

6-inch Low Fat Subs with 6 Grams of Fat or Less

Values include 9-Grain wheat bread, lettuce, tomatoes, green peppers, onions and cucumbers.

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Chicken Breast	233	1279	306	3.7	1.5	44.5	7.1	25.0	1.2	6.0	0.5
Chicken Teriyaki	254	1347	322	3.8	1.5	48.0	10.0	25.5	1.7	6.3	0.7
Chicken Tikka	233	1297	310	3.7	1.3	44.5	7.6	26.4	1.3	6.0	0.5
Ham‡	219	1213	290	4.4	1.6	44.2	7.5	19.7	1.6	6.2	0.6
Turkey Breast‡	219	1158	277	3.2	1.2	43.3	7.0	20.0	1.4	6.0	0.6
Turkey Breast‡ & Ham‡	228	1225	293	3.9	1.4	43.8	7.3	21.7	1.6	6.1	0.6
VEGGIE DELITE®^	162	924	221	2.2	1.0	42.8	6.7	8.7	0.6	5.7	0.3

‡Formed meat. ^May come in contact with non-vegetarian items.

6-inch Low Fat Subs with 6 Grams of Fat or Less

Values include Italian (white) bread, lettuce, tomatoes, green peppers, onions and cucumbers.

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Chicken Breast	226	1250	299	3.4	1.4	43.1	7.3	23.9	1.2	3.1	0.5
Chicken Teriyaki	247	1317	315	3.5	1.4	46.6	10.3	24.4	1.7	3.4	0.7
Chicken Tikka	226	1268	303	3.4	1.2	43.1	7.8	25.3	1.3	3.1	0.5
Ham‡	212	1184	283	4.2	1.5	42.8	7.8	18.6	1.6	3.3	0.6
Turkey Breast‡	212	1129	270	3.0	1.1	41.9	7.3	18.9	1.4	3.1	0.6
Turkey Breast‡ & Ham‡	221	1195	286	3.7	1.3	42.4	7.6	20.6	1.7	3.2	0.7
VEGGIE DELITE®^	155	894	214	2.0	0.9	41.4	7.0	7.6	0.7	2.7	0.3

‡Formed meat. ^May come in contact with non-vegetarian items.

6-inch Subs

Values include 9-Grain wheat bread, lettuce, tomatoes, green peppers, onions and cucumbers.

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Big Beef Melt‡	240	1686	403	15.3	8.1	44.8	7.9	20.9	1.6	7.1	0.6
Chicken & Bacon Ranch Melt	292	2103	503	19.7	8.3	45.7	7.3	35.6	2.4	6.0	1.0
Italian B.M.T.®	227	1725	412	17.7	7.3	43.9	7.3	21.2	2.4	6.1	0.9
Meatball Marinara	300	1838	439	16.2	6.8	54.8	13.5	22.5	1.8	8.7	0.7
Spicy Italian	222	2019	482	26.2	11.0	43.5	7.0	20.4	2.7	6.0	1.1
Steak‡∅ & Cheese	245	1483	355	7.0	3.7	47.2	9.0	26.9	1.7	6.2	0.7
SUBWAY MELT™ (includes cheese)	249	1562	373	10.2	4.7	44.5	7.8	27.1	2.2	6.1	0.9
Tuna	233	1489	356	11.6	1.8	44.2	7.3	19.8	1.6	5.7	0.6
Veggie Patty^	247	1592	381	10.7	3.0	49.8	8.0	20.6	1.6	9.9	0.6
Chicken Pizziola	290	1853	443	14.4	6.7	48.9	9.8	30.7	2.3	6.7	0.9

‡Formed meat. ∅Made with shaved steak strips, green pepper and onion. ^May come in contact with non-vegetarian items.

6-inch Subs

Values include Italian (white) bread, lettuce, tomatoes, green peppers, onions and cucumbers.

