

au bon pain. | Café Menu

I Bagels

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asiago Cheese Bagel	4.4 oz (125 g)	370	8	5	0	20	700	57	2	5	17
	CONTAINS WHEAT, MILK, SOY.										
Cinnamon Crisp Bagel	4.4 oz. (126 g)	410	7	4	0	0	400	77	4	25	11
	CONTAINS: WHEAT, MILK, SOY.										
Cinnamon Raisin Bagel	4.2 oz. (119 g)	320	1	0	0	0	450	68	3	13	11
	CONTAINS WHEAT, SOY.										
Everything Bagel	4 oz. (113 g)	320	4	1	0	0	530	60	3	5	12
	CONTAINS WHEAT, SOY, SESAME SEEDS, POPPY SEEDS.										
Honey 9 Grain Bagel	4.4 oz. (125 g)	350	4	0	0	0	490	69	6	7	12
	CONTAINS WHEAT, SOY.										
Honey Butter Pecan Bagel Braid	4.1 oz. (116g)	360	9	1	0	5	420	59	4	12	11
	CONTAINS: WHEAT, SOY, TREE NUTS (PECANS), MILK, EGGS.										
Jalapeno Double Cheddar Bagel	4.4 oz. (126 g)	340	10	6	0	30	640	53	2	5	17
	CONTAINS: WHEAT, MILK, SOY.										
Onion Dill Bagel	3.9 oz. (112 g)	280	1	0	0	0	430	57	3	4	11
	CONTAINS WHEAT, SOY.										
Plain Bagel	3.75 oz. (106 g)	280	1	0	0	0	430	56	2	4	11
	CONTAINS WHEAT, SOY.										
Poppy Bagel	4.0 oz. (113 g)	320	4	1	0	0	430	58	4	4	12
	CONTAINS: WHEAT, SOY.										
Sesame Seed Bagel	4.0 oz. (113 g)	330	5	1	0	0	440	59	3	4	12
	CONTAINS WHEAT, SOY, SESAME SEEDS.										
White Chocolate Toffee Bagel Braid	4.1 oz. (116g)	350	6	3	0	5	500	63	2	15	11
	CONTAINS: WHEAT, SOY, MILK, TREE NUTS (ALMONDS), EGGS.										

I Cookies & Desserts

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Banana Nut Pound Cake	4.4 oz (124 g)	480	26	5	0	80	430	56	1	31	7
	CONTAINS: WHEAT, EGGS, MILK, TREE NUTS (WALNUTS), SOY.										
Blondie	4 oz (113 g)	530	32	10	0	35	630	57	3	35	6
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (PECANS, WALNUTS), WHEAT. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING WHEAT, EGGS, PEANUTS, TREE NUTS, SOYBEANS, MILK.										
Chocolate Cheesecake Brownie	4 oz. (113 g)	420	21	7	0	95	250	57	1	37	5
	CONTAINS: EGGS, SOY, WHEAT, MILK. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING WHEAT, EGGS, PEANUTS, TREE NUTS, SOYBEANS, MILK.										

I Cookies & Desserts (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate Cherry Tulip	3.6 oz. (103g)	410	21	5	0	55	370	54	2	33	5
	CONTAINS WHEAT, MILK, SOY, EGGS, SULFITES.										
Chocolate Chip Brownie	4 oz (113 g)	440	21	6	0	85	240	62	2	39	4
	CONTAINS: EGGS, MILK, SOY, WHEAT. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING WHEAT, EGGS, PEANUTS, TREE NUTS, SOYBEANS, MILK.										
Chocolate Chip Cookie	2.1 oz (57g)	280	13	7	0	30	210	40	2	24	3
	CONTAINS EGG, MILK, WHEAT, SOY.										
Chocolate Dipped Cranberry Almond Macaroon	2.4 oz. (67g)	300	15	11	0	0	190	36	4	29	4
	CONTAINS: WHEAT, TREE NUTS (COCONUT, ALMONDS), EGGS, MILK, SOY, SULFITES.										
Chocolate Dipped Shortbread	2.5 oz (71g)	380	22	12	0	25	310	42	1	15	4
	CONTAINS WHEAT, MILK, SOY.										
Confetti Cookie with M&M'S®	2.1 oz (59g)	280	13	6	0	40	210	39	0	24	3
	CONTAINS WHEAT, MILK, SOY, EGGS. M&M® CANDIES MAY CONTAIN PEANUTS.										
Crème de Fleur	5.2 oz (148 g)	500	25	14	1	95	440	56	2	27	11
	CONTAINS MILK, WHEAT, EGGS, SOY.										
Crumb Cake	6.0 oz. (170 g)	720	40	17	0	85	980	85	1	42	8
	CONTAINS: EGGS, MILK, SOY, WHEAT. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING WHEAT, EGGS, PEANUTS, TREE NUTS, SOYBEANS, MILK.										
English Toffee Cookie	1.6 oz (46g)	250	14	6	0	20	170	27	1	17	2
	CONTAINS EGG, MILK, WHEAT, SOY, TREE NUTS (ALMONDS).										
Hazelnut Mocha Brownie	4 oz (113 g)	450	23	7	0	75	220	62	2	41	5
	CONTAINS: EGGS, MILK, TREENUTS (HAZELNUTS), SOY, WHEAT. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING WHEAT, EGGS, PEANUTS, TREE NUTS, SOYBEANS, MILK.										
Iced Cinnamon Roll	4 oz. (113 g)	410	15	8	0	50	270	60	2	22	8
	CONTAINS: WHEAT, EGGS, MILK, SOY, SULFITES.										
Lemon Drop Tulip	3.5 oz. (100g)	410	19	5	0	55	330	55	1	31	5
	CONTAINS WHEAT, MILK, EGGS, SOY, SULFITES.										
Lemon Pound Cake	5 oz. (143g)	520	25	5	0	85	490	67	1	43	6
	CONTAINS WHEAT, EGGS, MILK, SOY.										
Marble Pound Cake	4.7 oz. (134 g)	490	26	5	0	90	520	59	1	35	6
	CONTAINS WHEAT, MILK, EGGS, SOY.										
Mini Chocolate Chip Cookie	.5 oz (15 g)	70	3	2	0	5	55	10	0	6	1
	CONTAINS: SOY, WHEAT, EGGS, MILK.										
Mini Oatmeal Raisin Cookie	.5 oz (14 g)	60	3	1	0	10	50	10	1	6	1
	CONTAINS MILK, WHEAT, EGGS, SOY.										
Mint Chocolate Pound Cake	5 oz. (142 g)	530	29	6	0	95	580	64	3	42	7
	CONTAINS WHEAT, EGGS, MILK, SOY, SULFITES.										

I Cookies & Desserts (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Oatmeal Raisin Cookie	2 oz (57g)	250	9	5	0	35	200	40	2	25	4
	CONTAINS WHEAT, EGGS, MILK, SOY.										
Palmier	3.5 oz (99 g)	440	23	15	0	60	330	53	1	19	1
	CONTAINS WHEAT, MILK.										
Pecan Roll	6 oz. (170g)	810	41	14	0.5	40	430	99	3	47	12
	CONTAINS: WHEAT. MILK, SOY, EGG, TREE NUTS (PECANS).										
Rocky Road Brownie	4 oz (113 g)	440	22	6	0	80	240	61	2	39	5
	CONTAINS: SOY, EGGS, WHEAT, TREE NUTS (WALNUTS), PEANUTS, MILK. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING WHEAT, EGGS, PEANUTS, TREE NUTS, SOYBEANS, MILK.										
Shortbread Cookie	2.3 oz (64g)	340	20	10	0	25	300	37	1	11	4
	CONTAINS MILK, WHEAT, SOY.										
White Chocolate Chunk Macadamia Nut Cookie	2.2 oz (62 g)	300	16	8	0	30	240	36	1	21	3
	CONTAINS WHEAT, MILK, SOY, TREE NUTS (MACADAMIA NUTS), EGGS.										

I Croissants

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Almond Croissant	5 oz. (141 g)	600	38	14	0.5	115	290	55	4	15	13
	CONTAINS: MILK, TREE NUTS (ALMONDS), EGGS, SOY, WHEAT, SULFITES.										
Apple Croissant	3.8 oz. (109 g)	280	11	7	0	40	160	44	3	19	5
	CONTAINS: WHEAT, MILK, EGGS, SULFITES.										
Chocolate Croissant	4 oz. (106 g)	440	22	13	0	45	210	58	3	27	7
	CONTAINS: WHEAT, MILK, EGGS, SOY.										
Ham and Cheese Croissant	4.3 oz. (122 g)	390	21	11	0	75	580	35	1	4	15
	CONTAINS: WHEAT, MILK, EGGS.										
Plain Croissant	2.8 oz (79 g)	310	17	9	0.5	55	220	31	1	3	7
	CONTAINS WHEAT, MILK, EGGS										
Raspberry Cheese Croissant	3.7 oz (106 g)	370	17	9	0.5	65	280	46	2	17	8
	CONTAINS: WHEAT, MILK, EGGS, SULFITES.										
Spinach and Cheese Croissant	3.7 oz. (104 g)	290	16	9	0	55	300	28	2	3	10
	CONTAINS WHEAT, MILK, EGGS.										
Sweet Cheese Croissant	4.0 oz (113 g)	400	19	11	0.5	75	320	49	1	21	9
	CONTAINS EGGS, WHEAT, MILK.										

I Danish

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cherry Danish	4.3 oz (122 g)	420	20	10	0	70	340	54	1	23	7
	CONTAINS WHEAT, EGGS, MILK, SOY, SULFITES.										
Lemon Danish	4.4 oz (124 g)	440	20	10	0	75	360	57	1	24	7
	CONTAINS WHEAT, MILK, EGGS, SOY, SULFITES.										
Sweet Cheese Danish	4.4 oz (124 g)	470	24	12	0.5	95	410	54	2	22	9
	CONTAINS WHEAT, EGGS, MILK, SOY, SULFITES.										

I Muffins

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Blueberry Muffin	5.6 oz (159g)	490	17	2	0	20	510	74	2	31	9
	CONTAINS WHEAT, MILK, SOY, EGGS.										
Carrot Walnut Muffin	5.8 oz. (163g)	560	27	6	0	60	820	72	4	40	9
	CONTAINS: EGG, WHEAT, TREE NUTS (WALNUTS, COCONUT), SOY, SULFITES.										
Chocolate Chip Muffin	5.4 oz. (153g)	580	23	6	0	20	480	83	3	47	9
	CONTAINS WHEAT, EGGS, SOY, MILK.										
Corn Muffin	5.8oz (163g)	490	17	3	0	65	600	75	3	31	10
	CONTAINS EGG, MILK, WHEAT, SOY.										
Cranberry Walnut Muffin	5.6 oz. (159g)	540	25	3	0	20	500	66	4	28	10
	CONTAINS EGG, MILK, WHEAT, TREE NUTS (WALNUTS), SOY.										
Double Chocolate Chunk Muffin	5.5 oz (156g)	620	25	8	0	25	540	86	4	47	11
	CONTAINS WHEAT, EGG, MILK, SOY.										
Low-Fat Triple Berry Muffin	4.4 oz (126 g)	300	3	0	0	25	720	65	2	33	4
	CONTAINS WHEAT, EGGS, MILK, SOY, SULFITES.										
Pumpkin Muffin	6.2 oz. (177 g)	530	19	4	0	70	570	80	4	39	10
	CONTAINS: WHEAT, EGGS, SOY, SULFITES.										
Raisin Bran Muffin	6 oz. (170g)	480	11	2	0	30	600	85	10	43	12
	CONTAINS MILK, WHEAT, EGGS, SOY.										
Southwest Jalapeno Muffin	5 oz. (142 g)	560	30	5	0	95	720	64	2	32	8
	CONTAINS WHEAT, EGGS, MILK, SOY.										

