

SANDWICH ALLERGEN + NUTRITIONAL INFORMATION

	ALLERGENS										Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Calcium (% DV)	Iron (% DV)
	Gluten	Milk	Mustard	Soy	Wheat	Sesame	Sulphites	Eggs	Tree Nuts	Fish												

Bologna & Cheddar on White												468	27	11	<1	66	1314	39	1	3	22	128	3
Bologna & Cheddar on Whole Wheat												479	27	11	<1	66	1314	38	3	3	23	128	3
Cheeseburger												690	39	13	<1	116	1145	46	3	7	40	87	4
Club Sub & Swiss on White												815	48	17	1	117	1098	54	2	5	44	83	3
Egg Salad on White												353	18	4	<1	270	531	34	2	3	16	89	3
Egg Salad on Whole Wheat												363	18	4	<1	270	531	33	4	3	17	89	3
European Deli												506	25	9	<1	60	1521	43	3	<1	27	35	2
Ham and Cheese on White												334	10	4	<1	50	1225	39	1	4	23	57	2
Ham and Cheese on Whole Wheat												344	10	4	<1	50	1225	38	3	4	24	57	2
Ham and Egg Breakfast Wrap												303	10	4	<1	106	1189	36	<1	2	15	49	1
Roast Beef & Cheddar on White												720	37	15	<1	145	849	41	2	4	53	88	5
Roast Beef & Cheddar on Whole Wheat												454	23	9	<1	90	527	25	3	2	34	55	3.15
Sausage and Egg Breakfast Wrap												619	27	10	<1	186	2177	59	<1	3	31	80	2
Chipotle Chicken Wrap												489	14	5	<1	95	1859	55	<1	6	31	135	2
Pepperoni Pizza Sub												551	27	10	2	65	865	51	2	6	26	108	3
Turkey and Havarti Croissant												477	25	10	<1	102	381	29	1	4	35	47	2
Pesto Vegetarian Burger												419	14	2	<1	4	965	53	7	10	24	135	1
Hummus & Vegetable Wrap												381	11	2	0	0	2213	59	9	4	10	60	2
Tuna Salad on White												390	20	3	<1	30	827	34	1	4	18	89	3
Tuna Salad on Whole Wheat												400	20	3	<1	30	827	33	3	4	19	89	3
Hot Dog w\ Bun												220	8	3	<1	45	780	25	1	2	11	36	<1
Philly Cheese Steak												485	24	9	<1	82	732	33	1	4	35	74	1
Croissant with Cheese and Ham												460	25	31	<1	67	1283	31	<1	6	24	98	1
Pulled Pork												420	10	2	4	0	65	45	2	3	40	65	<1
Spicy Tuna Wrap												535	17	2	0	62	1415	61	1	14	33	26	2

MICRO MEALS

ALLERGEN + NUTRITIONAL INFORMATION

ALLERGENS											Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Calcium (% DV)	Iron (% DV)
Gluten	Milk	Mustard	Soy	Wheat	Sesame	Sulphites	Eggs	Tree Nuts	Fish													

Beef Chili										343	18	7	<1	62	604	20	6	4	25	2056	5
Butter Chicken & Basmati										385	15	12	<1	62	473	38	1	5	15	46	<1
Chicken Fettuccini Alfredo										353	13	6	<1	70	213	42	2	7	17	75	<1
Korean Chicken and Rice Stirfry										294	2	<1	<1	51	943	50	2	14	18	46	1
Dry Ribs										530	31	11	<1	48	1664	5	2	0	58	173	2
Egg Sausage Breakfast										339	20	8	<1	387	563	20	2	3	20	79	2
Ham Dinner										325	8	2	5	0	195	26	4	7	42	43	1
Meat Lasagna										555	26	16	1	111	541	25	1	26	41	259	3
Jack Mac & Cheese										409	11	5	0	22	627	62	3	7	15	157	1
Homestyle Meatloaf										511	28	11	1	152	833	29	3	4	34	519	4
Garlic and Pesto Penne										483	19	8	<1	44	227	63	3	11	14	114	1
Pepperoni Tray										455	19	19	<1	85	1016	17	2	2	23	155	<1
Quinoa Salad										196	8	1	<1	0	355	26	4	1	6	35	2
Roast Beef Dinner										410	21	8	0	89	673	22	2	3	33	22	3
Salami Tray										485	20	16	<1	97	1257	23	2	4	24	173	1
Spaghetti and Meat Sauce										325	14	6	<1	51	175	26	1	2	21	44	2
Turkey Dinner										604	29	9	<1	118	1286	37	3	5	47	48	2
Vegetarian Chili										162	<1	0	0	0	435	32	4	2	9	218	4
Vegetable Penne Marinara										319	4	<1	0	0	231	61	4	9	11	53	2
Vegetarian Stirfry										230	<1	<1	0	0	746	51	3	14	5	63	1
Vegetarian Lasagna										577	27	16	1	111	568	31	4	6	44	292	4
Hummus tray										323	18	3	0	0	414	27	8	4	9	978	<1
Chickpea and Rice Curry										271	21	2	<1	0	695	16	5	2	5	94	1
BBQ Ribs w\ Mashed Potatoes										707	41	15	<1	142	1220	40	4	3	42	118	2
Shepherd's Pie*										167	8	3	<1	27	243	14	2	2	11	23	1
Roast Beef*										1539	102	38	<1	492	7675	2	<1	2	148	16	9
Pastrami*										1577	102	38	<1	446	8616	2	<1	11	147	6	9
Ham*										1318	41	11	30	1	11934	20	0	17	229	1	<1
Turkey*										1369	86	29	<1	393	431	3	<1	<1	143	26	1

*In-house event/catered preparation.

