

Description	Portion Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
<b>Express Cups</b>															
Big Crunch Carrot Cup (12oz) (Get the Good Stuff)	140 grams	257	22	2	0	16	372	15	3	8	2	117	13	4	3
Blueberry & Granola Layered Yogurt Parfait 12oz (Get the Good Stuff)	310 grams	299	3	1	0	0	228	43	8	14	21	15	12	49	1
Blueberry & Granola Layered Yogurt Parfait 9oz (Get the Good Stuff)	255 grams	257	3	1	0	0	171	38	7	12	16	11	10	37	1
Blueberry & Granola Yogurt Parfait 12oz (Get the Good Stuff)	310 grams	299	3	1	0	0	228	43	8	14	21	15	12	49	1
Fresh Fruit Mix (16oz) (Get the Good Stuff)	460 grams	210	1	0	0	0	43	54	4	45	3	21	213	4	9
Fruit Cup (12 oz) (Get the Good Stuff)	225 grams	79	0	0	0	0	18	20	2	16	1	9	98	2	4
Fruit Cup w/ Honey Greek Yogurt Dip 12oz (Get the Good Stuff)	246 grams	133	2	1	0	2	33	28	3	22	7	1	125	5	4
Fruit Cup w/ Vanilla Greek Yogurt 12oz (Get the Good Stuff)	243 grams	127	1	1	0	3	29	25	3	21	6	1	125	5	4
Grape Cup (9oz) (Get the Good Stuff)	170 grams	117	0	0	0	0	3	31	2	26	1	1	8	2	4
Grapefruit Mint Salad (9oz) (Get the Good Stuff)	223 grams	106	0	0	0	0	11	26	2	24	2	0	127	0	2
Greek Yogurt & Mixed Berry Quinoa Granola (Get the Good Stuff)	202 grams	260	6	2	0	0	118	34	4	20	18	2	30	10	7
Greek Yogurt & Strawberry w Quinoa Granola (Get the Good Stuff)	233 grams	260	6	2	0	0	118	35	4	20	18	2	75	10	8
Greek Yogurt Cheesecake Parfait (Get the Good Stuff)	205 grams	227	6	3	0	10	121	32	1	27	14	2	10	11	3
Honey Greek Yogurt Parfait w/ Blueberries 9oz (Get the Good Stuff)	255 grams	275	7	3	0	5	62	46	3	22	21	2	7	11	2
Honey Greek Yogurt Parfait w/ Mixed Berries 9oz (Get the Good Stuff)	260 grams	270	7	3	0	5	62	44	3	20	21	2	18	12	2
Honey Greek Yogurt Parfait w/ Strawberries 9oz (Get the Good Stuff)	235 grams	258	7	3	0	5	62	41	3	18	21	2	23	12	2
Key Lime Greek Yogurt Cheesecake Parfait 9oz (Get the Good Stuff)	205 grams	237	6	2	0	15	121	34	1	25	15	2	10	22	16
Key Lime Greek Yogurt Parfait w Strawberry 9oz (Get the Good Stuff)	240 grams	289	6	2	0	15	52	45	3	24	18	2	23	22	16
Mandarin Orange Yogurt Parfait 9 oz (Get the Good Stuff)	265 grams	189	3	1	0	0	86	35	5	14	11	12	20	21	1
Mix Berry & Granola Layered Yogurt Parfait 12oz (Get the Good Stuff)	310 grams	294	3	1	0	0	228	41	8	13	20	15	22	49	1
Mix Berry & Granola Layered Yogurt Parfait 9oz (Get the Good Stuff)	260 grams	252	3	1	0	0	171	36	7	11	16	11	25	38	1
Mix Berry & Granola Yogurt Parfait 12oz (Get the Good Stuff)	310 grams	294	3	1	0	0	228	40	8	12	21	15	27	50	1
Peach & Greek Yogurt Parfait 9oz (Get the Good Stuff)	204 grams	152	3	1	0	4	27	25	1	20	6	6	2	4	2
