

# NUTRITION FACTS



## GRAB AND GO

### Smoked Chicken + Bacon Club

#### Nutrition Facts

Serving Size 1 sandwich

Amount	% Daily Value
<b>Calories</b> 810	
<b>Fat</b> 42 g	<b>65 %</b>
Saturated 10 g + Trans 0 g	<b>50 %</b>
<b>Cholesterol</b> 125 mg	
<b>Sodium</b> 1860 mg	<b>78 %</b>
<b>Carbohydrate</b> 59 g	<b>20 %</b>
Fibre 4 g	<b>16 %</b>
Sugars 2 g	
<b>Protein</b> 47 g	
<b>Vitamin A</b>	<b>20 %</b>
<b>Vitamin C</b>	<b>6 %</b>
<b>Calcium</b>	<b>2 %</b>
<b>Iron</b>	<b>40 %</b>

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](mailto:eat@uvic.ca) for additional information and support.

#### INGREDIENTS

Bread, smoked chicken, bacon, mayonnaise, dijon mustard, honey, red onion, lettuce.

#### ALLERGENS

CONTAINS EGG, GLUTEN, MUSTARD, SOY, WHEAT.



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## GRAB AND GO

### Tuna + Veggie Sandwich

#### Nutrition Facts

Serving Size 1 sandwich

Amount	% Daily Value
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<b>Calories</b> 540	
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<b>Fat</b> 22 g	<b>34 %</b>
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Saturated 4 g + Trans 0 g	<b>20 %</b>
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<b>Cholesterol</b> 45 mg	
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<b>Sodium</b> 890 mg	<b>37 %</b>
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<b>Carbohydrate</b> 55 g	<b>18 %</b>
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Fibre 5 g	<b>20 %</b>
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Sugars 1 g	
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<b>Protein</b> 31 g	
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Vitamin A	6 %
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Vitamin C	35 %
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Calcium	2 %
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Iron	35 %
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#### INGREDIENTS

Bread, tuna, mayonnaise, alfalfa sprouts, bell peppers, onion, celery.

#### ALLERGENS

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

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## GRAB AND GO Goat Cheese + Roasted Red Pepper Sandwich

### Nutrition Facts

Serving Size 1 Sandwich

Amount	% Daily Value
<b>Calories</b> 510	
<b>Fat</b> 22 g	<b>34 %</b>
Saturated 7 g	
+ Trans 0.3 g	<b>37 %</b>
<b>Cholesterol</b> 45 mg	
<b>Sodium</b> 940 mg	<b>39 %</b>
<b>Carbohydrate</b> 60 g	<b>20 %</b>
Fibre 5 g	<b>20 %</b>
Sugars 3 g	
<b>Protein</b> 18 g	
<b>Vitamin A</b>	<b>20 %</b>
<b>Vitamin C</b>	<b>70 %</b>
<b>Calcium</b>	<b>15 %</b>
<b>Iron</b>	<b>35 %</b>

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### INGREDIENTS

Bread, roasted red peppers, goat cheese, red onion, alfalfa sprouts, mayonnaise, mint.

### ALLERGENS

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



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## GRAB AND GO

### Smoked Chicken Sandwich

#### Nutrition Facts

Serving Size 1 sandwich

Amount	% Daily Value
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<b>Calories</b> 290	
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<b>Fat</b> 10 g	<b>15 %</b>
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Saturated 1.5 g	
+ Trans 0 g	<b>8 %</b>

<b>Cholesterol</b> 35 mg	
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<b>Sodium</b> 1020 mg	<b>43 %</b>
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<b>Carbohydrate</b> 34 g	<b>11 %</b>
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Fibre 3 g	<b>12 %</b>
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Sugars 6 g	
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<b>Protein</b> 18 g	
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Vitamin A	15 %
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Vitamin C	10 %
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Calcium	2 %
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Iron	20 %
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#### INGREDIENTS

Bread, smoked chicken, mayonnaise, dijon mustard, honey, lettuce.

