

**1. Pizza - Small**

Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Bluesfest	184	470	13	6	0.3	15	970	69	3	15	6	4%	6%	25%	6%
Combination	131	410	15	7	0.3	20	960	48	2	3	19	6%	0%	8%	6%
Cookout	153	420	14	6	0.3	15	1050	56	2	5	20	6%	2%	8%	4%
Double Decker	196	530	21	10	0.5	20	1300	57	2	4	30	10%	4%	15%	4%
Dragon Boat	140	340	11	5	0.3	5	850	45	3	5	3	8%	20%	25%	10%
Fajita	165	390	12	5	0.3	5	900	55	3	4	18	8%	6%	10%	8%
Frontenac	147	440	16	7	0.3	20	990	54	3	4	21	6%	2%	10%	6%
Gabriel Deluxe	158	430	15	6	0.3	15	1040	55	2	4	19	6%	8%	8%	4%
Go Canadian	139	410	14	6	0.3	15	900	54	2	4	19	6%	0%	8%	4%
Heavenly Hawaiian	145	390	12	5	0.3	5	900	55	2	5	18	6%	2%	8%	4%
La Belle	130	390	13	6	0.3	5	890	53	2	3	17	6%	0%	8%	4%
Little Italy	165	470	19	8	0.3	15	1030	56	3	4	6	8%	2%	25%	10%
Meatsa	154	450	17	7	0.3	25	1180	55	3	4	23	6%	0%	10%	6%
Mediterranean	156	400	14	6	0.3	5	840	55	3	4	17	8%	4%	10%	6%
Original	140	380	12	5	0.3	0	850	54	2	4	16	6%	8%	8%	2%
Orleans Favourite	140	440	16	7	0.4	10	960	54	2	3	22	8%	0%	10%	4%
Pepperoni	123	380	12	5	0.3	5	760	53	2	3	17	6%	0%	8%	4%
Plain	119	360	11	5	0.3	0	710	53	2	3	0	6%	0%	25%	4%
Red Blacks	159	400	13	6	0.3	0	850	54	2	4	1	10%	10%	25%	6%
Smokin 67	135	430	11	5	0.3	5	790	67	3	14	18	4%	6%	8%	2%
Steak Stampede	151	380	12	5	0.3	5	770	54	8	4	18	6%	8%	8%	4%
Texas Bold' Em	154	420	13	6	0.3	15	1020	55	2	5	20	8%	2%	10%	4%
Vegetarian	161	380	12	5	0.3	0	850	55	3	4	17	6%	10%	8%	4%
Veggie Extreme	179	380	11	5	0.3	0	750	56	3	5	17	8%	25%	10%	4%
White Crust	70	250	3	1	0	0	330	49	2	2	0	0%	0%	15%	2%
Whole Grain Crust	70	230	2	0.5	0	0	270	48	6	3	9	2%	2%	2%	4%

**2. Pizza - Medium**

Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Bluefest	183	560	17	7	0.4	20	1160	79	3	16	6	6%	6%	30%	6%
Combination	166	460	15	7	0.4	5	920	63	3	4	1	8%	10%	30%	6%
Cookout	181	510	17	7	0.4	15	1250	66	3	6	5	8%	2%	30%	8%
Double Decker	186	480	14	7	0.4	10	1110	65	3	5	4	8%	4%	30%	6%
Dragon Boat	167	420	16	8	0.5	5	1170	51	4	8	6	8%	25%	30%	15%
Fajita	199	480	15	7	0.4	5	1040	65	3	5	3	8%	6%	30%	10%
Frontenac	180	510	19	8	0.4	20	1130	64	3	4	5	8%	10%	30%	8%
Gabriel Deluxe	188	520	19	8	0.4	15	1220	65	3	4	24	8%	10%	10%	6%
Gluten Free Crust	53	130	3.5	0.5	0	20	150	21	2	2	3	0%	0%	0%	35%
Go Canadian	167	500	18	8	0.4	15	1090	64	3	4	4	8%	0%	30%	8%
Heavenly Hawaiian	172	470	14	7	0.4	5	1070	65	3	6	2	8%	2%	30%	6%
La Belle	165	470	16	7	0.4	5	1040	64	3	4	1	8%	0%	30%	6%
Little Italy	202	590	24	11	0.4	25	1260	67	4	5	8	8%	2%	35%	15%
Meatsa	183	540	20	9	0.4	25	1390	65	3	4	8	8%	0%	30%	10%
Mediterranean	184	490	17	8	0.4	10	1050	65	3	5	2	10%	4%	35%	10%
Original	172	470	16	7	0.4	5	1040	64	3	4	1	8%	10%	30%	6%
Orleans Favourite	176	560	22	10	0.5	15	1220	64	3	4	28	10%	0%	15%	4%
Pepperoni	149	460	15	7	0.4	5	920	63	2	4	1	8%	0%	30%	6%
Plain	148	450	14	6	0.4	0	900	63	3	4	20	8%	0%	10%	4%
Red Blacks	179	480	16	7	0.4	0	970	64	3	4	1	10%	8%	30%	8%
Smokin 67	171	510	14	7	0.4	5	950	78	3	16	3	6%	6%	30%	6%
Steak Stampede	94	190	11	6	0.4	5	580	10	9	5	2	8%	15%	10%	4%
Texas Bold Em	183	510	17	7	0.4	20	1120	66	3	5	5	8%	10%	30%	6%
Vegetarian	189	470	15	7	0.4	0	990	65	3	5	1	8%	15%	30%	6%
Veggie Extreme	219	470	14	6	0.4	0	910	67	4	5	21	8%	35%	10%	6%
White Crust	83	300	3.5	1	0	0	400	58	2	2	0	0%	0%	20%	4%
Whole Grain Crust	83	280	2.5	1	0	0	320	58	8	3	11	4%	2%	2%	4%

