

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. | | | | | | | | | | |
| 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, POPPY SEEDS. | | | | | | | | | | |
| 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) |
|------------------------------|---|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| Apple Gingerbread Tulip | 3.6 oz. (102g) | 340 | 13 | 4 | 0 | 40 | 320 | 52 | 2 | 29 | 4 |
| | CONTAINS: WHEAT, EGGS, SOY, SULFITES. | | | | | | | | | | |
| 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) | 460 | 33 | 5 | 0 | 30 | 580 | 59 | 2 | 38 | 5 |
| | CONTAINS: TREE NUTS (PECANS), MILK, SOY, WHEAT, EGGS. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING WHEAT, EGGS, PEANUTS, TREE NUTS, SOYBEANS, MILK. | | | | | | | | | | |
| Chocolate Cheesecake Brownie | 4 oz. (113 g) | 460 | 19 | 6 | 0 | 85 | 400 | 74 | 1 | 50 | 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) | 510 | 19 | 6 | 0 | 75 | 380 | 74 | 1 | 51 | 6 |
| | 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 | 410 | 57 | 2 | 28 | 11 |
| | CONTAINS MILK, WHEAT, EGGS, SOY. | | | | | | | | | | |
| Crumb Cake | 6.0 oz. (170 g) | 750 | 40 | 17 | 0 | 85 | 980 | 97 | 1 | 53 | 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). | | | | | | | | | | |
| Gingerbread Man Cookie | 2.7 oz (76 g) | 320 | 10 | 4 | 0 | 10 | 150 | 53 | 1 | 23 | 4 |
| | CONTAINS: WHEAT, EGGS, SOY. | | | | | | | | | | |
| Gingerbread Squares | 2 Squares .8 oz. (24g) | 120 | 5 | 2 | 0 | 15 | 55 | 16 | 1 | 6 | 2 |
| | CONTAINS: WHEAT, SOY, EGGS, TREE NUTS (ALMONDS). | | | | | | | | | | |
| Hazelnut Fudge Cookie | 2.3 oz (64 g) | 310 | 17 | 6 | 0 | 45 | 160 | 38 | 3 | 28 | 5 |
| | CONTAINS: SOY, MILK, WHEAT, EGGS, TREE NUTS (HAZELNUTS), SULFITES. | | | | | | | | | | |
| Hazelnut Mocha Brownie | 4 oz (113 g) | 490 | 22 | 5 | 0 | 70 | 350 | 74 | 3 | 47 | 6 |
| | CONTAINS: EGGS, MILK, TREENUTS (HAZELNUTS), SOY, WHEAT. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING WHEAT, EGGS, PEANUTS, TREE NUTS, SOYBEANS, MILK. | | | | | | | | | | |
| Holiday Brownie | 2.4 oz. (69g) | 280 | 11 | 4 | 0 | 40 | 125 | 42 | 1 | 31 | 2 |
| | CONTAINS: EGGS, MILK, SOY, WHEAT. BROWNIE IS PRODUCED IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING PEANUTS AND TREE NUTS. | | | | | | | | | | |
| Holiday Mini Shortbread Cookie | 2 Cookies 1.2 oz. (35g) | 190 | 11 | 6 | 0 | 15 | 160 | 21 | 0 | 7 | 2 |
| | CONTAINS: WHEAT, MILK, SOY. | | | | | | | | | | |
| 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. | | | | | | | | | | |

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) |
|--|---|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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 (15 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. | | | | | | | | | | |
| Oatmeal Raisin Cookie | 2 oz (57g) | 230 | 8 | 4 | 0 | 35 | 190 | 36 | 2 | 23 | 3 |
| | 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) | 490 | 22 | 6 | 0 | 70 | 370 | 74 | 2 | 48 | 6 |
| | 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 | 300 | 55 | 4 | 15 | 13 |
| | CONTAINS: MILK, TREE NUTS (ALMONDS), EGGS, SOY, WHEAT, SULFITES. | | | | | | | | | | |
| Apple Croissant | 3.8 oz. (109 g) | 280 | 11 | 6 | 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. | | | | | | | | | | |

I Croissants (cont)

| | Serving Size | Calories | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|------------------------------|--|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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 | 13 | 0.5 | 95 | 390 | 54 | 1 | 23 | 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. | | | | | | | | | | |

