

# NUTRITION GUIDE

Menu Item	Calories	Tot. Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Sugar	Carbs	Fibre	Protein
<b>SANDWICHES*</b>										
Beatnik – LRG	690	21 g	6 g	0 g	20 mg	890 mg	11 g	104 g	8 g	26 g
Beatnik – REG	450	14 g	4 g	0 g	15 mg	590 mg	7 g	68 g	5 g	17 g
Blazing Buffalo – LRG	820	25 g	7 g	0 g	20 mg	3080 mg	10 g	102 g	7 g	50 g
Blazing Buffalo – REG	530	16 g	5 g	0 g	15 mg	2020 mg	6 g	66 g	4 g	32 g
California Club – LRG	980	36 g	10 g	0 g	45 mg	1720 mg	14 g	112 g	11 g	56 g
California Club – REG	600	21 g	6 g	0 g	30 mg	1060 mg	8 g	71 g	6 g	35 g
Chipotle Club – LRG	960	33 g	10 g	0 g	45 mg	1430 mg	17 g	111g	7 g	55 g
Chipotle Club – REG	590	19 g	7 g	0 g	30 mg	850 mg	10 g	70 g	4 g	35 g
Club Press'd – LRG	860	30 g	9 g	0 g	90 mg	2010 mg	11 g	106 g	7 g	45 g
Club Press'd – REG	540	18 g	6 g	0 g	55 mg	1250 mg	7 g	68 g	4 g	29 g
Green Goddess – LRG	990	50 g	10 g	0 g	40 mg	690 mg	15 g	112 g	11 g	26 g
Green Goddess – REG	610	28 g	6 g	0 g	25 mg	390 mg	10 g	73 g	8 g	17 g
Ham 'N' Swiss – LRG	830	28 g	8 g	0 g	80 mg	2810 mg	13 g	106 g	7g	42 g
Ham 'N' Swiss – REG	500	15 g	4.5 g	0 g	45 mg	1590 mg	8 g	67 g	4 g	26 g
Southwestern Club- LRG	930	27 g	1.5 g	0 g	80 mg	1530 mg	26 g	128 g	11 g	47 g
Southwestern Club – REG	610	19 g	6 g	0 g	50 mg	990 mg	17 g	84 g	8 g	31 g
The Bird – LRG	900	33 g	9 g	0 g	75 mg	1280 mg	12 g	114 g	11 g	41 g
The Bird – REG	580	21 g	6 g	0 g	45 mg	780 mg	8 g	74 g	8 g	26 g
The Boss – LRG	1050	51 g	14 g	0 g	100 mg	2510 mg	11 g	109 g	7 g	40 g
The Boss – REG	640	29 g	9 g	0 g	60 mg	1510 mg	7 g	70 g	4 g	26 g
The Cubano – LRG	1050	49 g	10 g	0 g	70 mg	1980 mg	15 g	113 g	7 g	43 g
The Cubano – REG	660	31 g	6 g	0 g	40 mg	1110 mg	9 g	72 g	5 g	26 g
The Dilbert – LRG	1140	53 g	11 g	0 g	40 mg	1420 mg	17 g	115 g	11 g	51 g
The Dilbert - REG	700	31 g	7 g	0 g	25 mg	850 mg	11 g	75 g	8 g	33 g
The Stampeder – LRG	1030	47 g	12 g	0 g	105 mg	2040 mg	11 g	106 g	7 g	48 g
The Stampeder – REG	660	30 g	7 g	0 g	65 mg	1310 mg	7 g	68 g	5 g	31 g
Turk 'N' Ched – LRG	770	23 g	7 g	0 g	70 mg	1120 mg	8 g	104 g	7 g	39 g
Turk 'N' Ched – REG	500	15 g	5 g	0 g	45 mg	670 mg	5 g	67 g	4 g	26 g
Tuna Luna – LRG	790	22 g	7 g	0 g	75 mg	850 mg	8 g	100 g	6 g	49 g
Tuna Luna – REG	500	14 g	4.5 g	0 g	45 mg	510 mg	5 g	64 g	4 g	31 g
Plain Jane Grilled Cheese – LRG	880	35 g	22 g	1 g	95 mg	450 mg	5 g	94 g	5 g	47 g
Plain Jane Grilled Cheese – REG	540	21 g	13 g	.5 g	55 mg	240 mg	3 g	60 g	3 g	28 g
Blazing Vegan – ONE SIZE	460	20 g	2.5 g	0 g	0 mg	2720 mg	5 g	46 g	4 g	24 g
California Vegan – ONE SIZE	670	43 g	5 g	0 g	0 mg	1020 mg	5 g	52 g	7 g	25 g
<b>WRAPS</b>										
Mexicali	750	42 g	9 g	0 g	20 mg	1380 mg	6 g	71 g	14 g	21 g
Goats on the Roof	750	25 g	7 g	0 g	25 mg	1130 mg	33 g	86 g	13 g	24 g

\*Nutritional information for Sandwiches is according to the use of our in-house baked Whole Wheat bread. Values may vary slightly with choice of White or Rye bread.