**3. Pizza - Large**

Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Bluesfest	207	630	19	9	0.4	25	1380	88	4	17	7	6%	6%	35%	8%
Combination	185	520	16	8	0.4	5	1020	71	3	5	24	10%	10%	10%	4%
Deluxe	212	590	22	9	0.4	20	1410	73	3	5	28	10%	10%	10%	6%
Double Decker	215	590	20	9	0.4	30	1450	73	3	5	31	10%	4%	15%	6%
Dragon Boat	208	560	17	8	0.5	5	1250	79	4	7	26	10%	20%	15%	10%
Fajita	221	540	16	8	0.4	5	1160	73	4	5	26	10%	6%	15%	8%
Frontenac	195	550	18	8	0.4	10	1110	72	3	5	26	10%	10%	15%	6%
Go Canadian	143	420	9	2.5	0	20	930	70	3	4	16	4%	2%	2%	6%
Hawaiian	189	530	16	7	0.4	5	1170	73	3	6	24	10%	2%	10%	4%
Hawaiian Cookout	201	580	20	9	0.4	20	1410	74	3	6	28	10%	2%	10%	6%
La Belle	187	580	22	9	0.4	20	1410	72	3	4	27	10%	0%	10%	6%
Little Italy	227	660	27	13	0.4	25	1420	75	5	5	9	10%	2%	35%	15%
Meatsa	204	620	23	10	0.4	30	1560	73	3	5	31	10%	0%	15%	8%
Mediterranean	202	550	19	9	0.5	10	1130	73	4	5	24	10%	4%	15%	8%
Original	193	530	18	8	0.4	5	1170	72	3	5	24	10%	10%	10%	4%
Orleans Favourite	199	640	25	12	0.5	20	1400	72	3	4	32	10%	0%	15%	6%
Pepperoni	166	520	16	8	0.4	5	1020	71	3	4	23	10%	0%	10%	4%
Plain	161	500	15	7	0.4	0	960	70	3	4	22	10%	0%	10%	2%
Red Black	190	540	17	8	0.4	0	1090	71	3	5	0.3	10%	10%	35%	8%
Smokin 67	133	420	4	1	0	5	720	84	3	17	14	0%	6%	2%	2%
Steak Stampede	207	540	16	8	0.4	10	1090	76	12	8	26	10%	15%	10%	6%
Texas Bold' Em	205	580	20	9	0.4	25	1390	74	3	6	6	10%	2%	35%	8%
Vegertarian	208	520	17	8	0.4	0	1120	73	3	5	1	10%	15%	35%	6%
Veggie Extreme	245	520	15	7	0.4	0	1020	75	4	6	24	10%	35%	15%	6%
White Crust	94	340	4	1	0	0	440	65	2	2	0	0%	0%	25%	4%
Whole Grain Crust	94	310	3	1	0	0	360	65	8	4	12	4%	2%	2%	6%

