

SANDWICHES



Calorias
Calorias Grasa
Grasa Total (g)
Grasas Sat. (g)
Grasas Trans (g)
Colesterol (mg)
Sodio (mg)
Fibra Dietaria
Carbohidratos (g)

| | en pan criollo | | | | | | | | |
|------------------------|----------------|-----|----|----|---|-----|------|-----|----|
| Pollo | 356 | 18 | 2 | 8 | 0 | 40 | 1848 | 5 | 61 |
| Pavo-Roast Beef | 373 | 27 | 3 | 8 | 0 | 55 | 1247 | 4 | 59 |
| Pavo | 376 | 36 | 4 | 8 | 0 | 50 | 1408 | 4 | 62 |
| Pepper Steak | 373 | 18 | 20 | 8 | 0 | 60 | 1087 | 4 | 57 |
| Roast Beef | 373 | 90 | 10 | 8 | 0 | 60 | 1087 | 4 | 57 |
| Monte Cristo | 383 | 36 | 4 | 9 | 0 | 50 | 1627 | 4 | 62 |
| Meson Special R/B | 379 | 54 | 6 | 8 | 0 | 60 | 1087 | 5 | 59 |
| Philly Roast Beef | 382 | 18 | 2 | 8 | 0 | 60 | 1087 | 4 | 59 |
| Philly Pavo | 382 | 36 | 4 | 8 | 0 | 50 | 1407 | 4 | 63 |
| Virginia | 396 | 45 | 5 | 9 | 0 | 50 | 1848 | 5 | 65 |
| Minnesota Feast | 403 | 27 | 3 | 8 | 0 | 55 | 1417 | 5 | 66 |
| Meson Special Pavo | 409 | 54 | 6 | 8 | 0 | 50 | 1417 | 8 | 57 |
| Reuben | 411 | 387 | 10 | 8 | 0 | 60 | 1087 | 5 | 63 |
| Argentino | 416 | 63 | 7 | 8 | 0 | 60 | 1330 | 5 | 59 |
| All Pro | 565 | 216 | 24 | 17 | 0 | 78 | 1591 | 5 | 65 |
| Atún | 650 | 243 | 27 | 5 | 0 | 31 | 1377 | 5 | 90 |
| BLT | 616 | 252 | 28 | 18 | 0 | 60 | 1508 | 5 | 59 |
| Boricua | 512 | 180 | 20 | 13 | 0 | 50 | 1278 | 5 | 62 |
| Corned Beef | 418 | 63 | 7 | 11 | 0 | 74 | 2078 | 5 | 59 |
| Corned Beef / Pastrami | 570 | 225 | 25 | 17 | 0 | 127 | 978 | 5 | 59 |
| Cubano | 425 | 144 | 8 | 11 | 0 | 65 | 2111 | 5 | 50 |
| Delicioso | 496 | 144 | 16 | 8 | 0 | 55 | 1458 | 5 | 61 |
| Media Noche | 422 | 119 | 13 | 11 | 0 | 65 | 2024 | 2 | 54 |
| Pernil | 456 | 108 | 12 | 5 | 0 | 80 | 1320 | 5 | 59 |
| Steak Pizza | 485 | 81 | 9 | 8 | 0 | 86 | 1192 | 4 | 58 |
| Submarino | 546 | 207 | 23 | 16 | 0 | 82 | 1210 | 4 | 57 |
| W. House Roast Beef | 465 | 18 | 2 | 8 | 0 | 60 | 1344 | 3 | 65 |
| W. House Pavo | 465 | 54 | 6 | 8 | 0 | 50 | 1664 | 3 | 69 |
| Pastrami | 722 | 396 | 44 | 24 | 0 | 106 | 1334 | 5 | 60 |
| BBQ Cheddar Chicken | 441 | 6 | 0 | 0 | 0 | 42 | 2343 | 5.3 | 72 |
| Salami | 644 | 218 | 24 | 13 | 0 | 75 | 1752 | 2 | 40 |

