



NUTRITIONAL INFORMATION

(Amounts below are per serving unless indicated otherwise)

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
ABC Signature Sandwich	770	350	39	11	0	110	2210	58	3	5	46
ABC Signature Sandwich - Half	300	100	11	3	0	40	1160	33	2	3	19
ABC Signature Sandwich 9-Grain Bread	790	360	40	13	0	110	2190	60	4	9	47
Add-On: Chicken Breast	140	35	4	1	0	75	360	2	0	0	24
Add-On: Shrimp	140	5	0	0	0	270	160	0	0	0	34
Add-On: Wild Alaskan Salmon	180	80	9	1.5	0	65	110	0	0	0	23
Asiago Cream Pasta	1030	630	71	30	1	145	960	70	5	6	27
Bacon, For Morning Classic	210	140	15	6	0	45	600	0	0	0	15
Bagel - Apple Spice	320	20	2.5	1	0	0	460	66	2	16	10
Bagel - Asiago Cheese	380	100	11	7	0	25	790	51	2	4	18
Bagel - Cinnamon Crisp	320	20	2.5	1	0	0	460	66	3	15	10
Bagel - Cinnamon Raisin	260	10	1.5	0	0	0	420	54	2	7	10
Bagel - Honey Wheat	260	15	1.5	0	0	0	430	54	3	7	9
Bagel - Plain	260	10	1.5	0	0	0	450	53	2	5	10
Bagel - Poppy Seed	300	45	5	0.5	0	0	450	55	3	5	12
Bagel - Sesame Seed	340	70	8	1.5	0	0	460	56	4	5	12
Bagel - Whole Grain	290	30	3	0.5	0	0	540	58	4	7	11
Baja Chicken Enchilada Soup, Bowl	290	160	17	8	0	60	1590	23	5	6	12
Baja Chicken Enchilada Soup, Quart	1580	490	55	24	0	175	6120	212	19	23	62
Baked Potato Chowder Soup, Bowl	230	120	13	6	0	25	1220	22	1	2	3
Baked Potato Chowder Soup, Quart	1410	380	42	19	1	80	5030	207	8	13	36
Balsamic Blue Salad	390	180	20	7	0	30	550	43	10	30	13
Balsamic Blue Salad - Half	160	90	10	3.5	0	15	270	13	3	8	6
Balsamic Blue Salad w/ Chicken (No Dressing)	390	160	18	6	0	20	400	52	9	36	11
Basil Pesto Pasta	970	550	61	15	0	45	1200	75	11	4	30
BBQ Chicken Pizza	810	210	24	14	0	110	2010	99	7	16	49
Bear Claw	520	230	26	13	0.5	75	320	63	3	26	10
Bella Chicken Sandwich	650	260	28	11	0	120	1450	54	4	8	48
Bella Chicken Sandwich - Half	740	280	31	14	0	70	1570	83	5	11	35
Bella Chicken Sandwich on 9 Grain Bread	680	280	31	8	0	95	1240	61	4	6	44
Bella Focaccia Bread	610	280	32	14	0	60	1390	50	4	2	32
Bistro Chicken Sandwich	870	350	39	12	0	130	1990	64	2	3	55
Bistro Chicken Sandwich Half	430	180	20	6	0	65	990	32	1	2	27
Bistro Chicken Sandwich on 9 Grain Bread	830	380	42	13	0	130	1970	56	4	6	52
Black Bean & Corn	190	80	9	1	0	0	190	24	5	5	5
Broccoli Cheese Soup, Bowl	230	150	16	9	0.5	50	1470	13	2	3	10
Broccoli Cheese Soup, Quart	1410	460	51	28	1.5	155	5780	181	12	16	59
Buffalo Chicken Panini	780	310	35	9	0	75	1980	82	3	12	38
Buffalo Chicken Panini - Half	390	160	18	4.5	0	35	990	41	2	6	19
Buffalo Chicken Panini 9 Grain Bread	640	270	30	9	0	75	1730	61	4	7	35
Buffalo Chicken Pizza	920	380	42	15	0	115	2560	86	4	7	58
Buffalo Chicken Salad (No Dressing) - Half	140	60	6	3	0	40	230	7	3	3	15
Caesar Salad	140	60	7	4	0	20	260	15	4	3	6



