

MDBC: Bread, Alberta Sourdough - Clone 3723
Pack Size: 0 per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size 2 slices (85 g) / Portion	
Servings Per Container 1	
Portions par contenant 1	
Calories 180 (750 kJ)	% Daily Value*
	% valeur quoidienne*
Total Fat / Lipides 0.5 g	1%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 37 g	
Fibre / Fibres 1 g	4%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 0 g	0%
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 280 mg	12%
Potassium / Potassium 50 mg	1%
Calcium 50 mg	4%
Iron / Fer 2 mg	11%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 2 mg	15%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, SEA SALT

MDBC: Bread, Alberta Sourdough Baguette - MDBC24
Pack Size: 0 per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size per 100g (100 g) / Portion	
Servings Per Container 3	
Portions par contenant 3	
Calories 210 (870 kJ)	% Daily Value*
	% valeur quoidienne*
Total Fat / Lipides 0.5 g	1%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 43 g	
Fibre / Fibres 2 g	7%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 0 g	0%
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 330 mg	14%
Potassium / Potassium 50 mg	1%
Calcium 75 mg	6%
Iron / Fer 2.25 mg	13%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 2 mg	15%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, SEA SALT

MDBC: Bread, Savoury Focaccia (Beef) - MDBC64
Pack Size: 0 per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size per 100g (100 g) / Portion	
Servings Per Container 6	
Portions par contenant 6	
Calories 180 (750 kJ)	% Daily Value*
% valeur quotidienne*	
Total Fat / Lipides 3.5 g	5%
Saturated / saturés 0.5 g	3%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 30 g	
Fibre / Fibres 1 g	4%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 2 g	2%
Protein / Protéines 7 g	
Cholesterol / Cholestérol 15 mg	5%
Sodium / Sodium 520 mg	23%
Potassium / Potassium 100 mg	3%
Calcium 50 mg	4%
Iron / Fer 1.75 mg	10%
Vitamin A / Vitamine A	1%
Vitamin C / Vitamine C 1 mg	2%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 2 mg	15%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, BEEF CHUCK ROLL, CHICKEN, SALT, MAYONNAISE, ONION, AGED CHEDDAR (MILK, MODIFIED MILK INGREDIENTS, CREAM, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, COLOUR, MICROBIAL ENZYME.), OLIVE OIL, GRANULATED SUGAR, CARROTS, SEA SALT, CELERY, HORSERADISH, TOMATO, GARLIC, CANOLA OIL, CARAMEL COLOR (SULFITES), WATER, VEGETABLE BASE (WATER, CARROTS, CELERY, CABBAGE, ONION, PARSLEY, TURNIPS, PARNIPS), LESS THAN 2% OF: SPICES, SALT, SODIUM BENZOATE ADDED TO PRESERVE FRESHNESS, AU JUS: SUGARS (CORN SYRUP SOLIDS, DEXTROSE, MALTODEXTRIN, SUGAR), SALT, CORN STARCH, POTATO STARCH, HYDROLYZED SOY PROTEIN, COLOUR (CARAMEL), FLOUR (WHEAT), CANOLA OIL, YEAST EXTRACT (BARLEY), CITRIC ACID, GARLIC POWDER, DISODIUM GUANYLATE, DISODIUM INOSINATE, FLAVOUR (INCLUDES CELERY, ONION, SULPHITES), BEEF EXTRACT, SUNFLOWER OIL., GARLIC, DIJON MUSTARD, BLACK PEPPER, PARSLEY, THYME, BAY LEAVES

NUTRITIONAL INFORMATION

	Serving (wt-oz)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
SEASONAL												
Spicy Calabrian Turkey Focaccia	13.7 oz	900	510	55	9	0	85	1770	62	4	10	38
Golden State Cobb	19.5 oz	750	560	60	13	0	240	1430	29	11	9	30
without dressing	17.5 oz	450	260	28	10	0	230	880	26	11	7	29
Seasonal GOAT with Pink Lady Apples	15.7 oz	710	410	44	6	0	10	540	74	13	33	14
without dressing	14.2 oz	500	220	23	4.5	0	10	300	67	13	28	14
SANDWICHES												
"Not So Fried" Chicken	14.8 oz	900	450	48	6	0	85	1350	79	5	10	35
Peruvian Steak Sandwich	11.8 oz	780	410	46	12	0	110	2340	54	3	13	41
Prosciutto & Chicken	12.5 oz	790	360	38	10	0	85	1430	63	5	10	44
Chimichurri Steak and Bacon	13.2 oz	950	470	51	10	0	105	2270	76	3	18	43
Vegan Banh Mi	12.4 oz	670	270	29	3.5	0	0	1560	77	4	18	22
The Happy Hippie	15.7 oz	820	440	47	6	0	10	960	88	12	15	14
Chicken Parm Dip	11.5 oz	940	450	49	12	0	110	2030	75	3	4	46
The Farm Club	13.9 oz	760	320	34	8	0	100	1620	69	6	7	40
Chicken Pesto Caprese	13.8 oz	800	400	42	9	0	90	1180	57	4	5	42
Vegetarian Pesto Caprese	13.3 oz	950	550	57	18	0	75	810	57	4	5	39
Turkey Avo Salsa Verde	16.1 oz	840	430	45	11	0	115	1490	63	7	8	41
Chicken Hummus Crunch Wrap	19.5 oz	1060	530	58	13	0	75	1990	97	6	10	37
½ SANDWICH COMBOS												
Chicken Pesto Caprese - Vegetarian	6.7 oz	480	280	28	9	0	35	410	28	2	3	19
Chicken Pesto Caprese	6.9 oz	400	200	21	4.5	0	45	590	28	2	3	21
The Farm Club	7 oz	380	160	17	4	0	50	810	34	3	4	20
Vegan Banh Mi	6.2 oz	330	140	15	1.5	0	0	780	39	2	9	11
"Not So Fried" Chicken	7.4 oz	450	220	24	3	0	45	670	39	3	5	17
Turkey Avo Salsa Verde	8 oz	420	220	23	6	0	55	740	31	4	4	21
SALADS												
Avocado & Quinoa Superfood Ensalada	16.1 oz	690	470	51	8	0	20	1090	47	15	10	19
without dressing	14.1 oz	400	210	22	6	0	20	570	41	14	5	19
add chicken	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
add Impossible Chorizo	2.3 oz	130	70	7	4	0	0	430	7	2	< 1g	10
add Beyond Chorizo	2.3 oz	140	80	9	2.5	0	0	410	5	2	< 1g	10
Thai Mango Salad	19.7 oz	840	460	50	14	0	60	1780	70	12	38	35
without dressing	17.7 oz	640	320	34	12	0	60	1020	55	12	25	34
Baja Green Goddess Salad	15.3 oz	600	380	40	11	0	40	800	50	12	9	15
without dressing	13.3 oz	410	200	21	8	0	25	350	46	12	6	15
add chicken adobado	4.0 oz	100	20	2	0	0	50	500	2	0	1	17
add Impossible Chorizo	2.3 oz	130	70	7	4	0	0	430	7	2	< 1g	10
add Beyond Chorizo	2.3 oz	140	80	9	2.5	0	0	410	5	2	< 1g	10
Chen's Crispy Rice Salad with chicken	16.1 oz	700	340	37	3.5	0	60	1580	64	10	22	35
without dressing	14.1 oz	500	190	20	2.5	0	60	960	54	9	15	34
Chen's Crispy Rice Salad with tofu	16.8 oz	790	420	46	5	0	0	1750	76	11	28	29
without dressing	14.8 oz	600	270	30	4	0	0	1130	66	10	21	28
The Modern Caesar	17.8 oz	680	530	56	9	0	150	920	30	11	9	18
without dressing	15.2 oz	260	140	14	4	0	10	390	25	11	7	13
add chicken	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
Not So Fried Chicken - Salad Style	19.1 oz	740	440	47	4.5	0	65	1510	50	7	21	31
without dressing	16.1 oz	420	190	20	2	0	65	1020	36	7	11	27
KIDS MEALS												
Grilled Cheddar Cheese Sandwich	5.4 oz	610	360	39	21	0	130	650	43	2	8	22
Peanut Butter & Jelly	4.9 oz	520	210	23	4.5	0	40	410	69	5	24	14
Cheddar Cheese Quesadilla	4.9 oz	410	230	24	11	0	45	670	35	7	0	16
Turkey & Cheddar Sandwich	6.1 oz	540	270	30	14	0	125	740	43	2	8	26
Crispy Chicken Tenders (turbo chef)	6.0 oz	320	130	14	2.5	0	60	670	18	2	3	30
Organic Ketchup	1.0 oz	35	0	0	0	0	0	320	8	0	7	0
Vegan Ranch Dressing	1.0 oz	120	120	13	1	0	0	120	< 1g	0	0	0
Pizza Melt	6.5 oz	610	320	35	16	0	120	1090	45	2	9	27
Apples	2 oz	35	0	0	0	0	0	0	8	2	5	0