Pineapple Coconut Greek Yogurt Parfait (Get the Good Stuff)	204 grams	248	7	3	0	8	112	37	1	31	12	1	7	8	4
Pineapple Cup (9oz) (Get the Good Stuff)	160 grams	80	0	0	0	0	2	21	2	16	1	1	127	2	3
Pineapple Fruit Parfait Cup (12oz) (Get the Good Stuff)	260 grams	130	0	0	0	0	3	34	4	26	1	1	207	3	5
Strawberries w/ Honey Greek Yogurt Dip 12oz (Get the Good Stuff)	193 grams	103	2	1	0	2	22	20	3	14	7	1	125	5	4
Strawberries w/ Vanilla Yogurt Dip 12oz (Get the Good Stuff)	220 grams	101	2	1	0	4	20	18	3	14	6	1	123	5	4
Strawberry & Granola Layered Yogurt Parfait 12oz (Get the Good Stuff)	300 grams	282	3	1	0	0	228	38	8	11	20	14	28	49	1
Strawberry & Granola Layered Yogurt Parfait 9oz (Get the Good Stuff)	235 grams	240	3	1	0	0	171	34	6	9	16	11	27	37	1
Strawberry & Granola Yogurt Parfait 12oz (Get the Good Stuff)	300 grams	282	3	1	0	0	228	38	8	11	20	14	28	49	1
Vanilla Greek Yogurt Parfait w Strawberries 9oz (Get the Good Stuff)	235 grams	279	6	3	0	10	52	43	3	26	17	2	23	10	2
Vanilla Greek Yogurt Parfait w/ Blueberries 9oz (Get the Good Stuff)	255 grams	292	6	3	0	10	52	46	4	29	17	2	2	10	2
Vanilla Greek Yogurt Parfait w/ Mix Berries 9oz (Get the Good Stuff)	260 grams	290	6	3	0	10	52	45	4	28	17	2	23	10	2
Veggie Cup (12oz) (Get the Good Stuff)	190 grams	241	22	2	0	16	353	10	3	6	3	41	58	5	4
Veggie Cup (20oz) (Get the Good Stuff)	250 grams	259	22	2	0	16	379	14	4	7	4	51	107	7	6
Watermelon Cup (9oz) (Get the Good Stuff)	160 grams	48	0	0	0	0	2	12	1	10	1	5	22	1	3
Watermelon Fruit Parfait Cup (12oz) (Get the Good Stuff)	240 grams	72	0	0	0	0	2	18	1	15	2	7	32	2	4
Berry Brownie Parfait (9oz)	124 grams	275	17	10	0	18	81	30	3	21	3	10	32	3	11
Caprese Cup 9oz	82 grams	246	21	6	0	26	3	7	1	5	7	7	13	17	1
Carrot Cake Cheesecake Parfait	145 grams	432	16	5	0	11	423	64	2	44	11	61	2	27	9
Cherry Cheesecake Parfait	217 grams	451	11	7	0	17	542	75	1	62	13	5	3	47	3
Chocolate Scary Mousse Parfait	114 grams	219	7	4	0	13	140	33	0	23	5	5	0	9	7
Coconut Cranberry Rice Pudding Parfait	204 grams	393	7	5	0	37	232	71	3	46	11	9	0	30	8
Coffee Cake Cheesecake Parfait	150 grams	415	12	4	0	11	445	67	1	46	10	3	2	26	8
Nutella Oreo Cheesecake Parfait 9oz	193 grams	480	15	8	0	17	559	73	1	58	14	4	2	48	10
Pretzel & Hummus Snack Cup (12oz)	90 grams	282	7	0	0	0	173	49	1	2	8	0	2	5	5
Strawberries & Cream Parfait (9oz)	145 grams	138	8	7	0	3	14	16	3	11	1	1	113	2	3
Tiramisu Parfait	125 grams	246	8	4	0	19	257	40	0	32	4	3	0	11	2

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		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
<b>Express Entrée Salads (35 oz)</b>															
