



NUTRITIONAL GUIDE

Daily Calorie and Sodium Requirements
Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia.

For more information, visit INFORMEDDINING.CA

or call Dietitian Services
8-1-1 toll-free within B.C.

DELI CLASSICS

	Size	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
CLASSIC ITALIAN	6"	266	560	30	9	0.4	50	1580	50	4	8	24	10	15	15	25
	9"	405	850	45	13	0.5	75	2390	75	6	12	36	20	15	25	40
	12"	544	1140	60	18	1	100	3190	101	8	16	49	25	20	35	50
	Ciabatta	313	670	32	9	0.4	50	1890	68	4	13	27	10	10	15	15
	Wheat Wrap	348	690	36	11	0.5	50	1720	61	8	8	27	15	15	20	40
CLASSIC CLUB	6"	260	490	21	7	0.4	70	1630	50	3	7	26	10	8	15	25
	9"	394	730	31	11	0.5	105	2440	74	5	10	40	15	15	25	35
	12"	527	970	42	15	1	145	3260	99	6	14	53	25	20	30	50
	Ciabatta	295	580	22	7	0.4	70	1890	68	3	12	29	10	8	15	15
	Wheat Wrap	343	600	27	9	0.5	70	1770	61	7	7	29	15	10	20	35
HONEY BACON CLUB	6"	269	550	23	7	0.4	60	1530	58	3	16	27	15	10	15	25
	9"	408	820	35	11	0.5	95	2300	88	5	24	40	25	15	25	40
	12"	547	1090	47	15	1	125	3070	117	7	32	54	30	20	30	50
	Ciabatta	304	660	25	8	0.4	60	1780	79	3	23	29	15	10	15	15
	Wheat Wrap	351	660	30	9	0.5	60	1670	70	7	16	29	20	15	20	35
TURKEY RANCH & SWISS	6"	257	450	19	6	0.4	65	1370	48	3	6	23	10	10	15	25
	9"	391	670	29	9	0.5	95	2050	72	5	9	35	15	15	25	35
	12"	524	900	38	12	1	130	2740	96	7	13	46	25	20	35	45
	Ciabatta	293	550	21	6	0.4	65	1620	66	3	11	26	10	10	15	10
	Wheat Wrap	340	560	25	8	0.5	65	1510	59	7	6	25	15	15	20	35
THE TRADITIONAL	6"	266	480	22	7	0.4	60	1430	49	4	6	24	10	10	15	25
	9"	405	730	33	10	0.5	90	2180	74	6	10	35	15	15	25	40
	12"	544	970	44	13	1	120	2890	99	8	13	47	25	20	35	50
	Ciabatta	301	580	24	7	0.4	60	1690	67	4	11	26	10	10	15	15
	Wheat Wrap	348	600	28	9	0.5	60	1570	61	8	7	26	15	10	20	40
VEGGIE GUACAMOLE	6"	269	550	31	9	0.5	25	1220	52	7	7	17	20	60	25	30
	9"	408	820	45	14	1	35	1780	79	10	11	25	30	90	40	40
	12"	547	1080	59	18	1	50	2330	105	13	15	34	35	120	50	50
	Ciabatta	304	660	33	10	0.5	25	1490	71	6	12	19	20	60	25	15
	Wheat Wrap	351	670	37	11	0.5	25	1360	64	11	7	19	20	60	30	40
TURKEY BACON GUACAMOLE	6"	297	530	25	7	0.4	75	1660	51	5	6	28	8	60	15	30
	9"	450	800	37	11	0.5	115	2490	77	7	10	42	10	90	25	40
	12"	604	1060	50	15	0.5	150	3320	103	9	13	56	15	120	35	60
	Ciabatta	332	630	27	8	0.4	75	1910	69	4	11	30	8	60	15	15
	Wheat Wrap	380	650	31	9	0.5	75	1800	63	9	7	30	10	60	20	40
SIGNATURE TUNA	6"	283	520	26	7	0.5	30	1240	48	3	7	26	15	8	15	25
	9"	398	790	39	10	0.5	40	1860	73	5	11	39	20	15	25	35
	12"	533	1050	52	14	1	55	2470	97	6	14	52	30	15	30	50
	Ciabatta	298	630	28	7	0.5	25	1500	67	3	12	28	15	8	15	15
	Wheat Wrap	346	640	32	9	0.5	25	1370	60	7	7	28	15	10	20	35

