



Note: Nutrition information provided are approximates and intended to be used as a guide only. Values may vary. Please do not solely rely on this information for health related or medical decisions. Porta Via is not a food allergen or gluten-free facility. Customers with food allergies or other nutritional concerns are advised to contact restaurant manager.

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
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
Total	416	28	6	0	373	462	26	6	15	17	195	47	178	3.9

Contains: Eggs, Sulphites, Mustard

Mashed 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
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
Avocado Cremosa Dressing /1oz	146	14	2	0	0	110	4	0	3	0	0	3	2	0.1
Total	335	22	4	0	141	371	27	8	14	10	74	49	151	3.1

Contains: Sulphites, Mustard



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Roasted 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 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
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
Smoked Harissa Dressing (1oz)	171	17	3	0	0	133	4	0	3	0	0	2	2	0.1
Total	422	27	4	0	0	940	30	7	16	20	0	47	216	5.3

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	40	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
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
Total	490	28	4	0	81	572	26	7	14	45	6	48	152	3.9

Contains: Sulphites, Mustard



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Spicy Grilled 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 (ug)	vitamin C (mg)	calcium (mg)	iron (mg)
Spicy Chicken	223	10	2	0	81	238	1	0	0	40	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
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
Total	496	27	5	0	81	575	27	7	14	45	6	48	153	3.9

Contains: Sulphites, Mustard

Seasoned steak 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 (ug)	vitamin C (mg)	calcium (mg)	iron (mg)
Seasoned steak	188	8	2	0	70	120	0	0	0	35	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
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
Total	460	26	5	0	70	457	26	7	14	40	0	47	140	5.4

Contains: Sulphites, Mustard



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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
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
Total	360	21	4	0	21	718	30	8	14	18	0	47	152	4.6

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
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
Avocado Cremosa Dressing (1oz)	146	14	2	0	0	110	4	0	3	0	0	3	2	0.1
Total	580	42	7	0	62	588	25	7	14	27	15	51	148	3.0

Contains: Fish, Sulphites, Mustard



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Seasoned Eggs 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	219	3	0	0	0	11	42	4	1	10	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Cabbage 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
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
Total	810	42	8	0	373	588	85	15	11	32	195	145	250	7

Contains: Eggs, Sulphites, Mustard

Mashed Avocado 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	219	3	0	0	0	11	42	4	1	10	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Cabbage 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
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
Avocado Cremosa Dressing (1oz)	146	14	2	0	0	110	4	0	3	0	0	3	2	0.1
Total	730	36	6	0	141	497	86	17	10	25	74	147	223	6

Contains:
Sulphites, Mustard



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Roasted Tofu 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 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	219	3	0	0	0	11	42	4	1	10	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
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
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
Smoked harissa Dressing (1oz)	171	17	3	0	0	133	4	0	3	0	0	2	2	0.1
Total	816	41	6	0	0	1066	89	16	11	35	0	145	289	9

Contains: Soy, Sulphites, Mustard

Lemon and Herb Chicken 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	40	6	1	20	1.4
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice	219	3	0	0	0	11	42	4	1	10	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Cabbage 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
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
Total	885	42	7	0	81	698	85	16	10	60	6	146	225	7

Contains: Sulphites, Mustard



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Spicy Grilled Chicken 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 Chicken	223	10	2	0	81	238	1	0	0	40	6	1	20	1.4
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice	219	3	0	0	0	11	42	4	1	10	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Cabbage 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
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
Total	890	41	7	0	81	700	86	16	10	60	6	146	228	7

Contains: Sulphites, Mustard

Seasoned steak 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 steak	188	8	2	0	70	120	0	0	0	35	0	0	7	2.8
Kale	26	0	0	0	0	20	5	1	1	2	0	63	79	0.8
Brown Rice	219	3	0	0	0	11	42	4	1	10	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Cabbage 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
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
Total	855	39	8	0	70	583	85	15	10	54	0	145	212	9

Contains: Sulphites, Mustard



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Seared Tuna Carpaccio 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	219	3	0	0	0	11	42	4	1	10	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Cabbage 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
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
Total	755	34	6	0	21	843	89	17	10	33	0	145	225	8

Contains: Fish, Sulphites, Mustard

Roasted Salmon 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	219	3	0	0	0	11	42	4	1	10	0	0	26	1.8
Roasted Brussel Sprouts	64	4	1	0	0	17	6	3	1	2	0	51	30	1.0
Cabbage 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
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
Avocado Cremosa Dressing (1oz)	146	14	2	0	0	110	4	0	3	0	0	3	2	0.1
Total	974	56	10	0	62	714	85	16	10	42	15	149	221	6

Contains: Fish, Sulphites, Mustard



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Chicken Romesco Grilled Panini

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 (µg)	vitami n C (mg)	calciu m (mg)	iron (mg)
Grilled Chicken Breast	207	9	1	0	83	153	0	0	0	45	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
Bun	290	5	1	0	0	520	55	6	4	5	0	0	44	3.5
Total	764	33	7	0	98	848	74	10	16	57	45	129	106	7

Contains: Milk, Wheat, Rye, Barley, Sulphites

Chicken Lite Grilled Panini

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 (µg)	vitami n C (mg)	calciu m (mg)	iron (mg)
Grilled Chicken Breast	207	9	1	0	83	153	0	0	0	45	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
Bun	290	5	1	0	0	520	55	6	4	5	0	0	44	3.5
Total	620	21	3	0	83	905	68	12	9	54	6	130	88	6

