

Item	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs Total	Dietary Fiber	Protein	Vitamin A	Vitamin C	Calcium	Iron
Avanti's Famous Gondola	1 ea	1219	39	16	164	3159	161	1	33	6%	3%	2%	3%
1/2 Gondola	1 ea	610	19	8	82	1580	81	0	17	3%	1%	1%	2%
Ham and Cheese	1 ea	590	17	6	79	1825	78	3	33	3%	1%	2%	6%
Ham	1 ea	545	13	3	72	1731	78	3	33	3%	1%	2%	6%
Turkey	1 ea	1110	16	3	160	2212	160	7	70	9%	21%	30%	26%
1/2 Turkey	1 ea	555	8	1	80	1106	80	3	35	4%	10%	15%	13%
Cheese Sandwich	1 ea	610	24	11	65	1266	79	3	23	3%	1%	2%	6%
Gondola Deluxe	1 ea	1554	63	28	248	4416	166	2	57	14%	21%	33%	5%
1/2 Gondola Deluxe	1 ea	809	31	14	124	2210	85	2	29	8%	19%	17%	3%
Veggie Gondola	1 ea	1073	29	14	95	1619	159	5	25	145%	148%	35%	11%
1/2 Veggie Gondola	1 ea	559	15	7	48	814	85	4	13	75%	116%	19%	7%

This nutritional information is based on standard recipes and product formulas. Some variations may occur due to season, supplier, and minor differences in product assembly.