Asian Spinach Salad (35oz) (Get the Good Stuff)	220 grams	110	2	0	0	0	155	18	7	8	9	100	150	19	39
Chicken Caesar Salad (35oz) (Get the Good Stuff)	335 grams	267	11	5	0	51	611	21	6	3	23	95	83	26	31
Chickpea Bocconcini Spinach Salad (35 oz) (Get the Good Stuff)	371 grams	232	9	5	0	26	165	25	8	7	15	119	120	32	37
Dukkah Chicken Spinach Salad (35oz) (Get the Good Stuff)	339 grams	197	7	1	0	36	526	17	7	5	21	107	118	22	58
Harvest Salad (35oz) (Get the Good Stuff)	425 grams	442	18	7	0	59	461	51	9	35	23	55	52	26	26
Mandarin Chicken Salad (35oz) (Get the Good Stuff)	350 grams	205	7	1	0	33	317	21	6	7	16	52	92	7	30
Mediterranean Chopped Salad w/ Hummus 35oz (Get the Good Stuff)	435 grams	234	9	2	0	22	520	28	7	7	16	31	53	12	28
Mexican Chopped Salad w/ Guacamole (35 oz) (Get the Good Stuff)	435 grams	304	14	4	0	28	688	32	11	7	17	33	92	16	27
Southwest Cobb Salad (35oz) (Get the Good Stuff)	370 grams	206	10	3	0	122	312	17	5	7	15	54	62	7	17
Superfood Energy Salad & Balsamic Dressing 35oz (Get the Good Stuff)	309 grams	258	5	0	0	0	38	40	10	6	16	60	93	11	35
Blackened Chicken Salad w/ Balsamic (35oz)	242 grams	298	11	6	0	70	1296	24	7	10	28	69	67	19	25
Chicken BLT Salad (35oz)	350 grams	241	13	6	0	63	527	10	4	5	23	53	55	15	24
Julienne Salad (35oz)	370 grams	190	10	5	0	131	399	11	4	6	16	57	57	18	16
Mediterranean Salad (35oz)	430 grams	215	14	6	0	27	629	16	6	8	11	65	112	11	19
Tuscan Crunch Entree Salad (35 oz)	440 grams	316	12	6	0	30	460	39	13	14	18	121	113	32	40
<b>Express Medium Salads (24 oz)</b>															
Caesar Salad (24oz) (Get the Good Stuff)	170 grams	108	5	2	0	9	187	10	4	2	7	66	58	15	13
Cranberry & Walnut Salad (24oz) (Get the Good Stuff)	115 grams	228	14	3	0	7	127	25	4	16	6	80	35	8	19
Garden Tossed Salad (24oz) (Get the Good Stuff)	275 grams	50	1	0	0	0	38	11	4	6	3	61	47	6	10
Grains 'n Greens Salad (24oz) (Get the Good Stuff)	165 grams	330	21	3	0	0	842	29	6	6	9	64	70	13	31
Loaded Greens Salad (24oz) (Get the Good Stuff)	204 grams	126	4	1	0	0	202	20	4	3	5	107	78	8	27
Apple Walnut & Cheddar Salad (24oz)	135 grams	217	18	6	0	23	207	9	3	4	9	83	40	20	18
Mediterranean Salad (24oz)	206 grams	88	5	2	0	9	230	8	3	4	4	38	67	5	10
Pecan & Feta Salad (24oz)	98 grams	161	15	3	0	10	230	6	3	1	5	82	37	6	17
<b>Express Side Salads (8 oz, 12 oz &amp; 16 oz)</b>															
Asian Fusion Salad (8oz) (Get the Good Stuff)	145 grams	187	10	1	0	0	311	19	5	7	7	2	40	6	10
Asian Spinach Salad (16oz) (Get the Good Stuff)	110 grams	44	1	0	0	0	66	7	3	3	3	44	70	8	16
Caesar Salad (16oz) (Get the Good Stuff)	102 grams	96	5	2	0	9	182	8	2	1	6	36	32	13	9
