



# NUTRITION GUIDE

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## Seasoned Egg Meal Salad

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Seasoned Eggs	148	10	3	0	373	128	1	0	1	12	195	0	46	1.4
Spring Mix Lettuce	20	0	0	0	0	33	3	2	1	2	0	14	69	1.2
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Red Cabbage Slaw	14	0	0	0	0	13	3	1	2	1	0	16	20	0.3
Grape Tomatoes	7	0	0	0	0	2	2	0	1	0	0	5	4	0.1
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Citrus Basil Dressing (1oz)	158	16	3	0	0	123	4	0	3	0	0	2	3	0.1
<b>Total</b>	<b>416</b>	<b>28</b>	<b>6</b>	<b>0</b>	<b>373</b>	<b>462</b>	<b>26</b>	<b>6</b>	<b>15</b>	<b>17</b>	<b>195</b>	<b>47</b>	<b>178</b>	<b>3.9</b>

Contains: Eggs, Sulphites, Mustard

## Half Avocado Meal Salad

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Half Avocado	80	6	1	0	141	49	2	1	0	5	74	1	19	0.6
Spring Mix Lettuce	20	0	0	0	0	33	3	2	1	2	0	14	69	1.2
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Red Cabbage Slaw	14	0	0	0	0	13	3	1	2	1	0	16	20	0.3
Grape Tomatoes	7	0	0	0	0	2	2	0	1	0	0	5	4	0.1
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Chili Lime Avocado Dressing (1oz)	146	14	2	0	0	110	4	0	3	0	0	3	2	0.1
<b>Total</b>	<b>335</b>	<b>22</b>	<b>4</b>	<b>0</b>	<b>141</b>	<b>371</b>	<b>27</b>	<b>8</b>	<b>14</b>	<b>10</b>	<b>74</b>	<b>49</b>	<b>151</b>	<b>3.1</b>

Contains: Sulphites, Mustard



# MEAL SALADS

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## Roasted Cajun Tofu Meal Salad

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Cajun Tofu	141	8	1	0	0	596	5	1	1	15	0	0	85	2.8
Spring Mix Lettuce	20	0	0	0	0	33	3	2	1	2	0	14	69	1.2
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Red Cabbage Slaw	14	0	0	0	0	13	3	1	2	1	0	16	20	0.3
Grape Tomatoes	7	0	0	0	0	2	2	0	1	0	0	5	4	0.1
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Smokey Paprika Dressing (1oz)	171	17	3	0	0	133	4	0	3	0	0	2	2	0.1
<b>Total</b>	<b>422</b>	<b>27</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>940</b>	<b>30</b>	<b>7</b>	<b>16</b>	<b>20</b>	<b>0</b>	<b>47</b>	<b>216</b>	<b>5.3</b>

Contains: Soy, Sulphites, Mustard

## Lemon and Herb Chicken Meal Salad

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Lemon and Herb Chicken	223	10	2	0	81	238	1	0	0	30	6	1	20	1.4
Spring Mix Lettuce	20	0	0	0	0	33	3	2	1	2	0	14	69	1.2
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Red Cabbage Slaw	14	0	0	0	0	13	3	1	2	1	0	16	20	0.3
Grape Tomatoes	7	0	0	0	0	2	2	0	1	0	0	5	4	0.1
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Citrus Basil Dressing	158	16	3	0	0	123	4	0	3	0	0	2	3	0.1
<b>Total</b>	<b>490</b>	<b>28</b>	<b>4</b>	<b>0</b>	<b>81</b>	<b>572</b>	<b>26</b>	<b>7</b>	<b>14</b>	<b>35</b>	<b>6</b>	<b>48</b>	<b>152</b>	<b>3.9</b>

Contains: Sulphites, Mustard



# MEAL SALADS

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## Spicy Grilled Chicken Meal Salad

