

# nutritional info



*Serving Size*  
*Calories (kcal)*  
*Total Fat (g)*  
*Saturated Fat (g)*  
*Trans Fat (g)*  
*Cholesterol (mg)*  
*Sodium (mg)*  
*Carbohydrate (g)*  
*Fibre (g)*  
*Sugars (g)*  
*Protein (g)*  
*Vitamin A (%DV)*  
*Vitamin C (%DV)*  
*Calcium (%DV)*  
*Iron (%DV)*

## Mia Favourites

Mia Meddy	1 Ser.	440	36	3.5	0	0	950	25	8	11	7	150%	80%	8%	25%
Mia Power	1 Ser.	440	11	1	0.1	0	540	75	10	15	14	220%	230%	25%	60%
Mia Cobb	1 Ser.	560	44	14	1	155	1750	15	5	7	27	90%	50%	20%	15%
Mia Asian	1 Ser.	390	25	2.5	0	5	880	36	7	8	11	230%	90%	15%	40%
Mia Kale	1 Ser.	470	28	7	1	30	960	47	7	23	13	270%	340%	35%	25%
Mia Moroccan	1 Ser.	430	26	3	9	5	380	42	8	23	13	160%	80%	20%	40%

## Mia Favourites Wraps

The Big Easy	1 Ser.	710	35	10	0.3	95	2490	57	8	5	40	70%	35%	20%	30%
Mexitex	1 Ser.	630	21	5	0.2	45	2050	80	10	7	30	15%	25%	20%	30%
Sesame Chicken	1 Ser.	600	26	3	0	20	1280	68	10	12	26	100%	25%	15%	40%
Steak Out	1 Ser.	680	36	8	0.1	110	1810	56	7	2	34	100%	35%	10%	25%

## Hot Fresco Box

Ole Chicken	1 Ser.	390	12	1	0.1	25	1010	55	5	7	18	15%	15%	4%	15%
Chicken Soba	1 Ser.	680	13	2	0	20	1880	116	6	8	28	70%	6%	6%	45%
BBQ Steak	1 Ser.	410	19	2.5	0.1	15	390	48	5	6	12	110%	15%	4%	6%

## Mia Flat Breads

BBQ Chicken	1 Ser.	820	36	6	0.5	45	2270	95	5	15	30	20%	45%	30%	45%
Greek Feast	1 Ser.	720	29	9	0.5	35	1550	88	5	9	25	20%	15%	35%	40%
Italian	1 Ser.	910	49	11	1	35	1980	86	6	8	27	20%	6%	50%	45%

## Soups

Asian Vegetable	1 Ser.	140	2	0.3	0	0	1710	27	4	7	7	120%	60%	8%	15%
Lemongrass Punch	1 Ser.	150	4	0.5	0	0	1260	25	3	9	4	10%	25%	2%	8%
Southwestern	1 Ser.	130	2	0.5	0	0	2290	28	2	6	3	15%	50%	2%	6%

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## Breakfast Box

Southwest	1 Ser.	460	22	8	0.2	405	800	41	6	3	24	35%	25%	20%	25%
Greek Goddess	1 Ser.	560	33	13	0.5	435	1210	35	4	2	29	60%	25%	25%	25%
Italian Job	1 Ser.	530	31	10	0.4	410	940	34	3	3	26	40%	20%	35%	25%
BBQ Bacon & Egg	1 Ser.	510	29	10	0.2	430	990	32	3	2	28	20%	10%	20%	20%

## Breakfast Burrito

Southwest	1 Ser.	610	24	7	0.2	305	1390	68	9	3	28	30%	25%	25%	35%
Greek Goddess	1 Ser.	710	35	13	0.5	335	1800	62	7	2	34	60%	20%	25%	35%
Italian Job	1 Ser.	680	33	9	0.4	315	1540	61	7	3	30	35%	15%	40%	35%
BBQ Bacon & Egg	1 Ser.	660	32	10	0.2	330	1590	59	6	2	33	20%	8%	20%	30%

