

# Freshbox Nutrition Information



## Freshbox Sandwiches

(Does not include dressing.)

Product	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
November Turkey - Ciabatta	354	78	8	3	0	60	1422	38	1	3	28
November Turkey - Multigrain	344	88	10	3	0	60	1482	34	2	4	29
Southwest Turkey - Ciabatta	354	78	8	4	0	70	1372	39	1	3	28
Southwest Turkey - Multigrain	344	88	10	4	0	70	1432	35	2	4	29
Ham and Swiss - Ciabatta <sup>^</sup>	379	100	12	5	0	50	645	37	1	1	29
Ham and Swiss - Multigrain	369	110	13	5	0	50	705	33	2	2	30
Napoli - Ciabatta	449	140	16	6	0	63	1153	39	2	2	33
Napoli - Multigrain	439	150	17	6	0	63	1213	35	3	3	34
Prime - Ciabatta <sup>^</sup>	450	125	13	5	0	65	1041	40	2	2	33
Prime - Multigrain	440	135	15	5	0	65	1101	36	3	3	34
Caprese - Ciabatta <sup>**^</sup>	434	192	20	9	0	39	731	38	1	3	18
Caprese - Multigrain <sup>**</sup>	424	202	22	9	0	39	791	34	2	4	19

## Freshbox Salads

Product	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Spring Turkey Salad	344	105	12	6	0	60	952	35	4	25	23
Spring Turkey Salad w/Dressing	644	345	38	10	0	60	1192	49	4	37	23
Fresh Mozzarella Salad <sup>**^</sup>	263	172	18	9	0	39	362	8	2	6	13
Fresh Mozz Salad w/Dressing <sup>**</sup>	483	392	42	12	0	39	922	10	2	8	13
Hummus Plate <sup>**^</sup>	475	126	21	2	0	0	1268	54	9	44	14

## Freshbox A la Carte

Product	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Miss Vickie's Kettle Chips	210	110	11	3	0	0	150	25	1	1	2
Golden Delicious Apple	80	0	0	0	0	0	0	22	3	10	1
Pickle Spear	5	0	0	0	0	0	330	1	0	0	0
Chocolate-covered Mint Oreo	220	120	13	6	1	0	80	27	1	22	2

## Freshbox Dressings

Product	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cranberry Chutney	81	50	6	1	0	0	69	8	0	7	0
Chipotle Mayo	136	134	15	2	0	13	122	0	0	0	0
Honey Mustard <sup>^</sup>	92	67	8	1	0	3	77	5	0	5	0
Horseradish Aioli	132	132	15	3	0	13	103	0	0	0	0
Balsamic Vinaigrette <sup>^</sup>	73	73	8	1	0	0	185	1	0	1	0
Basil Pesto <sup>^</sup>	67	60	6	1	0	4	140	1	0	0	2

\*\* - Vegetarian Option

<sup>^</sup> - These products can be made gluten-free upon request. Gluten-free sandwiches come with a choice of honey mustard, balsamic vinaigrette, or basil pesto dressing.