#### ALLERGENS

CONTAINS EGG, GLUTEN, MUSTARD, SOY, WHEAT.

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## GRAB AND GO

### Bacon Breakfast Sandwich

#### Nutrition Facts

Serving Size 1 sandwich

Amount	% Daily Value
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<b>Calories</b> 520	
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<b>Fat</b> 34 g	<b>52 %</b>
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Saturated 14 g	<b>72 %</b>
+ Trans 0.3 g	

<b>Cholesterol</b> 175 mg	
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<b>Sodium</b> 850 mg	<b>35 %</b>
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<b>Carbohydrate</b> 30 g	<b>10 %</b>
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Fibre 2 g	<b>8 %</b>
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Sugars 3 g	
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<b>Protein</b> 24 g	
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Vitamin A	8 %
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Vitamin C	0 %
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Calcium	45 %
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Iron	15 %
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#### INGREDIENTS

English muffin, egg patty, bacon, cheddar cheese.

#### ALLERGENS

CONTAINS EGG, MILK, WHEAT, GLUTEN, SOY.

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## GRAB AND GO

### BBQ Chicken Sandwich

#### Nutrition Facts

Serving Size 1 sandwich

Amount	% Daily Value
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<b>Calories</b> 470	
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<b>Fat</b> 18 g	<b>28 %</b>
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Saturated 3 g + Trans 0.1 g	<b>16 %</b>
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<b>Cholesterol</b> 80 mg	
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<b>Sodium</b> 920 mg	<b>38 %</b>
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<b>Carbohydrate</b> 46 g	<b>15 %</b>
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Fibre 3 g	<b>12 %</b>
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Sugars 12 g	
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<b>Protein</b> 30 g	
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<b>Vitamin A</b>	<b>35 %</b>
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<b>Vitamin C</b>	<b>40 %</b>
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<b>Calcium</b>	<b>6 %</b>
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<b>Iron</b>	<b>20 %</b>
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#### INGREDIENTS

Bread, smoked chicken, mayonnaise, bell peppers, onion, lettuce, parsley.

#### ALLERGENS

CONTAINS EGG, GLUTEN, MUSTARD, SOY, WHEAT.

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## GRAB AND GO

### Breakfast Sandwich

#### Nutrition Facts

Serving Size 1 sandwich

Amount	% Daily Value
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<b>Calories</b> 290	
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<b>Fat</b> 13 g	<b>20 %</b>
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Saturated 6 g	31 %
+ Trans 0.2 g	

<b>Cholesterol</b> 135 mg	
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<b>Sodium</b> 320 mg	<b>13 %</b>
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<b>Carbohydrate</b> 30 g	<b>10 %</b>
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Fibre 2 g	8 %
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Sugars 3 g	
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<b>Protein</b> 15 g	
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Vitamin A	8 %
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Vitamin C	0 %
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Calcium	45 %
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Iron	15 %
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#### INGREDIENTS

English muffin, egg patty, cheddar cheese.

#### ALLERGENS

CONTAINS EGG, MILK, WHEAT,  
GLUTEN, SOY.

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## GRAB AND GO

### Egg Salad Sandwich (on white)

#### Nutrition Facts

Serving Size 1 Sandwich (200 g)

Amount	% Daily Value
<b>Calories</b> 410	
<b>Fat</b> 16 g	<b>25 %</b>
Saturated 3.5 g	
+ Trans 0 g	<b>18 %</b>
<b>Cholesterol</b> 230 mg	
<b>Sodium</b> 650 mg	<b>27 %</b>
<b>Carbohydrate</b> 46 g	<b>15 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 1 g	
<b>Protein</b> 16 g	
<b>Vitamin A</b>	<b>10 %</b>
<b>Vitamin C</b>	<b>25 %</b>
<b>Calcium</b>	<b>4 %</b>
<b>Iron</b>	<b>30 %</b>

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#### INGREDIENTS

Bread, eggs, mayonnaise, lettuce, green onion, hot sauce, black pepper.

