

Sandwiches	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)	
Recipe Name																
Grilled Potato Kati Wrap (Get the Good Stuff)	286 grams	469	16	2	0	0	559	69	9	4	13	9	50	20	35	
Mandarin Cranberry Salad (Get the Good Stuff)	246 grams	230	6	1	0	0	121	46	6	31	4	85	77	7	22	
Margherita Stromboli Whole Wheat RET (Get the Good Stuff)	146 grams	372	8	4	0	15	847	56	5	5	20	8	5	23	19	
Mediterranean Sandwich on Whole Wheat Ciabatta (Get the Good Stuff)	183 grams	405	15	4	0	46	825	46	5	3	25	5	8	8	26	
Orchard Salad w/ Spiced Cashews (Get the Good Stuff)	268 grams	267	11	3	0	10	301	38	9	13	10	97	117	14	32	
Superfood Energy Salad w/ Balsamic Dressing 35 oz (Get the Good Stuff)	309 grams	258	5	0	0	0	38	40	10	6	16	84	93	11	35	
Turkey Patty - Asian (Get the Good Stuff)	105 grams	235	11	3	0	147	523	8	1	1	25	2	2	8	13	
Turkey Patty - Traditional (Get the Good Stuff)	98 grams	238	11	3	0	113	443	9	1	1	26	0	2	7	10	
Veggie Sub on Whole Wheat 6" (Get the Good Stuff)	225 grams	394	14	6	0	24	895	50	5	6	16	7	23	22	26	
Barbecue Chicken Rolletto	337 grams	740	22	11	0	72	2037	96	5	20	39	16	12	46	16	
Bratwurst Pretzel Bun 2	318 grams	724	37	13	0	65	1515	68	4	18	26	5	38	40	28	
Canadiana Burger w/ Smokey Pulled Pork	288 grams	655	33	9	0	92	1774	63	2	22	29	6	27	8	34	
Chicken Fajitas	336 grams	554	23	8	0	73	1514	55	4	8	30	12	93	22	22	
Curried Vegetarian Wrap	350 grams	517	9	1	0	0	1033	92	6	2	15	0	28	6	37	
Doritos Walking Taco	160 grams	407	19	8	0	55	522	38	3	4	19	6	5	16	12	
Fish Tacos with Avocado Mango Salsa	267 grams	685	30	3	0	142	1045	88	30	6	7	35	6	22	9	34
Grilled Chicken BLT Burger	230 grams	358	10	2	0	62	950	41	3	5	27	6	13	5	20	
Grilled Chicken Pita w/ Feta Dressing	265 grams	515	27	3	0	66	1017	45	3	3	26	6	8	6	20	
Grilled Chicken Pita w/ Feta Sauce	269 grams	412	14	2	0	59	1088	48	3	4	26	5	8	5	19	
Grilled Chicken Sandwich w/ Sriracha & Coleslaw	251 grams	314	6	1	0	49	835	41	2	6	23	1	22	6	18	
Grilled Chicken Sub w/ Honey Mustard 6"	257 grams	422	12	6	0	52	993	54	3	8	25	8	18	24	22	
Grilled Chicken Sub w/ Honey Mustard 6" 2	257 grams	422	12	6	0	52	1031	56	3	10	25	8	18	24	22	
Grilled Chicken Sub w/ Honey Mustard on WW 6"	257 grams	410	10	6	0	52	1020	54	5	10	24	8	7	22	26	
Grilled Chicken Sub w/ Honey Mustard2 on WW 6"	257 grams	410	10	6	0	52	1058	55	5	11	24	8	7	22	25	
Grilled Reuben Sandwich	227 grams	360	14	7	0	50	1209	34	3	4	24	11	5	35	119	
Grilled Reuben Wrap	238 grams	465	19	7	0	50	1537	47	3	3	24	11	5	33	29	
Ham & Cream Cheese Wrap	283 grams	448	19	9	0	50	1141	47	3	3	21	18	15	23	23	
Indian Butter Chicken on Naan	247 grams	493	6	1	0	56	963	76	4	3	31	5	8	12	38	
Kettle Crunch Bacon Cheese Panini	340 grams	786	41	16	1	79	1292	70	3	10	31	12	5	40	24	
Kettle Crunch Mexican Crispy Chicken Panini	340 grams	924	47	14	1	76	1761	87	6	16	38	14	15	44	31	
Korean Beef Taco	242 grams	423	13	4	0	74	844	44	3	12	31	10	37	5	32	
Korean Chicken Taco	248 grams	357	7	1	0	59	1219	47	3	12	27	10	37	5	35	
Korean Pork Taco	248 grams	499	21	6	2	83	811	44	3	12	31	11	37	7	22	
Mac & Cheese Bacon Meltdown	304 grams	936	41	15	1	70	1552	104	4	15	34	14	5	46	33	
Market Vegetable Flatbread	249 grams	351	15	4	0	15	688	45	5	7	11	62	67	7	23	
Meatball Sub 6"	280 grams	629	28	13	1	65	1499	57	3	6	36	7	13	28	44	
Meatball Sub on Whole Wheat 6"	280 grams	617	26	14	1	65	1526	56	5	7	36	7	3	26	48	
New York Deli Sub 6"	362 grams	436	15	7	0	39	1845	55	5	7	22	39	63	34	28	
New York Deli Sub on Whole Wheat 6"	362 grams	424	14	7	0	39	1872	54	6	9	22	39	52	33	31	
Open Face Hot Turkey Sandwich	377 grams	349	5	3	0	53	1286	50	4	16	26	3	32	6	12	
Pineapple Chicken Curry Kati Roll	236 grams	416	10	2	0	62	1019	53	3	20	28	8	37	7	22	
Pineapple Chicken Curry Kati Roll 2	236 grams	378	10	2	0	62	960	45	3	12	28	10	48	7	21	
Pizza Sub 6"	248 grams	474	19	8	0	46	1327	53	3	5	23	10	25	26	26	
Pizza Sub on Whole Wheat 6"	248 grams	462	17	8	0	46	1354	52	5	6	23	10	15	24	29	
Pulled Beef Sandwich	239 grams	539	20	9	0	91	1583	53	2	13	39	7	5	15	38	

