

Express & Sandwiches	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
<i>Recipe Name</i>															
BLT Multigrain Bagel (Get the Good Stuff)	180 grams	416	13	3	0	18	946	57	5	7	17	6	12	7	29
Chicken Club Whole Wheat Wrap (Get the Good Stuff)	144 grams	289	13	4	0	38	625	28	3	2	16	4	5	15	13
Chicken Fajitas Whole Wheat Wrap (Get the Good Stuff)	168 grams	304	13	5	0	39	568	30	4	4	16	7	47	18	12
Chickpea Tagine Taco (Get the Good Stuff)	100 grams	137	7	2	0	7	184	16	2	3	4	5	25	7	7
Egg Salad Sandwich on Whole Wheat (Get the Good Stuff)	240 grams	393	15	5	0	416	930	42	4	7	21	17	7	10	21
Express Asian Spinach Salad (16oz) (Get the Good Stuff)	110 grams	38	1	0	0	0	46	7	2	3	3	32	58	5	11
Express Big Crunch Carrot Cup (12oz) (Get the Good Stuff)	140 grams	258	22	2	0	16	373	15	3	8	2	117	13	4	3
Express Caesar Salad (16oz) (Get the Good Stuff)	102 grams	85	4	2	0	9	186	6	2	1	5	36	32	14	8
Express Caesar Salad (24oz) (Get the Good Stuff)	170 grams	96	5	2	0	9	191	9	3	2	6	66	58	16	13
Express Canadian Bean & Bell Pepper Salad (8oz) (Get the Good Stuff)	233 grams	284	11	1	0	0	314	38	8	7	11	4	75	7	20
Express Chicken Salad Multigrain Sandwich (Get the Good Stuff)	221 grams	370	11	2	0	43	613	45	5	9	24	8	12	10	21
Express Chicken Tandoori Wrap (Get the Good Stuff)	215 grams	381	11	1	0	25	600	53	6	2	19	14	18	17	26
Express Chickpea & Couscous Wrap (Get the Good Stuff)	264 grams	590	14	2	0	0	553	95	11	4	20	11	13	20	41
Express 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
Express Curry Apple Almond Quinoa Salad (8 oz) (Get the Good Stuff)	176 grams	370	16	1	0	0	110	52	5	10	9	1	25	6	40
Express Curry Quinoa Tofu Wrap (Get the Good Stuff)	320 grams	535	20	3	0	3	465	78	9	11	20	19	40	27	46
Express Fruit Cup (12 oz) (Get the Good Stuff)	224 grams	79	0	0	0	0	18	20	2	16	1	9	98	2	4
Express Garden Tossed Salad (16oz) (Get the Good Stuff)	170 grams	30	0	0	0	0	22	6	3	3	2	37	30	4	7
Express Garden Tossed Salad (24oz) (Get the Good Stuff)	275 grams	49	1	0	0	0	38	10	4	6	3	61	47	6	10
Express Grape Cup (9oz) (Get the Good Stuff)	170 grams	117	0	0	0	0	3	31	2	26	1	2	8	2	4
Express 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
Express Greek Whole Grain Rotini Pasta Salad (8oz) (Get the Good Stuff)	161 grams	291	15	3	0	9	255	32	4	4	7	11	35	3	15
Express Greek Whole Grain Rotini Pasta Salad(16oz) (Get the Good Stuff)	322 grams	502	25	4	0	14	451	57	8	7	13	21	72	5	26
Express Ham & Cheddar Multigrain Sandwich (Get the Good Stuff)	180 grams	393	15	5	0	38	767	42	4	7	23	14	5	18	20
Express Hummus Pita & Vegetable Snacker (Get the Good Stuff)	309 grams	426	16	2	0	0	654	60	8	9	15	66	135	16	37
Express Kale & Almond Salad (8oz) (Get the Good Stuff)	84 grams	236	21	3	0	4	251	9	3	2	6	19	78	12	10