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Big Beef Melt‡	233	1656	396	15.1	8.0	43.5	8.1	19.7	1.6	4.2	0.6
Chicken & Bacon Ranch Melt	285	2074	496	19.5	8.2	44.3	7.5	34.4	2.5	3.1	1.0
Italian B.M.T.®	220	1696	405	17.5	7.2	42.5	7.6	20.1	2.4	3.2	1.0
Meatball Marinara	293	1808	432	15.9	6.7	53.4	13.8	21.4	1.9	5.7	0.7
Spicy Italian	215	1989	475	26.0	10.9	42.1	7.3	19.3	2.8	3.0	1.1
Steak‡∅ & Cheese	238	1454	348	6.8	3.6	45.8	9.3	25.8	1.7	3.3	0.7
SUBWAY MELT™ (includes cheese)	242	1533	366	10.0	4.6	43.1	8.1	26.0	2.3	3.2	0.9
Tuna	226	1460	349	11.4	1.7	42.9	7.6	18.7	1.6	2.7	0.6
Veggie Patty^	240	1563	373	10.5	2.9	48.4	8.3	19.5	1.6	7.0	0.6
Chicken Pizziola	283	1824	436	14.2	6.5	47.6	10.1	29.6	2.3	3.7	0.9

‡Formed meat. ∅Made with shaved steak strips, green pepper and onion. ^May come in contact with non-vegetarian items.

6-inch Low Fat flatbreads with 6 Grams of Fat or Less

Values include flatbread, lettuce, tomatoes, green peppers, onions and cucumbers.

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Chicken Breast	240	1353	321	4.1	0.8	45.5	6.8	26.1	1.2	3.4	0.5
Chicken Teriyaki	261	1420	337	4.2	0.8	48.9	9.8	26.6	1.7	3.7	0.7
Chicken Tikka	240	1371	325	4.1	0.7	45.5	7.3	27.5	1.3	3.4	0.5
Ham‡	226	1286	305	4.8	0.9	45.1	7.3	20.8	1.6	3.6	0.6
Turkey Breast‡	226	1232	292	3.7	0.5	44.3	6.7	21.2	1.4	3.4	0.6
Turkey Breast‡ & Ham‡	235	1298	308	4.4	0.7	44.8	7.0	22.9	1.6	3.5	0.6
VEGGIE DELITE®^	169	997	236	2.7	0.3	43.7	6.5	9.8	0.6	3.0	0.3

‡Formed meat. ^May come in contact with non-vegetarian items.

6-inch flatbreads

Values include flatbread, lettuce, tomatoes, green peppers, onions and cucumbers.

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Big Beef Melt‡	247	1759	418	15.8	7.4	45.8	7.6	22.0	1.6	4.5	0.6
Chicken & Bacon Ranch Melt	299	2177	518	20.2	7.6	46.7	7.0	36.7	2.4	3.4	1.0
Italian B.M.T.®	234	1799	427	18.2	6.6	44.9	7.0	22.3	2.4	3.5	0.9
Meatball Marinara	307	1911	454	16.6	6.1	55.8	13.3	23.6	1.8	6.1	0.7
Spicy Italian	229	2092	498	26.7	10.4	44.5	6.8	21.5	2.7	3.3	1.1
Steak‡∅ & Cheese	252	1557	370	7.5	3.0	48.1	8.7	28.1	1.7	3.6	0.7
SUBWAY MELT™ (includes cheese)	256	1636	388	10.7	4.0	45.5	7.6	28.3	2.2	3.5	0.9
Tuna	240	1563	371	12.1	1.1	45.2	7.0	21.0	1.6	3.0	0.6
Veggie Patty^	254	1665	396	11.2	2.3	50.8	7.7	21.7	1.6	7.3	0.6

‡Formed meat. ∅Made with shaved steak strips, green pepper and onion. ^May come in contact with non-vegetarian items

4-inch Kids Pak™ Subs

Values include mini 9-Grain wheat bread, lettuce, tomatoes, green peppers, onions and cucumbers.