I Scones

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cinnamon Scone	4.2 oz. (120 g)	520	27	16	0	140	400	60	2	22	9
	CONTAINS WHEAT, MILK, EGGS, SOY.										
Orange Scone	4.3 oz. (120 g)	470	23	13	0	150	420	57	1	17	10
	CONTAINS: WHEAT, EGGS, MILK, SOY.										

I Strudel

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Strudel	4.2 oz. (120 g)	440	24	14	0	0	270	50	1	21	5
	CONTAINS WHEAT, SOY, SULFITES.										
Cherry Strudel	4.5 oz. (127 g)	460	26	16	0	0	270	50	1	26	5
	CONTAINS WHEAT, SOY, MILK.										

I Blasts & Smoothies

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caramel Blast (Medium)	16 fl oz (473 ml)	540	17	12	0	60	105	104	0	99	6
	CONTAINS MILK.										
Caramel Blast (Large)	24 fl oz (710 ml)	760	21	15	0	75	130	151	0	144	8
	CONTAINS MILK.										
Coffee Blast (Medium)	16 fl oz (473 ml)	440	21	15	0	75	115	71	0	67	8
	CONTAINS MILK.										
Coffee Blast (Large)	24 fl oz (710 ml)	690	29	21	0	105	170	119	0	112	11
	CONTAINS MILK.										
Mocha Blast (Medium)	16 fl oz (473 ml)	440	17	12	0	60	95	80	2	74	7
	CONTAINS MILK.										
Mocha Blast (Large)	24 fl oz (710 ml)	690	22	15	0	75	130	137	3	126	10
	CONTAINS MILK.										
Peach Smoothie (Medium)	16 fl oz (473 ml)	310	1	0	0	10	115	69	4	41	4
	CONTAINS MILK										
Peach Smoothie (Large)	24 fl oz (710 ml)	470	1	0	0	15	170	104	7	62	7
	CONTAINS MILK										
Strawberry Smoothie (Medium)	16 fl oz (473 ml)	310	1	0	0	10	110	66	3	43	4
	CONTAINS MILK.										
Strawberry Smoothie (Large)	24 fl oz (710 ml)	470	1	0	0	15	160	100	4	64	7
	CONTAINS MILK.										

I Blasts & Smoothies (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Vanilla Blast (Medium)	16 fl oz (473 ml)	540	17	12	0	60	100	104	0	99	6
	CONTAINS MILK										
Vanilla Blast (Large)	24 fl oz (710 ml)	760	21	15	0	75	130	152	0	145	8
	CONTAINS MILK										

I Coffee & Espresso

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caffe Americano (Medium)	16 fl oz (473 ml)	10	0	0	0	0	25	2	0	2	0
Caffe Americano (Large)	20 fl oz (591 ml)	15	0	0	0	0	30	2	0	2	0
Caffe Americano (Small)	12 fl oz (355 ml)	5	0	0	0	0	15	1	0	1	0
Caffe Latte (Large)	20 fl oz (591 mL)	310	16	10	0	70	270	26	0	26	16
	CONTAINS MILK										
Caffe Latte (Medium)	16 fl oz. (473 mL)	260	14	9	0	60	220	21	0	21	14
	CONTAINS MILK										
Caffe Latte (Small)	12 fl oz. (355 mL)	200	11	7	0	45	170	17	0	17	11
	CONTAINS MILK										
Cappuccino (Large)	20 fl oz (591 mL)	200	11	7	0	30	150	18	0	18	11
	CONTAINS MILK.										
Cappuccino (Medium)	16 fl oz. (473 mL)	150	8	5	0	25	110	13	0	13	8
	CONTAINS MILK.										
Cappuccino (Small)	12 fl oz. (355 mL)	120	7	4	0	20	85	10	0	10	6
	CONTAINS MILK.										
Caramel Macchiato (Medium)	16 fl oz (473 ml)	430	12	8	0	40	190	68	0	65	12
	CONTAINS MILK.										
Caramel Macchiato (Large)	20 fl oz (591 ml)	540	15	9	0	45	230	84	0	82	15
	CONTAINS MILK.										
Caramel Macchiato (Small)	12 fl oz (355 ml)	350	10	6	0	30	160	53	0	50	10
	CONTAINS MILK.										
Chai Latte (Medium)	16 fl oz (473 ml)	380	14	8	0	40	170	51	0	34	14
	CONTAINS MILK.										

I Coffee & Espresso (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chai Latte (Large)	20 fl oz (591 ml)	460	16	10	0	50	200	62	0	42	16
	CONTAINS MILK.										
Chai Latte (Small)	12 fl oz (355 ml)	290	11	7	0	30	130	38	0	26	11
	CONTAINS MILK.										
Iced Caffe Latte (Medium)	16 fl oz (473 ml)	150	8	5	0	25	110	13	0	13	8
	CONTAINS MILK.										
Iced Caffe Latte (Large)	24 fl oz (710 mL)	190	10	6	0	30	140	17	0	17	10
	CONTAINS MILK.										
Iced Caffe Latte (Small)	12 fl oz (355 ml)	110	6	4	0	20	80	19	0	10	6
	CONTAINS MILK.										
Iced Caramel Macchiato (Medium)	16 fl oz (473 ml)	390	10	6	0	30	160	65	0	62	10
	CONTAINS MILK.										
Iced Caramel Macchiato (Large)	24 fl oz (710 ml)	490	13	8	0	40	200	81	0	79	13
	CONTAINS MILK.										
Iced Caramel Macchiato (Small)	12 fl oz (355 ml)	290	7	5	0	25	125	49	0	46	7
	CONTAINS MILK.										
Iced Chai Latte (Medium)	16 fl oz (473 ml)	260	7	5	0	20	90	42	0	25	7
	CONTAINS MILK.										
Iced Chai Latte (Large)	24 fl oz (710 ml)	340	10	6	0	30	125	54	0	32	10
	CONTAINS MILK.										
Iced Chai Latte (Small)	12 fl oz (355 ml)	190	5	4	0	15	65	31	0	18	5
	CONTAINS MILK.										
Iced Decaf French Roast Coffee (Large)	28 fl oz (828 ml)	10	0	0	0	0	25	2	0	2	0
Iced Decaf French Roast Coffee (Medium)	22 fl oz (650 ml)	10	0	0	0	0	20	2	0	2	0
Iced French Roast Coffee (Large)	28 fl oz (828 ml)	10	0	0	0	0	25	2	0	2	0
Iced French Roast Coffee (Medium)	22 fl oz (650 ml)	10	0	0	0	0	20	2	0	2	0
Iced French Vanilla Coffee (Large)	28 fl oz (828 ml)	15	0	0	0	0	25	3	0	0	1
Iced French Vanilla Coffee (Medium)	22 fl oz (650 ml)	10	0	0	0	0	20	2	0	0	1

I Coffee & Espresso (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Iced Mocha Latte (Medium)	16 fl oz (473 ml)	300	15	9	0	45	100	40	2	37	9
	CONTAINS MILK.										
Iced Mocha Latte (Large)	24 fl oz (710 ml)	380	18	11	0	50	135	52	3	49	12
	CONTAINS MILK.										
Iced Mocha Latte (Small)	12 fl oz (355 ml)	210	11	7	0	35	70	27	1	26	6
	CONTAINS MILK.										
Iced Vanilla Latte (Medium)	16 fl oz (473 ml)	330	7	5	0	20	95	59	0	58	7
	CONTAINS MILK.										
Iced Vanilla Latte (Large)	24 fl oz (710 ml)	420	10	6	0	30	130	75	0	75	10
	CONTAINS MILK.										
Iced Vanilla Latte (Small)	12 fl oz (355 ml)	240	5	3	0	15	65	44	0	44	5
	CONTAINS MILK.										
Iced White Chocolate Latte (Medium)	16 fl oz (473 ml)	330	13	8	0	40	190	51	0	45	6
	CONTAINS MILK.										
Iced White Chocolate Latte (Large)	24 fl oz (710 ml)	440	17	11	0	50	270	69	0	62	10
	CONTAINS MILK.										
Iced White Chocolate Latte (Small)	12 fl oz (355 ml)	250	11	7	0	35	135	35	0	32	5
	CONTAINS MILK.										
Mocha Latte (Medium)	16 fl.oz (473 mL)	390	20	12	0	75	200	48	2	45	13
	CONTAINS MILK										
Mocha Latte (Large)	20 fl oz (591 mL)	470	22	14	0	85	240	60	3	55	16
	CONTAINS MILK										
Mocha Latte (Small)	12 fl.oz (355 mL)	300	16	10	0	60	160	35	1	33	11
	CONTAINS MILK										
Vanilla Latte (Medium)	16 fl oz (473 ml)	410	12	7	0	35	150	66	0	66	12
	CONTAINS MILK.										
Vanilla Latte (Large)	20 fl oz (591 ml)	500	14	9	0	40	180	81	0	81	14
	CONTAINS MILK.										
Vanilla Latte (Small)	12 fl oz (355 ml)	320	9	6	0	30	120	50	0	50	9
	CONTAINS MILK.										
White Chocolate Latte (Medium)	16 fl oz (473 ml)	410	17	11	0	55	240	58	0	52	11
	CONTAINS MILK										
White Chocolate Latte (Large)	20 fl oz (591 ml)	500	20	13	0	60	310	73	0	66	13
	CONTAINS MILK										

I Coffee & Espresso (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
White Chocolate Latte (Small)	12 fl oz (355 ml)	310	14	9	0	45	180	41	0	38	9
	CONTAINS MILK										

I Fountain and Other

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caffeine Free Pepsi (Medium)	22 fl oz. (650 mL)	280	0	0	0	0	55	77	0	77	0
Caffeine Free Pepsi (Large)	32 fl oz (946 mL)	400	0	0	0	0	80	112	0	112	0
Chocolate Milk	12 fl oz (355 ml)	320	9	5	0	25	100	54	3	51	10
	CONTAINS MILK.										
Diet Pepsi (Medium)	22 fl oz (650 mL)	0	0	0	0	0	70	0	0	0	0
Diet Pepsi (Large)	32 fl oz (946 mL)	0	0	0	0	0	100	0	0	0	0
Diet Sierra Mist (Medium)	22 fl oz (650 mL)	0	0	0	0	0	70	0	0	0	0
Diet Sierra Mist (Large)	32 fl oz (946 mL)	0	0	0	0	0	100	0	0	0	0
Homestyle Lemonade (Medium)	22 fl oz (650mL)	310	0	0	0	0	0	82	0	71	0
Homestyle Lemonade (Large)	32 fl oz (960mL)	460	0	0	0	0	0	120	0	104	0
Hot Chocolate (Medium)	16 fl.oz (473 mL)	460	15	9	0	40	170	74	4	68	16
	CONTAINS MILK.										
Hot Chocolate (Large)	20 fl oz (591 mL)	600	18	11	0	50	210	100	5	93	20
	CONTAINS MILK.										
Hot Chocolate (Small)	12 fl.oz (355 mL)	350	11	7	0	30	125	58	3	54	12
	CONTAINS MILK.										
Mountain Dew (Medium)	22 fl oz (650 mL)	300	0	0	0	0	110	85	0	85	0
Mountain Dew (Large)	32 fl oz (946 mL)	440	0	0	0	0	160	124	0	124	0

