

NUTRITION FACTS



GRAB AND GO

Beef Roll

Nutrition Facts

Serving Size 1 roll (101 g)

Amount	% Daily Value
--------	---------------

Calories 280	
---------------------	--

Fat 16 g	25 %
-----------------	-------------

Saturated 4 g + Trans 2 g	30 %
------------------------------	-------------

Cholesterol 10 mg	
--------------------------	--

Sodium 430 mg	18 %
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Carbohydrate 26 g	9 %
--------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 1 g	
------------	--

Protein 7 g	
--------------------	--

Vitamin A	4 %
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Vitamin C	0 %
-----------	-----

Calcium	2 %
---------	-----

Iron	15 %
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INGREDIENTS

Flour, margarine, salt, vegetable shortening, beef, bread crumbs, rolled oats, seasoning, spices, garlic & onion powder.

ALLERGENS

CONTAINS GLUTEN, WHEAT, SOY.

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NUTRITION FACTS



GRAB AND GO

Beef Samosa

Nutrition Facts

Serving Size 1 samosa (140 g)

Amount	% Daily Value
--------	---------------

Calories 250

Fat 7 g	11 %
----------------	-------------

Saturated 2 g + Trans 0.2 g	11 %
--------------------------------	-------------

Cholesterol 15 mg

Sodium 390 mg	16 %
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Carbohydrate 36 g	12 %
--------------------------	-------------

Fibre 5 g	20 %
-----------	-------------

Sugars 3 g	
------------	--

Protein 11 g

Vitamin A	2 %
------------------	------------

Vitamin C	8 %
------------------	------------

Calcium	6 %
----------------	------------

Iron	20 %
-------------	-------------

INGREDIENTS

Beef, lentils, onions, potatoes, peas, carrots, ginger, garlic, salt, spices, flour, canola/palm oil, baking powder.

ALLERGENS

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NUTRITION FACTS



GRAB AND GO

Chicken Caesar Salad (small)

Nutrition Facts

Serving Size 1 salad

Amount	% Daily Value
Calories 380	
Fat 22 g	34 %
Saturated 4.5 g	24 %
+ Trans 0.3 g	
Cholesterol 50 mg	
Sodium 680 mg	28 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 9 g	
Protein 23 g	
Vitamin A	30 %
Vitamin C	50 %
Calcium	8 %
Iron	15 %

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INGREDIENTS

Chicken, lettuce, croutons, tomatoes, parmesan cheese, lemon, salad dressing.

ALLERGENS

CONTAINS EGG, FISH, GLUTEN, MILK, SOY, WHEAT, MUSTARD.



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GRAB AND GO

Chicken Caesar Salad (large)

Nutrition Facts

Serving Size 1 salad

Amount	% Daily Value
--------	---------------

Calories 440	
---------------------	--

Fat 24 g	37 %
-----------------	-------------

Saturated 5 g	27 %
+ Trans 0.3 g	

Cholesterol 75 mg	
--------------------------	--

Sodium 730 mg	30 %
----------------------	-------------

Carbohydrate 21 g	7 %
--------------------------	------------

Fibre 2 g	8 %
-----------	-----

Sugars 9 g	
------------	--

Protein 32 g	
---------------------	--

Vitamin A	30 %
-----------	------

Vitamin C	50 %
-----------	------

Calcium	8 %
---------	-----

Iron	20 %
------	------

INGREDIENTS

Chicken, lettuce, croutons, tomatoes, parmesan cheese, lemon, salad dressing.

ALLERGENS

CONTAINS EGG, FISH, GLUTEN, MILK, SOY, WHEAT, MUSTARD.

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NUTRITION FACTS



GRAB AND GO

Chicken Samosa

Nutrition Facts

Serving Size 1 samosa (140 g)

Amount	% Daily Value
--------	---------------

Calories 260	
---------------------	--

Fat 7 g	11 %
----------------	-------------

Saturated 1.5 g + Trans 0 g	8 %
--------------------------------	------------

Cholesterol 10 mg	
--------------------------	--

Sodium 1040 mg	43 %
-----------------------	-------------

Carbohydrate 39 g	13 %
--------------------------	-------------

Fibre 4 g	16 %
-----------	-------------

Sugars 3 g	
------------	--

Protein 9 g	
--------------------	--

Vitamin A	4 %
-----------	-----

Vitamin C	8 %
-----------	-----

Calcium	8 %
---------	-----

Iron	20 %
------	------

INGREDIENTS

Chicken, lentils, potatoes, onions, peas, carrots, ginger, garlic, salt, spices, flour, canola/palm oil, baking powder.

