

<b>GREEN SALADS:</b> Includes salad ingredients, cheese (where applicable) and croutons. No dressing included.	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Small Ruffled / Large Ruffled	96/193	5/10	3/5	13/26	105/209	8/16	2/3	6/12
Small Caesar / Large Caesar	128/256	7/15	4/7	112/227	191/383	6/13	2/3	9/19
Small Sonoma / Large Sonoma	117/234	6/11	0/1	0/0	37/74	14/29	3/5	3/6
Small Mediterranean / Large Mediterranean	129/258	7/14	4/8	15/30	504/1009	8/16	2/4	6/13
Buffalo Chicken Salad	446	21	7	111	2326	18	4	43
Honey Dijon Chicken (Includes 1 chicken breast)	292	10	3	297	810	12	2	40
Caesar Blend Cheese (1/2 oz. = "small" portion)	55	4	3	7	126	1	0	4
Mediterranean Feta (1 oz. = "small" portion)	81	6	4	15	344	0	0	4
Grated Mixed Cheese (1/2 oz. = "small" portion)	51	4	3	13	67	0	0	4
Croutons (1 Tbl. = "small" portion)	18	1	0	0	28	2	0	0

**DRESSINGS:** 1 oz. Serving. Regular Sandwiches are typically made with approx. 2 oz. Dressing.

Ancho Chili Ranch	116	12	2	12	147	1	0	0
Mayonnaise	180	20	3	20	160	0	0	0
Thousand Island	110	12	2	0	280	1	0	0
Honey Dijon	124	11	2	9	133	8	0	1
Ranch	134	15	2	15	172	0	0	0
Vinaigrette	80	8	1	0	310	3	0	0
Yellow Mustard	0	0	0	0	330	0	0	0
Dijon Mustard	30	0	0	0	240	0	0	0
Ikey's Sauce	144	16	2	16	156	0	0	0
Bleu Cheese	160	16	3	15	300	2	0	1
Fat-Free Raspberry Vinaigrette	35	0	0	0	80	0	0	0
Caesar	150	16	2	0	300	2	0	1
Balsamic Vinaigrette	110	12	2	0	280	1	0	0
Remoulade Sauce	161	18	3	13	117	0	0	0
Buffalo Sauce	35	3	0	0	713	0	0	0

**SOUPS:** 1 cup. Does not include croutons or garnish

Creamy Pepperjack Tomato	217	15	6	25	935	15	1	6
Bread Bowl (no soup)(includes cheddar cheese)	671	13	5	30	1542	113	8	31

**DELI SALADS AND SIDES:** 5 oz Single Serving Size unless otherwise specified

Broccoli Salad	203	16	3	17	177	13	3	4
Cole Slaw	131	10	2	10	98	10	2	1
Fruit Salad	57	0	0	0	13	15	1	0
Pickle Mix	26	0	0	0	772	5	0	0
Red Potato Salad	195	13	2	13	201	19	2	2
Tortellini Salad	257	14	3	3	647	27	2	6
Utz Medley Chips (1 oz)	150	9	1	0	110	15	1	2
Utz Regular Chips (1 oz)	150	9	2	0	95	14	1	2
Baked Lays (1 bag)	130	2	0	0	150	26	2	2
BBQ Baked Lays (1 bag)	140	4	0	0	240	24	2	2
Apple Sauce	93	0	0	0	23	23	2	0
Baby Carrots (1.5 oz or 6 ea)	16	0	0	0	15	3	1	0
Mixed Greens Side (1.5 oz. No dressing)	7	0	0	0	3	1	1	1

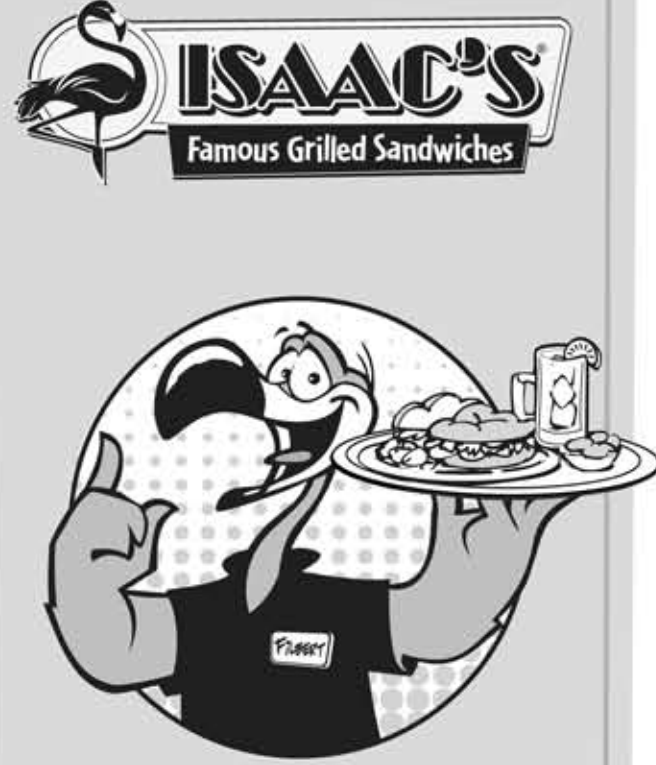
**DESSERT:** 1 "piece"

