

Grab and Go	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
<b>Basics</b>											
Cheese and Crackers	267 g	720	42	19	1	90	1090	62	1	26	26
Fresh Cut Fruit	490 g	200	1	0	0	0	55	50	5	42	3
Parfait	315 g	530	22	7	0	25	120	66	0	43	19
Pita & Hummus	205 g	730	27	3	0	0	1410	102	0	6	21
Veggies & Dip	350 g	190	9	5	0	20	115	21	5	8	8
<b>Deli Sandwiches</b>											
Deli Cheese	180 g	510	27	13	0.5	60	740	41	0	4	25
Deli Chicken	230 g	490	17	6	0	95	730	40	0	4	42
Deli Egg	180 g	460	26	5	0	245	660	40	0	4	17
Deli Meat	140 g	310	10	4	0	15	620	40	0	4	13
Deli Tuna	215 g	370	12	2	0	35	730	39	0	4	27
Gluten Free Vegetarian	215 g	410	17	1	0	0	1880	56	4	10	11
Peanut Butter & Jelly	145 g	530	26	5	0	0	640	59	2	18	19
<b>Salads</b>											
Chicken & Bacon	350 g	420	25	6	0	290	1110	8	3	3	42
Chicken Caesar	280 g	450	19	2.5	0	145	1130	24	2	2	47
Chickpea	335 g	210	9	4	0	20	660	23	8	4	11
Falafel	400 g	450	13	2	0	0	260	67	5	6	18
Garden Chicken	320 g	190	3.5	1	0	95	60	10	4	4	31
Greek Chicken	360 g	250	11	3.5	0	85	520	15	4	6	25
Power	290 g	320	13	4	0	15	200	40	9	13	16
Sweet Potato Cranberry	360 g	500	14	1.5	0	0	140	87	10	35	13
Tuna Spinach	290 g	140	3.5	0.5	0	30	440	10	4	3	19
<b>Wraps</b>											
Ancho Beef	365 g	730	37	11	1	75	1050	67	6	7	31
Buffalo Chicken	375 g	830	41	9	0	45	2440	85	6	9	29
Chicken Bacon Ranch	400 g	740	25	7	0	200	1150	59	5	7	69
Falafel	360 g	740	31	9	0	20	1380	93	5	10	25
Smoked Ham & Swiss	325 g	660	31	10	0	70	1800	61	5	7	33
Spicy Vegetable	390 g	530	20	8	0	25	1600	70	6	10	18
Tandoori Chicken	395 g	590	19	6	0	105	1600	62	5	9	41
Teriyaki Chicken	370 g	590	14	4	0	100	2160	74	6	12	43
Turkey Bacon	340 g	680	31	8	0	90	1140	58	5	6	40