NUTRITIONAL INFORMATION

Serving (wt-oz)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
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DRESSINGS & SAUCES

Baja Green Goddess Dressing	2 fl oz	190	170	19	4	0	15	450	4	0	3	< 1g
Basil Pesto-Balsamic Vinaigrette	1 fl oz	110	90	10	1	0	0	140	3	0	2	1
Chipotle Vinaigrette	2 fl oz	280	260	29	2.5	0	0	520	6	< 1g	5	0
Ginger Ponzu Dressing	2 fl oz	250	220	25	2.5	0	0	600	8	0	7	< 1g
Classic Caesar Dressing	2 fl oz	340	310	34	4	0	110	420	4	0	2	4
Farmhouse Vinaigrette	2 fl oz	280	250	28	2	0	0	330	9	0	7	0
Jalapeno Salsa Verde	2 fl oz	25	15	2	0	0	0	170	3	< 1g	2	0
Miso Mustard Sesame Dressing	2 fl oz	220	160	18	1.5	0	0	650	13	0	10	1
Mustard Shallot Vinaigrette	2 fl oz	240	220	24	1.5	0	0	200	6	0	3	0
Rustic Red Wine Vinaigrette	2 fl oz	300	290	32	3.5	0	10	550	3	0	2	0
Pomodoro Sauce	2 fl oz	60	35	3.5	0.5	0	0	340	6	0	4	< 1g
Tangy BBQ Sauce	2 fl oz	50	0	0	0	0	0	540	13	0	12	< 1g
Thai Almond Dressing	2 fl oz	200	140	16	1.5	0	0	750	15	< 1g	14	1
Vegan Ranch	2 fl oz	250	240	26	2	0	0	240	2	0	0	0

BREADS

Ciabatta	3.7 oz	260	35	3.5	0.5	0	0	160	47	2	0	7
Gluten Free Bread	5.3 oz	420	170	18	2	0	0	920	62	6	8	6
Mom's Seeded Whole Wheat	4.1 oz	320	60	6	2	0	10	400	58	2	4	8
Mejorado Vegan Tortilla	1 wrap	460	170	18	8	0	0	710	64	2	0	9
Potato Brioche Hoagie	2.5 oz	240	60	6	1	0	35	500	38	2	3	8
Sesame Roll	4.0 oz	300	45	5	0.5	0	0	640	54	2	1	8
Sourdough	4.7 oz	300	20	2	0	0	0	600	62	2	2	10
Walnut Cranberry Bread	3.8 oz	340	110	12	1	0	0	440	54	4	18	8

DELI SIDES

Southern Potato Salad Small	4.5 oz	260	160	17	1	0	0	400	22	1	2	2
Southern Potato Salad Medium	9 oz	530	330	33	2	0	0	790	44	3	4	4
Southern Potato Salad Large	18 oz	1050	660	67	3.5	0	0	1590	87	6	8	7
Basil Pesto Shells Small	3.5 oz	270	140	15	3.5	0	15	650	24	2	2	8
Basil Pesto Shells Medium	7 oz	540	280	30	7	0	30	1300	48	4	4	16
Basil Pesto Shells Large	14 oz	1070	560	59	14	0	55	2600	96	8	8	33
Kale and Apple Salad Small	3.5 oz	250	190	21	3.5	0	0	125	17	3	8	1
Kale and Apple Salad Medium	7 oz	510	380	42	7	0	0	250	35	6	16	2
Kale and Apple Salad Large	14 oz	1020	770	85	15	0	0	500	69	11	31	5
Curried Couscous Small	4.5 oz	290	180	18	0	0	0	600	25	2	7	2
Curried Couscous Medium	9 oz	580	360	36	0	0	0	1210	49	4	13	4
Curried Couscous Large	18 oz	1160	720	72	0	0	0	2420	98	9	27	9

SOUPS

Greek Lemon Chicken and Farro Soup cup	8 oz	180	110	12	7	0	35	1040	16	2	3	4
Greek Lemon Chicken and Farro Soup bowl	16 oz	360	220	24	14	0	70	2070	32	4	6	8
Tomato Basil Soup cup	8 oz	270	180	20	12	0	70	640	20	2	12	3
Tomato Basil Soup bowl	16 oz	540	360	40	24	0	140	1280	40	4	24	6

NUTRITIONAL INFORMATION

Serving (wt-oz)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
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BEVERAGES

Iced Tea – 16oz	16 fl oz	5	0	0	0	0	0	15	1	0	0	0
Iced Tea – 20oz	20 fl oz	5	0	0	0	0	0	20	2	0	0	0
Lemonade – 16oz	16 oz	260	0	0	0	0	0	30	65	0	58	0
Lemonade – 20oz	20 oz	320	0	0	0	0	0	35	85	0	74	0
Guava Lemonade – 16oz	16 oz	350	10	1	0	0	0	30	87	9	71	< 1g
Guava Lemonade – 20oz	20 oz	440	10	1	0	0	0	35	109	11	89	1
Get Your Greens – 16oz	16 oz	240	5	0.5	0	0	0	40	60	1	53	3
Get Your Greens – 20oz	20 oz	240	5	0.5	0	0	0	40	60	1	53	3
Pomegranate Mint Lemonade – 16oz	16 oz	260	0	0	0	0	0	35	65	0	0	0
Pomegranate Mint Lemonade – 20oz	20 oz	320	0	0	0	0	0	40	81	0	73	0
Organic Valley Milk	6.75 fl oz	90	20	2	1.5	0	10	105	10	0	10	7

WINES

WHITE

SPELLBOUND Chardonnay	6 fl oz	130	0	0	0	0	0	10	4	0	2	0
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RED

SPELLBOUND Cabernet	6 fl oz	140	0	0	0	0	0	0	5	0	0	0
NOTES Pinot Noir	6 fl oz	140	0	0	0	0	0	0	4	0	0	0
MATCHBOOK Rose	6 fl oz	130	0	0	0	0	0	10	2	0	0	0
TINTO REY Rose	6 fl oz	130	0	0	0	0	0	10	2	0	0	0
TINTO REY Tempranillo	6 fl oz	150	0	0	0	0	0	10	5	0	1	0

BEERS

SO CAL

MODERN TIMES Ice Pilsner	12 oz	160	0	0	0	0	0	20	15	0	1	1
REFUGE Blood Orange Wit	12 oz	200	0	0	0	0	0	20	17	0	4	1
SMOG CITY IPA	12 oz	230	0	0	0	0	0	20	13	0	1	2
THREE WEAVERS Cloud City Hazy IPA	12 oz	210	0	0	0	0	0	20	12	0	1	2
PIZZA PORT Shark Bite Red Ale	12 oz	220	0	0	0	0	0	20	18	0	< 1g	2
MADEWEST Standard Blonde Ale	12 oz	210	0	0	0	0	0	20	18	0	1	2
PIZZA PORT Chronic Ale Amber	12 oz	170	0	0	0	0	0	20	12	0	1	1
MOTHER EARTH Boo Koo IPA	12 oz	210	0	0	0	0	0	20	12	0	1	2
SOCIETE The Pupil IPA	12 oz	240	0	0	0	0	0	20	14	0	1	2
MIKKELLER Windy Hill Hazy IPA	12 oz	220	0	0	0	0	0	20	13	0	1	2

NOR CAL

TRUMER Pils Pilsner	12 oz	180	0	0	0	0	0	20	14	0	1	1
21ST AMENDMENT Brew Free! Or Die Blood Orange IPA	12 oz	240	0	0	0	0	0	20	15	0	< 1g	2
FIRESTONE Mind Haze Hazy IPA	12 oz	200	0	0	0	0	0	20	11	0	1	2
SIERRA NEVADA Hazy Little Thing Hazy IPA	12 oz	230	0	0	0	0	0	20	17	0	< 1g	2
DRAKES Hefeweizen	12 oz	160	0	0	0	0	0	20	12	0	< 1g	2
SEISMIC Megathrust IPA	12 oz	240	0	0	0	0	0	20	14	0	1	2
SUDWERK People's Pilsner	12 oz	190	0	0	0	0	0	20	14	0	1	1
TRACK 7 Panic IPA	12 oz	220	0	0	0	0	0	20	13	0	1	2

TEXAS

SPINDLETAP Boomtown Blonde Ale	12 oz	190	0	0	0	0	0	20	16	0	< 1g	2
ST ARNOLD Fancy Lawnmower German-Style Kolsch	12 oz	170	0	0	0	0	0	20	13	0	< 1g	< 1g
ST ARNOLD Art Car IPA	12 oz	230	0	0	0	0	0	20	13	0	< 1g	2
LONE PINT BREWERY Yellow Rose IPA	12 oz	230	0	0	0	0	0	20	17	0	< 1g	2
KARBACH BREWING Love Street Citrus Wheat	12 oz	160	0	0	0	0	0	20	13	0	0	2
COMMUNITY Texas Lager	12 oz	120	0	0	0	0	0	20	10	0	1	1
TUPPS BREWERY Juice Pack Pale Ale	12 oz	170	0	0	0	0	0	20	13	0	1	2
DEEP ELLUM BREWING Easy Peasy IPA	12 oz	170	0	0	0	0	0	20	14	0	1	2