Canadian Bean & Bell Pepper Salad (8oz) (Get the Good Stuff)	233 grams	355	12	1	0	0	647	49	11	7	16	4	75	8	28
Citrus Asparagus Quinoa Salad (8oz) (Get the Good Stuff)	180 grams	275	12	1	0	0	379	36	4	1	7	2	7	5	37
Coleslaw - Vinaigrette (8 oz) (Get the Good Stuff)	103 grams	107	8	0	0	0	350	9	2	6	1	10	60	4	4
Confetti Quinoa Bowl (16oz) (Get the Good Stuff)	215 grams	182	3	0	0	0	18	33	5	4	8	10	37	5	28
Curry Apple Almond Quinoa Salad (8oz) (Get the Good Stuff)	176 grams	371	16	1	0	0	110	52	5	10	9	1	25	6	40
Fusion Pasta Salad (8oz) (Get the Good Stuff)	130 grams	255	8	1	0	0	106	37	4	4	8	1	13	2	13
Garden Tossed Salad (16oz) (Get the Good Stuff)	170 grams	31	0	0	0	0	22	7	3	4	2	37	30	4	7
Greek Style Grains Salad (8oz) (Get the Good Stuff)	180 grams	226	8	1	0	0	285	32	4	5	7	4	52	4	15
Greek Whole Grain Rotini Pasta Salad (8oz) (Get the Good Stuff)	161 grams	291	15	3	0	9	255	32	4	4	7	7	35	3	15
Greek Whole Grain Rotini Pasta Salad 16oz (Get the Good Stuff)	322 grams	502	25	4	0	14	451	57	8	7	13	13	72	5	26
Kale & Brussel Sprout Salad (8oz) (Get the Good Stuff)	84 grams	236	21	3	0	4	251	9	3	2	6	19	78	12	10
Middle Eastern Medley (8oz) (Get the Good Stuff)	151 grams	367	5	0	0	0	275	71	4	12	7	38	18	5	12

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		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
<b>Express Side Salads (8 oz, 12 oz &amp; 16 oz) continued</b>															
Moroccan Couscous Salad (8 oz) (Get the Good Stuff)	170 grams	369	26	3	0	0	328	30	4	8	6	1	8	5	10
Prairie Lentil Salad (8oz) (Get the Good Stuff)	183 grams	256	7	1	0	0	62	40	4	4	9	0	3	2	17
Sante Fe Quinoa Bowl (16oz) (Get the Good Stuff)	215 grams	288	8	1	0	0	133	44	9	6	11	7	20	7	33
Seven Grain Broccoli Chicken Salad (8oz) (Get the Good Stuff)	180 grams	267	8	1	0	25	414	34	4	4	15	4	62	3	18
Seven Grain Edamame Salad (8oz) (Get the Good Stuff)	183 grams	279	9	1	0	0	296	41	6	4	8	10	25	4	13
Southwest Black Beans (8oz) (Get the Good Stuff)	195 grams	271	5	2	0	11	465	49	3	7	9	4	37	11	15
Spinach & Corn Quinoa Salad (8oz) (Get the Good Stuff)	166 grams	325	16	3	0	8	350	40	4	1	10	8	12	6	35
Superfood Energy Salad & Balsamic Dressing 16oz (Get the Good Stuff)	160 grams	127	2	0	0	0	19	20	5	3	8	31	47	6	17
Superfood Quinoa Bowl (16oz) (Get the Good Stuff)	228 grams	279	5	0	0	0	84	53	6	15	9	13	50	7	33
Sweet Potato Sunflower Salad (8oz) (Get the Good Stuff)	185 grams	473	23	2	0	0	452	63	9	19	6	178	15	9	18
Tandoori Sweet Potato Salad (8oz) (Get the Good Stuff)	192 grams	332	9	1	0	0	446	59	9	13	6	197	28	11	16