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Caesar Salad - Half	70	30	3.5	2	0	10	130	7	2	2	3
Cafechilla - Kona Mocha	360	150	17	15	0	10	270	47	2	39	9
Cafechilla - Vanilla	430	150	17	16	0	10	440	57	2	40	12
California Avocado Signature Sandwich	890	540	60	14	0	35	910	74	16	11	22
California Avocado Signature Sandwich - Half	810	400	45	9	0	20	990	89	10	13	19
Cappuccino - Grande	140	50	5	3.5	0	20	150	15	0	12	9
Cappuccino - Medium	110	40	4	2.5	0	15	110	12	0	10	7
Cappuccino - Short	80	25	3	2	0	10	80	8	0	6	5
Caprese Signature Sandwich	670	250	28	11	0	60	1010	66	2	5	29
Caprese Signature Sandwich - Half	330	130	14	6	0	30	500	33	1	2	15
Caramel Machiatto - Grande	360	80	9	6	0	35	220	58	0	47	11
Caramel Machiatto - Medium	270	60	7	4.5	0	25	170	43	0	35	9
Caramel Machiatto - Short	190	45	5	3.5	0	20	125	28	0	23	7
Chardonnay Brie Salad (No Dressing) - Half	130	70	8	4	0	20	170	9	2	6	6
Chicken and Sausage Gumbo	150	40	4.5	1.5	0	20	1210	19	2	4	7
Chicken Dumpling Soup, Bowl	260	140	16	7	0	65	1320	23	1	3	8
Chicken Dumpling Soup, Quart	1500	450	50	20	1	195	5330	210	8	14	50
Chicken Noodle Soup, Bowl	130	30	3.5	1	0	30	1060	16	1	1	9
Chicken Noodle Soup, Quart	1110	110	13	2.5	0	90	4560	191	9	9	56
Chicken Parmesan	930	400	45	11	0	65	1600	87	9	10	43
Chicken Pesto Panini	680	220	25	10	0	85	1320	80	3	11	36
Chicken Pesto Panini - Half	340	110	12	5	0	40	660	40	2	5	18
Chicken Pesto Panini 9 Grain Bread	580	230	26	10	0	75	1040	58	4	6	34
Chicken Salad Sandwich	680	330	37	6	0	80	1170	51	3	4	32
Chicken Salad Sandwich - Half	330	140	16	3	0	40	740	25	1	2	16
Chicken with Organic Wild Rice Soup, Quart	1360	350	39	20	1	475	5410	206	9	9	47
Chicken with Wild Rice Soup, Bowl	220	110	12	7	0	160	1350	21	1	1	7
Chili Chicken Frontier Soup, Bowl	240	80	9	2.5	0	35	1480	25	5	8	16
Chili Chicken Frontier, Quart	1440	270	30	7	0	110	5790	218	21	29	76
Chili with Beans Timberline Soup, Bowl	320	130	14	5	1	50	1090	27	6	9	21
Chili with Beans Timberline, Quart	1670	410	45	16	2.5	155	4630	224	24	33	90
Chopstix Chicken Salad	290	110	13	1.5	0	40	260	24	7	5	23
Chopstix Chicken Salad - Half	140	60	6	1	0	20	130	12	4	3	11
Cinnamon Raisin Bread, 1 Slice	130	20	2.5	1	0	5	200	23	1	6	4
Cinnamon Raisin Bread, Loaf	1650	280	31	15	0	95	2590	298	11	83	49
Cinnamon Roll	680	290	33	18	0.5	65	290	91	2	59	7
Classic Trio: Caesar Salad	160	130	15	3.5	0	15	300	5	1	1	2
Classic Trio: House Salad	90	70	8	1.5	0	5	140	6	1	2	1
Cobb Salad	380	250	28	11	0	230	810	11	7	3	22
Cobb Salad - Half	190	130	14	5	0	115	400	6	4	1	11
Cordon Blue Sandwich	350	140	16	7	0	90	1000	20	1	2	33
Cordon Blue Sandwich 9 Grain Bread	510	130	15	8	0	90	1380	58	3	6	40
Cordon Blue Sandwich Half	170	70	8	3.5	0	45	500	10	1	1	16



