



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	151	17	8	0	57	1588	23	5	6	12
Baked Potato Chowder Soup, Bowl	220	115	13	6	0	29	1194	23	1	2	2
Balsamic Blue Salad	606	396	44	10	0	20	775	40	6	28	11
Balsamic Blue Salad - Half	303	198	23	5	0	10	388	20	3	14	6
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	823	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	241	150	16	10	0.6	57	1464	13	2	3	10
Caesar Salad	792	499	55	7	0	53	1125	60	7	3	21
Caesar Salad - Half	396	250	28	4	0	27	563	30	4	2	11
Café Trio	693	422	47	8	0	228	1043	36	3	9	32
Cafechilla - Kona Mocha	441	190	21	18	0	13	278	60	2	46	11
California Avocado Signature Sandwich	800	480	53	12	0	30	1101	61	13	9	20
California Avocado Signature Sandwich with	950	561	62	13	0	30	1201	77	14	9	21
Cappuccino - Short	103	34	4	2	0	15	102	10	0	10	7
Caramel Machiatto - Tall	499	122	14	8.0	0	42	218	82	0	74	17
Caramel Machiatto - Short	304	75	8	5.0	0	28	149	48	0	44	11
Chardonnay Brie Salad (No Dressing) - Half	130	70	8	4	0	20	170	9	2	6	6
Chicken Dumpling Soup, Bowl	266	139	15	7	0	63	1321	23	1	3	8
Chicken Noodle Soup, Bowl	127	29	3.5	1	0	28	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	235	110	13	7	0	174	1518	23	1	1	9
Chili Chicken Frontier Soup, Bowl	248	82	9	2.5	0	35	1479	25	5	8	16
Chili with Beef soup, Bowl	327	134	14	6	1	52	1070	27	6	9	21

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Chopstix Chicken Salad	855	418	46	7	2	42	1598	80	7	30	29
Chopstix Chicken Salad - Half	428	209	23	2	1	21	799	40	4	15	15
Chocolate Chunk Cookie	400										
Corn Chowder	357	159	18	9	0	8	515	46	3	3	5
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	728	155	17	7	0	88	827	32	5	3	17
Cobb Salad - Half	364	31	9	2	0	44	413	16	2	2	9
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	524	152	17	6	0	245	953	69	1	6	27
Egg & Cheese Breakfast Sandwich, Croissant	527	268	30	15	0.0	282	757	43	2	7	23
Egg Cheese & Bacon Breakfast Sandwich, Bagel	453	101	11	4	0	222	776	69	1	6	22
Egg Cheese & Bacon Breakfast Sandwich,	456	218	24	13	0.0	260	580	43	2	6	17
Egg Cheese & Ham Breakfast Sandwich, Bagel	506	121	13	4	0	248	1161	69	1	6	31
Egg Cheese & Ham Breakfast Sandwich,	508	237	26	13	0.0	286	965	43	2	6	26
Egg Cheese & Turkey Sausage Breakfast Sandwich, Bagel	499	125	14	5	0	57	1056	68	1	5	29
Egg Cheese & Turkey Sausage Breakfast Sandwich, Croissant	502	242	27	14	0.0	94	860	42	2	6	25
Egg, Cheese, & Pork Sausage Breakfast Sandwich, Bagel	546	170	19	6	0	269	1026	69	1	6	29
Egg, Cheese, & Pork Sausage Breakfast Sandwich, Croissant	549	287	32	15	0.0	306	830	42	2	6	24
Fire Roasted Vegetable Soup, Bowl	81	6	0	0	0	0	1988	5	2	5	4
Egg Salad Sandwich	764	437	49	10	0	379	1588	60	3	4	25
Florentine Omelette	795	303	34	12	0	588	1750	82	3	5	40
Focaccia/Panini Bread, 1 Slice (1/3 loaf)	270	45	5	0.5	0	0	480	45	1	5	9
Four Cheese Flatbread	765	336	37	18	0	95	1644	62	3	2	48
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	69	23	2	1	0	6	1530	10	7	4	7
French Toast	694	110	12	3.0	0	331	690	127	3	60	21
Fruit Salad	119	4	0	0	0	0	21	27	2	23	2
Grilled Triple Cheese Sandwich	640	325	36	16	0	65	960	55	0	3	24
Greek Salad	699	460	51	16	0	51	2669	40	5	8	20