## Cheese

Bleu Cheese	Single Ser.	90	9	5	1	30	430	0	0	0	6	8%	0%	15%	0%
Cheddar Cheese	Single Ser.	70	6	4	0.2	20	120	0	0	0	4	4%	0%	10%	0%
Feta Cheese	Single Ser.	90	7	4	0.2	20	260	1	0	0	5	8%	0%	6%	0%
Goat Cheese	Single Ser.	77	7	4	0.2	22	187	0	0	0	4	7%	0%	2%	0%
Shredded Mozzarella	Single Ser.	60	4	3	0.1	15	120	1	0	0	5	2%	0%	15%	0%
Parmesan Cheese	Single Ser.	80	6	3.5	0.2	15	210	0	0	0	6	4%	0%	15%	2%

## Premium Fruit & Veggie

Asparagus	Single Ser.	5	0	0	0	0	3	1	0	0	1	2%	2%	0%	2%
Avocado	Single Ser.	90	8	1.5	0	0	0	4	2	0	1	0%	4%	0%	0%
Blueberries	Single Ser.	15	0.1	0	0	0	0	4	1	3	0.2	0%	4%	0%	0%
Dried Cranberries	Single Ser.	90	0.5	0	0	0	1	20	2	19	0	0%	0%	0%	2%
Grapes	Single Ser.	40	0.1	0	0	0	1	10	1	9	0.4	0%	10%	0%	2%
Strawberries	Single Ser.	5	0.1	0	0	0	0	2	1	1	0.2	0%	20%	0%	0%
Sundried Tomatoes	Single Ser.	90	6	0.4	0	0	480	7	2	3	1	4%	0%	2%	10%
Raisin	Single Ser.	90	0	0	0	0	0	23	1	17	1	0%	2%	2%	4%

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## Protein

Bacon	Single Ser.	190	14	5	0.1	45	610	0	0	0	15	0%	2%	0%	4%
Grilled Chicken	Single Ser.	50	1	0.3	0	20	270	1	1	1	10	6%	0%	0%	2%
Cajun Grilled Chicken	Single Ser.	60	1	0.3	0	20	660	2	1	1	10	6%	0%	0%	4%
Shrimp	Single Ser.	20	0	0	0	24	50	0	0	0	3	1%	1%	1%	3%
Cajun Shrimp	Single Ser.	30	1	0	0	24	440	3	0	0	4	4%	1%	2%	8%
Chunky Tuna	Single Ser.	31	0	0	0	8	148	0	0	0	6	0%	0%	0%	1%
Grilled Steak	Single Ser.	35	1	0.4	0	10	200	1	0	0	6	40%	0%	2%	0%
Grilled Salmon	Single Ser.	54	2	0	0	29	98	0	0	0	9	1%	0%	2%	2%

## Nuts

Ground Flax Seed	Single Ser.	138	11	1	0	0	10	8	6	0	5	0%	1%	5%	12%
Quinoa	Single Ser.	50	1	0.1	0	0	0	10	1	0	2	0%	0%	0%	10%
Sesame Seeds	Single Ser.	80	7	0	0	0	2	4	2	0	3	0%	0%	8%	15%
Sliced Egg	Single Ser.	20	1	0.4	0	55	15	0	0	0	2	0%	0%	0%	2%
Slivered Almonds	Single Ser.	30	3	0.2	0	0	2	1	1	0	1	0%	0%	2%	2%
Sunflower Seeds	Single Ser.	50	4	0.6	0	0	0	2	1	0	2	0%	0%	1%	3%
Walnuts	Single Ser.	90	9	1	0	0	0	2	1	0	2	0%	0%	0%	2%

## Flat Bread

Flat Bread Base with Pizza Sauce	Single Ser.	510	13.0	2.5	0.2	0	1180	84	4	7	15.0	8%	6%	15%	40%
Flat Bread Base with Pesto Sauce	Single Ser.	690	32	6	0.5	20	1280	78	3	4	19	10%	4%	30%	35%