#### ALLERGENS

CONTAINS EGG, GLUTEN, MUSTARD, SOY, WHEAT.



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## GRAB AND GO

### Egg Salad Sandwich (on whole wheat)

#### Nutrition Facts

Serving Size 1 Sandwich (228 g)

Amount	% Daily Value
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<b>Calories</b> 410	
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<b>Fat</b> 18 g	<b>28 %</b>
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Saturated 4.5 g + Trans 0 g	<b>23 %</b>
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<b>Cholesterol</b> 230 mg	
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<b>Sodium</b> 480 mg	<b>20 %</b>
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<b>Carbohydrate</b> 46 g	<b>15 %</b>
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Fibre 7 g	<b>28 %</b>
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Sugars 5 g	
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<b>Protein</b> 16 g	
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Vitamin A	45 %
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Vitamin C	15 %
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Calcium	8 %
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Iron	25 %
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#### INGREDIENTS

Bread, eggs, mayonnaise, lettuce, green onion, hot sauce, black pepper.

#### ALLERGENS

CONTAINS EGG, GLUTEN, MUSTARD, SOY, WHEAT.

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## GRAB AND GO

### GF\* Chicken Salad Bagel

#### Nutrition Facts

Serving Size 1 Sandwich (276 g)

Amount	% Daily Value
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<b>Calories</b> 450	
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<b>Fat</b> 17 g	<b>26 %</b>
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Saturated 2.5 g	
+ Trans 0 g	<b>13 %</b>

<b>Cholesterol</b> 50 mg	
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<b>Sodium</b> 1500 mg	<b>63 %</b>
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<b>Carbohydrate</b> 44 g	<b>15 %</b>
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Fibre 3 g	<b>12 %</b>
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Sugars 7 g	
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<b>Protein</b> 27 g	
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Vitamin A	40 %
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Vitamin C	40 %
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Calcium	4 %
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Iron	10 %
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#### INGREDIENTS

GF\* bagel, chicken, lettuce, bell pepper, mayonnaise, nut-free pesto\*.

#### ALLERGENS

CONTAINS EGG, MILK, MUSTARD, SOY, SULPHITES.

*\*Not made in a nut-free or gluten free facility.*



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## GRAB AND GO

### GF\* Chicken Salad Wrap

#### Nutrition Facts

Serving Size (263 g)

Amount	% Daily Value
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<b>Calories</b> 400	
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<b>Fat</b> 16 g	<b>25 %</b>
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Saturated 3.5 g + Trans 0 g	<b>18 %</b>
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<b>Cholesterol</b> 50 mg	
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<b>Sodium</b> 1440 mg	<b>60 %</b>
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<b>Carbohydrate</b> 40 g	<b>13 %</b>
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Fibre 4 g	<b>16 %</b>
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Sugars 4 g	
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<b>Protein</b> 22 g	
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Vitamin A	40 %
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Vitamin C	40 %
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Calcium	10 %
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Iron	20 %
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#### INGREDIENTS

GF\* wrap, chicken, lettuce, bell pepper, mayonnaise, nut-free pesto\*.

#### ALLERGENS

CONTAINS EGG, MILK, MUSTARD, SOY, SULPHITES.

*\*Not made in a nut-free or gluten free facility.*



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## GRAB AND GO

### Ham & Cheese Sandwich (on white)

#### Nutrition Facts

Serving Size 1 Sandwich (225 g)

Amount	% Daily Value
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<b>Calories</b> 520	
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<b>Fat</b> 23 g	<b>35 %</b>
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Saturated 9 g	
+ Trans 0 g	<b>45 %</b>

<b>Cholesterol</b> 40 mg	
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<b>Sodium</b> 1460 mg	<b>61 %</b>
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<b>Carbohydrate</b> 48 g	<b>16 %</b>
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Fibre 2 g	<b>8 %</b>
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Sugars 1 g	
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<b>Protein</b> 25 g	
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<b>Vitamin A</b>	<b>6 %</b>
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<b>Vitamin C</b>	<b>20 %</b>
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<b>Calcium</b>	<b>20 %</b>
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<b>Iron</b>	<b>35 %</b>
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#### INGREDIENTS

Bread, black forest ham, cheddar cheese, mayonnaise, lettuce.