en pan integral

| | | | | | | | | | |
|------------------------|-----|-----|----|----|---|-----|------|-----|----|
| Pollo | 386 | 54 | 6 | 8 | 0 | 40 | 1858 | 7 | 55 |
| Pavo-Roast Beef | 403 | 45 | 5 | 8 | 0 | 55 | 1257 | 6 | 53 |
| Pavo | 406 | 54 | 6 | 8 | 0 | 50 | 1418 | 8 | 56 |
| Pepper Steak | 403 | 198 | 22 | 8 | 0 | 60 | 1097 | 8 | 51 |
| Roast Beef | 403 | 198 | 12 | 8 | 0 | 60 | 1097 | 6 | 63 |
| Monte Cristo | 413 | 24 | 6 | 9 | 0 | 50 | 1637 | 8 | 56 |
| Meson Special R/B | 409 | 72 | 8 | 8 | 0 | 60 | 1097 | 8 | 53 |
| Philly Roast Beef | 520 | 36 | 4 | 8 | 0 | 60 | 1097 | 6 | 54 |
| Philly Pavo | 520 | 54 | 6 | 8 | 0 | 50 | 1417 | 6 | 57 |
| Virginia | 426 | 63 | 7 | 9 | 0 | 56 | 1858 | 6 | 63 |
| Minnesota Feast | 433 | 45 | 5 | 8 | 0 | 55 | 1487 | 6 | 60 |
| Meson Special Pavo | 439 | 72 | 8 | 8 | 0 | 50 | 1427 | 13 | 51 |
| Reuben | 411 | 387 | 7 | 35 | 0 | 74 | 2067 | 7 | 53 |
| Argentino | 426 | 90 | 10 | 8 | 0 | 60 | 1340 | 6 | 53 |
| All Pro | 595 | 252 | 28 | 17 | 0 | 78 | 1601 | 7 | 59 |
| Atún | 680 | 279 | 31 | 5 | 0 | 31 | 1387 | 7 | 84 |
| BLT | 646 | 270 | 30 | 18 | 0 | 60 | 1518 | 8 | 53 |
| Boricua | 542 | 198 | 22 | 13 | 0 | 50 | 1288 | 8 | 56 |
| Corned Beef | 448 | 81 | 9 | 11 | 0 | 74 | 2088 | 8 | 53 |
| Corned Beef / Pastrami | 600 | 243 | 27 | 17 | 0 | 127 | 988 | 5 | 53 |
| Cubano | 455 | 90 | 10 | 11 | 0 | 65 | 2121 | 8 | 44 |
| Delicioso | 526 | 162 | 18 | 8 | 0 | 55 | 1468 | 10 | 54 |
| Media Noche | 452 | 135 | 15 | 11 | 0 | 65 | 2034 | 6 | 48 |
| Pernil | 486 | 126 | 14 | 5 | 0 | 80 | 1330 | 7 | 51 |
| Steak Pizza | 515 | 117 | 13 | 8 | 0 | 86 | 1202 | 6 | 64 |
| Submarino | 576 | 225 | 25 | 16 | 0 | 82 | 1220 | 6 | 63 |
| W. House Roast Beef | 495 | 36 | 4 | 8 | 0 | 60 | 1354 | 4 | 63 |
| W. House Pavo | 495 | 72 | 8 | 8 | 0 | 50 | 1674 | 4 | 67 |
| Pastrami | 752 | 414 | 46 | 24 | 0 | 106 | 1344 | 9 | 54 |
| BBQ Cheddar Chicken | 441 | 6 | 0 | 0 | 0 | 42 | 2343 | 5.3 | 72 |
| Salami | 674 | 252 | 28 | 13 | 0 | 75 | 1762 | 4 | 36 |

PAPAS ASADAS

*Papas asadas no disponibles en todos nuestros establecimientos.

| | | | | | | | | | |
|------------------|-----|-----|----|---|---|----|------|---|----|
| Papa mantequilla | 161 | 0 | 0 | 2 | 0 | 0 | 17 | 3 | 39 |
| Papa Queso | 271 | 81 | 9 | 2 | 2 | 5 | 567 | 3 | 45 |
| Papa Philly R/B | 457 | 162 | 18 | 8 | 2 | 31 | 912 | 3 | 51 |
| Papa Philly Pavo | 457 | 162 | 18 | 8 | 2 | 31 | 922 | 6 | 51 |
| Papa Pizza | 346 | 72 | 8 | 8 | 0 | 56 | 399 | 3 | 41 |
| Papa Surfer | 545 | 189 | 21 | 7 | 0 | 18 | 1569 | 3 | 67 |

