Light Sandwiches Menu

Grilled Chicken Sandwich
Grilled chicken, light garlic dip, fresh lettuce, pickles, served in multigrain baguette
Calories 310, 30g CHO, 27g protein, 7g total fat, 2g saturated fat, 6g fiber

Turkey Sandwich
Smoked turkey slices, tomatoes, iceberg lettuce, pickles, mustard Dijon dressing served in multigrain baguette
Calories 240, 30g CHO, 13g protein, 2g total fat, 6g fiber

Tuna Sandwich
Light tuna mixed with light mayo dressing, corn, tomatoes, pickles and fresh lettuce served in multigrain baguette
Calories 350, 37g CHO, 28g protein, 9g total fat, 2g saturated fat, 6g fiber

Roast Beef Sandwich
Roast beef, fresh lettuce, tomato slices, pickles, mustard Dijon dressing served in multigrain baguette
Calories 350, 30g CHO, 27g protein, 12g total fat, 2g saturated fat, 6g fiber

Crab Sandwich
Crab sticks, corn, lettuce, tartar sauce served in multigrain baguette
Calories 350, 37g CHO, 28g protein, 9g total fat, 2g saturated fat, 6g fiber