#### ALLERGENS

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

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## GRAB AND GO

### Ham & Cheese Sandwich (on whole wheat)

#### Nutrition Facts

Serving Size 1 Sandwich (263 g)

Amount	% Daily Value
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<b>Calories</b> 520	
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<b>Fat</b> 25 g	<b>38 %</b>
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Saturated 9 g + Trans 0.3 g	<b>47 %</b>
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<b>Cholesterol</b> 65 mg	
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<b>Sodium</b> 1440 mg	<b>60 %</b>
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<b>Carbohydrate</b> 50 g	<b>17 %</b>
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Fibre 7 g	<b>28 %</b>
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Sugars 6 g	
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<b>Protein</b> 27 g	
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Vitamin A	45 %
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Vitamin C	10 %
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Calcium	25 %
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Iron	35 %
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#### INGREDIENTS

Bread, black forest ham, cheddar cheese, mayonnaise, lettuce.

#### ALLERGENS

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

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## GRAB AND GO

### Pesto Pollo Sandwich

#### Nutrition Facts

Serving Size 1 sandwich  
(195 g)

Amount	% Daily Value
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<b>Calories</b> 480	
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<b>Fat</b> 24 g	<b>37 %</b>
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Saturated 4 g + Trans 0.1 g	<b>21 %</b>
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<b>Cholesterol</b> 65 mg	
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<b>Sodium</b> 680 mg	<b>28 %</b>
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<b>Carbohydrate</b> 37 g	<b>12 %</b>
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Fibre 2 g	<b>8 %</b>
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Sugars 2 g	
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<b>Protein</b> 26 g	
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Vitamin A	20 %
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Vitamin C	20 %
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Calcium	10 %
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Iron	20 %
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#### INGREDIENTS

Bread, chicken, bell pepper, cheese, nut-free\* pesto sauce, lettuce.

#### ALLERGENS

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

*\*Not made in a nut-free facility.*

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## GRAB AND GO

### Roast Beef Sandwich (on white)

#### Nutrition Facts

Serving Size 1 Sandwich (205 g)

Amount	% Daily Value
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<b>Calories</b> 450	
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<b>Fat</b> 14 g	<b>22 %</b>
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Saturated 3.5 g	
+ Trans 0.1 g	<b>18 %</b>

<b>Cholesterol</b> 55 mg	
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<b>Sodium</b> 600 mg	<b>25 %</b>
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<b>Carbohydrate</b> 45 g	<b>15 %</b>
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Fibre 2 g	<b>8 %</b>
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Sugars 0 g	
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<b>Protein</b> 31 g	
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Vitamin A	0 %
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Vitamin C	20 %
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Calcium	0 %
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Iron	35 %
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#### INGREDIENTS

Bread, roast beef, horseradish mayonnaise, mustard, lettuce.

#### ALLERGENS

CONTAINS EGG, GLUTEN, MUSTARD, SOY, WHEAT, SULPHITES.

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## GRAB AND GO

### Roast Beef Sandwich (on whole wheat)

#### Nutrition Facts

Serving Size 1 Sandwich (233 g)

Amount	% Daily Value
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<b>Calories</b> 450	
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<b>Fat</b> 16 g	<b>25 %</b>
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Saturated 4 g	
+ Trans 0.1 g	<b>21 %</b>

<b>Cholesterol</b> 55 mg	
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<b>Sodium</b> 430 mg	<b>18 %</b>
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<b>Carbohydrate</b> 45 g	<b>15 %</b>
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Fibre 7 g	<b>28 %</b>
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Sugars 4 g	
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<b>Protein</b> 31 g	
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Vitamin A	35 %
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Vitamin C	10 %
-----------	------

Calcium	6 %
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Iron	35 %
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#### INGREDIENTS

Bread, roast beef, horseradish mayonnaise, mustard, lettuce.