ALLERGENS

CONTAINS GLUTEN, WHEAT.

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GRAB AND GO

Classic Cobb Salad (small)

Nutrition Facts

Serving Size 1 salad

Amount	% Daily Value
--------	---------------

Calories 390	
---------------------	--

Fat 29 g	45 %
-----------------	-------------

Saturated 8 g	
+ Trans 0.5 g	43 %

Cholesterol 235 mg	
---------------------------	--

Sodium 910 mg	38 %
----------------------	-------------

Carbohydrate 7 g	2 %
-------------------------	------------

Fibre 3 g	12 %
-----------	-------------

Sugars 2 g	
------------	--

Protein 26 g	
---------------------	--

Vitamin A	35 %
------------------	-------------

Vitamin C	2 %
------------------	------------

Calcium	8 %
----------------	------------

Iron	10 %
-------------	-------------

INGREDIENTS

Lettuce, chicken, egg, tomatoes, cheese, bacon, salad dressing (choose your own).

ALLERGENS

CONTAINS EGG, MILK.

MAY CONTAIN SOY, SULPHITES
(dependent on dressing).

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NUTRITION FACTS



GRAB AND GO

Classic Cobb Salad (large)

Nutrition Facts

Serving Size 1 salad

Amount	% Daily Value
--------	---------------

Calories 510	
---------------------	--

Fat 36 g	55 %
-----------------	-------------

Saturated 11 g + Trans 0.5 g	57 %
---------------------------------	-------------

Cholesterol 340 mg	
---------------------------	--

Sodium 1120 mg	47 %
-----------------------	-------------

Carbohydrate 9 g	3 %
-------------------------	------------

Fibre 5 g	20 %
-----------	-------------

Sugars 2 g	
------------	--

Protein 36 g	
---------------------	--

Vitamin A	50 %
-----------	------

Vitamin C	4 %
-----------	-----

Calcium	10 %
---------	------

Iron	15 %
------	------

INGREDIENTS

Lettuce, chicken, egg, tomatoes, cheese, bacon, salad dressing (choose your own).

ALLERGENS

CONTAINS EGG, MILK.

MAY CONTAIN SOY, SULPHITES
(dependent on dressing).

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NUTRITION FACTS



GRAB AND GO

Fresh Veggies + Dip

Nutrition Facts

Serving Size 1 Package (159 g)

Amount	% Daily Value
--------	---------------

Calories 170	
---------------------	--

Fat 14 g	22 %
-----------------	-------------

Saturated 2 g + Trans 0.2 g	11 %
--------------------------------	-------------

Cholesterol 10 mg	
--------------------------	--

Sodium 320 mg	13 %
----------------------	-------------

Carbohydrate 9 g	3 %
-------------------------	------------

Fibre 2 g	8 %
-----------	------------

Sugars 3 g	
------------	--

Protein 2 g	
--------------------	--

Vitamin A	60 %
------------------	-------------

Vitamin C	100 %
------------------	--------------

Calcium	4 %
----------------	------------

Iron	4 %
-------------	------------

INGREDIENTS

Assortment of celery, carrots, tomatoes, bell peppers and/or broccoli, salad dressing (choose your own).

ALLERGENS

DEPENDENT ON DRESSING.

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NUTRITION FACTS



GRAB AND GO

Fresh Veggies & Hummus

Nutrition Facts

Serving Size 1 Package (244 g)

Amount	% Daily Value
--------	---------------

Calories 300	
---------------------	--

Fat 18 g	28 %
-----------------	-------------

Saturated 2 g	
+ Trans 0 g	10 %

Cholesterol 0 mg	
-------------------------	--

Sodium 610 mg	25 %
----------------------	-------------

Carbohydrate 26 g	9 %
--------------------------	------------

Fibre 3 g	12 %
-----------	-------------

Sugars 4 g	
------------	--

Protein 9 g	
--------------------	--

Vitamin A	60 %
------------------	-------------

Vitamin C	100 %
------------------	--------------

Calcium	8 %
----------------	------------

Iron	10 %
-------------	-------------

INGREDIENTS

Chickpeas, canola oil, garlic, parsley, lemon juice, salt, spices, tahini, assortment of celery, carrots, tomatoes, bell peppers and/or broccoli.

