



MENU ITEM	CALORIES	PROTEIN (g)	FAT (g)	SATURATED FAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)					
<b>SANDWICHES</b>												
Southwest Turkey	772	50	29	5.7	84.5	11.9	2207					
Rosemary Ham	629	34	26	7.7	63	3.4	1748					
Signature Roast Beef	693	41	28	8.4	72	11	891					
Tarragon Chicken	740	51	25.6	2.3	79	12.6	894					
Italian	873	52	48	10	54	2.8	2508					
Veggie	697	29	30	7	82	13	1624					
Curry Lentil Wrap	451	19	10	2	72.5	14.3	989					
*Based on recipe bread or wrap, may vary slightly if customer chooses different bread type or wrap												
MENU ITEM	CALORIES	PROTEIN (g)	FAT (g)	SATURATED FAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)					
<b>VITAL SALADS</b>												
Energize Greens Small	494	27	23	2	45	4.7	303					
Energize Greens Large	893	34	34	4	81	8.8	536					
Performance Greens Small	390	18	23	5.6	28	5	734					
Performance Greens Large	606	22	38	8.7	50	9	857					
Sustain Greens Small	387	24	22	5.5	23	3	385					
Sustain Greens Large	588	26	36	8.9	42	5.6	485					