Express Market Vegetable Wrap (Get the Good Stuff)	283 grams	441	17	4	0	12	510	60	9	5	15	69	102	22	30
Express Middle Eastern Medley (8oz) (Get the Good Stuff)	151 grams	363	6	1	0	0	279	71	4	13	7	107	20	4	17
Express Moroccan Couscous Salad (8oz) (Get the Good Stuff)	170 grams	369	26	3	0	0	328	30	4	8	6	1	8	5	10
Express Pineapple Cup (9oz) (Get the Good Stuff)	160 grams	80	0	0	0	0	2	21	2	16	1	1	127	2	3
Express Pita Bread w/ Hummus (Get the Good Stuff)	95 grams	245	9	1	0	0	413	34	3	3	8	0	2	7	21
Express Prairie Lentil Salad (8oz) (Get the Good Stuff)	183 grams	257	7	1	0	0	66	40	4	4	9	1	7	3	17
Express Pretzel & Hummus Snack Cup (12oz) (Get the Good Stuff)	90 grams	344	10	1	0	0	174	55	2	4	10	0	2	2	10
Express Roast Beef & Cheddar Multigrain Sandwich (Get the Good Stuff)	166 grams	390	15	5	0	36	821	41	4	6	21	13	5	18	21
Express Seven Grain Edamame Tofu Wrap (Get the Good Stuff)	302 grams	519	17	3	0	3	611	78	9	10	20	28	27	25	34
Express Southwest Black Beans (8oz) (Get the Good Stuff)	195 grams	239	5	2	0	11	337	43	2	6	7	5	35	11	12
Express Southwest Turkey & Black Bean Wrap (Get the Good Stuff)	325 grams	475	16	3	0	33	867	61	8	4	25	19	53	18	28
Express 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
Express Sweet Potato Sunflower Salad (8oz) (Get the Good Stuff)	185 grams	473	23	2	0	0	454	63	9	19	6	179	15	9	18
Express 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
Express Thai Chicken Wrap (Get the Good Stuff)	250 grams	395	9	1	0	35	530	56	6	6	23	18	63	17	23
Express Tuna Salad Multigrain Sandwich (Get the Good Stuff)	182 grams	394	11	1	0	50	838	42	4	7	32	6	7	9	21
Express Tuna Salad Wrap (Get the Good Stuff)	254 grams	471	15	2	0	50	799	54	6	3	32	50	13	17	27
Express Turkey & Cheddar Multigrain Sandwich (Get the Good Stuff)	176 grams	385	13	5	0	36	775	43	4	7	23	14	5	18	19
Express Veggie Cup (12oz) (Get the Good Stuff)	190 grams	242	22	2	0	16	354	10	3	6	3	41	58	5	4
Express Watermelon Cup (9oz) (Get the Good Stuff)	160 grams	48	0	0	0	0	2	12	1	10	1	5	22	1	3
Express Wild Rice Cranberry & Squash Salad (8oz) (Get the Good Stuff)	178 grams	377	12	1	0	0	203	64	4	16	5	66	52	9	10

Express & Sandwiches	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
<i>Recipe Name</i>															
Grilled Chicken Sub with Honey Mustard on WW (Get the Good Stuff)	171 grams	279	6	3	0	27	709	38	3	7	17	5	5	14	17
Grilled Vegetable Whole Wheat Wrap (Get the Good Stuff)	89 grams	294	14	4	0	17	522	33	5	5	10	37	95	12	14
Traditional BLT Sandwich on Whole Wheat (Get the Good Stuff)	160 grams	347	13	3	0	25	805	43	4	7	16	8	13	7	17
Traditional BLT Whole Wheat Ciabatta (Get the Good Stuff)	165 grams	367	13	3	0	25	892	49	5	5	16	8	13	3	21