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Hail Caesar	760	48 g	10 g	0 g	60 mg	1530 mg	1 g	53 g	7 g	29 g
Fiesta	770	42 g	10 g	0 g	30 mg	1380 mg	16 g	81 g	14 g	19 g
<b>SALADS</b>										
Mexicali	460	36 g	8 g	0 g	20 mg	680 mg	7 g	26 g	10 g	13 g
Goats on the Roof	500	17 g	7 g	0 g	25 mg	520 mg	37 g	41 g	8 g	15g
Hail Caesar	560	47 g	9 g	0 g	65 mg	900 mg	1 g	10 g	3 g	21 g
Fiesta	490	34 g	9 g	0 g	30 mg	680 mg	16 g	35 g	10 g	11 g
<b>BOWLS</b>										
Mexicali	650	38 g	8 g	0 g	20 mg	670 mg	6 g	66 g	9 g	17 g
Goats on the Roof	690	19 g	7 g	0 g	25 mg	480 mg	37 g	82 g	8 g	19 g
Hail Caesar	740	49 g	9 g	0 g	65 mg	890 mg	1 g	50 g	3 g	25 g
Fiesta	670	36 g	9 g	0 g	30 mg	670 mg	16 g	76 g	10 g	15 g
<b>SOUPS</b>										
Wicked Thai Cup (8oz)	230	16 g	7 g	0 g	35 mg	1060 mg	4 g	13 g	2 g	8 g
Wicked Thai Bowl (12oz)	350	24 g	10 g	.5 g	50 mg	1600 mg	6 g	20 g	2 g	12 g
Tomato Basil Cup (8oz)	310	14 g	5 g	0 g	35 mg	1490 mg	0 g	40 g	2 g	9 g
Tomato Basil Bowl (12oz)	470	21 g	8 g	0 g	50 mg	2230 mg	0 g	60 g	3 g	13 g
Broccoli Cheddar Cup (8oz)	160	10 g	6 g	0 g	30 mg	640 mg	5 g	11 g	1 g	7 g
Broccoli Cheddar Bowl (12oz)	230	14 g	9 g	0 g	45 mg	960 mg	8 g	16 g	1 g	11 g
<b>Smoothies</b>										
Berry Godmother Regular (12oz)	210	1 g	1 g	0 g	5 mg	35 mg	25 g	48 g	4 g	2 g
Berry Godmother Large (24oz)	320	1.5 g	1.5 g	0 g	10 mg	55 mg	37 g	72 g	6 g	4 g
Coco Power Regular (12oz)	480	19 g	3.5 g	0 g	30 mg	330 mg	11 g	58 g	5 g	18 g
Coco Power Large (24oz)	720	29 g	5 g	0 g	45 mg	500 mg	17 g	88 g	7 g	28 g
Fuzzy Peach Regular (12oz)	230	1 g	.5 g	0 g	5 mg	60 mg	38 g	50 g	2 g	2 g
Fuzzy Peach Large (24oz)	340	1.5 g	1 g	0 g	10 mg	90 mg	57 g	76 g	3 g	3 g
Lean Green Regular (12oz)	270	5 g	1.5 g	0 g	5 mg	50 mg	26 g	42 g	3 g	3 g
Lean Green Large (24oz)	400	7 g	2 g	0 g	10 mg	70 mg	39 g	63 g	4 g	5 g
Strawberry Sunrise Regular (12oz)	240	1 g	.5 g	0 g	5 mg	45 mg	32 g	55 g	3 g	2 g
Strawberry Sunrise Large (24oz)	360	1.5 g	1 g	0 g	10 mg	70 mg	49 g	83 g	5 g	4 g
Tropical Thunder Regular (12oz)	250	1 g	.5 g	0 g	5 mg	25 mg	10 g	51 g	2 g	2 g
Tropical Thunder Large (24oz)	380	1.5 g	1 g	0 g	10 mg	35 mg	15 g	77 g	3 g	3 g
<b>Cookies</b>										
Coconut	130	14 g			30 mg	75 mg	8 g	26 g	2 g	3 g
Sugar Sprinkle	210	8 g			35 mg	105 mg	5 g	31 g	0 g	3 g
Chocolate Chunk	220	10 g			35 mg	90 mg	15 g	31 g	1 g	3 g

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For listed ingredients and more information on our menu items, visit our website at [pressdsandwiches.ca](http://pressdsandwiches.ca)