

Lettuce Be a Part of Your Diet Plan

The Food and Drug Administration (FDA) uses 2,000 calories and between 44 and 78 grams of fat per day as a reference level for nutrition labeling. The upper limit of 750 calories and 25 grams of fat can be made suggestion for **one meal** – realistically, assuming a restaurant meal is generally the largest of the day. Most of the menu items featured on this site have significantly fewer than 750 calories and less than 25 grams of fat.

Daily nutritional needs vary, and it is each individual's personal responsibility to choose foods that meet his or her unique nutritional needs. Consult your physician and/or dietitian for guidance.

Dilly's Recommends

Half Sandwiches

All Dilly's Half Sandwich selections are less than 500 calories (with the exception of the Italian) before modification.

To lessen fat, calories and/ or sodium from sandwich selections we recommend requesting condiments on the side for portion control or absolute elimination of condiments.

While we use the finest Boar's Head products in meats and cheeses which limits preservatives, limiting or eliminating cheese and resisting the urge to add extra meat will keep your nutritional values within guidelines.

Try any sandwich "Jaybird" style to cut back even farther. This option is also a great way to enjoy Dilly's while maintaining a gluten free diet (please read all allergen information).

Dilly's Wraps

Dilly's only offers whole wraps. Eat only half and take the rest for a treat later on.

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Dilly's Salads

To lessen fat, calories and/ or sodium from salad selections we recommend requesting dressing on the side for portion control or absolute elimination of dressing.

If dressing is a must, substitute the suggested dressing with our fat free ranch or fat free raspberry vinaigrette.

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Ask for croutons on the side or request your salad be made without croutons to save on fat, calories and sodium.

Dilly's Recommended Healthy Option Menu Items



Red Bird

Turkey, spinach, red onion, green peppers, tomato, roasted red pepper pesto



Buena Bella

Oven roasted portabella mushroom cap, spinach, cucumber, red onion, sprouts, tomato, roasted pepper pesto



Jaybird

Any sandwich served in a bowl, without bread, on a nest of lettuce



Honey Do

Turkey, cheddar cheese, tomato sprouts, honey mustard



Sweet Leaf Turkey

Turkey, feta cheese, spinach, candied walnuts, dried cranberries, balsamic vinaigrette, spinach tortilla



Sweet Leaf Salad

Spinach, feta cheese, candied walnuts, dried cranberries, balsamic vinaigrette



Sedona Salad

Romaine, colby/jack cheese, fire roasted black bean/corn medley, tortilla strips, salsa



Tossed Salad

Romaine, tomato, mushrooms, green peppers, red onion, cucumber, croutons, choice of dressing



Cottage Cheese



Fruit Salad