ALLERGENS

CONTAINS SESAME SEEDS.

MAY ALSO CONTAIN SULPHITES.

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NUTRITION FACTS



GRAB AND GO

Fruit + Cheese

Nutrition Facts

Serving Size 1 Package (180 g)

Amount	% Daily Value
--------	---------------

Calories 380	
---------------------	--

Fat 27 g	42 %
-----------------	-------------

Saturated 16 g	
+ Trans 0 g	80 %

Cholesterol 25 mg	
--------------------------	--

Sodium 520 mg	22 %
----------------------	-------------

Carbohydrate 18 g	6 %
--------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 15 g	
-------------	--

Protein 18 g	
---------------------	--

Vitamin A	20 %
-----------	------

Vitamin C	20 %
-----------	------

Calcium	50 %
---------	------

Iron	2 %
------	-----

INGREDIENTS

Grapes, cheddar cheese, Monterey jack cheese.

ALLERGENS

CONTAINS MILK.

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NUTRITION FACTS



GRAB AND GO

Granola Parfait Fruit Cup

Nutrition Facts

Serving Size 1 Container (285 g)

Amount	% Daily Value
--------	---------------

Calories 390	
---------------------	--

Fat 5 g	8 %
----------------	------------

Saturated 1.5 g	
+ Trans 0 g	8 %

Cholesterol 10 mg	
--------------------------	--

Sodium 410 mg	17 %
----------------------	-------------

Carbohydrate 73 g	24 %
--------------------------	-------------

Fibre 5 g	20 %
-----------	-------------

Sugars 37 g	
-------------	--

Protein 14 g	
---------------------	--

Vitamin A	2 %
------------------	------------

Vitamin C	25 %
------------------	-------------

Calcium	50 %
----------------	-------------

Iron	6 %
-------------	------------

INGREDIENTS

Plain yogurt, granola, blueberries, strawberries.

ALLERGENS

CONTAINS GLUTEN, MILK, WHEAT.

MAY CONTAIN SOY.

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GRAB AND GO

Hummus & Pita

Nutrition Facts

Serving Size 1 container

Amount	% Daily Value
--------	---------------

Calories 440	
---------------------	--

Fat 18 g	38 %
-----------------	-------------

Saturated 2 g	
+ Trans 0 g	10 %

Cholesterol 0 mg	
-------------------------	--

Sodium 920 mg	38 %
----------------------	-------------

Carbohydrate 55 g	18 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 2 g	
------------	--

Protein 14 g	
---------------------	--

Vitamin A	8 %
------------------	------------

Vitamin C	20 %
------------------	-------------

Calcium	25 %
----------------	-------------

Iron	30 %
-------------	-------------

INGREDIENTS

Chickpeas, canola oil, garlic, parsley, lemon juice, salt, tahini, pita bread, tomatoes.

ALLERGENS

CONTAINS WHEAT, GLUTEN, SESAME SEEDS, SULPHITES.

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GRAB AND GO

Italian Chef Salad (small)

Nutrition Facts

Serving Size 1 salad

Amount	% Daily Value
--------	---------------

Calories 470	
---------------------	--

Fat 39 g	60 %
-----------------	-------------

Saturated 12 g + Trans 0.5 g	63 %
---------------------------------	-------------

Cholesterol 60 mg	
--------------------------	--

Sodium 1410 mg	59 %
-----------------------	-------------

Carbohydrate 10 g	3 %
--------------------------	------------

Fibre 4 g	16 %
-----------	-------------

Sugars 4 g	
------------	--

Protein 18 g	
---------------------	--

Vitamin A	35 %
-----------	-------------

Vitamin C	20 %
-----------	-------------

Calcium	20 %
---------	-------------

Iron	10 %
------	-------------

INGREDIENTS

Lettuce, provolone cheese, pork capiccoli, smoke, genoa salami, artichokes, kalamata olives, roasted bell peppers, tomatoes, salad dressing (choose your own).

ALLERGENS

CONTAINS GLUTEN, MILK, SOY, WHEAT, MUSTARD.

MAY ALSO CONTAIN SULPHITES.