Ingredients	calorie s (kcal)	fat (g)	saturat ed fat (g)	trans fat (g)	choles terol (mg)	sodiu m (mg)	carboh ydrate s (g)	fibre (g)	sugar (g)	protein (g)	vitami n A (ug)	vitami n C (mg)	calciu m (mg)	iron (mg)
Spicy Grilled Chicken	197	9	1	0	71	179	1	0	0	26	5	8	23	1.5
Spring Mix Lettuce	20	0	0	0	0	33	3	2	1	2	0	14	69	1.2
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Red Cabbage Slaw	14	0	0	0	0	13	3	1	2	1	0	16	20	0.3
Grape Tomatoes	7	0	0	0	0	2	2	0	1	0	0	5	4	0.1
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Garlic Peppercorn Dressing (1oz)	163	16	3	0	0	126	4	0	3	0	0	3	4	0.1
<b>Total</b>	<b>470</b>	<b>27</b>	<b>4</b>	<b>0</b>	<b>71</b>	<b>516</b>	<b>27</b>	<b>7</b>	<b>14</b>	<b>31</b>	<b>5</b>	<b>55</b>	<b>156</b>	<b>4.0</b>

Contains: Sulphites, Mustard

## Shredded Striploin Meal Salad

Ingredients	calorie s (kcal)	fat (g)	saturat ed fat (g)	trans fat (g)	choles terol (mg)	sodiu m (mg)	carboh ydrate s (g)	fibre (g)	sugar (g)	protein (g)	vitami n A (ug)	vitami n C (mg)	calciu m (mg)	iron (mg)
Shredded Striploin	188	8	2	0	70	120	0	0	0	28	0	0	7	2.8
Spring Mix Lettuce	20	0	0	0	0	33	3	2	1	2	0	14	69	1.2
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Red Cabbage Slaw	14	0	0	0	0	13	3	1	2	1	0	16	20	0.3
Grape Tomatoes	7	0	0	0	0	2	2	0	1	0	0	5	4	0.1
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Garlic Peppercorn Dressing (1oz)	163	16	3	0	0	126	4	0	3	0	0	3	4	0.1
<b>Total</b>	<b>460</b>	<b>26</b>	<b>5</b>	<b>0</b>	<b>70</b>	<b>457</b>	<b>26</b>	<b>7</b>	<b>14</b>	<b>33</b>	<b>0</b>	<b>47</b>	<b>140</b>	<b>5.4</b>

Contains: Sulphites, Mustard



# MEAL SALADS

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## Seared Tuna Carpaccio Meal Salad

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Seared Tuna Carpaccio	93	3	1	0	21	383	4	2	0	13	0	0	20	2.0
Spring Mix Lettuce	20	0	0	0	0	33	3	2	1	2	0	14	69	1.2
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Red Cabbage Slaw	14	0	0	0	0	13	3	1	2	1	0	16	20	0.3
Grape Tomatoes	7	0	0	0	0	2	2	0	1	0	0	5	4	0.1
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Citrus Basil Dressing (1oz)	158	16	3	0	0	123	4	0	3	0	0	2	3	0.1
<b>Total</b>	<b>360</b>	<b>21</b>	<b>4</b>	<b>0</b>	<b>21</b>	<b>718</b>	<b>30</b>	<b>8</b>	<b>14</b>	<b>18</b>	<b>0</b>	<b>47</b>	<b>152</b>	<b>4.6</b>

Contains: Fish, Sulphites, Mustard

## Roasted Salmon Meal Salad

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Salmon	324	25	5	0	62	266	0	0	0	22	15	4	17	0.5
Spring Mix Lettuce	20	0	0	0	0	33	3	2	1	2	0	14	69	1.2
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Red Cabbage Slaw	14	0	0	0	0	13	3	1	2	1	0	16	20	0.3
Grape Tomatoes	7	0	0	0	0	2	2	0	1	0	0	5	4	0.1
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Chili Lime Avocado Dressing (1oz)	146	14	2	0	0	110	4	0	3	0	0	3	2	0.1
<b>Total</b>	<b>580</b>	<b>42</b>	<b>7</b>	<b>0</b>	<b>62</b>	<b>588</b>	<b>25</b>	<b>7</b>	<b>14</b>	<b>27</b>	<b>15</b>	<b>51</b>	<b>148</b>	<b>3.0</b>

