

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															
Black Bean Vegetarian Taco (Get the Good Stuff)	80 grams	157	9	3	0	10	175	14	2	2	6	15	15	8	6
Chicken Club Whole Wheat Wrap (Get the Good Stuff)	144 grams	294	13	4	0	37	528	28	3	2	17	30	5	18	17
Chicken Fajitas Whole Wheat Wrap (Get the Good Stuff)	168 grams	299	13	4	0	36	567	30	3	4	16	20	47	18	12
Chickpea Tagine Taco (Get the Good Stuff)	100 grams	137	7	2	0	7	184	16	2	3	4	21	23	7	7
Grilled Chicken & Vegetable Taco (Get the Good Stuff)	184 grams	327	11	4	0	44	818	36	2	2	21	15	25	12	22
Grilled Vegetable Whole Wheat Wrap (Get the Good Stuff)	89 grams	293	14	4	0	17	520	33	5	5	10	121	95	12	14
San Antonio Turkey Sub on Whole Wheat (Get the Good Stuff)	171 grams	287	8	5	0	34	818	37	3	7	17	35	8	15	17
Veggie Sub on Whole Wheat (Get the Good Stuff)	150 grams	260	9	4	0	16	591	33	3	4	10	21	15	15	18
Artisan Vegetable Wrap	175 grams	208	8	3	0	12	472	26	2	2	8	78	13	13	13
Assorted Sub	180 grams	325	11	5	0	43	1006	35	2	3	21	35	13	17	18
Assorted Sub on Whole Wheat	180 grams	317	10	5	0	43	1024	35	3	4	20	35	7	16	20
Beef & Cheddar Sub Melt	189 grams	300	10	5	0	34	832	37	2	6	16	34	15	16	17
Beef & Cheddar Sub Melt on Whole Wheat	189 grams	292	9	5	0	34	850	36	3	7	15	35	7	15	19
Beef Kati Taco	86 grams	168	10	2	0	12	193	14	2	2	6	10	17	7	7
Black Bean Burger with Roasted Garlic Coleslaw	310 grams	442	12	2	0	5	1047	61	9	10	22	65	37	14	32
Black Bean Burger with Salsa & Cheddar Cheese	330 grams	444	13	4	0	12	1012	56	8	8	25	94	23	19	32
Black Bean Burger with Southern Salsa	295 grams	419	11	3	0	4	950	57	8	8	22	85	23	13	32
BLT Bagel	180 grams	403	9	2	0	18	897	61	3	7	15	44	12	9	27
BLT Multigrain Bagel	180 grams	415	13	3	0	18	944	57	5	7	17	44	12	7	29
BLT Sub	171 grams	353	17	6	0	37	702	33	2	2	17	35	13	16	16
BLT Sub on Whole Wheat	171 grams	345	16	6	0	37	720	33	3	3	17	36	5	15	18
BLT Whole Wheat Wrap	195 grams	278	13	3	0	23	390	28	3	2	12	43	10	8	13
BLT Wrap	195 grams	256	12	3	0	23	581	25	2	2	11	23	10	2	13
Carnita Pork Soft Taco	91 grams	155	6	2	0	16	496	20	1	5	7	10	8	6	8
Cauliflower & Red Lentil Wrap	175 grams	259	5	1	0	0	517	46	3	1	8	1	15	3	19
Cauliflower & Red Lentil Wraps	350 grams	518	9	1	0	0	1033	92	6	2	15	2	28	6	37
Cheeseburger 3.2 oz	230 grams	500	24	3	0	47	1312	47	2	7	23	32	8	17	27
Chicago Italian Hot Beef Sandwich	339 grams	622	16	3	0	69	1791	73	4	4	46	2	8	4	56
Chicken Burger	180 grams	354	9	1	0	17	686	53	2	6	15	33	10	6	26
Chicken Burrito with Mango Tomato Salsa	170 grams	290	7	1	0	10	694	45	4	2	10	7	5	7	21
Chicken Club Wrap	144 grams	273	12	4	0	37	719	25	2	2	15	30	5	11	16
Chicken Fajitas	168 grams	277	12	4	0	36	757	28	2	4	15	20	47	11	11
Chicken Parmesan	150 grams	284	17	5	0	32	671	19	2	3	17	24	13	20	12
Chili Dog	170 grams	447	24	10	0	81	1408	36	5	7	27	14	25	8	35
Cranberry Turkey Wrap	151 grams	240	7	3	0	22	682	29	2	5	15	38	8	17	12
Deluxe Grilled Cheese	190 grams	366	14	8	0	37	560	42	3	5	18	32	12	30	2