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Ham‡	136	760	182	2.6	1.0	29.2	4.9	11.3	0.9	4.1	0.4
Turkey Breast‡	146	772	184	2.1	0.8	28.8	4.7	13.3	0.9	4.0	0.4
VEGGIE DELITE®^	108	615	147	1.5	0.7	28.5	4.5	5.8	0.4	3.8	0.2

‡Formed meat. ^May come in contact with non-vegetarian items.

4-inch Kids Pak™ Subs

Values include mini Italian (white) bread, lettuce, tomatoes, green peppers, onions and cucumbers.

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Ham‡	132	740	177	2.4	0.9	28.3	5.0	10.5	0.9	2.1	0.4
Turkey Breast‡	141	752	180	1.9	0.7	27.9	4.8	12.6	1.0	2.0	0.4
VEGGIE DELITE®^	103	595	142	1.3	0.6	27.6	4.6	5.0	0.5	1.8	0.2

‡Formed meat. ^May come in contact with non-vegetarian items.

6-inch Breakfast Subs

Values include 9-Grain wheat bread

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Bacon [#]	106	1164	278	6.9	2.9	40.3	4.7	15.4	1.5	4.7	0.6
Bacon [#] , Egg & Cheese	138	1411	337	12.1	4.8	41.7	5.3	16.9	1.6	4.9	0.6
Egg & Cheese	124	1258	301	9.7	3.8	41.7	5.3	13.1	1.2	4.9	0.5
Mega Melt	214	2149	514	23.2	8.9	49.3	6.6	28.4	2.7	5.7	1.1
Sausage, Egg & Cheese	200	1996	477	20.8	7.9	49.3	6.6	24.7	2.3	5.7	0.9
Sausage	154	1596	381	13.2	5.1	47.8	6.0	19.5	1.8	5.5	0.7

[#]Beechwood Naturally Smoked Back Bacon with added smoke flavour.

6-inch Breakfast Subs

Values include Italian (white) bread

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Bacon [‡]	99	1135	271	6.7	2.8	39.0	4.9	14.3	1.6	1.7	0.6
Bacon [‡] , Egg & Cheese	131	1382	330	11.8	4.6	40.3	5.6	15.7	1.6	1.9	0.7
Egg & Cheese	117	1229	294	9.4	3.7	40.3	5.6	12.0	1.2	1.9	0.5
Mega Melt	207	2119	507	22.9	8.7	47.9	6.9	27.3	2.8	2.7	1.1
Sausage, Egg & Cheese	193	1966	470	20.5	7.8	47.9	6.9	23.5	2.3	2.7	0.9
Sausage	147	1567	374	13.0	5.0	46.5	6.2	18.4	1.8	2.6	0.7

[‡]Beechwood Naturally Smoked Back Bacon with added smoke flavour.

6-inch Breakfast Flatbreads

Values include flatbread, lettuce, tomatoes, green peppers, onions and cucumbers.

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Bacon [#]	113	1237	293	7.3	2.2	41.3	4.4	16.6	1.5	2.0	0.6
Bacon [#] , Egg & Cheese	145	1484	352	12.5	4.1	42.7	5.0	18.0	1.6	2.2	0.6
Egg & Cheese	131	1331	316	10.1	3.1	42.7	5.0	14.3	1.2	2.2	0.5
Mega Melt	221	2222	529	23.6	8.2	50.3	6.3	29.5	2.7	3.1	1.1
Sausage, Egg & Cheese	207	2069	492	21.2	7.2	50.3	6.3	25.8	2.3	3.1	0.9
Sausage	161	1669	396	13.6	4.4	48.8	5.7	20.6	1.8	2.9	0.7

[#]Beechwood Naturally Smoked Back Bacon with added smoke flavour.

Salads with 6 grams of Fat or Less

Values include lettuce, tomatoes, cucumbers, green peppers, olives and onions. Values do not include salad dressing.