Contains: Fish, Sulphites, Mustard



# GRAIN BOWLS

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## Seasoned Eggs Boxed Grain Bowl

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Seasoned Eggs	148	10	3	0	373	128	1	0	1	12	195	0	46	1.4
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice & Quinoa	219	3	0	0	0	11	42	4	1	7	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Corn	51	2	0	0	0	89	7	0	0	1	0	1	3	0.2
Cajun Chickpeas	91	3	1	0	0	110	15	5	0	4	0	0	32	1.3
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Citrus Basil Dressing (1oz)	158	16	3	0	0	123	4	0	3	0	0	2	3	0.1
<b>Total</b>	<b>810</b>	<b>42</b>	<b>8</b>	<b>0</b>	<b>373</b>	<b>588</b>	<b>85</b>	<b>15</b>	<b>11</b>	<b>29</b>	<b>195</b>	<b>145</b>	<b>250</b>	<b>7</b>

Contains: Eggs, Sulphites, Mustard

## Half Avocado Boxed Grain Bowl

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Half Avocado	80	6	1	0	141	49	2	1	0	5	74	1	19	0.6
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice & Quinoa	219	3	0	0	0	11	42	4	1	7	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Corn	51	2	0	0	0	89	7	0	0	1	0	1	3	0.2
Cajun Chickpeas	91	3	1	0	0	110	15	5	0	4	0	0	32	1.3
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Chili Lime Avocado Dressing (1oz)	146	14	2	0	0	110	4	0	3	0	0	3	2	0.1
<b>Total</b>	<b>730</b>	<b>36</b>	<b>6</b>	<b>0</b>	<b>141</b>	<b>497</b>	<b>86</b>	<b>17</b>	<b>10</b>	<b>22</b>	<b>74</b>	<b>147</b>	<b>223</b>	<b>6</b>

Contains: Sulphites,



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## Roasted Cajun Tofu Boxed Grain Bowl

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Cajun Tofu	141	8	1	0	0	596	5	1	1	15	0	0	85	2.8
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice & Quinoa	219	3	0	0	0	11	42	4	1	7	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Corn	51	2	0	0	0	89	7	0	0	1	0	1	3	0.2
Cajun Chickpeas	91	3	1	0	0	110	15	5	0	4	0	0	32	1.3
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Smokey Paprika Dressing (1oz)	171	17	3	0	0	133	4	0	3	0	0	2	2	0.1
<b>Total</b>	<b>816</b>	<b>41</b>	<b>6</b>	<b>0</b>	<b>0</b>	<b>1066</b>	<b>89</b>	<b>16</b>	<b>11</b>	<b>32</b>	<b>0</b>	<b>145</b>	<b>289</b>	<b>9</b>

Contains: Soy, Sulphites, Mustard

## Lemon and Herb Chicken Boxed Grain Bowl

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Lemon and Herb Chicken	223	10	2	0	81	238	1	0	0	30	6	1	20	1.4
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice & Quinoa	219	3	0	0	0	11	42	4	1	7	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Corn	51	2	0	0	0	89	7	0	0	1	0	1	3	0.2
Cajun Chickpeas	91	3	1	0	0	110	15	5	0	4	0	0	32	1.3
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Citrus Basil Dressing (1oz)	158	16	3	0	0	123	4	0	3	0	0	2	3	0.1
<b>Total</b>	<b>885</b>	<b>42</b>	<b>7</b>	<b>0</b>	<b>81</b>	<b>698</b>	<b>85</b>	<b>16</b>	<b>10</b>	<b>47</b>	<b>6</b>	<b>146</b>	<b>225</b>	<b>7</b>

Contains: Sulphites, Mustard



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## Spicy Grilled Chicken Boxed Grain Bowl