{EDI}™ ALLERGEN + NUTRITIONAL INFORMATION

ALLERGENS (* MAY CONTAIN)

	Gluten	Milk	Mustard	Soy	Wheat	Sesame	Sulphites	Eggs	Tree Nuts	Peanuts	Fish	Crustaceans	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Calcium (% DV)	Iron (% DV)
Steak Sandwich													881	45	11	<1	74	1441	79	7	4	40	138	4
BBQ Surf and Turf Platter				*			*		*				1467	64	20	<1	354	4716	117	16	11	103	454	8
Schnitzel Cordon Bleu													1180	54	20	<1	192	3667	110	10	15	61	591	3
Chicken Finger Dinner													406	9	1	<1	32	1042	62	4	1	20	23	1
Chicken Oscar (Breaded)									*				1150	37	8	0	157	3483	127	10	29	78	340	3
Chicken Oscar (Blackened)									*				903	33	7	0	200	4055	79	7	23	71	207	2
Chicken Oscar (Grilled)									*				871	33	7	0	119	4452	74	6	23	68	196	2
Chicken Breast Dinner (breaded)													758	16	2	<1	151	1813	95	10	8	61	275	3
Chicken Breast Dinner (blackened)													499	12	2	<1	113	2442	47	8	2	51	162	3
Chicken Breast Dinner (grilled)													502	15	2	<1	113	2866	42	6	2	51	131	1
Beef Burger (no cheese)		*				*		*					452	20	7	1	65	1093	39	3	5	29	83	1
Beef Burger (with cheese)						*		*					514	25	10	<1	77	1405	42	3	6	33	107	1
Chicken Burger (Blackened)						*		*	*				590	16	4	<1	73	2761	76	7	5	36	284	3
Chicken Burger (Thunder Crunch/Fried)						*		*	*				680	25	5	<1	53	2133	84	6	8	30	253	2
Chicken Burger (Grilled)						*		*	*				593	19	5	<1	73	3185	71	6	6	36	253	2
All Canadian Beef Burger			*			*		*	*				1109	44	17	1	116	3232	99	12	16	62	104	8
Beyond Burger													711	34	8	<1	15	2276	78	8	3	35	112	4
Donair Platter													684	32	7	1	60	1592	73	7	14	27	255	4
Philly Beef Dip													1219	68	21	<1	143	4944	87	6	6	60	516	4
Buffalo Ranch Chicken Burger (Blackened)						*			*				863	23	9	1	99	6	93	11	9	44	464	5
Buffalo Ranch Chicken Burger (Thunder Crunch/Fried)						*			*				890	31	10	1	79	3663	89	6	10	35	372	5
Buffalo Ranch Chicken Burger (Grilled)						*			*				882	25	10	1	155	5186	76	6	8	62	399	2
Chicken on Greens (blackened)													147	3	1	<1	57	1114	8	5	7	26	122	1
Salmon on Greens (blackened)													245	8	2	<1	75	758	8	5	7	38	115	1
Prawn Skewers on Greens													102	2	<1	<1	79	717	8	5	7	15	122	1
Pub-style Fish & Chips													990	54	5	<1	117	2193	115	3	2	35	101	2
Calamari													639	38	4	0	347	1620	52	4	5	26	160	<1
Boneless Pork Bites													650	24	6	0	90	1915	26	3	<1	40	29	2
Poutine													838	38	13	<1	59	1798	104	5	30	22	493	1
Yam Fries with Chipotle Mayo													769	47	8	0	21	1019	78	10	30	4	101	1
Garlic Cheese Toast								*	*				1549	90	33	1	146	3113	127	9	12	64	1055	3
Lettuce Wraps (Chicken)													500	17	3	<1	83	1101	56	4	23	35	282	2
Lettuce Wraps (Veggie)													499	16.5	2	0	4	1324	61	8	22	31	373	8
Avocado Slices													686	31	6	0	8	2	72	9	14	9	54	1
Fettucini (Chicken)													860	22	6	<1	94	1407	121	6	16	52	491	2
Fettucini (Plain)													692	17	5	<1	17	903	118	6	16	25	457	2
Fettucini (Shrimp)													790	18	5	<1	276	1701	118	6	16	45	524	2
Spaghetti and Meatballs													1203	57	19	<1	150	4344	123	8	22	55	214	2
Spaghetti and Veggie Meatballs						*			*	*	*	*	1302	24	6	<1	149	5880	220	12	40	54	664	5
Chicken and Shrimp Stirfry							*		*	*			405	6	2	<1	168	727	53	5	5	33		
Ramen Bowl (Chicken)		*	*						*	*	*		931	24	7	<1	207	5528	132	6	11	51	619	5
Ramen Bowl (Shrimp)		*	*						*	*	*		801	13	3	<1	342	5773	127	6	11	45	670	4
Power Bowl (Beef)													536	27	9	<1	66	4146	19	8	5	33	318	4
Power Bowl (Chicken)	*												434	15	4	0	77	3420	18	7	3	31	337	2
Power Bowl (Veggie)													439	15.5	3	0	4	1872	27	13	3	27	404	8