Wild Rice Cranberry & Squash Salad (8oz) (Get the Good Stuff)	178 grams	375	12	1	0	0	200	65	4	15	5	64	42	9	11
California Roll Salad (8oz)	196 grams	274	7	1	0	14	689	44	2	10	8	7	17	3	7
Caribbean Red Bean Salad (8oz)	204 grams	442	17	9	0	0	677	64	5	8	10	2	25	11	25
Creamy Coleslaw Salad (8oz)	185 grams	216	17	3	0	13	551	16	2	8	2	11	70	5	5
Creamy Potato Salad (8oz)	209 grams	204	4	1	0	9	440	39	3	6	4	0	58	2	11
Greek Rotini Pasta Salad (16oz)	314 grams	532	25	4	0	14	446	63	4	7	14	12	70	5	22
Greek Rotini Pasta Salad (8oz)	157 grams	308	15	2	0	9	253	35	2	4	8	7	35	3	12
Lemon Orzo Spinach Salad (8oz)	148 grams	214	8	2	0	9	557	30	2	2	7	9	17	3	11
Mediterranean Salad (16oz)	185 grams	84	5	2	0	9	229	7	3	4	4	29	58	4	8
Sunflower Pesto Potato Salad (8oz)	203 grams	342	19	3	0	8	480	36	4	2	9	5	65	11	19
Thai Tofu Edamame Salad (8oz)	213 grams	334	24	2	0	0	1009	18	6	8	19	18	45	25	48
Tomato & Bocconcini Salad (12oz)	205 grams	179	11	7	1	40	8	8	2	4	11	13	33	27	3
Wholegrain Brown Waldorf Side Salad (8oz)	178 grams	299	9	1	0	0	79	50	3	12	6	1	25	3	8
<b>Express Snackers</b>															
Hummus Pita & Vegetable Snacker (Get the Good Stuff)	309 grams	333	11	1	0	0	659	51	7	6	12	29	135	16	25
Breakfast Bagel & Yogurt Snacker (Get the Good Stuff)	330 grams	330	6	2	0	10	503	56	6	24	14	18	55	23	19
Yogurt & Fruit Breakfast Snacker (Get the Good Stuff)	309 grams	169	0	0	0	0	94	35	4	26	7	14	60	18	5
Fresh Fruit & Greek Yogurt Snacker (Get the Good Stuff)	338 grams	205	2	1	0	5	47	42	2	38	8	11	77	6	6
BBQ Chicken Snacker	281 grams	374	13	2	0	58	1096	41	3	12	22	8	83	3	29
Jerk Chicken Snacker	299 grams	324	7	1	0	52	1237	42	7	9	22	136	50	7	31
Pita Bread w/ Hummus (8 oz)	95 grams	175	5	1	0	0	416	28	2	1	6	0	2	8	13
Chickpea & Couscous Wrap Snacker	315 grams	506	30	3	0	18	820	51	6	6	11	37	55	8	22
Pita Bread w/ Tzatziki (8 oz)	95 grams	180	8	0	0	0	332	26	1	4	5	0	0	8	8
Protein Pack w/ Nuts Snacker	311 grams	630	35	14	1	59	881	58	7	13	28	11	13	64	27
Savory Greek Yogurt w/ Pita	215 grams	251	3	1	0	1	1027	50	3	5	10	24	5	7	16
Tzatziki Pita Snacker	210 grams	207	8	0	0	0	392	31	3	7	6	32	15	11	10
Fruit & Cheese Snacker	212 grams	392	26	16	1	79	471	19	1	9	23	7	23	67	10
Grilled Chicken Caesar Wrap Snacker	278 grams	553	39	5	0	55	1051	34	4	6	17	52	65	11	25
Thai Chicken Wrap Snacker	282 grams	476	29	3	0	54	994	35	4	8	18	41	78	6	26
Tuna Salad Wrap Snacker	287 grams	456	31	3	0	37	914	33	4	6	14	72	63	7	20

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		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
<b>Express Sandwiches</b>															
Chicken Salad 1/2 Wrap w/ Veggies (Get the Good Stuff)	185 grams	267	9	2	0	34	406	31	4	4	16	27	15	11	15
