5g (4% DV), **Sat fat** 1g (5% DV), **Trans fat** 0g, **Monounsaturated fat** 1.5g, **Polyunsaturated fat** 0g, **Cholest** 20mg (7% DV), **Sodium** 520mg (22% DV), **Potassium** 160mg (5% DV), **Total carbs** 1g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 10g (20% DV), **Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV).** Percent Daily Values (DV) are based on a 2,000 calorie diet.

### Nutrition Facts

**Tavern Ham - With Natural Juices**

<p>| Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving: |</p>
<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>1.5</td>
<td>30</td>
<td>540</td>
<td>10</td>
</tr>
</tbody>
</table>

- **Calories** 60, **Fat cal** 10, **Total fat** 1.5g (2% DV), **Sat fat** 0.5g (4% DV), **Trans fat** 0g, **Monounsaturated fat** 1g, **Polyunsaturated fat** 0.5g, **Cholest** 30mg (10% DV), **Sodium** 540mg (23% DV), **Potassium** 160mg (5% DV), **Total carbs** 2g (1% DV), **Fiber** 0g (0% DV), **Sugars** 2g, **Protein** 10g (20% DV), **Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV).** Percent Daily Values (DV) are based on a 2,000 calorie diet.

### Nutrition Facts

**Virginia Ham - Water Added**

<p>| Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving: |</p>
<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>1</td>
<td>25</td>
<td>590</td>
<td>9</td>
</tr>
</tbody>
</table>

- **Calories** 60, **Fat cal** 0, **Total fat** 1g (2% DV), **Sat fat** 0g (0% DV), **Trans fat** 0g, **Monounsaturated fat** 0.5g, **Polyunsaturated fat** 0.5g, **Cholest** 25mg (8% DV), **Sodium** 590mg (25% DV), **Potassium** 160mg (5% DV), **Total carbs** 0g (0% DV), **Fiber** 0g (0% DV), **Sugars** 0g, **Protein** 9g (18% DV), **Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV).** Percent Daily Values (DV) are based on a 2,000 calorie diet.

### Nutrition Facts

**Bourbonridge, Smoked Uncured Ham**

<p>| Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving: |</p>
<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>70</td>
<td>2.5</td>
<td>30</td>
<td>400</td>
<td>10</td>
</tr>
</tbody>
</table>

- **Calories** 70, **Fat cal** 20, **Total fat** 2.5g (4% DV), **Sat fat** 0.5g (4% DV), **Trans fat** 0g, **Monounsaturated fat** 1g, **Polyunsaturated fat** 0.5g, **Cholest** 30mg (11% DV), **Sodium** 400mg (17% DV), **Potassium** 180mg (5% DV), **Total carbs** 2g (1% DV), **Fiber** <1g (1% DV), **Sugars** 2g, **Protein** 10g (21% DV), **Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV).** Percent Daily Values (DV) are based on a 2,000 calorie diet.
MILANO UNCURED ITALIAN SALAMI

**Nutrition Facts**
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
- Calories: 120
- Fat cal: 100
- Total fat: 11g (17% DV)
- Sat fat: 4g (20% DV)
- Trans fat: 0g
- Cholest: 25mg (9% DV)
- Sodium: 470mg (19% DV)
- Total carb: 8g (13% DV)
- Sugars: 3.5g (16% DV)
- Protein: 7g (14% DV)

Percent Daily Values (DV) are based on a 2,000 calorie diet.

MORTADELLA WITH PISTACHIO NUTS

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories: 170
- Fat cal: 120
- Total fat: 14g (21% DV)
- Sat fat: 5g (25% DV)
- Trans fat: 0g
- Cholest: 30mg (11% DV)
- Sodium: 560mg (23% DV)
- Total carb: 2g (1% DV)

Percent Daily Values (DV) are based on a 2,000 calorie diet.

CANADIAN STYLE UNCURED BACON

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories: 70
- Fat cal: 20
- Total fat: 2g (3% DV)
- Sat fat: 1g (5% DV)
- Trans fat: 0g
- Cholest: 25mg (8% DV)
- Sodium: 480mg (20% DV)
- Total carb: 1g (0% DV)

Percent Daily Values (DV) are based on a 2,000 calorie diet.

MORTADELLA

**Nutrition Facts**
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
- Calories: 160
- Fat cal: 120
- Total fat: 14g (21% DV)
- Sat fat: 5g (25% DV)
- Trans fat: 0g
- Cholest: 30mg (11% DV)
- Sodium: 560mg (23% DV)
- Total carb: 2g (1% DV)

Percent Daily Values (DV) are based on a 2,000 calorie diet.