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Spicy Grilled Chicken	197	9	1	0	71	179	1	0	0	26	5	8	23	1.5
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice & Quinoa	219	3	0	0	0	11	42	4	1	7	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Corn	51	2	0	0	0	89	7	0	0	1	0	1	3	0.2
Cajun Chickpeas	91	3	1	0	0	110	15	5	0	4	0	0	32	1.3
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Garlic Peppercorn Dressing (1oz)	163	16	3	0	0	126	4	0	3	0	0	3	4	0.1
<b>Total</b>	<b>864</b>	<b>41</b>	<b>7</b>	<b>0</b>	<b>71</b>	<b>642</b>	<b>86</b>	<b>16</b>	<b>10</b>	<b>44</b>	<b>5</b>	<b>154</b>	<b>228</b>	<b>7</b>

Contains: Sulphites, Mustard

## Shredded Striploin Boxed Grain Bowl

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Shredded Striploin	188	8	2	0	70	120	0	0	0	28	0	0	7	2.8
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice & Quinoa	219	3	0	0	0	11	42	4	1	7	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Corn	51	2	0	0	0	89	7	0	0	1	0	1	3	0.2
Cajun Chickpeas	91	3	1	0	0	110	15	5	0	4	0	0	32	1.3
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Garlic Peppercorn Dressing (1oz)	163	16	3	0	0	126	4	0	3	0	0	3	4	0.1
<b>Total</b>	<b>855</b>	<b>39</b>	<b>8</b>	<b>0</b>	<b>70</b>	<b>583</b>	<b>85</b>	<b>15</b>	<b>10</b>	<b>45</b>	<b>0</b>	<b>145</b>	<b>212</b>	<b>9</b>

Contains: Sulphites, Mustard



# GRAIN BOWLS

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## Seared Tuna Carpaccio Boxed Grain Bowl

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Seared Tuna Carpaccio	93	3	1	0	21	383	4	2	0	13	0	0	20	2.0
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice & Quinoa	219	3	0	0	0	11	42	4	1	7	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Corn	51	2	0	0	0	89	7	0	0	1	0	1	3	0.2
Cajun Chickpeas	91	3	1	0	0	110	15	5	0	4	0	0	32	1.3
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Citrus Basil Dressing	158	16	3	0	0	123	4	0	3	0	0	2	3	0.1
<b>Total</b>	<b>755</b>	<b>34</b>	<b>6</b>	<b>0</b>	<b>21</b>	<b>843</b>	<b>89</b>	<b>17</b>	<b>10</b>	<b>30</b>	<b>0</b>	<b>145</b>	<b>225</b>	<b>8</b>

Contains: Fish, Sulphites, Mustard

## Roasted Salmon Boxed Grain Bowl

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Salmon	324	25	5	0	62	266	0	0	0	22	15	4	17	0.5
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice & Quinoa	219	3	0	0	0	11	42	4	1	7	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Corn	51	2	0	0	0	89	7	0	0	1	0	1	3	0.2
Cajun Chickpeas	91	3	1	0	0	110	15	5	0	4	0	0	32	1.3
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Chili Lime Avocado Dressing	146	14	2	0	0	110	4	0	3	0	0	3	2	0.1
<b>Total</b>	<b>974</b>	<b>56</b>	<b>10</b>	<b>0</b>	<b>62</b>	<b>714</b>	<b>85</b>	<b>16</b>	<b>10</b>	<b>39</b>	<b>15</b>	<b>149</b>	<b>221</b>	<b>6</b>

Contains: Fish, Sulphites, Mustard





# GRILLED PANINIS

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## Tuscan Chicken Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Grilled Chicken Breast	207	9	1	0	83	153	0	0	0	30	6	0	15	1.1
Romesco Spread	204	16	3	0	0	71	14	3	9	4	0	17	30	2.2
Grilled Sweet Peppers	18	0	0	0	0	1	4	1	3	1	0	113	6	0.3
Goat Cheese	44	4	2	0	15	103	1	0	0	2	39	0	11	0.3
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
<b>Total</b>	<b>764</b>	<b>33</b>	<b>7</b>	<b>0</b>	<b>98</b>	<b>848</b>	<b>74</b>	<b>10</b>	<b>16</b>	<b>46</b>	<b>45</b>	<b>129</b>	<b>106</b>	<b>7</b>