MESO KIDS

| | | | | | | | | | |
|-------------------|-----|-----|----|---|---|----|-----|---|----|
| Grill Cheese Kids | 308 | 117 | 13 | 2 | 0 | 20 | 390 | 1 | 35 |
| J/Q Kids | 360 | 126 | 14 | 2 | 0 | 36 | 877 | 1 | 37 |
| Pizza Kids | 322 | 81 | 9 | 4 | 0 | 43 | 533 | 1 | 36 |
| Pavo Kids | 314 | 99 | 11 | 4 | 0 | 38 | 667 | 1 | 37 |

PITAS & WRAPS

Calorias
Calorias Grasa
Grasa Total (g)
Grasas Sat. (g)
Grasas Trans (g)
Colesterol (mg)
Sodio (mg)
Fibra Dietaria
Carbohidratos (g)

| | | | | | | | | | |
|----------------------|-----|-----|----|---|---|----|------|---|----|
| Pita Roast Beef | 244 | 81 | 9 | 8 | 0 | 26 | 690 | 3 | 17 |
| Pita Pavo | 314 | 99 | 11 | 8 | 0 | 26 | 1010 | 2 | 21 |
| Pita Veg. Roast Beef | 324 | 81 | 9 | 8 | 0 | 26 | 730 | 3 | 25 |
| Pita Veg. Pavo | 324 | 81 | 9 | 8 | 0 | 26 | 750 | 3 | 25 |
| Pita Atún | 475 | 243 | 27 | 8 | 0 | 26 | 930 | 4 | 51 |

| | | | | | | | | | |
|----------------------|-----|-----|----|---|---|----|------|---|----|
| Wrap Pavo | 474 | 135 | 15 | 8 | 0 | 26 | 1700 | 3 | 42 |
| Wrap Roast Beef | 474 | 135 | 15 | 8 | 0 | 26 | 1380 | 3 | 38 |
| Wrap Veg. Pavo | 489 | 117 | 13 | 8 | 0 | 26 | 1442 | 3 | 46 |
| Wrap Veg. Roast Beef | 489 | 117 | 13 | 8 | 0 | 26 | 1422 | 3 | 46 |
| Caesar Wrap | 516 | 189 | 20 | 5 | 0 | 26 | 2088 | 3 | 38 |

MESO LITE

| | | | | | | | | | |
|---------------------------|-----|-----|----|---|---|----|------|----|----|
| Philly Veg. Roast Beef | 382 | 18 | 2 | 0 | 0 | 60 | 1087 | 4 | 59 |
| Integral Criollo | 412 | 54 | 6 | 0 | 0 | 60 | 1097 | 6 | 53 |
| Philly Veg. Pavo | 382 | 36 | 4 | 0 | 0 | 50 | 1407 | 4 | 63 |
| Integral Criollo | 412 | 72 | 8 | 0 | 0 | 50 | 1417 | 6 | 57 |
| Virginia Ham | 417 | 90 | 10 | 0 | 0 | 63 | 1755 | 3 | 50 |
| Bazous Surfer | 534 | 171 | 19 | 0 | 0 | 33 | 1552 | 8 | 60 |
| Wrap Atún | 635 | 279 | 31 | 0 | 0 | 26 | 1619 | 5 | 72 |
| Ensalada Caesar con pollo | 558 | 324 | 36 | 0 | 0 | 26 | 2231 | 3 | 17 |
| Ensalada Caesar sin pollo | 492 | 324 | 36 | 0 | 0 | 26 | 1318 | 3 | 17 |
| Veggie Max | 507 | 117 | 13 | 4 | 0 | 13 | 1109 | 13 | 71 |

MESOTRON

(Porción 12 Pedazos)

| | | | | | | | | | |
|---------------------------|-----|-----|----|---|---|-----|-----|---|----|
| Jamón y Queso | 175 | 54 | 6 | 1 | 0 | 24 | 433 | 1 | 19 |
| J/Q y Ensalada | 179 | 54 | 6 | 1 | 0 | 24 | 435 | 1 | 20 |
| J/Q y Huevo | 200 | 63 | 7 | 1 | 0 | 95 | 453 | 1 | 19 |
| J/Q Huevo Ensalada | 204 | 63 | 7 | 1 | 0 | 96 | 455 | 1 | 20 |
| J/Q Tocineta, Huevo, Ens. | 234 | 81 | 9 | 3 | 0 | 100 | 535 | 1 | 20 |
| Boricua | 360 | 126 | 14 | 2 | 0 | 36 | 877 | 1 | 37 |