SEATTLE

FREMONT BREWING - Golden Pilsner	12 oz	140	0	0	0	0	0	20	12	0	1	< 1g
FREMONT BREWING - Summer Pale Ale	12 oz	160	0	0	0	0	0	20	13	0	1	2
GEORGETOWN BREWING - Lucille IPA	12 oz	220	0	0	0	0	0	20	13	0	< 1g	2
SILVER CITY BREWERY - Tropic Haze IPA	12 oz	200	0	0	0	0	0	20	14	0	< 1g	2

NUTRITIONAL INFORMATION

CATERING

Serving (wt-oz)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
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SANDWICHES

The Farm Club	1/2 sandwich	380	160	17	4	0	50	810	34	3	4	20
Chimichurri Steak & Bacon	1/2 sandwich	470	240	26	5	0	55	1130	38	2	9	22
Chicken Pesto Caprese	1/2 sandwich	400	200	21	4.5	0	45	590	28	2	3	21
Mario's Caprese	1/2 sandwich	480	280	28	9	0	35	410	28	2	3	19
Prosciutto & Chicken	1/2 sandwich	420	190	20	5	0	45	950	35	3	6	23
Turkey Avo Salsa Verde	1/2 sandwich	420	220	23	6	0	55	740	31	4	4	21
Vegan Banh Mi	1/2 sandwich	320	130	14	1.5	0	0	790	39	2	9	11
"Not So Fried" Chicken	1/2 sandwich	450	220	24	3	0	45	670	39	3	5	17

SPECIALTY LEAFY SALADS

(Recommended portions w/dressing)

Avocado & Quinoa Superfood Ensalada (low portion)	3.7 oz	150	100	11	2	0	< 5mg	230	10	3	2	4
Avocado & Quinoa Superfood Ensalada (high portion)	4.9 oz	200	140	15	2.5	0	5	310	14	4	3	6
The Seasonal GOAT with Pink Lady Apples (low portion)	3.4 oz	180	110	12	2	0	< 5mg	250	19	2	15	3
The Seasonal GOAT with Pink Lady Apples (high portion)	5.1 oz	270	150	17	2.5	0	< 5mg	340	29	3	23	4
Chen's Crispy Rice Salad (low portion)	3.5 oz	170	90	10	0.5	0	10	380	14	2	6	6
Chen's Crispy Rice Salad (high portion)	5 oz	230	130	14	1	0	10	510	22	3	9	8
The Modern Caesar (low portion)	2.9 oz	160	120	13	3	0	30	230	8	2	1	4
The Modern Caesar (high portion)	4.2 oz	220	160	18	4	0	40	310	10	3	2	7
Field Greens Salad (low portion)	1.9 oz	70	50	6	0	0	0	70	4	< 1g	3	0
Field Greens Salad (high portion)	2.5 oz	90	70	8	0.5	0	0	90	6	< 1g	4	< 1g

ADD CHICKEN FOR SALADS

Low Portion	0.5 oz	15	5	0	0	0	10	70	0	0	0	3
High Portion	0.7 oz	20	5	0	0	0	10	95	0	0	0	4

BOXED SALADS

(nutrition info does not include chips, cookie, or deli side)

Avocado & Quinoa Superfood Ensalada	8.2 oz	210	100	11	3	0	10	290	23	8	3	10
Chipotle Vinaigrette	1.75 fl oz	250	230	25	2	0	0	450	5	0	4	0
Chen's Crispy Rice Salad with Chicken	11.3 oz	420	160	18	1.5	0	60	750	40	6	11	30
Miso Sesame Dressing	2 fl oz	190	150	16	1	0	0	610	10	1	7	1
The Modern Caesar 2.0	7.3 oz	190	90	10	2	0	35	410	10	5	3	16
Classic Caesar Dressing	1.75 fl oz	300	270	30	3.5	0	95	370	4	0	2	4
Field Greens Salad	4.6 oz	35	5	0	0	0	0	10	7	2	4	1
Farmhouse Vinaigrette	1.75 fl oz	210	180	21	1.5	0	0	110	7	< 1g	6	0

BOXED SANDWICHES

see 1/2 sandwiches above

GOURMET DELI SIDES

(Recommended portions)

Basil Pesto Shells (low portion)	2.9 oz	210	110	12	3	0	10	520	19	2	2	7
Basil Pesto Shells (high portion)	4.1 oz	310	160	17	4	0	15	750	27	2	2	10
Southern Potato Salad (low portion)	3.6 oz	210	130	13	0.5	0	0	320	17	1	2	1
Southern Potato Salad (high portion)	4.8 oz	280	180	18	1	0	0	420	23	1	2	2
Kale and Apple Salad (low portion)	2.4 oz	180	130	15	2.5	0	0	85	12	2	5	< 1g
Kale and Apple Salad (high portion)	3.7 oz	270	210	23	4	0	0	135	18	3	8	1
Curried Couscous (low portion)	3.6 oz	230	140	14	0	0	0	480	20	2	5	2
Curried Couscous (high portion)	4.8 oz	310	190	19	0	0	0	640	26	2	7	2

NUTRITIONAL INFORMATION

CATERING

Serving (wt-oz)	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Total Sugar (g)	Protein (g)
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CHEFFY COCKTAIL SANDWICHES

(10 per order, nutrition by piece)

BBQ Chicken & Smoked Gouda	1 piece	220	60	7	2.5	0	40	670	24	1	3	15
Caprese	1 piece	250	130	14	6	0	40	250	21	1	4	9
Tuscan Steak	1 piece	250	130	14	2	0	25	520	21	1	< 1g	11
Balsamic Steak & Bacon	1 piece	220	100	11	2	0	20	440	22	1	< 1g	8
Prosciutto and Fig	1 piece	190	60	6	3	0	35	410	24	1	7	8

GRAZING TRAYS

(Recommended portions)

Meat & Cheese Tray	42.8 oz	2760	1260	140	63	0	370	5510	259	13	138	128
Low Portion	4.3 oz	280	130	14	6	0	35	550	26	1	14	13
High Portion	7.1 oz	460	210	23	11	0	60	920	43	2	23	21
Veggies, Chips & Dip Tray	56.0 oz	3240	1410	150	15	0	0	5650	404	50	60	83
Low Portion	5.6 oz	320	140	15	1.5	0	0	560	40	5	6	8
High Portion	9.3 oz	540	240	25	2.5	0	0	940	67	8	10	14

CRAFTED FOR KIDS

Peanut Butter & Jelly Platter	1 piece	120	35	4	0.5	0	0	130	18	1	5	3
Cheddar Cheese Sack Lunch	1 sandwich	610	360	39	21	0	130	650	43	2	8	22
Peanut Butter & Jelly Sack Lunch	1 sandwich	520	210	23	4.5	0	40	410	69	5	24	14
Turkey & Cheddar Sack Lunch	1 sandwich	540	270	30	14	0	125	740	43	2	8	26

DESSERTS

Chocolate Chip Cookie	1 piece	240	100	11	4	0	10	140	36	1	20	2
Double Chocolate Chip Cookie	1 piece	250	120	13	8	0	35	125	33	1	22	2
Oatmeal Raisin Cookie	1 piece	200	60	7	2	0	20	105	33	2	18	3

NORTHERN CA STORES

Chocolate Chunk	1 piece	210	100	11	7	0	30	320	29	2	17	4
Ginger Molasses	1 piece	200	50	6	4	0	30	290	34	<1	18	3
Lemon Cheesecake	1 piece	200	60	7	4	0	30	110	32	<1	18	2
Oat, Hemp and Date	1 piece	210	70	8	6	0	65	30	33	3	19	3

