

The Tuna (with cheese)

Nutritional Information	Large White Bread	Small White Bread	Large Whole Wheat	Small Whole Wheat	Wrap White Bread	Wrap Whole Wheat
Serving size (g)	340	170	340	170	215	180
Calories	730	370	730	370	510	390
Total Fat (g)	20	10	20	10	17	14
Saturated Fat (g)	8	4	8	4	5	4
Trans Fat (g)	0.2	0.1	0.2	0.1	0.1	0.1
Cholesterol (mg)	95	50	95	50	50	50
Sodium (mg)	1740	870	1740	870	1250	990
Total Carbohydrate (g)	64	32	64	32	50	31
Dietary Fibre (g)	3	2	4	2	2	3
Sugar (g)	1	0	2	1	0	0
Protein (g)	70	35	71	36	37	35
Vitamin A	10%	6%	10%	6%	4%	4%
Vitamin C	20%	10%	20%	10%	0%	6%
Calcium	20%	10%	20%	10%	10%	10%
15%Iron	45%	25%	50%	25%	30%	20%

* Nutrition Information is approximate and rounded for clarity.

Nutritional information includes bread/wrap, tuna and cheese. It does not include any of the garden fresh toppings, Dagwoods sauce or salad dressings. Please refer to separate charts for information.

The % Daily Value is based on a 2000 calorie diet. Nutrition calculations follow government regulations regarding the rounding off of data.

Please consult our Nutritional Guide for information on toppings.