

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
BBQ Chicken Calzone	590	140	16g	7g	0g	40mg	1590mg	75g	4g	7g	27g	10%	15%	25%	35%
Beef Samosa	290	70	8g	0.5g	0g	0mg	470mg	41g	1g	1g	15g	0%	15%	2%	25%
Breakfast Wrap	470	180	21g	9g	0g	15mg	840mg	52g	3g	3g	20g	10%	8%	20%	25%
Butter Chicken Wrap	630	120	14g	3.5g	0g	40mg	1450mg	96g	3g	5g	21g	10%	15%	8%	40%
Caramel Coffee Cake Swirl Muffin	540	170	19g	2g	0g	0mg	420mg	85g	3g	42g	8g	0%	0%	4%	2%
Carrot Cake	600	330	37g	12g	0g	85mg	370mg	64g	3g	44g	7g	30%	4%	8%	10%
Carrot Muffins	530	180	20g	1.5g	0g	0mg	390mg	81g	4g	42g	7g	4%	2%	4%	2%
Chicken Masala Rice Bowl	460	100	11g	1.5g	0g	40mg	840mg	66g	2g	6g	23g	20%	20%	8%	30%
Chocolate Chip Cookie	360	150	17g	7g	1g	20mg	270mg	51g	2g	31g	4g	15%	0%	2%	15%
Chunks O' Chocolate Muffin	540	160	18g	3g	0g	< 5mg	460mg	86g	3g	47g	9g	2%	0%	6%	2%
Cinnamon Knot	620	190	22g	8g	0g	15mg	500mg	95g	4g	34g	16g	6%	40%	6%	6%
Deep Dutch Brownie	250	140	15g	5g	0g	25mg	115mg	28g	2g	21g	3g	15%	0%	2%	15%
Double White Chocolate Chunk Cookie	370	160	18g	8g	0g	20mg	310mg	49g	2g	32g	5g	15%	0%	4%	15%
Fruit Extreme Muffin	440	80	9g	1.5g	0g	0mg	500mg	80g	10g	41g	8g	6%	4%	6%	4%
Fruit Mix - Seasonal	50	0	0g	0g	0g	0mg	10mg	14g	2g	13g	< 1g	20%	90%	2%	2%
Ham & Swiss Sandwich	470	130	15g	4.5g	0g	55mg	1650mg	53g	2g	13g	27g	30%	20%	15%	20%
Ham and Cheese Bagel	470	160	18g	8g	0g	230mg	1170mg	46g	2g	5g	29g	10%	2%	25%	40%
Haystack Brownie	250	130	14g	7g	0g	25mg	130mg	30g	3g	20g	3g	8%	0%	2%	10%
Lemonicious Lemon Bar	290	130	14g	8g	0g	100mg	65mg	38g	0g	28g	4g	0%	10%	2%	6%
Macaroni and Cheese	530	70	8g	3.5g	**	15mg	95mg	93g	5g	2g	21g	4%	0%	15%	20%
Mediterranean Grilled Chicken Sandwich	610	260	29g	7g	0g	70mg	1120mg	52g	3g	8g	31g	35%	100%	30%	30%
Mini Cheesecake Wedges	250	150	17g	10g	0g	65mg	90mg	22g	2g	19g	3g	2%	0%	6%	4%
Nanaimo Bar	280	150	17g	8g	0g	0mg	150mg	32g	2g	23g	< 1g	15%	0%	0%	4%
Oatmeal 'N Baked Apple Muffin	490	80	9g	1.5g	0g	0mg	500mg	94g	5g	49g	9g	2%	0%	6%	2%
Oatmeal Raisin Cookie	340	100	13g	4.5g	0g	25mg	250mg	51g	3g	26g	6g	15%	0%	2%	10%
Red Velvet Cake	750	400	44g	14g	0.5g	85mg	340mg	84g	1g	57g	8g	15%	0%	8%	15%
Roast Beef Sandwich	550	250	28g	9g	0g	55mg	1490mg	48g	3g	7g	27g	40%	35%	20%	25%
Santa Fe Turkey Wrap	520	170	20g	9g	0g	65mg	1560mg	54g	4g	5g	31g	90%	90%	25%	35%
Spanakopita	360	160	18g	7g	0g	40mg	690mg	39g	2g	4g	11g	60%	15%	15%	20%
Thai Wrap	560	140	16g	7g	0g	20mg	1150mg	84g	4g	6g	23g	90%	60%	15%	35%
Tiramisu Cake	570	280	31g	14g	0g	140mg	370mg	64g	< 1g	48g	11g	30%	0%	15%	15%
Tower of Power Cheesecake	600	320	36g	21g	1g	195mg	470mg	59g	1g	43g	13g	40%	0%	20%	10%
Triple Chocolate Chunk Brownie	260	140	15g	7g	0g	30mg	115mg	28g	1g	22g	3g	15%	0%	4%	10%
Tuna Crunch Sandwich	410	190	19g	2.5g	0g	50mg	660mg	33g	4g	2g	28g	30%	25%	10%	25%
Turkey Club Sandwich	560	290	31g	10g	0g	65mg	1420mg	45g	2g	17g	25g	40%	10%	15%	20%
Tuscan Vegetarian Sandwich	470	230	26g	5g	0g	20mg	680mg	46g	4g	8g	13g	40%	110%	20%	25%
White Chocolate Macadamia Nut Cookie	380	170	19g	8g	0g	20mg	280mg	48g	1g	31g	5g	15%	0%	4%	10%
Wild Blueberry Muffin	530	180	20g	2g	0g	0mg	450mg	79g	3g	37g	7g	4%	0%	2%	2%