Traditional Roast Beef Sandwich on Whole Wheat (Get the Good Stuff)	210 grams	295	8	2	0	22	950	40	4	5	16	9	12	7	18
Turkey Club Sub on Whole Wheat (Get the Good Stuff)	191 grams	330	11	5	0	40	884	36	3	4	19	6	5	14	18
Vegetarian Kati Taco (Get the Good Stuff)	88 grams	148	9	2	0	7	172	15	2	2	4	3	23	7	6
Veggie Sub on Whole Wheat (Get the Good Stuff)	150 grams	264	9	3	0	13	588	34	3	4	10	4	15	13	17
Artisan Vegetable Wrap	175 grams	220	8	3	0	10	463	29	2	3	8	18	12	11	13
Assorted Sub	181 grams	326	11	4	0	41	998	36	2	3	20	7	13	15	18
Banh Mi Tofu w/ Thai Cucumber Salad	290 grams	509	17	3	0	5	1384	69	6	15	28	46	7	39	82
Beef & Cheddar Sub Melt	183 grams	304	10	5	0	34	852	38	2	7	16	8	15	17	17
Beef Kati Taco	86 grams	165	10	2	0	12	191	14	2	2	6	3	17	7	7
Bistro Cheese Burger	290 grams	605	31	12	1	117	789	42	2	6	37	13	12	16	41
Black Bean Burger w/ Roasted Garlic Coleslaw	310 grams	441	12	2	0	6	1041	61	9	10	22	16	32	14	34
Black Bean Burger w/ Salsa & Cheddar Cheese	330 grams	444	13	4	0	12	1012	56	8	8	25	25	18	19	33
Black Bean Burger w/ Southern Salsa	295 grams	418	11	3	0	5	947	57	8	8	22	22	18	13	33
Black Bean Vegetarian Taco	80 grams	315	17	5	0	22	351	28	4	3	13	10	27	16	13
BLT Bagel	180 grams	390	9	2	0	18	896	62	3	7	16	6	12	6	27
BLT Multigrain Bagel	180 grams	416	13	3	0	18	946	57	5	7	17	6	12	7	29
BLT Sub	171 grams	355	17	6	0	34	695	34	2	2	16	6	13	15	15
BLT Whole Wheat Wrap	195 grams	278	13	3	0	23	391	28	3	2	12	6	10	8	13
BLT Wrap	195 grams	257	12	3	0	23	582	25	2	2	11	6	10	2	12
Breadsticks Provençal	262 grams	582	37	14	1	66	1546	43	3	2	20	8	5	15	28
Burrito - Shredded Beef	462 grams	770	29	13	0	94	2360	86	5	3	40	21	8	32	46
Burrito - Shredded Pork	462 grams	730	24	11	0	74	2516	96	5	14	31	20	8	32	36
Caliente Wrap (half)	125 grams	204	6	2	0	23	774	25	1	1	13	12	30	11	13
Carnita Pork Soft Taco	91 grams	155	6	2	0	16	496	20	1	5	7	3	8	6	8
Cauliflower & Red Lentil Wrap	175 grams	258	5	1	0	0	518	46	3	2	8	0	15	3	20
Cheeseburger 3.2 oz	230 grams	496	24	10	1	50	1166	47	2	8	24	9	8	15	28
Chicago Italian Hot Beef Sandwich	339 grams	622	16	2	0	69	1855	75	4	5	45	0	8	5	50
Chicken Burger	180 grams	413	14	2	0	27	986	56	2	5	20	5	7	7	29
Chicken Burrito with Mango Tomato Salsa	170 grams	269	7	1	0	10	595	42	3	2	9	2	5	7	18
Chicken Club Whole Wheat Wrap	144 grams	289	13	4	0	38	625	28	3	2	16	4	5	15	13
Chicken Club Wrap	144 grams	267	12	4	0	38	815	25	1	2	15	4	5	9	12
Chicken Fajitas	168 grams	283	12	5	0	39	759	27	2	4	15	7	47	12	11
Chicken Fajitas RET	336 grams	554	23	8	0	73	1514	55	4	8	30	12	93	22	22
Chicken Fajitas Whole Wheat Wrap	168 grams	304	13	5	0	39	568	30	4	4	16	7	47	18	12
Chicken Parmesan	150 grams	298	20	5	0	35	839	18	1	3	19	7	12	21	12