Deluxe Grilled Cheese on Whole Wheat	190 grams	356	14	8	0	37	703	39	4	5	19	33	12	35	15
Egg Salad Sandwich on White	240 grams	381	12	3	0	393	739	45	3	6	21	38	7	6	14
Egg Salad Sandwich on Whole Wheat	240 grams	371	13	3	0	393	882	42	4	6	22	39	7	12	27
Fish Burger	255 grams	514	19	2	0	56	1184	61	2	8	22	49	13	12	24
Fish Burger 2	255 grams	514	19	2	0	56	1191	61	2	8	22	49	13	12	24
Garden Vegetable Burger	225 grams	319	5	1	0	0	1106	51	5	7	19	182	7	9	31
Grilled Cheese on White Bread	123 grams	450	24	7	0	30	858	45	2	3	15	20	0	24	21
Grilled Cheese with Bacon on White	1 sandwich	474	24	9	0	44	944	45	2	3	19	20	0	24	22
Grilled Cheese with Bacon on Whole Wheat	1 sandwich	433	23	8	0	44	845	37	3	3	19	22	0	24	15

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		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
<i>Recipe Name</i>															
Grilled Chicken Roll-Ups	188 grams	544	23	9	0	90	1385	48	2	2	34	30	5	23	39
Grilled Chicken Sandwich with Lime Cilantro	294 grams	547	15	3	0	63	1531	71	3	5	32	40	12	5	53
Grilled Chicken Sub with Honey Mustard	171 grams	282	8	4	0	34	662	36	2	6	16	29	12	16	19
Grilled Chicken Sub with Honey Mustard 2	171 grams	281	8	4	0	34	687	37	2	6	16	29	12	16	19
Grilled Chicken Sub with Honey Mustard 2 on Whole Wheat	171 grams	273	7	4	0	34	705	37	3	7	16	29	5	15	21
Grilled Chicken Sub with Honey Mustard on Whole Wheat	171 grams	274	7	4	0	34	680	36	3	7	16	29	5	15	21
Grilled Ham & Cheese on White	1 sandwich	444	20	8	0	45	1028	46	2	4	21	22	0	24	22
Grilled Ham & Provolone	150 grams	345	10	6	0	35	730	42	2	4	20	27	0	19	3
Grilled Ham & Provolone on Whole Wheat	150 grams	335	11	6	0	35	873	39	3	4	21	28	0	25	16
Grilled Ham & Swiss Ciabatta	255 grams	392	11	5	0	39	766	52	3	8	21	66	12	25	27
Grilled Ham & Swiss on White	153 grams	365	12	6	0	43	663	41	2	4	22	19	0	30	4
Grilled Ham & Swiss on Whole Wheat	153 grams	355	12	6	0	43	806	38	3	4	23	20	0	36	17
Grilled Italian Sausage on a Bun	81 grams	350	22	7	0	45	850	25	1	4	12	0	0	3	13
Grilled Reuben Sandwich	114 grams	180	7	3	0	25	604	17	1	2	12	19	3	18	60
Grilled Reuben Wrap	119 grams	233	10	4	0	25	769	24	1	1	12	19	3	17	15
Grilled Turkey & Provolone	157 grams	340	9	5	0	33	735	42	2	4	21	26	0	19	2
Grilled Turkey & Provolone on Whole Wheat	157 grams	330	10	5	0	33	878	39	3	4	22	27	0	25	15
Grilled Turkey & Swiss on Rye	184 grams	302	10	6	0	42	641	31	2	2	21	18	0	35	112
Grilled Vegetable Wrap	89 grams	272	13	4	0	17	711	30	3	5	9	121	95	5	13
Ham & Cream Cheese Ciabatta	285 grams	411	15	8	0	49	856	47	3	4	23	90	15	23	26
Ham & Cream Cheese Wrap	141 grams	225	10	4	0	25	573	24	1	2	10	47	8	12	12
Hamburger 3.2 oz	210 grams	435	20	1	0	33	975	45	2	6	19	32	8	6	27
Hot Dog on a Bun	130 grams	306	16	7	0	60	990	24	2	2	17	2	2	6	25
Mark's Famous Po-Boy	255 grams	620	22	5	0	70	1193	67	3	4	39	15	42	14	53
Meatball Sub	190 grams	439	24	10	1	67	1109	40	2	3	21	15	10	18	48
Meatball Sub on Whole Wheat	190 grams	431	22	10	1	67	1127	39	3	4	21	15	2	17	50