ALLERGEN INFORMATION

	Egg	Soy	Wheat	Peanut	Treenut	Milk	Fish	Shellfish	Gluten	Sesame	Coconut	Seeds	VG/V?	GF/RF?
SEASONAL														
Spicy Calabrian Turkey Focaccia	✓					✓								RGF
Golden State Cobb	✓					✓	✓							GF
Seasonal GOAT with Pink Lady Apples					✓	✓								GF
SANDWICHES														
"Not So Fried" Chicken	✓		✓			✓			✓					
Peruvian Steak Sandwich	✓					✓	✓							RGF
Prosciutto & Chicken					✓	✓								RGF
Chimichurri Steak and Bacon	✓													RGF
Vegan Banh Mi		✓	✓						✓	✓			V	
The Happy Hippie		✓				✓							VG	RGF
Chicken Parm Dip	✓		✓			✓			✓					
The Farm Club	✓													RGF
Chicken Pesto Caprese						✓								RGF
Vegetarian Pesto Caprese						✓							VG	RGF
Turkey Avo Salsa Verde	✓					✓								RGF
Chicken Hummus Crunch Wrap			✓			✓								
SALADS														
Avocado & Quinoa Superfood Ensalada						✓							VG	GF
Thai Mango Salad		✓	✓		✓		✓		✓	✓				
Baja Green Goddess Salad	✓	✓	✓			✓			✓		✓			
Chen's Crispy Rice Salad with chicken		✓	✓		✓				✓	✓				
The Modern Caesar	✓					✓	✓							GF
Not So Fried Chicken - Salad Style			✓			✓			✓					
Field Greens Salad													V	GF
KIDS MEALS														
Grilled Cheddar Cheese Sandwich	✓		✓			✓			✓				VG	
Peanut Butter & Jelly	✓		✓	✓		✓			✓				VG	
Turkey & Cheddar Sandwich	✓		✓			✓			✓					
Crispy Chicken Tenders		✓	✓						✓					
Pizza Melt	✓		✓			✓			✓					
Apples													V	GF
DELI SIDES & SOUPS														
Creamy Tomato Soup						✓							VG	GF
Greek Lemon, Chicken & Farro Soup			✓			✓			✓					
Basil Pesto Shells			✓			✓			✓				VG	
Curried Couscous		✓	✓						✓				V	
Kale & Apple Salad					✓	✓					✓		VG	GF
Southern Potato Salad		✓											V	GF
HOUSEMADE BEVERAGES														
Get Your Greens													V	GF
Guava Lemonade													V	GF
Lemonade													V	GF
Passionfruit Black Tea													V	GF
Pomegranate Mint Lemonade													V	GF
PROTEINS														
Beyond Chorizo			✓						✓		✓		V	
Impossible Chorizo		✓	✓						✓		✓		V	
Marinated Tofu		✓								✓			V	GF
Roasted Chicken Breast														GF
Roasted Turkey Breast														GF
Steak														GF

ALLERGEN INFORMATION

	Egg	Soy	Wheat	Peanut	Treenut	Milk	Fish	Shellfish	Gluten	Sesame	Coconut	Seeds	VG/V?	GF/RGF?
BREADS														
Ciabatta			✓						✓				V	
Focaccia			✓						✓				V	
Kids' Bread (Pullman Brioche)	✓		✓			✓			✓				VG	
Mom's Seeded Whole Wheat			✓						✓	✓		✓	VG	
Potato Roll	✓		✓						✓				VG	
Sesame Roll			✓						✓	✓		✓	V	
Sourdough			✓						✓				V	
Brioche Slider (Mini Cheffy Bun)	✓		✓			✓			✓				VG	
Sesame Roll			✓						✓	✓		✓	V	
Brioche Slider			✓			✓			✓				VG	
Mejorado Vegan Tortilla			✓						✓				V	
Omg It's Gluten-Free Bread	✓											✓	VG	GF
SAUCES & DRESSINGS														
Aji Amarillo Sauce							✓							GF
Balsamic Glaze													V	GF
French's Yellow Mustard													V	GF
Jalapeno Salsa Verde													V	GF
Mama Lil's Pickled Sweet Peppers													V	GF
Mustard Pickle Remoulade			✓			✓			✓				VG	
Pomodoro													V	GF
Salsa Verde Aioli	✓												VG	GF
Sweet Chili Sauce													V	GF
Tangy BBQ Sauce													V	GF
Vegan Aioli		✓											V	GF
Baja Green Goddess Dressing	✓	✓	✓			✓			✓				VG	
Basil Pesto Vinaigrette						✓							VG	GF
Caesar Dressing	✓					✓	✓							GF
Chipotle Vinaigrette													V	GF
Farmhouse Vinaigrette													V	GF
Thai Almond Dressing		✓	✓		✓		✓		✓	✓				
Vegan Ranch		✓											V	GF
CATERING														
Meat & Cheese Grazing Board			✓		✓	✓			✓					
Veggie Chip & Dip Tray			✓						✓				V	
Caprese						✓							VG	
BBQ Chicken & Gouda						✓								
Balsamic Steak & Bacon	✓													
Tuscan Steak	✓					✓								
Italian Prosciutto & Fig						✓								
PB&J	✓		✓	✓		✓			✓				VG	
Cheddar Cheese	✓		✓			✓			✓				VG	
DESSERTS														
Chocolate Chip Cookies	✓	✓	✓						✓				VG	
Double Chocolate Chip Cookies	✓	✓	✓			✓			✓				VG	
Oatmeal Raisin	✓		✓						✓				VG	
Chocolate Chunk	✓	✓	✓			✓			✓				VG	
Ginger Molasses Cookie	✓		✓			✓			✓				VG	
Lemon Cheesecake	✓	✓	✓			✓			✓				VG	
Oatmeal, Hemp, Date Cookie			✓						✓		✓	✓	V	

MDBC: Bread, Savoury Focaccia (Pork) - MDBC65
Pack Size: 0 per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size per 100g (100 g) / Portion	
Servings Per Container 6	
Portions par contenant 6	
Calories 210 (870 kJ)	% Daily Value*
% valeur quotidienne*	
Total Fat / Lipides 3 g	4%
Saturated / saturés 0.5 g	2%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 39 g	
Fibre / Fibres 2 g	7%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 7 g	7%
Protein / Protéines 7 g	
Cholesterol / Cholestérol 5 mg	2%
Sodium / Sodium 600 mg	26%
Potassium / Potassium 100 mg	3%
Calcium 50 mg	4%
Iron / Fer 1.75 mg	10%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C 1 mg	2%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 2 mg	15%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, PORK, BBQ SAUCE, AGED CHEDDAR (MILK, MODIFIED MILK INGREDIENTS, CREAM, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, COLOUR, MICROBIAL ENZYME.), OLIVE OIL, GRANULATED SUGAR, SEA SALT, KETCHUP, SUGAR, SALT, SPICE, ONION POWDER, DEHYDRATED GARLIC, VEGETABLE OIL, DISODIUM INOSINATE, SMOKE FLAVOUR, APPLE CIDER VINEGAR, BROWN SUGAR, HONEY, MUSTARD, WORCESTERSHIRE SAUCE (WATER, VINEGAR, SUGARS (MOLASSES, GLUCOSE-FRUCTOSE) SALT, ANCHOVIES, ONIONS, NATURAL FLAVOUR, GARLIC, SPICE, PAPRIKA EXTRACT), BLACK PEPPER, CAYENNE PEPPER

MDBC: Bread, Sourdough Focaccia - Clone 3724
Pack Size: 0 per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size per 100g (100 g) / Portion	
Servings Per Container 6	
Portions par contenant 6	
Calories 220 (920 kJ)	% Daily Value*
% valeur quotidienne*	
Total Fat / Lipides 2.5 g	3%
Saturated / saturés 0.4 g	2%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 43 g	
Fibre / Fibres 2 g	7%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 2 g	2%
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 640 mg	28%
Potassium / Potassium 50 mg	1%
Calcium 50 mg	4%
Iron / Fer 2.25 mg	13%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 2 mg	15%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, OLIVE OIL, GRANULATED SUGAR, SEA SALT

MDBC: Breakfast, Cinnamon Toast - MDBC23

Pack Size: 1 ea per ea

UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size Per Half Sandwich (45 g) / Portion	
Servings Per Container 1	
Portions par contenant 1	
Calories 40 (160 kJ)	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 0.1 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 9 g	
Fibre / Fibres 0 g	0%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 0 g	0%
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 65 mg	3%
Potassium / Potassium 10 mg	0%
Calcium 10 mg	1%
Iron / Fer 0.5 mg	3%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 0 mg	0%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: CINNAMON SPREAD (GOLDEN SUGAR, GOLDEN SYRUP), CANOLA OIL, MARGARINE, WATER, CINNAMON), ENRICHED WHEAT FLOUR, WATER, SEA SALT

MDBC: Breakfast, Egg Sandwich - MDBC22
Pack Size: 0 per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size per half sandwich (110 g) / Portion	
Servings Per Container 2	
Portions par contenant 2	
Calories 190 (790 kJ)	% Daily Value*
% valeur quotidienne*	
Total Fat / Lipides 8 g	11%
Saturated / saturés 2.5 g	13%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 19 g	
Fibre / Fibres 1 g	4%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 2 g	2%
Protein / Protéines 8 g	
Cholesterol / Cholestérol 5 mg	1%
Sodium / Sodium 390 mg	17%
Potassium / Potassium 75 mg	2%
Calcium 30 mg	2%
Iron / Fer 1 mg	6%
Vitamin A / Vitamine A	4%
Vitamin C / Vitamine C 2 mg	2%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 1 mg	6%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: EGG (WHOLE EGG, CHEESE BLEND ((LIGHT CHEDDAR CHEESE, PART SKIM MOZZARELLA CHEESE, GOUDA CHEESE)), HAM, VINEGAR, WATER, DICED ONIONS, RED PEPPER, GREEN PEPPER, WHOLE MILK POWDER, VEGETABLE OIL, CORNSTARCH, SALT, XANTHAN GUM, CITRIC ACID), ENRICHED WHEAT FLOUR, WATER, TOMATO, MAYONNAISE, LETTUCE, SEA SALT

