

Nutrition Facts

DV: Recommended Daily Value

Menu	Serving	Calories	Fat (g)	%DV Fat	Saturated fat (g)	Trans fat (g)	%DV Saturated + trans fat	Cholesterol (mg)	Sodium (mg)	%DV Sodium	Carbohydrate (g)	%DV Carbohydrate	Fibre (g)	%DV Fibre	Sugars (g)	Protein (g)	%DV Vitamin A	%DV Vitamin C	%DV Calcium	%DV Iron	
Salad bar - Fresh vegetables																					
Broccoli	100g	35	0,4	1	0	0	0	0	35	1	7	2	3	12	2	3	6	150	4	6	
Carrot	100g	40	0	0	0	0	0	0	75	3	9	3	3	12	6	1	70	15	2	4	
Celery	100g	15	0,2	1	0	0	0	0	80	3	3	1	1	4	2	1	4	6	4	2	
Cauliflower	100g	25	0,1	0	0	0	0	0	30	1	5	2	2	8	2	2	0	80	2	4	
Red cabbage	100g	30	0,2	1	0	0	0	0	25	1	7	2	2	8	4	1	10	100	4	6	
Cucumber	100g	10	0,2	1	0	0	0	0	2	1	2	1	1	4	1	1	0	6	2	2	
Tomato	100g	20	0,2	1	0	0	0	0	5	1	4	1	1	4	3	1	8	20	0	2	
Red onion	100g	40	0,1	1	0	0	0	0	4	1	9	3	2	8	4	1	0	10	2	2	