**4. Pizza - XL**

Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Bluesfest	198	610	18	8	0.4	25	1300	85	3	16	7	6%	6%	30%	8%
Combination	176	490	15	7	0.4	5	960	69	3	4	1	8%	10%	30%	6%
Cookout	189	560	19	8	0.4	20	1350	71	3	5	6	8%	2%	30%	8%
Deluxe	204	570	20	9	0.4	20	1360	71	3	5	6	8%	10%	30%	8%
Double Decker	201	570	19	8	0.4	30	1380	71	3	5	8	8%	4%	35%	8%
Dragon Boat	165	440	15	8	0.4	5	1040	56	3	6	4	8%	15%	30%	10%
Fajita	208	500	15	7	0.4	5	1080	71	4	5	3	8%	6%	35%	10%
Frontenac	183	520	17	8	0.4	10	1050	70	3	4	3	8%	10%	35%	8%
Go Canadian	229	680	28	12	0.5	55	1710	72	3	5	13	8%	2%	35%	15%
Hawaiian	175	500	14	7	0.4	5	1080	70	3	5	2	8%	2%	30%	6%
La Belle	178	560	20	9	0.4	20	1360	70	3	4	5	8%	0%	30%	8%
Little Italy	216	630	26	12	0.4	25	1340	73	4	5	9	8%	2%	35%	15%
Meatsa	193	590	21	9	0.4	30	1490	71	3	5	9	8%	0%	35%	10%
Mediterranean	188	520	17	8	0.4	10	1050	71	3	5	2	10%	4%	35%	10%
Original	183	500	16	7	0.4	5	1080	70	3	4	1	8%	10%	30%	6%
Orleans Favourite	190	610	23	11	0.5	20	1360	70	3	4	5	10%	0%	35%	8%
Pepperoni	157	490	15	7	0.4	5	960	69	3	4	1	8%	0%	30%	6%
Plain	152	480	14	7	0.4	0	900	68	3	4	0	8%	0%	30%	6%
Red Blacks	191	560	16	7	0.4	0	1060	84	4	16	1	8%	10%	30%	8%
Smolkin 67	181	540	14	7	0.4	5	980	84	3	16	2	6%	6%	30%	6%
Steak Stampede	195	510	14	7	0.4	5	1010	74	10	8	3	8%	10%	30%	8%
Texas Bold'Em	195	560	18	8	0.4	25	1340	72	3	5	6	8%	2%	35%	8%
Vegetarian	196	500	15	7	0.4	0	1030	71	3	5	1	8%	15%	30%	6%
Veggie Extreme	350	750	22	10	0.5	0	1440	109	6	9	2	15%	50%	50%	10%
White Crust	92	330	3.5	1	0	0	440	64	2	2	0	0%	0%	25%	4%
Whole Grain Crust	92	300	3	1	0	0	360	63	8	4	12	4%	2%	2%	6%

**5. Pizza, Pasta Pairs & Combo's**

Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
1 Large 3 Topping with 2L Pepsi - Add Wings	375	1050	34	16	1	10	2090	143	6	9	3	20%	20%	70%	15%
2 Large 2 Toppings	443	1370	44	21	1	10	2710	188	7	11	2	25%	2%	90%	15%
2 Large 4 Toppings	355	1040	33	15	1	10	2030	142	6	9	2	20%	2%	70%	15%
2 Large 6 Toppings	370	1040	33	15	1	10	2030	143	6	9	2	20%	20%	70%	15%
2 Medium 2 Toppings	894	2760	87	41	2.5	25	5500	377	15	23	5	50%	4%	180%	35%
2 Medium 4 Toppings	949	2770	87	41	2.5	25	5500	379	16	24	6	50%	6%	180%	40%
2 Medium 6 Toppings	994	2780	87	41	2.5	25	5510	381	16	25	7	50%	70%	180%	40%
2 Small 2 Toppings	123	380	11	5	0.3	5	760	53	2	3	1	6%	0%	25%	6%
2 Small 4 Toppings	263	750	24	11	0.5	5	1520	106	4	7	2	15%	2%	50%	10%
2 Small 6 Toppings	273	760	24	11	0.5	5	1520	107	5	7	2	15%	15%	50%	10%
Large - 3 Topping with Pepsi	370	1040	33	15	1	10	2030	143	6	9	2	20%	20%	70%	15%
Pasta Pairs (HIGH)	1244	1820	41	22	1.5	100	2590	293	14	77	41	25%	0%	70%	20%
Pasta Pairs (LOW)	1135	1310	26	12	1	55	1730	224	14	8	14	8%	0%	10%	20%