Contains: Wheat, Rye, Barley, Sulphites



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Chicken Piccante 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	45	6	0	15	1.1
Salsa verde aioli	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
Bun	290	5	1	0	0	520	55	6	4	5	0	0	44	3.5
Total	628	22	4	0	88	1119	66	10	6	53	26	80	153	6

Contains: Milk, Wheat, Rye, Barley, Sulphites

Steak Classico 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)
Seasoned steak	383	16	5	0	143	244	0	0	0	40	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
Bun	290	5	1	0	0	520	55	6	4	5	0	0	44	3.5
Total	921	38	9	0	147	886	75	10	17	51	19	154	148	12

Contains: Milk, Wheat, Rye, Barley, Sulphites



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Steak Salsa Verde 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)
Seasoned steak	383	16	5	0	143	244	0	0	0	40	0	0	14	5.8
Salsa verde 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
Provolone	105	8	5	0	29	163	1	0	0	7	0	0	204	0.0
Bun	290	5	1	0	0	520	55	6	4	5	0	0	44	3.5
Total	904	39	12	1	177	1201	61	8	5	53	0	54	304	12

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

Prosciutto Tartuffo 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	21	0	0	0	0.7
Truffle 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
Provolone	105	8	5	0	29	163	1	0	0	7	0	0	204	0.0
Bun	290	5	1	0	0	520	55	6	4	5	0	0	44	3.5
Total	814	45	12	0	86	2603	60	8	6	36	0	15	339	8

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



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Grilled Vegetarian and Goat Cheese 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
Bun	290	5	1	0	0	520	55	6	4	5	0	0	44	3.5
Total	479	17	4	0	15	855	75	13	11	12	39	131	88	5

Contains: Milk, Wheat, Rye, Barley, Sulphites

Smoked Salmon 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	22	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
Goat cheese	44	4	2	0	15	103	1	0	0	2	39	0	11	0.3
Bun	290	5	1	0	0	520	55	6	4	5	0	0	44	3.5
Total	602	27	6	0	54	1438	67	11	8	32	39	20	117	4.8

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



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Seared Tuna Carpaccio 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
Bun	290	5	1	0	0	520	55	6	4	5	0	0	44	3.5
Total	600	21	5	0	47	1326	75	12	12	30	40	137	122	9

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
Citrus Basil Dressing (1oz)	158	16	3	0	0	123	4	0	3	0	0	2	3	0.1
Total	221	16	3	0	0	233	12	3	11	3	0	18	77	1.6

Contains: Sulphites, Mustard



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Chicken Avocado 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	45	6	0	15	1.1
Avocado Gremolata	80	7	1	0	0	195	6	4	0	1	0	7	10	0.4
Cabbage 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
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
Total	622	27	6	0	81	921	57	10	5	56	6	38	186	4.5

Contains: Wheat,

Spicy Chicken 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	45	6	0	15	1.1
Salsa verde 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
Cabbage slaw Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
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
Total	727	36	9	0	91	1198	51	6	4	60	6	46	363	6.5

Contains: Milk, Mustard, Wheat, Sulphites



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Roasted Veggie 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)
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
Cabbage Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
Goat Cheese	44	4	2	0	15	103	1	0	0	2	39	0	11	0.3
Whole Wheat Wrap	280	9	3	0	0	480	44	5	1	8	0	0	88	2.1
Total	503	23	6	0	15	830	68	14	10	16	39	157	158	4

Contains: Fish, Wheat, Sulphites

Monterey Steak 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)
Seasoned Steak	383	16	5	0	143	244	0	0	0	40	0	0	14	5.8
Salsa verde aioli	213	20	2	0	10	352	1	1	0	1	0	2	39	3.4
Cabbage Slaw	34	2	0	0	0	14	4	1	2	1	0	25	26	0.4
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
Total	1006	54	14	0	158	1367	51	7	4	56	0	31	365	11.7

Contains: Milk, Eggs, Mustard, Wheat, Sulphites



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Steak and Avocado 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)
Seasoned Steak	383	16	5	0	143	244	0	0	0	40	0	0	14	5.8
Avocado Gremolata	80	7	1	0	0	195	6	4	0	1	0	7	10	0.4
Cabbage 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
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
Total	802	35	9	0	143	1015	57	10	5	51	0	38	185	9.2

Contains: Wheat, Sulphites

Smoked Salmon 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	22	0	0	0	0.0
Truffle dijon Aioli	213	20	2	0	10	352	1	1	0	1	0	2	39	3.4
Goat Cheese	44	4	2	0	15	103	1	0	0	2	39	0	11	0.3
Cabbage 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
Total	731	46	9	0	64	1564	53	7	6	35	39	31	204	6.6

Contains: Fish, Mustard, Wheat, Sulphites



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Egg & Salsa 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)
Crumbled Eggs	222	15	5	0	560	192	2	0	1	18	292	0	69	2.1
Salsa verde aioli	107	10	1	0	5	176	0	0	0	0	0	1	20	1.7
Cabbage 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
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
Total	758	43	13	0	570	1214	54	6	6	33	292	32	408	6.8

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
Citrus Basil Dressing (1oz)	158	16	3	0	0	123	4	0	3	0	0	2	3	0.1
Total	221	16	3	0	0	233	12	3	11	3	0	18	77	1.6

Contains: Sulphites, Mustard