

Nutrition Information Guide



Corporate Chefs, Inc.

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Provided by Corporate Chefs, Inc.



Food Item	Calories	Total Fat grams	Saturated Fat grams	Cholesterol milligrams	Carbohydrate grams	Fiber grams	Sodium milligrams	Protein grams	Food Item	Calories	Total Fat grams	Saturated Fat grams	Cholesterol milligrams	Carbohydrate grams	Fiber grams	Sodium milligrams	Protein grams
Delicatessen (contd.)									Fresh Baked Bagels								
Ham, 1 oz.	23	1	0	9	1	0	262	4	Blueberry	380	4	0	0	80	4	460	14
Corned beef, 1 oz.	40	2	1	19	0	0	382	6	Sesame	400	2	0	0	80	4	490	16
Capicola, 1 oz.	45	3	1	18	0	0	190	5	Plain	376	2	0	0	78	2	350	14
Mortadella, 1 oz.	88	7	3	16	1	0	353	5	Raisin	410	4	0	0	80	4	420	14
Prosciutto, 1 oz.	29	1	0	12	0	0	286	5	French toast	340	2	1	25	56	2	430	12
Roast beef, 1 oz.	46	1	0	15	0	0	11	8	Whole wheat multi grain	272	1	0	0	56	3	262	10
Turkey (smoked and regular) 1 oz.	24	0	0	9	1	0	334	4	Wild berry	380	4	0	0	80	4	460	14
American cheese, 1 oz.	106	9	6	27	0	0	422	6	Poppy seed	400	2	0	0	80	3	245	8
Cheddar cheese, 1 oz.	114	9	6	30	0	0	176	7	Egg	340	2	1	25	56	2	430	12
Havarti, 1 oz.	106	9	5	25	0	0	152	7	The Works	280	1	0	0	40	2	244	8
Monterey Jack, 1 oz.	106	9	5	25	0	0	152	7	Onion	522	1	0	0	56	2	350	11
Muenster cheese, 1 oz.	104	9	5	27	0	0	178	7	Honey whole wheat	190	1	0	0	55	3	340	11
Pepper Jack cheese, 1 oz.	106	9	5	27	0	0	178	7	Bagel Bar Toppings								
Provolone cheese, 1 oz.	98	7	5	19	0	0	245	7	Cream cheese, 1 Tbsp.	50	5	3	16	1	0	47	1
Swiss cheese, 1 oz.	108	8	5	26	0	0	54	8	Cream cheese, light, 1 Tbsp.	30	2	1	8	1	0	70	1
Salads:									No trans-fat added margarine, 1 Tbsp.	47	5	1	0	0	0	81	0
Ham salad, 4 oz.	241	18	4	40	1	0	986	18	Smart Balance Spread, 1 Tbsp.	101	11	2	0	0	0	93	0
Tuna salad, 4 oz.	208	13	2	41	0	0	121	20	Butter, 1 Tbsp.	112	13	8	33	0	0	0	0
Egg salad, 4 oz.	229	4	0	182	1	0	361	11	Peanut butter, 1 Tbsp.	94	8	2	0	3	1	73	4
Chicken salad, 4 oz.	237	14	2	77	0	0	140	26	Orange marmalade, 1 Tbsp.	48	0	0	0	13	0	8	0
Seafood salad, 4 oz.	179	11	2	22	13	0	793	7	Strawberry Preserves, 1 Tbsp.	48	0	0	0	13	0	8	0
Hummus, 2 Tbsp.	70	6	1	0	4	1	130	2	Grape jelly, 1 Tbsp.	48	0	0	0	13	0	8	0
Salsa, 2 Tbsp.	10	0	0	0	2	0	240	0	Honey, 1 Tbsp.	64	0	0	0	17	0	1	0
Breads & Wraps									Salad Bar								
White Bread, 2 slices	133	2	0	0	25	1	340	4	Alfalfa and bean sprouts, 2 Tbsp.	2	0	0	0	1	0	0	0
Whole Wheat Bread, 2 slices	138	2	0	0	23	4	264	7	Artichokes, 1/4 cup	22	1	0	0	5	4	25	1
Honey Wheat Bread, 2 slices	133	2	0	0	25	1	360	4	Asparagus, 1/4 cup	10	0	0	0	2	1	6	1
Light-Dark Marble Rye, 2 slices	165	2	0	0	31	4	422	5	Beets, sliced, 1/4 cup	12	0	0	0	3	1	73	0
5 Grain, 2 slices	133	2	0	0	25	1	340	4	Broccoli, 1/4 cup	8	0	0	0	2	1	8	1
English muffin, 1	127	1	0	0	26	3	218	5	Carrots, 1/4 cup	13	0	0	0	3	1	22	0
Oatmeal molasses, 2 slices	198	3	1	0	42	2	286	6	Cauliflower, 1/4 cup	7	0	0	0	1	1	8	1
Light Wheat Bread, 2 slices	91	1	0	0	20	6	235	4	Celery, 1/4 cup	4	0	0	0	1	0	20	0
Sourdough, 2 slices	133	2	0	0	25	1	340	4	Cheese, Bleu Crumble, 2 Tbsp.	60	5	3	13	0	0	235	4
Pita White 1/2 - 7"	82	0	0	0	17	1	161	3	Cheese, Feta, 2 Tbsp.	50	4	3	17	1	0	209	3
Pita Wheat 1/2 - 7"	82	1	0	0	18	2	170	3	Cheese, cheddar, shredded, 2 Tbsp.	66	5	3	17	0	0	102	4