DESAYUNO

Avena y Harina disponible sólo hasta las 11:00 am

| | | | | | | | | | |
|-----------------------------|-----|-----|----|----|---|-----|------|---|----|
| Bocadillo | 410 | 126 | 14 | 2 | 0 | 36 | 1127 | 2 | 53 |
| Bocadillo (con ensalada) | 418 | 126 | 14 | 2 | 0 | 36 | 1130 | 3 | 55 |
| Sandwich (Jamón/Queso) | 526 | 162 | 18 | 4 | 0 | 72 | 1298 | 4 | 59 |
| (Tocineta, Queso, Huevo) | 557 | 189 | 21 | 7 | 0 | 260 | 1613 | 2 | 49 |
| Grill Cheese | 460 | 162 | 18 | 2 | 0 | 40 | 1260 | 4 | 56 |
| Harina Maíz (8oz.) | 295 | 63 | 7 | 0 | 0 | 19 | 88 | 2 | 51 |
| Harina Maíz (12oz.) | 442 | 94 | 10 | 0 | 0 | 28 | 132 | 3 | 76 |
| Avena (8oz.) | 318 | 72 | 8 | 0 | 0 | 19 | 79 | 3 | 51 |
| Avena (12oz.) | 477 | 108 | 12 | 0 | 0 | 28 | 118 | 4 | 76 |
| Harina Maíz (Splenda 8oz.) | 218 | 63 | 7 | 0 | 0 | 19 | 88 | 2 | 31 |
| Harina Maíz (Splenda 12oz.) | 260 | 18 | 2 | 0 | 0 | 9 | 95 | 2 | 51 |
| Avena (Splenda 8oz.) | 206 | 27 | 3 | 0 | 0 | 10 | 86 | 3 | 31 |
| Avena (Splenda 12oz.) | 241 | 72 | 8 | 0 | 0 | 19 | 79 | 3 | 30 |
| Pancakes (3) | 260 | 54 | 6 | 1 | 0 | 10 | 600 | 0 | 48 |
| Pancakes (con huevo) | 335 | 54 | 6 | 1 | 0 | 223 | 661 | 0 | 48 |
| Kids J/O | 360 | 126 | 14 | 2 | 0 | 36 | 877 | 1 | 37 |
| Kids Grill Ch. | 308 | 117 | 13 | 5 | 0 | 20 | 390 | 1 | 35 |
| Huevos Rev./Fritos | 210 | 162 | 18 | 0 | 0 | 426 | 122 | 0 | 0 |
| (con jamón 2oz.) | 280 | 180 | 20 | 2 | 0 | 451 | 772 | 0 | 0 |
| (con tocineta 1oz.) | 460 | 315 | 35 | 3 | 0 | 471 | 1252 | 0 | 0 |
| Omelet | 339 | 153 | 17 | 2 | 0 | 562 | 366 | 1 | 0 |
| Omelet (con jamón 2oz.) | 409 | 171 | 19 | 10 | 0 | 487 | 1016 | 1 | 3 |
| Omelet (con tocineta 1oz.) | 519 | 279 | 31 | 11 | 0 | 492 | 846 | 1 | 0 |
| Omelet (con pavo 2oz.) | 399 | 171 | 19 | 2 | 0 | 487 | 796 | 1 | 2 |
| Tostadas Regular | 240 | 0 | 0 | 0 | 0 | 0 | 540 | 4 | 56 |
| Tostadas Integral Criollo | 270 | 36 | 4 | 0 | 0 | 0 | 550 | 6 | 50 |
| Wrap Mañanero | 425 | 108 | 12 | 2 | 0 | 26 | 1673 | 3 | 41 |

MESO SOPAS

| | | | | | | | | | |
|---------------------|-----|-----|----|---|---|----|------|---|----|
| Minestrone 8oz. | 110 | 40 | 4 | 0 | 0 | 0 | 920 | 2 | 14 |
| 12oz. | 165 | 60 | 6 | 0 | 0 | 0 | 1380 | 3 | 21 |
| Vegetales 8oz. | 90 | 25 | 2 | 0 | 0 | 0 | 750 | 2 | 16 |
| 12oz. | 135 | 37 | 3 | 0 | 0 | 0 | 1125 | 3 | 24 |
| Broccoli 8oz. | 200 | 110 | 12 | 6 | 0 | 35 | 1190 | 1 | 18 |
| 12oz. | 300 | 165 | 18 | 9 | 0 | 52 | 1785 | 1 | 27 |
| Chicken Noodle 8oz. | 110 | 25 | 2 | 0 | 0 | 35 | 1070 | 0 | 15 |
| 12oz. | 165 | 37 | 3 | 0 | 0 | 52 | 1605 | 0 | 22 |

