

LOCAL FAVOURITES

NUTRITIONAL GUIDE

Product	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (mg)	Fibre (g)	Sugar (g)	Protein (g)	Vitamin A in %DV	Vitamin C in %DV	Calcium in %DV	Iron in %DV
Gyro	small (264)	459	25	0	10	43	1154	142	40	6	4	19	97	24	13	21
	regular (430)	769	44	1	17	76	1956	238	63	11	6	32	162	37	22	34
Rustic Italian	small (272)	377	15	2	4	42	1437	179	38	6	6	22	96	51	16	16
	regular (418)	597	24	3	7	68	2266	269	60	9	9	35	160	78	30	24
Bombay Chicken	small (237)	306	11	0	2	30	862	131	36	6	5	16	94	50	6	14
	regular (375)	510	21	0	3	50	1464	205	57	10	7	25	156	76	9	21
Balsamic Berry Chicken	small (230)	357	11	0	2	32	752	111	44	6	12	17	91	43	8	15
	regular (362)	604	20	0	4	54	1238	162	72	11	22	27	139	63	13	23
Big Country	small (333)	417	15	0	5	68	1416	201	39	6	8	30	100	61	17	23
	regular (495)	629	23	0	9	98	2099	306	62	10	12	43	166	90	30	31
Bourbon Chipotle Chicken	small (262)	364	11	0	5	48	939	179	45	6	14	24	99	50	16	15
	regular (405)	578	17	0	8	76	1491	269	73	9	25	36	164	77	29	22
Tuna	small (268)	267	5	0	1	23	821	321	36	6	4	19	101	51	6	15
	regular (415)	427	11	0	2	36	1332	498	55	11	6	30	170	78	10	23