I Muffins (cont)

| | Serving Size | Calories | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---------------------------|---------------------------------------|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| Pumpkin Muffin | 6.2 oz. (177 g) | 530 | 19 | 4 | 0 | 65 | 560 | 81 | 3 | 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) |
|------------------------------|--|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| Chocolate Orange Pecan Scone | 5 oz. (140g) | 580 | 28 | 13 | 0 | 125 | 360 | 74 | 3 | 36 | 10 |
| | CONTAINS WHEAT, MILK, EGGS, SOY, TREE NUTS (PECANS). | | | | | | | | | | |
| 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. | | | | | | | | | | |

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) |
|------------------------------|-------------------|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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. | | | | | | | | | | |
| 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. | | | | | | | | | | |

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) |
|---------------------------------|--------------------|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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. | | | | | | | | | | |
| 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. | | | | | | | | | | |

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 Decaf French Roast Coffee (Large) | 28 fl oz (828 ml) | 10 | 0 | 0 | 0 | 0 | 25 | 2 | 0 | 2 | 0 |
| | CONTAINS MILK. | | | | | | | | | | |
| Iced Decaf French Roast Coffee (Medium) | 22 fl oz (650 ml) | 10 | 0 | 0 | 0 | 0 | 20 | 2 | 0 | 2 | 0 |
| | CONTAINS MILK. | | | | | | | | | | |
| Iced French Roast Coffee (Large) | 28 fl oz (828 ml) | 10 | 0 | 0 | 0 | 0 | 25 | 2 | 0 | 2 | 0 |
| | CONTAINS MILK. | | | | | | | | | | |
| Iced French Roast Coffee (Medium) | 22 fl oz (650 ml) | 10 | 0 | 0 | 0 | 0 | 20 | 2 | 0 | 2 | 0 |
| | CONTAINS MILK. | | | | | | | | | | |
| Iced French Vanilla Coffee (Large) | 28 fl oz (828 ml) | 15 | 0 | 0 | 0 | 0 | 25 | 3 | 0 | 0 | 1 |
| | CONTAINS MILK. | | | | | | | | | | |
| Iced French Vanilla Coffee (Medium) | 22 fl oz (650 ml) | 10 | 0 | 0 | 0 | 0 | 20 | 2 | 0 | 0 | 1 |
| | CONTAINS MILK. | | | | | | | | | | |
| 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 | | | | | | | | | | |

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) |
|--------------------------------|--------------------|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| Mocha Latte (Small) | 12 fl.oz (355 mL) | 300 | 16 | 10 | 0 | 60 | 160 | 35 | 1 | 33 | 11 |
| | CONTAINS MILK | | | | | | | | | | |
| Pumpkin Spice Latte (Large) | 20 fl oz (600 ml) | 440 | 14 | 9 | 0 | 40 | 180 | 64 | 0 | 63 | 14 |
| | CONTAINS: MILK. | | | | | | | | | | |
| Pumpkin Spice Latte (Medium) | 16 fl oz. (480 ml) | 360 | 12 | 7 | 0 | 35 | 150 | 52 | 0 | 51 | 12 |
| | CONTAINS: MILK. | | | | | | | | | | |
| Pumpkin Spice Latte (Small) | 12 fl oz. (360 ml) | 280 | 9 | 6 | 0 | 30 | 120 | 39 | 0 | 39 | 9 |
| | 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 | | | | | | | | | | |
| 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 |
| | | | | | | | | | | | |

I Fountain and Other (cont)

| | Serving Size | Calories | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|-----------------------------|-------------------|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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 |
| Orange Juice (Large) | 16 fl oz (473 mL) | 220 | 0 | 0 | 0 | 0 | 5 | 52 | 1 | 50 | 3 |
| Orange Juice (Small) | 8 fl oz (240 mL) | 110 | 0 | 0 | 0 | 0 | 0 | 26 | 0 | 26 | 2 |
| Orange Soda (Medium) | 22 fl oz (650 mL) | 360 | 0 | 0 | 0 | 0 | 70 | 96 | 0 | 96 | 0 |
| Orange Soda (Large) | 32 fl oz (946 mL) | 520 | 0 | 0 | 0 | 0 | 100 | 140 | 0 | 140 | 0 |
| Peach Iced Tea (Medium) | 22 fl oz (650mL) | 240 | 0 | 0 | 0 | 0 | 0 | 61 | 0 | 61 | 0 |
| Peach Iced Tea (Large) | 32 fl oz. (960mL) | 350 | 0 | 0 | 0 | 0 | 0 | 89 | 0 | 88 | 0 |
| Pepsi (Medium) | 22 fl oz (650 mL) | 280 | 0 | 0 | 0 | 0 | 55 | 77 | 0 | 77 | 0 |
| Pepsi (Large) | 32 fl oz (946 mL) | 400 | 0 | 0 | 0 | 0 | 80 | 112 | 0 | 112 | 0 |