CAFE

| | | | | | | | | | |
|---------------------|-----|----|---|---|---|----|----|---|----|
| Café Espresso | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Café Espresso Largo | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pocillo | 18 | 9 | 1 | 0 | 0 | 3 | 12 | 0 | 1 |
| Cortado | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Café Latte | 54 | 27 | 3 | 0 | 0 | 9 | 36 | 0 | 3 |
| Café Meson | 36 | 18 | 2 | 0 | 0 | 6 | 24 | 0 | 2 |
| Café Grande | 108 | 54 | 6 | 0 | 0 | 18 | 72 | 0 | 6 |
| Cappuccino | 69 | 36 | 4 | 0 | 0 | 14 | 44 | 0 | 4 |
| Chocolate | 96 | 18 | 2 | 1 | 0 | 10 | 55 | 0 | 13 |
| Chocolate Sup. | 111 | 27 | 3 | 1 | 0 | 15 | 60 | 0 | 14 |

BEBIDAS

| | | | | | | | | | |
|-------------------|-----|---|---|---|---|---|----|---|-----|
| Agua | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Coca-Cola 12oz. | 110 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 29 |
| 16oz. | 150 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 40 |
| 21oz. | 210 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 58 |
| 32oz. | 310 | 0 | 0 | 0 | 0 | 0 | 20 | 0 | 86 |
| Diet Coke 12oz | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 |
| 16oz. | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 0 | 0 |
| 21oz. | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 0 | 0 |
| 32oz. | 0 | 0 | 0 | 0 | 0 | 0 | 45 | 0 | 0 |
| Sprite 12oz. | 110 | 0 | 0 | 0 | 0 | 0 | 30 | 0 | 28 |
| 16oz. | 150 | 0 | 0 | 0 | 0 | 0 | 40 | 0 | 39 |
| 21oz. | 210 | 0 | 0 | 0 | 0 | 0 | 55 | 0 | 56 |
| 32oz. | 310 | 0 | 0 | 0 | 0 | 0 | 80 | 0 | 83 |
| Jugo China 12oz. | 180 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 43 |
| 16oz. | 240 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 58 |
| 21oz. | 315 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 76 |
| 32oz. | 480 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 116 |
| Fruit Punch 12oz. | 195 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 43 |
| 16oz. | 260 | 0 | 0 | 0 | 0 | 0 | 20 | 0 | 58 |
| 21oz. | 315 | 0 | 0 | 0 | 0 | 0 | 26 | 0 | 76 |
| 32oz. | 520 | 0 | 0 | 0 | 0 | 0 | 40 | 0 | 116 |
| Acerola 12oz. | 156 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 16 |
| 16oz. | 208 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 22 |
| 21oz. | 273 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 28 |
| 32oz. | 416 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 44 |
| Parcha 12oz. | 156 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 16 |
| 16oz. | 208 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 22 |
| 21oz. | 273 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 28 |
| 32oz. | 416 | 0 | 0 | 0 | 0 | 0 | 6 | 0 | 44 |
| Lemon Tea 12oz. | 120 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 |
| 16oz. | 160 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 12 |
| 21oz. | 210 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 |
| 32oz. | 320 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 24 |
| Green Tea 12oz. | 67 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6 |
| 16oz. | 90 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 8 |
| 21oz. | 118 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 |
| 32oz. | 180 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 16 |