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Chicken Breast	344	573	137	2.3	0.6	8.8	6.4	18.7	0.7	3.7	0.3
Chicken Tikka	344	591	141	2.3	0.5	8.8	6.9	20.1	0.8	3.7	0.3
Ham‡	330	507	121	3.1	0.8	8.5	6.9	13.4	1.1	3.9	0.4
Chicken Teriyaki	365	640	153	2.4	0.7	12.3	9.4	19.2	1.2	4.0	0.5
Turkey Breast‡	330	452	108	1.8	0.4	7.6	6.4	13.7	0.9	3.6	0.4
Turkey Breast‡ & Ham‡	339	518	124	2.6	0.6	8.1	6.7	15.5	1.1	3.8	0.5
VEGGIE DELITE®^	273	217	52	0.9	0.2	7.0	6.1	2.4	0.2	3.3	0.1

‡Formed meat. ^May come in contact with non-vegetarian items.

Salads

Values include lettuce, tomatoes, cucumbers, green peppers, olives and onions. Values do not include salad dressing.

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Big Beef Melt‡	351	979	234	14.0	7.3	9.1	7.2	14.6	1.1	4.8	0.4
Chicken & Bacon Ranch Melt	403	1397	334	18.4	7.5	10.0	6.6	29.3	1.9	3.7	0.8
Italian B.M.T.®	338	1019	244	16.4	6.5	8.2	6.7	14.9	1.9	3.8	0.8
Meatball Marinara	410	1131	270	14.8	6.0	19.1	12.9	16.2	1.3	6.3	0.5
Spicy Italian	333	1312	314	24.9	10.2	7.8	6.4	14.1	2.3	3.6	0.9
Steak‡Ø & Cheese	355	777	186	5.7	2.9	11.4	8.4	20.6	1.2	3.9	0.5
SUBWAY MELT™ (includes cheese)	360	856	205	8.9	3.9	8.8	7.2	20.8	1.8	3.8	0.7
Tuna	344	783	187	10.3	1.0	8.5	6.7	13.6	1.1	3.3	0.4
Veggie Patty^	358	886	212	9.4	2.2	14.1	7.4	14.3	1.1	7.6	0.4
Chicken Pizziola	401	1147	274	13.1	5.8	13.2	9.2	24.4	1.8	4.3	0.7

‡Formed meat. ØMade with shaved steak strips, green pepper and onion. ^May come in contact with non-vegetarian items.

Cookies

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Chocolate Chip Candy	45	882	211	9.5	4.9	28.8	17.4	2.3	0.3	0.7	0.1
Chocolate Chunk	45	897	216	10.1	5.2	28.3	16.7	2.3	0.3	1.0	0.1
Double Choc Chip Cookie	45	895	215	9.8	5.7	28.8	19.4	2.3	0.5	1.1	0.2
Oatmeal Raisin	45	813	195	8.1	3.8	27.5	16.2	2.5	0.5	1.2	0.2
Raspberry Cheesecake	45	867	207	9.6	5.4	27.6	16.2	2.3	0.3	0.4	0.1
White Chip Mac Nut	45	888	213	10.4	5.1	27.6	17.0	2.4	0.5	0.8	0.2

6-inch Regional Options (may not be available in all locations)

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Chipotle Chicken Melt - Values include 9-Grain wheat bread, lettuce, tomatoes, green peppers, onions and cucumbers.	266	1826	436	16.3	4.4	46.7	8.7	27.1	1.8	6.2	0.7
Chipotle Chicken Melt - Values include Italian (white) bread, lettuce, tomatoes, green peppers, onions and cucumbers	259	1796	429	16.0	4.3	45.3	8.9	26.0	1.9	3.2	0.8
Chipotle Chicken Melt - Values include lettuce, tomatoes, cucumbers, green peppers, olives and onions. Values do not include salad dressing.	377	1120	268	14.9	3.5	10.9	8.0	20.8	1.4	3.8	0.5