Cookie, Chocolate Chip	200	6	2	15	260	22	1	3
Cookie, Oatmeal Raisin	180	7	3	15	100	26	1	3
Cookie, White Chip Macadamia Nut	200	10	4	15	100	24	1	2
Brownie	480	25	7	85	220	61	2	5

## Nutrition Information

June 2011

www.isaacsdeli.com



## NUTRITION TIPS

For over 25 years, ISAAC'S has been committed to serving fresh, high quality and nutritious sandwiches, salads and freshly made soups to our loyal customers. We believe that all our menu items, low fat or not, can fit into a healthy, balanced diet with moderation.

## Reducing Fat and Calories:

- All sandwiches are listed without dressing. Bread, Meat, Cheese and dressing are listed separately to help you better understand the values they bring to the total recipe.
- Request to have your sandwich with no dressing or order it with mustard or fat-free mayonnaise.
- Limit the amount of cheese or bacon on your sandwich. Feel free to ask for "half the amount of cheese" or eliminate it completely.
- Exchange another vegetable for the cheese. In most cases, there is no additional charge. Substitutions do not upset us!

## Reducing Sodium:

- Limit cheese, bacon, salt, mustard, mayonnaise, olives and pickles.
- Use the nutritional guide to find the items lowest in sodium.

The nutritional information has been based on the products we currently purchase from our suppliers. Although we have very good relationships with our existing vendors, those products are always subject to change in the future. In addition, this nutritional information is based on recipe specific portions. Since all our sandwiches are prepared to order, there could be slight variations in ingredient portions. Feel free to visit us at [www.isaacsdeli.com](http://www.isaacsdeli.com) for any updates and changes.

SANDWICHES: Includes bread, meat, cheese and vegetables. Values do not include dressing. (approx. # of ounces of cheese in parentheses)	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Bird of Paradise (2)	479	27	10	49	2127	41	3	27
Black Eyed Susan (1)	520	23	8	33	952	56	5	29
Black Heron, regular size (1)	438	13	6	78	1393	48	3	37
Canary Club* (1)	1107	55	12	129	1664	109	7	50
Cormorant w/ Chicken Salad* (1)	857	56	13	124	1104	59	5	38
Cormorant w/ Tuna Salad* (1)	619	35	10	45	1215	47	3	35
Falcon Club (1)	726	20	7	88	1849	93	4	47
Finch (1)	411	14	6	75	1647	40	2	37
Firebird (1)	620	19	8	106	2380	61	3	49
Flamingo Chicken (1)	649	30	9	113	3056	52	2	43
Flamingo, regular size (1)	456	16	8	71	883	44	3	35
Gooney Bird (1)	399	12	5	67	1550	41	3	36
Hoopoe* (1)	742	34	8	55	1606	72	7	41
Hummingbird (1)	465	19	9	79	861	32	2	36
Larkspur (2)	371	20	10	58	529	31	3	27
Magpie (2)	537	23	12	133	1330	29	2	55
Mallard (1)	588	21	10	88	733	58	2	40
Mexican Sunflower (1)	564	16	6	30	719	74	6	33
Mockingbird (1)	564	19	6	72	1922	71	7	35
Penguin Club (1)	707	20	7	76	2144	94	4	43
Phoenix (1.5)	538	19	9	85	1960	60	2	36
Pipit w/Chicken Salad, regular size* (1)	869	52	11	128	1354	68	6	44
Pipit w/Tuna Salad, regular size* (1)	630	31	8	48	1465	56	4	41
Pterodactyl, large size (3)	941	42	20	144	3004	93	5	59
Pterodactyl, regular size (1.5)	497	23	11	78	1598	48	3	30
Rainbow Parrot (1)	542	23	9	83	1032	47	5	38
Reuben - Corned Beef (1.5)	503	21	10	82	1596	36	6	37
Reuben - Turkey (1.5)	443	16	7	72	2176	40	6	35
Road Runner w/ Chicken Salad* (0)	702	41	6	96	1015	56	5	31
Road Runner w/ Tuna Salad* (0)	464	20	3	17	1126	44	4	28
Rose of Sharon (1)	424	11	6	25	324	63	4	21
Ruffed Grouse (1)	534	22	7	77	1862	57	3	33
Sally Eagle (1)	508	15	7	68	1397	63	3	35
Scarlet Ibis, regular size (1)	402	12	5	67	1690	47	3	37
Shrike* (1)	841	48	11	122	1307	66	4	40
Twisted Chicken (1)	563	15	7	115	1087	61	3	49
Twisted Slider - Angus (1.5)	226	7	3	40	491	23	1	19
Twisted Slider - Crab Cake (0)	258	10	1	69	452	26	2	15
Twisted Slider - Pulled Pork (1.5)	227	8	4	43	666	22	1	17
Whooping Crane (1)	489	12	6	61	1183	63	3	36

