The Deli Menu

The deli bar offers sliced ham, turkey, American cheese, provolone cheese, tuna salad, lettuce, tomato, pickles, and chips. The above offerings are accompanied by your choice of mayo, yellow mustard, deli mustard and honey mustard. You will often find home made spreads and sauces like dilled mayo, pesto mayo, dijonaise, or tzatziki sauce (cucumber sauce). Sandwich salads like chicken and egg salad are also offered. We rotate in items like swiss cheese, roast beef, grilled chicken, bacon, bologna, salami, corned beef, ham salad. We also offer a sandwich special of the day… a turkey, spinach, cranberry and feta wrap would be an example. You can also take any sandwich and put it into the Panini press to make it a hot grilled masterpiece!

P.S. Right around the corner from the deli bar we offer our vegan and gluten free salad options. Don’t miss them the next time you are in!

Below is a sampling of nutritional information from our Deli bar for complete information please visit our web site: 
http://www.balancemindbodysoul.com/balance/campus.asp
Tuna Salad

**Serving:** 1 oz  
KCal: 70, Fat: 6g (71% Cal), SatFat: 1g, TransFat: 0g,  
Chol: 10mg, Sodium: 160mg, Carbs: 2g, Sugars: 1g, Protein: 3g, Fiber: 0g  
Contains eggs, fish, wheat

Turkey Breast, Skinless, Cooked

**Serving:** 1 oz  
KCal: 400, Fat: 4.5g (10% Cal), SatFat: 1.5g, TransFat: 0g,  
Chol: 175mg, Sodium: 3880mg, Carbs: 0g, Sugars: 4g, Protein: 89g, Fiber: 0g

Bacon

**Serving:** 1 Slice  
KCal: 45, Fat: 4g (78% Cal), SatFat: 1.5g, TransFat: 0g,  
Chol: 10mg, Sodium: 135mg, Carbs: 0g, Sugars: 0g, Protein: 2g, Fiber: 0g

American Cheese

**Serving:** 1 Slice  
KCal: 50, Fat: 4.5g (80% Cal), SatFat: 2.5g, TransFat: 0g,  
Chol: 15mg, Sodium: 260mg, Carbs: 0g, Sugars: 0g, Protein: 3g, Fiber: 0g  
Contains milk, soy beans

Provolone Cheese

**Serving:** 1 Slice  
KCal: 80, Fat: 6g (63% Cal), SatFat: 3.5g, TransFat: 0g,  
Chol: 15mg, Sodium: 190mg, Carbs: 0g, Sugars: 0g, Protein: 5g, Fiber: 0g  
Contains milk

Egg Salad

**Serving:** 3 oz  
KCal: 240, Fat: 20g (75% Cal), SatFat: 4g, TransFat: 0g,  
Chol: 215mg, Sodium: 600mg, Carbs: 3g, Sugars: 4g, Protein: 7g, Fiber: 0g  
Contains eggs, wheat