I All Breads (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Artisan Honey Multigrain Baguette (Salad Size)	3.5 oz (99 g)	250	3	0	0	0	500	49	4	1	8
	CONTAINS: WHEAT, SESAME SEEDS, SOY.										
Artisan Sundried Tomato Bread	4 oz (113 g)	270	1	0	0	0	750	57	2	2	10
	CONTAINS WHEAT, SOY.										
Asiago Breadstick	2.2 oz. (63 g)	190	4	3	0	10	350	28	1	3	9
	CONTAINS WHEAT, MILK, SOY.										
Bread Bowl	9.2 oz (261 g)	620	3	1	0	0	1720	123	6	3	26
	CONTAINS WHEAT, SOY.										
Caraway Rye Flatbread	4.5 oz. (128g)	280	5	2	0	0	680	49	7	3	12
	CONTAINS: WHEAT, SOY.										
Cheddar Jalapeno Breadstick	1.9 oz. (53 g)	130	2	1	0	5	260	26	1	2	6
	CONTAINS WHEAT, MILK, SOY.										
Ciabatta (Small)	2.7 oz (77g)	180	1	0	0	0	480	38	2	1	6
	CONTAINS WHEAT, SOY, MILK.										
Ciabatta (Large)	4.6 oz (13 g)	310	1	0	0	0	820	64	3	2	11
	CONTAINS WHEAT, SOY, MILK.										
Cinnamon Raisin Breadstick	2.3 oz. (67 g)	190	1	0	0	0	230	41	2	13	6
	CONTAINS: WHEAT, SOY.										
Country White Bread	4 oz. (113 g)	270	1	0	0	0	670	56	2	1	9
	CONTAINS WHEAT, SOY										
Everything Breadstick	2.1 oz. (60 g)	180	3	0	0	0	310	31	2	3	7
	CONTAINS: WHEAT, SESAME SEEDS, POPPY SEEDS, SOY.										
Farm House Rolls	4.5 oz (128 g)	360	7	1	0	0	670	63	3	2	12
	CONTAINS WHEAT, MILK, SOY.										
Focaccia	4.6 oz (130 g)	360	7	1	0	0	700	62	3	3	12
	CONTAINS WHEAT, SOY.										
Lahvash	4 oz (113 g)	280	4	1	0	0	660	56	4	5	9
	CONTAINS WHEAT, SOY.										
Rosemary Garlic Bread Stick	2 oz (57 g)	190	5	1	0	0	720	31	2	3	6
	CONTAINS WHEAT, SOY.										
Sesame Breadstick	2.1 oz. (60 g)	180	4	1	0	0	220	30	2	2	7
	CONTAINS WHEAT, SESAME SEEDS, SOY.										
Whole Wheat Multigrain Bread	4 oz. (113 g)	260	3	0	0	0	630	53	9	4	11
	CONTAINS: WHEAT, SOY, SESAME.										

I Breakfast Sandwiches

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon and Bagel	4.2 oz (119 g)	340	6	2	0	15	650	58	2	4	16
	CONTAINS: WHEAT, SOY.										
Bacon and Egg Melt on Ciabatta	7.1 oz. (201g)	470	23	10	0	415	980	39	2	2	27
	CONTAINS EGG, MILK, WHEAT, SOY.										
Egg on a Bagel	7 oz. (197 g)	430	12	4	0	375	580	58	2	5	22
	CONTAINS: EGGS, WHEAT, SOY, MILK.										
Egg on a Bagel with Bacon	7.4 oz (209g)	490	16	6	0	390	790	58	2	5	27
	CONTAINS EGG, WHEAT, MILK, SOY.										
Egg on a Bagel with Bacon and Cheese	8.2 oz (231 g)	570	23	10	0	415	920	59	2	5	32
	CONTAINS WHEAT, EGGS, MILK, SOY.										
Egg on a Bagel with Cheese	7.7 oz (218 g)	510	18	8	0	400	710	59	2	5	27
	CONTAINS WHEAT, MILK, EGGS, SOY.										
Egg, Broccoli and Swiss Sandwich	7.9 oz (225g)	430	19	8	0	400	740	42	2	3	25
	CONTAINS: WHEAT, EGGS, MILK, SOY.										
Sausage, Egg and Cheddar on Asiago Bagel	10.3 oz (293 g)	810	46	20	0	460	1340	57	2	6	41
	CONTAINS WHEAT, MILK, SOY, EGGS.										
Smoked Salmon and Wasabi on Onion Dill Bagel	7.1 oz. (202g)	430	11	5	0	45	1080	64	3	7	23
	CONTAINS EGG, FISH (SALMON), MILK, WHEAT, SOY.										

I Café Sandwiches

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Arizona Chicken Sandwich	12.2 oz (347 g)	710	29	12	0	115	1700	62	3	6	48
	CONTAINS EGG, MILK, WHEAT, SOY.										
Baja Turkey Sandwich	13 oz (369 g)	700	27	10	0	85	1670	71	5	4	46
	CONTAINS: WHEAT, SOY, EGGS, MILK.										
Black Bean Burger	10 oz (284g)	560	18	5	0	5	970	76	13	8	30
	CONTAINS: WHEAT, SOY, MILK, EGGS. MAY CONTAIN TRACES OF PEANUTS AND TREE NUTS.										
Caprese Sandwich	10.9 oz (309g)	680	32	15	0	75	1200	65	4	2	30
	CONTAINS WHEAT, MILK, SOY.										
Chicken Pesto Sandwich	12.5 oz (356g)	660	24	5	0	75	1560	66	4	5	43
	CONTAINS WHEAT, SOY, MILK.										
Chicken Salad Sandwich	9.7 oz. (276g)	490	11	2	0	50	1130	67	4	8	29
	CONTAINS: WHEAT, SOY, EGGS, TREE NUTS (ALMONDS).										

I Café Sandwiches (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chipotle Chicken Sandwich	10.9 oz. (310g)	650	27	5	0	75	1500	60	3	2	41
	CONTAINS: WHEAT, EGGS, SOY.										
Mozzarella Chicken Sandwich	14 oz (400g)	680	24	8	0	100	1450	67	4	6	48
	CONTAINS: WHEAT, EGGS, SOY, MILK, SULFITES.										
Pastrami Sandwich	9.7 oz. (275g)	590	23	11	0	95	2080	52	7	3	47
	CONTAINS: WHEAT, SOY, MILK.										
Roast Beef Caesar Sandwich	10.6 oz (300g)	650	25	8	0	85	1670	68	3	6	39
	CONTAINS: EGGS, FISH (ANCHOVIES), MILK, SOY, WHEAT.										
Spicy Tuna Sandwich	10.3 oz (293 g)	490	16	3	0	45	1210	60	11	8	30
	CONTAINS: EGGS, WHEAT, FISH (TUNA) SESAME SEEDS, SOY.										
Turkey Club Sandwich	12.4 oz. (351g)	700	31	13	0	115	1970	59	2	2	45
	CONTAINS WHEAT, MILK, EGG, SOY.										

I Grab n Go Sandwiches

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Demi Chicken Sandwich on a Baguette	7.3 oz. (206g)	370	9	2	0	35	910	49	2	3	21
	CONTAINS: WHEAT, SOY, EGGS.										
Demi Chicken Sandwich with Cheddar on a Baguette	8 oz. (227g)	450	16	6	0	55	1050	50	2	3	27
	CONTAINS: WHEAT, MILK, SOY, EGGS.										
Demi Ham Sandwich on a Baguette	7 oz. (200g)	330	5	2	0	25	1190	56	3	10	17
	CONTAINS: WHEAT, SOY.										
Demi Ham Sandwich with Swiss Cheese on a Baguette	7.8 oz (221g)	400	10	5	0	45	1230	56	3	9	23
	CONTAINS: WHEAT, SOY, MILK.										
Demi Roast Beef Sandwich on a Baguette	7.5 (214g)	350	8	2	0	30	1280	49	2	3	20
	CONTAINS: EGGS , SOY, WHEAT.										
Demi Roast Beef Sandwich with Brie on a Baguette	8.8 oz. (251g)	470	18	8	0.5	65	1490	51	3	3	25
	CONTAINS: EGGS, MILK, SOY, WHEAT .										
Demi Tuna Sandwich on a Baguette	6.8 oz. (192g)	330	7	2	0	20	790	49	3	3	17
	CONTAINS: WHEAT, FISH (TUNA), SOY, EGGS.										
Demi Tuna Sandwich with Cheddar Cheese on a Baguette	7.5 (213g)	410	14	5	0	45	930	50	3	3	22
	CONTAINS: WHEAT, FISH (TUNA), MILK, SOY, EGGS.										
Demi Turkey Sandwich on a Baguette	7 oz. (200g)	320	6	2	0	25	990	49	2	3	18
	CONTAINS: WHEAT, SOY, EGGS.										

I Grab n Go Sandwiches (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Demi Turkey Sandwich with Swiss Cheese on a Baguette	7.8 oz (221g)	400	12	5	0	45	1040	49	2	3	24
	CONTAINS: WHEAT, SOY, MILK, EGGS.										
Ham and Swiss, Tomatoes and Romaine on a Farmhouse Roll (Half Sandwich)	5.9 oz. (167g)	320	13	5	0	45	950	34	2	2	21
	CONTAINS: WHEAT, MILK, SOY.										
Roast Beef and Brie on a Farmhouse Roll (Half Sandwich)	5.9 oz. (166g)	330	13	6	0	55	680	34	2	2	20
	CONTAINS: MILK, SOY, WHEAT.										
Tuna and Cheddar on a Farmhouse Roll (Half Sandwich)	6.1 oz. (172g)	370	17	5	0	45	680	35	2	3	20
	CONTAINS: WHEAT, MILK, EGGS, SOY, FISH (TUNA).										
Turkey and Swiss on a Farmhouse Roll (Half Sandwich)	5.9 oz. (167g)	320	11	5	0	40	700	34	2	2	22
	CONTAINS: WHEAT, MILK, SOY.										
Whole Sandwich Ham and Swiss on Country White Bread	11 oz. (310g)	530	17	9	0	90	1930	60	2	2	39
	CONTAINS: WHEAT, MILK, SOY.										
Whole Sandwich Roast Beef and Brie on Country White Bread	10.9 oz. (310g)	560	18	10	1	110	1390	60	3	2	39
	CONTAINS: MILK, SOY, WHEAT.										
Whole Sandwich Tuna and Cheddar on Country White Bread	11.2 oz. (319g)	630	25	10	0	90	1370	63	3	4	38
	CONTAINS: WHEAT, MILK, EGGS, SOY, FISH (TUNA).										
Whole Sandwich Turkey and Swiss on Country White Bread	11 oz. (310g)	530	14	8	0	80	1410	60	2	2	42
	CONTAINS: WHEAT, MILK, SOY.										