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Cranberry Orange Scone	450	220	24	15	0	135	490	52	2	24	3
Cranberry Walnut Bread, 1 Slice	150	25	3	0	0	0	190	28	1	7	4
Croissant - Almond	660	350	40	19	1	115	260	66	4	27	12
Croissant - Apple	430	150	17	11	0	45	310	64	1	34	6
Croissant - Cheese	410	200	23	14	0.5	60	320	46	1	17	7
Croissant - Chocolate	420	200	22	14	0	45	240	48	2	21	7
Croissant - French	360	200	22	14	0.5	60	250	35	1	6	7
Croissant - Pear and Brie	610	310	35	17	0	75	410	62	3	31	14
Croissant - Raspberry Cheese	460	200	23	14	0.5	60	330	59	1	24	8
Croissant - Strawberries & Cream	350	150	17	11	0.5	45	250	43	2	14	6
Cuban Panini	670	220	24	9	0	85	1660	76	2	10	39
Cuban Panini - Half	340	110	12	4.5	0	40	830	38	1	5	20
Cuban Panini 9 Grain Bread	590	230	26	11	0	85	1530	55	3	6	36
Cupcake - Chocolate	490	180	20	7	0.5	30	620	73	3	52	6
Cupcake - Red Velvet	450	250	28	5	0	45	250	47	1	29	4
Cupcake - Vanilla	460	180	20	6	2	30	450	65	1	46	4
Danish - Apple	460	180	20	12	0.5	65	320	63	1	32	7
Danish - Cheese	490	210	24	15	0.5	75	350	61	1	31	7
Danish - Gooley Butter	580	250	28	16	0.5	75	340	75	2	36	9
Dried Cranberries (For Oatmeal)	50	0	0	0	0	0	0	14	1	12	0
Edamame	150	40	4.5	0	0	0	45	14	6	2	12
Egg & Cheese Breakfast Sandwich, Bagel	410	120	13	4	0	195	640	54	2	5	20
Egg & Cheese Breakfast Sandwich, Croissant	520	300	34	18	0.5	255	440	37	1	6	16
Egg Cheese & Bacon Breakfast Sandwich, Bagel	560	210	24	9	0	230	1020	54	2	5	30
Egg Cheese & Bacon Breakfast Sandwich, Croissant	660	400	45	22	0.5	290	810	37	1	6	26
Egg Cheese & Ham Breakfast Sandwich, Bagel	470	140	16	5	0	225	1000	54	2	5	28
Egg Cheese & Ham Breakfast Sandwich, Croissant	570	330	37	19	0.5	285	800	37	1	6	25
Egg Cheese & Turkey Sausage Breakfast Sandwich, Bagel	520	180	20	7	0	250	970	55	2	5	30
Egg Cheese & Turkey Sausage Breakfast Sandwich, Croissant	620	360	41	20	0.5	310	760	38	1	6	26
Egg, Cheese, & Pork Sausage Breakfast Sandwich, Bagel	560	220	25	9	0	235	940	54	2	5	28
Egg, Cheese, & Pork Sausage Breakfast Sandwich, Croissant	660	410	46	22	0.5	295	730	37	1	6	24
Everything Bagel	310	30	3.5	0.5	0	0	1650	59	4	5	12
Fire Roasted Vegetable Soup, Bowl	70	5	0	0	0	0	810	13	2	5	4
Fire Roasted Vegetable Soup, Quart	920	35	4	0	0	5	3800	181	12	20	40
Florentine Omelette	400	180	20	7	0	25	1140	26	5	4	28
Foccacia/Panini Bread, 1 Slice	80	15	1.5	0	0	0	160	15	0	2	3
Four Cheese Pizza	870	320	36	21	0	100	2250	87	4	5	57
French Baguette, 1 Slice	130	5	0.5	0	0	0	250	26	1	1	5
French Onion Soup, Bowl	150	70	8	4	0	20	1700	14	2	4	6
French Onion Soup, Quart	1160	230	26	12	0	55	6460	185	12	17	46
French Toast	560	140	16	4.5	0	285	680	85	2	34	19
Fresh Strawberries (For Oatmeal)	5	0	0	0	0	0	0	1	0	1	0
Fruit Salad	110	5	0	0	0	0	25	28	3	23	2



