

Sandwich	Portion Size (g)	Calories (cal)	Protein (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Fibre (g)
Albacore Tuna Salad	272	369.6	24.0	10.1	1.5	0.0	850.4	6.1
Chicken Guacamole	297	410.9	30.0	7.9	0.8	0.0	930.6	4.6
Chicken Salad	252	366.2	31.6	7.1	0.8	0.0	474.5	3.4
Fresh Veggie & Hummus	263	333.9	11.9	8.2	1.0	0.0	793.8	8.0
Roast Turkey	254	310.5	23.3	4.6	0.5	0.0	883.1	3.1
Grilled Chicken	257	348.9	30.0	5.2	0.9	0.0	803.1	3.1
Poached Salmon	274	362.9	27.0	6.5	1.2	0.0	648.1	5.1
Grilled Shrimp	247	304.9	19.5	5.9	1.4	0.0	713.1	6.1
Veggie Shot	120	26.9	1.1	0.2	0.0	0.0	9.2	1.8

Sandwich	Portion Size (g)	Cholesterol (mg)	Carbs (g)	Sugars (g)	Vit. A (RE)	Vit. C (mg)	Calcium (mg)	Iron (mg)
Albacore Tuna Salad	272	23.9	48.9	5.8	44.2	10.0	60.9	4.7
Chicken Guacamole	297	57.0	51.9	5.6	28.7	15.0	59.2	4.0
Chicken Salad	252	53.1	43.4	5.5	30.1	10.6	45.2	2.9
Fresh Veggie & Hummus	263	0.0	56.7	6.8	500.2	53.4	65.1	4.5
Roast Turkey	254	4.3	43.9	4.4	24.2	10.0	38.1	2.6
Grilled Chicken	257	61.3	43.6	4.4	24.2	10.0	60.1	3.6
Poached Salmon	274	70.9	48.8	3.4	51.2	10.0	48.0	3.1
Grilled Shrimp	247	112.3	46.8	4.4	44.2	10.0	81.0	5.0
Veggie Shot	120	0.0	1.1	3.5	416.7	48.4	17.1	0.5

The above chart is based on nutritional data provided by DRUXY'S suppliers.

*Be Active*

Take a walk to DRUXY'S

Exercise and healthy eating are the perfect combo for better living. We recommend a 20 minute walk to your nearest DRUXY'S to better enhance your circulation, strengthen your heart and burn calories. A brisk 20 minute walk can burn as much as 100 calories!

## Health Check™ SANDWICHES

Nutrition packed sandwiches to fuel your day!

### Ask for a DRUXY'S Veggie Shot

Want to kick **any** DRUXY'S Deli or Classic Sandwich up a notch? Ask for a DRUXY'S **Veggie Shot!** Punch up your nutrient and fibre intake by adding 1 equivalent vegetable serving as recommended by Canada's Food Guide. It's **good** for you and there's no additional charge!

1 Veggie Shot = lettuce, tomato, cucumber, sprouts, carrots and peppers.



*Eat Well*



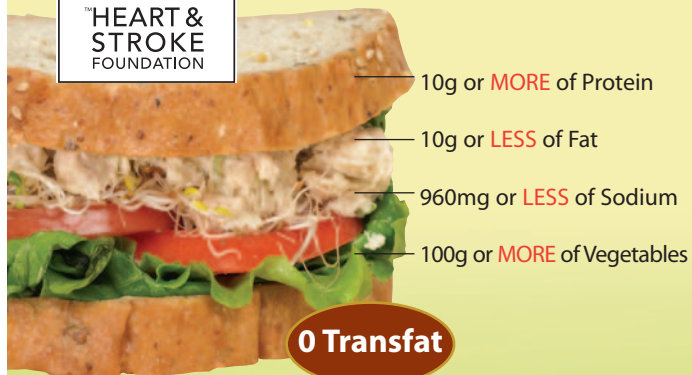
Introducing  
**8 GREAT DELI SANDWICHES**  
 that are extraordinarily **good** for you!

DRUXY'S famous Deli Sandwiches is delighted to present a line of sandwiches that meets the nutrient criteria as designated by the Heart and Stroke Foundation's Health Check™ program for healthy eating.

Each Deli Sandwich identified by the Health Check™ symbol is your assurance that they have been evaluated by the Foundation's registered dietitians and meet their nutrition criteria as based on Canada's Food Guide.



What makes a  
**HEALTH CHECK™**  
**SANDWICH?**



- >Each sandwich is lightly dressed on **one** side
- >has **no** added salt or cheese
- >is served with lettuce, tomato, cucumber and sprouts

To meet the Health Check™ criteria, the added fat and salt content is controlled. Requesting additional salt, dressing or cheese will compromise the sandwich as a Health Check sandwich. However, you can add as many vegetables as you desire!

**Albacore Tuna Salad**

DRUXY'S Tuna Salad served with Excel Ultimate Whipped Dressing, leaf lettuce, tomato, cucumber and sprouts on 10-Grain Bread.



**Chicken Guacamole**

Warm Chicken Breast with a light spread of guacamole, leaf lettuce, tomato, cucumber and sprouts on toasted French Bread.

**Veggies and Hummus**

Roasted Red Pepper Hummus, lightly spread, with red and green pepper slices, shaved carrot, leaf lettuce, tomato, cucumber and sprouts on 10-Grain Bread.



**Chicken Salad**

DRUXY'S Chicken Salad served with Excel Ultimate Whipped Dressing, leaf lettuce, tomato, cucumber and sprouts on French Bread.

**Roast Turkey**

Roast Turkey Breast lightly spread with Excel Ultimate Whipped Dressing, leaf lettuce, tomato, cucumber, sprouts on French Bread.



**Grilled Chicken**

Warm Chicken Breast lightly spread with Excel Ultimate Whipped Dressing, leaf lettuce, tomato, cucumber and sprouts on French Bread.

**Poached Salmon**

Poached Salmon lightly spread with Excel Ultimate Whipped Dressing, leaf lettuce, tomato, cucumber and sprouts on Pumpernickel Bread.



**Grilled Shrimp**

5 Grilled Shrimp lightly spread with Excel Ultimate Whipped Dressing, leaf lettuce, tomato, cucumber and sprouts on 10-Grain Bread.

The above sandwiches meet the Health Check™ criteria.  
 Not all sandwiches are available at all restaurants.

Take a break at DRUXY'S

Short exercise interludes are great stress reducers. We recommend you take a break ... a *real* break. Leave your work at your desk and meet us for a chat, a friendly smile and a healthy snack. Think of DRUXY'S as a stress-free haven. We do!



† The Heart and Stroke Foundation's Health Check™ program is your assurance that DRUXY'S menu items identified with Health Check™ symbol meet the program's nutrient criteria based on Canada's Food Guide. Choosing lower fat foods more often and emphasizing vegetables and fruits is part of healthy eating. DRUXY'S pays a fee to help cover program costs. This is not an endorsement.

Visit [www.healthcheck.org](http://www.healthcheck.org) for more information.

Health Check™ is a registered trademark of the Heart & Stroke Foundation of Canada.



[www.druxys.com](http://www.druxys.com)

Be Good Today.

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