I Hot Sandwiches and Melts

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Angus Steak Teriyaki Hot Wrap	13.5 oz (383 g)	630	16	4	0	25	1450	100	5	10	24
	CONTAINS: EGGS, WHEAT, MILK, SOY, SESAME SEEDS.										
Baked Turkey Sandwich	11.4 oz. (323g)	720	26	9	0	90	1880	79	3	16	42
	CONTAINS: WHEAT, EGGS, MILK, SOY, TREE NUTS (WALNUTS).										
Eggplant and Mozzarella Sandwich	12.3 oz (349 g)	640	27	10	0	60	1280	74	6	7	25
	CONTAINS: WHEAT, SOY, MILK, EGGS, SULFITES.										
Mayan Chicken Hot Wrap	13.5 oz (383 g)	580	13	3	0	45	1190	93	5	6	25
	CONTAINS: EGGS, SOY, WHEAT.										
Steakhouse on Ciabatta	11 oz. (313g)	590	18	8	0	70	1850	72	3	5	36
	CONTAINS: EGGS, WHEAT, SOY, MILK.										

I Wraps

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Caesar Asiago Wrap	10.5 oz (297 g)	610	28	9	0.5	70	1440	61	5	9	34
	CONTAINS MILK, EGGS, FISH (ANCHOVIES), SOY, WHEAT.										
Mediterranean Wrap	12.8 oz (363 g)	610	29	7	0	20	1770	73	8	9	18
	CONTAINS: SESAME, SOY, MILK, WHEAT, SULFITES.										
Southwest Tuna Wrap	14 oz (395 g)	780	41	14	0	100	1620	66	6	12	39
	CONTAINS: EGG, MILK, WHEAT, SOY, FISH (TUNA).										
Thai Peanut Chicken Wrap	12.7 oz (361g)	530	15	2	0	40	1340	79	6	16	30
	CONTAINS: SOY, WHEAT, TREE NUTS (HAZELNUTS), SESAME SEEDS, PEANUTS.										

I Harvest Rice Bowls

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Angus Steak Teriyaki Harvest Rice Bowl	19.2 oz (546 g)	660	18	5	0	40	1430	101	3	13	25
	CONTAINS: SOY, WHEAT, MILK, SESAME.										
Angus Steak Teriyaki Harvest Rice Bowl with Brown Rice	19.2 oz (546 g)	620	19	5	0	40	1390	86	5	14	25
	CONTAINS: SOY, WHEAT, MILK, SESAME.										
Mayan Chicken Harvest Rice Bowl	19.25 oz (546 g)	550	11	3	0	80	910	87	3	5	27
	CONTAINS SOY.										
Mayan Chicken Harvest Rice Bowl with Brown Rice	19.25 oz (546 g)	510	13	3	0	80	870	72	4	6	27
	CONTAINS SOY.										

I Hot & Cold Lunch Bar

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Aegean Pasta Salad	1 oz. (28g)	90	4	1	0	0	115	10	1	1	2
	CONTAINS: WHEAT, EGGS, MILK, SOY, SULFITES.										
Baked Potato	1 oz. (28g)	25	0	0	0	0	20	5	1	0	1
	CONTAINS: SOY, WHEAT.										
BBQ Beef Salad	1 oz. (28g)	30	1	0	0	5	100	4	0	2	2
	CONTAINS SOY.										
Brown Rice	1 oz. (28 g)	30	0	0	0	0	20	6	0	0	1
Brown Rice Waldorf Nut Salad	1 oz. (28g)	45	3	0	0	0	40	5	0	2	0
	CONTAINS: SOY, TREE NUTS (HAZELNUTS), WHEAT, PEANUTS.										
Burgundy Beef Penne	1 oz (28 g)	30	1	0	0	5	95	4	0	0	2
	CONTAINS: WHEAT, EGGS, SOY, MILK, SULFITES.										

I Hot & Cold Lunch Bar (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cajun Chicken Penne	1 oz (28 g)	40	2	1	0	10	105	4	0	1	3
	CONTAINS: WHEAT, MILK, SOY, SHELLFISH (LOBSTER).										
Chicken Broccoli Alfredo Penne	1 oz. (28 g)	60	4	2	0	15	90	3	0	0	2
	CONTAINS MILK, SOY, WHEAT.										
Chicken Penne Pesto	1 oz. (28 g)	60	3	1	0	5	90	4	0	0	3
	CONTAINS MILK, WHEAT, SOY.										
Chicken Provencal	1 oz. (28 g)	25	0	0	0	5	90	4	0	1	2
	CONTAINS WHEAT, SOY.										
Creamed Spinach	1 oz. (28 g)	30	2	2	0	5	125	2	1	1	1
	CONTAINS: MILK, WHEAT, SOY.										
Egg and Cucumber Salad	1 oz. (28g)	40	3	1	0	65	85	1	0	1	2
	CONTAINS EGGS, SOY.										
Eggplant Parmesan	1 oz. (28 g)	50	3	1	0	5	150	4	1	1	2
	CONTAINS SOY, MILK, WHEAT, EGGS.										
Fire Roasted Exotic Grains and Vegetables	1 oz. (28g)	40	1	0	0	0	85	7	1	0	1
	CONTAINS: SOY, MILK, WHEAT.										
Italian Sausage, Peppers and Onions	1 oz. (28g)	25	1	0	0	5	80	1	0	0	2
	CONTAINS SOY, WHEAT.										
Jambalaya	1 oz. (28 g)	25	1	0	0	5	85	2	0	1	1
	CONTAINS: SOY, WHEAT, MILK.										
Macaroni and Cheese	1 oz. (28g)	40	3	2	0	10	115	3	0	0	2
	CONTAINS: MILK, WHEAT, SOY, EGGS.										
Meat Lasagna	1 oz. (28 g)	45	2	1	0	10	100	4	0	1	2
	CONTAINS MILK, WHEAT, EGGS, SOY.										
Meatballs and Marinara Sauce	1 oz. (28 g)	50	4	2	0	5	125	2	1	1	2
	CONTAINS: MILK, WHEAT, SOY.										
Meatloaf with Wine Sauce	1 oz. (28 g)	50	3	1	0	15	75	2	0	1	2
	CONTAINS: EGGS, WHEAT, SOY, MILK, SULFITES.										
Oriental Noodle Salad	1 oz. (28g)	90	2	0	0	0	150	19	0	2	0
	CONTAINS: WHEAT, EGGS, SOY, SESAME.										
Orzo Toscano Salad	1 oz. (28g)	35	1	0	0	0	90	6	1	1	1
	CONTAINS SOY, WHEAT, MILK.										
Penne Marinara	1 oz. (28 g)	30	1	0	0	0	55	5	0	1	1
	CONTAINS: WHEAT, MILK, SOY.										

I Hot & Cold Lunch Bar (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Polenta Marinara	1 oz. (28g)	25	1	0	0	0	90	3	0	1	1
	CONTAINS MILK, WHEAT, SOY.										
Potato Bacon Salad	1 oz. (28g)	40	2	0	0	0	125	5	1	1	1
	CONTAINS SOY.										
Quinoa	1 oz. (28 g)	25	0	0	0	0	50	4	1	0	1
	CONTAINS SOY, WHEAT, SULFITES.										
Red Bliss Potato Salad	1 oz. (28g)	30	2	0	0	0	70	5	0	1	1
	CONTAINS: EGGS, SOY, MILK, SULFITES.										
Roasted Apple Cranberry Orzo	1 oz. (28g)	45	1	0	0	0	25	9	1	3	1
	CONTAINS: WHEAT, MILK, SOY.										
Roasted Carrots	1 oz. (28 g)	15	0	0	0	0	60	3	1	1	0
	CONTAINS SOY, WHEAT.										
Roasted Green Beans with Almonds	1 oz. (28 g)	20	1	0	0	0	25	1	1	1	0
	CONTAINS TREE NUTS (ALMONDS), SOY, WHEAT.										
Roasted Zucchini and Summer Squash	1 oz. (28 g)	5	0	0	0	0	15	1	0	1	0
	CONTAINS: SOY, WHEAT.										
Sesame Brown Rice & Orange Salad	1 oz. (28g)	45	3	0	0	0	50	6	0	1	1
	CONTAINS WHEAT, SOY, SESAME.										
Southwest Fusilli Pasta Salad	1 oz. (28 g)	45	3	0	0	0	65	4	0	1	1
	CONTAINS WHEAT, MILK.										
Southwest Panzanella Salad	1 oz. (28g)	50	3	0	0	5	55	7	0	3	1
	CONTAINS: WHEAT, SOY, EGGS, MILK.										
Stuffed Peppers with Lentils	1 oz. (28g)	20	0	0	0	0	35	3	1	1	1
	CONTAINS: WHEAT, MILK, SOY.										
Tomato Cucumber Salad	1 oz. (28g)	10	0	0	0	0	40	2	0	1	0
Tomato, Green Bean and Almond Salad	1 oz. (28g)	20	2	0	0	0	50	2	0	1	0
	CONTAINS TREE NUTS (ALMONDS) SOY.										
Tsaziki	1 oz. (28g)	15	0	0	0	0	40	2	0	2	1
	CONTAINS MILK.										
Tuna Salad	1 oz. (28g)	45	3	0	0	10	105	1	0	1	4
	CONTAINS: FISH (TUNA), EGGS, SOY.										
Vegetarian Lasagna	1 oz. (28 g)	45	3	2	0	10	80	3	0	1	3
	CONTAINS: WHEAT, MILK, EGGS, SOY.										

I Hot & Cold Lunch Bar (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Watermelon and Feta Salad	1 oz. (28g)	15	1	0	0	0	25	3	0	2	0
	CONTAINS SOY, EGGS, MILK.										
White Rice	1 oz. (28g)	35	0	0	0	0	20	8	0	0	1

I Hot Breakfast Bar

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Croissants Tart	1 oz. (28g)	80	4	2	0	10	55	12	1	4	1
	CONTAINS WHEAT, EGGS, SOY, MILK, SULFITES.										
Cinnamon Walnut Quinoa	1 oz. (28g)	45	3	0	0	0	0	4	1	1	2
	CONTAINS MILK, TREE NUTS (WALNUTS).										
French Pecan Toast	1 oz. (28g)	70	4	2	0	40	45	8	0	4	2
	CONTAINS: TREE NUTS (PECANS), EGGS, MILK, SOY, WHEAT, SULFITES.										
Pineapple Blueberry Cobbler	1 oz. (28g)	45	2	0	0	0	35	8	1	4	1
	CONTAINS: WHEAT, EGGS, MILK, SOY.										
Roasted Potatoes	1 oz. (28g)	35	1	0	0	0	110	6	1	0	1
Sausage with Peppers and Onions	1 oz. (28g)	50	5	2	0	10	90	1	0	1	2
Scrambled Eggs	1 oz. (28g)	35	3	1	0	85	90	1	0	1	3
	CONTAINS EGGS, MILK.										
Southwest Corn Casserole	1 oz. (28g)	60	4	2	0	60	85	4	0	2	3
	CONTAINS: EGGS, WHEAT, MILK, SOY.										