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Golden Lentil Soup, Bowl	210	30	3.5	1.5	0	5	840	34	13	5	12
Golden Lentil Soup, Quart	1340	120	13	5	0	20	3890	243	45	20	62
Gourmet Grilled Cheese Sandwich	860	430	48	20	0	90	1470	78	3	11	29
Gourmet Grilled Cheese Sandwich - Half	430	220	24	10	0	45	730	39	1	6	15
Greek Salad	200	100	11	5	0	20	1120	15	5	5	12
Greek Salad - Half	100	50	6	2.5	0	10	560	7	2	3	6
Greek Yogurt w/ Granola	230	60	6	0.5	0	10	50	29	2	20	16
Grilled Caprese	610	210	24	10	0	65	1320	66	4	3	28
Grilled Caprese - Half	310	110	12	5	0	30	660	33	2	2	14
Grilled Cheese Sandwich Kids - Half	210	80	9	3	0	15	360	24	1	1	8
Half & Half ABC Signature Sandwich w/ Chopstix Salad	540	230	26	8	0	75	1220	42	6	7	35
Half & Half Bella Chicken Sandwich w/ Caesar Salad	410	170	19	6	0	60	750	38	4	5	25
Half & Half Bistro Chicken Sandwich w/ House Salad	470	210	23	8	0	70	1100	36	4	5	28
Half & Half Buffalo Chicken Panini w/	460	190	21	7	0	75	1090	38	5	7	33
Half & Half Cordon Blue Sandwich w/ Balsamic Blue	410	150	17	7	0	60	960	42	5	11	26
Half & Half Cuban Panini w/ Buffalo Chicken Salad	440	170	19	8	0	80	990	35	4	6	34
Half & Half Honey Maple Ham Sandwich w Chardonnay Brie	390	160	18	6	0	50	950	40	4	11	21
Half & Half Roast Beef Sandwich w/ Montmore Berry	300	90	10	4	0	40	760	33	4	5	22
Half & Half Roasted Turkey Sandwich & Chardonnay Brie	360	140	15	5	0	50	850	38	4	12	20
Half & Half Tuna Salad Sandwich w/ Balsamic Blue	430	180	20	6	0	40	780	42	6	12	22
Half & Half Veggie Sandwich w/ Greek Salad	310	130	14	6	0	25	950	37	4	8	14
Ham & Swiss Egg White Omelette	290	150	16	10	0	65	1100	4	0	3	31
Ham & Swiss Omelette	560	320	36	14	0	550	1230	23	4	2	36
Ham Sandwich	530	170	19	4	0	60	1560	63	5	9	29
Ham Sandwich - Half	260	60	7	1.5	0	30	940	31	2	4	15
Honey Wheat Bread, 1 Slice	110	10	1	0	0	0	15	23	2	4	4
Hot Chocolate - Grande	520	90	10	13	0	35	250	91	2	79	17
Hot Chocolate - Medium	390	70	8	9	0	25	190	68	2	59	13
Hot Chocolate - Short	260	45	5	6	0	20	125	45	1	39	8
Hot Pastrami Panini	870	510	57	26	0	125	2040	49	4	6	41
Hot Pastrami Panini - Half	430	260	28	13	0	65	1020	25	2	3	21
Hot Spiced Chai Tea	320	70	8	7	0	10	180	51	0	46	8
House Salad	120	40	4.5	2.5	0	15	220	17	4	4	5
House Salad - Half	60	20	2	1	0	5	110	8	2	2	2
Hummus & Edamame Signature Sandwich	680	310	35	8	0	20	1050	70	9	13	27
Hummus & Edamame Signature Sandwich - Half	340	160	17	4	0	10	520	35	4	6	13
Iced Coffee	10	0	0	0	0	0	25	2	0	0	0
Italian Veggie Panini	530	330	37	10	0	25	1110	35	4	7	17
Italian Veggie Panini Half	260	160	18	5	0	15	550	17	2	4	9
Italian Wedding Soup, Bowl	190	60	6	3	0	15	1400	25	2	2	9
Italian Wedding Soup, Quart	1280	200	22	9	1	40	5560	216	10	11	53
Kids Cheese Pizza	590	130	14	7	0	30	1410	88	5	8	34
Kids Grilled Cheese Sandwich	410	150	17	6	0	30	720	49	2	2	15



