

The Market										Spring 2023
Salads, Sandwiches, and Subs										
Salads										
Location/Food	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Greens										
Romaine	3oz	16	0	3	2	1	✓	✓	✓	
Iceberg Lettuce	3oz	14	0	3	1	1				
Spinach	3oz	21	1	1	2	3	✓	✓	✓	
Proteins										
Fried Chicken Pieces	3oz	182	10	12	1	12				Wheat
Grilled Chicken	3oz	92	2	0	0	18			✓	
Vegetables and Toppings										
Avocado	Half Avocado	177	15	8.5	7	2				
Bacon	2 slices	74	6	0	0	5			✓	Pork
Bell Peppers	1oz	8	0	1.5	0.5	0.5	✓	✓	✓	
Hard Boiled Eggs	1 each	78	5.5	0.5	0	6.5		✓	✓	Egg
Black Olives	1oz	53	5	2	0	0	✓	✓	✓	
Carrots	1oz	12	0	2.5	0	0.5	✓	✓	✓	
Cherry Tomato	1oz	7	0	1	1	0	✓	✓	✓	
Craisins	1/4cup	136	0	34	3	0	✓	✓	✓	
Croutons	.5oz	66	2	10	0	2				Nuts
Cucumbers	1oz	30	3	1	1	0				
Red Onion	1oz	12	0	3	1	0	✓	✓	✓	
Strawberries	1oz	10	0	3	1	0	✓	✓	✓	
Sunflower Seeds	1oz	87	7	3	2	3	✓	✓	✓	May Contain Soy or Peanut Oil
Dressings										
Avocado Ranch	2 oz	233.9	24	3	1	1		✓	✓	Milk, Soy, Egg
Balsamic Dressing	2oz	103	7	10	0	0	✓	✓	✓	Soy Oil
Cesar Dressing	2oz	222	22	4	0	2			✓	Milk (Whey), Egg, Soy, Fish
Italian Dressing	2oz	78	6	6	0	0		✓	✓	Milk, Soy
Ranch Dressing	2oz	223	23	2	0	1		✓	✓	Milk, Egg, Soy
Oil and Vinegar Dressing	1oz	252	28	0	0	0				
Market Vinaigrette	2oz	220	23	3	0	0		✓	✓	Egg
Cheeses										
Feta	.5oz	39	3	1	0	3		✓	✓	Milk
Mixed Cheese	1oz	113	9	1	0	7	✓	✓	✓	Milk
Parmesan Cheese	.5oz	50	4	0	0	5		✓	✓	Milk
Sandwiches and Subs										
California Club (Turkey,Bacon, Avocado, Swiss, Mayo,White Bread)	1 sandwich	765	49	38	5	44				Wheat,Milk,Pork,Soy,Egg,Sesame
Classic Sub (Ham, Bacon, turkey, Cheddar, Swiss, Mayo,White Bread)	1 sandwich	831	47	53	3	49				Wheat,Milk,Soy,Egg,Pork,Sesame
Ham Sub (Ham, American, Mayo,Wheat Bread)	1 sandwich	568	36	30	3	33				Wheat, Milk, Egg, Soy, Pork
Tuna Sub (Tuna Salad, Lettuce, Tomato, Mayo,Croissant)	1 sandwich	682	56	29	2	17				Wheat,Milk,Egg,Soy,Fish, Croissant Processed in the Same Facility as Treenuts
Turkey Sub (Turkey, Mayo, White Cheese, White Bread)	1 sandwich	637	31	52	3	38				Wheat, Milk, Soy
The Stallion (Salami, Pepperoni, Ham, Provolone, Mayo, Black Olives, Vinegar &Oil)	1 sandwich	892	73	31	3	29				Wheat, Milk, Pork, Egg, Soy
Veggie (Avocado, Cucumber, Provolone, Mayo, Black Olives, Veggie Wrap)	1 sandwich/wrap	808	54	63	6	16.5		✓		Wheat,Milk,Egg,Soy
Protein Options										
Bacon	2 slices	74	6	0	0	5			✓	Pork
Buffalo Chicken	3oz	78	1	2	0	15.2			✓	
Ham	3oz	158	6	2	0	24			✓	Pork
Tuna Salad	3oz	251	23	0	0	12			✓	Egg, Soy, Fish
Turkey	3oz	100	0	0	0	25			✓	
Salami	1oz	105	9	0	0	6				Pork

Pepperoni	1oz	137	13	1	0	5			✓		Pork
Cheese Options											
Yellow American	1oz	74	6	1	0	4					Milk, Soy
Mixed Shredded Cheese	1oz	83	7	0	0	5		✓	✓		Milk