I Hot Entrees

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Ancho Chicken Quesadilla	11.7 oz. (333g)	700	28	10	0	105	1610	62	6	5	49
	CONTAINS: WHEAT, MILK, SOY.										
Chicken Broccoli Alfredo Penne	12 oz. (340g)	680	43	18	0	165	1100	38	2	4	28
	CONTAINS MILK, SOY, WHEAT.										
Meat Lasagna	10.7 oz. (304g)	470	24	11	0	100	1080	41	5	7	22
	CONTAINS MILK, WHEAT, EGGS, SOY.										
Roasted Angus Steak Teriyaki Bowl with Brown Rice	18 oz. (510g)	680	24	6	0	40	1980	91	5	13	26
	CONTAINS: SOY, WHEAT, MILK, SESAME SEEDS.										

I Hot Entrees (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Roasted Angus Steak Teriyaki Bowl with White Rice	18 oz. (510g)	730	23	6	0	40	1620	107	4	13	26
	CONTAINS: SOY, WHEAT, MILK, SESAME SEEDS.										
Roasted Mayan Chicken Bowl with Brown Rice	18 oz. (510g)	580	17	5	0	80	1070	78	5	5	28
	CONTAINS: SOY.										
Roasted Mayan Chicken Bowl with White Rice	18 oz. (510g)	630	16	4	0	80	1100	92	3	4	28
	CONTAINS: SOY.										

KIDS

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kid's Cheese Sandwich on Farmhouse Roll	3.5 oz. (99g)	360	22	12	0	55	550	32	1	1	11
	CONTAINS: WHEAT, MILK, SOY.										
Kid's Grilled Chicken Sandwich on Multigrain Bread	4.5 oz. (128g)	230	6	1	0	35	630	28	5	3	19
	CONTAINS: WHEAT, EGGS, SOY, SESAME.										
Kid's Roasted Turkey Sandwich on Farmhouse Roll	4.8 oz. (135g)	270	7	2	0	30	780	33	1	2	17
	CONTAINS: WHEAT, EGGS, SOY, MILK.										
Macaroni and Cheese	8 oz. (227g)	330	19	12	0	70	920	24	1	3	13
	CONTAINS: MILK, WHEAT, SOY, EGG.										

I Oatmeal

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Cinnamon Oatmeal (Medium)	12 oz. (340g)	280	4	1	0	0	10	56	7	14	8
Apple Cinnamon Oatmeal (Large)	16 oz. (454g)	370	6	1	0	0	15	75	9	19	11
Oatmeal (Large)	16 oz (454 g)	340	6	1	0	0	15	63	9	1	13
Oatmeal (Medium)	12 oz (340 g)	260	5	1	0	0	10	47	6	1	10

I Snacks

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate Covered Almonds	1.4 oz (40 g)	230	15	5	0	5	10	20	2	17	4
	CONTAINS: MILK, SOY, TREE NUTS (ALMONDS). MAY CONTAIN TRACES OF PEANUTS, TREE NUTS [BRAZIL NUTS, CASHEWS, FILBERTS (HAZELNUTS), MACADAMIAS, PECANS, PISTACHIOS, PINE NUTS AND WALNUTS].										
Chocolate Covered Pretzels	2 Pretzels (34 g)	160	5	4	0	0	210	24	1	8	3
	CONTAINS: MILK, WHEAT, SOY.										
Chocolate Covered Strawberry	1 Strawberry 1.1 oz. (32g)	35	2	2	0	0	5	5	1	4	0
	CONTAINS MILK, SOY.										
Dark Chocolate Covered Raisins	1.4 oz (40 g)	180	8	5	0	0	0	26	2	24	2
	CONTAINS: MILK, SOY. PROCESSED IN A FACILITY THAT PROCESSES PEANUTS AND TREE NUTS [ALMONDS, CASHEWS, BRAZIL NUTS, FILBERTS (HAZELNUTS), MACADAMIAS, PECANS, PISTACHIOS, PINE NUTS, WALNUTS].										
Fresh Grapes	8 oz. (227g)	160	0	0	0	0	0	41	2	35	2
Fresh Pineapple	8 oz. (227g)	110	0	0	0	0	0	30	3	22	1
Fresh Watermelon	8 oz. (227g)	70	0	0	0	0	0	17	1	14	1
Fruit Cup (Small)	6 oz (170g)	70	0	0	0	0	15	18	1	15	1
	CONTAINS NONE.										
Fruit Cup (Large)	12 oz (340g)	140	1	0	0	0	30	36	3	31	2
	CONTAINS NONE.										
Jell-O ® (Lemon)	8 oz (227 g)	130	0	0	0	0	140	30	0	30	2
Jell-O ® (Lime)	8 oz. (227g)	130	0	0	0	0	140	30	0	30	2
Jell-O ® (Orange)	8 oz. (227g)	130	0	0	0	0	140	30	0	30	2
Mixed Nuts	1.1 oz (30g)	180	16	3	0	0	60	7	1	2	5
	CONTAINS: TREE NUTS (CASHEWS, ALMONDS). MAY CONTAIN TRACES OF PEANUTS, TREE NUTS (BRAZIL NUTS, FILBERTS (HAZELNUTS), MACADAMIAS, PECANS, PISTACHIOS, PINE NUTS AND WALNUTS).										
Muesli	8 oz (227 g)	390	8	2	0	5	50	76	7	39	11
	CONTAINS: TREE NUTS (ALMONDS), MILK.										
Red Licorice	1.4 oz (40g)	140	1	0	0	0	20	30	0	17	1
	CONTAINS WHEAT.										
Sugar Free Cinnamon Buttons	.6 oz. (17 g)	70	0	0	0	0	0	17	0	0	0
	MANUFACTURED IN A FACILITY THAT PROCESSES PEANUTS.										
The 19th Hole Snack Mix	1.1 oz. (30 g)	160	10	2	0	0	200	15	2	1	4
	CONTAINS: WHEAT, SOY, SESAME, PEANUTS, TREE NUTS (ALMONDS). PROCESSED ON EQUIPMENT THAT PROCESSES OTHER TREE NUTS (BRAZIL, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE, PISTACHIO, AND WALNUTS).										

I Snacks (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Turkish Apricots	1.4 oz (40 g)	120	0	0	0	0	10	29	4	15	1
	CONTAINS SULFITES.										

I Yogurt

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Blueberry Yogurt with Blueberries (Small)	8.5 oz. (241g)	250	3	2	0	10	135	50	0	43	8
	CONTAINS MILK.										
Blueberry Yogurt with Blueberries (Large)	16 oz. (454g)	470	5	3	0	20	260	94	1	80	15
	CONTAINS MILK.										
Granola Topping	2 oz (57 g)	230	8	1	0	0	75	37	3	11	5
	CONTAINS SULFITES.										
Strawberry Yogurt with Blueberries (Small)	8.5 oz (241g)	250	2	2	0	10	135	50	0	43	7
	CONTAINS MILK.										
Strawberry Yogurt with Blueberries (Large)	16 oz. (454g)	470	4	3	0	20	260	94	1	80	13
	CONTAINS MILK.										
Vanilla Yogurt with Blueberries (Small)	8.5 (421g)	220	3	2	0	15	180	41	0	32	9
	CONTAINS MILK.										
Vanilla Yogurt with Blueberries (Large)	16 oz (454g)	410	5	3	0	25	330	76	1	61	18
	CONTAINS MILK.										

I All Portions

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apples, Blue Cheese and Cranberries	5 oz (142 g)	200	10	4	0	15	270	27	3	21	4
	CONTAINS MILK, EGG, SOY.										
Brie, Fruit and Crackers	3.5 oz (99 g)	200	11	6	0	25	280	18	0	9	6
	CONTAINS MILK, WHEAT, SOY, SESAME, SULFITES.										
Cheddar, Fruit and Crackers	3.5 oz (99 g)	200	12	6	0	30	280	18	0	9	8
	CONTAINS MILK, WHEAT, SOY, SESAME, SULFITES.										
Herb Cheese, Fruit and Crackers	4.0 oz (113 g)	190	11	6	0	25	450	20	1	12	4
	CONTAINS MILK, WHEAT, SOY, SESAME, SULFITES.										
Hummus and Cucumber	4.3 oz (122g)	130	8	0	0	0	460	10	3	1	3
	CONTAINS: SESAME.										
Mozzarella and Tomato	4.7 oz (133 g)	180	14	7	0	35	240	5	1	3	10
	CONTAINS: MILK, SOY.										

I All Portions (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Turkey, Asparagus, Cranberry Chutney and Gorgonzola	4.8 oz (136 g)	140	5	3	0	35	550	10	1	7	15
CONTAINS MILK, TREE NUTS (WALNUTS).											

I All Salads

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Goat Cheese Salad	10 oz (283g)	290	13	3	0	20	125	39	7	29	7
CONTAINS: MILK, TREE NUTS (WALNUTS).											
Caesar Asiago Salad (Caesar Asiago Salad)	6 oz (170g)	220	12	6	0	25	480	18	3	4	11
CONTAINS MILK, WHEAT, SOY.											
Caesar Asiago Salad (Side)	3.2 oz (91 g)	130	6	3	0	15	270	12	2	2	6
CONTAINS MILK, WHEAT, SOY.											
Chef's Salad	9 oz. (255g)	260	16	8	0	65	1070	7	3	4	25
CONTAINS MILK.											
Chicken BLT Salad	10.9 oz (308g)	300	16	7	0	285	860	7	3	3	34
CONTAINS: SOY, EGGS, MILK.											
Garden Salad	8 oz. (227g)	80	2	0	0	0	105	15	4	4	3
CONTAINS MILK, WHEAT, SOY.											
Grilled Chicken Caesar Asiago	8.5 oz (241 g)	290	13	6	0	65	740	18	3	4	27
CONTAINS WHEAT, MILK, SOY.											
Mandarin Sesame Chicken Salad	9.7 oz (275g)	310	17	1	0	30	410	29	3	10	20
CONTAINS WHEAT, SOY, SESAME SEEDS.											
Mediterranean Chicken Salad	10.3 oz. (292 g)	290	16	6	0	60	1230	12	3	2	23
CONTAINS MILK, SOY.											
Side Garden Salad	3.9 oz. (111g)	50	2	0	0	0	70	9	2	2	2
CONTAINS WHEAT, MILK, SOY.											
Thai Peanut Chicken Salad	10.5 oz (298g)	190	7	0	0	40	330	17	4	4	21
CONTAINS WHEAT, SOY.											
Tuna Garden Salad	12 oz (340 g)	270	13	2	0	45	530	19	5	7	21
CONTAINS: EGGS, FISH (TUNA), SOY, MILK, WHEAT.											
Turkey Cobb Salad	11.5 oz. (325g)	340	19	8	0	260	940	16	4	5	27
CONTAINS WHEAT, EGGS, MILK, SOY.											
White Bean and Asparagus Salad	13.8 oz. (392g)	250	10	4	0	20	740	26	9	4	12
CONTAINS MILK.											