Contains: Milk, Wheat, Rye, Barley, Sulphites

## Chicken Lite Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Grilled Chicken Breast	207	9	1	0	83	153	0	0	0	30	6	0	15	1.1
Avocado Gremolata	94	8	1	0	0	229	7	4	1	2	0	9	11	0.5
Grilled Zucchini	10	0	0	0	0	2	2	1	1	1	0	9	12	0.2
Grilled Sweet Peppers	18	0	0	0	0	1	4	1	3	1	0	113	6	0.3
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
<b>Total</b>	<b>620</b>	<b>21</b>	<b>3</b>	<b>0</b>	<b>83</b>	<b>905</b>	<b>68</b>	<b>12</b>	<b>9</b>	<b>42</b>	<b>6</b>	<b>130</b>	<b>88</b>	<b>6</b>

Contains: Wheat, Rye, Barley, Sulphites



# GRILLED PANINIS

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## Spicy Picante Chicken Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Grilled Chicken Breast	207	9	1	0	83	153	0	0	0	30	6	0	15	1.1
Garlic Peppercorn Spread	86	7	1	0	0	300	6	2	0	1	0	2	17	0.4
Spicy Salsa Verde	7	0	0	0	0	92	1	0	0	0	0	16	16	0.8
Grilled Banana Peppers	12	0	0	0	0	6	2	2	1	1	0	37	6	0.2
Smoked Mozzarella	26	1	1	0	5	48	1	0	1	1	19	25	54	0.1
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
<b>Total</b>	<b>628</b>	<b>22</b>	<b>4</b>	<b>0</b>	<b>88</b>	<b>1119</b>	<b>66</b>	<b>10</b>	<b>6</b>	<b>43</b>	<b>26</b>	<b>80</b>	<b>153</b>	<b>6</b>

Contains: Milk, Wheat, Rye, Barley, Sulphites

## Striploin and Smoked Mozzarella Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Striploin	383	16	5	0	143	244	0	0	0	57	0	0	14	5.8
Romesco Spread	204	16	3	0	0	71	14	3	9	4	0	17	30	2.2
Grilled Sweet Peppers	18	0	0	0	0	1	4	1	3	1	0	113	6	0.3
Smoked Mozzarella	26	1	1	0	5	48	1	0	1	1	19	25	54	0.1
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
<b>Total</b>	<b>921</b>	<b>38</b>	<b>9</b>	<b>0</b>	<b>147</b>	<b>886</b>	<b>75</b>	<b>10</b>	<b>17</b>	<b>71</b>	<b>19</b>	<b>154</b>	<b>148</b>	<b>12</b>

Contains: Milk, Wheat, Rye, Barley, Sulphites



**PORTAVIA**

# GRILLED PANINIS

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## Spicy Striploin and Salsa Verde Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Striploin	383	16	5	0	143	244	0	0	0	57	0	0	14	5.8
Herb Dijon Aioli	107	10	1	0	5	176	0	0	0	0	0	1	20	1.7
Spicy Salsa Verde	7	0	0	0	0	92	1	0	0	0	0	16	16	0.8
Grilled Banana Peppers	12	0	0	0	0	6	2	2	1	1	0	37	6	0.2
Brie Cheese	105	8	5	0	29	163	1	0	0	7	0	0	204	0.0
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
<b>Total</b>	<b>904</b>	<b>39</b>	<b>12</b>	<b>1</b>	<b>177</b>	<b>1201</b>	<b>61</b>	<b>8</b>	<b>5</b>	<b>75</b>	<b>0</b>	<b>54</b>	<b>304</b>	<b>12</b>

Contains: Eggs, Milk, Mustard Wheat, Rye, Barley, Sulphites

## Prosciutto and Brie Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Prosciutto	189	12	5	0	47	1559	0	0	0	19	0	0	0	0.7
Herb Dijon Aioli	213	20	2	0	10	352	1	1	0	1	0	2	39	3.4
Grilled Zucchini	10	0	0	0	0	2	2	1	1	1	0	9	12	0.2
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Brie Cheese	105	8	5	0	29	163	1	0	0	7	0	0	204	0.0
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
<b>Total</b>	<b>814</b>	<b>45</b>	<b>12</b>	<b>0</b>	<b>86</b>	<b>2603</b>	<b>60</b>	<b>8</b>	<b>6</b>	<b>37</b>	<b>0</b>	<b>15</b>	<b>339</b>	<b>8</b>