Mediterranean Tuna Salad Sandwich	255 grams	361	14	4	0	19	831	43	3	2	16	30	30	11	10
Monte Cristo Sandwich	254 grams	343	12	6	0	166	736	32	1	3	26	46	2	34	26
New York Deli Sub	242 grams	288	10	4	0	26	1206	36	3	5	14	101	42	22	17
New York Deli Sub on Whole Wheat	242 grams	280	9	5	0	26	1224	36	4	6	14	101	35	21	20
Peking Shrimp Wrap	89 grams	137	4	0	0	39	345	20	1	6	6	3	18	2	6
Philly Cheese Steak Kaiser	105 grams	256	11	4	0	46	519	23	1	1	15	15	20	12	18
Pizza Sub	165 grams	316	13	5	0	31	892	35	2	3	15	25	17	17	17
Pizza Sub on Whole Wheat	165 grams	308	11	5	0	31	910	35	3	4	15	25	10	16	19
Pogos	85 grams	215	10	3	0	40	816	24	2	1	8	0	0	7	9
Provolone Beef Burger	212 grams	490	24	3	0	43	1198	46	2	6	23	20	8	15	27
Pulled Beef Sandwich	120 grams	265	10	4	0	44	784	26	1	6	19	15	2	7	19
Pulled Pork Kaiser Sandwich	123 grams	241	6	3	0	31	908	34	1	15	13	15	2	7	12
Roast Beef & Caramelized Onion Hoagie	278 grams	475	13	3	0	34	1391	68	4	4	23	34	15	3	39
Salmon Salad Sandwich on White	227 grams	393	14	3	0	24	541	43	3	4	22	28	8	18	8
Salmon Salad Sandwich on Whole Wheat	227 grams	383	14	3	0	24	684	40	4	4	23	29	8	24	21
San Antone Turkey Sub	171 grams	295	9	4	0	34	800	38	2	6	17	35	15	16	15
Sante Fe Grilled Chicken Sub on Whole Wheat	180 grams	278	8	4	0	34	743	34	4	3	16	35	15	15	22
Southern Pork Grilled Cheese on White	76 grams	234	11	4	0	21	577	26	1	5	9	13	0	12	11
Southern Pork Grilled Cheese on Whole Wheat	76 grams	214	10	4	0	21	528	22	2	5	9	14	0	12	7
Szechwan Sirloin Wrap	137 grams	294	15	3	0	54	362	15	1	6	24	15	20	3	21
Traditional Beef Taco	91 grams	230	15	6	0	37	147	11	1	2	13	13	5	11	8

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		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Recipe Name															
Traditional BLT Ciabatta	165 grams	366	12	3	0	25	681	48	3	5	16	66	13	3	26
Traditional BLT Sandwich	160 grams	356	12	3	0	25	661	46	3	7	15	59	13	1	4
Traditional BLT Sandwich on Whole Wheat	160 grams	346	13	3	0	25	804	43	4	7	16	60	13	7	17
Traditional BLT Whole Wheat Ciabatta	165 grams	366	13	3	0	25	891	49	5	5	16	58	13	4	21
Traditional Roast Beef Sandwich	186 grams	299	7	2	0	22	777	43	3	5	15	52	12	1	5
Traditional Roast Beef Sandwich on Whole Wheat	176 grams	289	7	2	0	22	920	40	4	5	16	45	12	7	18
Tuna Salad Sandwich on White	230 grams	354	10	1	0	35	762	44	3	4	22	27	58	2	5
Tuna Salad Sandwich on Whole Wheat	230 grams	344	11	1	0	35	905	41	4	4	23	28	58	7	18
Turkey Club Ciabatta	241 grams	336	6	1	0	34	927	50	3	5	21	55	12	3	26
Turkey Club Sub	191 grams	337	13	5	0	43	878	35	2	3	20	30	13	16	16
Turkey Club Sub on Whole Wheat	191 grams	329	12	5	0	43	896	35	3	4	20	31	5	15	18
Turkey Reuben on a Panini Bun	317 grams	532	11	5	0	65	1973	70	4	5	38	17	15	26	43
Vegetarian Kati Taco	88 grams	148	9	2	0	7	173	15	2	2	4	11	23	7	6
Veggie Sub	150 grams	270	10	4	0	16	574	34	2	3	11	29	25	16	16

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.