## FLATBREAD PIZZAS: Dressing is included where indicated

Classic Cheese - Vinaigrette (3.5)	725	51	22	91	1351	37	4	36
Classic Cheese - Red Sauce (3.5)	575	35	20	91	1050	32	3	36
Southwest w/ Chicken Breast (2)	534	24	11	146	1264	33	3	51
Southwest w/ Black Bean Burger (2)	534	25	10	61	904	45	6	35
Southwest w/ Angus Steak (2)	554	27	12	131	1074	31	3	50

## KID'S MENU: Main items do not include sides, sauces or add-ons, unless otherwise specified

Bird's Nest	88	5	3	13	134	7	2	6
Cardinal with Pizza Sauce	195	10	5	25	484	17	2	11
Chicklet	246	10	4	27	274	27	1	12
Dino Nuggets	167	10	2	29	308	11	0	9
Extreme Purple Mallow	608	34	7	0	461	64	4	18
Kraft Macaroni & Cheese	340	11	3	25	830	48	2	12
Rainbow Lorikeet w/ Ham	200	8	3	39	814	17	1	14
Rainbow Lorikeet w/ Tuna Salad	275	14	4	24	573	19	1	16
Rainbow Lorikeet w/ Turkey	190	7	3	35	704	17	1	15
Twisted Bufflehead	241	9	6	27	277	28	1	17

## MEAT: Amounts are equivalent to portions on regular sandwiches. These values are already included in the sandwich nutritional information.

Black Angus Beef (4 oz)	120	3	1	50	680	2	0	22
Black Bean Burger (1 ea)	120	4	0	0	350	13	5	11
Chicken Breast (1 ea)	160	4	1	85	710	2	0	31
Corned Beef (4 oz.)	160	7	3	50	360	0	0	20
Crab Cakes (1 cake)	145	9	1	69	389	4	0	11
Cranberry-Almond Chicken Salad (6 fl.oz)	507	38	6	96	567	18	2	24
Ham (4 oz.)	120	5	1	47	1160	4	0	17
Genoa Salami (2 slices)	92	8	3	22	376	0	0	4
Caribbean Marinated Pulled Pork (4 oz)	135	5	3	61	742	0	0	22
Roast Beef (4 oz.)	160	7	3	50	270	0	0	20
Tuna Salad (6 fl.oz.)	269	17	3	17	679	7	1	21
Turkey (4 oz.)	100	2	0	40	940	4	0	18

## CHEESE: 1 slice = approximately 1/2 ounce. These values are already included in the sandwich nutritional information.

Cheddar Cheese (1 slice)	56	5	3	15	91	1	0	4
Muenster Cheese (1 slice)	51	4	3	14	94	0	0	6
Pepperjack Cheese (1 slice)	50	4	2	12	235	0	0	2
Provolone Cheese (1 slice)	51	4	3	13	58	0	0	4
Swiss Cheese (1 slice)	48	4	2	11	25	0	0	4

## BREADS: These values are already included in sandwich nutritional information.

Rye (2 slices)	180	3	0	0	440	32	2	6
Pumpernickel (2 slices)	180	2	0	0	420	36	2	4
Multigrain (2 slices)	320	5	0	0	640	62	6	10
Country White (2 slices)	300	4	0	0	580	58	2	10
Marbled Rye (2 slices)	180	3	0	0	440	32	2	6
Reg. French Bread (3 oz)	188	1	0	0	556	41	2	7
Kaiser Roll (1 ea)	219	2	0	0	619	45	1	8
Flatbread (1 ea)	130	2	0	0	130	25	1	5
Pretzel Roll (1 ea)	280	2	1	0	180	56	2	10
Cheddar Wrap (1 ea)	230	9	2	3	410	37	1	6
Mimi Pretzel Roll (1 ea)	110	1	0	0	60	21	1	4
Gluten/Dairy-Free Flatbread (1 ea)	240	8	2	55	330	35	5	7

\*Cranberry-Almond Chicken Salad and Tuna Salad are prepared with mayonnaise.