Nutritional Information - Mini Gourmet Sandwiches

Philadelphia CATERING CO.

Menu Item	Serving Size	Calories	Cals from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Choloesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Contains Egg	Contains Dairy	Contains Soy	Contains Tree Nuts	Contains Peanuts	Contains Fish	Conatins Shellfish	Conatins Sesame	Additional info
BLACK FOREST HAM WITH ASIAGO AND WHOLE GRAIN MUSTARD - MINI GOURMET	3.39 OZ	203	68	9	3	0	38	1004	16	1	4	13					X							
CURRIED CHICKEN SALAD WITH WHITE RAISINS - MINI GOURMET	3.38 OZ	255	123	14	2	0	40	292	23	1	5	12				X	X	X						
LAYERED GRILLED VEGETABLES - MINI GOURMET	2.14 OZ	117	43	5	0	0	2	225	14	1	2	2	X			X		X						
NISCOISE EGG SALAD - MINI GOURMET	3.62 OZ	248	134	15	3	0	214	552	15	1	2	9	X			X		X						
NISCOISE TUNA SALAD	4.08 OZ	264	104	14	1	0	19	1017	14	1	1	11				X					X			
ROAST TURKEY BREAST WITH GREEN LEAF LETTUCE AND CRANBERRY RELISH - MINI GOURMET	3.67 OZ	177	46	5	0	0	28	651	17	2	4	12				X		X						
ROASTED BEEF WITH HORSERADISH MAYO, PROVOLONE AND ROASTED PEPPERS - MIN GOURMET	2.89 OZ	170	53	6	1	0	36	499	13	1	1	14				X		X						
TARAGON CHICKEN SALAD - MINI GOURMET	3.42 OZ	291	171	18	3	0	41	486	13	1	1	12				X		X						

DISCLAIMER

Nutritional information is based on standard recipes and uses the latest nutritional data available from the USDA as well as nutritional data provided by food manufacturers about their products. Variations may occur due to product availability and food preparation. If you have a food allergy, please note that many of our menu items may potentially come in contact with other allergens. This site is not a substitute for the services of a trained health professional.