Chicken Salad Multigrain Sandwich (Get the Good Stuff)	221 grams	370	11	2	0	43	613	45	5	9	24	8	12	10	21
Chicken Salad Wrap (Get the Good Stuff)	267 grams	479	17	3	0	59	668	55	7	4	27	18	22	18	28
Chicken Tandoori 1/2 Wrap w/ Veggies (Get the Good Stuff)	159 grams	214	6	1	0	14	279	29	4	2	10	26	12	11	17
Chicken Tandoori Wrap (Get the Good Stuff)	215 grams	402	13	2	0	27	481	53	6	2	19	15	18	18	33
Chickpea & Couscous 1/2 Wrap w/ Veggies (Get the Good Stuff)	183 grams	285	6	1	0	0	314	48	6	2	10	24	10	13	19
Chickpea & Couscous Wrap (Get the Good Stuff)	264 grams	543	12	1	0	0	550	90	10	2	19	11	13	22	37
Chickpea Salad Wrap (Get the Good Stuff)	286 grams	497	16	2	0	0	641	73	10	6	17	9	28	21	43
Curry Quinoa Tofu 1/2 Wrap w/ Veggies (Get the Good Stuff)	211 grams	281	10	1	0	1	272	42	6	7	11	27	23	15	24
Curry Quinoa Tofu Wrap (Get the Good Stuff)	320 grams	536	20	2	0	3	467	78	9	11	20	19	40	27	46
Dijon Turkey Ciabatta (Multigrain) (Get the Good Stuff)	230 grams	307	5	1	0	23	965	48	5	3	19	8	15	4	21
Falafel & Tomato Tzatziki 1/2 Wrap w/ Veg (Get the Good Stuff)	209 grams	305	12	2	0	5	535	41	7	5	10	29	22	23	21
Good Stuff Tuna Salad Ciabatta (Multigrain) (Get the Good Stuff)	225 grams	356	12	3	0	19	904	48	5	3	17	9	18	13	22
Ham & Cheddar Multigrain Sandwich (Get the Good Stuff)	180 grams	393	15	5	0	38	767	42	4	7	23	9	5	18	20
Mango & Avocado Chicken Ciabatta (Multigrain) (Get the Good Stuff)	225 grams	346	7	1	0	34	918	51	6	5	21	7	27	3	31
Market Vegetable 1/2 Wrap w/ Veggies (Get the Good Stuff)	193 grams	233	9	2	0	6	294	33	6	4	8	37	55	13	16
Market Vegetable Wrap (Get the Good Stuff)	283 grams	439	17	4	0	12	511	60	9	5	15	38	102	22	30
Potato Kati Wrap (Get the Good Stuff)	286 grams	469	16	2	0	0	559	69	9	4	13	9	50	20	35
Roast Beef & Cheddar Multigrain Sandwich (Get the Good Stuff)	166 grams	390	15	5	0	36	821	41	4	6	21	8	5	18	21
Roasted Vegetable & Hummus Ciabatta (Multigrain) (Get the Good Stuff)	260 grams	345	9	1	0	0	768	59	8	7	12	32	98	9	26
Seven Grain Edamame Tofu 1/2 Wrap w/ Veggie (Get the Good Stuff)	201 grams	273	9	1	0	1	345	42	5	7	11	28	17	14	18
Seven Grain Edamame Tofu Wrap (Get the Good Stuff)	302 grams	519	17	2	0	3	612	79	9	10	20	20	27	25	34
Southwest Turkey & Black Bean Wrap (Get the Good Stuff)	345 grams	485	16	3	0	33	921	63	8	4	25	19	53	19	29
Thai Chicken Wrap (Get the Good Stuff)	250 grams	407	10	2	0	36	609	57	6	5	22	19	62	18	34
Tuna Salad 1/2 Wrap w/ Veggies (Get the Good Stuff)	178 grams	239	8	1	0	20	419	30	5	3	14	59	18	12	18
Tuna Salad Multigrain Sandwich (Get the Good Stuff)	182 grams	364	10	1	0	38	745	42	4	7	26	5	7	9	20