Contains: Eggs, Milk, Mustard, Wheat, Rye, Barley, Sulphites



**PORTAVIA**

# GRILLED PANINIS

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## Grilled Vegetarian and Goat Cheese Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Avocado Gremolata	94	8	1	0	0	229	7	4	1	2	0	9	11	0.5
Grilled Sweet Peppers	18	0	0	0	0	1	4	1	3	1	0	113	6	0.3
Grilled Zucchini	10	0	0	0	0	2	2	1	1	1	0	9	12	0.2
Grilled Eggplants	23	0	0	0	0	1	6	2	2	1	0	1	4	0.2
Goat Cheese	44	4	2	0	15	103	1	0	0	2	39	0	11	0.3
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
<b>Total</b>	<b>479</b>	<b>17</b>	<b>4</b>	<b>0</b>	<b>15</b>	<b>855</b>	<b>75</b>	<b>13</b>	<b>11</b>	<b>15</b>	<b>39</b>	<b>131</b>	<b>88</b>	<b>5</b>

Contains: Milk, Wheat, Rye, Barley, Sulphites

## Smoked Salmon Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Smoked Salmon	172	11	2	0	39	608	2	0	2	17	0	0	0	0.0
Avocado Gremolata	80	7	1	0	0	195	6	4	0	1	0	7	10	0.4
Grilled Zucchini	10	0	0	0	0	2	2	1	1	1	0	9	12	0.2
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Brie Cheese	105	8	5	0	29	163	1	0	0	7	0	0	204	0.0
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
<b>Total</b>	<b>663</b>	<b>31</b>	<b>9</b>	<b>0</b>	<b>68</b>	<b>1495</b>	<b>66</b>	<b>11</b>	<b>8</b>	<b>36</b>	<b>0</b>	<b>20</b>	<b>310</b>	<b>5</b>

Contains: Fish, Milk, Wheat, Barley, Rye, Sulphites



**PORTAVIA**

# GRILLED PANINIS

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## Seared Tuna Carpaccio Boxed Grilled Panini

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Seared Tuna Carpaccio	139	4	1	0	32	575	7	3	1	20	0	0	30	3.1
Romesco Spread	102	8	1	0	0	36	7	2	5	2	0	8	15	1.1
Spicy Salsa Verde	7	0	0	0	0	92	1	0	0	0	0	16	16	0.8
Grilled Sweet Peppers	18	0	0	0	0	1	4	1	3	1	0	113	6	0.3
Goat Cheese	44	4	2	0	15	103	1	0	0	2	39	0	11	0.3
Multigrain Ciabatta	290	5	1	0	0	520	55	6	4	9	0	0	44	3.5
<b>Total</b>	<b>600</b>	<b>21</b>	<b>5</b>	<b>0</b>	<b>47</b>	<b>1326</b>	<b>75</b>	<b>12</b>	<b>12</b>	<b>34</b>	<b>40</b>	<b>137</b>	<b>122</b>	<b>9</b>

Contains: Fish, Milk, Wheat, Barley, Rye, Sulphites

## Boxed Side Salad

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Spring Mix Lettuce	13	0	0	0	0	22	2	1	1	1	0	9	45	0.8
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Balsamic Vinaigrette	137	13	2	0	0	104	4	0	3	0	0	2	2	0.1
<b>Total</b>	<b>200</b>	<b>14</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>214</b>	<b>18</b>	<b>4</b>	<b>11</b>	<b>3</b>	<b>0</b>	<b>18</b>	<b>77</b>	<b>2</b>

Contains: Sulphites, Mustard



# GRILLED WRAPS

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## Chicken Avocado Boxed Grilled Wrap

