



## 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
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
Bagel - Asiago Cheese	380	100	11	7	0	25	790	51	2	4	18
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
Baked Potato Chowder Soup, Bowl	230	120	13	6	0	25	1220	22	1	2	3
Balsamic Blue Salad	630	410	45	11	0	30	890	43	10	34	13
Balsamic Blue Salad - Half	410	210	23	6	0	15	690	41	4	12	11
Basil Pesto Pasta	970	550	61	15	0	45	1200	75	11	4	30
Bella Chicken Sandwich	650	260	28	11	0	120	1450	54	4	8	48
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
Caesar Salad	630	520	58	12	1	60	1120	20	5	6	8
Caesar Salad - Half	310	260	29	6	0	30	560	10	2	3	4
Cafechilla - Kona Mocha	280	150	17	15	0	10	270	47	2	39	9
California Avocado Signature Sandwich	890	540	60	14	0	35	910	74	16	11	22
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 - Tall	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 Dumpling Soup, Bowl	260	140	16	7	0	65	1320	23	1	3	8
Chicken Noodle Soup, Bowl	130	30	3.5	1	0	30	1060	16	1	1	9
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 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, 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 with Beef soup, Bowl	320	130	14	5	1	50	1090	27	6	9	21
Chopstix Chicken Salad	750	370	41	6	0	40	1370	70	8	25	29



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Chopstix Chicken Salad - Half	440	190	21	3	0	20	810	48	5	3	17
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
Cobb Salad	680	390	42	13	0	230	1490	47	8	13	27
Cobb Salad - Half	400	190	21	7	0	115	870	37	5	7	16
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 - 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
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 - Goey Butter	580	250	28	16	0.5	75	340	75	2	36	9
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
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 Toast	560	140	16	4.5	0	285	680	85	2	34	19
Fruit Salad	110	5	0	0	0	0	25	28	3	23	2
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	480	360	40	11	0	35	2250	18	5	8	14
Greek Salad - Half	240	180	20	5	0	20	1130	9	2	4	7
Greek Yogurt w/ Granola	230	60	6	0.5	0	10	50	29	2	20	16



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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
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 - Tall	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	370	270	30	7	0	15	560	22	4	8	5
House Salad - Half	180	130	15	3.5	0	5	280	11	2	4	2
Iced Coffee	10	0	0	0	0	0	25	2	0	0	0
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
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 - Tall	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
Side 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
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 Croissant	180	80	9	6	0	25	135	21	0	8	3
Mocha - Tall	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
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
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 - 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 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 - Mocha Chocolate Chip	490	220	25	8	0	80	310	66	3	42	7



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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
New England Clam Chowder Soup, Bowl	210	90	10	3.5	0	25	1010	21	1	7	9
Nine Grain Bread Loaf	1260	120	14	5	0	0	2540	244	15	21	50
Oatmeal Plain	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 Tomato Basil Soup, Bowl	500	350	38	24	1	135	1950	28	3	19	10
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
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
Pumpernickel 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
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, 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
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
Sourdough Bread, 1 Slice	90	5	1	0	0	0	180	19	1	3	3
Spanish Omelette	540	300	33	13	0	525	1620	29	5	5	29
Steakhouse Panini	670	220	25	7	0	75	3710	69	4	4	41



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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
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
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
Wrap, Spicy Santa Fe	790	350	39	10	0	65	1580	79	15	7	35

Atlanta Bread has utilized an accredited third party company to compile our nutritional information. USDA research has found that nutritional values of foods can vary between individual samples of a particular food by as much as 20%, due to such factors as season, soil conditions, region of the country, product suppliers and other factors. Therefore, data listed on the nutrition reports represent approximations only and fall within the Food and Drug Administrations' allowable variance. The values listed in the Nutrition Facts label on the reports are rounded according to FDA's guidelines. Due to this Atlanta Bread cannot guarantee the complete accuracy of the nutritional data provided on this site or at our cafes. Many of our products contain or may come into contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, fish and shellfish.

GF – Gluten Free Items – While some items that are listed as Gluten Free or Gluten Friendly may appear on our menu, we are a bakery café that bakes breads and pastries fresh every day. As a result, cannot guarantee that items that were made without gluten will be 100% gluten free.

Allergens: Please note that many of our products contain or may come into contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, fish and shellfish. While we may have items that are listed as Gluten Free or Gluten Friendly on our menu, we are a bakery café that bakes breads and pastries fresh every day. As a result, cannot guarantee that items that were made without gluten will be 100% gluten free. Nutritional information is available on this site.