

	Weight (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)
<b>Breakfast Sandwiches</b>															
Sous Vide Egg Whites with Monterey Jack & Peppers	130	170	7	5	0.2	25	500	13	1	2	13	15%	8%	10%	2%
Reduced-Fat Turkey-Style Bacon, Cheddar & Egg White Breakfast Sandwich	120	210	5	2	0	20	560	26	0	2	18	6%	0%	10%	8%
Egg & Cheddar on English Muffin	110	280	13	5	0.2	160	460	27	2	2	12	15%	8%	10%	15%
Spinach, Feta & Egg White Breakfast Wrap	158	290	10	3.5	0.2	20	830	33	6	4	19	70%	15%	20%	15%
Sous Vide Eggs with Bacon and Gruyere	130	310	22	14	0.5	185	600	9	0	2	19	25%	0%	25%	6%
Bacon, Gouda & Egg on Artisan Roll	116	370	19	7	0.1	165	850	32	1	1	18	6%	15%	20%	20%
Steak and Egg Wrap	178	410	18	5	0.1	170	780	43	2	4	21	15%	2%	6%	30%
Spinach Quiche	168	420	24	11	0.5	190	720	36	1	4	15	8%	8%	25%	6%
Roasted Ham, Swiss & Egg on Croissant Bun	162	450	23	12	0.5	220	780	42	1	6	19	10%	0%	15%	20%
Bacon & Cheddar Breakfast Sandwich	144	470	23	8	0.5	55	1030	43	2	3	19	6%	20%	15%	15%
Bacon Quiche	168	470	27	12	1	210	740	37	1	5	18	4%	2%	25%	10%
Double Smoked Bacon	147	490	27	13	0.1	215	910	40	1	7	17	6%	2%	15%	20%
Carved Ham Breakfast Sandwich	175	490	25	12	0	225	940	41	1	7	25	15%	30%	20%	15%
Sausage, Egg & Cheddar Classic Breakfast Sandwich	170	500	28	9	0.2	165	920	41	1	3	15	10%	0%	30%	25%
Spicy Chorizo Monterey Jack and Egg	171	500	30	9	0.1	210	860	35	3	3	26	20%	2%	20%	20%