#### ALLERGENS

CONTAINS EGG, GLUTEN, MUSTARD, SOY, WHEAT, SULPHITES.

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## GRAB AND GO

### Sausage Breakfast Sandwich

#### Nutrition Facts

Serving Size 1 sandwich

Amount	% Daily Value
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<b>Calories</b> 440	
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<b>Fat</b> 27 g	<b>42 %</b>
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Saturated 11 g + Trans 0.3 g	<b>57 %</b>
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<b>Cholesterol</b> 155 mg	
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<b>Sodium</b> 750 mg	<b>31 %</b>
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<b>Carbohydrate</b> 32 g	<b>11 %</b>
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Fibre 2 g	<b>8 %</b>
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Sugars 4 g	
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<b>Protein</b> 19 g	
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Vitamin A	8 %
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Vitamin C	0 %
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Calcium	45 %
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Iron	25 %
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#### INGREDIENTS

English muffin, egg patty, pork sausage cheddar cheese.

#### ALLERGENS

CONTAINS EGG, MILK, WHEAT, GLUTEN, SOY.

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## GRAB AND GO

### Smoked Chicken & Cranberry Sandwich

#### Nutrition Facts

Serving Size 1 sandwich  
(266 g)

Amount	% Daily Value
<b>Calories</b> 660	
<b>Fat</b> 33 g	<b>51 %</b>
Saturated 9 g + Trans 0.3 g	<b>47 %</b>
<b>Cholesterol</b> 60 mg	
<b>Sodium</b> 1510 mg	<b>63 %</b>
<b>Carbohydrate</b> 62 g	<b>21 %</b>
Fibre 4 g	<b>16 %</b>
Sugars 7 g	
<b>Protein</b> 29 g	
<b>Vitamin A</b>	<b>50 %</b>
<b>Vitamin C</b>	<b>4 %</b>
<b>Calcium</b>	<b>30 %</b>
<b>Iron</b>	<b>35 %</b>

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#### INGREDIENTS

Bread, smoked chicken breast, mayonnaise, swiss cheese, cranberry sauce, lettuce, mustard.

#### ALLERGENS

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



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# NUTRITION FACTS



## GRAB AND GO

### Smoked Salmon Bagel

#### Nutrition Facts

Serving Size 1 Bagel

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

**Calories** 660

<b>Fat</b> 27 g	<b>42 %</b>
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Saturated 12 g	
+ Trans 0 g	<b>60 %</b>

**Cholesterol** 85 mg

<b>Sodium</b> 1050 mg	<b>44 %</b>
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<b>Carbohydrate</b> 49 g	<b>16 %</b>
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Fibre 5 g	<b>20 %</b>
-----------	-------------

Sugars 13 g

**Protein** 24 g

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

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

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

Iron	45 %
------	------

#### INGREDIENTS

Bagel, smoked salmon, dill cream cheese, red onion, alfalfa sprouts, capers.

#### ALLERGENS

CONTAINS FISH, MILK, EGG, GLUTEN, WHEAT, SULPHITES.

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# NUTRITION FACTS



## GRAB AND GO

### Thai Chicken & Cucumber Sandwich

#### Nutrition Facts

Serving Size 1 sandwich

Amount	% Daily Value
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<b>Calories</b> 340	
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<b>Fat</b> 5 g	<b>8 %</b>
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Saturated 1.5 g + Trans 0.1 g	<b>8 %</b>
----------------------------------	------------

<b>Cholesterol</b> 65 mg	
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<b>Sodium</b> 540 mg	<b>23 %</b>
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<b>Carbohydrate</b> 48 g	<b>16 %</b>
--------------------------	-------------

Fibre 2 g	<b>8 %</b>
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Sugars 16 g	
-------------	--

<b>Protein</b> 29 g	
---------------------	--

<b>Vitamin A</b>	<b>40 %</b>
------------------	-------------

<b>Vitamin C</b>	<b>25 %</b>
------------------	-------------

<b>Calcium</b>	<b>6 %</b>
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<b>Iron</b>	<b>25 %</b>
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#### INGREDIENTS

Bread, chicken, sweet chili sauce, cucumber, green onion, cilantro.

