

Holiday Deli & Ham Co.

Weight Watchers Analysis

Soups

Item	WW Points	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Chicken Noodle - Cup	2	4.4	12.3	1.4	0.7
Chicken Noodle - Bowl	3	6.6	18.5	2.1	1.0
Broccoli Cheese - Cup	5	8.7	15.0	11.8	1.0
Tomato - Cup	5	5.8	18.0	8.4	0.8
Tomato - Bowl	7	8.8	27.0	12.6	1.1
Baked Potato - Cup	8	5.0	24.0	19.0	2.0
Chili - Cup	8	18.0	14.0	18.0	3.0
Lobster & Crab Bisque - Cup	8	8.8	18.4	18.5	0.4
Chicken Tortilla - Cup	11	16.0	49.0	20.9	6.9
Chili - Bowl	11	27.0	21.0	27.0	4.5
Baked Potato - Bowl	12	7.5	36.0	28.5	3.0
Lobster & Crab Bisque - Bowl	14	13.2	27.6	37.7	0.6
Chicken Tortilla - Bowl	17	24.0	73.5	31.4	10.3

Salads - All without Dressing

Item	WW Points	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
House Salad	5	13.2	15.6	28.2	3.6
Strawberry Mandarin	6	8.3	30.4	11.9	8.3
Marlene's Healthy Choice w/ Ham Salad	6	17.0	31.3	6.2	4.8
Marlene's Healthy Choice w/ Chicken Salad	7	18.3	31.3	8.6	5.0
Marlene's Healthy Choice w/ Tuna Salad	7	17.5	29.0	8.6	4.8
Marlene's Healthy Choice w/ Egg & Olive	8	13.1	28.9	16.7	4.7
Cobb Salad	8	17.7	12.6	21.4	6.5
Marlene's Healthy Choice w/ Jalapeno Pimento	10	16.2	28.5	22.2	4.9
Marlene's Healthy Choice w/ Pimento Cheese	11	17.1	28.5	24.8	4.8
Salad Sampler - lettuce & tomato (choose 2 below)	1	1.3	4.7	0.2	1.7
Ham Salad	4	12.4	7.2	8.4	0.3
Chicken Salad	5	14.6	7.2	12.2	0.6
Tuna Salad	5	13.3	3.5	12.2	0.4
Egg & Olive	7	6.2	3.3	25.4	0.1
Jalapeno Pimento Cheese	10	11.2	2.6	34.3	0.4
Pimento Cheese	11	12.6	2.5	38.5	0.3
Cascade Salad	11	8.2	36.9	25.4	8.4
Chicken Caesar Salad	13	50.7	15.6	25.6	4.5
Italian Chopped Chicken Salad	13	44.1	23.2	28.4	5.9
Southwest Chicken Salad	14	41.1	36.0	27.2	10.8
Chef Salad	16	37.8	26.0	37.6	4.9
Asian Chicken Salad	23	47.6	49.8	53.3	12.0
Lemon Basil Vinaigrette Dressing (2 tablespoons)	2	0.2	2.3	7.2	0.1
Thousand Island Dressing (2 tablespoons)	3	0.3	4.7	11.2	0.3
Ranch Dressing (2 tablespoons)	3	0.8	1.2	11.3	0.0
Balsamic Vinaigrette Dressing (2 tablespoons)	3	0.3	2.8	12.0	0.1
Light Ranch (2 tablespoons)	3	1.0	1.0	10.0	0.0
Zesty Italian Dressing (2 tablespoons)	3	0.0	3.0	12.0	0.0
Cascade Dressing (2 tablespoons)	3	0.0	9.7	6.9	0.0
Chipotle Lime Ranch Dressing (2 tablespoons)	3	0.8	2.3	11.5	0.0
Caesar Dressing (2 tablespoons)	4	0.0	0.9	15.6	0.0
Honey Lime Vinaigrette Dressing (2 tablespoons)	4	0.1	9.6	12.3	0.1

Peanut Sauce (2 tablespoons)	5	4.3	5.8	18.3	1.0
Honey Mustard Dressing (2 tablespoons)	5	0.0	4.3	18.1	0.0
Blue Cheese Dressing (2 tablespoons)	5	0.9	0.3	17.9	0.0