Greek Salad - Half	350	230	26	8	0	26	1335	20	3	4	10
Greek Yogurt w/ Granola	610	222	25	3.0	0	11	60	76	8	40	26
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
Golden Lentil	203			2	0	630	791	33	6		11
Ham & Swiss Egg White Omelette	290	150	16	10	0	65	1100	4	0	3	31
Ham & Swiss Omelette	882	353	39	15	0	626	1892	79	2	4	51
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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	1	0	0	310	26	1	3	5
Hot Chocolate - Tall	495	68	8	5	0	30	233	90	0	75	12
Hot Chocolate - Short	330	45	5	3	0	20	155	60	0	50	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	328	76	8	7	0	13	189	52	0	46	9
House Salad	468	260	29	5	0	5	779	43	5	8	8
House Salad - Half	234	130	15	3	0	3	390	22	3	4	4
Iced Coffee	0	0	0	0	0	0	8	0	0	0	0
Italian Wedding	130	48	5	2	0	12	1279	13	1	0	7
Kids Cheese Pizza/Flatbread	618	187	21	11	0	45	1377	70	4	8	35
Kids Grilled Cheese Sandwich	798	333	37	21	0	77	1035	100	4	32	20
Kids PB & J Sandwich	882	316	35	14	0	25	986	125	6	52	19
Kids Penne	650	320	36	10	0	30	330	62	4	1	19
Latte - Tall	163	56	6	4	0	25	156	15	0	15	10
Latte - Short	130	45	5	3	0	20	125	12	0	12	8
Side Mandarin Oranges	45	0	0	0	0	0	5	11	1	9	1
Margherita Flatbread	776	372	41	13	0	69	1576	64	3	8	33
Mediterranean Focaccia Bread, 1 Slice (1/3 loaf)	155	43	5	1	0	11	293	20	1	3	10
Mini Brownie - Chocolate Ganache	160	90	10	2	0	0	65	19	1	12	2
Mini Brownie - Plain	110	45	5	2	0	0	65	17	1	11	1
Mini Croissant	180	80	9	6	0	25	135	21	0	8	3
M & M Cookie	370										
Mocha - Tall	354	53	6	4	0	24	178	62	0	52	10
Mocha - Short	222	42	5	3	0	19	132	35	0	30	8
Morning Classic Bacon	489	266	30	9	0	586	1193	26	0	2	28
Morning Classic Ham	447	222	25	7	0	592	1323	26	0	2	30
Morning Classic Turkey Sausage	567	361	40	12	0	597	1113	26	0	2	24
Muffin - Banana Nut	476	202	22	4	0	1	515	60	2	31	8
Muffin - Banana Nut Muffin Top	238	101	11	2	0	36	257	31	1	15	2
Muffin - Blueberry	370	134	15	3	0	2	626	53	1	25	5
Muffin - Blueberry Muffin Top	185	67	7	2	0	1	313	27	1	9	3
Muffin - Chocolate Chip	478	191	21	6	0	4	565	66	2	34	8
Muffin - Chocolate Chip Muffin Top	239	96	11	3	0	2	283	33	1	17	4
Muffin - Cranberry Nut	362	130	14	2	0	1	342	51	2	27	7
Muffin - Cranberry Nut Muffin Top	181	65	7	1	0	1	171	26	1	14	4

Muffin - Chocolate Choc Chip	458	178	20	5	0	1	408	67	4	26	6
Muffin - Chocolate Choc Chip Muffin Top	229	89	10	3	0	0	204	33	2	26	6
Muffin- Glorious Morning	462	243	27	5	1	0	481	51	2	13	3
Muffin- Granny Apple Cinnamon	336	175	19	3	0	1	433	43	1	25	5
Muffin - Magic Pumpkin Nut	428	179	20	3	0	0	304	58	2	35	6
Muffin - Magic Pumpkin Nut Muffin Top	214	90	10	2	0	0	152	29	1	18	3
Muffin- Pistachio Muffin	444	225	25	4	0	71	419	50	1	29	6
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NineGrain Bread, Slice	150	18	2	1	0	0	280	27	2	3	6
New England Clam Chowder Soup, Bowl	258	90	10	4	0	25	1010	21	1	7	9
Oatmeal Raisin Cookie	360										
Oatmeal Plain	395	105	12	1	0	0	119	65	19	38	8
Organic Butternut Squash Soup, Bowl	271	135	18	11	0	52	861	33	2	13	3
Organic Tomato Basil Soup, Bowl	255	115	13	6.0	0	34	765	22	4	19	6
Pasta Bolognese	790	390	43	12	1	50	1310	72	6	6	28
Pasta Pomodoro	940	460	51	18	0						
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
Peanut Butter Cookie	400										
Pecan Roll	790	530	59.0	20	1	80	280	61	5	27	11
Pepperoni Flatbread	727	278	31.0	14	0	67	1770	70	4	8	40
Potato Salad	250	170	19	3	0	10	400	18	2	3	2
Pumpernickel Bread, 1 Slice	140	14	1.5	1	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	3	0	10	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	2	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	0.0	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	5	2	0	40	260	1	0	0	8
Smoothie - Pineapple Mango	274	2	0	0.0	0	0	21	66	4	55	1
Smoothie - Strawberry	220	7	1	0.0	0	0	19	51	4	43	2
Spanish Omelette	813	312	35	13	0	598	2288	84	3	7	39
Sourdough Bread, Slice	130	5	0	1	0	0	270	26	1	1	5
Steakhouse Panini	725	296	33.0	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	1	80	280	55	1	26	7
Sugar Cookie	390										
Thai Green Flatbread	797	311	35	10	0	58	1483	79	5	15	40
Tomato & Bacon Omelette	758	276	31	9	0	586	1735	80	3	5	38
Tomato & Onion Focaccia, 1 Slice (1/3 Loaf)	146	45	5	1	0	0	215	21	1	3	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	0	40	2019	76	4	4	38
Turkey Bacon Avocado Signature Sandwich	777	310	34	7	0	68	1905	76	10	19	41
White Chocolate Cranberry Cookie	370										
White Chocolate Macadamia Cookie	370										
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Turkey Bacon Avocado Signature Sandwich with	927	391	43	9	0	68	2005	92	11	19	42

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 :





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