I Fountain and Other (cont)

| | Serving Size | Calories | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|----------------------|-------------------|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| Root Beer (Medium) | 22 fl oz (650 mL) | 280 | 0 | 0 | 0 | 0 | 110 | 80 | 0 | 80 | 0 |
| Root Beer (Large) | 32 fl oz (946 mL) | 400 | 0 | 0 | 0 | 0 | 160 | 116 | 0 | 116 | 0 |
| Sierra Mist (Medium) | 22 fl oz (650 mL) | 280 | 0 | 0 | 0 | 0 | 70 | 72 | 0 | 72 | 0 |
| Sierra Mist (Large) | 32 fl oz (946 mL) | 400 | 0 | 0 | 0 | 0 | 100 | 104 | 0 | 104 | 0 |

I All Breads

| | Serving Size | Calories | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|-------------------------------------|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| Artisan Baguette (Sandwich Size) | 4.4 oz (125 g) | 310 | 3 | 1 | 0 | 0 | 760 | 61 | 2 | 1 | 10 |
| | CONTAINS: WHEAT, SOY. | | | | | | | | | | |
| Artisan Baguette (Salad Size) | 3.3 oz (94 g) | 230 | 2 | 1 | 0 | 0 | 570 | 46 | 2 | 1 | 8 |
| | CONTAINS: WHEAT, SOY. | | | | | | | | | | |
| Artisan Honey Multigrain Baguette (Sandwich Size) | 4.7 oz (133 g) | 340 | 5 | 0 | 0 | 0 | 670 | 66 | 6 | 1 | 11 |
| | CONTAINS: WHEAT, SESAME SEEDS, SOY. | | | | | | | | | | |
| 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. | | | | | | | | | | |
| 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. | | | | | | | | | | |

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) |
|------------------------------|--|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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 | 7.4 oz (210 g) | 510 | 26 | 14 | 0 | 185 | 1270 | 41 | 2 | 2 | 26 |
| | CONTAINS EGG, MILK, WHEAT, SOY. | | | | | | | | | | |
| Baked Egg and Cheddar Sandwich | 4.9 oz. (140g) | 300 | 9 | 5 | 0 | 80 | 800 | 39 | 2 | 2 | 16 |
| | CONTAINS: EGGS, WHEAT, MILK, SOY. | | | | | | | | | | |
| Egg and Broccoli Baked Sandwich | 7.7 oz (219g) | 350 | 10 | 5 | 0 | 135 | 910 | 42 | 3 | 2 | 23 |
| | CONTAINS: WHEAT, EGGS, MILK, 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. | | | | | | | | | | |

I Breakfast 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) |
|--|--|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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. | | | | | | | | | | |
| Portobello, Egg and Cheddar | 7.9 oz (225g) | 500 | 26 | 14 | 0 | 170 | 1160 | 42 | 3 | 2 | 22 |
| | CONTAINS: WHEAT, SOY, MILK, EGG. | | | | | | | | | | |
| Prosciutto and Egg on Asiago Bagel | 8.7 oz (246 g) | 520 | 16 | 7 | 0 | 165 | 1690 | 60 | 1 | 5 | 34 |
| | CONTAINS: WHEAT, MILK, EGGS, 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 | 6.6 oz (188 g) | 430 | 11 | 5 | 0 | 45 | 1090 | 64 | 1 | 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) | 690 | 28 | 11 | 0 | 115 | 1600 | 60 | 4 | 6 | 47 |
| | CONTAINS EGG, MILK, WHEAT, SOY. | | | | | | | | | | |
| Baja Turkey Sandwich | 13 oz (369 g) | 700 | 27 | 10 | 0 | 85 | 1680 | 71 | 5 | 4 | 46 |
| | CONTAINS: WHEAT, SOY, EGGS, MILK. | | | | | | | | | | |
| Caprese Sandwich | 10.9 oz (309g) | 680 | 32 | 15 | 0 | 75 | 1200 | 65 | 4 | 2 | 30 |
| | CONTAINS WHEAT, MILK, SOY. | | | | | | | | | | |
| Chicken Artichoke Sandwich | 11.9 oz. (339 g) | 500 | 10 | 3 | 0 | 70 | 1460 | 63 | 4 | 6 | 39 |
| | CONTAINS: WHEAT, SOY, MILK. | | | | | | | | | | |
| Chicken Pesto Sandwich | 12.5 oz (356g) | 660 | 24 | 5 | 0 | 75 | 1560 | 66 | 4 | 5 | 43 |
| | CONTAINS WHEAT, SOY, MILK. | | | | | | | | | | |
| Mozzarella Chicken Sandwich | 14 oz (400g) | 680 | 24 | 8 | 0 | 100 | 1460 | 67 | 4 | 6 | 48 |
| | CONTAINS: WHEAT, EGGS, SOY, MILK, SULFITES. | | | | | | | | | | |
| Portobello and Goat Cheese Sandwich | 10 oz (283 g) | 550 | 25 | 9 | 0 | 30 | 1340 | 62 | 6 | 5 | 19 |
| | CONTAINS: EGGS, WHEAT, SOY, MILK, SULFITES. | | | | | | | | | | |
| Prosciutto Mozzarella Sandwich | 12.2 oz (346g) | 810 | 41 | 16 | 0 | 110 | 2290 | 71 | 4 | 5 | 41 |
| | CONTAINS: WHEAT, MILK, EGGS, SOY, SULFITES. | | | | | | | | | | |
| Roast Beef Caesar Sandwich | 10.4 oz (296 g) | 680 | 27 | 9 | 0 | 85 | 1560 | 68 | 3 | 5 | 40 |
| | CONTAINS: WHEAT, MILK, EGGS, FISH (ANCHOVIES), SOY. | | | | | | | | | | |
| Spicy Tuna Sandwich | 10.3 oz (293 g) | 470 | 16 | 3 | 0 | 25 | 1180 | 60 | 11 | 8 | 29 |
| | CONTAINS: EGGS, WHEAT, FISH (TUNA) SESAME SEEDS, SOY. | | | | | | | | | | |

