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GLUTEN FREE

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All Walnut Creek Deli Meat  
and Cheese products are Gluten Free.



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LOW SODIUM

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Look for the ♥ symbol next to our items.



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NO NITRITES

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We offer a selection of Deli Meats  
that are Nitrite-free.

Look for the Ⓝ symbol next to our items.

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NO MSG

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All Walnut Creek Deli Meat  
and Cheese products contain no MSG.



Walnut Creek Foods is located in Walnut  
Creek, the heart of Ohio's Amish Country.  
Walnut Creek Foods is built on the same  
values that Amish Country is so well  
known for, honesty, integrity,  
and hard work.

One of the attributes most remembered  
about Amish Country is the delicious food.  
It seems no matter what the occasion is here  
in Holmes County, there is always lots of  
food involved.

We hope you enjoy this tradition with your  
friends and family. Whether it's fresh deli  
products, sweet treats, or baking ingredients,  
our quality is uncompromising.

Walnut Creek Foods  
PO Box 240  
Walnut Creek, OH 44687

(800) 543-6848



*Deli*

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NUTRITION GUIDE

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# Deli Meat

DESCRIPTION	SERVING SIZE	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGARS	PROTEIN
<b>BEEF</b>											
Corned	2 oz - 56g	80	4g	1.5g	0g	30mg	110mg	0g	0g	0g	11g
Roast	2 oz - 56g	90	4.5g	2g	0g	30mg	115mg	0g	0g	0g	11g
<b>BOLOGNA</b>											
Beef	2 oz - 56g	120	9g	4g	0g	25mg	270mg	2g	0g	0g	6g
Garlic	2 oz - 56g	150	13g	5g	0g	30mg	480mg	2g	0g	0g	6g
German	2 oz - 56g	180	16g	6g	0g	25mg	540mg	5g	0g	3g	6g
Leona	2 oz - 56g	150	13g	5g	0g	30mg	480mg	2g	0g	0g	6g
Premium	2 oz - 56g	150	13g	5g	0g	30mg	480mg	2g	0g	0g	6g
<b>DELI LOAVES</b>											
Dutch	2 oz - 56g	150	11g	4g	0g	30mg	570mg	3g	0g	2g	7g
Ham & Cheese	2 oz - 56g	130	10g	4g	0g	30mg	680mg	3g	0g	0g	7g
Jalapeño	2 oz - 56g	130	10g	3.5g	0g	25mg	670mg	6g	0g	3g	5g