POSTRES

| | | | | | | | | | |
|---------------------------|-----|-----|----|---|---|----|-----|---|----|
| Mallorca (sola) | 200 | 45 | 5 | 1 | 0 | 0 | 210 | 1 | 35 |
| Mallorca J/O | 360 | 126 | 14 | 2 | 0 | 36 | 877 | 1 | 37 |
| Meso Brownies | 160 | 60 | 7 | 1 | 0 | 15 | 95 | 1 | 22 |
| Meso Sorulllos | 280 | 80 | 8 | 0 | 0 | 0 | 640 | 8 | 48 |
| Danish Raspberry | 300 | 120 | 14 | 6 | 0 | 15 | 360 | 1 | 39 |
| Danish Cinnamon | 300 | 120 | 14 | 6 | 0 | 15 | 370 | 1 | 39 |
| Muffin Blueberry | 370 | 170 | 19 | 3 | 0 | 85 | 380 | 1 | 46 |
| Muffin Chocolate | 380 | 210 | 23 | 6 | 0 | 75 | 300 | 2 | 44 |
| Muffin Limón | 420 | 210 | 23 | 3 | 0 | 85 | 480 | 1 | 46 |
| Muffin Maíz | 430 | 190 | 22 | 4 | 0 | 80 | 300 | 1 | 53 |
| Cinnamon Roll | 650 | 290 | 32 | 8 | 0 | 45 | 780 | 2 | 42 |
| Natural Fries (Regulares) | 380 | 180 | 20 | 4 | 5 | 0 | 220 | 2 | 34 |
| Kids | 250 | 120 | 13 | 2 | 3 | 0 | 140 | 1 | 23 |
| Meson | 570 | 270 | 30 | 6 | 8 | 0 | 330 | 3 | 48 |
| Ketchup (sobre) | 15 | 0 | 0 | 0 | 0 | 0 | 110 | 0 | 3 |
| Sal (sobre) | 0 | 0 | 0 | 0 | 0 | 0 | 270 | 0 | 0 |
| Azúcar (sobre) | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 |
| Azúcar Negra (sobre) | 17 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 |
| Splenda (sobre) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 |

Análisis Valor Nutritivo



GRANOS VEGETALES FRUTAS LECHE CARNE Y HABICHUELAS



El Meson Sandwiches® incluye pan, vegetales y carne. Adición de condimentos ó queso altera el contenido de nutrición. **Información suministrada por la Lcda. Aida Delgado N.D., R.D. #1029 Nutri Safe. No incluye Mayonesa, ni Mantequilla, ni Queso Suizo.

1/2 PITA DE TUNA SALAD

| Calorias | Calorias de Grasa | Total de Grasa(g) | Grasas Sat.(g) | Grasas Trans(g) | Coolest.(mg) | Sodio (mg) | Carb.(g) | Fibra Diet.(g) | Prot. (g) | Vit. C (%DV) | Vit. A (%DV) | Calcio (% DV) | Hierro (%DV) |
|----------|-------------------|-------------------|----------------|-----------------|--------------|------------|----------|----------------|-----------|--------------|--------------|---------------|--------------|
| 242.61 | 153.34 | 16.96 | 4.12 | 0 | 25.665 | 4981.1 | 14.045 | 1.45 | 7.19 | 6.001 | 5.7522 | 11.6015 | 3.395 |

1/2 PITA DE MESO BISTRO

| | | | | | | | | | | | | | |
|-------|-----|-------|------|---|-------|-------|-------|------|------|---|-------|------|------|
| 312.6 | 170 | 19.54 | 7.51 | 0 | 52.15 | 773.1 | 12.57 | 1.14 | 20.6 | 6 | 12.75 | 18.6 | 9.06 |
|-------|-----|-------|------|---|-------|-------|-------|------|------|---|-------|------|------|

1/2 PITA DE VIRGINIA HAM

| | | | | | | | | | | | | | |
|--------|------|-------|------|---|-------|-------|-------|------|------|-------|------|------|-------|
| 199.49 | 97.5 | 10.54 | 3.76 | 0 | 36.25 | 788.1 | 12.82 | 1.14 | 11.6 | 11.67 | 4.25 | 7.85 | 5.055 |
|--------|------|-------|------|---|-------|-------|-------|------|------|-------|------|------|-------|

1/2 PITA DE PITA

| | | | | | | | | | | | | | |
|--------|------|-------|------|---|-------|-------|-------|------|------|-------|------|------|------|
| 189.49 | 87.5 | 10.04 | 3.26 | 0 | 31.25 | 588.1 | 11.82 | 1.14 | 11.6 | 11.67 | 4.25 | 7.85 | 5.06 |
|--------|------|-------|------|---|-------|-------|-------|------|------|-------|------|------|------|