I Dressings

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Balsamic Vinaigrette Dressing	2 oz (57g)	120	9	2	0	0	360	8	0	8	0
	CONTAINS SOY.										
Blue Cheese Dressing	2 oz (57g)	310	33	6	0	15	460	2	0	2	2
	CONTAINS MILK, EGGS, SOY.										
Caesar Dressing	2 oz (57g)	270	28	5	0	15	370	4	0	2	1
	CONTAINS: MILK, EGGS, FISH (ANCHOVIES), SOY, WHEAT										
Fat Free Raspberry Vinaigrette	2 oz (57g)	50	0	0	0	0	190	12	0	12	0
Fat Free Sun Dried Tomato Vinaigrette	2 oz (57g)	110	0	0	0	0	430	28	0	16	0
Hazelnut Vinaigrette Dressing	2 oz (57g)	270	25	4	0	0	300	11	0	10	1
	CONTAINS TREE NUTS (HAZELNUTS), SOY.										
Light Ranch Dressing	2 oz (57g)	120	11	2	0	15	410	3	0	2	2
	CONTAINS: MILK, EGGS, SOY.										
Lite Honey Mustard Dressing	2 oz (57g)	170	9	2	0	15	380	20	0	12	1
	CONTAINS: EGGS, SOY.										
Lite Olive Oil Vinaigrette	2 oz (57g)	110	10	2	0	0	420	6	0	5	0
	CONTAINS SOY.										
Pomegranate Vinaigrette Dressing	2 oz (57g)	250	22	4	0	0	160	12	0	11	0
	CONTAINS SOY.										
Sesame Ginger Dressing	2 oz (57g)	230	20	3	0	0	680	12	0	11	1
	CONTAINS WHEAT, SOY, SESAME.										
Thai Peanut Dressing	2 oz (57g)	160	8	1	0	0	740	20	0	17	2
	CONTAINS: WHEAT, SOY, TREE NUTS (HAZELNUTS), PEANUTS, SESAME.										

I Soups

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Baked Stuffed Potato Soup (Medium)	12 oz (340 g)	350	20	10	0	60	990	29	2	6	9
	CONTAINS MILK, SOY, WHEAT.										
Baked Stuffed Potato Soup (Large)	16 oz (454 g)	460	27	13	0	80	1320	39	3	8	12
	CONTAINS MILK, SOY, WHEAT.										
Baked Stuffed Potato Soup (Small)	8 oz. (227g)	230	13	7	0	40	660	20	1	4	6
	CONTAINS MILK, SOY, WHEAT.										

I Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BBQ Chicken and Beef Stew (Large)	16 fl oz. (500g)	400	13	5	0	60	1530	47	4	22	25
	CONTAINS: SOY, WHEAT, MILK.										
BBQ Chicken and Beef Stew (Medium)	12 fl oz. (375g)	300	10	4	0	45	1150	35	3	16	19
	CONTAINS: SOY, WHEAT, MILK.										
BBQ Chicken and Beef Stew (Small)	8 oz. (250g)	200	7	3	0	30	760	24	2	11	13
	CONTAINS: SOY, WHEAT, MILK.										
Black Bean Soup (Medium)	12 oz (340 g)	260	1	0	0	0	1100	46	26	3	15
	CONTAINS SOY.										
Black Bean Soup (Large)	16 oz (454 g)	340	2	0	0	0	1470	61	34	4	21
	CONTAINS SOY.										
Black Bean Soup (Small)	8 oz. (227g)	170	1	0	0	0	740	30	17	2	10
	CONTAINS SOY.										
Broccoli Cheddar Soup (Medium)	12 oz (340g)	300	21	10	0	50	990	20	2	7	11
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Broccoli Cheddar Soup (Large)	16 oz (454g)	400	28	13	0.5	70	1320	26	3	9	15
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Broccoli Cheddar Soup (Small)	8 oz. (227g)	200	14	6	0	35	660	13	1	5	7
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Butternut Squash and Apple Soup (Medium)	12 fl oz (340 g)	200	8	3	0	15	780	32	3	4	4
	CONTAINS MILK, WHEAT, SOY.										
Butternut Squash and Apple Soup (Large)	16 fl oz (454 g)	260	10	4	0	20	1040	43	4	6	5
	CONTAINS MILK, WHEAT, SOY.										
Butternut Squash and Apple Soup (Small)	8 oz. (227g)	140	5	2	0	10	520	24	2	7	3
	CONTAINS MILK, WHEAT, SOY.										
Carrot Ginger Soup (Medium)	12 oz (340 g)	140	5	0	0	0	960	22	3	10	1
	CONTAINS: WHEAT.										
Carrot Ginger Soup (Large)	16 oz (454 g)	180	6	1	0	0	1290	29	5	13	2
	CONTAINS: WHEAT.										
Carrot Ginger Soup (Small)	8 oz. (227g)	90	3	0	0	0	640	15	2	6	1
	CONTAINS: WHEAT.										
Chicken and Dumpling Soup (Medium)	12 oz (340 mg)	210	7	3	0	50	1280	28	2	6	11
	CONTAINS MILK, WHEAT, EGG, SOY.										
Chicken and Dumpling Soup (Large)	16 oz (454 g)	290	9	4	0	65	1710	38	3	8	14
	CONTAINS MILK, WHEAT, EGG, SOY.										

I Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken and Dumpling Soup (Small)	8 oz. (227g)	140	5	2	0	35	850	19	1	4	7
	CONTAINS MILK, WHEAT, EGG, SOY.										
Chicken Florentine Soup (Medium)	12 oz (340 g)	250	13	6	0	35	1050	25	1	4	8
	CONTAINS MILK, SOY, WHEAT, EGG.										
Chicken Florentine Soup (Large)	16 oz (454 g)	330	17	7	0	50	1410	34	2	5	11
	CONTAINS MILK, SOY, WHEAT, EGG.										
Chicken Florentine Soup (Small)	8 oz. (227g)	170	8	4	0	25	700	17	1	3	5
	CONTAINS MILK, SOY, WHEAT, EGG.										
Chicken Gumbo Soup (Medium)	12 oz. (340 g)	180	8	1	0	10	880	21	2	2	6
	CONTAINS WHEAT, SOY.										
Chicken Gumbo Soup (Large)	16 oz. (454 g)	240	11	2	0	15	1170	28	2	3	8
	CONTAINS WHEAT, SOY.										
Chicken Gumbo Soup (Small)	8 oz. (227g)	120	5	1	0	5	590	14	1	1	4
	CONTAINS WHEAT, SOY.										
Chicken Noodle Soup (Medium)	12 oz (340 g)	130	3	1	0	15	1050	19	2	2	8
	CONTAINS EGG, SOY, WHEAT.										
Chicken Noodle Soup (Large)	16 oz (454 g)	180	4	1	0	20	1410	25	2	3	11
	CONTAINS EGG, SOY, WHEAT.										
Chicken Noodle Soup (Small)	8 oz. (227g)	90	2	1	0	10	700	12	1	2	6
	CONTAINS EGG, SOY, WHEAT.										
Clam Chowder (Medium)	12 oz (340 g)	320	18	7	0	55	1020	27	1	8	9
	CONTAINS MILK, SOY, WHEAT, SHELLFISH (CLAMS).										
Clam Chowder (Large)	16 oz (454 g)	450	24	10	0	75	1360	37	2	11	13
	CONTAINS MILK, SOY, WHEAT, SHELLFISH (CLAMS).										
Clam Chowder (Small)	8 oz. (227g)	210	12	5	0	35	680	18	1	5	6
	CONTAINS MILK, SOY, WHEAT, SHELLFISH (CLAMS).										
Corn and Green Chili Bisque (Medium)	12 oz (340 g)	260	15	7	0	40	1540	27	3	6	6
	CONTAINS MILK, SOY, WHEAT.										
Corn and Green Chili Bisque (Large)	16 oz (454 g)	340	20	10	0	55	2060	36	4	8	8
	CONTAINS MILK, SOY, WHEAT.										
Corn and Green Chili Bisque (Small)	8 oz. (227g)	170	10	5	0	25	1030	18	2	4	4
	CONTAINS MILK, SOY, WHEAT.										
Corn Chowder (Medium)	12 oz (340g)	350	18	8	0	50	1120	40	3	10	9
	CONTAINS MILK, SOY, WHEAT.										

I Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Corn Chowder (Large)	16 oz (454 g)	460	23	11	0	65	1500	53	4	14	12
	CONTAINS MILK, SOY, WHEAT.										
Corn Chowder (Small)	8 oz. (227g)	230	12	6	0	35	750	27	2	7	6
	CONTAINS MILK, SOY, WHEAT.										
Cream of Chicken and Wild Rice Soup (Large)	16 oz (454 g)	320	19	7	0	45	1300	30	2	3	8
	CONTAINS MILK, WHEAT, SOY.										
Cream of Chicken and Wild Rice Soup (Medium)	12 oz (340 g)	240	14	5	0	35	970	22	1	2	6
	CONTAINS MILK, WHEAT, SOY.										
Cream of Chicken and Wild Rice Soup (Small)	8 oz. (227g)	160	9	4	0	20	650	15	1	2	4
	CONTAINS MILK, WHEAT, SOY.										
Curried Rice and Lentil Soup (Medium)	12 oz (340 g)	170	2	0	0	0	1260	30	8	4	8
	CONTAINS SOY.										
Curried Rice and Lentil Soup (Large)	16 oz (454 g)	230	3	0	0	0	1690	40	11	5	11
	CONTAINS SOY.										
Curried Rice and Lentil Soup (Small)	8 oz. (227g)	110	2	0	0	0	840	20	5	3	5
	CONTAINS SOY.										
French Moroccan Tomato Lentil Soup (Medium)	12 oz (340 g)	190	2	0	0	0	1060	32	10	7	10
French Moroccan Tomato Lentil Soup (Large)	16 oz (454 g)	250	3	0	0	0	1420	43	14	9	13
French Moroccan Tomato Lentil Soup (Small)	8 oz. (227g)	120	2	0	0	0	710	21	7	4	7
French Onion Soup (Medium)	12 oz (340 g)	130	5	3	0	10	1310	19	2	6	3
	CONTAINS MILK, SOY, WHEAT.										
French Onion Soup (Large)	16 oz (454g)	170	6	3	0	15	1750	25	3	8	4
	CONTAINS MILK, SOY, WHEAT.										
French Onion Soup (Small)	8 oz. (227g)	80	3	2	0	10	870	13	1	4	2
	CONTAINS MILK, SOY, WHEAT.										
Garden Vegetable Soup (Medium)	12 oz (340 g)	80	2	0	0	0	1070	13	3	5	3
	ALLERGEN ALERT: CONTAINS MILK, SOY, SULFITES.										
Garden Vegetable Soup (Large)	16 oz (454 g)	100	2	0	0	0	1430	18	4	6	4
	ALLERGEN ALERT: CONTAINS MILK, SOY, SULFITES.										
Garden Vegetable Soup (Small)	8 oz. (227g)	50	1	0	0	0	720	9	2	3	2
	ALLERGEN ALERT: CONTAINS MILK, SOY, SULFITES.										

I Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Gazpacho (Medium)	12 oz. (340 g)	90	5	0	0	0	1520	11	3	6	2
	CONTAINS SULFITES.										
Gazpacho (Large)	16 oz. (454 g)	120	6	1	0	0	2030	15	4	8	2
	CONTAINS SULFITES.										
Gazpacho (Small)	8 oz. (227g)	60	3	0	0	0	1020	8	2	4	1
	CONTAINS SULFITES.										
Harvest Pumpkin Soup (Medium)	12 fl oz (340 g)	240	13	7	0	35	1290	27	3	6	4
	CONTAINS WHEAT, MILK.										
Harvest Pumpkin Soup (Large)	16 fl oz (454 g)	320	17	9	0	45	1720	37	4	8	6
	CONTAINS WHEAT, MILK.										
Harvest Pumpkin Soup (Small)	8 oz. (227g)	160	9	5	0	25	860	18	2	4	3
	CONTAINS WHEAT, MILK.										
Hearty Cabbage Soup (Regular)	12 oz (340 g)	110	5	2	0	10	1030	14	3	4	5
	CONTAINS SOY, MILK, WHEAT, SULFITES.										
Hearty Cabbage Soup (Large)	16 oz (454 g)	150	6	2	0	10	1380	19	3	6	6
	CONTAINS SOY, MILK, WHEAT, SULFITES.										
Hearty Cabbage Soup (Small)	8 oz. (227g)o	80	3	1	0	5	690	10	2	3	3
	CONTAINS SOY, MILK, WHEAT, SULFITES.										
Italian Wedding Soup (Medium)	12 oz (340 g)	170	7	3	0	15	1300	19	3	4	8
	CONTAINS SOY, WHEAT, MILK, EGG.										
Italian Wedding Soup (Large)	16 oz (454 g)	220	9	4	0	20	1740	25	3	5	10
	CONTAINS SOY, WHEAT, MILK, EGG.										
Italian Wedding Soup (Small)	8 oz. (227g)	110	5	2	0	10	870	13	2	3	5
	CONTAINS SOY, WHEAT, MILK, EGG.										
Jamaican Black Bean Soup (Medium)	12 oz (340 g)	250	1	0	0	0	440	43	23	6	16
	CONTAINS WHEAT, SOY.										
Jamaican Black Bean Soup (Large)	16 oz (454 g)	330	2	0	0	0	590	58	31	7	21
	CONTAINS WHEAT, SOY.										
Jamaican Black Bean Soup (Small)	8 oz. (227g)	160	1	0	0	0	290	29	16	4	10
	CONTAINS WHEAT, SOY.										
Mediterranean Pepper Soup (Medium)	12 oz (340 g)	170	5	1	0	0	590	26	8	4	7
	CONTAINS MILK, SOY, WHEAT.										
Mediterranean Pepper Soup (Large)	16 oz (454 g)	230	6	1	0	0	790	35	10	5	10
	CONTAINS MILK, SOY, WHEAT.										

I Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mediterranean Pepper Soup (Small)	8 oz. (227g)	110	3	0	0	0	400	17	5	2	5
	CONTAINS MILK, SOY, WHEAT.										
Old Fashioned Tomato Soup (Medium)	12 oz (340 g)	200	7	3	0	15	1150	27	3	14	6
	CONTAINS MILK, WHEAT.										
Old Fashioned Tomato Soup (Large)	16 oz. (454 g)	270	10	4	0	15	1540	37	5	19	8
	CONTAINS MILK, WHEAT.										
Old Fashioned Tomato Soup (Small)	8 oz. (227g)	130	5	2	0	10	770	18	2	10	4
	CONTAINS MILK, WHEAT.										
Pasta E Fagioli Soup (Medium)	12 oz (340 g)	260	8	2	0	10	1010	35	9	3	12
	CONTAINS MILK, SOY, WHEAT, EGG.										
Pasta E Fagioli Soup (Large)	16 oz (454 g)	340	11	3	0	10	1350	47	12	4	15
	CONTAINS MILK, SOY, WHEAT, EGG.										
Pasta E Fagioli Soup (Small)	8 oz. (227g)	170	5	2	0	5	670	23	6	2	8
	CONTAINS MILK, SOY, WHEAT, EGG.										
Portuguese Kale Soup (Large)	16 oz (454 g)	170	7	2	0	5	1630	20	5	3	7
	CONTAINS: SOY.										
Portuguese Kale Soup (Medium)	12 oz (340 g)	130	5	1	0	5	1220	15	4	2	5
	CONTAINS: SOY.										
Portuguese Kale Soup (Small)	8 oz. (227g)	80	4	1	0	5	820	10	2	1	4
	CONTAINS: SOY.										
Potato Cheese Soup (Medium)	12 oz (340 g)	260	14	9	0	40	1250	24	2	4	7
	CONTAINS MILK, SOY.										
Potato Cheese Soup (Large)	16 oz (454 g)	340	18	11	0	50	1670	33	2	6	9
	CONTAINS MILK, SOY.										
Potato Cheese Soup (Small)	8 oz. (227g)	170	9	6	0	25	840	16	1	3	4
	CONTAINS MILK, SOY.										
Potato Leek Soup (Medium)	12 oz (340 g)	300	19	10	0	60	1000	28	2	2	5
	CONTAINS MILK, SOY, WHEAT.										
Potato Leek Soup (Large)	16 oz (454 g)	400	25	14	0	80	1330	37	3	3	6
	CONTAINS MILK, SOY, WHEAT.										
Potato Leek Soup (Small)	8 oz. (227g)	200	13	7	0	40	670	18	1	2	3
	CONTAINS MILK, SOY, WHEAT.										
Red Beans, Italian Sausage and Rice Soup (Medium)	12 oz (340 g)	270	6	2	0	10	1080	40	17	3	14
	CONTAINS SOY, WHEAT.										

I Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Red Beans, Italian Sausage and Rice Soup (Large)	16 oz (454 g)	360	8	3	0	15	1450	54	23	4	19
	CONTAINS SOY, WHEAT.										
Red Beans, Italian Sausage and Rice Soup (Small)	8 oz. (227g)	180	4	1	0	5	720	27	11	2	9
	CONTAINS SOY, WHEAT.										
Scandinavian Fruit Soup (Medium)	12 fl oz (360 mL)	280	0	0	0	0	30	69	3	57	1
Scandinavian Fruit Soup (Large)	16 fl oz (480 mL)	380	0	0	0	0	40	93	3	76	2
Scandinavian Fruit Soup (Small)	8 fl oz (240 mL)	190	0	0	0	0	20	46	2	38	1
Southern Black-Eyed Pea Soup (Medium)	12 oz (340 g)	170	2	0	0	5	980	29	9	3	11
	CONTAINS SOY, WHEAT.										
Southern Black-Eyed Pea Soup (Large)	16 oz (454 g)	230	2	0	0	10	1300	38	12	3	15
	CONTAINS SOY, WHEAT.										
Southern Black-Eyed Pea Soup (Small)	8 oz. (227g)	120	1	0	0	5	650	19	6	2	7
	CONTAINS SOY, WHEAT.										
Southwest Tortilla Soup (Medium)	12 oz (340 g)	190	10	3	0	10	1160	23	4	4	4
	CONTAINS MILK, SOY.										
Southwest Tortilla Soup (Large)	16 oz (454 g)	260	13	4	0	15	1550	31	5	5	5
	CONTAINS MILK, SOY.										
Southwest Tortilla Soup (Small)	8 oz. (227g)	130	7	2	0	10	770	15	3	2	3
	CONTAINS MILK, SOY.										
Southwest Vegetable Soup (Medium)	12 oz (340 g)	170	5	1	0	0	400	28	6	3	6
	CONTAINS MILK, SOY, WHEAT.										
Southwest Vegetable Soup (Large)	16 oz (454 g)	230	6	1	0	5	530	37	8	5	8
	CONTAINS MILK, SOY, WHEAT.										
Southwest Vegetable Soup (Small)	8 oz. (227g)	120	3	0	0	0	260	18	4	2	4
	CONTAINS MILK, SOY, WHEAT.										
Split Pea with Ham Soup (Medium)	12 oz (340 g)	250	2	0	0	10	1220	41	15	3	18
	CONTAINS SOY, WHEAT.										
Split Pea with Ham Soup (Large)	16 oz (454g)	340	2	0	0	10	1620	55	20	4	24
	CONTAINS SOY, WHEAT.										
Split Pea with Ham Soup (Small)	8 oz. (227g)	170	1	0	0	5	810	28	10	2	12
	CONTAINS SOY, WHEAT.										

I Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Thai Coconut Curry Soup (Medium)	12 oz (340 g)	160	7	2	0	5	1050	21	2	6	4
	CONTAINS: MILK, WHEAT, SOY, TREE NUTS (COCONUT).										
Thai Coconut Curry Soup (Large)	16 oz (454 g)	220	9	2	0	5	1410	27	3	8	6
	CONTAINS: MILK, WHEAT, SOY, TREE NUTS (COCONUT).										
Thai Coconut Curry Soup (Small)	8 oz. (227g)	110	5	1	0	5	700	14	1	4	3
	CONTAINS: MILK, WHEAT, SOY, TREE NUTS (COCONUT).										
Tomato Basil Bisque (Medium)	12 oz (340 g)	210	9	5	0	30	500	27	4	15	7
	CONTAINS MILK, WHEAT.										
Tomato Basil Bisque (Large)	16 oz (454 g)	280	12	7	0	40	670	36	5	20	9
	CONTAINS MILK, WHEAT.										
Tomato Basil Bisque (Small)	8 oz. (227g)	140	6	4	0	20	330	18	2	10	4
	CONTAINS MILK, WHEAT.										
Tomato Cheddar Soup (Regular)	12 oz (340 g)	240	16	6	0	30	1070	17	2	7	8
	CONTAINS MILK, WHEAT.										
Tomato Cheddar Soup (Large)	16 oz (454 g)	320	21	8	0	35	1430	23	2	9	11
	CONTAINS MILK, WHEAT.										
Tomato Cheddar Soup (Small)	8 oz. (227g)	160	11	4	0	20	710	12	1	4	6
	CONTAINS MILK, WHEAT.										
Tomato Florentine Soup (Medium)	12 oz (340g)	130	3	1	0	5	1020	18	2	5	6
	CONTAINS EGG, MILK, SOY, WHEAT.										
Tomato Florentine Soup (Large)	16 oz (454g)	170	4	2	0	10	1360	25	3	7	8
	CONTAINS EGG, MILK, SOY, WHEAT.										
Tomato Florentine Soup (Small)	8 oz. (227g)	80	2	1	0	5	680	12	2	4	4
	CONTAINS EGG, MILK, SOY, WHEAT.										
Tomato Rice Soup (Medium)	12 oz (340 g)	120	1	0	0	0	280	24	2	5	4
	CONTAINS SOY.										
Tomato Rice Soup (Large)	16 oz (454 g)	160	2	0	0	0	370	32	3	7	5
	CONTAINS SOY.										
Tomato Rice Soup (Small)	8 oz. (227g)	80	1	0	0	0	190	16	1	4	2
	CONTAINS SOY.										
Tuscan Vegetable Soup (Medium)	12 oz (340 g)	170	5	2	0	10	1190	23	3	3	7
	CONTAINS MILK, SOY, WHEAT, EGG.										
Tuscan Vegetable Soup (Large)	16 oz (454 g)	220	7	3	0	15	1590	31	4	4	9
	CONTAINS MILK, SOY, WHEAT, EGG.										

I Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Tuscan Vegetable Soup (Small)	8 oz. (227g)	110	4	2	0	5	790	15	2	2	5
	CONTAINS MILK, SOY, WHEAT, EGG.										
Vegetable Beef Barley Soup (Medium)	12 oz (340g)	140	3	2	0	20	1010	21	4	3	9
	CONTAINS WHEAT, SOY, MILK.										
Vegetable Beef Barley Soup (Large)	16 oz (454g)	190	4	2	0	30	1340	28	5	5	12
	CONTAINS WHEAT, SOY, MILK.										
Vegetable Beef Barley Soup (Small)	8 oz. (227g)	90	2	1	0	15	670	14	3	2	6
	CONTAINS WHEAT, SOY, MILK.										
Vegetarian Chili (Medium)	12 oz (340 g)	220	2	0	0	0	970	39	20	4	12
Vegetarian Chili (Large)	16 oz (454 g)	300	3	0	0	0	1300	52	27	5	16
Vegetarian Chili (Small)	8 oz. (227g)	150	2	0	0	0	650	26	13	3	8
Vegetarian Lentil Soup (Medium)	12 oz (340 g)	170	2	0	0	0	1200	31	11	4	9
Vegetarian Lentil Soup (Large)	16 oz (454 g)	230	2	0	0	0	1610	41	14	5	12
Vegetarian Lentil Soup (Small)	8 oz. (227g)	120	1	0	0	0	800	20	7	3	6
Vegetarian Minestrone Soup (Medium)	12 oz (340 g)	120	2	0	0	0	1130	20	4	5	5
	CONTAINS WHEAT, EGG.										
Vegetarian Minestrone Soup (Large)	16 oz (454 g)	150	2	0	0	0	1500	27	6	7	6
	CONTAINS WHEAT, EGG.										
Vegetarian Minestrone Soup (Small)	8 oz. (227g)	80	1	0	0	0	750	14	3	4	3
	CONTAINS WHEAT, EGG.										
Wild Mushroom Bisque (Medium)	12 oz (340 g)	190	9	2	0	10	1020	22	2	6	5
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Wild Mushroom Bisque (Large)	16 oz (454 g)	250	13	3	0	15	1360	30	3	8	6
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Wild Mushroom Bisque (Small)	8 oz. (227g)	120	6	2	0	5	680	15	2	4	3
	CONTAINS MILK, SOY, WHEAT, SULFITES.										

I Stews

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Beef and Vegetable Stew (Medium)	12 oz (340 g)	310	16	3	0	55	1070	25	3	4	18
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Beef and Vegetable Stew (Large)	16 oz (454 g)	410	21	3	0	70	1430	33	4	6	24
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Beef and Vegetable Stew (Small)	8 oz (227g)	210	10	2	0	35	720	17	2	3	12
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Beef Chili (Large)	16 fl oz (480mL)	400	17	5	1	55	1480	37	9	10	24
Beef Chili (Medium)	12 fl oz (360mL)	300	13	4	0.5	40	1110	28	7	7	18
Beef Chili (Small)	8 fl oz (240mL)	200	9	3	0	25	740	19	4	5	12
Chicken and Vegetable Stew (Medium)	12 oz (340 g)	290	17	5	0	40	940	26	3	4	11
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Chicken and Vegetable Stew (Large)	16 oz (454 g)	390	23	6	0	55	1250	34	4	6	14
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Chicken and Vegetable Stew (Small)	8 oz. (227g)	190	11	3	0	25	630	17	2	3	7
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Chicken Pot Pie Stew (Medium)	12 fl oz (360 ml)	370	22	10	0.5	90	1020	26	3	7	15
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Chicken Pot Pie Stew (Large)	16 fl oz (480 ml)	490	29	13	1	120	1360	35	4	9	20
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Chicken Pot Pie Stew (Small)	8 fl oz (240 ml)	240	14	7	0	60	680	18	2	5	10
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Lobster Bisque (Large)	16 fl oz. (480 mL)	540	39	24	1.5	155	1830	32	0	11	11
	CONTAINS: MILK, SHELLFISH (LOBSTER), SOY, WHEAT, SULFITES.										
Lobster Bisque (Medium)	12 fl oz. (360 mL)	390	28	17	1	115	1340	23	0	8	8
	CONTAINS: MILK, SHELLFISH (LOBSTER), SOY, WHEAT, SULFITES.										
Lobster Bisque (Small)	8 fl oz. (240 mL)	260	19	12	0.5	75	890	16	0	5	5
	CONTAINS: MILK, SHELLFISH (LOBSTER), SOY, WHEAT, SULFITES.										
Macaroni and Cheese (Medium)	12 oz (340 g)	500	29	18	0.5	105	1380	36	2	4	20
	CONTAINS: MILK, WHEAT, SOY, EGG.										
Macaroni and Cheese (Large)	16 oz (454 g)	660	39	24	1	140	1850	48	2	6	27
	CONTAINS: MILK, WHEAT, SOY, EGG.										

I Stews (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Macaroni and Cheese (Small)	8 oz. (227g)	330	19	12	0	70	920	24	1	3	13
	CONTAINS: MILK, WHEAT, SOY, EGG.										

I Dressings

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Balsamic Vinaigrette Dressing	2 oz (57g)	120	9	2	0	0	360	8	0	8	0
	CONTAINS SOY.										
Blue Cheese Dressing	2 oz (57g)	310	33	6	0	15	460	2	0	2	2
	CONTAINS MILK, EGGS, SOY.										
Caesar Dressing	2 oz (57g)	270	28	5	0	15	370	4	0	2	1
	CONTAINS: MILK, EGGS, FISH (ANCHOVIES), SOY, WHEAT										
Fat Free Raspberry Vinaigrette	2 oz (57g)	50	0	0	0	0	190	12	0	12	0
Fat Free Sun Dried Tomato Vinaigrette	2 oz (57g)	110	0	0	0	0	430	28	0	16	0
Hazelnut Vinaigrette Dressing	2 oz (57g)	270	25	4	0	0	300	11	0	10	1
	CONTAINS TREE NUTS (HAZELNUTS), SOY.										
Light Ranch Dressing	2 oz (57g)	120	11	2	0	15	410	3	0	2	2
	CONTAINS: MILK, EGGS, SOY.										
Lite Honey Mustard Dressing	2 oz (57g)	170	9	2	0	15	380	20	0	12	1
	CONTAINS: EGGS, SOY.										
Lite Olive Oil Vinaigrette	2 oz (57g)	110	10	2	0	0	420	6	0	5	0
	CONTAINS SOY.										
Pomegranate Vinaigrette Dressing	2 oz (57g)	250	22	4	0	0	160	12	0	11	0
	CONTAINS SOY.										
Sesame Ginger Dressing	2 oz (57g)	230	20	3	0	0	680	12	0	11	1
	CONTAINS WHEAT, SOY, SESAME.										
Thai Peanut Dressing	2 oz (57g)	160	8	1	0	0	740	20	0	17	2
	CONTAINS: WHEAT, SOY, TREE NUTS (HAZELNUTS), PEANUTS, SESAME.										

I Spreads

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Artichoke Aioli	1 oz (28 g)	70	6	1	0	5	220	2	0	1	1
	CONTAINS: MILK, SOY, EGGS, SULFITES.										
Basil Pesto	1 oz (28 g)	120	12	2	0	5	220	1	0	0	2
	CONTAINS MILK.										
Chili Dijon	1 oz (28 g)	130	13	2	0	10	250	4	0	3	1
	CONTAINS SOY, EGG.										
Dijon Mustard Sauce	.5 oz. (14g)	20	2	0	0	0	400	1	0	0	1
	CONTAINS: SOY.										
Herb Bagel Spread	2 oz (57 g)	140	12	8	0	40	340	4	0	3	5
	CONTAINS MILK.										
Herb Mayonnaise	1 oz (28 g)	110	11	2	0	10	160	1	0	1	0
	CONTAINS SOY, EGGS.										
Honey Mustard Sauce	2.5 oz (71 g)	200	3	0	0	0	240	41	1	39	2
	CONTAINS: SOY.										
Honey Pecan Cream Cheese	2 oz. (57 g)	200	16	10	0.5	50	135	10	0	9	2
	CONTAINS MILK, TREE NUTS (PECANS), MAY CONTAIN PEANUTS AND/OR OTHER TREE NUTS										
Jalapeno Mayonnaise	1 oz. (28 g)	50	5	1	0	5	290	1	0	1	2
	CONTAINS: SOY, EGGS.										
Lite Cream Cheese Spread	2 oz (56 g)	120	9	6	0	30	280	5	0	3	4
	CONTAINS MILK.										
Mayonnaise	1 oz. (28 g)	70	7	1	0	10	200	2	0	2	0
	CONTAINS: EGGS, SOY.										
Sun-Dried Tomato Spread	0.5 oz (14g)	45	4	0	0	0	70	1	0	1	0
	CONTAINS SOY, SULFITES.										
Sundried Tomato Cream Cheese	2 oz (57g)	140	11	7	0	35	170	5	1	4	4
	CONTAINS MILK.										
Vegetable Cream Cheese	2 oz (57g)	170	16	10	0.5	45	270	3	0	2	3
	CONTAINS MILK.										

I Toppings

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
All Natural Chicken Breast	1 portion 4 oz (113 g)	120	2	0	0	60	420	0	0	0	26
	CONTAINS SOY.										
Bacon	1 Portion .5 oz. (13 g)	60	5	2	0	15	210	0	0	0	5
Bagged Croutons	2.25 oz (64 g)	190	6	1	0	0	310	29	1	1	5
	CONTAINS WHEAT, SOY, MILK.										
Brie Cheese	1.5 oz (43g)	170	15	9	1	55	320	1	1	0	7
	CONTAINS MILK.										
Cheddar Cheese	2 Slices - 1.5 oz (43g)	160	13	7	0	45	270	1	0	0	10
	CONTAINS MILK.										
Feta Cheese	1 oz. (28g)	80	6	4	0	20	320	1	0	0	5
	CONTAINS: MILK.										
Goat Cheese	1 oz (28g)	45	4	2	0	20	110	1	0	1	3
	CONTAINS MILK.										
Gorgonzola Cheese	1 portion - 2 oz (57g)	200	16	12	0	50	770	2	0	0	12
	CONTAINS MILK.										
Granola Topping	2 oz (57 g)	230	8	1	0	0	75	37	3	11	5
	CONTAINS SULFITES.										
Guacamole	1 oz. (28 g)	50	5	1	0	0	115	2	2	0	0
Ham	1 portion - 3.7 oz (105 g)	100	4	1	0	50	1170	0	0	0	17
Mozzarella Cheese	2 oz (57g)	120	9	6	0	35	105	0	0	0	9
	CONTAINS MILK.										
Pastrami	1 portion - 3.7 oz (105 g)	140	5	2	0	55	910	1	0	0	21
Roast Beef	1 portion 3.7 oz (105g)	110	3	1	0	55	400	0	0	0	22
Roasted Red Pepper Hummus	1 portion - 2 oz (57g)	80	5	0	0	0	250	6	2	0	2
	CONTAINS SESAME.										
Roasted Red Peppers	2 oz (57g)	10	0	0	0	0	105	2	0	1	0
Sausage Patty	2 oz. (57 g)	210	20	7	0	40	360	0	0	0	8

I Toppings (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Swiss Cheese	1 portion 1.5 oz (43 g)	150	12	8	0	40	90	2	0	0	12
	CONTAINS MILK.										
Tuna Salad Mix	1 portion - 4 oz (113 g)	180	11	2	0	45	430	3	1	2	18
	CONTAINS: FISH (TUNA), EGGS, SOY.										
Turkey Breast	1 portion - 3.7 oz (105g)	90	1	0	0	40	650	1	0	0	20

I New Items

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Salad Sandwich	9.7 oz. (276g)	490	11	2	0	50	1130	67	4	8	29
	CONTAINS: WHEAT, SOY, EGGS, TREE NUTS (ALMONDS).										