UNCURED BIANCO D’ORO, ITALIAN DRY SALAME

**Nutrition Facts**
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
- Calories: 110
- Fat cal: 80
- Total fat: 8g (13% DV)
- Sat fat: 3.5g (16% DV)
- Trans fat: 0g
- Cholest: 25mg (9% DV)
- Sodium: 480mg (20% DV)
- Total carb: 1g (0% DV)

Percent Daily Values (DV) are based on a 2,000 calorie diet.
### CHARCUTERIE

#### NUTRITION FACTS

**UNCURED PANCETTA**

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>90</td>
<td>6g</td>
<td>20mg</td>
<td>300mg</td>
<td>8g</td>
</tr>
</tbody>
</table>

- **Serv size:** 0.5 oz (14g), Servings: Varied, Amount Per Serving:
- **Calories** 50, fat cal 40, **Total fat** 4.5g (7% DV), sat fat 2g (11% DV), trans fat 0g, monounsaturated fat 2g, polyunsaturated fat 1g, **cholest** 10mg (4% DV), **sodium** 230mg (9% DV), **total carb** 0g (0% DV), fiber 0g (0% DV), sugars 0g, **protein** 2g (4% DV), vitamin a (0% DV), vitamin C (0% DV), calcium (0% DV), iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### PROSCIUTTO DI PARMA, PRODUCT OF ITALY

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>80</td>
<td>5g</td>
<td>25mg</td>
<td>550mg</td>
<td>8g</td>
</tr>
</tbody>
</table>

- **Serv size:** about 1 oz (30g), Servings: Varied, Amount Per Serving:
- **Calories** 80, fat cal 45, **Total fat** 5g (7% DV), sat fat 1.5g (8% DV), trans fat 0g, monounsaturated fat 1.5g, polyunsaturated fat 1g, **cholest** 25mg (8% DV), **sodium** 430mg (18% DV), potassium 110mg (3% DV), total carb 0g (0% DV), fiber 0g (0% DV), sugars 0g, **protein** 6g (12% DV), vitamin a (2% DV), vitamin C (2% DV), calcium (0% DV), iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### SANDWICH STYLE PEPPERONI

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>80</td>
<td>5g</td>
<td>25mg</td>
<td>430mg</td>
<td>6g</td>
</tr>
</tbody>
</table>

- **Serv size:** 1 oz (28g), Servings: Varied, Amount Per Serving:
- **Calories** 130, fat cal 100, **Total fat** 11g (17% DV), sat fat 4.5g (22% DV), trans fat 0g, monounsaturated fat 5g, polyunsaturated fat 1.5g, **cholest** 25mg (9% DV), **sodium** 430mg (18% DV), potassium 85mg (2% DV), total carb 1g (0% DV), fiber 0g (0% DV), sugars 1g, **protein** 6g (12% DV), vitamin a (2% DV), vitamin C (2% DV), calcium (0% DV), iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### CHORIZO SERRANO

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>4.5g</td>
<td>10mg</td>
<td>230mg</td>
<td>2g</td>
</tr>
</tbody>
</table>

- **Serv size:** 0.5 oz (14g), Servings: Varied, Amount Per Serving:
- **Calories** 50, fat cal 40, **Total fat** 4.5g (7% DV), sat fat 2g (11% DV), trans fat 0g, monounsaturated fat 2g, polyunsaturated fat 1g, **cholest** 10mg (4% DV), **sodium** 230mg (9% DV), **total carb** 0g (0% DV), fiber 0g (0% DV), sugars 0g, **protein** 2g (4% DV), vitamin a (0% DV), vitamin C (0% DV), calcium (0% DV), iron (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

### GENOA SALAMI

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>190</td>
<td>15g</td>
<td>50mg</td>
<td>870mg</td>
<td>12g</td>
</tr>
</tbody>
</table>

- **Serv size:** 2 oz (56g), Servings: Varied, Amount Per Serving:
- **Calories** 190, fat cal 130, **Total fat** 15g (23% DV), sat fat 5g (24% DV), trans fat 0g, monounsaturated fat 6g, polyunsaturated fat 2g, **cholest** 50mg (17% DV), **sodium** 870mg (36% DV), potassium 220mg (6% DV), total carb 1g (0% DV), fiber 0g (0% DV), sugars 0g, **protein** 12g (25% DV), vitamin a (0% DV), vitamin C (0% DV), calcium (0% DV), iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
CHARCUTERIE

HARD SALAMI

Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 110, Fat cal 90, Total fat 9g (14% DV), Sat fat 3.5g (18% DV), Trans fat 0g, Monounsat fat 4g, Polysunsat fat 1g, Cholest 30mg (10% DV), Sodium 430mg (18% DV), Potassium 100mg (3% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 6g (12% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

SERRANO HAM

Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 80, Fat cal 5, Total fat 5g (8% DV), Sat fat 2.5g (13% DV), Monounsat fat 1.5g, Polysunsat fat 1g, Cholest 45mg (15% DV), Sodium 340mg (14% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 9g (18% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

UNCURED SOPRESSATA GRANDE (HOT & SWEET)

Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 110, Fat cal 80, Total fat 8g (13% DV), Sat fat 3g (14% DV), Trans fat 0g, Monounsat fat 6g, Polysunsat fat 1.5g, Cholest 15mg (5% DV), Sodium 420mg (17% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 8g (16% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