Chicken Parmesan Sandwich	247 grams	570	24	4	0	39	1196	62	4	7	27	30	7	18	36
Chickpea Tagine Taco	100 grams	137	7	2	0	7	184	16	2	3	4	5	25	7	7
Chili Dog	170 grams	440	23	9	0	81	1409	36	5	7	27	4	25	8	35
Cranberry Turkey Wrap	144 grams	240	7	3	0	22	682	29	2	5	15	8	8	17	12
Deluxe Grilled Cheese	190 grams	367	14	8	0	35	554	43	3	5	17	9	12	29	2
Deluxe Grilled Cheese on Whole Wheat	190 grams	357	14	8	0	35	697	40	4	5	18	10	12	34	15
Egg Salad Sandwich on White	240 grams	403	15	5	0	416	787	45	3	7	20	17	7	5	8

Express & Sandwiches	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
<i>Recipe Name</i>															
Egg Salad Sandwich on Whole Wheat	240 grams	393	15	5	0	416	930	42	4	7	21	17	7	10	21
Express Asian Spinach Salad (16oz)	110 grams	38	1	0	0	0	46	7	2	3	3	32	58	5	11
Express Big Crunch Carrot Cup (12oz)	140 grams	258	22	2	0	16	373	15	3	8	2	117	13	4	3
Express Caesar Salad (16oz)	102 grams	85	4	2	0	9	186	6	2	1	5	36	32	14	8
Express Caesar Salad (24oz)	170 grams	96	5	2	0	9	191	9	3	2	6	66	58	16	13
Express California Roll Salad (8oz)	196 grams	274	8	1	0	14	682	44	2	9	8	21	17	3	7
Express Canadian Bean & Bell Pepper Salad (8oz)	233 grams	284	11	1	0	0	314	38	8	7	11	4	75	7	20
Express Caribbean Red Bean Salad (8oz)	204 grams	442	17	9	0	0	677	64	5	8	10	2	25	11	25
Express Chicken Salad Multigrain Sandwich	221 grams	370	11	2	0	43	613	45	5	9	24	8	12	10	21
Express Chicken Salad Soft Ciabatta 3x6	168 grams	333	10	2	0	26	562	45	3	3	16	14	10	2	25
Express Chicken Tandoori Wrap	215 grams	381	11	1	0	25	600	53	6	2	19	14	18	17	26
Express Chickpea & Couscous Wrap	264 grams	590	14	2	0	0	553	95	11	4	20	11	13	20	41
Express Chickpea & Couscous Wrap Snacker	315 grams	531	31	3	0	18	823	53	6	7	11	37	53	7	24
Express Citrus Asparagus Quinoa Salad (8oz)	180 grams	275	12	1	0	0	379	36	4	1	7	2	7	5	37
Express Curry Apple Almond Quinoa Salad (8 oz)	176 grams	370	16	1	0	0	110	52	5	10	9	1	25	6	40
Express Curry Quinoa Tofu Wrap	320 grams	535	20	3	0	3	465	78	9	11	20	19	40	27	46
Express Egg Salad Dinner Roll (Multigrain)	145 grams	191	7	2	0	131	413	23	2	3	8	62	7	4	12
Express Egg Salad Dinner Roll (White)	145 grams	182	7	2	0	133	434	24	2	3	8	62	7	4	13
Express Egg Salad Wedge Sandwich (White)	168 grams	306	13	3	0	262	558	32	2	4	13	18	7	7	20
Express Egg Salad Wedge Sandwich (Whole Wheat)	168 grams	309	13	4	0	262	572	31	4	3	15	18	7	7	16
Express Falafel & Tomato Tzatziki Wrap	306 grams	586	25	4	0	10	991	76	12	6	20	23	37	42	41
Express Fruit & Cheese Snacker (3)	212 grams	517	36	23	1	110	599	19	2	10	32	22	30	93	10
Express Fruit Cup (12 oz)	224 grams	79	0	0	0	0	18	20	2	16	1	9	98	2	4
Express Garden Tossed Salad (16oz)	170 grams	30	0	0	0	0	22	6	3	3	2	37	30	4	7