**Dips**

Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Cheddar Chipotle	88	420	44	7	1	30	880	6	0	2	2	0%	0%	4%	0%
Creamy Sriracha	44	50	5	1	0	5	150	1	0	1	0	2%	4%	0%	0%
Gabriel Garlic Dip	88	150	17	3	0	0	310	0	0	0	0	0%	0%	0%	0%
Ranch Dip	43	180	18	3	0	10	410	3	0	2	0	0%	0%	0%	0%
Smoky BBQ Dip	88	310	0	0	0	0	1030	76	4	61	0	0%	25%	0%	8%

**Pasta**

Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Chicken Parmigianna	525	1420	66	33	1.5	210	2210	147	10	12	43	45%	20%	40%	20%
Gabriel Lasagna	730	1770	61	34	2	155	2980	226	14	9	50	35%	20%	80%	25%
Gabriel Spaghetti	589	1350	28	13	1	60	1840	226	14	9	17	8%	20%	10%	25%
Grilled Chicken Alfredo	600	1780	68	29	1	170	1570	230	12	12	38	8%	2%	20%	15%
Lasagna	686	1740	59	33	2	150	2870	224	14	8	47	35%	0%	80%	20%
Spaghetti	544	1310	26	12	1	55	1730	224	14	8	14	8%	0%	10%	20%
Spaghetti & Meatballs	635	1570	46	20	0.5	90	2140	234	17	14	28	40%	35%	20%	30%
Spaghetti Al Forno	731	1770	61	34	2	155	2980	226	14	9	50	35%	20%	80%	25%

**Platters**

Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Burger - Sandwich Only	392	640	40	14	1	135	1320	38	2	7	33	2%	10%	6%	35%
Chicken Burger - Sandwich Only	322	490	18	3	0	55	1090	50	6	9	32	4%	6%	6%	15%
Chicken Finger - Only	456	950	36	4	0	200	3030	118	4	40	40	8%	0%	40%	40%
Club Sandwich - Sandwich Only	555	920	51	17	1	310	2760	19	12	4	82	8%	25%	10%	40%
Donair - Beef - Sandwich Only	437	680	31	1.5	0	5	1270	68	4	4	26	6%	10%	20%	30%
Donair - Chicken - Sandwich Only	409	540	12	2.5	0	85	1000	60	5	5	42	8%	15%	25%	30%
Donair Deal - Beef (2)	437	680	31	1.5	0	5	1270	68	4	4	26	6%	10%	20%	30%
Donair Deal - Chicken (2)	409	540	12	2.5	0	85	1000	60	5	5	42	8%	15%	25%	30%

**Pop & Water**

Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
2 L - Pop - Diet Pepsi	333	0	0	0	0	0	25	0	0	0	0.1	0%	0%	0%	0%
2 L - Pop - Pepsi	333	140	0	0	0	0	15	39	0	38	0	0%	0%	0%	0%
2 L Pop - 7Up	333	150	0	0	0	0	55	39	0	39	0	0%	0%	0%	0%
2 L Pop - Gingerale	333	110	0	0	0	0	40	30	0	0	0	0%	0%	0%	0%
2 L Pop - Iced Tea (Brisk)	333	80	0	0	0	0	100	19	0	19	0	0%	0%	0%	0%
450 - Apple Juice	450	220	0	0	0	0	30	50	0	43	2	0%	150%	0%	0%
450 - Cranberry Juice	450	220	0	0	0	0	10	52	0	52	0	0%	180%	0%	0%
450 - Orange Juice	450	210	0	0	0	0	35	50	0	42	3	0%	150%	2%	0%
591 - 7 Up	591	260	0	0	0	0	100	70	0	70	0	0%	0%	0%	0%
591 - Brisk Iced Tea	591	130	0	0	0	0	170	33	0	33	0	0%	0%	0%	0%
591 - Cream Soda	591	280	0	0	0	0	105	75	0	74	0	0%	0%	0%	0%
591 - Diet Pepsi	591	0	0	0	0	0	40	0	0	0	0	0%	0%	0%	0%
591 - Dr. Pepper	591	240	0	0	0	0	95	64	0	63	0	0%	0%	0%	0%
591 - Gingerale	591	200	0	0	0	0	0	53	0	53	0	0%	0%	0%	0%
591 - Grape Crush	591	280	0	0	0	0	90	74	0	73	0	0%	0%	0%	0%
591 - Mountian Dew	591	290	0	0	0	0	75	77	0	77	0	0%	0%	0%	0%
591 - Orange Crush	591	270	0	0	0	0	120	72	0	71	0	0%	0%	0%	0%
591 - Pepsi	591	260	0	0	0	0	20	69	0	69	0	0%	0%	0%	0%
591 - Rootbeer	591	270	0	0	0	0	75	72	0	71	0	0%	0%	0%	0%
591 - Water	591	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%