Our Favorites

Item	WW Points	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Papa's Homemade Quiche - Ham with Fresh Fruit	9	12.1	21.0	23.5	0.4
Papa's Homemade Quiche - Spinach with Fresh Fruit	9	10.0	20.9	22.3	0.8
Papa's Homemade Quiche - Bacon with Fresh Fruit	10	12.1	20.3	25.4	0.4
Tuna Salad on Wheat Bread	11	22.6	50.2	15.5	3.4
Ham Salad on Wheat Bread	11	21.8	53.9	11.7	3.3
Chicken Salad on Wheat Bread	12	24.0	53.9	15.5	3.6
Jalapeno Pimento Cheese on Wheat Bread	17	20.6	49.3	37.5	3.5
Papa's Pimento Cheese on Wheat Bread	18	22.0	49.2	41.8	3.3
Pimento Plus Turkey on Wheat Bread	18	39.2	59.1	45.6	3.8
Original Veggie Sandwich	18	21.6	62.3	38.4	8.3
Traditional Club on Wheat Bread	22	53.8	80.9	32.8	5.8
Pimento Plus BLT on Wheat Bread	23	34.8	52.5	55.3	4.4
Pimento Plus Ham on Wheat Bread	23	45.3	52.2	52.5	3.3

Hot Sandwiches

Item	WW Points	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Grown-Up Grilled Cheese	15	31.6	48.7	28.7	3.5
Reuben with Corned Beef	16	45.9	68.1	21.0	6.9
Reuben with Turkey	17	38.5	77.9	22.6	7.4
Anne's French Dip on Wheat Hoagie	18	53.9	65.5	22.7	4.0
Anne's French Dip on White Hoagie	18	52.9	66.5	22.7	2.0
Papa's Reuben with Corned Beef	19	70.5	68.1	23.2	6.9
Tasty Turkey Cheddar on Wheat Hoagie	20	35.4	71.7	36.0	5.9
Papa's Reuben with Turkey	21	55.7	87.7	26.4	7.9
Rajun Cajun on Wheat Hoagie	21	39.2	75.2	39.0	7.1
Rajun Cajun on White Hoagie	21	38.2	76.2	39.0	5.1
Luke's Kickin Chicken on Wheat Hoagie	22	63.2	79.7	30.2	4.2
Luke's Kickin Chicken on White Hoagie	22	62.2	80.7	30.2	2.2
Hot Ham & Cheese on Wheat Hoagie	24	41.4	76.1	48.6	5.4
Hot Ham & Cheese on White Hoagie	24	40.4	77.1	48.6	3.4
Tasty Turkey Cheddar on White Hoagie	25	94.4	72.7	36.0	3.9
Hot Roast Beef on Wheat Hoagie	27	45.9	65.2	61.6	5.4
Hot Roast Beef on White Hoagie	27	44.9	66.2	61.6	3.4

Cafe Sandwiches

Item	WW Points	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Turkey on Wheat Bread (plain)	10	26.6	56.5	7.1	3.5
Roast Beef on Wheat Bread (plain)	10	34.9	48.7	7.2	3
Ham on Wheat Bread (plain)	12	32.7	49.6	14	3
BLT on Wheat Bread (plain)	12	27.5	48.7	23.4	3.5
Egg & Olive on Wheat Bread (plain)	14	15.6	50.1	28.6	3.2

Specialty Sandwiches and Panini's

Item	WW Points	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Hot Turkey Pita	11	32.8	46.9	12.8	3.0
Turkey Panini on Focaccia	15	27.0	43.3	30.8	3.7
Ham Panini on Focaccia	16	33.1	36.4	37.7	3.2
Turkey Panini on Ciabatta	16	30.7	53.5	30.5	4.3
Southwest Chicken Panini on Ciabatta	18	53.8	60.4	24.6	1.9

Ham Panini on Ciabatta	18	36.8	46.6	37.4	3.8
Ham What Am	19	44.6	78.6	25.8	3.8
Grilled Portabella Panini on Focaccia	22	19.4	51.8	60.5	6.2
Ramos Wrap	22	56.5	60.5	41.4	5.9
Grilled Portabella Panini on Ciabatta	24	23.1	61.9	60.3	6.9
Club Savory Croissant	26	35.9	51.0	68.4	2.8

Potatoes

Item	WW Points	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Monterey Potato	30	56.1	103.3	57.0	13.1
Loaded Baked Potato	31	25.8	102.5	72.8	12.7
Deluxe Ham & Turkey Potato	32	43.6	108.8	66.4	13.5
The Big Cheese Potato	36	32.2	104.5	89.3	13.6

Kid's Menu

Item	WW Points	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Jules Platter - Ham	6	19.4	26.2	11.9	1.1
Jules Platter - Turkey	7	16.4	29.7	8.5	1.4
Jules Platter - Roast Beef	7	20.5	25.7	8.5	1.1
Duffi Dog	7	9.8	22.0	16.3	0.9
Cheese Pizza	11	15.0	52.0	17.0	2.0
Goldie's Grilled Cheese	12	20.6	49.5	19.2	2.2
Luke's Lunch (peanut butter & jelly)	22	24.8	97.5	35.7	5.6