Pepper	2 oz - 56g	90	6g	2g	0g	25mg	520mg	3g	0g	0g	7g
Pickle	2 oz - 56g	140	9g	3.5g	0g	25mg	580mg	8g	0g	4g	5g
<b>DELI HAM</b>											
Applewood - Smoked	2 oz - 56g	60	1.5g	0.5g	0g	25mg	420mg	2g	0g	2g	11g
Baked Ham	3 oz - 85g	100	3.5g	1g	0g	45mg	810mg	2g	0g	0g	14g
Black Forest	2 oz - 56g	60	2g	0.5g	0g	30mg	440mg	1g	0g	1g	11g
Brown Sugar	2 oz - 56g	60	2g	0.5g	0g	25mg	550mg	2g	0g	2g	9g
Cajun	2 oz - 56g	80	2g	1g	0g	30mg	490mg	1g	0g	1g	19g
Cooked	2 oz - 56g	50	2g	0.5g	0g	20mg	520mg	3g	0g	3g	3g
Cooked (10% Less Fat)	2 oz - 56g	50	2g	0.5g	0g	20mg	410mg	3g	0g	3g	7g
Easy Carve	3 oz - 84g	90	3g	1g	0g	40mg	900mg	1g	0g	1g	14g
Honey	2 oz - 56g	70	2g	0.5g	0g	30mg	650mg	3g	0g	3g	10g
Maple	2 oz - 56g	60	1.5g	0.5g	0g	25mg	570mg	4g	0g	3g	8g
Off-the-Bone	2 oz - 56g	90	4.5g	1.5g	0g	25mg	430mg	5g	0g	5g	8g
Off-the-Bone - Dbl Smoked	2 oz - 56g	80	4.5g	1.5g	0g	25mg	430mg	3g	0g	3g	8g
Old Hickory	4 oz - 112g	240	19g	6g	0g	70mg	350mg	0g	0g	0g	17g
Pepper	4 oz - 112g	240	19g	6g	0g	70mg	350mg	0g	0g	0g	17g
Virginia - Smoked	2 oz - 56g	70	2g	0.5g	0g	30mg	690mg	2g	0g	1g	10g
<b>SPECIALTY</b>											
Braunschweiger	2 oz - 56g	160	11g	4g	0g	95mg	620mg	3g	0g	2g	9g
Canadian Bacon	2 oz - 56g	100	4.5g	1.5g	0g	30mg	900mg	1g	0g	0g	13g
Hard Salmai	1 oz - 28g	120	11g	4g	0g	30mg	500mg	0g	0g	0g	6g
Pepperoni - Sandwich	1 oz - 28g	120	11g	4g	0g	25mg	490mg	1g	0g	<1g	6g
Pepperoni - Sliced Premium	1 oz - 28g	140	13g	5g	0g	30mg	540mg	0g	0g	0g	6g
Prasky	2 oz - 56g	140	11g	4g	0g	30mg	510mg	2g	0g	0g	7g
<b>POULTRY (CB = CHICKEN BREAST, TB = TURKEY BREAST)</b>											
CB - Buffalo	2 oz - 56g	50	1g	0g	0g	25mg	490mg	1g	0g	1g	11g
CB - Fried	2 oz - 56g	60	1g	0g	0g	30mg	530mg	2g	0g	1g	11g
TB - Black Forest	2 oz - 56g	70	0.5g	0g	0g	30mg	530mg	3g	0g	3g	12g
TB - LS* / Browned	2 oz - 56g	60	1g	0g	0g	30mg	240mg	0g	0g	0g	13g
TB - Oven Roasted	2 oz - 56g	50	0.5g	0g	0g	25mg	490mg	1g	0g	1g	10g
TB - Pan Roasted Browned	2 oz - 56g	60	1g	0g	0g	35mg	460mg	1g	0g	1g	12g
TB - Pan Roasted Cajun	2 oz - 56g	50	0g	0g	0g	30mg	450mg	1g	0g	1g	11g
TB - Smoked Mesquite	2 oz - 56g	50	0.5	0g	0g	30mg	410mg	1g	0g	1g	11g
TB - Pan Roasted Honey	2 oz - 56g	60	0.5g	0g	0g	35mg	460mg	2g	0g	2g	12g
TB - Smoked	2 oz - 56g	60	2.5g	0.5g	0g	30mg	520mg	1g	0g	1g	9g
TB - Smoked Honey Roasted	2 oz - 56g	60	0.5g	0g	0g	25mg	470mg	4g	0g	4g	10g