## Wrap

Whole Wheat Tortilla Wrap	Single Ser.	310	8	0.5	0	0	740	48	5	0	10	0%	0%	4%	15%
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## Fresco Soup

Vegetable Soup Base	Single Ser.	35	0.1	0	0	0	1630	8	0	5	1	0%	0%	0%	0%
Classic Chicken Soup Base	Single Ser.	35	1	0.4	0	0	2230	7	0	2	0.4	0%	0%	0%	0%
Spicy Lemongrass Soup Base	Single Ser.	80	3.5	0.5	0	0	1250	11	2	7	2	0%	0%	0%	4%

## Salad Dressing

Mandarin Orange Signature CS	15 ml	40	3	0.5	0	0	90	3	0	3	0.1	0%	0%	0%	0%
Balsamic Vinaigrette CS	15 ml	45	4	0.4	0	0	120	2	0	1	0.1	0%	0%	0%	0%
Caesar Creamy Light CAL WISE CS	15 ml	35	2	0.5	0	6	135	3	0	4	0.4	0%	0%	0%	0%
Caesar Creamy CS	15 ml	50	5	1	0	6	135	1	0	0	0.3	0%	0%	0%	0%
Cucumber Creamy	15 ml	50	5	0.5	0	0	140	1	0	1	0.1	0%	0%	0%	0%
Italian Creamy	15 ml	30	3	0.4	0	0	130	1	0	1	0.1	0%	0%	0%	0%
Italian Zesty CAL WISE CS	15 ml	5	0.4	0	0	0	170	1	0	1	0	0%	0%	0%	0%
Pure Greek Feta	15 ml	45	4.5	0.5	0	0	135	1	0	0	0.2	0%	0%	0%	0%
French	15 ml	60	6	1	0	0	115	2	0	2	0.1	0%	0%	0%	0%
Thousand Island	15 ml	40	3	0.5	0	6	160	3	0	2	0.1	0%	0%	0%	0%
Italian Golden	15 ml	38	4	0.6	0	0	135	1	0	1	0	0%	0%	0%	0%
Oriental Sesame	15 ml	50	5	0.5	0	0	180	1	0	1	0.3	0%	0%	0%	0%
Poppyseed	15 ml	60	5	1	0	0	125	4	0	4	0.2	0%	0%	0%	0%
Pure BBQ Ranch	15 ml	48	5	0	0	3	83	2	0	1	0	0%	0%	0%	0%
Rancher's Choice CAL WISE CS	15 ml	70	7	1	0	6	115	1	0	1	0.1	0%	0%	0%	0%
Raspberry CS	15 ml	30	2	0.3	0	0	150	3	0	3	0	0%	0%	0%	0%
Blue Cheese Roka CS	15 ml	60	6	1	0	0	120	1	0	0	0.2	0%	0%	0%	0%
Ranch Peppercorn	15 ml	35	3	0.5	0	6	180	1	0	1	0.3	0%	0%	0%	0%
Roasted Red Pepper CS	15 ml	50	1	0	0	0	140	2	0	2	0.1	0%	0%	0%	0%
Sweet Onion Vinaigrette CS	15 ml	29	2	0	0	0	138	2	0	1	0	0%	0%	0%	0%
Sundried Tomato Oregano CS	15 ml	40	3.5	0.4	0	0	135	2	0	1	0.2	0%	0%	0%	0%
Berry Balsamic CS	15 ml	31	2	0.2	0	0	115	4	0	3	0.0	0%	2%	0%	0%