UNCURED CAPOCOLLO (HOT & SWEET)

Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:
Calories 90, Fat cal 60, Total fat 7g (11% DV), Sat fat 2.5g (14% DV), Trans fat 0g, Monounsat fat 3g, Polysunsat fat 1g, Cholest 25mg (9% DV), Sodium 590mg (25% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 7g (15% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

BLACKENED TURKEY BREAST

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
Calories 60, Fat cal 5, Total fat 0.5g (1% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polysunsat fat 0g, Cholest 30mg (10% DV), Sodium 700mg (29% DV), Potassium 210mg (6% DV), Total carb 2g (1% DV), Fiber 1g (4% DV), Sugars 1g, Protein 12g (24% DV), Vitamin A (2% DV), Vitamin C (2% DV), Calcium (2% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HICKORY SMOKED BLACK FOREST TURKEY BREAST - 40% LOWER SODIUM</strong></td>
<td>60</td>
<td>25</td>
<td>13</td>
<td>mg</td>
<td>mg</td>
</tr>
<tr>
<td><strong>Nutrition Facts</strong></td>
<td>60</td>
<td>1</td>
<td>25</td>
<td>mg</td>
<td>mg</td>
</tr>
<tr>
<td><strong>Nutrition Facts</strong></td>
<td>60</td>
<td>0.5</td>
<td>25</td>
<td>mg</td>
<td>mg</td>
</tr>
<tr>
<td><strong>Nutrition Facts</strong></td>
<td>60</td>
<td>1</td>
<td>25</td>
<td>mg</td>
<td>mg</td>
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<td><strong>Nutrition Facts</strong></td>
<td>60</td>
<td>0.5</td>
<td>25</td>
<td>mg</td>
<td>mg</td>
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<tr>
<td><strong>Nutrition Facts</strong></td>
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<td>1</td>
<td>25</td>
<td>mg</td>
<td>mg</td>
</tr>
<tr>
<td><strong>Nutrition Facts</strong></td>
<td>60</td>
<td>0.5</td>
<td>25</td>
<td>mg</td>
<td>mg</td>
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<tr>
<td><strong>Nutrition Facts</strong></td>
<td>60</td>
<td>1</td>
<td>25</td>
<td>mg</td>
<td>mg</td>
</tr>
<tr>
<td><strong>Nutrition Facts</strong></td>
<td>60</td>
<td>0.5</td>
<td>25</td>
<td>mg</td>
<td>mg</td>
</tr>
</tbody>
</table>

Percent Daily Values (DV) are based on a 2,000 calorie diet.

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
**Calories** 60, Fat cal 5, **Total fat** 0.5g (1% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 650mg (27% DV), **Potassium** 160mg (5% DV), **Total carb** 1g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 13g (26% DV), Vitamin A (2% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
**Calories** 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 25mg (8% DV), **Sodium** 500mg (22% DV), **Potassium** 150mg (4% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 13g (26% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:
**Calories** 60, Fat cal 10, **Total fat** 1g (2% DV), Sat fat 0g (0% DV), Trans fat 0g, Monounsat fat 0g, Polyunsat fat 0g, **Cholest** 30mg (10% DV), **Sodium** 460mg (19% DV), **Potassium** 170mg (5% DV), **Total carb** 0g (0% DV), Fiber 0g (0% DV), Sugars 1g, **Protein** 13g (23% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
### Nutrition Facts

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Total fat</th>
<th>Cholest</th>
<th>Sodium</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAPLE GLAZED HONEY COAT TURKEY BREAST</td>
<td>70</td>
<td>0.5</td>
<td>30 mg</td>
<td>480 mg</td>
<td>14 g</td>
</tr>
<tr>
<td>MESQUITE WOOD SMOKED ROASTED TURKEY BREAST</td>
<td>80</td>
<td>1 g</td>
<td>25 mg</td>
<td>440 mg</td>
<td>12 g</td>
</tr>
<tr>
<td>NO SALT ADDED OVEN ROASTED TURKEY BREAST</td>
<td>70</td>
<td>1 g</td>
<td>40 mg</td>
<td>55 mg</td>
<td>14 g</td>
</tr>
<tr>
<td>OUR PREMIUM 46% LOWER SODIUM OVEN ROASTED TURKEY BREAST</td>
<td>60</td>
<td>1 g</td>
<td>20 mg</td>
<td>360 mg</td>
<td>12 g</td>
</tr>
<tr>
<td>OVENGOLD ROASTED TURKEY BREAST</td>
<td>60</td>
<td>1 g</td>
<td>20 mg</td>
<td>360 mg</td>
<td>11 g</td>
</tr>
</tbody>
</table>

*Percent Daily Values (DV) are based on a 2,000 calorie diet.*
**Simplicity® All Natural®**

### Nutrition Facts

**Calories**
- 60

**Total fat**
- 1g

**Cholesterol**
- 25mg

**Sodium**
- 460mg

**Protein**
- 13g

---

**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

- **Calories**: 60, **Total fat**: 1g (2% DV), **Sat fat**: 0g (0% DV), **Trans fat**: 0g, **Monounsaturated fat**: 0g, **Polyunsaturated fat**: 0g, **Cholesterol**: 25mg (8% DV), **Sodium**: 460mg (19% DV), **Potassium**: 190mg (5% DV), **Total Carbohydrate**: 1g (0% DV), **Fiber**: 0g (0% DV), **Sugars**: 0g, **Protein**: 13g (23% DV), **Vitamin A**: 0% DV, **Vitamin C**: 0% DV, **Calcium**: 0% DV, **Iron**: 2% DV.