MDBC: Breakfast, Ivan's & Cheese Stick - MDBC20**Pack Size: 1 ea per ea****UPC Code:**

Nutrition Facts	
Valeur nutritive	
Serving Size Per Half (60 g) / Portion	
Servings Per Container 2	
Portions par contenant 2	
Calories 110 (460 kJ)	% Daily Value*
	% valeur quoidienne*
Total Fat / Lipides 4.5 g	6%
Saturated / saturés 1.5 g	7%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 12 g	
Fibre / Fibres 0 g	0%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 0 g	0%
Protein / Protéines 6 g	
Cholesterol / Cholestérol 15 mg	5%
Sodium / Sodium 280 mg	12%
Potassium / Potassium 100 mg	3%
Calcium 20 mg	2%
Iron / Fer 0.75 mg	4%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C 1 mg	2%
Vitamin D / Vitamine D 0.1 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 2 mg	15%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, PORK, WATER, AGED CHEDDAR (MILK, MODIFIED MILK INGREDIENTS, CREAM, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, COLOUR, MICROBIAL ENZYME.), BACON: (PORK, WATER, SALT, MAPLE FLAVOUR, SUGAR, SODIUM ASCORBATE, SODIUM NITRITE, SPICE EXTRACT, SMOKE), SMOKED HAM, SALT, SPICE, GARLIC POWDER, SODIUM NITRITE, SMOKE FLAVOUR, VEGETABLE OIL (ANDROPYLENE GLYCOL), PORK CASING, SEA SALT

MDBC: Breakfast, Sausage Roll Mile 12 (each) - MDBC21
Pack Size: 0 per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size per link (100 g) / Portion	
Servings Per Container 5	
Portions par contenant 5	
Calories 0 (0 kJ)	% Daily Value*
% valeur quotidienne*	
Total Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 0 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 0 mg	0%
Potassium / Potassium 0 mg	0%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 0 mg	0%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

MDBC: Kids, Grilled Cheese - MDBC19
Pack Size: 1 ea per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size Per Half Sandwich (65 g) / Portion	
Servings Per Container 2	
Portions par contenant 2	
Calories 60 (250 kJ)	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 0.2 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 13 g	
Fibre / Fibres 1 g	4%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 0 g	0%
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 100 mg	4%
Potassium / Potassium 20 mg	1%
Calcium 20 mg	2%
Iron / Fer 0.75 mg	4%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 1 mg	6%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, GARLIC BUTTER (CANOLA OIL & MODIFIED PALM & PALM KERNEL OIL, MARGARINE, MINCED GARLIC, GARLIC, GARLIC POWDER, ONION POWDER, CITRIC ACID, HERBS), AGED CHEDDAR (MILK, MODIFIED MILK INGREDIENTS, CREAM, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, COLOUR, MICROBIAL ENZYME.), SEA SALT

MDBC: Kids, Ham and Cheese - MDBC17
Pack Size: 1 ea per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size Per Half Sandiwch (73 g) / Portion	
Servings Per Container 2	
Portions par contenant 2	
Calories 170 (710 kJ)	% Daily Value*
% valeur quoidienne*	
Total Fat / Lipides 10 g	13%
Saturated / saturés 6 g	32%
+ Trans / trans 0.5 g	
Total Carbohydrate / Glucides 13 g	
Fibre / Fibres 1 g	4%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 0 g	0%
Protein / Protéines 6 g	
Cholesterol / Cholestérol 35 mg	11%
Sodium / Sodium 330 mg	15%
Potassium / Potassium 75 mg	2%
Calcium 20 mg	2%
Iron / Fer 0.75 mg	4%
Vitamin A / Vitamine A	8%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0.1 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 1 mg	6%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, HAM (PORK, WATER, SALT, SOY PROTEIN, POTATO STARCH, DEXTROSE, PORK STOCK, SODIUM NITRITE, SODIUM TRIPOLYPHOSPHATE, BROWN SUGAR, SPICES, SMOKE FLAVOUR, SODIUMERYTHORBATE, ASCORBIC ACID), BUTTER, AGED CHEDDAR (MILK, MODIFIED MILK INGREDIENTS, CREAM, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, COLOUR, MICROBIAL ENZYME.), SEA SALT

MDBC: Kids, Peanut Butter and Jam - MDBC18

Pack Size: 1 ea per ea

UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size Per Half Sandwich (80 g) / Portion	
Servings Per Container 2	
Portions par contenant 2	
Calories 300 (1250 kJ)	% Daily Value*
	% valeur quoidienne*
Total Fat / Lipides 13 g	17%
Saturated / saturés 2.5 g	13%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 41 g	
Fibre / Fibres 3 g	11%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 3 g	3%
Protein / Protéines 7 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 210 mg	9%
Potassium / Potassium 150 mg	4%
Calcium 30 mg	2%
Iron / Fer 1 mg	6%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 2 mg	15%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 4 mg	25%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, SUGAR/GLUCOSE-FRUCTOSE, RASPBERRIES, WATER, FRUIT PECTIN, CITRIC ACID, MONO-AND DIGLYCERIDES., PEANUT BUTTER (DRY ROASTED PEANUTS, ICING SUGAR, HYDROGENATED VEGETABLE OIL ((RAPESEED, COTTONSEED, SOYBEAN))), SALT), SEA SALT

MDBC: Sandwich, Beef Pot Roast - MDBC09
Pack Size: 1 ea per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size Per Half Sandwich (185 g) / Portion	
Servings Per Container 2	
Portions par contenant 2	
Calories 240 (1000 kJ)	% Daily Value* % valeur quoidienne*
Total Fat / Lipides 7 g	9%
Saturated / saturés 1.5 g	8%
+ Trans / trans 0.1 g	
Total Carbohydrate / Glucides 28 g	
Fibre / Fibres 2 g	7%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 2 g	2%
Protein / Protéines 16 g	
Cholesterol / Cholestérol 70 mg	24%
Sodium / Sodium 530 mg	23%
Potassium / Potassium 300 mg	9%
Calcium 50 mg	4%
Iron / Fer 2.5 mg	14%
Vitamin A / Vitamine A	7%
Vitamin C / Vitamine C 3 mg	4%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 1 mg	6%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 4 mg	25%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: WATER, ENRICHED WHEAT FLOUR, BEEF CHUCK ROLL, CHICKEN, SALT, ONION, CARROTS, MAYONNAISE, CELERY, SEA SALT, TOMATO, HORSERADISH, GARLIC, CANOLA OIL, CARAMEL COLOR (SULFITES), WATER, VEGETABLE BASE (WATER, CARROTS, CELERY, CABBAGE, ONION, PARSLEY, TURNIPS, PARNIPS), LESS THAN 2% OF: SPICES, SALT, SODIUM BENZOATE ADDED TO PRESERVE FRESHNESS, AU JUS: SUGARS (CORN SYRUP SOLIDS, DEXTROSE, MALTODEXTRIN, SUGAR), SALT, CORN STARCH, POTATO STARCH, HYDROLYZED SOY PROTEIN, COLOUR (CARAMEL), FLOUR (WHEAT), CANOLA OIL, YEAST EXTRACT (BARLEY), CITRIC ACID, GARLIC POWDER, DISODIUM GUANYLATE, DISODIUM INOSINATE, FLAVOUR (INCLUDES CELERY, ONION, SULPHITES), BEEF EXTRACT, SUNFLOWER OIL., GARLIC, DIJON MUSTARD, BLACK PEPPER, PARSLEY, THYME, BAY LEAVES

MDBC: Sandwich, Chef's Ham and Gouda - MDBC06

Pack Size: 1 ea per ea

UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size Per Half Sandwich (140 g) / Portion	
Servings Per Container 2	
Portions par contenant 2	
Calories 210 (870 kJ)	% Daily Value*
Total Fat / Lipides 6 g	8%
Saturated / saturés 1.5 g	7%
+ Trans / trans 0.1 g	
Total Carbohydrate / Glucides 24 g	
Fibre / Fibres 1 g	4%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 1 g	1%
Protein / Protéines 12 g	
Cholesterol / Cholestérol 25 mg	9%
Sodium / Sodium 630 mg	27%
Potassium / Potassium 175 mg	5%
Calcium 40 mg	3%
Iron / Fer 1.5 mg	8%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 1 mg	6%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, HAM (PORK, WATER, SALT, SOY PROTEIN, POTATO STARCH, DEXTROSE, PORK STOCK, SODIUM NITRITE, SODIUM TRIPOLYPHOSPHATE, BROWN SUGAR, SPICES, SMOKE FLAVOUR, SODIUMERYTHORBATE, ASCORBIC ACID), WATER, VELDHUYZEN GOUDA, DIJON MUSTARD, HOT PEPPERS, CANOLA OIL, VINEGAR, SALT, SPICES, SODIUM BENZONATE, SEA SALT, ARUGULA

MDBC: Sandwich, Classic BLT - MDBC02**Pack Size: 1 Sandwich per ea****UPC Code:**