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) |
|---------------------------------|-----------------|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| Turkey Club Sandwich | 11.6 oz (330 g) | 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 Baguette | 7.3 oz. (206g) | 370 | 9 | 2 | 0 | 35 | 850 | 49 | 3 | 3 | 22 |
| CONTAINS: WHEAT, SOY, EGGS. | | | | | | | | | | | |
| Demi Chicken Sandwich with Cheddar Cheese on Baguette | 8 oz. (227g) | 440 | 15 | 5 | 0 | 55 | 980 | 50 | 3 | 3 | 27 |
| CONTAINS: WHEAT, MILK, SOY, EGGS. | | | | | | | | | | | |
| Demi Ham Sandwich on Baguette | 7 oz. (200g) | 330 | 5 | 2 | 0 | 25 | 1190 | 56 | 3 | 10 | 17 |
| CONTAINS: WHEAT, SOY. | | | | | | | | | | | |
| Demi Ham Sandwich with Swiss Cheese on Baguette | 7.8 oz (221g) | 400 | 10 | 5 | 0 | 45 | 1230 | 56 | 3 | 9 | 23 |
| CONTAINS: WHEAT, SOY, MILK. | | | | | | | | | | | |
| Demi Roast Beef Sandwich on Baguette | 7.5 (214g) | 360 | 8 | 2 | 0 | 30 | 830 | 49 | 3 | 3 | 19 |
| CONTAINS: WHEAT, SOY, EGGS. | | | | | | | | | | | |
| Demi Roast Beef Sandwich with Brie Cheese on Baguette | 8.6 (243g) | 460 | 18 | 8 | 0.5 | 65 | 1040 | 49 | 3 | 2 | 24 |
| CONTAINS: WHEAT, MILK, SOY, EGGS. | | | | | | | | | | | |
| Demi Tuna Sandwich on Baguette | 6.8 oz. (192g) | 320 | 7 | 2 | 0 | 10 | 770 | 49 | 3 | 3 | 17 |
| CONTAINS: WHEAT, FISH (TUNA), SOY, EGGS. | | | | | | | | | | | |
| Demi Tuna Sandwich with Cheddar Cheese on Baguette | 7.5 (213g) | 400 | 14 | 5 | 0 | 35 | 900 | 50 | 3 | 3 | 22 |
| CONTAINS: WHEAT, FISH (TUNA), MILK, SOY, EGGS. | | | | | | | | | | | |
| Demi Turkey Sandwich on Baguette | 7 oz. (200g) | 320 | 6 | 2 | 0 | 25 | 1000 | 49 | 2 | 3 | 18 |
| CONTAINS: WHEAT, SOY, EGGS. | | | | | | | | | | | |
| Demi Turkey Sandwich with Swiss Cheese on Baguette | 7.8 oz (221g) | 400 | 12 | 5 | 0 | 45 | 1040 | 49 | 2 | 3 | 24 |
| CONTAINS: WHEAT, SOY, MILK, EGGS. | | | | | | | | | | | |
| Half Sandwich Ham and Swiss on Farmhouse Roll | 5.9 oz. (167g) | 320 | 13 | 5 | 0 | 45 | 950 | 34 | 2 | 2 | 21 |
| CONTAINS: WHEAT, MILK, SOY. | | | | | | | | | | | |
| Half Sandwich Roast Beef and Brie on Farmhouse Roll | 5.9 oz. (166g) | 350 | 14 | 6 | 0 | 55 | 630 | 34 | 2 | 2 | 20 |
| CONTAINS: WHEAT, MILK, SOY. | | | | | | | | | | | |
| Half Sandwich Tuna and Cheddar on Farmhouse Roll | 6.1 oz. (172g) | 360 | 16 | 5 | 0 | 35 | 660 | 35 | 2 | 3 | 19 |
| CONTAINS: WHEAT, MILK, EGGS, SOY. | | | | | | | | | | | |
| Half Sandwich Turkey and Swiss on Farmhouse Roll | 5.9 oz. (167g) | 320 | 11 | 5 | 0 | 40 | 700 | 34 | 2 | 2 | 22 |
| CONTAINS: WHEAT, MILK, SOY. | | | | | | | | | | | |