CHICKEN

	Size	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
MESQUITE	6"	270	530	25	8	0.4	80	1340	48	3	6	31	10	10	15	25
	9"	410	800	37	12	0.5	120	2010	72	5	10	47	15	20	25	35
	12"	550	1070	50	16	1	155	2690	96	7	13	62	25	25	30	45
	Ciabatta	305	630	27	8	0.4	80	1600	66	3	11	34	10	10	15	15
	Wheat Wrap	352	650	31	10	0.5	80	1480	59	7	7	33	15	15	20	35
CARBONARA	6"	240	580	29	8	0.4	75	1330	49	3	7	33	4	8	20	25
	9"	361	880	44	12	0.5	115	2010	73	4	10	49	6	8	25	35
	12"	482	1170	59	16	1	155	2690	97	6	13	65	8	10	35	45
	Ciabatta	276	700	33	9	0.5	80	1590	67	3	12	35	4	6	15	15
	Wheat Wrap	344	700	36	10	0.5	75	1480	61	7	7	35	8	10	25	35
BAJA	6"	220	540	24	8	0.4	75	1460	51	3	10	30	10	8	15	20
	9"	333	810	36	11	0.5	115	2190	76	4	15	46	15	15	20	35
	12"	445	1080	48	15	1	150	2920	102	5	20	61	20	15	30	45
	Ciabatta	283	670	28	8	0.4	75	1840	72	2	17	33	10	10	10	10
	Wheat Wrap	334	690	31	10	0.5	75	1690	63	7	11	33	15	10	20	35
HONEY BOURBON	6"	240	590	7	2	0	40	990	58	3	16	24	8	15	6	20
	9"	365	890	11	3	0.1	60	1490	87	5	25	35	10	20	10	35
	12"	488	1170	14	4	0.1	80	1990	116	7	33	47	15	25	15	45
	Ciabatta	275	480	7	2	0	40	1230	79	3	24	26	6	15	4	10
	Wheat Wrap	323	500	14	4	0.2	40	1130	69	8	17	26	10	15	10	35
HONEY MUSTARD	6"	255	570	27	8	0.4	75	1220	52	3	10	31	10	10	15	25
	9"	405	860	41	12	0.5	115	1840	79	5	16	47	15	15	25	35
	12"	539	1150	54	16	1	155	2450	104	6	21	62	25	25	30	45
	Ciabatta	301	690	30	8	0.4	80	1460	72	3	16	34	10	10	15	15
	Wheat Wrap	348	690	34	10	0.5	75	1360	64	7	11	33	15	15	20	35
MILANO	6"	236	440	15	5	0.3	55	1090	47	3	6	29	8	15	20	25
	9"	354	660	23	8	0.5	85	1690	71	5	8	43	10	25	30	35
	12"	472	870	31	10	0.5	110	2130	94	6	11	57	15	30	35	45
	Ciabatta	271	530	16	5	0.4	55	1300	66	3	10	32	8	15	15	15
	Wheat Wrap	330	550	22	7	0.5	55	1200	55	7	6	31	10	20	25	35

STEAK

	Size	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
STEAK & SWISS MELT	6"	229	550	28	7	0.5	65	1260	48	3	6	28	8	2	20	30
	9"	344	830	42	11	0.5	95	1890	71	5	9	42	15	4	30	45
	12"	458	1110	56	15	1	125	2520	95	6	11	57	20	6	40	60
	Ciabatta	272	720	36	9	0.5	65	1570	67	3	11	31	8	4	15	20
	Wheat Wrap	333	670	34	10	0.5	60	1400	60	7	6	31	10	6	25	45
BLACK ANGUS	6"	258	490	15	7	0.3	65	1360	59	4	15	32	15	4	25	30
	9"	386	740	22	10	0.5	95	2040	88	5	23	47	20	6	40	50
	12"	515	980	29	13	0.5	130	2710	118	7	31	63	25	8	50	60
	Ciabatta	300	600	15	7	0.3	65	1650	83	4	25	34	15	6		