1/2 PITA DE POLLO

| | | | | | | | | | | | | | |
|--------|------|------|------|---|-------|-------|-------|------|------|-------|------|------|-------|
| 179.49 | 72.5 | 8.04 | 2.76 | 0 | 26.25 | 688.1 | 13.82 | 1.14 | 10.6 | 11.67 | 4.25 | 7.85 | 3.055 |
|--------|------|------|------|---|-------|-------|-------|------|------|-------|------|------|-------|

ANTOJITO DE TUNA SALAD

| Calorias | Calorias de Grasa | Total de Grasa(g) | Grasas Sat.(g) | Grasas Trans(g) | Colect (mg) | Sodio (mg) | Carb. (g) | Fibra Diet(g) | Prot.(g) | Vit. C (% DV) | Vit. A (% DV) | Calcio (% DV) | Hierro (% DV) |
|----------|-------------------|-------------------|----------------|-----------------|-------------|------------|-----------|---------------|----------|---------------|---------------|---------------|---------------|
| 285.11 | 138.34 | 14.21 | 2.87 | 0 | 20.67 | 5,081.1 | 32.795 | 2.45 | 6.19 | 6.001 | 4.2522 | 5.60 | 4.395 |

ANTOJITO DE VIRGINIA HAM

| | | | | | | | | | | | | | |
|--------|-------|-------|------|---|-------|-------|-------|------|------|-------|------|------|-------|
| 269.49 | 102.5 | 10.04 | 3.76 | 0 | 36.25 | 978.1 | 31.82 | 2.14 | 12.1 | 11.67 | 4.25 | 6.85 | 6.055 |
|--------|-------|-------|------|---|-------|-------|-------|------|------|-------|------|------|-------|

ANTOJITO DE PAVO

| | | | | | | | | | | | | | |
|--------|------|------|------|---|-------|-------|-------|------|------|-------|------|------|-------|
| 259.49 | 92.5 | 9.54 | 3.26 | 0 | 31.25 | 778.1 | 30.82 | 2.14 | 12.1 | 11.67 | 4.25 | 6.85 | 4.725 |
|--------|------|------|------|---|-------|-------|-------|------|------|-------|------|------|-------|

ANTOJITO DE POLLO

| | | | | | | | | | | | | | |
|--------|------|------|------|---|-------|-------|-------|------|------|-------|------|------|-------|
| 249.49 | 77.5 | 7.54 | 2.76 | 0 | 26.25 | 848.1 | 32.82 | 2.14 | 11.1 | 11.67 | 4.25 | 6.85 | 4.055 |
|--------|------|------|------|---|-------|-------|-------|------|------|-------|------|------|-------|

ENSALADA CEASAR SIDE SALAD

| | | | | | | | | | | | | | |
|-------|----|--------|-------|---|-------|--------|--------|-------|--------|---|----|---|---|
| 74.72 | 45 | 5.5875 | .8175 | 0 | 5.006 | 184.66 | 5.7685 | .1875 | 1.6875 | 1 | Tr | 1 | 2 |
|-------|----|--------|-------|---|-------|--------|--------|-------|--------|---|----|---|---|

SIDE SALAD DE LA CASA

| Calorias | Calorias de Grasa | Total de Grasa (g) | Grasas Sat. (g) | Grasas Trans (g) | Colect. (mg) | Sodio (mg) | Carb. (g) | Fibra Diet. (g) | Prot. (g) | Vit. C (% DV) | Vit. A (% DV) | Calcio (% DV) | Hierro (% DV) |
|----------|-------------------|--------------------|-----------------|------------------|--------------|------------|-----------|-----------------|-----------|---------------|---------------|---------------|---------------|
| 37.32 | 10 | 1.6275 | .0775 | 0 | 0.006 | 45.76 | 5.3385 | .3275 | 1.3575 | 7 | 2.75 | .6 | 2.055 |

RECETA ESPECIAL DE TUNA SALAD

| | | | | | | | | | | | | | |
|--------|--------|-------|------|---|--------|-------|-------|-----|------|------|-------|-------|-----|
| 135.01 | 108.34 | 11.92 | 1.61 | 0 | 15.665 | 4,720 | 3.975 | .31 | 2.59 | .001 | .0022 | .0015 | .34 |
|--------|--------|-------|------|---|--------|-------|-------|-----|------|------|-------|-------|-----|