



## NUTRITIONAL INFORMATION

(below are per serving unless indicated otherwise)

(Amounts

	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
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	420	90	10	6	0	25	890	64	4	7	18
Bagel - Blueberry	320	10	1	0	0	0	580	67	4	13	11
Bagel - Cinnamon Raisin	320	10	1	0	0	0	510	67	5	14	11
Bagel - Plain	310	10	1	0	0	0	620	64	4	7	11
Bagel - Poppy Seed	340	35	4	0	0	0	620	66	5	7	12
Bagel - Sesame Seed	340	35	4	0	0	0	620	65	5	7	12
Bagel - Whole Grain	330	55	6	1	0	0	600	58	6	10	13
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	740	280	31	13	0	135	1560	52	2	7	55
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	870	495	55	13	0	35	280	68	14	10	22
Cappuccino - Short	80	25	3	2	0	10	80	8	0	6	5
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	710	255	28	12	0	100	1250	72	0	9	40
Chicken Salad Sandwich	620	335	37	6	0	75	1030	41	1	3	30
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
Chopstix Chicken Salad - Half	440	190	21	3	0	20	810	48	5	3	17
Cinnamon Raisin Bread, 1 Slice	150	25	2.5	0.5	0	0	170	45	0.5	26	4
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	690	255	28	12	0	95	1810	69	2	9	40



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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
Egg & Cheese Breakfast Sandwich, Bagel	460	110	12	6	0	200	840	64	0	7	23
Egg & Cheese Breakfast Sandwich, Croissant	520	300	34	18	0.5	255	440	37	1	6	16
Egg Cheese & Bacon Breakfast Sandwich, Bagel	600	200	22	10	0	200	1240	64	0	7	33
Egg Cheese & Bacon Breakfast Sandwich, Croissant	660	400	45	22	0.5	290	810	37	1	6	26
Egg Cheese & Ham Breakfast Sandwich, Bagel	510	130	14	6	0	230	1230	64	0	7	32
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	560	165	18	8	0	235	1150	65	0	7	32
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	330	25	2.5	0	0	0	920	66	5	8	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
Focaccia/Panini Bread, 1 Slice (1/3 loaf)	270	45	5	0.5	0	0	480	45	1	5	9
Four Cheese Flatbread	620	260	29	16	0	80	1360	54	3	2	33
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
Grilled Triple Cheese Sandwich	640	325	36	16	0	65	960	55	0	3	24
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
Grilled Caprese	670	300	33	16	0	85	750	67	0	3	29
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	440	170	19	3.5	0	60	1410	43	1	6	26
Honey Wheat Bread, 1 Slice	110	15	1.5	0	0	0	240	20	0	2	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	900	550	61	29	0	135	2150	46	0	6	40
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/Flatbread	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 Flatbread	650	320	35	14	0	30	810	56	2	3	30
Mediterranean Focaccia Bread, 1 Slice	320	90	10	1.5	0	0	480	47	2	6	10
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



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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
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
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 Salmon		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 Flatbread		620	245	27	12	0	70	1820	59	3	5	40
Potato Salad		250	170	19	3	0	10	400	18	2	3	2
Pumpnickel Bread, 1 Slice		100	10	1	0	0	0	290	21	0	1	4
Roast Beef Sandwich		490	130	15	3.5	0	60	1350	55	3	4	32
Roasted Turkey Sandwich		400	135	15	2.5	0	60	830	38	1	5	28
Rye Bread, 1 Slice		150	15	1.5	0	0	0	290	28	0	1	5
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	0	0	0	0	190	19	0	1	4
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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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	320	90	10	1.5	0	0	480	47	2	6	10
Tuna Salad Sandwich	730	405	45	6	0	55	1630	45	0	3	31
Turkey Bacon Avocado Signature Sandwich	920	515	57	14	0	60	1680	47	7	6	51
Turkey Club Panini	850	315	38	14	0	80	1950	78	2	17	46
Turkey Sausage & Egg Whites	520	180	20	7	0	250	970	55	2	5	30
Veggie Sandwich	370	145	16	7	0	25	230	40	1	6	16
Chicken Waldorf Signature Sandwich	760	390	43	6	0	65	880	67	4	21	26

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 Administration's 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.