



## 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	747	355	39	10	0	94	2638	54	3	4	45
ABC Signature Sandwich with Kettle Chips	897	436	48	12	0	94	2738	70	4	4	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 - Everything	330	25	2.5	0	0	0	920	66	5	8	12
Bagel - Onion	310	15	1.5	0	0	0	600	63	4	6	12
Bagel - Plain	310	10	1	0	0	0	620	64	4	7	11
Bagel - Poppy Seed	340	35	3.5	0	0	0	620	66	5	7	12
Bagel - Sesame Seed	340	35	4	0	0	0	620	65	5	7	12
Bagel - Multi 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	744	350	39	10	0	115	1684	46	2	6	51
Bella Chicken Sandwich with Kettle Chips	894	431	48	12	0	115	1784	62	3	6	52
Beef & Blue Flatbread	790	390	43	15	0	60	1530	63	4	6	38
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	800	480	53	12	0	30	1101	61	13	9	20
California Avocado Signature Sandwich with Kettle Chips	950	561	62	13	0	30	1201	77	14	9	21
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, Panini	930	400	45	11	0	65	1600	87	9	10	43
Chicken Pesto Panini	736	267	30	13	0	99	1616	76	3	10	37
Chicken Pesto Panini with Kettle Chips	886	348	39	14	0	99	1716	92	4	10	38
Chicken Salad Sandwich	743	379	42	7	0	55	1519	57	3	4	32
Chicken Salad Sandwich with Kettle Chips	893	460	51	8	0	55	1619	73	4	4	33
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



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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
Multigrain Cranberry Bread, 1 Slice	170	18	2	0	0	0	250	34	2	9	5
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	845	365	41	15	0	102	2134	75	3	9	45
Cuban Panini with Kettle Chips	995	446	50	16	0	102	2234	91	4	9	46
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	640	270	30	12	0	235	1070	64	0	7	27
Egg, Cheese, & Pork Sausage Breakfast Sandwich, Croissant	660	410	46	22	0.5	295	730	37	1	6	24
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 Bread, 1 slice	115	4	1	0	0	0	293	24	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 Sandwich	701	327	36	16	0	84	1717	64	5	3	27
Grilled Caprese Sandwich with Kettle Chips	851	408	45	18	0	84	1817	80	6	3	28
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



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Ham Sandwich	507	179	20	4	0	53	1870	56	3	8	28
Ham Sandwich with Kettle Chips	657	260	29	5	0	53	1970	72	4	8	29
Honey Wheat Bread, 1 Slice	140	18	2	0.5	0	0	310	26	1	3	5
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 Sandwich	774	292	32	16	0	135	2854	64	5	8	52
Hot Pastrami Sandwich with Kettle Chips	924	373	41	18	0	135	2954	80	6	8	53
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 (1/3 loaf)	155	43	5	1	0	11	293	20	1	3	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
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	476	202	22	4	0.3	1	515	60	2	31	8
Muffin - Banana Nut Muffin Top	238	101	11	2	0.0144	36	257	31	1	15	2
Muffin - Blueberry	370	134	15	3	0.2	2	626	53	1	25	5
Muffin - Blueberry Muffin Top	185	67	7	2	0.1	1	313	27	1	9	3
Muffin - Chocolate Chip	478	191	21	6	0.3	4	565	66	2	34	8
Muffin - Chocolate Chip Muffin Top	239	96	11	3	0.1	2	283	33	1	17	4
Muffin - Cranberry Nut	362	130	14	2	0.2	1	342	51	2	27	7
Muffin - Cranberry Nut Muffin Top	181	65	7	1	0.1	0.5	171	26	1	14	4
Muffin - Chocolate Choc Chip	458	178	20	5	0.3	0.5	408	67	4	26	6
Muffin - Chocolate Choc Chip Muffin Top	229	89	10	3	0.1	0.3	204	33	2	26	6
Muffin- Glorious Morning	462	243	27	5	0.5	0.1	481	51	2	13	3
Muffin- Granny Apple Cinnamon	336	175	19	3	0.3	0.8	433	43	1	25	5
Muffin - Magic Pumpkin Nut	428	179	20	3	0.3	0.1	304	58	2	35	6
Muffin - Magic Pumpkin Nut Muffin Top	214	90	10	1.5	0.1	0.0643	152	29	1	18	3
Muffin- Pistachio Muffin	444	225	25	4	0.2	71	419	50	1	29	6



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NineGrain Bread, Slice	150	18	2	0.5	0	0	280	27	2	3	6
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
Pumpernickel Bread, 1 Slice	140	13.5	1.5	0.5	0	0	390	28	1	1	5
Roast Beef Sandwich	475	143	16	3	0	53	1397	52	3	4	31
Roast Beef Sandwich with Kettle Chips	625	224	25	5	0	53	1497	68	4	4	32
Roasted Turkey Sandwich	509	147	16	3	0	44	1635	58	5	8	32
Roasted Turkey Sandwich with Kettle Chips	659	228	25	4	0	44	1735	74	6	8	33
Rye Bread, 1 Slice	181	44	5	2.5	0	9.5	290	28	2	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
Spanish Omelette	540	300	33	13	0	525	1620	29	5	5	29
Sourdough Bread, Slice	130	4.5	0	0.5	0	0	270	26	1	1	5
Steakhouse Panini	725	296	33	17	0	122	3283	68	5	3	40
Steakhouse Panini with Kettle Chips	875	377	42	19	0	122	3383	84	6	3	41
Sticky Bun	500	250	28	17	0.5	80	280	55	1	26	7
Thai Green Flatbread	640	220	24	8	0	50	1890	74	5	16	37
Tomato & Bacon Omelette	700	420	47	18	0	565	1570	25	5	3	41
Tomato & Onion Focaccia, 1 Slice (1/3 Loaf)	146	45	5	0.5	0	0	215	21	1	2.5	4.5
Tuna Salad Sandwich	718	343	38	6	0	40	1919	60	3	4	37
Tuna Salad Sandwich with Kettle Chips	868	424	47	7	0	40	2019	76	4	4	38
Turkey Bacon Avocado Signature Sandwich	777	310	34	7	0	68	1905	76	10	19	41



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Turkey Bacon Avocado Signature Sandwich with Kettle Chips	927	391	43	9	0	68	2005	92	11	19	42
Turkey Club Panini	964	400	44	13	0	98	2634	94	3	26	47
Turkey Club Panini with Kettle Chips	1114	481	53	15	0	98	2734	110	4	26	48
Turkey Sausage & Egg Whites	520	180	20	7	0	250	970	55	2	5	30
Veggie Sandwich	482	165	18	7	0	25	1175	60	5	9	20
Veggie Sandwich with Kettle Chips	632	246	27	8	0	25	1275	76	6	9	21
Waldorf Chicken Salad Signature Sandwich	704	272	30	4	0	42	1209	82	6	27	27
Waldorf Chicken Salad Signature Sandwich with Kettle Chips	854	353	39	6	0	42	1309	98	7	27	28

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.

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