#### ALLERGENS

CONTAINS GLUTEN, SOY, WHEAT, SULPHITES.

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# NUTRITION FACTS



## GRAB AND GO

### Tuna Salad Sandwich (on white)

#### Nutrition Facts

Serving Size 1 Sandwich (205 g)

Amount	% Daily Value
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<b>Calories</b> 460	
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<b>Fat</b> 24 g	<b>37 %</b>
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Saturated 4.5 g	<b>23 %</b>
+ Trans 0 g	

<b>Cholesterol</b> 15 mg	
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<b>Sodium</b> 920 mg	<b>38 %</b>
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<b>Carbohydrate</b> 48 g	<b>16 %</b>
--------------------------	-------------

Fibre 3 g	<b>12 %</b>
-----------	-------------

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

<b>Protein</b> 10 g	
---------------------	--

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

Vitamin C	45 %
-----------	------

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

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

#### INGREDIENTS

Bread, tuna, mayonnaise, celery, red onion, red pepper, lettuce.

#### ALLERGENS

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

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# NUTRITION FACTS



## GRAB AND GO

### Tuna Salad Sandwich (on whole wheat)

#### Nutrition Facts

Serving Size 1 Sandwich (243 g)

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

**Calories** 460

<b>Fat</b> 26 g	<b>40 %</b>
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Saturated 4.5 g	23 %
+ Trans 0 g	

**Cholesterol** 20 mg

<b>Sodium</b> 760 mg	<b>32 %</b>
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<b>Carbohydrate</b> 49 g	<b>16 %</b>
--------------------------	-------------

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

Sugars 6 g	
------------	--

**Protein** 11 g

<b>Vitamin A</b>	<b>40 %</b>
------------------	-------------

<b>Vitamin C</b>	<b>40 %</b>
------------------	-------------

<b>Calcium</b>	<b>8 %</b>
----------------	------------

<b>Iron</b>	<b>20 %</b>
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#### INGREDIENTS

Bread, tuna, mayonnaise, celery, red onion, red pepper, lettuce.

#### ALLERGENS

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

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# NUTRITION FACTS



## GRAB AND GO

### Tuscan Deli Sandwich

#### Nutrition Facts

Serving Size 1 Sandwich (276 g)

Amount	% Daily Value
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<b>Calories</b> 660	
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<b>Fat</b> 44 g	<b>68 %</b>
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Saturated 13 g + Trans 0 g	<b>65 %</b>
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<b>Cholesterol</b> 75 mg	
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<b>Sodium</b> 1770 mg	<b>74 %</b>
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<b>Carbohydrate</b> 39 g	<b>13 %</b>
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Fibre 3 g	<b>12 %</b>
-----------	-------------

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

<b>Protein</b> 27 g	
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<b>Vitamin A</b>	<b>8 %</b>
------------------	------------

<b>Vitamin C</b>	<b>25 %</b>
------------------	-------------

<b>Calcium</b>	<b>30 %</b>
----------------	-------------

<b>Iron</b>	<b>35 %</b>
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#### INGREDIENTS

Bread, lettuce, pork capiccoli, genoa salami, mustard, provolone cheese, mayonnaise, parmesan cheese, garlic, lime juice, sun-dried tomatoes, sunflower oil, capers, herbs, red onion, red pepper.

