

Deli Cold Case		Serving Size	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Potato & Egg Salad	3/4 cup	310	180	19	4.5	0	20	810	26	2	0	9	
Homestyle Macaroni Salad	1/2 cup	370	230	26	3.5	0	15	310	29	0	1	5	
Claire's Classic Potato Salad	1/2 cup	200	220	24	4.5	0	135	240	16	1	3	6	
Cashew Kale Slaw Salad	3.5 oz	200	140	16	2.5	0	10	95	12	2	7	3	
Curry Chicken Salad	3.5 oz	240	140	16	2.5	0	40	210	12	1	8	13	
Fully Loaded Potato Salad	1/2 cup	420	340	38	9	5	45	390	15	1	2	5	
Coleslaw Salad	1 cup	90	30	3.5	0.5	0	5	120	14	2	11	1	
Protein Power Salad	3.5 oz	220	120	13	2	0	0	80	18	6	6	7	
Golden State Chicken Salad	3.5 oz	320	240	27	4.5	0	50	370	8	1	6	12	
Lobster Salad	3.5 oz	180	130	14	2.5	0	35	510	7	0	3	7	
Southwest Chipotle Chicken Salad	3.5 oz	160	100	11	2	0	30	450	4	0	2	11	
Mandarin Chicken Salad	3.5 oz	180	100	11	1.5	0	5	200	15	2	7	6	
Old-Fashioned Chicken Salad	3.5 oz	260	180	20	3.5	0	55	370	3	0	3	16	
Seafood Salad	3.5 oz	250	190	21	3.5	0	20	570	11	0	3	4	
Pesto Pasta Asparagus Salad	5 oz	280	150	17	2	0	0	320	26	3	2	6	
Crunchy Vegetable Salad	3.5 oz	220	140	16	2.5	0	10	160	16	3	11	3	

Nutrition Information

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Updated: 07/31/2019

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Antipasto Salad	3/4 cup	290	170	19	4.5	0	20	640	20	2	2	9	
Club Med Pasta Salad	5 oz	380	250	28	6	0	25	610	24	2	2	8	
Shell Pasta with Prosciutto & Peas Salad	5 oz	370	230	25	7	0	35	530	24	2	2	11	
Tri-Color Tortellini Salad	3.5 oz	310	190	21	5	0	20	350	22	1	1	9	
Gourmet Fruit Salad	2/3 cup	60	0	0	0	0	0	10	13	2	9	1	
Red Dill Bliss Potato Salad	1/2 cup	200	120	13	2	0	5	440	19	2	4	2	
Tuna Salad	1/2 cup	280	190	21	4	0	75	410	10	0	3	12	
Fiesta Rice Salad	1/2 cup	120	35	4	0	0	0	470	20	2	4	2	
Haig's Cracked Wheat Salad	1/2 cup	200	80	9	1	0	0	400	25	6	2	5	
Haig's Chickpea Salad	1/2 cup	160	60	7	1	0	0	390	21	6	2	4	
Haig's Couscous Almondine Salad	1 cup	300	140	15	3.5	0	0	410	34	6	5	7	
Haig's Couscous Moroccan Salad	1 cup	290	100	11	1.5	0	5	650	39	4	3	8	
Haig's Zucchini Fritters	5 pieces	90	50	6	0.5	0	30	125	8	0	1	2	
Haig's Large Spanakopita	1 piece	470	220	25	17	1	100	910	47	7	2	14	
Haig's Small Spanakopita	6 pieces	470	240	27	17	0.5	95	910	44	4	1	12	
Haig's Handmade Dolmas	1 piece	60	20	2	0.5	0	0	135	8	1	1	1	

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Haig's Mini Falafel Balls		4 piece	130	45	5	1	0	0	340	16	1	1	5
Apple Waldorf Salad		140 g	260	140	16	4	0	10	150	26	3	20	2
Carrot Zoodle Salad		3.5 oz	200	140	15	2	0	0	95	13	3	8	3
Broccoli Tabbouleh Salad		3.5 oz	110	50	6	1	0	0	50	12	3	3	3