



# GRAB AND GO MENU



## SANDWICHES & WRAPS

**CHICKEN STEAKHOUSE (150 Kcal)** - 15.00  
Total Fat(3.5g), Sat Fat (1.5g), Sodium(130mg), Sugar(0g), Fiber(1g), Salt (0.57g)

**PANINI BOLOGNAISE (90 Kcal)** - 20.00  
Total Fat(2.5g), Sat Fat (0.4g), Sodium(120mg), Sugar(2g), Fiber(2.8g), Salt (0.3g)

**CHICKEN PHILLY STEAK & PEPPERS BAGUETTE (220 Kcal)** - 15.00  
Total Fat(3.2g), Sat Fat (1.5g), Sodium(260mg), Sugar(1g), Fiber(3g), Salt (0.65g)

**PULLED THAI CHICKEN CEREAL CIABATTA W/ CRISPY NOODLES**

**(207 Kcal)** - 15.00  
Total Fat(3.2g), Sat Fat (1.1g), Sodium(285mg), Sugar(2.4g), Fiber(2.5g), Salt (0.71g)

**GRILLED VEG WRAP W/ SUNDRIED TOMATO**  
**(161 Kcal)** - 12.00

Total Fat(3.3g), Sat Fat (0.9g), Sodium(148mg), Sugar(2g), Fiber(1.8g), Salt (0.4g)

**BEEF SLIDER POTATO BUN W/ AMERICAN CHEESE**  
**(298 Kcal)** - 15.00

Total Fat(15g), Sat Fat (4.5g), Sodium(588mg), Sugar(4.3g), Fiber(2.0g), Salt (1.7g)

**CHICKEN WRAPTOR (190 Kcal)** - 15.00

Total Fat(3.5g), Sat Fat (1.5g), Sodium(410mg), Sugar(2g), Fiber(1g), Salt (0.75g)

**BUTTER CHICKEN BURRITO (240 Kcal)** - 15.00

Total Fat(3.5g), Sat Fat (1g), Sodium(95mg), Sugar(1.0g), Fiber(1.0g), Salt (0.24g)



## SALADS

**CHICKEN CAESAR SALAD (165 Kcal)** - 15.00

Total Fat(3.5g), Sat Fat (1.5g), Sodium(360mg), Sugar(1.6g), Fiber(1.8g), Salt (0.8g)

**TACO SALAD (134 Kcal)** - 15.00

Total Fat(3.4g), Sat Fat (1.2g), Sodium(318mg), Sugar(2g), Fiber(1.9g), Salt (0.78g)

**SKINNY SHAWARMA CHICKEN SALAD**

**(136 Kcal)** - 15.00

Total Fat(2.2g), Sat Fat (1.3g), Sodium(274mg), Sugar(1.6g), Fiber(2.2g), Salt (0.68g)

**WATERMELON FATOUSH SALAD (63 Kcal)** - 15.00

Total Fat(1.2g), Sat Fat (0.2g), Sodium(369mg), Sugar(0.1g), Fiber(1.6g), Salt (0.1g)

**PREMIUM FRESH FRUIT SALAD (55 Kcal) - 12.00**

Total Fat(0.50g), Sat Fat (0.0g), Sodium(7.20mg), Sugar(1.90g), Fiber(1.8g), Salt (0.02g)

**MANGO & VANILA YOGHURT GRANOLA (Jar)**

**(169 Kcal)** - 12.00

Total Fat(2.5g), Sat Fat (0.9g), Sodium(0.786mg), Sugar(0.2g), Fiber(5.1g), Salt (2.0g)

**BERRY & LEMON GRANOLA (Jar)**

**(189 Kcal)** - 13.00

Total Fat(2.5g), Sat Fat (0.9g), Sodium(76mg), Sugar(2g), Fiber(5.8g), Salt (0.2g)



## PASTRIES AND BREAD

**TOMATO PIZZA POCKET (118 Kcal)** - 4.00

Total Fat(2.9g), Sat Fat (0.8g), Sodium(120mg), Sugar(2g), Fiber(3.1g), Salt (0.3g)

**CINNAMON SWIRL (60g) (120 Kcal)** - 5.00

Total Fat(2.6g), Sat Fat (0.6g), Sodium(95mg), Sugar(2g), Fiber(3.5g), Salt (0.24g)

**TOMATO & CHEESE TWIST (60g)**

**(118 Kcal)** - 3.00

Total Fat(2.9g), Sat Fat (0.9g), Sodium(120mg), Sugar(2g), Fiber(3.0g), Salt (0.30g)

**FN'S BANANA BREAKFAST SLICE**

**(118 Kcal)** - 4.00

Total Fat(2.8g), Sat Fat (0.6g), Sodium(95mg), Sugar(2g), Fiber(3.2g), Salt (0.24g)

**RED VELVET MUFFIN (120 Kcal)** - 4.00

Total Fat(2.8g), Sat Fat (0.7g), Sodium(95mg), Sugar(2g), Fiber(3.0g), Salt (0.24g)

**BAKED CHICKEN NUGGETS (250 Kcal)** - 5.00

Total Fat(2.0g), Sat Fat (2.4g), Sodium(0.380mg), Sugar(1.0g), Fiber(1.5g), Salt (1.0g)

**APPLE PIE BISCUIT (30g) (170 Kcal)** - 3.00

Total Fat(6.0g), Sat Fat (4.3g), Sodium(0.65mg), Sugar(2.1g), Fiber(0.0g), Salt (0.1g)

**PEACH BISCUIT (30g) (92 Kcal)** - 3.00

Total Fat(3.2g), Sat Fat (1.4g), Sodium(45mg), Sugar(2.0g), Fiber(0.3g), Salt (0.1g)

**CRISPY CHICKEN STRIPS (79 Kcal)** - 6.00

Total Fat(0.5g), Sat Fat (0.1g), Sodium(85mg), Sugar(2g), Fiber(1.2g), Salt (0.21g)

**MOZZARELLA STICKS (120 Kcal)** - 7.00

Total Fat(3g), Sat Fat (1g), Sodium(120mg), Sugar(1.2g), Fiber(3g), Salt (0.30g)



## FN BOWLS

**FN RICE BOWLS (choice of Butter Chicken or Korean Gochujang sauce) (410 Kcal) 13.00**

Total Fat(1.2g), Sat Fat (1g), Sodium(120mg), Sugar(2g), Fiber(0g), Salt (1g)



## WEEKLY SPECIALS

**BREAKFAST SLICE (MONDAY), PAIN AU CHOC (WEDNESDAY), BROWNIES (FRIDAY)**



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