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Kids PB & J Sandwich	480	140	15	3	0	0	660	72	4	23	15
Kids Penne	650	320	36	10	0	30	330	62	4	1	19
Latte - Grande	170	60	6	4	0	25	170	18	0	15	10
Latte - Medium	150	50	6	3.5	0	25	150	16	0	14	9
Latte - Short	120	40	4.5	3	0	20	125	13	0	11	8
Lingonberry Cheese Croissant	420	180	20	13	0	55	280	53	2	24	7
Mandarin Oranges	45	0	0	0	0	0	5	11	1	9	1
Margherita Pizza	730	230	25	15	0	90	2080	85	5	6	41
Mediterranean Focaccia Bread, 1 Slice	260	80	9	4	0	15	560	36	1	5	11
MG Egg Cheese & Ham Breakfast Sandwich	460	140	15	5	0	220	1030	56	3	9	27
MG Egg Cheese & Trky Sausage Brkfast Sndwich	520	180	20	7	0	250	960	56	3	7	29
Minestrone Soup	250	100	11	2.5	0	10	1210	27	5	5	11
Mini Brownie - Butter Cream	160	70	8	3	0	0	75	22	1	16	1
Mini Brownie - Chocolate Ganache	160	90	10	2	0	0	65	19	1	12	2
Mini Brownie - Plain	110	45	5	1.5	0	0	65	17	1	11	1
Mini Cini	140	40	4.5	2	0	0	115	25	1	16	1
Mini Cranberry Orange Scone	230	110	12	7	0	70	250	26	1	12	2
Mini Croissant	180	80	9	6	0	25	135	21	0	8	3
Mini Lingonberry Cheese Croissant	100	50	5	3.5	0	15	75	12	0	5	2
Mini Vanilla Scone	240	70	7	4.5	0	45	320	41	1	20	1
Mocha - Grande	400	70	8	9	0	25	210	70	2	58	12
Mocha - Medium	290	60	6	7	0	20	160	49	1	41	10
Mocha - Short	190	45	4.5	4.5	0	15	125	29	1	24	8
Montamore Berry Salad (No Dressing) - Half	100	60	7	2.5	0	15	125	5	2	2	5
Morning Classic Bacon	430	270	30	12	0	545	1220	2	0	1	32
Morning Classic Ham	280	150	17	7	0	530	1070	4	0	3	26
Morning Classic Turkey Sausage	420	240	27	10	0	600	1320	4	0	1	37
Morning Classic, No Meat	570	230	26	8	0	500	1140	59	5	8	26
Muffin - Banana Nut	450	220	25	4	0	55	260	53	1	31	5
Muffin - Banana Nut Muffin Top	240	120	13	2.5	0	30	140	28	1	16	3
Muffin - Blueberry	410	170	19	4	0	80	290	54	1	32	6
Muffin - Blueberry Muffin Top	220	90	10	2	0	40	150	30	1	18	3
Muffin - Caramel Apple	450	190	21	3.5	0.5	60	260	60	1	37	4
Muffin - Caramel Apple Muffin Top	240	100	11	2	0	30	135	33	1	21	2
Muffin - Chocolate Chip	440	190	21	6	0	80	300	59	2	37	6
Muffin - Chocolate Chip Muffin Top	230	100	11	3	0	40	150	31	1	20	3
Muffin - Cran Apple	380	160	18	3.5	0	75	320	49	1	27	6
Muffin - Cran Apple Muffin Top	200	90	10	2	0	35	160	26	1	14	3
Muffin - Cran Orange	500	280	31	4.5	0	70	290	49	3	28	9
Muffin - Cran Orange Muffin Top	310	190	21	2.5	0	35	140	26	2	14	6
Muffin - French Toast	490	220	25	7	0	75	230	61	1	39	6
Muffin - French Toast Muffin Top	260	120	13	4	0	35	120	33	0	21	3
Muffin - Low Fat Apple	280	40	4.5	0	0	85	360	54	1	32	6



