

	Label WT (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Sausage, Egg & Cheddar Classic Breakfast Sandwich	170	500	28	9	0.2	165	920	41	1	3	15	10%	0%	30%	25%
Reduced-Fat Turkey-Style Bacon, Cheddar & Egg White Breakfast S	120	230	6	2.5	0.1	25	540	28	2	3	13	6%	8%	10%	10%
Bacon, Gouda & Egg on Artisan Roll	116	370	19	7	0.1	165	850	32	1	1	18	6%	15%	20%	20%
Vegetable, Egg & Fontiagio on Multigrain Ciabatta	198	470	17	7	0.4	180	910	54	5	3	18	60%	10%	30%	50%
Spinach, Feta & Egg White Breakfast Wrap	158	290	10	3.5	0.2	20	830	33	6	4	19	70%	15%	20%	15%
Rustic Bacon, Egg & Cheese on Cheddar Chive Roll	144	470	23	8	0.5	55	1030	43	2	3	19	6%	20%	15%	15%
Roasted Ham, Swiss & Egg on Croissant Bun - PM bun	144	450	23	12	0.5	220	780	42	1	6	19	10%	0%	15%	20%
Egg & Cheddar on English Muffin	110	280	13	5	0.2	160	460	27	2	2	12	15%	8%	10%	15%
Double Smoked Bacon	147	490	27	13	0.1	215	910	40	1	7	17	6%	2%	15%	20%
Spicy Chorizo Monterey Jack and Egg	171	500	30	9	0.1	210	860	35	3	3	26	20%	2%	20%	20%
Gluten Free Canadian Bacon Breakfast Sandwich	121	280	15	4.5	0.1	155	690	16	6	2	18	4%	0%	15%	4%