Express Garden Tossed Salad (24oz)	275 grams	49	1	0	0	0	38	10	4	6	3	61	47	6	10
Express Grape Cup (9oz)	170 grams	117	0	0	0	0	3	31	2	26	1	2	8	2	4
Express Greek Rotini Pasta Salad (16oz)	314 grams	532	25	4	0	14	446	63	4	7	14	20	70	5	22
Express Greek Rotini Pasta Salad (8oz)	157 grams	308	15	2	0	9	253	35	2	4	8	11	35	3	12
Express Greek Style Grains Salad (8oz)	180 grams	226	8	1	0	0	285	32	4	5	7	4	52	4	15
Express Greek Whole Grain Rotini Pasta Salad (8oz)	161 grams	291	15	3	0	9	255	32	4	4	7	11	35	3	15
Express Greek Whole Grain Rotini Pasta Salad(16oz)	322 grams	502	25	4	0	14	451	57	8	7	13	21	72	5	26
Express Grilled Chicken Caesar Wrap	278 grams	547	27	5	0	69	1621	48	3	2	29	24	20	14	26
Express Ham & Cheddar Multigrain Sandwich	180 grams	393	15	5	0	38	767	42	4	7	23	14	5	18	20
Express Ham & Swiss Dinner Roll (Multigrain)	135 grams	179	6	2	0	15	393	22	2	2	9	60	7	10	11
Express Ham & Swiss Dinner Roll (White)	135 grams	182	6	2	0	18	421	23	2	2	10	61	7	14	13
Express Ham & Swiss Soft Ciabatta 3x6	196 grams	387	13	5	0	42	803	46	2	2	22	12	7	19	26
Express Ham & Swiss Wedge Sandwich (White)	148 grams	302	12	4	0	37	630	31	1	3	19	15	7	20	19
Express Ham & Swiss Wedge Sandwich (Whole Wheat)	148 grams	305	12	4	0	37	644	30	3	2	20	15	7	20	16
Express Hummus Pita & Vegetable Snacker	309 grams	426	16	2	0	0	654	60	8	9	15	66	135	16	37
Express Kale & Almond Salad (8oz)	84 grams	236	21	3	0	4	251	9	3	2	6	19	78	12	10
Express Market Vegetable Wrap	283 grams	441	17	4	0	12	510	60	9	5	15	69	102	22	30
Express Mediterranean Salad (16oz)	185 grams	84	5	2	0	9	229	7	3	4	4	29	58	4	8
Express Middle Eastern Medley (8oz)	151 grams	363	6	1	0	0	279	71	4	13	7	107	20	4	17
Express Moroccan Couscous Salad (8oz)	170 grams	369	26	3	0	0	328	30	4	8	6	1	8	5	10
Express Pineapple Cup (9oz)	160 grams	80	0	0	0	0	2	21	2	16	1	1	127	2	3
Express Pita Bread w/ Hummus	95 grams	245	9	1	0	0	413	34	3	3	8	0	2	7	21
Express Pita Bread w/ Tzatziki	95 grams	180	8	0	0	0	328	25	1	4	5	0	0	11	10

Express & Sandwiches	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
<i>Recipe Name</i>															
Express Prairie Lentil Salad (8oz)	183 grams	257	7	1	0	0	66	40	4	4	9	1	7	3	17
Express Pretzel & Hummus Snack Cup (12oz)	90 grams	344	10	1	0	0	174	55	2	4	10	0	2	2	10
Express Protein Pack w/ Nuts Snacker	311 grams	722	39	14	1	59	876	66	8	16	31	17	17	64	38
Express Roast Beef & Cheddar Dinner Roll (MGrain)	134 grams	188	7	2	0	18	507	22	2	2	9	60	7	7	11
Express Roast Beef & Cheddar Dinner Roll (White)	134 grams	178	6	2	0	18	527	23	2	2	9	60	7	7	13
Express Roast Beef & Cheddar Multigrain Sandwich	166 grams	390	15	5	0	36	821	41	4	6	21	13	5	18	21
Express Roast Beef & Cheddar Soft Ciabatta 3x6	205 grams	410	16	6	0	48	1076	44	3	1	23	16	5	11	28