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## Basics

	Single Ser.	10	0.1	0	0	0	5	2	1	1	1	2%	2%	0%	2%
Iceberg	Single Ser.	10	0.1	0	0	0	5	2	1	1	1	2%	2%	0%	2%
Romaine	Single Ser.	10	0.2	0	0	0	5	2	1	1	1	50%	25%	2%	4%
Mesclun	Single Ser.	10	0.1	0	0	0	15	2	1	0	1	45%	10%	4%	4%
Spinach	Single Ser.	10	0.2	0	0	0	45	2	1	0	2	50%	25%	4%	10%
Kale	Single Ser.	30	0.4	0.1	0	0	25	6	2	0	2	100%	130%	8%	8%
Green Apples	Single Ser.	15	0.1	0	0	0	0	4	1	3	0	0%	2%	0%	0%
Bean Sprouts	Single Ser.	5	0	0	0	0	1	1	0	1	1	0%	4%	0%	2%
Beets	Single Ser.	17	0.1	0	0	0	31	4	1	3	1	0%	3%	1%	2%
Black Beans	Single Ser.	40	0.2	0	0	0	120	6	2	0	3	0%	0%	2%	4%
Broccoli	Single Ser.	5	0.1	0	0	0	5	1	0	0	0.5	2%	25%	0%	0%
Brown Rice	Single Ser.	50	0.3	0	0	0	0	10	0	0	1	0%	0%	0%	2%
Celery	Single Ser.	5	0.1	0	0	0	30	1	1	1	0.3	2%	2%	2%	0%
Chick Peas	Single Ser.	20	0.3	0	0	0	35	3	1	0	1	0%	2%	0%	2%
Cilantro	Single Ser.	3	0.1	0	0	0	5	0	0	0	0.2	8%	6%	0%	2%
Corn	Single Ser.	30	0.4	0	0	0	60	7	1	1	1	0%	4%	0%	2%
Croutons	Single Ser.	56	0.7	0	0	0	67	11	1	1	2	0%	0%	0%	6%
Crunchy Noodles	Single Ser.	120	4	0.3	0	5	95	19	1	0	3	0%	0%	0%	10%
Edamame	Single Ser.	20	1	0.2	0	0	0	1	1	0	2	0%	2%	2%	4%
English Cucumber	Single Ser.	3	0	0	0	0	0	1	0	0	0.1	0%	0%	0%	0%
Green Onion	Single Ser.	1	0	0	0	0	0	0	0	0	0	2%	0%	0%	0%
Green Pepper	Single Ser.	3	0	0	0	0	1	1	0	0	0.1	0%	25%	0%	0%
Jalapenos	Single Ser.	4	0.1	0	0	0	0	1	0	0	0.2	2%	10%	0%	0%
Kalamata Olives	Single Ser.	45	5	0.5	0	0	3	0	0	0	0.3	0%	0%	0%	0%
Mushrooms	Single Ser.	2	0	0	0	0	1	0	0	0	0.4	0%	0%	0%	0%
Oranges	Single Ser.	3	0	0	0	0	0	1	0	1	0.1	0%	6%	0%	0%
Red Onion	Single Ser.	5	0	0	0	0	1	1	0	1	0.2	0%	2%	0%	0%
Red Pepper	Single Ser.	5	0.1	0	0	0	1	1	0	1	0.2	6%	35%	0%	0%
Shredded Carrots	Single Ser.	15	0.1	0	0	0	25	4	1	2	0.4	70%	4%	2%	0%
Tomatoes	Single Ser.	4	0	0	0	0	1	1	0	1	0.2	2%	6%	0%	0%

Nutritional information was obtained through analysis by our nutritional software, entitled ESHA Genesis R & D Nutritional Software, and information provided by suppliers. All nutritional information is based on standard ingredient servings and operations. The nutrition information contained in this section is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at the restaurant level, and/or the season of the year. Certain menu items may vary from store to store and may not be available at all locations. The nutritional information provided includes a selection of the most popular items. It may not include all products found in-store. Information may be subject to change at any time. We continue to update this list to reflect changes that occur in our products. Mia Fresco, its franchisees, and employees, do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. Please always consult your health care practitioner for questions regarding your diet.