Percent Daily Values (DV) are based on a 2,000 calorie diet.

---

**Calories**
- 70

**Total fat**
- 1g

**Cholesterol**
- 25mg

**Sodium**
- 460mg

**Protein**
- 13g

---

**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

- **Calories**: 70, **Total fat**: 1g (2% DV), **Sat fat**: 0g (0% DV), **Trans fat**: 0g, **Monounsaturated fat**: 0g, **Polyunsaturated fat**: 0g, **Cholesterol**: 30mg (9% DV), **Sodium**: 440mg (18% DV), **Potassium**: 150mg (4% DV), **Total Carbohydrate**: 1g (0% DV), **Fiber**: 0g (0% DV), **Sugars**: 1g, **Protein**: 13g (26% DV), **Vitamin A**: 0% DV, **Vitamin C**: 0% DV, **Calcium**: 0% DV, **Iron**: 2% DV.

Percent Daily Values (DV) are based on a 2,000 calorie diet.

---

**Calories**
- 60

**Total fat**
- 1g

**Cholesterol**
- 25mg

**Sodium**
- 460mg

**Protein**
- 13g

---

**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

- **Calories**: 60, **Total fat**: 1g (2% DV), **Sat fat**: 0g (0% DV), **Trans fat**: 0g, **Monounsaturated fat**: 0g, **Polyunsaturated fat**: 0g, **Cholesterol**: 25mg (8% DV), **Sodium**: 460mg (19% DV), **Potassium**: 190mg (5% DV), **Total Carbohydrate**: 1g (0% DV), **Fiber**: 0g (0% DV), **Sugars**: 0g, **Protein**: 13g (23% DV), **Vitamin A**: 0% DV, **Vitamin C**: 0% DV, **Calcium**: 0% DV, **Iron**: 2% DV.

Percent Daily Values (DV) are based on a 2,000 calorie diet.

---

**Calories**
- 70

**Total fat**
- 1g

**Cholesterol**
- 25mg

**Sodium**
- 460mg

**Protein**
- 14g

---

**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

- **Calories**: 70, **Total fat**: 1g (2% DV), **Sat fat**: 0g (0% DV), **Trans fat**: 0g, **Monounsaturated fat**: 0g, **Polyunsaturated fat**: 0g, **Cholesterol**: 30mg (9% DV), **Sodium**: 440mg (18% DV), **Potassium**: 150mg (4% DV), **Total Carbohydrate**: 1g (0% DV), **Fiber**: 0g (0% DV), **Sugars**: 1g, **Protein**: 14g (27% DV), **Vitamin A**: 0% DV, **Vitamin C**: 0% DV, **Calcium**: 0% DV, **Iron**: 4% DV.

Percent Daily Values (DV) are based on a 2,000 calorie diet.

---

**Calories**
- 70

**Total fat**
- 1g

**Cholesterol**
- 25mg

**Sodium**
- 460mg

**Protein**
- 15g

---

**Nutrition Facts**

Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

- **Calories**: 70, **Total fat**: 1g (2% DV), **Sat fat**: 0g (0% DV), **Trans fat**: 0g, **Monounsaturated fat**: 0g, **Polyunsaturated fat**: 0g, **Cholesterol**: 30mg (9% DV), **Sodium**: 440mg (18% DV), **Potassium**: 150mg (4% DV), **Total Carbohydrate**: 1g (0% DV), **Fiber**: 0g (0% DV), **Sugars**: 1g, **Protein**: 15g (29% DV), **Vitamin A**: 0% DV, **Vitamin C**: 2% DV, **Calcium**: 0% DV, **Iron**: 2% DV.

Percent Daily Values (DV) are based on a 2,000 calorie diet.