Express Roast Beef Wedge Sandwich (White)	129 grams	244	8	2	0	22	649	30	1	2	13	11	5	5	19
Express Roast Beef Wedge Sandwich (Whole Wheat)	129 grams	246	8	2	0	22	663	29	4	1	14	11	5	5	15
Express Salmon Salad Wedge Sandwich (White)	180 grams	305	11	2	0	21	404	31	1	3	18	8	7	20	22
Express Salmon Salad Wedge Sandwich (Whole Wheat)	180 grams	355	12	2	0	21	637	39	3	4	21	8	7	21	20
Express Seven Grain Edamame Salad (8oz)	183 grams	381	19	3	0	0	657	44	6	6	9	25	25	4	13
Express Seven Grain Edamame Tofu Wrap	302 grams	519	17	3	0	3	611	78	9	10	20	28	27	25	34
Express Southwest Black Beans (8oz)	195 grams	239	5	2	0	11	337	43	2	6	7	5	35	11	12
Express Southwest Turkey & Black Bean Wrap	325 grams	475	16	3	0	33	867	61	8	4	25	19	53	18	28
Express Spinach & Corn Quinoa Salad (8oz)	166 grams	325	16	3	0	8	350	40	4	1	10	8	12	6	35
Express Sweet Potato Sunflower Salad (8oz)	185 grams	473	23	2	0	0	454	63	9	19	6	179	15	9	18
Express Tandoori Sweet Potato Salad (8oz)	192 grams	332	9	1	0	0	446	59	9	13	6	197	28	11	16
Express Thai Chicken Wrap	250 grams	395	9	1	0	35	530	56	6	6	23	18	63	17	23
Express Thai Tofu Edamame Salad (8oz)	213 grams	334	24	2	0	0	1006	18	6	8	19	18	45	25	48
Express Tuna Salad Dinner Roll (Multigrain)	144 grams	198	7	1	0	25	539	22	2	2	15	59	7	3	12
Express Tuna Salad Dinner Roll (White)	144 grams	197	6	1	0	25	552	23	2	2	15	59	7	3	13
Express Tuna Salad Multigrain Sandwich	182 grams	394	11	1	0	50	838	42	4	7	32	6	7	9	21
Express Tuna Salad Wedge Sandwich (White)	158 grams	304	9	1	0	50	765	31	1	3	27	7	7	5	19
Express Tuna Salad Wedge Sandwich (Whole Wheat)	158 grams	306	9	1	0	50	779	30	4	2	28	7	7	5	16
Express Tuna Salad Wrap	254 grams	471	15	2	0	50	799	54	6	3	32	50	13	17	27
Express Turkey & Cheddar Dinner Roll (Multigrain)	129 grams	168	6	2	0	14	435	22	2	2	9	60	7	7	11
Express Turkey & Cheddar Dinner Roll (White)	129 grams	167	5	2	0	14	448	23	2	2	8	60	7	7	12
Express Turkey & Cheddar Multigrain Sandwich	176 grams	385	13	5	0	36	775	43	4	7	23	14	5	18	19
Express Turkey Bacon Club Soft Ciabatta 3x6	185 grams	380	12	3	0	36	912	46	2	3	22	10	7	2	25
Express Turkey Wedge Sandwich (White)	139 grams	239	6	1	0	21	603	32	1	3	15	11	7	5	17
Express Turkey Wedge Sandwich (Whole Wheat)	139 grams	241	6	1	0	21	617	30	3	2	16	12	7	5	14
Express Tuscan Grilled Vegetable Soft Ciabatta 3x6	194 grams	400	16	3	0	12	618	50	4	5	13	37	110	13	27
Express Veggie Cup (12oz)	190 grams	242	22	2	0	16	354	10	3	6	3	41	58	5	4
Express Watermelon Cup (9oz)	160 grams	48	0	0	0	0	2	12	1	10	1	5	22	1	3
Express Wild Rice Cranberry & Squash Salad (8oz)	178 grams	377	12	1	0	0	203	64	4	16	5	66	52	9	10
Fish Burger	255 grams	514	19	2	0	56	1184	61	2	8	22	10	12	12	24
