

# healthy resolutions

## Nutrition Information

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
<b>Juicy Peach Smoothie</b>	1	196	1	1	0	5	71	41	1.8	35	7	12	89	2	39
<b>Garden Vegetable Soup</b>	6fl oz	75	0.4	0.07	0	0	692	14	2.25	3	3	16	18	3	6
<b>Roasted Red Pepper Soup</b>	6fl oz	226	17	10.5	0.75	60	707	14	2.25	5	3	24	78	9	6
<b>Old Fashioned Tomato Soup</b>	6fl oz	105	4.5	2	0.4	7.5	774	14	1.5	4.5	3	14	7.5	5	6
<b>Minestrone Soup</b>	6fl oz	68	0.75	1.5	0	0	609	12	2.25	1.5	3	11	7.5	3	6
<b>Granny Smith Apple</b>	1	138	0	0	0	0	1	19	2.6	14	0	0	0.5	0.5	1
<b>Tuna roll</b>	1	393	14.7	2	0	14	919	45.5	4	4	19	16	25	5	13
<b>Chicken Wrap</b>	1	381	16	2	0	20	864	42	3	3	12	11	26	4	14

This Nutritional information is based on data provided by the Canadian and USDA Nutrient file & data received from supplier partners. We try to provide complete and current nutritional information, but with changes in product to our menu items this could mean that variations from these values could occur from time to time. Therefore, the values shown here should be considered approximations. In addition, guests who have special food sensitivities or dietary needs should not rely solely on this information as the basis for deciding to consume a particular menu item & are individually responsible for ensuring that any such item meets their dietary requirements. Williams Fresh Cafe assume no liability for the use of this information. We are providing you with this information on a voluntary basis. This data is based on ingredients and recipes from Williams Fresh Cafe. Variation may exist from our Williams Fresh Cafe testing locations.

Meals under  
**600** calories

Chicken Wrap  
Garden Veg Soup  
Apple

Sesame Tuna Roll  
Minestrone Soup  
Apple