---

*No artificial ingredients, minimally processed.*
<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
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<tbody>
<tr>
<td><strong>SIMPLICITY® ALL NATURAL® LEMON SAGE TURKEY BREAST</strong></td>
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<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving: Calories 60, Total fat 0.5g (1% DV), Sat fat 0g (0% DV), Cholest 25mg (8% DV), Sodium 670mg (28% DV), Potassium 170mg (5% DV), Total carb 2g (1% DV), Fiber 0g (0% DV), Sugars 1g, Protein 12g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
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<tr>
<td><strong>SIMPLICITY® ORGANIC HERB SEASONED TURKEY BREAST</strong></td>
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<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving: Calories 60, Total fat 0.5g (1% DV), Sat fat 0g (0% DV), Cholest 25mg (8% DV), Sodium 490mg (20% DV), Potassium 200mg (6% DV), Total carb 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 12g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
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<tr>
<td><strong>SIMPLICITY® ALL NATURAL® CAP-OFF TOP ROUND OVEN ROASTED BEEF</strong></td>
</tr>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving: Calories 80, Total fat 3g (4% DV), Sat fat 1g (5% DV), Cholest 40mg (13% DV), Sodium 140mg (6% DV), Potassium 180mg (6% DV), Total carb 0g (0% DV), Fiber 1g (2% DV), Sugars 0g, Protein 12g (24% DV), Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
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<tbody>
<tr>
<td><strong>SIMPLICITY® ALL NATURAL® GRILLED ROAST BEEF</strong></td>
</tr>
<tr>
<td>Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving: Calories 70, Total fat 2g (3% DV), Sat fat 0.5g (3% DV), Cholest 30mg (11% DV), Sodium 390mg (16% DV), Potassium 170mg (5% DV), Total carb 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Protein 11g (23% DV), Vitamin A (0% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</td>
</tr>
</tbody>
</table>

*No artificial ingredients, minimally processed.*
**SIMPLICITY® ALL NATURAL* UNCURED† HAM**

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

- **Calories**: 90
- **Fat cal**: 60
- **Total fat**: 7g (11% DV)
- **Sat fat**: 1g (5% DV)
- **Polyunsat fat**: 3g
- **Cholest**: 35mg (9% DV)
- **Sodium**: 430mg (18% DV)
- **Total carb**: 1g (0% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 0g
- **Protein**: 7g (13% DV)

Percent Daily Values (DV) are based on a 2,000 calorie diet.

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**SIMPLICITY® ALL NATURAL* BROWN SUGAR UNCURED† HAM**

Nutrition Facts
Serv size: 2 oz (56g), Servings: Varied, Amount Per Serving:

- **Calories**: 80
- **Fat cal**: 25
- **Total fat**: 3g (4% DV)
- **Sat fat**: 1g (5% DV)
- **Polyunsat fat**: 0g
- **Cholest**: 35mg (11% DV)
- **Sodium**: 510mg (21% DV)
- **Total carb**: 1g (0% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 1g
- **Protein**: 12g (23% DV)

Percent Daily Values (DV) are based on a 2,000 calorie diet.

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**SIMPLICITY® ALL NATURAL* PROSCIUTTO**

Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:

- **Calories**: 70
- **Fat cal**: 20
- **Total fat**: 2g (3% DV)
- **Sat fat**: 0.5g (4% DV)
- **Polyunsat fat**: 1g
- **Cholest**: 35mg (11% DV)
- **Sodium**: 440mg (18% DV)
- **Total carb**: 1g (0% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 0g
- **Protein**: 7g (14% DV)

Percent Daily Values (DV) are based on a 2,000 calorie diet.

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**SIMPLICITY® ALL NATURAL* UNCURED† GENOA SALAME**

Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:

- **Calories**: 90
- **Fat cal**: 15
- **Total fat**: 5g (8% DV)
- **Sat fat**: 1g (5% DV)
- **Polyunsat fat**: 3g
- **Cholest**: 35mg (9% DV)
- **Sodium**: 490mg (20% DV)
- **Total carb**: 2g (0% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 0g
- **Protein**: 7g (13% DV)

Percent Daily Values (DV) are based on a 2,000 calorie diet.

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**SIMPLICITY® ALL NATURAL* UNCURED† SOPRESSATA PICCANTE**

Nutrition Facts
Serv size: 1 oz (28g), Servings: Varied, Amount Per Serving:

- **Calories**: 90
- **Fat cal**: 20
- **Total fat**: 3g (15% DV)
- **Sat fat**: 0.5g (4% DV)
- **Polyunsat fat**: 1g
- **Cholest**: 20mg (7% DV)
- **Sodium**: 490mg (20% DV)
- **Total carb**: 2g (0% DV)
- **Fiber**: 0g (0% DV)
- **Sugars**: 0g
- **Protein**: 7g (13% DV)

Percent Daily Values (DV) are based on a 2,000 calorie diet.

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*No artificial ingredients, minimally processed.
†No Nitrates or Nitrites added except for those naturally occurring in sea salt, celery powder, cultured celery powder or cultured celery juice powder.
SIMPLICITY® ALL NATURAL IMPORTED SWISS CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 110, Total fat 8g (11% DV), Sat fat 5g (25% DV), Trans fat 0g, Cholest 25mg (9% DV), Sodium 60mg (3% DV), Total Carb <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 9g (17% DV), Vit D (0% DV), Calcium (20% DV), Iron (0% DV), Potas (1% DV).