Fish Taco w/ Haddock, Coleslaw & Pico de Gallo	175 grams	272	12	2	0	76	539	26	2	3	16	7	27	5	16
Garden Vegetable Burger	225 grams	319	5	1	0	0	1106	51	5	7	19	49	7	9	31
Greek Turkey Burger	243 grams	538	23	6	0	162	1182	41	2	5	42	4	7	18	30
Grilled Cheese on White Bread	123 grams	419	23	8	0	29	615	40	2	3	14	20	0	18	0
Grilled Cheese on Whole Wheat Bread	128 grams	409	23	8	0	29	758	37	3	3	15	20	0	24	13
Grilled Cheese with Bacon on White	1 sandwich	443	23	9	0	43	702	40	2	3	18	14	0	18	2
Grilled Cheese with Bacon on Whole Wheat	1 sandwich	433	23	9	0	43	845	37	3	3	19	14	0	24	15
Grilled Chicken Roll-Ups	188 grams	533	23	10	0	96	1703	48	2	3	34	11	7	25	24
Grilled Chicken Sandwich w/ Lime Cilantro Spread	294 grams	536	15	2	0	61	1804	73	3	7	31	11	12	5	31
Grilled Chicken Sub with Honey Mustard	171 grams	287	7	3	0	27	691	38	2	6	17	5	12	15	15

Express & Sandwiches	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
<i>Recipe Name</i>															
Grilled Chicken Sub with Honey Mustard on WW	171 grams	279	6	3	0	27	709	38	3	7	17	5	5	14	17
Grilled Ham & Cheese on White	157 grams	414	19	8	0	45	790	41	2	4	20	14	0	18	2
Grilled Ham & Provolone	150 grams	345	10	6	0	35	730	42	2	4	20	8	0	19	3
Grilled Ham & Provolone on Whole Wheat	150 grams	335	11	6	0	35	873	39	3	4	21	8	0	25	16
Grilled Ham & Swiss Ciabatta	255 grams	392	11	5	0	39	767	52	3	8	21	13	12	25	27
Grilled Ham & Swiss on White	153 grams	378	13	7	0	46	685	42	2	4	23	7	0	34	5
Grilled Ham & Swiss on Whole Wheat	153 grams	368	13	7	0	46	828	39	3	4	24	7	0	40	18
Grilled Italian Sausage on a Bun	81 grams	336	21	8	0	30	649	22	1	3	13	8	0	8	10
Grilled Reuben Sandwich	114 grams	186	8	4	0	26	608	17	1	2	12	6	3	19	60
Grilled Reuben Wrap	119 grams	238	10	4	0	26	773	24	1	1	13	6	3	18	15
Grilled Turkey & Provolone	157 grams	340	9	5	0	33	735	42	2	4	21	8	0	19	2
Grilled Turkey & Provolone on Whole Wheat	157 grams	330	10	5	0	33	878	39	3	4	22	8	0	25	15
Grilled Turkey & Swiss on Rye	155 grams	315	11	6	0	45	663	31	2	2	22	6	0	38	113
Grilled Vegetable Whole Wheat Wrap	89 grams	294	14	4	0	17	522	33	5	5	10	37	95	12	14
Grilled Vegetable Wrap	89 grams	272	13	5	0	22	692	31	3	6	8	33	95	15	14
Ham & Swiss Bistro Melt	255 grams	497	21	6	0	45	1007	54	3	7	25	10	18	32	25
Hamburger 3.2 oz	210 grams	431	19	7	0	35	835	45	2	6	20	5	8	5	28
Hot Dog on a Bun	130 grams	306	16	7	0	60	990	24	2	2	17	1	2	6	25
Mark's Famous Po-Boy	255 grams	623	22	5	0	70	1176	69	3	4	37	4	42	15	47
Meatball Sub	190 grams	420	18	8	0	40	990	39	2	4	23	4	10	42	29
Mediterranean Tuna Salad Sandwich	255 grams	352	13	3	0	19	808	44	3	2	16	9	20	11	11
Monte Cristo Sandwich	190 grams	373	15	8	0	173	755	32	1	3	28	10	2	42	26
New York Deli Sub	242 grams	287	10	4	0	23	1159	37	3	4	14	15	35	22	18