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Grilled Chicken Breast	203	8	1	0	81	150	0	0	0	30	6	0	15	1.1
Avocado Gremolata	80	7	1	0	0	195	6	4	0	1	0	7	10	0.4
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
House Guacamole	89	8	1	0	0	15	5	4	0	1	0	6	7	0.3
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
<b>Total</b>	<b>711</b>	<b>35</b>	<b>7</b>	<b>0</b>	<b>81</b>	<b>935</b>	<b>62</b>	<b>14</b>	<b>6</b>	<b>42</b>	<b>6</b>	<b>45</b>	<b>192</b>	<b>5</b>

Contains: Wheat,

## Spicy Chicken Boxed Grilled Wrap

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Grilled Chicken Breast	203	8	1	0	81	150	0	0	0	30	6	0	15	1.1
Herb Dijon Aioli	107	10	1	0	5	176	0	0	0	0	0	1	20	1.7
Spicy Salsa Verde	7	0	0	0	0	92	1	0	0	0	0	16	16	0.8
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Roasted Onions	48	3	0	0	0	2	6	1	3	1	0	3	13	0.1
Shredded Cheese	90	7	4	0	5	270	1	0	0	5	0	0	158	0.0
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
<b>Total</b>	<b>775</b>	<b>39</b>	<b>10</b>	<b>0</b>	<b>91</b>	<b>1190</b>	<b>58</b>	<b>8</b>	<b>7</b>	<b>45</b>	<b>6</b>	<b>49</b>	<b>375</b>	<b>7</b>

Contains: Milk, Mustard, Wheat, Sulphites



# GRILLED WRAPS

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## Roasted Salmon Boxed Grilled Wrap

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Salmon	324	25	5	0	62	266	0	0	0	22	15	4	17	0.5
Romesco Spread	204	16	3	0	0	71	14	3	9	4	0	17	30	2.2
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
House Guacamole	89	8	1	0	0	15	5	4	0	1	0	6	7	0.3
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
<b>Total</b>	<b>955</b>	<b>62</b>	<b>12</b>	<b>0</b>	<b>62</b>	<b>928</b>	<b>70</b>	<b>14</b>	<b>14</b>	<b>36</b>	<b>15</b>	<b>58</b>	<b>215</b>	<b>6</b>

Contains: Fish, Wheat, Sulphites

## Steak and Cheese Boxed Grilled Wrap

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Striploin	383	16	5	0	143	244	0	0	0	57	0	0	14	5.8
Herb Dijon Aioli	213	20	2	0	10	352	1	1	0	1	0	2	39	3.4
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Roasted Onions	48	3	0	0	0	2	6	1	3	1	0	3	13	0.1
Shredded Cheese	90	7	4	0	5	270	1	0	0	5	0	0	158	0.0
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
<b>Total</b>	<b>1055</b>	<b>56</b>	<b>14</b>	<b>0</b>	<b>157</b>	<b>1369</b>	<b>57</b>	<b>8</b>	<b>7</b>	<b>73</b>	<b>0</b>	<b>34</b>	<b>377</b>	<b>12</b>

Contains: Milk, Eggs, Mustard, Wheat, Sulphites



# GRILLED WRAPS

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## Cajun Roasted Tofu Boxed Grilled Wrap

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Cajun Tofu	212	13	2	0	0	893	7	1	2	22	0	0	127	4.2
Garlic Peppercorn Spread	86	7	1	0	0	300	6	2	0	1	0	2	17	0.4
Spicy Salsa Verde	7	0	0	0	0	92	1	0	0	0	0	16	16	0.8
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Roasted Onions	48	3	0	0	0	2	6	1	3	1	0	3	13	0.1
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
<b>Total</b>	<b>692</b>	<b>34</b>	<b>7</b>	<b>0</b>	<b>0</b>	<b>1864</b>	<b>71</b>	<b>11</b>	<b>9</b>	<b>34</b>	<b>0</b>	<b>52</b>	<b>334</b>	<b>9</b>

Contains: Soy, Wheat, Sulphites

## Roasted Cauliflower Wrap Boxed Grilled Wrap

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Cauliflower	24	0	0	0	0	30	5	2	2	2	0	47	21	0.4
Avocado Gremolata	94	8	1	0	0	229	7	4	1	2	0	9	11	0.5
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
House Guacamole	89	8	1	0	0	15	5	4	0	1	0	6	7	0.3
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
<b>Total</b>	<b>546</b>	<b>28</b>	<b>6</b>	<b>0</b>	<b>0</b>	<b>849</b>	<b>67</b>	<b>17</b>	<b>7</b>	<b>14</b>	<b>0</b>	<b>93</b>	<b>201</b>	<b>4</b>