SIMPLICITY® ALL NATURAL PICANTE PROVOLONE CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 100, Total fat 8g (10% DV), Sat fat 5g (25% DV), Trans fat 0g, Cholest 25mg (8% DV), Sodium 220mg (10% DV), Total Carb 1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV).

SIMPLICITY® ORGANIC WHITE CHEDDAR CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 110, Total fat 9g (12% DV), Sat fat 6g (30% DV), Trans fat 0g, Cholest 30mg (10% DV), Sodium 150mg (7% DV), Potassium (0% DV), Total Carb <1g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 7g (14% DV), Vit D (0% DV), Calcium (15% DV), Iron (0% DV).

SIMPLICITY® ALL NATURAL* ORGANIC MONTEREY JACK CHEESE

Nutrition Facts
Servings: Varied, Serv size: 1 oz (28g), Amount Per Serving:
Calories 100, Total fat 8g (10% DV), Sat fat 5g (25% DV), Trans fat 0g, Cholest 25mg (8% DV), Sodium 150mg (7% DV), Potassium (0% DV), Total Carb 0g (0% DV), Fiber 0g (0% DV), Total sugars 0g (Incl 0g added sugars, 0% DV), Protein 7g (14% DV), Vit D (6% DV), Calcium (15% DV), Iron (0% DV).

*No artificial ingredients, minimally processed.
†No Nitrates or Nitrrites added except for those naturally occurring in sea salt, celery powder, cultured celery powder or cultured celery juice powder.
Made with Simplicity® All Natural* Lemon Sage Turkey Breast. Standard serving is 2 oz. This sandwich contains 1.5 servings.

*No artificial ingredients, minimally processed
FOR SIMPLICITY® ALL NATURAL* MEATS:

*No artificial ingredients, minimally processed

Raised without added hormones¹, and no antibiotics ever

No Nitrates or Nitrites Added²

No preservatives

Humanely raised³

¹ Raised without the use of antibiotics, hormones, growth promotants or animal by-products. Federal Regulations prohibit the use of hormones in poultry and pork.

² Turkey breast contains naturally occurring nitrates in sea salt. Ham contains naturally occurring nitrates in sea salt and cultured celery powder.

³ Boar’s Head Brand defines humanely raised as animals raised with shelter, resting areas, sufficient space, and the ability to engage in natural behaviors.
Please note that the Heart-Check Food Certification does not apply to recipes, unless expressly stated.

For more information, see the American Heart Association® nutrition guidelines at: heartcheckmark.org/guidelines.

Made with Ovengold® Turkey Breast. Standard serving size is 2oz. This dish contains 1.5 servings.
GLUTEN FREE GOAT CHEESE & APPLE SALAD

SERVINGS: 4

INGREDIENTS:
2 tablespoons White wine vinegar
1 teaspoon Honey
3 Fuji apples, sliced in wedges
6 Basil leaves, fresh, chopped
6 cups Spring mix lettuce
¼ cup Baby spinach, fresh, chopped
¼ cup Scallions, chopped
1 cup Boar’s Head® Goat Cheese, shaved (available at the Service Deli)
1 tablespoon Olive oil
¼ cup Toasted slivered almonds

In a medium bowl, whisk together the vinegar and the honey. Add the apples and basil and toss to coat. In a separate large bowl, add the spring mix, spinach, scallions, goat cheese and almonds. Pour the apple mixture and olive oil over the salad and toss to coat. Split evenly among four bowls and serve.

DELI SOURCE
Boar’s Head® meats, cheeses and condiments have been gluten free since before you even thought to ask. That’s why, over 25 years ago, we were one of the first companies to develop a relationship with the Celiac Support Association (formerly Celiac Sprue Association). You can shop confidently knowing that all Boar’s Head® meats, cheeses, spreads and condiments are gluten free.

SPICED OVENGOLD® TURKEY FAJITAS

SERVINGS: 4

INGREDIENTS:
1 pound Boar’s Head® Ovengold Turkey Breast, sliced ¼” thick
1 tablespoon Olive oil
1 Red onion, cut into strips
1 Green pepper, cut into strips
1 Red pepper, cut into strips
1½ teaspoons Fajita seasoning
8 Flour tortillas

Cut the Ovengold Turkey Breast into strips. Heat oil in a skillet over medium-high heat, then add the onions and peppers; sauté for 3 minutes. Once the vegetables are tender, add the Ovengold Turkey Breast and seasoning and cook until the turkey is warmed through, about 4 minutes. Warm the tortillas and spoon on the turkey mixture. Roll up and enjoy.

Serve with sour cream, salsa, grated cheese, guacamole, or lime wedges, if desired.