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NUTRITION FACTS



GRAB AND GO

Italian Chef Salad (large)

Nutrition Facts

Serving Size 1 salad

Amount	% Daily Value
--------	---------------

Calories 560	
---------------------	--

Fat 44 g	68 %
-----------------	-------------

Saturated 14 g	
+ Trans 0.5 g	73 %

Cholesterol 75 mg	
--------------------------	--

Sodium 1730 mg	72 %
-----------------------	-------------

Carbohydrate 13 g	4 %
--------------------------	------------

Fibre 6 g	24 %
-----------	-------------

Sugars 4 g	
------------	--

Protein 23 g	
---------------------	--

Vitamin A	45 %
------------------	-------------

Vitamin C	30 %
------------------	-------------

Calcium	25 %
----------------	-------------

Iron	10 %
-------------	-------------

INGREDIENTS

Lettuce, provolone cheese, pork capiccoli, smoke, genoa salami, artichokes, kalamata olives, roasted bell peppers, tomatoes, salad dressing (choose your own).

ALLERGENS

CONTAINS GLUTEN, MILK, SOY, WHEAT, MUSTARD.

MAY ALSO CONTAIN SULPHITES.

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NUTRITION FACTS



GRAB AND GO

Protein Pack

Nutrition Facts

Serving Size 1 container

Servings Per Container

Amount	% Daily Value
Calories 630	
Fat 38 g	58 %
Saturated 20 g + Trans 0.5 g	102 %
Cholesterol 110 mg	
Sodium 2510 mg	105 %
Carbohydrate 8 g	3 %
Fibre 0 g	0 %
Sugars 2 g	
Protein 42 g	
Vitamin A	60 %
Vitamin C	2 %
Calcium	45 %
Iron	10 %

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INGREDIENTS

Genoa salami, dcf_W piccolli, pepperoni, cheddar & Swiss cheese, pickles, Kalamata olives.

ALLERGENS

CONTAINS MILK, WHEAT, GLUTEN, MUSTARD, SOY.

MAY CONTAIN SULPHITES.



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GRAB AND GO

Seasonal Greens Salad (small)

Nutrition Facts

Serving Size 1 salad

Amount	% Daily Value
--------	---------------

Calories 240

Fat 20 g	31 %
-----------------	-------------

Saturated 3 g + Trans 0.3 g	16 %
--------------------------------	-------------

Cholesterol 5 mg

Sodium 450 mg	19 %
----------------------	-------------

Carbohydrate 11 g	4 %
--------------------------	------------

Fibre 4 g	16 %
-----------	-------------

Sugars 5 g	
------------	--

Protein 2 g

Vitamin A	60 %
------------------	-------------

Vitamin C	6 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	4 %
-------------	------------

INGREDIENTS

Lettuce, tomatoes, cucumber, carrots,
salad dressing (choose your own).

ALLERGENS

MAY CONTAIN MILK, SOY,
SULPHITES (dependent on dressing).

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GRAB AND GO

Seasonal Greens Salad (large)

Nutrition Facts

Serving Size 1 Salad

Amount	% Daily Value
--------	---------------

Calories 290

Fat 20 g	31 %
-----------------	-------------

Saturated 3 g + Trans 0.3 g	16 %
--------------------------------	-------------

Cholesterol 5 mg

Sodium 490 mg	20 %
----------------------	-------------

Carbohydrate 20 g	7 %
--------------------------	------------

Fibre 8 g	32 %
-----------	-------------

Sugars 10 g	
-------------	--

Protein 5 g

Vitamin A	100 %
------------------	--------------

Vitamin C	50 %
------------------	-------------

Calcium	4 %
----------------	------------

Iron	10 %
-------------	-------------

INGREDIENTS

Lettuce, tomatoes, cucumber, carrots, salad dressing (choose your own).

ALLERGENS

MAY CONTAIN MILK, SOY, SULPHITES (dependent on dressing).

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GRAB AND GO

Spinach + Pecan Salad (small)

Nutrition Facts

Serving Size 1 salad

Amount	% Daily Value
--------	---------------

Calories 450

Fat 37 g	57 %
-----------------	-------------

Saturated 7 g + Trans 0.5 g	38 %
--------------------------------	-------------

Cholesterol 30 mg

Sodium 510 mg	21 %
----------------------	-------------

Carbohydrate 20 g	7 %
--------------------------	------------

Fibre 2 g	8 %
-----------	------------

Sugars 16 g	
-------------	--

Protein 6 g

Vitamin A	6 %
------------------	------------

Vitamin C	30 %
------------------	-------------

Calcium	4 %
----------------	------------

Iron	2 %
-------------	------------

INGREDIENTS

Spinach, candied pecans, goat cheese, strawberries or oranges, salad dressing (choose your own).