♥ \*LS stands for Lower Sodium Item

Ⓝ stands for Nitrite-Free Item

# Deli Cheese

DESCRIPTION	SERVING SIZE	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGARS	PROTEIN
American - Sliced White & Yellow	1 oz - 28g	110	9g	5g	0g	20mg	350mg	1g	0g	0g	6g
American - Sharp	1 oz - 28g	110	9g	5g	0g	26mg	400mg	<1g	0g	1g	6g
American - White	1 oz - 28g	110	9g	6g	0g	28mg	400mg	1g	0g	1g	6g
American - Yellow	1 oz - 28g	110	9g	5g	0g	25mg	400mg	<1g	0g	0g	6g
Baby Swiss - Full Cream	1 oz - 28g	110	9g	5g	0g	30mg	95mg	0g	0g	0g	7g
Baby Swiss - Smoked	1 oz - 28g	100	8g	5g	0g	25mg	110mg	0g	0g	0g	7g
Brick	1 oz - 28g	100	8g	5g	0g	25mg	160mg	<1g	0g	0g	7g
Cheddar - Grand (Aged over 2yr)	1 oz - 28g	110	9g	5g	0g	30mg	180mg	1g	0g	0g	7g
Cheddar - Mild Yellow	1 oz - 28g	110	9g	5g	0g	30mg	180mg	1g	0g	0g	7g
Cheddar - Mild Yellow Smoked	1 oz - 28g	100	8g	6g	0g	25mg	380mg	<1g	0g	0g	6g
Cheddar - Sharp White & Yellow	1 oz - 28g	110	9g	5g	0g	30mg	180mg	1g	0g	0g	7g
Cheddar - Smokey	1 oz - 28g	100	8g	6g	0g	25mg	380mg	<1g	0g	0g	6g
Cheddar - Smooth Extra Sharp	1 oz - 28g	110	9g	5g	0g	20mg	360mg	1g	0g	0g	6g
Cheddar - Vintage Garlic	1 oz - 28g	100	8g	5g	0g	25mg	370mg	1g	0g	<1g	5g
Cheddar - Vintage Habanero	1 oz - 28g	100	9g	5g	0g	30mg	270mg	<1g	0g	<1g	6g
Cheddar - Vintage Horseradish	1 oz - 28g	100	8g	5g	0g	25mg	400mg	1g	0g	<1g	5g
Chipotle Jack	1 oz - 28g	120	10g	6g	0g	30mg	190mg	1g	0g	0g	7g
Chipotle Pepper	1 oz - 28g	110	9g	6g	0g	30mg	400mg	1g	0g	0g	6g
Colby	1 oz - 28g	110	9g	5g	0g	30mg	170mg	1g	0g	0g	7g
Farmers	1 oz - 28g	100	8g	5g	0g	25mg	160mg	0g	0g	0g	7g
Garlic	1 oz - 28g	100	9g	5g	0g	25mg	400mg	<1g	0g	<1g	6g
Green Onion	1 oz - 28g	110	9g	6g	0g	25mg	420mg	<1g	0g	<1g	6g
Gouda	1 oz - 28g	100	8g	5g	0g	25mg	190mg	0g	0g	0g	6g
Gouda - Smoked	1 oz - 28g	100	8g	5g	0g	25mg	190mg	<1g	0g	0g	6g
Habanero Pepper	1 oz - 28g	95	7g	4g	0g	20mg	400mg	2g	0g	2g	6g
Habanero Pepper - Smoked	1 oz - 28g	95	7g	4g	0g	20mg	400mg	2g	0g	0g	6g
Havarti (Butter)	1 oz - 28g	120	10g	6g	0g	30mg	135mg	1g	0g	0g	6g
Havarti (Butter) - Smoked	1 oz - 28g	120	10g	6g	0g	30mg	135mg	<1g	0g	0g	6g
Horseradish	1 oz - 28g	95	7g	4g	0g	20mg	400mg	2g	0g	0g	6g
Horseradish - Smoked	1 oz - 28g	95	7g	4g	0g	20mg	400mg	<1g	0g	<1g	6g
Hot Pepper	1 oz - 28g	100	8g	5g	0g	25mg	370mg	1g	0g	<1g	5g
Hot Pepper - Smokey	1 oz - 28g	100	8g	4.5g	0g	25mg	410mg	0g	0g	0g	6g
Jumping Jack	1 oz - 28g	110	9g	6g	0g	30mg	200mg	1g	0g	0g	6g
Marble	1 oz - 28g	110	9g	6g	0g	30mg	200mg	1g	0g	0g	6g
Monterey Jack	1 oz - 28g	110	9g	8g	0g	25mg	140mg	0g	0g	0g	5g
Mozzarella	1 oz - 28g	80	6g	3.5g	0g	15mg	170mg	1g	0g	0g	8g
Mozzarella - Smoked	1 oz - 28g	80	6g	3.5g	0g	15mg	170mg	1g	0g	0g	8g
Muenster	1 oz - 28g	100	8g	5g	0g	25mg	190mg	<1g	0g	0g	7g
Muenster - Jalapeño	1 oz - 28g	100	8g	5g	0g	25mg	190mg	0g	0g	0g	6g
Pepper Jack	1 oz - 28g	100	8g	5g	0g	30mg	170mg	1g	0g	0g	7g
Pepperoni Cheese	1 oz - 28g	110	9g	6g	0g	25mg	440mg	0g	0g	0g	5g
Pimento	1 oz - 28g	100	8g	5g	0g	25mg	500mg	1g	0g	1g	5g
Provolone	1 oz - 28g	100	8g	5g	0g	20mg	240mg	1g	0g	0g	7g
Provolone - Smoked	1 oz - 28g	100	8g	5g	0g	20mg	240mg	1g	0g	0g	7g
Swiss - Lacey Baby	1 oz - 28g	110	9g	5g	0g	30mg	50mg	0g	0g	0g	8g
Swiss - Mild Sharp	1 oz - 28g	100	8g	5g	0g	25mg	60mg	1g	0g	0g	8g
Swiss (Baby) - Smoked	1 oz - 28g	100	8g	5g	0g	25mg	110mg	0g	0g	0g	8g
Swiss (Baby) - Smokey	1 oz - 28g	90	7g	4.5g	0g	25mg	350mg	0g	0g	0g	6g