DELI SOURCE
Your favorite Boar’s Head® delicatessen meats are for more than just sandwiches. Save time in meal preparation by replacing center of the plate meats with your favorite Boar’s Head meat that is already fully cooked and full of flavor. Simply ask your deli associate to slice your meat ¼” to ½” thick. Then, cut it into strips, cube it, or serve it deliciously on its own.
Please note that the Heart-Check Food Certification does not apply to recipes, unless expressly stated. For more information, see the American Heart Association® nutrition guidelines at heartcheckmark.org/guidelines.
BOLD BLACKENED TURKEY CAESAR WRAP

SERVINGS: 1

INGREDIENTS:
1 Sandwich wrap
1 tablespoon Caesar dressing
½ cup Romaine lettuce, hand-chopped
4 slices Boar's Head Bold Blackened Turkey Breast
2 slices Boar's Head Bold 3 Pepper Colby Jack Cheese
¼ cup Tomato, diced

Lay the sandwich wrap on a clean, flat work surface. Spread the Caesar dressing evenly over the wrap. Next, layer ingredients on the wrap in the following order: lettuce, Bold Blackened Turkey Breast, Bold 3 Pepper Colby Jack Cheese, tomatoes. Starting at one end, tightly roll the wrap, tucking ingredients as you roll. Slice in half diagonally and serve.

DELIVERY SOURCE
Think beyond turkey, ham and roast beef. Boar's Head offers a complete array of flavor options for every palate. The Boar's Head Bold line of exceptional quality delicatessen meats, cheeses and condiments are all inspired from destinations around the globe. Next time you're at the Deli, take your taste buds on a trip around the world with Boar's Head Bold products.

PROSCIUTTO & PROVOLONE PIZZA

SERVINGS: 1

INGREDIENTS:
1 Flatbread, garlic flavored
1 Garlic clove, chopped
2 teaspoons Extra virgin olive oil
3 slices Boar's Head® Prosciutto di Parma, thinly sliced
4 slices Boar's Head® Provolone Cheese
8 Kalamata olives, pitted and sliced
8 Basil leaves

Preheat the oven to 350 degrees. Rub the garlic and 1 teaspoon of the olive oil on the flatbread. Arrange the Prosciutto di Parma and Provolone Cheese, alternating, on the flatbread. Top with the olives and whole basil leaves. Drizzle the remaining olive oil over top and bake for 5 to 7 minutes, until cheese is melted.

DELIVERY SOURCE
Boar's Head Prosciutto di Parma is a great addition to enhance the flavor of many of your favorite dishes. To fully appreciate its delicate, sweet taste, it's best to serve Boar's Head Prosciutto di Parma at room temperature and sliced thin. For a traditional antipasto platter, arrange slices of Prosciutto di Parma with Italian cheeses and crusted bread.
Please note that the Heart-Check Food Certification does not apply to recipes, unless expressly stated.
For more information, see the American Heart Association® nutrition guidelines at: heartcheckmark.org/guidelines.

Made with Ovengold® Turkey Breast. Standard serving size is 2 oz. All three of these sliders are 1.5 servings in total.

Made with Pepperhouse Gourmaise. Standard serving size is 2 oz. This dish contains 1.5 servings.
OVENGOLD TURKEY SLAW SLIDERS

SERVINGS: 4

INGREDIENTS:
3 each Pretzel or round roll, small & sliced in half lengthwise
3 tablespoons Boar’s Head Bold, Fiery Chipotle Gourmaise, Spread
3 tablespoons Coleslaw, prepared
3 slices Boar’s Head, Muenster Cheese
6 slices Boar’s Head Ovengold Turkey Breast

Place open rolls onto a clean work surface. Spread the Boar’s Head Bold Fiery Chipotle Gourmaise on the top and bottom half of each roll. Top the bottom of each roll with coleslaw, cheese, and turkey, dividing ingredients in thirds. Crown with the roll top and serve.

DELI SOURCE
Looking for something to do with your little ones? Try making meals together. This is a fun way to spend time laughing, learning, and, most importantly, enjoying.

PEPPERHOUSE GOURMAISE DIP

SERVINGS: 4

INGREDIENTS:
1 Bottle Boar’s Head, Pepperhouse Gourmaise, Spread
Mini carrots
Cucumber
Red pepper
Radishes
Celery

It’s as easy as opening a bottle. Simply pour Boar’s Head Pepperhouse Gourmaise into a medium bowl and place onto an oval serving platter. Surround the dip with a collection of fresh crudites and be creative. In addition to carrots, cucumber, peppers, radishes, and celery, consider a few more unusual veggies such as strips of fennel, jicama, leaves of Belgian endive, and asparagus tips.

DELI SOURCE
Boar’s Head not only offers your favorite meats and cheeses, but also an entire line of condiments and hummus. Try serving Boar’s Head Hummus or Pepperhouse Gourmaise with fresh-cut veggies for delightful crudites you and your guests will love.
Please note that the Heart-Check Food Certification does not apply to recipes, unless expressly stated.

For more information, see the American Heart Association® nutrition guidelines at: heartcheckmark.org/guidelines.

Made with SmokeMaster Black Forest Ham.
Standard serving size is 1 oz.
This dish contains 2 servings.