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Muffin - Low Fat Apple Muffin Top	140	20	2.5	0	0	40	180	27	1	16	3
Muffin - Low Fat Pumpkin	280	35	4	0.5	0	45	280	56	1	34	5
Muffin - Low Fat Pumpkin Muffin Top	140	20	2	0	0	25	140	28	1	17	3
Muffin - Mocha Chocolate Chip	490	220	25	8	0	80	310	66	3	42	7
Muffin - Mocha Chocolate Chip Muffin Top	290	130	15	5	0	40	160	39	2	26	4
Muffin - Pumpkin	430	160	18	3	0	50	230	61	1	36	6
Muffin - Pumpkin Muffin Top	230	90	10	2	0	25	120	34	1	20	3
Muffin - Raisin Bran	360	150	16	3	0	60	250	49	4	24	7
Muffin - Raisin Bran Muffin Top	180	70	8	1.5	0	30	125	25	2	12	3
MultiGrain Egg & Cheese Breakfast Sandwich	410	120	13	4.5	0	195	640	55	3	7	19
New England Clam Chowder Soup, Bowl	210	90	10	3.5	0	25	1010	21	1	7	9
New England Clam Chowder Soup, Quart	1330	280	31	10	0	80	4410	204	8	25	55
Nine Grain Bread	1260	120	14	5	0	0	2540	244	15	21	50
Oatmeal	140	20	2	0	0	0	115	25	17	1	6
Organic Butternut Squash Soup, Bowl	300	160	18	11	0	60	900	35	2	13	3
Organic Butternut Squash Soup, Quart	1630	500	56	33	0.5	185	4080	248	11	44	38
Organic Tomato Basil Soup, Bowl	500	350	38	24	1	135	1950	28	3	19	10
Organic Tomato Basil Soup, Quart	2220	1060	118	73	3.5	400	7220	227	13	62	57
Pasta Bolognese	790	390	43	12	0.5	50	1310	72	6	6	28
Pasta Pomodoro	940	460	51	18	0	90	1330	79	9	11	39
Pasta Salad	260	190	21	2	0	0	450	17	1	2	4
Pasta Salmone	1000	450	51	11	0	90	990	86	9	8	48
PB & J Sandwich Kids - Half	240	70	8	1.5	0	0	330	36	2	11	8
Pecan Roll	790	530	59	20	0.5	80	280	61	5	27	11
Pepperoni Pizza	660	190	21	10	0	45	1660	88	5	8	37
Potato Salad	250	170	19	3	0	10	400	18	2	3	2
Pumpnickel Bread	120	15	1.5	0	0	0	250	23	2	1	5
Pumpnickel Bread, 1 Slice	80	5	0.5	0	0	0	170	16	1	1	3
Roast Beef Sandwich	490	130	15	3.5	0	60	1350	55	3	4	32
Roast Beef Sandwich - Half	330	45	5	1.5	0	30	1020	47	2	2	20
Roast Beef Sandwich 9 Grain Bread	400	50	6	3	0	55	1260	57	4	6	33
Roasted Organic Corn Chowder Soup, Bowl	340	150	16	8	0	10	480	45	3	13	5
Roasted Organic Corn Chowder Soup, Quart	1740	470	52	24	0.5	25	2810	277	14	44	42
Roasted Turkey Sandwich	460	120	14	2.5	0	60	1370	58	4	12	29
Roasted Turkey Sandwich - Half	220	35	4	1	0	30	840	29	2	6	14
Rye Bread	120	10	1.5	0	0	0	230	24	2	2	5
Rye Bread, 1 Slice	140	10	1.5	0	0	0	250	27	2	1	5
Salmon Banh-Mi Signature Sandwich	630	150	17	2.5	0	70	1050	76	3	12	38
Salmon Banh-Mi Signature Sandwich - Half	310	70	8	1.5	0	35	520	38	1	6	19
Salsa Fresca Salmon Salad (No Dressing) - Half	170	70	8	1	0	35	160	11	3	2	14
Scoop: Chicken Salad	160	110	12	2	0	35	240	1	0	0	11
Scoop: Chicken Waldorf	170	120	13	2	0	30	200	4	0	3	9
Scoop: Tuna Salad	130	80	9	1.5	0	20	220	1	0	0	10



NUTRITIONAL INFORMATION

(Amounts below are per serving unless indicated otherwise)