Pepper Jack	1 slice	70	6	0	0	5		✓	✓		Milk
Provolone	1 slice	70	8	0	0	5		✓	✓		Milk
Swiss	1 slice	82	6	1	0	6					Milk
Veggie Options											
Avocado	Half Avocado	177	15	8.5	7	2					
Bacon	2 slices	74	6	0	0	5			✓		Pork
Black Olives	1oz	42	3.8	1.9	0	0	✓	✓	✓		
Lettuce	1 oz	4	0	1	0	0	✓	✓	✓		
Onion	1 oz	4	0	1	0	0	✓	✓	✓		
Pickles	1oz	4	0	1	0	0	✓	✓	✓		
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓		
Dressings Options											
Avocado Ranch	2oz	234	24	3	1	1		✓	✓		Milk, Soy, Egg
Ranch	1oz	125	13	1	0	1		✓	✓		Milk, Egg, Soy
Chipotle Mayonnaise	1oz	180	20	2	0	0		✓	✓		Egg, Soy
Mayonnaise	1oz	108	12	0	0	0		✓	✓		Egg, Soy
Honey Mustard	1oz	133	13	4	0	0		✓	✓		Soy, Egg
Mustard	1oz	24	0	6	0	0					
Oil and Vinegar	1oz	252	28	0	0	0					
Bread Options											
Croissant	2oz	215	11	25	1	4		✓			Wheat, Egg, Soy, Same Facility as Treenuts
White Sub Bread 6"	1/2 Sub 6"	124	1.5	23.5	1	4		✓			Wheat, (May Contain Milk, Egg, Soy, Sesame)
White Sub Bread 12"	1 Sub12"	247	3	47	2	8		✓			Wheat, (May Contain Milk, Egg, Soy, Sesame)
Wheat Sub Bread 6"	1/2 Sub 6"	124	1.75	22.5	2	4.5		✓			Wheat, (May Contain Milk, Egg, Soy, Sesame)
Wheat Sub Bread 12"	1 Sub-12" (106g)	248	3.5	45	4	9		✓			Wheat, (May Contain Milk, Egg, Soy, Sesame)
GLUTEN FREE Multigrain Bread	2 slices	161	5	25	3	4		✓	✓		Egg; May contain: Soy
Gluten Free Bread- White Northern Bake House	2 slices	170	4	36	4	1	✓	✓	✓		Sunflower oil
Gluten Free Hamburger Bun	1 Bun	243	7	41	4	4	✓	✓	✓		Soy, Poppy Seeds, Sesame Seeds
Tortilla Wrap- White	1-12" Tortilla	303	7	52	2	8					Wheat, Soy
Tortilla Wrap- Wheat	1-12" Tortilla	284	8	45	6	8					Wheat, Soy
Tortilla Wrap- Spinach	1-12" Tortilla	303	7	52	2	8					Wheat, Soy
Spuds	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Plain Spud (Potato, Margarine)	1 ct	311	25	20	1	2					Milk, Soy,Whey
Loaded Spud (Potato, Margarine, Bacon, Sour Cream, Green Onion, Cheese)	1 ct	631	51	24	1	18			✓		Milk, Soy,Whey
BBQ Spud (Potato, Margarine, Green Onion, Cheese, Brisket, BBQ Sauce)	1ct	632	45	36	1	20			✓		Milk, Soy,Whey
Desserts											
White Chocolate Macadamia	2oz	260	13	33	1	3		✓			Wheat, Milk, Soy, Egg, Tree Nuts
Chocolate Chip Cookie	2oz	250	11	36	1	3		✓			Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products
M & M Cookie	2oz	160	7	22	0	2		✓			Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products
Sugar Cookie	2oz	250	11	35	1	3		✓			Wheat, Milk, Egg, Held in Case with Tree Nut Products
Rice Krispie Treat	1 Large Bar	364	20	42	<1	3		✓			Milk(Whey), Soy, Contains Malt(Malt flavoring contains Wheat)
All Fried Items have been fried in Canola Fry Oil in Common Fryer with Dairy and Wheat Items											
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											