Made with Sweet Slice® Smoked Uncured Ham.
Standard serving size is 2 oz. This dish is made with 1 serving.
SMOKEMASTER BEECHWOOD SMOKED, BLACK FOREST HAM ASPARAGUS ROLL-UPS

SERVINGS: 2

INGREDIENTS:
- 8 Asparagus spears
- 8 slices Boar's Head® SmokeMaster Beechwood Smoked Black Forest Ham
- 1 tablespoon Olive oil

Trim the ends of the asparagus spears. Fill a large saucepan with 1.5-inches of water and bring to a boil. Add the asparagus and cook until tender, about 3-4 minutes. Remove the asparagus and rinse with cold water; then pat dry with paper towels. Lay one slice of ham on a flat work surface. Place an asparagus spear at one edge of the ham slice and roll up; repeat. For a warmer snack, try heating the ham first. In a medium skillet, heat one tablespoon of olive oil over medium heat; then place each slice of ham into sauté pan and cook for 1-2 minutes, until ham is warmed through. Let the ham cool slightly before rolling with asparagus.

EGGS BENEDICT

SERVINGS: 6

INGREDIENTS:
- 1 packet Hollandaise sauce mix
- 2 tablespoons Butter
- 3 English muffins, split
- 6 slices Boar's Head®, Sweet Slice, Smoked Uncured Ham
- 6 Eggs, poached

Prepare Hollandaise sauce according to package directions. Melt 1 tablespoon of butter in frying pan, then warm the ham slices in pan for approximately 1 minute. Toast and lightly butter the English muffins. Layer one slice of ham on top of each of the toasted and buttered muffin slices. Place a poached egg on top of each ham slice and drizzle with warm Hollandaise sauce.
Made with Ovengold Turkey Breast.
Standard serving size is 2 oz.
This wrap is made with 1.5 servings.

Made with Pepperoni, Hot Uncured Capocollo, & Genoa Salami.
Standard serving size is 2 oz.
This sandwich is made with 2 servings.

Please note that the Heart-Check Food Certification does not apply to recipes, unless expressly stated.
For more information, see the American Heart Association® nutrition guidelines at: heartcheckmart.org/guidelines.
OVENGOLD® TURKEY SWEET & SPICY CURRY PITA

SERVINGS: 4

INGREDIENTS:
1¾ teaspoons Curry powder
1 cup Dried cranberries
½ teaspoon Sugar
½ cup Plain low-fat Greek yogurt
½ pound Boar’s Head® Ovengold Turkey Breast, sliced ½” thick, diced
¼ cup Celery, chopped
½ cup Toasted walnuts
2 Whole wheat pita breads
4 Lettuce leaves

Heat a dry skillet over medium heat, then add curry powder and toast for 20 seconds; let cool. Mix dried cranberries, sugar, and low-fat Greek yogurt in a bowl. Add the diced turkey, celery, walnuts, and toasted curry powder; combine thoroughly. Cut pita breads in half. Place a leaf of lettuce in each pita pocket; then divide the turkey mixture evenly among the 4 pita halves.

DELI SOURCE
Reducing sodium in your diet doesn’t mean removing the flavor. Boar’s Head offers an entire line of lower sodium meats and cheeses that fit into a better-for-you lifestyle.

CLASSIC ITALIAN SUB

SERVINGS: 1

INGREDIENTS:
1 (8-inch) French baguette, sliced lengthwise
2 tablespoons Boar’s Head® Deli Dressing
2 Lettuce leaves
6 slices Tomato, sliced thin
¼ cup Red onion, rings, thinly sliced
4 slices Boar’s Head Pepperoni
4 slices Boar’s Head Uncured Capocollo
4 slices Boar’s Head Genoa Salami
4 slices Boar’s Head Picante Provolone Cheese, sliced in half

Place opened roll onto a work surface. Drizzle dressing onto the bottom half of the roll. Then layer on ingredients in the following order: lettuce, tomato, onions, Pepperoni, Capocollo, Salami, and cheese. Crown with the top roll and serve.

DELI SOURCE
The creation of the sandwich is credited to John Montagu, the fourth Earl of Sandwich, in 1762. It’s said that he was often on the run and requested meat between two slices of bread. And, thus the sandwich was born.

Read more at:
All of our products are made with exceptional care and attention to quality.

Since 1905, Boar’s Head has been a family business. In the beginning, we had a very simple idea. Make the finest cold cuts possible. Nothing less.

We still insist on the same unwavering commitment to those standards we established long ago. Meats and cheeses that contain no gluten*, artificial colors, flavors or caramel color, MSG added, fillers or by-products, or trans fat†.

To this day, we start out with only the finest ingredients. Pure beef, pork and poultry, and real spices. Our ham is trimmed by hand the old-fashioned way, and our turkey and chicken are oven roasted, just the way you roast yours.

Boar’s Head is proud and honored to be the name you can trust as the very best for your family.

For additional nutritional information, please call: 1-800-352-6277

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6/2023

*All Boar’s Head meats, cheeses, spreads and condiments are gluten free.
†From partially hydrogenated oils.