

# **SANDWICHES & BURGERS**

## **Turkey Club on Croissant**

Serving: 1 Sandwich (189 grams) Total Cal.: 320, Fat Cal.: 120, Total Fat: 14g, Sat. Fat: 4.5g, Trans Fat: 0g, Cholest.: 35mg, Sodium: 970mg, Total Carb.: 35g, Sugars: 3g, Fiber: 2g, Protein: 20g  
Contains milk, eggs, wheat, soy beans, gluten

## **Grilled Chicken Sandwich**

Serving: 1 Sandwich (189 grams) Total Cal.: 250, Fat Cal.: 30, Total Fat: 3g, Sat. Fat: .5g, Trans Fat: 0g, Cholest.: 45mg, Sodium: 440mg, Total Carb.: 27g, Sugars: 6g, Fiber: 4g, Protein: 28g  
Contains wheat, soy beans, gluten

## **Grilled Cheese**

Serving: 1 Sandwich (110 grams) Total Cal.: 350, Fat Cal.: 170, Total Fat: 18g, Sat. Fat: 10g, Trans Fat: 0g, Cholest.: 40mg, Sodium: 1110mg, Total Carb.: 31g, Sugars: 3g, Fiber: 1g, Protein: 13g  
Contains milk, wheat, soy beans, gluten

## **California Chicken Club Sandwich**

**Serving: 1 Sandwich (357 grams)** Total Cal.: 520, Fat Cal.: 190, Total Fat: 21g, Sat. Fat: 4g, Trans Fat: 0g, Cholest.: 60mg, Sodium: 1010mg, Total Carb.: 53g, Sugars: 6g, Fiber: 6g, Protein: 29g  
Contains milk, wheat, soy beans, gluten

## **Parmesan & Chicken Patty**

Serving: 1 Plate (390 grams) Total Cal.: 790, Fat Cal.: 300, Total Fat: 33g, Sat. Fat: 6g, Trans Fat: 0g, Cholest.: 95mg, Sodium: 2000mg, Total Carb.: 90g, Sugars: 10g, Fiber: 6g, Protein: 35g  
Contains milk, eggs, fish, wheat, tree nuts, soy beans, gluten

## **Chipotle Chicken Flatbread**

Serving: 1 (252 grams) Total Cal.: 380, Fat Cal.: 110, Total Fat: 13g, Sat. Fat: 3g, Trans Fat: 0g, Cholest.: 45mg, Sodium: 1040mg, Total Carb.: 42g, Sugars: 5g, Fiber: 3g, Protein: 23g  
Contains milk, wheat, soy beans, gluten

## **Hamburger / Cheeseburger on a Toasted Bun**

Serving: 1 Sandwich Total Cal.: 300/350, Fat Cal.: 140/180, Total Fat: 16/20g, Sat. Fat: 6/9g, Trans Fat: 0g, Cholest.: 40/55mg, Sodium: 460/1200mg, Total Carb.: 25/26g, Sugars: 3/4g, Fiber: .9/1g, Protein: 14/17g  
Contains milk, wheat, soy beans, gluten

## **Caprese Turkey Burger on Focaccia**

**Serving: 1 Sandwich (269 grams)** Total Cal.: 660, Fat Cal.: 330, Total Fat: 37g, Sat. Fat: 6g, Trans Fat: 0g, Cholest.: 60mg, Sodium: 1150mg, Total Carb.: 52g, Sugars: 3g, Fiber: 3g, Protein: 31g  
Contains milk, wheat, tree nuts, soy beans, gluten

## **Black Bean Burger**

Serving: 1 Sandwich (206 grams) Total Cal.: 320, Fat Cal.: 80, Total Fat: 9g, Sat. Fat: 1.5g, Trans Fat: 0g, Cholest.: 0mg, Sodium: 850mg, Total Carb.: 47g, Sugars: 6g, Fiber: 9g, Protein: 20g  
Contains milk, eggs, wheat, soy beans, gluten, MSG