

# Restaurant Deli Sandwiches: What's in Your Lunch?

## Nutrition Comparison of Restaurant Deli Sandwiches

As with all EN comparisons, this is only a sampling of what's available. Products are listed alphabetically.

✓ = EN's Picks. Sandwiches have fewer than 650 calories (33% DV), and less than 23 grams of fat (35% DV), 6 grams of saturated fat (30% DV) and 800 milligrams of sodium (33% DV).

Sandwiches	Serving size	Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)
<b>POULTRY</b>						
✓ Au Bon Pain Half Sandwich Turkey & Swiss on Farmhouse Roll	1/2	320	11	5	700	22
Bob Evans Chicken Salad Sandwich	1	637	37	6	1293	22
✓ Bob Evans Chicken Salad Sandwich, Half	1/2	319	19	3	646	11
Bob Evans Grilled Chicken Club Sandwich	1	583	31	11	1420	40
Boston Market Classic Chicken Salad Sandwich	1	800	41	7	1900	40
Boston Market Half Chicken Carver	1/2	375	14.5	4	980	28
Boston Market Turkey Carver	1	700	26	8	1710	50
Cosi Bacon Turkey Cheddar Melt	1	572	24	11	1101	45
✓ Cosi Turkey Light	1	390	5	1	526	26
Denny's Fit Fare Chicken Sandwich w/select fruit	1	490	7	1.5	1460	38
Friendly's Turkey Club Supermelt	1	690	35	14	2290	45
Mimi's Café Turkey Pistachio Salad Croissant	1	949	66	18	618	13
Mimi's Café Fresh Roasted Turkey Breast	1	532	27	5	546	20
Mimi's Café Fresh Roasted Turkey Club	1	1131	63	13	1436	41
Mimi's Café Just Enough Hand Carved Turkey Cobb Wrap	1	751	38	8	953	29
Mimi's Café West Coast Reuben	1	2015	138	38	3798	62
✓ Panera Half Chicken Caesar on Three Cheese	1/2	360	16	4.5	730	21
✓ Panera Half Napa Almond Chicken Salad on Sesame Semolina	1/2	340	13	2	660	15
Panera Smoked Turkey Breast on Country	1	560	17	2.5	1960	32
<b>MEAT</b>						
✓ Au Bon Pain Half Sandwich Roast Beef & Brie on Farmhouse Roll	1/2	350	14	6	630	20
Bob Evans Turkey Bacon Melt	1	589	28	11	2079	35
Bob Evans Turkey Bacon Melt, Half	1/2	292	14	6	1035	17
Cosi Club	1	497	10	4	827	33
Cosi Italiano	1	747	42	16	2210	42
Cosi Wasabi Roast Beef	1	556	27	6	1351	29
Denny's Bacon, Lettuce & Tomato	1	570	37	9	850	20
Denny's Club Sandwich	1	660	34	7	1640	29
Friendly's BLT	1	680	45	12	980	20
Friendly's Grilled Ham & Cheese	1	510	23	14	1880	28
Mimi's Café Classic Beef Dip w/o sauce	1	521	15	7	3928	49
Panera Asiago Roast Beef on Asiago Cheese	1	690	27	14	1270	48
Panera Italian Combo on Ciabatta	1	1040	45	17	3020	61
Panera Smoked Ham & Swiss on Stone-Milled Rye	1	690	28	10	2320	46
<b>SEAFOOD</b>						
✓ Au Bon Pain Demi Tuna Sandwich on Baguette	1	320	7	2	770	17
Cosi Tuna Melt	1	874	40	11	1154	65
Friendly's Tuna Roll	1	580	43	9	920	24
Mimi's Café Albacore Salad and Avocado	1	993	71	18	960	33
✓ Panera Half Tuna Salad on Honey Wheat	1/2	380	23	4.5	570	10
<b>OTHER</b>						
Mimi's Café Five-Way Grilled Cheese	1	703	39	22	1150	39
Mimi's Café Grilled Veggie Ciabatta	1	996	55	17	1742	30
✓ Panera Half Mediterranean Veggie on Tomato Basil	1/2	300	7	1.5	730	11
Panera Tomato & Mozzarella on Ciabatta	1	770	29	10	1290	30
✓ Schlotzsky's Fresh Veggie Sandwich, small	1	342	10	5	751	14

Source: Restaurant websites. Note: g=grams, mg=milligrams, Sat Fat=saturated fat, %DV=Percent Daily Value, recommended daily intake based on 2,000 calorie diet

When most of us put a sandwich together it usually involves a slice or two of meat and some cheese, and two slices of bread spread with a bit of mayo or mustard. Perhaps there's a slice of tomato and a lettuce leaf to round it out. In a matter of minutes we have a quick and easy meal comprised of foods from at least two to four of the food groups. But, outside chefs take a slightly different approach to their creations. With the various fillings and fixings thrown into the mix, deli and restaurant sandwiches can contain as much or more than a day's worth of calories, fat and sodium.

### Helpful Hints

Here are a few tips to make sure your simple lunch doesn't equal a full day of meals.

- **Cut it in half.** The easiest way to cut the negative nutritional impact is to halve your order. Many restaurants offer half sandwiches on the menu but for those that don't, go ahead and cut it in half yourself. Now you've got tomorrow's lunch already made.
- **Ask for condiments on the side.** Often, the various oils, mayos and other spreads account for most of the fat and calories in sandwiches. Order them on the side and apply them sparingly yourself.
- **Keep your sodium in check.** Restaurant sandwiches are generally high in sodium, given their ingredients. A good idea is to balance out the rest of your food day with naturally low-sodium foods, such as fresh fruits, veggies and whole grains.
- **Add a soup or salad.** Before you plunge into your sandwich, start your meal with a bowl of vegetable soup or a large, green salad with low-fat dressing. Research suggests that such high-fiber and high-fluid starters can help fill you up and keep you satisfied. So that half sandwich won't look so petite after all. The extra bonus from this combo? More health-protective vitamins, minerals and phytonutrients in your day.

— Heidi McIndoo, M.S., R.D.