Nutrition Facts	
Valeur nutritive	
Serving Size Per Half Sandwich (138 g) / Portion	
Servings Per Container 2	
Portions par contenant 2	
Calories 180 (750 kJ)	% Daily Value*
	% valeur quoidienne*
Total Fat / Lipides 7 g	9%
Saturated / saturés 1 g	6%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 25 g	
Fibre / Fibres 1 g	4%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 2 g	2%
Protein / Protéines 4 g	
Cholesterol / Cholestérol 5 mg	2%
Sodium / Sodium 310 mg	13%
Potassium / Potassium 150 mg	4%
Calcium 40 mg	3%
Iron / Fer 1.25 mg	7%
Vitamin A / Vitamine A	5%
Vitamin C / Vitamine C 6 mg	6%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 1 mg	6%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 1 mg	6%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, TOMATO, BACON (PORK, WATER, SALT, SODIUM PHOSPHATE, SUGAR, SODIUM ERYTHORBATE, SODIUM NITRITE, SPICE EXTRACTS, PROPYLENE GLYCOL, POLYSORBATE 80, SMOKE), MAYONNAISE, LETTUCE, SEA SALT

MDBC: Sandwich, Farmhouse Club - MDBC48
Pack Size: 1 Sandwich per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size Per Half Sandwich (150 g) / Portion	
Servings Per Container 1	
Portions par contenant 1	
Calories 170 (710 kJ)	% Daily Value*
% valeur quotidienne*	
Total Fat / Lipides 7 g	9%
Saturated / saturés 1 g	6%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 24 g	
Fibre / Fibres 1 g	4%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 2 g	2%
Protein / Protéines 3 g	
Cholesterol / Cholestérol 5 mg	2%
Sodium / Sodium 300 mg	13%
Potassium / Potassium 100 mg	3%
Calcium 40 mg	3%
Iron / Fer 1.25 mg	7%
Vitamin A / Vitamine A	5%
Vitamin C / Vitamine C 4 mg	4%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 1 mg	6%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 1 mg	6%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, SMOKED CHICKEN, TOMATO, MAYONNAISE, BACON (PORK, WATER, SALT, SODIUM PHOSPHATE, SUGAR, SODIUM ERYTHORBATE, SODIUM NITRITE, SPICE EXTRACTS, PROPYLENE GLYCOL, POLYSORBATE 80, SMOKE), LETTUCE, SEA SALT

MDBC: Sandwich, Italian Capicola - MDBC013
Pack Size: 1 ea per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size Per Half Sandwich (188 g) / Portion	
Servings Per Container 1	
Portions par contenant 1	
Calories 430 (1790 kJ)	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 20 g	27%
Saturated / saturés 2.5 g	14%
+ Trans / trans 0.2 g	
Total Carbohydrate / Glucides 49 g	
Fibre / Fibres 3 g	11%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 4 g	4%
Protein / Protéines 12 g	
Cholesterol / Cholestérol 15 mg	5%
Sodium / Sodium 1,060 mg	46%
Potassium / Potassium 125 mg	4%
Calcium 75 mg	6%
Iron / Fer 2.25 mg	13%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 2 mg	15%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, CAPICOLO (PORK SALT SPICE SUGAR (DEXTROSE) POTASSIUM LACTATE WATER GARLIC POWDER SODIUM ERYTHORBATE WHEAT SEMOLINA SODIUM DIACETATE, SODIUM NITRITE. CONTAINS WHEAT.), HAM (PORK, WATER, SALT, SOY PROTEIN, POTATO STARCH, DEXTROSE, PORK STOCK, SODIUM NITRITE, SODIUM TRIPOLYPHOSPHATE, BROWN SUGAR, SPICES, SMOKE FLAVOUR, SODIUMERYTHORBATE, ASCORBIC ACID), RED PESTO (CANOLA OIL, SUNDRIED TOMATOES ((SUNDRIED TOMATOES, SALT))), TOMATO POWDER, PARMESAN CHEESE, GARLIC, WATER, BASIL, LEMON JUICE CONCENTRATE, SPICE. CONTAINS: MILK. MAY CONTAIN: WHEAT, SOY, SULPHITES, TREE NUTS.), GRANA PADANO CHEESE, OLIVE OIL, GRANULATED SUGAR, SEA SALT, ARUGULA

MDBC: Sandwich, Ivan's Sausage - MDBC03**Pack Size: 1 ea per ea****UPC Code:**

Nutrition Facts	
Valeur nutritive	
Serving Size Per Half Sandwich (220 g) / Portion	
Servings Per Container 2	
Portions par contenant 2	
Calories 410 (1710 kJ)	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 17 g	23%
Saturated / saturés 6 g	28%
+ Trans / trans 0.1 g	
Total Carbohydrate / Glucides 40 g	
Fibre / Fibres 2 g	7%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 0 g	0%
Protein / Protéines 23 g	
Cholesterol / Cholestérol 60 mg	20%
Sodium / Sodium 1,030 mg	45%
Potassium / Potassium 350 mg	10%
Calcium 75 mg	6%
Iron / Fer 2.5 mg	14%
Vitamin A / Vitamine A	1%
Vitamin C / Vitamine C 3 mg	4%
Vitamin D / Vitamine D 0.4 µg	2%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 1 mg 1 mg	80%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 7 mg	45%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: PORK, ENRICHED WHEAT FLOUR, WATER, GARLIC BUTTER (CANOLA OIL & MODIFIED PALM & PALM KERNEL OIL, MARGARINE, MINCED GARLIC, GARLIC, GARLIC POWDER, ONION POWDER, CITRIC ACID, HERBS), BACON: (PORK, WATER, SALT, MAPLE FLAVOUR, SUGAR, SODIUM ASCORBATE, SODIUM NITRITE, SPICE EXTRACT, SMOKE), SMOKED HAM, DIJON MUSTARD, SALT, SPICE, GARLIC POWDER, SODIUM NITRITE, SMOKE FLAVOUR, VEGETABLE OIL (ANDROPYLENE GLYCOL), PORK CASING, SEA SALT

MDBC: Sandwich, Pesto Chicken Caprese - MDBC011

Pack Size: 1 Each per ea

UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size Per Half Sandwich (228 g) / Portion	
Servings Per Container 2	
Portions par contenant 2	
Calories 390 (1630 kJ)	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 18 g	24%
Saturated / saturés 5 g	25%
+ Trans / trans 0.1 g	
Total Carbohydrate / Glucides 47 g	
Fibre / Fibres 2 g	7%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 3 g	3%
Protein / Protéines 11 g	
Cholesterol / Cholestérol 15 mg	5%
Sodium / Sodium 910 mg	39%
Potassium / Potassium 175 mg	5%
Calcium 200 mg	15%
Iron / Fer 3 mg	17%
Vitamin A / Vitamine A	5%
Vitamin C / Vitamine C 4 mg	4%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 1 mg	6%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 3 mg	20%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, CHICKEN, CANOLA OIL, BASIL, PARSLEY, GARLIC, WATER, SALT, CITRIC ACID, POTASSIUM SORBATE, TOMATO, PASTEURIZED MILK, CALCIUM CHLORIDE, MICROBIAL ENZYME, BACTERIAL CULTURE. CONTAINS: MILK., OLIVE OIL, GRANULATED SUGAR, SEA SALT, ARUGULA

MDBC: Sandwich, Roast Chicken - MDBC010

Pack Size: 1 ea per ea

UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size Per Half Sandwich (203 g) / Portion	
Servings Per Container 2	
Portions par contenant 2	
Calories 340 (1420 kJ)	% Daily Value* % valeur quoidienne*
Total Fat / Lipides 15 g	20%
Saturated / saturés 2 g	10%
+ Trans / trans 0.1 g	
Total Carbohydrate / Glucides 44 g	
Fibre / Fibres 2 g	7%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 1 g	1%
Protein / Protéines 7 g	
Cholesterol / Cholestérol 5 mg	2%
Sodium / Sodium 550 mg	24%
Potassium / Potassium 50 mg	1%
Calcium 50 mg	4%
Iron / Fer 2.25 mg	13%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 2 mg	15%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, CHICKEN, RED PESTO (CANOLA OIL, SUNDRIED TOMATOES ((SUNDRIED TOMATOES, SALT)), TOMATO POWDER, PARMESAN CHEESE, GARLIC, WATER, BASIL, LEMON JUICE CONCENTRATE, SPICE. CONTAINS: MILK. MAY CONTAIN: WHEAT, SOY, SULPHITES, TREE NUTS.), MAYONNAISE, SEA SALT, ARUGULA