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Scrambled Eggs	220	140	15	6	0	500	620	2	0	1	17
Side: Apple	90	5	0	0	0	0	0	25	4	19	0
Side: Bacon (1 slice)	70	45	5	2	0	15	200	0	0	0	5
Side: Breaded Chicken Breast	210	90	9	2	0	40	520	11	1	1	21
Side: Breakfast Potatoes	170	80	9	2	0	0	170	20	4	1	3
Side: Cream Cheese (2 oz)	140	110	12	8	0	40	190	4	0	2	4
Side: Ham	50	20	2	0	0	25	390	0	0	0	9
Side: Pickle Spear	5	0	0	0	0	0	280	1	0	0	0
Side: Sausage (Pork)	140	100	11	4	0	35	320	0	0	0	8
Side: Turkey Sausage	80	40	4.5	1.5	0	40	260	1	0	0	8
Smoothie - Pineapple Mango	300	0	0	0	0	0	30	74	5	59	2
Smoothie - Strawberry	220	0	0	0	0	0	35	54	5	42	1
Smoothie - Strawberry Banana	270	0	0	0	0	0	30	66	5	47	2
Sourdough Bread, 1 Slice	90	5	1	0	0	0	180	19	1	3	3
Spanish Egg White Omelette	270	120	14	9	0	40	1490	8	1	5	25
Spanish Omelette	540	300	33	13	0	525	1620	29	5	5	29
Spinach Artichoke Panini	670	280	31	10	0	45	1600	66	3	3	26
Spinach Artichoke Panini - Half	330	140	16	5	0	25	800	33	1	1	13
Steakhouse Panini	670	220	25	7	0	75	3710	69	4	4	41
Steakhouse Panini - Half	310	90	11	3.5	0	35	1770	34	2	2	20
Sticky Bun	500	250	28	17	0.5	80	280	55	1	26	7
Three Cheese Egg White Omelette	430	260	29	19	0	90	1150	3	0	2	37
Three Cheese Omelette	550	370	42	23	0	580	1120	3	0	1	39
Tomato & Bacon Egg White Omelette	110	30	3.5	2	0	10	680	4	1	3	16
Tomato & Bacon Omelette	700	420	47	18	0	565	1570	25	5	3	41
Tomato & Onion Focaccia, 1 Slice	220	60	7	1	0	0	370	35	1	5	6
Tuna Salad Sandwich	650	370	41	7	0	60	1230	36	3	3	27
Tuna Salad Sandwich - Half	330	190	21	3.5	0	30	620	18	1	2	13
Tuna Salad Sandwich 9 Grain Bread	540	190	21	4	0	45	1010	58	4	7	32
Turkey Bacon Avocado Signature Sandwich	890	450	50	12	0	110	1970	67	11	13	46
Turkey Bacon Avocado Signature Sandwich - Half	380	220	25	6	0	35	660	26	5	4	15
Turkey Club Panini	880	340	38	11	0	105	2340	92	3	23	45
Turkey Club Panini - Half	520	230	25	6	0	60	1350	52	1	17	23
Turkey Sausage & Egg Whites	520	180	20	7	0	250	970	55	2	5	30
Veggie Sandwich	430	150	17	7	0	30	780	59	4	11	17
Veggie Sandwich - Half	400	190	21	4.5	0	15	780	48	3	6	9
Waffle	380	110	12	7	0	90	610	64	2	28	5
Waldorf Chicken Signature Sandwich	760	390	43	6	0	65	880	67	4	21	26
Waldorf Chicken Signature Sandwich - Half	280	130	15	2	0	10	290	31	2	8	5
Waldorf Chicken Signature Sandwich 9 Grain	740	370	41	7	0	65	1060	65	5	12	29
Walnuts (For Oatmeal)	90	80	9	1	0	0	0	2	1	0	2
White Sauce Pizza	830	340	38	17	0	80	3020	93	8	10	32
Wisconsin Cheese Soup	260	120	14	7	0	35	1230	22	1	10	12



NUTRITIONAL INFORMATION

(Amounts below are per serving unless indicated otherwise)

Wrap, California Veggie

Wrap, Grilled Chicken Caesar

Wrap, Spicy Santa Fe

Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
600	310	34	9	0	15	870	66	15	5	13
730	360	40	10	0	90	1430	56	7	2	38
790	350	39	10	0	65	1580	79	15	7	35