#### ALLERGENS

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

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# NUTRITION FACTS



## GRAB AND GO

### Veggie + Cheese Sandwich (on white)

#### Nutrition Facts

Serving Size 1 Sandwich (202 g)

Amount	% Daily Value
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<b>Calories</b> 420	
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<b>Fat</b> 18 g	<b>28 %</b>
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Saturated 6 g	
+ Trans 0 g	<b>30 %</b>

<b>Cholesterol</b> 10 mg	
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<b>Sodium</b> 690 mg	<b>29 %</b>
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<b>Carbohydrate</b> 47 g	<b>16 %</b>
--------------------------	-------------

Fibre 3 g	<b>12 %</b>
-----------	-------------

Sugars 1 g	
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<b>Protein</b> 13 g	
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Vitamin A	25 %
-----------	------

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

Calcium	15 %
---------	------

Iron	25 %
------	------

#### INGREDIENTS

Bread, cheddar cheese, mayonnaise, tomatoes, cucumber, lettuce, carrots, alfalfa sprouts.

#### ALLERGENS

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

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# NUTRITION FACTS



## GRAB AND GO

### Veggie Sandwich (on whole wheat)

#### Nutrition Facts

Serving Size 1 Sandwich (202 g)

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

<b>Calories</b> 420	
---------------------	--

<b>Fat</b> 20 g	<b>31 %</b>
-----------------	-------------

Saturated 7 g	
+ Trans 0 g	<b>35 %</b>

<b>Cholesterol</b> 10 mg	
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<b>Sodium</b> 510 mg	<b>21 %</b>
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<b>Carbohydrate</b> 47 g	<b>16 %</b>
--------------------------	-------------

Fibre 7 g	<b>28 %</b>
-----------	-------------

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

<b>Protein</b> 13 g	
---------------------	--

Vitamin A	25 %
-----------	------

Vitamin C	15 %
-----------	------

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

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

#### INGREDIENTS

Bread, cheddar cheese, mayonnaise, tomatoes, cucumber, lettuce, carrots, alfalfa sprouts.

#### ALLERGENS

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

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# NUTRITION FACTS



## GRAB AND GO

### Veggie + Hummus Sandwich (on white)

#### Nutrition Facts

Serving Size 1 Sandwich (250 g)

Amount	% Daily Value
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<b>Calories</b> 320	
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<b>Fat</b> 5 g	<b>8 %</b>
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Saturated 0.5 g	
+ Trans 0 g	<b>3 %</b>

<b>Cholesterol</b> 0 mg	
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<b>Sodium</b> 660 mg	<b>28 %</b>
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<b>Carbohydrate</b> 56 g	<b>19 %</b>
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Fibre 4 g	<b>16 %</b>
-----------	-------------

Sugars 4 g	
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<b>Protein</b> 11 g	
---------------------	--

Vitamin A	70 %
-----------	------

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

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

Iron	25 %
------	------

#### INGREDIENTS

Bread, tomatoes, carrot, chickpeas  
hummus, cucumber, lettuce, alfalfa sprouts.

#### ALLERGENS

CONTAINS GLUTEN, SESAME SEEDS,  
WHEAT, SULPHITES.

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# NUTRITION FACTS



## GRAB AND GO

### Veggie + Hummus Sandwich (on whole wheat)

#### Nutrition Facts

Serving Size 1 Sandwich (260 g)

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

**Calories** 320

<b>Fat</b> 7 g	<b>11 %</b>
----------------	-------------

Saturated 1 g	<b>5 %</b>
+ Trans 0 g	

**Cholesterol** 0 mg

<b>Sodium</b> 480 mg	<b>20 %</b>
----------------------	-------------

<b>Carbohydrate</b> 56 g	<b>19 %</b>
--------------------------	-------------

Fibre 8 g	<b>32 %</b>
-----------	-------------

Sugars 8 g

**Protein** 12 g

Vitamin A	70 %
-----------	------

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

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

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

#### INGREDIENTS

Bread, tomatoes, carrot, chickpeas hummus, cucumber, lettuce, alfalfa sprouts.

#### ALLERGENS

CONTAINS GLUTEN, SESAME SEEDS, WHEAT, SULPHITES.

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