Bread

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
6-inch Italian (White) Bread	71	829	198	1.9	0.9	38.9	4.9	6.8	0.7	1.7	0.3
6-inch 9-Grain Wheat Bread	78	858	205	2.1	1.0	40.2	4.7	8.0	0.6	4.7	0.2
6-inch 9-Grain Honey Oat	82	914	218	2.3	1.0	42.8	6.3	8.4	0.6	4.9	0.3
6-inch Hearty Italian Bread	75	876	209	2.0	0.9	41.1	5.0	7.1	0.7	2.2	0.3
6-inch Italian Herb & Cheese	82	1014	242	4.9	2.7	40.3	5.1	9.7	0.9	2.0	0.4
Mini Italian (White Bread)	47	552	132	1.2	0.6	25.9	3.3	4.5	0.4	1.1	0.2
Mini Wheat Bread	52	572	137	1.4	0.6	26.8	3.1	5.3	0.4	3.1	0.2
Flatbread	85	932	220	2.6	0.3	41.2	4.4	9.1	0.6	2.0	0.2

Sandwich condiments

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Bacon (2 strips)	9	169	40	2.9	1.1	0.2	0.2	3.4	0.3	0.0	0.1
Barbecue	21	163	39	0.1	0.0	9.3	9.0	0.3	0.3	0.2	0.1
Chipotle Southwest Sauce	21	378	90	9.2	0.7	1.6	1.2	0.2	0.4	0.1	0.2
Deli Mustard	21	95	23	1.4	0.1	1.3	0.3	1.2	0.8	0.8	0.3
Honey Mustard Sauce	21	133	32	0.2	0.0	7.4	5.9	0.1	0.3	0.1	0.1
Hot Chili Sauce	21	203	48	0.3	0.0	2.0	1.2	0.1	1.1	0.3	0.4
Lite Mayonnaise	15	208	50	5.1	0.4	0.8	0.3	0.0	0.3	0.0	0.1
Ranch	21	181	43	4.0	0.3	1.5	0.9	0.1	0.4	0.0	0.2
Sweet Chili Sauce	21	190	46	0.0	0.0	11.2	10.6	0.1	0.4	0.1	0.2
Sweet Onion Sauce	21	141	34	0.1	0.0	8.0	7.4	0.1	0.2	0.1	0.1
Tomato Ketchup (May not be available in all locations)	21	92	22	0.0	0.0	5.1	5.0	0.2	0.5	0.1	0.2

Cheese

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Monterey Cheddar Cheese	14	240	57	4.4	2.7	0.3	0.0	3.5	0.2	0.0	0.1
Peppered Cheese	11	163	39	3.1	2.0	0.2	0.2	2.0	0.4	0.0	0.1
Processed Cheddar Cheese	11	168	40	3.4	2.2	0.5	0.4	1.9	0.3	0.0	0.1

Proteins

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Big Beef Patty‡	66	594	142	9.7	5.0	1.6	0.8	10.2	0.7	1.5	0.3
Chicken Breast	71	356	85	1.4	0.5	1.8	0.4	16.3	0.5	0.4	0.2
Chicken Strips, Teriyaki Glazed	92	423	101	1.5	0.5	5.2	3.3	16.8	1.1	0.7	0.4
Chicken Tikka	71	374	89	1.4	0.4	1.8	0.9	17.7	0.6	0.4	0.3
Egg Patty (amount on 6-inch Sub)	35	231	55	4.2	0.6	0.9	0.2	3.2	0.3	0.2	0.1
Ham‡	57	289	69	2.2	0.6	1.4	0.8	11.0	0.9	0.6	0.4
Turkey Breast‡	57	235	56	0.9	0.2	0.5	0.3	11.3	0.8	0.3	0.3
Turkey Breast‡ & Ham‡	66	301	72	1.7	0.4	1.1	0.6	13.1	1.0	0.5	0.4
Italian B.M.T.®	64	802	192	15.5	6.3	1.2	0.6	12.5	1.7	0.5	0.7
Meatball Marinara	137	914	218	13.9	5.8	12.1	6.8	13.8	1.2	3.0	0.5

‡Formed meat. ØMade with shaved steak strips, green pepper and onion.