Appetizers

Item	WW Points	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Pim Toasties - Small	7	11.2	35.9	13.1	1.8
Fiesta Black Bean Corn Salad & Chips	11	9.3	53.5	17.9	9.3
Pim Toasties - Large	16	22.5	71.8	26.1	3.7
Papa's Spicy Cheese Dip and Chips - Small	24	30.8	68.8	53.1	5.3
Southwest Chipotle BBQ Nachos	35	60.5	110.5	72.0	10.1
Nachos All Over	36	44.1	105.9	85.0	12.2
Papa's Spicy Cheese Dip and Chips - Large	37	47.3	112.4	82.9	8.7

Side Items

Item	WW Points	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Pickle Spear	0	0.0	1.0	0.0	0.0
Fresh Fruit Cup	1	0.8	10.7	0.1	1.3
Carrot Sticks	1	0.6	5.8	0.1	1.7
Baked Lays Chips	3	2.0	26.0	2.0	2.0
Black Bean & Corn Salad	3	3.4	14.5	4.5	4.0
Animal Crackers	3	2.0	22.0	3.5	0.0
Pretzels	3	2.0	23.0	1.0	1.0
Ruffles Potato Chips	4	2.0	14.0	10.0	1.0
Potato Salad	4	2.0	19.0	7.0	1.0
Pasta Salad	4	5.0	26.0	1.5	2.0
Tropical Fruit Salad	5	3.0	22.0	8.0	0.0

Breakfast

Item	WW Points	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Cream Cheese - strawberry	2	1.0	4.0	6.0	0.0
Bacon (2)	2	5.9	0.2	6.7	0.0
Thick Sliced Ham (2 oz)	2	12.7	0.0	3.2	0.0
Cream Cheese - plain	3	2.0	2.0	9.0	0.0

Wheat Toast (1)	3	4.7	23.4	1.6	1.5
Sausage Patty (1)	3	5.9	0.0	8.7	0.0
White Toast (1)	4	5.3	24.8	3.6	1.1
Fried Eggs (2)	5	12.5	0.8	14.1	0.0
Scrambled Eggs (2)	5	13.5	2.7	14.9	0.0
Biscuit (1)	5	2.8	23.1	8.7	0.7
Sister Schubert Roll (1)	5	4.0	30.0	5.0	1.0
Blueberry Muffin	8	3.9	42.5	11.7	0.5
Pineapple Muffin	8	4.0	42.7	11.6	0.3
Strawberry Muffin	8	4.0	41.5	11.6	0.4
Wheat Bagel	8	11.0	61.2	2.0	5.0
Plain Bagel	8	10.0	63.2	1.0	4.0
Cinnamon Raisin Bagel	9	11.0	69.2	1.0	3.0
Blueberry Bagel	9	11.0	69.2	1.5	2.0
Peach Muffin	9	6.0	43.7	16.5	1.4
Apple Cinnamon Muffin	9	4.0	47.2	12.1	0.7
Strawberry Parfait	11	21.5	73.7	3.6	4.5
Blueberry Parfait	11	21.6	79.5	3.6	4.9
Peach Parfait	11	21.7	75.2	3.6	4.1
The Englishman with Bacon	17	26.5	51.1	37.3	2.0
Stuffed Breakfast Quesadilla	17	26.8	61.8	32.9	6.8
The Hunter Sandwich	18	35.8	48.7	39.0	3.0
The Englishman with Sausage	18	26.5	50.9	39.3	2.0
The Englishman with Ham	18	32.2	52.3	35.9	2.0
The Southern Special	18	34.3	53.9	36.9	2.5
The Breakfast Heap - Sausage with Wheat Toast	19	33.5	66.3	37.1	4.4
The Breakfast Heap - Ham with Wheat Toast	20	36.4	66.2	36.4	4.3
The Breakfast Heap - Ham with White Toast	20	37.0	67.6	38.4	3.9
The Breakfast Heap - Sausage with White Toast	20	34.0	67.7	39.1	4.0

Desserts

Item	WW Points	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Mini Banana Pudding	7	1.3	34.3	13.8	0.9
Mini Strawberry Shortcake	7	1.5	38.5	8.9	0.7
Oatmeal Raisin Cookie	9	6.0	55.0	10.0	3.0
Praline Brownies	9	4.8	34.3	18.6	3.4
Chocolate Chip Cookie	10	3.0	53.0	17.0	2.0
Royale Cookie	11	4.0	48.0	22.0	3.0
Strawberry Shortcake Cup	14	2.9	88.3	17.8	1.2
Banana Pudding Cup	15	3.2	75.6	25.2	2.7
Coconut Cake (1 slice)	17	6.2	87.1	29.5	2.5
Strawberry Cake (1 slice)	18	4.4	90.2	30.1	0.0
Caramel Cake (1 slice)	19	6.6	98.3	29.5	0.1
Chocolate Cake (1 slice)	19	6.1	102.6	28.0	0.6
Red Velvet Cake (1 slice)	22	5.3	69.4	55.2	0.2