Tuna Salad Wrap (Get the Good Stuff)	254 grams	451	15	2	0	40	761	55	7	2	27	82	32	20	34
Turkey & Cheddar Multigrain Sandwich (Get the Good Stuff)	176 grams	385	13	4	0	36	775	43	4	7	23	9	5	18	19
Turkey, Cranberry & Swiss Ciabatta (Multigrain) (Get the Good Stuff)	192 grams	346	8	3	0	36	959	49	4	5	22	10	7	15	21
Turkey, Swiss & Green Apple Ciabatta (Multigrain) (Get the Good Stuff)	213 grams	356	8	3	0	36	959	52	5	7	22	11	8	15	21
Chicken Salad 1/2 Ciabatta w/ Veggies	136 grams	179	5	1	0	13	319	25	2	3	9	22	8	3	13
Chicken Salad Soft Ciabatta 3x6	168 grams	333	10	1	0	26	562	45	3	3	16	7	10	3	24
Chicken Tosca Flatbread	222 grams	444	18	3	0	37	970	50	3	4	21	8	32	11	32
Chickpea Salad Sandwich No Gluten	174 grams	288	7	1	0	0	546	51	5	7	8	5	13	9	21
Chickpea Salad Sandwich Whlgrain No Gluten	174 grams	328	11	2	0	0	576	52	8	8	10	5	13	9	26
Egg Salad Dinner Roll (Multigrain)	145 grams	191	7	1	0	131	413	24	2	3	9	25	7	4	12
Egg Salad Dinner Roll (White)	145 grams	182	7	1	0	133	434	24	2	3	8	25	7	4	13
Egg Salad Wedge Sandwich (White)	168 grams	309	13	3	0	262	572	31	4	3	15	13	7	7	16
Egg Salad Wedge Sandwich (Whole Wheat)	168 grams	309	13	3	0	262	572	31	4	3	15	13	7	7	16
Falafel & Tomato Tzatziki Wrap	306 grams	584	24	4	0	9	992	77	12	6	20	22	37	42	41
Grilled Chicken Caesar Wrap	278 grams	582	29	6	0	72	1367	49	3	2	30	34	28	15	41
Grilled Vegetable Sandwich No Gluten	168 grams	304	12	4	0	12	588	43	4	7	9	17	107	17	14
Grilled Vegetable Sandwich Whlgr No Gluten	178 grams	344	16	4	0	12	618	44	7	8	11	17	107	17	19
Ham & Swiss 1/2 Ciabatta w/ Veggies	134 grams	204	6	2	0	20	438	26	2	3	11	23	7	11	13
Ham & Swiss Dinner Roll (Multigrain)	136 grams	179	6	2	0	15	393	23	2	2	10	23	7	10	11
Ham & Swiss Dinner Roll (White)	136 grams	169	5	2	0	15	413	23	2	2	9	23	7	10	13
Ham & Swiss Soft Ciabatta 3x6	196 grams	382	12	4	0	40	799	46	2	2	22	10	7	18	25
Ham & Swiss Wedge Sandwich (White)	148 grams	305	12	4	0	37	644	30	3	2	20	10	7	20	15
Ham & Swiss Wedge Sandwich (Whole Wheat)	148 grams	305	12	4	0	37	644	30	3	2	20	10	7	20	16

Description	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
<b>Express Sandwiches continued</b>															
Mediterranean Grilled Vegetable Flatbread	178 grams	415	20	4	0	13	874	48	3	4	11	12	32	12	21
Miso Tofu & Kale Wrap	285 grams	604	19	2	0	0	756	89	12	8	27	15	47	43	75
Roast Beef & Cheddar Dinner Roll (MGrain)	134 grams	188	7	2	0	18	507	23	2	2	10	23	7	7	11
Roast Beef & Cheddar Dinner Roll (White)	134 grams	178	6	2	0	18	527	23	2	2	9	23	7	7	13
