

# Eat-Well Menu

## SANDWICHES & TAKE-AWAY SALADS

smoked salmon with cucumber, red onion, low-fat cream cheese & spinach  
on multi-grain rye bread .....\$38  
*Calories - 235, Carbs - 28.5g, Protein - 23g, Total fat - 5g*

smoked turkey & low-fat emmental with cranberry sauce on multi-grain rye bread.....\$38  
*Calories - 120, Carbs - 16g, Protein - 8.5g, Total fat - 3g*

baked ham with low-fat cheddar, tomato & sweet pickle on multi-grain rye bread.....\$38  
*Calories - 110, Carbs - 15.5g, Protein - 7g, Total fat - 3g*

grilled eggplant & Portobello on multi-grain rye bread .....\$38  
*Calories - 180, Carbs - 20g, Protein - 15g, Total fat - 4.5g*

spicy chicken, brown rice & spinach whole-grain wrap .....\$38  
*Calories - 145, Carbs - 21g, Protein - 8.5g, Total fat - 2.5g*

grilled eggplant, roasted pepper & skimmed-milk mozzarella whole-wheat wrap.....\$38  
*Calories - 135, Carbs - 18.5g, Protein - 5.5g, Total fat - 4g*

chicken, avocado & spinach on whole multi-grain bread.....\$38  
*Calories - 125, Carbs - 17.5g, Protein - 6g, Total fat - 5g*

grilled chicken breast with organic baby spinach salad & strawberry dressing.....\$38  
*Calories - 310, Carbs - 18g, Protein - 28g, Total fat - 15g*

shrimp with tomato, cucumber, hard-boiled egg salad & white balsamic dressing.....\$38  
*Calories - 240, Carbs - 9g, Protein - 29g, Total fat - 9g*

chicken Caesar salad.....\$38  
*Calories - 270, Carbs - 11g, Protein - 27g, Total fat - 13g*

tomato & skimmed-milk mozzarella with rocket leaf salad.....\$38  
*Calories - 150, Carbs - 11g, Protein - 9g, Total fat - 9g*

smoked salmon salad with cucumber & capers dressing.....\$38  
*Calories - 400, Carbs - 6g, Protein - 62g, Total fat - 15g*

