

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
Sandwiches with BBQ sauce and coleslaw, without side dish																				
Chicken Tortillas	710g	1140	69	106	28	1,5	148	135	3430	143	81	27	7	28	14	52	60	100	70	35
Chicken and Bacon Focaccia	639g	1050	63	97	12	0,3	62	150	3570	149	64	21	6	24	8	59	20	90	20	35
Hot Chicken Sandwich	750g	730	14	22	2,5	0,1	13	10	2020	84	69	23	8	32	10	83	25	100	15	50
Club Sandwich	617g	810	27	42	7	0,2	36	25	2360	98	72	24	7	28	11	70	25	90	15	45
Club Sandwich with 2 servings of mayo	651g	1020	51	78	10	0,3	52	30	2520	105	72	24	7	28	12	70	25	90	215	45
Club Sandwich (half)	414g	460	17	26	3,5	0,1	18	15	1840	77	43	14	5	20	8	36	15	80	10	25
Club Sandwich (half) with 1 serving of mayo	431g	570	29	45	5	0,2	26	20	1920	80	43	14	5	20	8	36	15	80	10	25
Grilled Chicken Breast Sandwich	572g	1010	68	105	9	0,1	45	145	3190	133	53	18	6	24	8	48	15	90	10	30
Grilled Chicken Breast Sandwich with cheese	593g	1090	75	115	14	0,3	72	170	3340	139	53	18	6	24	8	53	20	90	25	30
BBQ Wrap	667g	1620	122	188	20	0,5	102	140	3740	156	89	30	6	24	10	43	30	100	36	40
Chicken Caesar Wrap with Bacon	530g	890	50	77	8	0,3	42	100	3380	141	67	22	6	24	5	42	35	90	15	35
Chicken Salad Wrap	532g	960	57	88	6	0,1	31	30	2750	115	68	23	5	20	6	45	10	80	10	35
Tender Chicken Breast Fillets Wrap	581g	960	51	78	7	0,3	37	70	2900	121	91	30	6	24	7	33	15	100	8	40