Contains: Wheat, Sulphites





**PORTAVIA**

# GRILLED WRAPS

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## Spicy Steak and Avocado Boxed Grilled Wrap

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Roasted Striploin	383	16	5	0	143	244	0	0	0	57	0	0	14	5.8
Spicy Salsa Verde	7	0	0	0	0	92	1	0	0	0	0	16	16	0.8
House Guacamole	44	4	1	0	0	7	2	2	0	1	0	3	3	0.2
Grilled Banana Peppers	12	0	0	0	0	6	2	2	1	1	0	37	6	0.2
Pico de Gallo Salsa	19	1	0	0	0	75	2	0	1	0	0	2	7	0.1
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
<b>Total</b>	<b>751</b>	<b>30</b>	<b>9</b>	<b>0</b>	<b>143</b>	<b>911</b>	<b>53</b>	<b>10</b>	<b>4</b>	<b>68</b>	<b>0</b>	<b>62</b>	<b>175</b>	<b>10</b>

Contains: Wheat, Sulphites

## Smoked Salmon Boxed Grilled Wrap

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Smoked Salmon	172	11	2	0	39	608	2	0	2	17	0	0	0	0.0
Herb Dijon Aioli	213	20	2	0	10	352	1	1	0	1	0	2	39	3.4
Roasted Onions	48	3	0	0	0	2	6	1	3	1	0	3	13	0.1
Grilled Zucchini	10	0	0	0	0	2	2	1	1	1	0	9	12	0.2
Fennel Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
<b>Total</b>	<b>763</b>	<b>45</b>	<b>8</b>	<b>0</b>	<b>49</b>	<b>1465</b>	<b>59</b>	<b>9</b>	<b>9</b>	<b>29</b>	<b>0</b>	<b>43</b>	<b>218</b>	<b>7</b>

Contains: Fish, Mustard, Wheat, Sulphites



# GRILLED WRAPS

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## Spicy Egg Salad and Guacamole

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Crumbled Eggs	222	15	5	0	560	192	2	0	1	18	292	0	69	2.1
Spicy Salsa Verde	7	0	0	0	0	92	1	0	0	0	0	16	16	0.8
House Guacamole	44	4	1	0	0	7	2	2	0	1	0	3	3	0.2
Roasted Onions	48	3	0	0	0	2	6	1	3	1	0	3	13	0.1
Shredded Cheese	90	7	4	0	5	270	1	0	0	5	0	0	158	0.0
Baby Arugula	6	0	0	0	0	7	1	0	1	1	0	4	40	0.4
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
<b>Total</b>	<b>697</b>	<b>38</b>	<b>12</b>	<b>0</b>	<b>564</b>	<b>1049</b>	<b>57</b>	<b>9</b>	<b>6</b>	<b>33</b>	<b>293</b>	<b>26</b>	<b>387</b>	<b>6</b>

Contains: Eggs, Milk, Wheat, Sulphites

## Boxed Side Salad

Ingredients	calories (kcal)	fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugar (g)	protein (g)	vitamin A (µg)	vitamin C (mg)	calcium (mg)	iron (mg)
Spring Mix Lettuce	13	0	0	0	0	22	2	1	1	1	0	9	45	0.8
Shredded Beets	25	0	0	0	0	46	6	1	4	1	0	3	9	0.5
Shredded Carrots	25	0	0	0	0	42	6	1	3	1	0	4	20	0.2
Balsamic Vinaigrette	137	13	2	0	0	104	4	0	3	0	0	2	2	0.1
<b>Total</b>	<b>200</b>	<b>14</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>214</b>	<b>18</b>	<b>4</b>	<b>11</b>	<b>3</b>	<b>0</b>	<b>18</b>	<b>77</b>	<b>2</b>

Contains: Sulphites, Mustard