**Salads**

Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Caesar Salad - Large	401	870	62	16	1.5	115	2030	63	5	3	26	390%	15%	90%	30%
Caesar Salad - Small	339	830	60	16	1.5	115	1960	56	4	2	26	290%	10%	80%	25%
Chef Salad - Large	208	60	3	0.5	0	0	480	8	2	4	1	15%	30%	2%	4%
Chef Salad - Small	311	90	4	0.5	0	0	780	12	3	6	1	20%	40%	2%	4%
Gabriel Salad - Large	160	110	6	2.5	0.1	5	440	11	2	3	3	15%	10%	15%	4%
Gabriel Salad - Small	218	140	8	3.5	0.1	10	520	14	2	4	4	20%	10%	25%	4%
Greek Salad - Large	186	130	10	1	0	0	370	9	3	3	0.3	200%	10%	4%	6%
Greek Salad - Small	264	190	16	1	0	0	500	13	4	5	0.4	290%	15%	6%	8%
Julienne Salad - Large	614	460	21	8	3	300	2100	18	4	10	48	40%	25%	25%	20%
Julienne Salad - Small	348	260	13	5	3	235	770	10	2	6	25	25%	15%	15%	10%
Spring Salad - Large	407	140	5	2.5	0.2	15	600	18	6	7	4	400%	150%	10%	15%
Spring Salad - Small	306	100	3.5	2	0.1	10	550	13	5	5	3	300%	100%	8%	10%

**Sides**

Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Add Bacon	16	70	5	1.5	0	20	310	1	0	0	5	0%	0%	0%	2%
Add Cheese	114	340	27	17	1	75	910	0	0	0	26	25%	0%	60%	0%
Caesar Salad	283	520	28	11	0.2	75	1680	44	4	2	20	290%	10%	80%	20%
Chef Salad	346	90	3	0.5	0	0	1110	12	3	5	1	25%	35%	2%	4%
French Fries	170	220	4.5	0.5	0	0	60	41	4	0	5	0%	10%	0%	2%
Onion Rings	300	650	31	3.5	0.3	0	2070	90	3	9	0	4%	4%	6%	4%
Poutine Fries	281	510	19	10	0.5	50	2060	47	4	5	18	10%	10%	35%	2%

**Starters**

Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Boneless Bites (10)	375	590	18	3.5	0	0	3220	41	7	4	1	0%	0%	0%	35%
Chicken Wings (12)	484	900	62	18	0	485	4100	0	0	2	86	150%	0%	80%	4%
Combo Box	333	630	18	5	0	150	1780	66	4	45	36	35%	15%	15%	15%
Combo Platter	307	440	16	2	0.1	35	1260	67	5	8	15	4%	6%	2%	8%
French Fries - Large	168	220	4.5	0.5	0	0	60	40	4	0	5	0%	10%	0%	2%
French Fries - Small	168	220	4.5	0.5	0	0	60	40	4	0	5	0%	10%	0%	2%
Garlic Bread	89	330	14	8	0.4	30	590	44	3	0	8	8%	0%	6%	10%
Garlic Bread with Cheese	146	500	28	16	1	70	1050	44	3	0	21	20%	0%	35%	10%
Garlicky Cheese and Bacon Bread	168	600	36	18	1	95	1480	45	3	0	28	20%	0%	35%	15%
Italian Poutine - Large	284	440	20	10	0.5	45	800	44	4	1	20	10%	10%	30%	4%
Italian Poutine - Small	426	640	30	15	1	70	1330	61	6	2	30	15%	15%	45%	6%
Jalapeno Poppers (7)	175	380	20	13	1.5	60	980	42	4	8	8	2%	0%	4%	0%
Mozzarella Sticks	183	610	36	13	0.4	60	2600	43	1	2	27	110%	0%	60%	0%
Onion Rings	150	330	16	2	0.2	0	1040	45	2	4	0	2%	2%	4%	2%
Zucchini Sticks	210	220	7	1	0	0	900	50	5	10	5	4%	0%	0%	10%

**Submarines**

Recipe Name	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Club Sub	592	1370	63	27	0.5	240	4700	101	6	5	94	25%	15%	70%	45%
Deli Sub	562	1220	54	23	1.5	110	4310	104	7	6	50	20%	8%	40%	40%
Meatball Sub	462	1210	58	30	0.5	130	2930	110	10	5	61	35%	20%	70%	45%
Steak Sub	549	1050	43	20	0.5	125	2560	104	66	5	59	20%	80%	70%	40%