MDBC: Sandwich, Slow Cooked BBQ Pork - MDBC08
Pack Size: 1 ea per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size Per Half Sandwich (203 g) / Portion	
Servings Per Container 2	
Portions par contenant 2	
Calories 410 (1710 kJ)	% Daily Value*
% valeur quotidienne*	
Total Fat / Lipides 6 g	8%
Saturated / saturés 1.5 g	6%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 71 g	
Fibre / Fibres 4 g	14%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 26 g	26%
Protein / Protéines 19 g	
Cholesterol / Cholestérol 35 mg	12%
Sodium / Sodium 670 mg	29%
Potassium / Potassium 300 mg	9%
Calcium 75 mg	6%
Iron / Fer 2.5 mg	14%
Vitamin A / Vitamine A	1%
Vitamin C / Vitamine C 2 mg	2%
Vitamin D / Vitamine D 0.1 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 1 mg 1 mg	80%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 5 mg	30%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, PORK, WATER, GREEN CABBAGE, RED CABBAGE, AND CARROTS, KETCHUP, GARLIC BUTTER (CANOLA OIL & MODIFIED PALM & PALM KERNEL OIL, MARGARINE, MINCED GARLIC, GARLIC, GARLIC POWDER, ONION POWDER, CITRIC ACID, HERBS), SUGAR, SALT, SPICE, ONION POWDER, DEHYDRATED GARLIC, VEGETABLE OIL, DISODIUM INOSINATE, SMOKE FLAVOUR, COLESLAW DRESSING (SOYBEAN OIL, SUGAR, WATER, EGG YOLKS, VINEGAR, SALT, MUSTARD, SPICES AND SEASONINGS), SEA SALT, APPLE CIDER VINEGAR, BROWN SUGAR, HONEY, MUSTARD, WORCESTERSHIRE SAUCE (WATER, VINEGAR, SUGARS (MOLASSES, GLUCOSE-FRUCTOSE) SALT, ANCHOVIES, ONIONS, NATURAL FLAVOUR, GARLIC, SPICE, PAPRIKA EXTRACT), BLACK PEPPER, CAYENNE PEPPER

MDBC: Sandwich, Southwest Smoked Pork (LTO) - MDBC70
Pack Size: 1 ea per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size per half (200 g) / Portion	
Servings Per Container 1	
Portions par contenant 1	
Calories 400 (1670 kJ)	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 6 g	8%
Saturated / saturés 1.5 g	6%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 66 g	
Fibre / Fibres 3 g	11%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 24 g	24%
Protein / Protéines 20 g	
Cholesterol / Cholestérol 40 mg	13%
Sodium / Sodium 480 mg	21%
Potassium / Potassium 350 mg	10%
Calcium 75 mg	6%
Iron / Fer 2.5 mg	14%
Vitamin A / Vitamine A	1%
Vitamin C / Vitamine C 2 mg	2%
Vitamin D / Vitamine D 0.1 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 1 mg 1 mg	80%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 5 mg	30%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, PORK, WATER, CANOLA OIL, PARSLEY, ONION, GARLIC, CORIANDER, OREGANO, LEMON JUICE, ROSEMARY, CAYENNE PEPPER, GARLIC BUTTER (CANOLA OIL & MODIFIED PALM & PALM KERNEL OIL, MARGARINE, MINCED GARLIC, GARLIC, GARLIC POWDER, ONION POWDER, CITRIC ACID, HERBS), SUGAR, SALT, SPICE, ONION POWDER, DEHYDRATED GARLIC, VEGETABLE OIL, DISODIUM INOSINATE, SMOKE FLAVOUR, ARUGULA, HOT PEPPERS, CANOLA OIL, VINEGAR, SALT, SPICES, SODIUM BENZONATE, SEA SALT

MDBC: Sandwich, Tuscan Mortadella - MDBC014
Pack Size: 1 ea per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size Per Half Sandwich (187 g) / Portion	
Servings Per Container 2	
Portions par contenant 2	
Calories 460 (1920 kJ)	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 21 g	28%
Saturated / saturés 6 g	
+ Trans / trans 0.1 g	31%
Total Carbohydrate / Glucides 48 g	
Fibre / Fibres 2 g	7%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 3 g	3%
Protein / Protéines 18 g	
Cholesterol / Cholestérol 50 mg	17%
Sodium / Sodium 1,480 mg	64%
Potassium / Potassium 400 mg	12%
Calcium 125 mg	10%
Iron / Fer 3 mg	17%
Vitamin A / Vitamine A	3%
Vitamin C / Vitamine C 1 mg	2%
Vitamin D / Vitamine D 0.2 µg	2%
Vitamin E / Vitamine E 1 mg	6%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 5 mg	30%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, MORTADELLA (PORK, WATER, SALT, SKIM MILK POWDER, SODIUM CASEINATE, SUGAR, FLAVOUR, SODIUM PHOSPHATE, ASCORBIC ACID, SPICES, CORIANDER SEED, SODIUM NITRITE.), PASTEURIZED MILK, SALT, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, BACTERIAL CULTURE. CONTAINS: MILK., PROSCIUTTO, OLIVE OIL, GRANULATED SUGAR, CHILI CRISP (CANOLA OIL, ONION, PUYA CHILE, GARLIC, PEANUTS, GINGER, SEAWEED, RED CHILE, SALT), SEA SALT, BALSAMIC VINEGAR OF MODENO 70%, WINE VINEGAR, CONCENTRATED GRAPE MUST, (COLOUR: CARAMEL), GLUCOSE SYRUP, SUGAR, MODIFIED CORN STARCH, XANTHAN, GUM STABILIZER., CANOLA OIL, LEMON JUICE, ARUGULA

MDBC: Side, Focaccia with Ricotta-Pesto Dip - MDBC36
Pack Size: 1 ea per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size / Portion	
Servings Per Container 1	
Portions par contenant 1	
Calories 240 (1000 kJ)	
	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 9 g	12%
Saturated / saturés 2 g	10%
+ Trans / trans 0.1 g	
Total Carbohydrate / Glucides 34 g	
Fibre / Fibres 1 g	4%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 2 g	2%
Protein / Protéines 6 g	
Cholesterol / Cholestérol 5 mg	2%
Sodium / Sodium 620 mg	27%
Potassium / Potassium 75 mg	2%
Calcium 75 mg	6%
Iron / Fer 1.75 mg	10%
Vitamin A / Vitamine A	2%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 1 mg	6%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 2 mg	15%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, PASTEURIZED MILK, SALT, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, BACTERIAL CULTURE. CONTAINS: MILK., CANOLA OIL, BASIL, PARSLEY, GARLIC, WATER, SALT, CITRIC ACID, POTASSIUM SORBATE, OLIVE OIL, GRANULATED SUGAR, SEA SALT, CHILI CRISP (CANOLA OIL, ONION, PUYA CHILE, GARLIC, PEANUTS, GINGER, SEAWEED, RED CHILE, SALT), CANOLA OIL, LEMON JUICE

MDBC: Side, German Potato Salad (Individual) - MDBC15
Pack Size: 180 Grams per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size / Portion	
Servings Per Container 1	
Portions par contenant 1	
Calories 80 (330 kJ)	
	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 3.5 g	5%
Saturated / saturés 0.5 g	3%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 11 g	
Fibre / Fibres 3 g	11%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 0 g	0%
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 420 mg	18%
Potassium / Potassium 400 mg	12%
Calcium 30 mg	2%
Iron / Fer 3 mg	17%
Vitamin A / Vitamine A	1%
Vitamin C / Vitamine C 12 mg	15%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 1 mg	6%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 1 mg	6%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: BABY POTATO, APPLE CIDER VINEGAR, OLIVE OIL, CHIVES, DILL, SEA SALT , BLACK PEPPER

MDBC: Side, Pesto Greens Salad (Individual) - MDBC37
Pack Size: 225 Grams per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size / Portion	
Servings Per Container 1	
Portions par contenant 1	
Calories 80 (330 kJ)	
	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 8 g	11%
Saturated / saturés 1 g	
+ Trans / trans 0.1 g	6%
Total Carbohydrate / Glucides 3 g	
Fibre / Fibres 1 g	4%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 1 g	1%
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 80 mg	4%
Potassium / Potassium 175 mg	5%
Calcium 30 mg	2%
Iron / Fer 0.75 mg	4%
Vitamin A / Vitamine A	20%
Vitamin C / Vitamine C 7 mg	8%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 1 mg	6%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 0 mg	0%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: LETTUCE, TOMATO, CUCUMBER, CANOLA OIL, BASIL, PARSLEY, GARLIC, WATER, SALT, CITRIC ACID, POTASSIUM SORBATE, OLIVE OIL, WATER, APPLE CIDER VINEGAR

MDBC: Side, Ricotta-Pesto Dip - MDBC13**Pack Size: 65 Grams per ea****UPC Code:**

