

SUB Plaza: Boars Head

Updated Fall 2022

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Bread/Salad Options	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
White	2 slices	254	2	50	2	9		✓		Wheat, Soy
Wheat Berry	2 slices	269	5	42	4	14		✓		Wheat, Barley
Gluten Free Bread Whole Grain	2 slices	161	5	25	3	4	✓	✓	✓	
Large Croissant	3 oz	320	16	38	1	6		✓		Wheat, Eggs
Romaine	6oz	29	0.5	5	3	2	✓	✓	✓	
Ciabatta	1 roll	110	1.5	20	1	4	✓	✓		Wheat, Soy
Marble Rye	2 slices	220	3	36	2	8	✓	✓		Wheat, Soy
Cheese Options	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Swiss Cheese	1 Slice	108	8	2	0	7		✓	✓	Milk
Havarti Cheese	1 Slice	69	5	0	0	6		✓	✓	Milk
Pepper Jack	1 Slice	74	6	0	0	5		✓	✓	Milk
3 Pepper Colby Jack Cheese	1 slice	100	8	1	0	6		✓	✓	Milk
Provolone	1 slice	100	7	1	0	7		✓	✓	Milk
Protein Options	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Ovengold Turkey	2oz	60	1	0	0	11			✓	
Buffalo Chicken	2oz	60	1	0	0	13				
Maple Honey Ham	2oz	60	1	3	0	10			✓	
Corned Beef	2oz	80	2.5	0	0	14			✓	
Smoked Bacon	2 slices	60	4	1	0	4			✓	Pork
Condiments/Dressings	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Mustard	1oz	21	1	2	0	1		✓	✓	
Mayo	1oz	216	24	0	0	0		✓	✓	Milk,Eggs
Thousand Island	1oz	106	10	4	0	0		✓	✓	Milk, Eggs
Spicy Mustard	1oz	21	1	2	0	1		✓	✓	
Chipotle Mayo	1oz	229	25	0	0	1		✓	✓	Milk,Eggs
Buttermilk Ranch	1oz	116	12	2	0	0		✓	✓	Milk, Eggs
Honey Mustard	1oz	50	0	10	0	0		✓	✓	
Toppings	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Lettuce	1oz	5	0	1	0	0	✓	✓	✓	
Red Onion	1oz	12	0	1	1	2	✓	✓	✓	
Olive	1oz	26.5	2.5	1	0	0	✓	✓	✓	
Tomato	2 slices	4	0	1	1	0	✓	✓	✓	
Pickle	4 slices	5	0	1	0	0	✓	✓	✓	
Bell Pepper	1oz	4	0	1	1	0	✓	✓	✓	
Jalapeno	1oz	8	0	2	1	0	✓	✓	✓	
Avocado	0.5	131	11	6	5	2	✓	✓	✓	
Sauerkraut	1oz	5	<0.1	1.2	<1	0.3	✓	✓	✓	
Cucumbers	1oz.	4	< 0.1	1	0	0	✓	✓	✓	
Add ons	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bistro Chips	3oz chips	205	13	20	2	2	✓	✓	✓	Soy
Pickle	1 pickle	20	0	5	0	0	✓	✓	✓	
Yes =✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										