

Nutrition Facts per 1 sandwich (225 g): **Calories** 130,
Fat 4.0 g (6 %), **Saturated Fat** 0.5 g + **Trans Fat** 0 g (3 %), **Cholesterol** 0 mg
Sodium 310 mg (13 %), **Carbohydrate** 23 g (8 %), **Fibre** 2 g (8 %), **Sugars** 17 g,
Protein 2 g, **Vit A** (2 %), **Vit C** (2 %), **Calcium** (2 %), **Iron** (2 %). % = % Daily Value

Ingredients: Fig Jam (Water, Figs, Sugar), Canola Oil, Goat Cheese, Cream Cheese, Tomato, Zucchini, Spinach, Dijon Mustard, Red Onion, Kosher Salt, Black Pepper

Contains: Milk, Wheat, Soy, Mustard

The Phamily Table, A6 5279 Still Creek Ave, Burnaby B.C.