Peking Shrimp Wrap	89 grams	138	4	0	0	34	310	21	1	6	6	2	18	2	9
Philly Cheese Steak Kaiser	105 grams	309	16	6	0	50	670	24	1	3	16	5	22	12	23
Pogos	85 grams	215	10	3	0	40	816	24	2	1	8	0	0	7	9
Provolone Beef Burger	212 grams	476	23	10	1	45	1058	45	2	6	24	6	8	15	29
Pulled Beef Sandwich	120 grams	264	10	4	0	45	789	25	1	5	20	3	0	7	19
Pulled Pork Kaiser Sandwich	123 grams	235	7	3	0	31	905	33	1	13	13	3	0	7	12
Roast Beef & Caramelized Onion Hoagie	280 grams	481	13	3	0	34	1389	70	4	4	22	8	15	4	33
Salmon Salad Sandwich on White	227 grams	213	2	1	0	0	321	41	2	3	7	6	5	0	1
Salmon Salad Sandwich on Whole Wheat	227 grams	203	3	1	0	0	464	38	3	3	8	7	5	6	14
San Antone Turkey Sub	161 grams	299	9	4	0	33	820	38	2	7	17	8	15	17	16
San Antone Turkey Sub on Whole Wheat (R)	161 grams	291	8	5	0	33	838	38	3	8	17	8	8	15	18
Smoked Turkey & Cheddar Panini w/ Chutney	317 grams	616	21	8	0	50	1338	77	3	22	28	32	45	24	27
Southern Pork Grilled Cheese on White	76 grams	218	10	4	0	20	456	23	1	4	9	8	0	9	1
Southern Pork Grilled Cheese on Whole Wheat	76 grams	213	10	4	0	20	527	22	2	4	9	8	0	12	7
Southwest Grilled Chicken Wrap w/ Chipotle Aioli	302 grams	454	16	4	0	69	1556	49	6	5	31	32	113	11	20
Szechwan Sirloin Wrap	137 grams	281	15	3	0	53	343	11	1	2	24	4	18	2	20
Traditional Beef Taco	91 grams	229	15	6	0	42	148	11	1	2	13	6	7	12	9
Traditional BLT Ciabatta	165 grams	367	12	3	0	25	682	48	3	5	16	10	13	2	25
Traditional BLT Sandwich	160 grams	357	12	3	0	25	662	46	3	7	15	8	13	1	4
Traditional BLT Sandwich on Whole Wheat	160 grams	347	13	3	0	25	805	43	4	7	16	8	13	7	17
Traditional BLT Whole Wheat Ciabatta	165 grams	367	13	3	0	25	892	49	5	5	16	8	13	3	21
Traditional Roast Beef Sandwich	210 grams	301	7	2	0	22	792	44	3	5	15	9	12	2	6
Traditional Roast Beef Sandwich on Whole Wheat	210 grams	295	8	2	0	22	950	40	4	5	16	9	12	7	18
Tuna Salad Sandwich on White	230 grams	326	6	1	0	21	640	47	3	7	19	7	8	2	7

Express & Sandwiches	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
<i>Recipe Name</i>		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Tuna Salad Sandwich on Whole Wheat	230 grams	316	7	1	0	21	783	44	4	7	20	7	8	8	20
Turkey Club Ciabatta	256 grams	336	6	1	0	34	929	50	3	5	21	9	12	3	26
Turkey Club Sub	191 grams	338	12	4	0	40	866	37	2	3	20	5	13	15	15
Turkey Club Sub on Whole Wheat	191 grams	330	11	5	0	40	884	36	3	4	19	6	5	14	18
Turkey Reuben on a Panini Bun	317 grams	538	12	5	0	65	1967	72	4	6	37	5	15	26	36
Vegetarian Kati Taco	88 grams	148	9	2	0	7	172	15	2	2	4	3	23	7	6
Veggie Sub	150 grams	273	10	3	0	13	571	35	2	3	10	5	25	15	15
Veggie Sub on Whole Wheat	150 grams	264	9	3	0	13	588	34	3	4	10	4	15	13	17

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.