



BREADS & GRAINS

- **Brioche Bun** (170 calories, 310mg sodium)
- **Everything Bagel** (280 calories, 570mg sodium)
- **Plain Bagel** (270 calories, 580mg sodium)
- **Marble Rye Toast** (170 calories, 170mg sodium)
- **Small Rice** (160 calories, 540mg sodium)
- **Junior White Roll** (120 calories, 230mg sodium)
- **Junior Wheat Roll** (150 calories, 200mg sodium)
- **Shorti White Roll** (240 calories, 470mg sodium)
- **Shorti Wheat Roll** (230 calories, 380mg sodium)

PROTEINS

- **Black Beans (salad topping/cold)**
(70 calories, 0 mg sodium)
- **Chicken Salad** (2 scoops, 240 calories, 540 mg sodium)
- **Egg Omelet** (120 calories, 270 mg sodium)
- **Egg White Omelet** (80 calories, 260 mg sodium)
- **Hard Boiled Egg** (80 calories, 60 mg sodium)
- **Turkey Sausage Patty** (80 calories, 220 mg sodium)
- **Tuna Salad** (2 scoops, 380 calories, 520 mg sodium)
- **Sausage Patty** (180 calories, 210 mg sodium)
- **Roasted Veggies** (50 calories, 10 mg sodium)

CHEESES

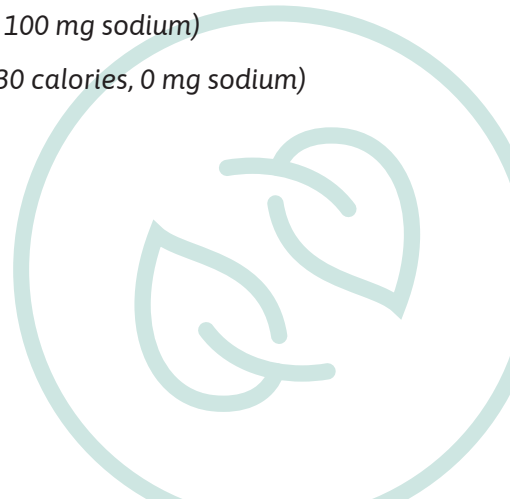
- **Swiss Cheese** (60 calories, 25 mg sodium)
- **White Cheddar** (60 calories, 90 mg sodium)

TOPPINGS

- **Avocado Spread** (60 calories, 0 mg sodium)
- **Crispy Jalapenos** (130 calories, 50 mg sodium)
- **Cucumbers** (0 calories, 0 mg sodium)
- **Grape Tomatoes** (15 calories, 0 mg sodium)
- **Oregano** (0 calories, 0 mg sodium)
- **Pepper** (0 calories, 0 mg sodium)
- **Grated Parmesan** (30 calories, 90 mg sodium)
- **Fresh Salsa** (10 calories, 30 mg sodium)
- **Shredded Lettuce** (0 calories, 0 mg sodium)
- **Sliced Onions** (5 calories, 0 mg sodium)
- **Shredded Carrots** (0 calories, 0 mg sodium)
- **Sunflower Seeds** (230 calories, 75 mg sodium)
- **Roasted Veggies (2 scoops)**
(25 calories, 10 mg sodium)

SPREADS & DRESSINGS

- **Cranberry Sauce** (50 calories, 0 mg sodium)
- **Garlic Aioli** (70 calories, 60 mg sodium)
- **Mayonnaise (little bit)** (20 calories, 50 mg sodium)
- **Oil** (50 calories, 0 mg sodium)
- **Ranch** (70 calories, 100 mg sodium)
- **Honey Hot Sauce** (30 calories, 0 mg sodium)





LOWER SODIUM MENU

Watching your sodium intake? Here are some delicious meal ideas created to keep your breakfast or lunch under 760mg of sodium



Balanced Choices

BREAKFAST

- **Veggie Avocado Toast** toasted panini bread topped with fresh avocado, cucumber, tomato, salt, and pepper (240 calories, 530 mg sodium)
- **Egg Omelet Bowl** topped with your choice of cheese, and toppings (120 calories, 270 mg sodium)
- **Strawberry Mango Banana Yogurt Smoothie (16 oz)** handcrafted fruit smoothie featuring strawberry, mango, banana, and yogurt (490 calories, 100 mg sodium)
- **Small Cinnamon Brown Sugar Oatmeal** (240 calories, 105 mg sodium)
- **Everything Bagel** with little bit of cream cheese, cucumbers, tomato (320 calories, 620mg sodium)

LUNCH

- **Garden Salad** your choice of salad greens, hardboiled egg, grape tomatoes, carrots, cucumbers, and ciabatta croutons (220 calories, 350 mg sodium)
- **Mediterranean Grilled Chicken Salad** your choice of salad greens, grilled chicken, cucumber, grape tomatoes, and ciabatta croutons (220 calories, 700 mg sodium)
- **Spicy Roasted Veggie & Provolone Junior Hoagie** with a little bit of mayo, provolone cheese, spinach, tomato, and spicy pepper relish on your choice of white or wheat roll (230 calories, 580 mg sodium)
- **Oven Roasted Turkey Junior Hoagie** with a little bit of mayo, spinach, cucumbers, tomato, and onion on your choice of white or wheat roll (200 calories, 710 mg sodium)
- **Chicken Salad Garden Salad** your choice of salad greens, chicken salad, ciabatta croutons, cucumber, grape tomatoes, and red onion (380 calories, 760 mg sodium)

EXPRESS CASE

- **Express Farmhouse Garden Veggie Salad** (120 calories, 85 mg sodium)
- **Express Fruit and Yogurt Parfaits** your choice of blueberry, vanilla strawberry, or vanilla cherry chocolate (230-250 calories, 115-120 mg sodium)
- **Express Fruit Cups** your choice of mixed fruit, mango, pineapple, grape, or watermelon (80-170 calories, 0-40 mg sodium)
- **Express Apple Snack Packs** (60 calories, 0 mg sodium)
- **Express Tuna Salad Croissant** (570 calories, 680 mg sodium)
- **Express Chicken Salad Sandwich Thin** (210 calories, 400 mg sodium)
- **Apple Peanut Butter Dipper** (230 calories, 95 mg sodium)

Tips to Eating Sodium Conscious at Wawa

Dietary guidelines recommends no more than 2300mg of sodium per day for adults

- Always pair a Wawa breakfast or lunch item with a veggie snack pack or fresh fruit cup from the express case for a balanced meal.
- Look for our roasted veggie recipes across our offer for a balanced lunch or dinner.
- Plan ahead! Use our Nutrition Calculator and Balanced Choices Menu to plan your visit.