ALLERGENS

CONTAINS MILK, SOY, TREE NUTS.

MAY CONTAIN SULPHITES

(dependent on dressing).

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GRAB AND GO

Spinach + Pecan Salad (large)

Nutrition Facts

Serving Size 1 salad

Amount	% Daily Value
--------	---------------

Calories 620

Fat 49 g	75 %
-----------------	-------------

Saturated 10 g + Trans 0.5 g	53 %
---------------------------------	-------------

Cholesterol 40 mg

Sodium 570 mg	24 %
----------------------	-------------

Carbohydrate 34 g	11 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 26 g

Protein 9 g

Vitamin A	8 %
------------------	------------

Vitamin C	60 %
------------------	-------------

Calcium	6 %
----------------	------------

Iron	6 %
-------------	------------

INGREDIENTS

Gd]bUWždYVWbgž[cUh'VXYgYž
ghfUk VYff]Yg'cf'cfUb[YgžgJUX'XfYgg]b['
fVWccgY'nei f'ck bE"

ALLERGENS

CONTAINS MILK, SOY, TREE NUTS"

A 5M7C B H5-B SULPHITES '
fXYdYbXYbh'cb'XfYgg]b[E

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NUTRITION FACTS



GRAB AND GO

Veggie Roll

Nutrition Facts

Serving Size 1 roll (105 g)

Amount	% Daily Value
Calories 290	
Fat 15 g	23 %
Saturated 3.5 g + Trans 1.5 g	25 %
Cholesterol 0 mg	
Sodium 460 mg	19 %
Carbohydrate 35 g	12 %
Fibre 2 g	8 %
Sugars 3 g	
Protein 6 g	
Vitamin A	15 %
Vitamin C	8 %
Calcium	2 %
Iron	15 %

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INGREDIENTS

Flour, margarine, salt, vegetable shortening, carrots, onions, green peppers, potatoes, corn, green peas, kidney beans, bread crumbs, rolled oats, wheat bran, spices.

ALLERGENS

CONTAINS GLUTEN, WHEAT, SOY.



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GRAB AND GO

Veggie Samosa

Nutrition Facts

Serving Size 1 samosa (140 g)

Amount	% Daily Value
--------	---------------

Calories 220	
---------------------	--

Fat 4 g	6 %
----------------	------------

Saturated 1 g + Trans 0 g	5 %
------------------------------	------------

Cholesterol 0 mg	
-------------------------	--

Sodium 430 mg	18 %
----------------------	-------------

Carbohydrate 40 g	13 %
--------------------------	-------------

Fibre 5 g	20 %
-----------	-------------

Sugars 4 g	
------------	--

Protein 7 g	
--------------------	--

Vitamin A	6 %
------------------	------------

Vitamin C	10 %
------------------	-------------

Calcium	6 %
----------------	------------

Iron	20 %
-------------	-------------

INGREDIENTS

Lentils, potatoes, onions, carrots, peas, ginger, garlic, salt, spices, wheat flour, canola/palm oil, baking powder.

ALLERGENS

CONTAINS GLUTEN, WHEAT.

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NUTRITION FACTS



GRAB AND GO

Wild Salmon Roll

Nutrition Facts

Serving Size 1 roll (100 g)

Amount	% Daily Value
--------	---------------

Calories 260	
---------------------	--

Fat 15 g	23 %
-----------------	-------------

Saturated 3.5 g + Trans 1.5 g	25 %
----------------------------------	-------------

Cholesterol 15 mg	
--------------------------	--

Sodium 380 mg	16 %
----------------------	-------------

Carbohydrate 25 g	8 %
--------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 1 g	
------------	--

Protein 8 g	
--------------------	--

Vitamin A	6 %
------------------	------------

Vitamin C	0 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	10 %
-------------	-------------

INGREDIENTS

Flour, margarine, salt, vegetable shortening, wild pacific salmon, onions, eggs, bread crumbs, rolled oats, wheat bran, spices.

ALLERGENS

CONTAINS EGG, FISH, GLUTEN, WHEAT, SOY.

While we take steps to minimize the risk of cross contamination, we cannot guarantee that our products are safe to consume for those with allergies. University Food Services does not assume liability for adverse reactions to foods consumed, or items one may come into contact with while eating at any UVic establishment. People with food allergies are encouraged to contact our registered dietitian at eat@uvic.ca for additional information and support.



University
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