Nutrition Facts	
Valeur nutritive	
Serving Size / Portion	
Servings Per Container 1	
Portions par contenant 1	
Calories 320 (1330 kJ)	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 31 g	41%
Saturated / saturés 7 g	36%
+ Trans / trans 0.3 g	
Total Carbohydrate / Glucides 4 g	
Fibre / Fibres 0 g	0%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 0 g	0%
Protein / Protéines 6 g	
Cholesterol / Cholestérol 25 mg	9%
Sodium / Sodium 550 mg	24%
Potassium / Potassium 125 mg	4%
Calcium 125 mg	10%
Iron / Fer 1 mg	6%
Vitamin A / Vitamine A	7%
Vitamin C / Vitamine C 2 mg	2%
Vitamin D / Vitamine D 0.1 µg	0%
Vitamin E / Vitamine E 1 mg	6%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 0 mg	0%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: PASTEURIZED MILK, SALT, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, BACTERIAL CULTURE. CONTAINS: MILK., CANOLA OIL, BASIL, PARSLEY, GARLIC, WATER, SALT, CITRIC ACID, POTASSIUM SORBATE, CHILI CRISP (CANOLA OIL, ONION, PUYA CHILE, GARLIC, PEANUTS, GINGER, SEAWEED, RED CHILE, SALT), CANOLA OIL, LEMON JUICE, SEA SALT

MDBC: Sides, Bread and Whipped Butter - MDBC55

Pack Size: 1 per ea

UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size / Portion	
Servings Per Container 1	
Portions par contenant 1	
Calories 270 (1130 kJ)	
	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 11 g	15%
Saturated / saturés 6 g	35%
+ Trans / trans 0.5 g	
Total Carbohydrate / Glucides 37 g	
Fibre / Fibres 1 g	4%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 1 g	1%
Protein / Protéines 5 g	
Cholesterol / Cholestérol 25 mg	9%
Sodium / Sodium 460 mg	20%
Potassium / Potassium 50 mg	1%
Calcium 50 mg	4%
Iron / Fer 2 mg	11%
Vitamin A / Vitamine A	9%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0.1 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 2 mg	15%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, BUTTER, MILK, SEA SALT, OLIVE OIL, GRANULATED SUGAR

MDBC: Spread, Cinnamon - MDBC46
Pack Size: 0 per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size / Portion	
Servings Per Container 1	
Portions par contenant 1	
Calories 250 (1040 kJ)	% Daily Value*
	% valeur quoidienne*
Total Fat / Lipides 12 g	16%
Saturated / saturés 2 g	9%
+ Trans / trans 0 g	
Total Carbohydrate / Glucides 36 g	
Fibre / Fibres 1 g	4%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 35 g	35%
Protein / Protéines 0.1 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 650 mg	28%
Potassium / Potassium 20 mg	1%
Calcium 10 mg	1%
Iron / Fer 0.4 mg	2%
Vitamin A / Vitamine A	69%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 3 mg	20%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 0 mg	0%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: MARGARINE (CANOLA OIL, WATER, MODIFIED PALM AND PALM KERNEL OILSALT, VEGETABLE MONOGLYCERIDES, SUNFLOWER LECITHIN, NATURAL FLAVOR, CITRIC ACID), GRANULATED SUGAR, HONEY, CINNAMON, SEA SALT

MDBC: Sweets, Chocolate Chip Cookie (64) - 247064

Pack Size: 1 Box per ea

UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size / Portion	
Servings Per Container 1	
Portions par contenant 1	
Calories 420 (1750 kJ)	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 20 g	27%
Saturated / saturés 11 g	
+ Trans / trans 0.3 g	57%
Total Carbohydrate / Glucides 58 g	
Fibre / Fibres 1 g	4%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 44 g	44%
Protein / Protéines 5 g	
Cholesterol / Cholestérol 45 mg	15%
Sodium / Sodium 320 mg	14%
Potassium / Potassium 150 mg	4%
Calcium 100 mg	8%
Iron / Fer 1 mg	6%
Vitamin A / Vitamine A	15%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0.1 µg	0%
Vitamin E / Vitamine E 1 mg	6%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 1 mg	6%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: CHOCOLATE, GRANULATED SUGAR, ENRICHED WHEAT FLOUR, WHOLE WHEAT FLOUR, BROWN SUGAR, MARGARINE (CANOLA OIL, WATER, MODIFIED PALM AND PALM KERNEL OILS), SALT, VEGETABLE MONOGLYCERIDES, SUNFLOWER LECITHIN, NATURAL FLAVOR, CITRIC ACID), BUTTER, EGGS, VANILLA, SODIUM BICARBONATE, SEA SALT

MDBC: Sweets, Cinnamon Buns 2 pack - Clone 3722

Pack Size: 0 per ea

UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size per (65 g) / Portion	
Servings Per Container 1	
Portions par contenant 1	
Calories 410 (1710 kJ)	
	% Daily Value*
	% valeur quoidienne*
Total Fat / Lipides 9 g	12%
Saturated / saturés 1.5 g	
+ Trans / trans 2 g	17%
Total Carbohydrate / Glucides 33 g	
Fibre / Fibres 1 g	4%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 18 g	18%
Protein / Protéines 3 g	
Cholesterol / Cholestérol 10 mg	4%
Sodium / Sodium 250 mg	11%
Potassium / Potassium 40 mg	1%
Calcium 40 mg	3%
Iron / Fer 0.75 mg	4%
Vitamin A / Vitamine A	9%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0.1 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 1 mg	6%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, CINNAMON SPREAD (GOLDEN SUGAR, GOLDEN SYRUP), CANOLA OIL, MARGARINE, WATER, CINNAMON), WATER, CREAM CHEESE ICING (SUGAR, GLUCOSE SYRUP, DEXTROSE, CANOLA OIL, MARGARINE, CREAM CHEESE CORN STARCH, WATER, SALT, POTASSIUM SORBATE, XANTHAN GUM, EGGS, GRANULATED SUGAR, YEAST, CANOLA OIL, WHIPPING CREAM, SEA SALT, MOUSSE POWDER (SUGAR; DEXTROSE; GLUCOSE; STARCH)

MDBC: Sweets, Old Fashioned Gingersnap Cookie (64 count) - 247059
Pack Size: 1 Box per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size / Portion	
Servings Per Container 1	
Portions par contenant 1	
Calories 390 (1630 kJ)	
% Daily Value*	
% valeur quotidienne*	
Total Fat / Lipides 20 g	27%
Saturated / saturés 1.5 g	10%
+ Trans / trans 0.5 g	
Total Carbohydrate / Glucides 49 g	
Fibre / Fibres 1 g	4%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 26 g	26%
Protein / Protéines 4 g	
Cholesterol / Cholestérol 20 mg	7%
Sodium / Sodium 330 mg	14%
Potassium / Potassium 250 mg	7%
Calcium 100 mg	8%
Iron / Fer 3 mg	17%
Vitamin A / Vitamine A	1%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0.1 µg	0%
Vitamin E / Vitamine E 4 mg	25%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 1 mg	6%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, CANOLA OIL, BROWN SUGAR, GRANULATED SUGAR, MOLASSES, EGGS, SODIUM BICARBONATE, GINGER, CINNAMON, CLOVES

BAKERY: Sausage Roll Mile 12 - 240140
Pack Size: 0 per ea
UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size per link (100 g) / Portion	
Servings Per Container 5	
Portions par contenant 5	
Calories 340 (1420 kJ)	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 22 g	29%
Saturated / saturés 4 g	
+ Trans / trans 0 g	20%
Total Carbohydrate / Glucides 22 g	
Fibre / Fibres 1 g	4%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 0 g	0%
Protein / Protéines 12 g	
Cholesterol / Cholestérol 25 mg	9%
Sodium / Sodium 1,310 mg	57%
Potassium / Potassium 175 mg	5%
Calcium 10 mg	1%
Iron / Fer 1.5 mg	8%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0.2 µg	2%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 4 mg	25%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: PORK, PASTRY LID (ENRICHED UNBLEACHED WHEAT FLOUR, MARGARINE, WATER, SUGAR, MONO AND DIGLYCERIDES, SOY LECITHIN, CITRIC ACID, VITAMIN A PALMITATE, VITAMIN D3, SALT), WATER, BINDER (SALT, SPICE, GARLIC POWDER, VEGETABLE OIL AND SILOCON DIOXIDE), SOURDOUGH BREAD CRUMBS (FLOUR, WATER, SALT), PORK CASING

MDBC: Bread, Alberta Sourdough Baguette - MDBC24

Pack Size: 0 per ea

UPC Code:

Nutrition Facts	
Valeur nutritive	
Serving Size per 100g (100 g) / Portion	
Servings Per Container 3	
Portions par contenant 3	
Calories 210 (870 kJ)	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 0.5 g	1%
Saturated / saturés 0 g	
+ Trans / trans 0 g	0%
Total Carbohydrate / Glucides 43 g	
Fibre / Fibres 2 g	7%
Soluble Fibre / Fibres solubles 0 g	
Sugars / Sucres 0 g	0%
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 330 mg	14%
Potassium / Potassium 50 mg	1%
Calcium 75 mg	6%
Iron / Fer 2.25 mg	13%
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C 0 mg	0%
Vitamin D / Vitamine D 0 µg	0%
Vitamin E / Vitamine E 0 mg	0%
Thiamine 0 mg 0 mg	0%
Riboflavin / Riboflavine 0 mg	0%
Niacin / Niacine 2 mg	15%
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: ENRICHED WHEAT FLOUR, WATER, SEA SALT