Proteins

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Sausage (amount on 6-inch Breakfast Sub)	76	738	176	11.1	4.1	7.6	1.3	11.6	1.1	0.8	0.5
Spicy Italian	60	1095	262	24.0	10.1	0.8	0.3	11.7	2.1	0.3	0.8
Steak‡Ø	71	391	94	1.4	0.5	3.9	1.9	16.3	0.8	0.6	0.3
Tuna	71	566	135	9.4	0.8	1.5	0.6	11.2	0.9	0.0	0.4
Veggie Patty^	85	669	160	8.5	2.0	7.1	1.3	11.9	0.9	4.3	0.4

‡Formed meat. ØMade with shaved steak strips, green pepper and onion. ^May come in contact with non-vegetarian items.

Doughnuts & Muffins

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Apricot Crown Danish	110	1754	419	21.6	3.4	51.9	30.0	5.2	0.9	1.5	0.4
Blueberry Muffin	111	1649	394	22.9	4.7	43.8	37.2	6.1	0.8	2.9	0.3
Chocolate Chunk Muffin	55	1017	243	15.5	4.6	21.5	7.8	4.0	0.7	1.2	0.3
Chocolate Doughnut	86	1468	351	21.7	8.9	33.5	13.1	4.4	0.9	2.4	0.4
Cinnamon Swirl Danish	49	865	207	11.6	3.1	21.0	7.5	3.3	0.5	0.5	0.2
Double Chocolate Chip Muffin	76	1469	351	21.7	9.4	33.3	13.6	4.3	0.8	2.6	0.3
Raspberry & White Chocolate	111	1625	389	22.0	4.2	45.2	32.9	5.6	0.8	3.1	0.3
Sugared Doughnut	111	1472	352	20.6	2.9	39.5	31.9	4.8	0.8	3.0	0.3
Vanilla Crown Danish	86	1375	329	20.0	7.7	31.4	7.7	4.7	0.9	1.9	0.3

Snacks & Sides

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)	Fibre (g)	Sodium (g)
Bowl of Meatballs	206	1315	314	19.2	8.6	19.5	11.2	18.1	1.9	4.1	0.7
Cheese Toastie	64	895	214	9.7	5.9	20.0	2.5	10.5	0.8	0.9	0.3
Pepperoni Pizza Toastie	94	1062	254	12.9	6.2	23.3	4.6	10.8	1.4	1.5	0.6
Melted Cheese Nachos	126	1685	403	22.3	6.6	35.6	2.9	11.2	2.2	5.1	0.9

Dispensed Drinks - UK

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Pepsi	455	177	42	0	0	11	11	0	0
Pepsi Max	455	2	0.5	0	0	0	0	0	0.05
Diet Pepsi	455	3	0.6	0	0	0	0	0	0.06
7UP Free	455	9	2	0	0	0	0	0	0.09
Tango Orange	455	106	25	0	0	6	6	0	0.09
Tango Apple	455	104	24	0	0	5.7	5.7	0	0.04
Robinsons Apple & Blackcurrant	455	8	2	0	0	0	0	0	0.02
Lipton Peach	455	80	19	<0.5	<0.01	4.6	4.5	<0.5	0.03

Dispensed Drinks - ROI

	Serving Size (g)	Energy (kJ)	Energy (kcal)	Fat (g)	of which saturates(g)	Carbohydrate (g)	Of which sugars (g)	Protein (g)	Salt (g)
Pepsi	455	800.8	191.1	0	0	50.05	50.05	0	0
Pepsi Max	455	9.1	2.27	0	0	0	0	0	0.04
Diet Pepsi	455	9.1	1.82	0	0	0	0	0	0.22
7UP	455	828.10	195.7	0	0	50.05	50.05	0	0.13
7UP Free	455	22.75	4.55	0	0	0	0	0	0.18
Club Orange	455	1051.0	245.7	0	0	59.15	59.15	0	0.09