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Recipe Name		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Pulled Pork Meltdown	313 grams	787	32	9	0	63	2066	97	4	33	28	12	28	23	26
San Antone Turkey Sub 6"	288 grams	443	13	7	0	50	1200	56	3	9	25	10	22	25	23
San Antone Turkey Sub on Whole Wheat 6"	288 grams	431	11	7	0	50	1227	56	5	11	25	10	12	23	26
Sante Fe Grilled Chicken Sub 6"	269 grams	430	14	6	0	52	1087	51	4	3	25	11	33	24	23
Sante Fe Grilled Chicken Sub on Whole Wheat 6"	269 grams	418	12	6	0	52	1114	50	6	5	25	11	23	23	27
Southern Pork Grilled Cheese on White	152 grams	439	20	7	0	41	913	47	2	9	18	7	2	18	2
Southwest Grilled Chicken Wrap w/ Chipotle Aioli	302 grams	477	17	4	0	69	1254	49	6	4	31	32	113	11	35
Summer Chipotle & Avocado Burger (Canadian 4 oz)	336 grams	540	29	8	0	69	957	48	4	7	23	11	22	8	33
Swiss Mushroom Burger 4 oz	250 grams	582	34	10	0	80	994	44	2	5	27	10	10	22	34
Tandoori Chicken Curry Kati Roll	216 grams	379	11	2	0	80	706	35	3	5	34	8	37	7	22
Tandoori Chicken Pocket	343 grams	331	6	1	0	28	851	52	6	5	17	85	67	6	35
Tuna Salad & Vegetable Flatbread	303 grams	426	18	2	0	45	980	44	3	6	26	13	72	4	22
Turkey Bacon Wrap	306 grams	492	22	9	0	58	1249	47	3	2	25	13	12	22	24
Turkey Brie Apple & Cranberry Panini	233 grams	483	16	6	0	48	1150	62	3	13	25	5	10	17	20
Turkey Burger	260 grams	519	19	6	0	110	1558	48	2	12	39	6	10	17	33
Turkey Club Sub 6"	286 grams	505	19	8	0	64	1312	53	3	4	30	9	20	24	24
Turkey Club Sub on Whole Wheat Bread 6"	286 grams	493	17	8	0	64	1339	52	5	5	30	9	8	23	27
Turkey Cranberry Flatbread	212 grams	436	17	6	0	36	911	51	3	14	22	21	15	23	23
Turkey Cranberry Wrap	301 grams	416	11	4	0	32	1203	57	3	10	23	11	18	18	23
Turkey Dinner Ciabatta Sandwich	218 grams	404	10	1	0	26	1187	60	3	9	20	2	2	3	17
Turkey w/ Pesto Pretzel Bun	280 grams	502	17	6	0	56	1317	59	3	10	29	10	10	35	25
Vegetarian Kati Roll	226 grams	294	11	1	0	0	783	42	4	4	7	7	52	7	20
Veggie Sub 6"	225 grams	408	16	6	0	24	868	51	3	5	16	9	37	24	23

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.