



Sandwiches & Wraps Nutritional Information - 2017

Sandwich nutritionals do not include any condiments

WHOLE	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Turkey	519	15	6	0	70	1,137	70	17	13	39
B.L.T.	829	52	14	0	83	1,627	72	17	13	31
Roast Beef	667	25	11	0	132	463	65	17	10	51
Ham	513	16	8	1	88	1,270	65	17	10	38
Veggie Avocado	608	30	8	0	20	512	76	24	11	23
Tuna Salad	653	43	9	0	63	1,331	69	17	10	37
Cran-Almond Chicken	821	47	6	0	77	558	81	18	19	31

Sandwich nutritionals do not include any condiments

SKINNY	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Turkey	260	7	3	0	35	774	35	7	6	23
B.L.T.	345	17	6	0	38	1,066	35	7	6	21
Roast Beef	346	12	5	0	66	442	35	7	6	29
Ham	269	7	3	0	44	846	35	7	6	23
Veggie Avocado	418	23	5	0	10	502	46	14	7	17
Tuna Salad	339	17	2	0	22	776	37	7	6	18
Cran-Almond Chicken	423	23	3	0	39	490	43	7	10	19

WRAPS	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Buffalo Chicken	350	5	2	0	87	1,073	31	5	4	40
Santa Fe	716	34	12	0	121	1,495	51	7	8	47
Chicken Caesar	679	38	13	0	107	1,603	33	5	6	50
Cucumber Turkey	587	39	6	0	80	1,508	32	4	4	27
Avocado Ranch	611	35	5	0	0	297	62	17	10	16
Cran-Almond Chicken	708	47	7	0	77	531	46	6	14	26
Cashew Chicken	648	30	6	0	61	1,203	55	7	19	38