Roast Beef & Cheddar Soft Ciabatta 3x6	205 grams	410	16	5	0	48	1076	44	3	1	23	9	5	12	26
Roast Beef Wedge Sandwich (White)	129 grams	246	8	1	0	22	663	29	4	1	14	6	5	5	15
Roast Beef Wedge Sandwich (Whole Wheat)	129 grams	246	8	2	0	22	663	29	4	1	14	6	5	5	15
Salmon Salad Wedge Sandwich (White)	180 grams	274	10	2	0	16	400	30	4	2	15	7	7	15	16
Salmon Salad Wedge Sandwich (Whole Wheat)	180 grams	274	10	2	0	16	400	30	4	2	15	8	7	15	16
Sesame Tofu Spinach Wrap	285 grams	581	19	3	0	0	739	83	9	7	27	15	70	44	74
Tuna Salad Dinner Roll (Multigrain)	144 grams	192	6	0	0	19	486	23	2	2	13	21	7	3	11
Tuna Salad Dinner Roll (White)	144 grams	182	6	0	0	19	506	23	2	2	12	21	7	3	13
Tuna Salad Sandwich No Gluten	157 grams	286	8	1	0	29	696	40	3	5	17	3	3	6	13
Tuna Salad Sandwich Whlgrain No Gluten	167 grams	326	12	2	0	29	726	41	6	6	19	3	3	6	18
Tuna Salad Wedge Sandwich (White)	158 grams	277	8	1	0	38	686	30	4	2	22	6	7	5	14
Tuna Salad Wedge Sandwich (Whole Wheat)	158 grams	277	8	1	0	38	686	30	4	2	22	7	7	5	15
Turkey & Cheddar Dinner Roll (Multigrain)	130 grams	177	6	2	0	14	428	23	2	2	9	23	7	7	10
Turkey & Cheddar Dinner Roll (White)	130 grams	167	5	2	0	14	448	23	2	2	8	23	7	7	12
Turkey Bacon Club ½ Ciabatta w/ Veg	144 grams	203	6	1	0	18	494	26	2	3	11	22	7	3	13
Turkey Bacon Club Soft Ciabatta 3x6	185 grams	380	12	3	0	36	912	46	2	3	22	7	7	3	23
Turkey Cheddar Sandwich No Gluten	165 grams	303	9	4	0	34	799	41	3	5	17	6	3	14	12
Turkey Cheddar Sandwich Whlgrain No Gluten	175 grams	343	13	4	0	34	829	42	6	6	19	6	3	14	17
Turkey Sandwich No Gluten	154 grams	259	5	1	0	22	723	41	3	5	14	6	5	7	13
Turkey Sandwich Whlgrain No Gluten	164 grams	299	9	2	0	22	753	42	6	6	16	6	5	7	18
Turkey Wedge Sandwich (White)	138 grams	241	6	1	0	21	617	30	3	2	16	7	7	5	13
Turkey Wedge Sandwich (Whole Wheat)	138 grams	241	6	1	0	21	617	30	3	2	16	7	7	5	14
Tuscan Grilled Vegetable ½ Ciabatta w/ Veg	133 grams	212	8	2	0	7	367	27	3	4	7	27	57	9	14
Tuscan Grilled Vegetable Soft Ciabatta 3x6	194 grams	399	17	4	0	13	661	49	4	5	14	18	108	14	25

Please Note: The nutritional information provided is for the serving size listed, based on adherence to the recipe, as developed and tested by our culinary team. Any changes from the recipe, such as changes to meet local taste preferences, product, ingredient, and/or supplier substitutions, season of the year, or serving size modifications will change the nutrient content of an item and render the information inaccurate. "+" indicates some vitamin A information is represented in different units of measure based on differences in representing this information in national nutrient databases.