

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 - miscellaneous																					
Soda biscuits	2 biscuits	45	1	2	0,2	0	1	0	125	5	8	3	0	0	0	1	0	0	0	4	
Gherkins	30g	4	0	0	0	0	0	0	240	10	1	1	0	0	0	0	2	2	2	2	
Caesar croutons	10g	40	0,5	1	0,1	0	1	0	45	2	8	3	1	4	1	1	0	0	0	4	
Cottage cheese	30g	25	0,2	1	0,1	0	1	0	140	6	2	1	0	0	1	4	0	0	4	0	
Mixed grains	30g	170	11	17	10	0	50	0	20	1	10	3	3	12	5	8	2	0	2	10	
Bacon bits	10g	40	2	3	0,5	0,2	3	0	230	10	2	1	1	4	1	4	0	0	2	4	
Fried noodles	30g	120	3,5	5	0	0	0	5	310	13	18	6	1	4	0	3	0	0	0	10	
Boiled egg (1)	50g	70	5	8	1,5	0	8	200	70	3	1	1	0	0	0	6	10	0	2	8	
Green olives	30g	40	4,5	7	0,5	0	3	0	0	0	1	1	1	4	0	0,2	0	0	0	0	
Peperoncini peppers	30g	10	0	0	0	0	0	0	190	8	2	1	1	4	0	0,3	0	0	0	0	