

STEAMROLLERS Nutritional Information	Calories	Total Fat (g)	Saturated (g)	Monounsaturated (g)	Polysaturated (g)	Cholesterol (mg)	Carbohydrates (g)	Fibre (g)	Protein (g)
#1 - Traditional Vegetarian	386	7.3	1.0	3.3	2.3	0.0	68	8.2	14
#2 - Deluxe Vegetarian	476	12.0	2.4	5.5	3.6	4.9	68	8.7	17
#3 - Super Deluxe Vegetarian	564	19.0	3.5	9.7	4.4	5.6	76	9.2	19
#4 - Traditional Chicken	396	6.8	1.0	2.8	2.2	32.9	57	7.3	25
#5 - Deluxe Chicken	513	16.0	7.5	5.5	2.8	63.0	57	8.2	33
#6 - Super Deluxe Chicken	658	28.0	11.7	11.0	3.3	79.0	64	8.3	38
#7 - Traditional Beef	499	17.0	4.6	7.4	2.7	45.0	62	8.0	26
#8 - Deluxe Beef	687	28.0	11.0	12.0	4.2	71.0	68	8.7	37
#9 - Super Deluxe Beef	836	39.0	15.0	17.0	6.0	92.0	77	9.5	42
#10 - Pesto Specialty Vegetarian	543	28.0	2.9	16.0	8.0	7.7	60	8.0	14
#10 - Pesto Specialty Chicken	599	29.0	3.1	16.3	8.2	40.6	59	7.9	26
#10 - Pesto Specialty Beef	712	39.0	6.7	21.0	9.7	56.0	63	8.7	27
#10 - Shanghai Specialty Vegetarian	654	26.0	4.9	12.0	8.2	27.0	83	12.0	27
#10 - Shanghai Specialty Chicken	699	27.0	5.1	12.0	8.4	60.0	80	11.0	39
#10 - Shanghai Specialty Beef	799	37.0	8.7	16.0	9.0	75.0	82	11.0	40
#10 - Greek Salad Specialty Vegetarian	399	11.0	3.7	4.1	2.2	15.0	61	7.5	15
#10 - Greek Salad Specialty Chicken	470	12.0	4.0	4.4	2.5	48.0	62	7.6	28
#10 - Cous Cous Specialty Vegetarian	398	11.0	1.3	6.2	2.9	0.0	64	5.5	11
#10 - Cous Cous Specialty Chicken	469	13.0	1.6	6.5	3.2	33.0	65	5.6	24
#10 - Cous Cous Specialty Beef	576	22.0	5.2	11.0	3.6	45.0	69	6.3	25
#10 - Curry Specialty Vegetarian	432	9.9	2.8	3.5	2.4	9.4	76	5.6	11
#10 - Curry Specialty Chicken	497	11.0	3.0	4.0	3.6	42.0	76	5.7	24
#10 - Turkey Specialty	598	15.0	3.4	6.1	4.7	51.0	86	4.6	28
#11 - Traditional Breakfast	510	29.0	12.0	10.0	3.4	547.0	31	7.1	30
#12 - Deluxe Breakfast	699	31.0	13.0	12.0	5.0	548.0	65	7.0	38
#13 - Super Deluxe Breakfast Chicken	772	33.0	13.0	11.0	4.4	581.0	67	7.1	51
#13 - Super Deluxe Breakfast Beef	878	43.0	16.0	16.0	5.0	551.0	71	7.9	52
#14 - Original Wet - Vegetarian	724	29.0	12.0	12.0	4.2	43.0	90	7.7	27
#14 - Original Wet - Chicken	787	30.0	12.0	12.0	4.4	76.0	90	7.7	40
#14 - Original Wet - Beef	894	40.0	15.0	16.0	4.9	46.0	94	8.4	41
#15 - Tommy Burrito	579	23.0	11.0	7.6	2.8	78.0	58	2.3	33
#15 - Tommy Veggie Style	598	22.0	10.0	7.1	2.7	43.0	75	7.7	26

All nutrient claims are according to the Canadian Food Inspection Agency Guidelines and were prepared by a Registered Dietitian