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) |
|---|-----------------------------------|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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 | 11 oz. (310g) | 600 | 21 | 11 | 1 | 110 | 1290 | 59 | 3 | 2 | 39 |
| | CONTAINS: WHEAT, MILK, SOY. | | | | | | | | | | |
| Whole Sandwich Tuna and Cheddar on Country White Bread | 11.2 oz. (319g) | 610 | 25 | 9 | 0 | 65 | 1330 | 63 | 3 | 4 | 37 |
| | CONTAINS: WHEAT, MILK, EGGS, SOY. | | | | | | | | | | |
| 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 | 1650 | 99 | 5 | 10 | 24 |
| | CONTAINS: EGGS, WHEAT, MILK, SOY, SESAME SEEDS. | | | | | | | | | | |
| Baked BBQ Chicken Sandwich | 11.8 oz (336 g) | 680 | 19 | 7 | 0 | 90 | 1620 | 80 | 3 | 16 | 44 |
| | CONTAINS: SOY, WHEAT, EGGS, MILK. | | | | | | | | | | |
| Baked Turkey Sandwich | 11.4 oz. (323g) | 720 | 26 | 9 | 0 | 90 | 1900 | 79 | 3 | 16 | 42 |
| | CONTAINS: WHEAT, EGGS, MILK, SOY, TREE NUTS (WALNUTS). | | | | | | | | | | |
| Eggplant and Mozzarella Sandwich | 12.3 oz (349 g) | 670 | 30 | 12 | 0 | 60 | 1550 | 73 | 6 | 7 | 27 |
| | CONTAINS: WHEAT, SOY, MILK, EGGS, SULFITES. | | | | | | | | | | |
| Mayan Chicken Hot Wrap | 13.5 oz (383 g) | 580 | 13 | 3 | 0 | 45 | 1200 | 93 | 5 | 6 | 25 |
| | CONTAINS: EGGS, SOY, WHEAT. | | | | | | | | | | |
| Steakhouse on Ciabatta | 12.8 oz (363 g) | 710 | 29 | 12 | 0 | 90 | 2400 | 73 | 4 | 5 | 43 |
| | CONTAINS: EGGS, WHEAT, SOY, MILK. | | | | | | | | | | |
| Tuna Melt | 12.5 oz (356 g) | 690 | 30 | 10 | 0 | 60 | 1160 | 71 | 5 | 5 | 42 |
| | CONTAINS: EGGS, WHEAT, MILK, SOY, FISH (TUNA). | | | | | | | | | | |

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. | | | | | | | | | | |
| Holiday Turkey Wrap | 11.8 oz. (334g) | 740 | 28 | 5 | 0 | 70 | 1460 | 104 | 6 | 35 | 24 |
| | CONTAINS: EGGS, WHEAT, MILK, SOY, TREE NUTS (WALNUTS). | | | | | | | | | | |
| Mediterranean Wrap | 12.8 oz (363 g) | 610 | 29 | 7 | 0 | 20 | 1770 | 73 | 8 | 9 | 18 |
| | CONTAINS: SESAME, SOY, MILK, WHEAT, SULFITE. | | | | | | | | | | |

I Wraps (cont)

| | Serving Size | Calories | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|--------------------------|---|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| Southwest Tuna Wrap | 14 oz (395 g) | 750 | 40 | 13 | 0 | 75 | 1470 | 66 | 7 | 11 | 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 | 1820 | 100 | 3 | 13 | 25 |
| | CONTAINS: SOY, WHEAT, MILK, SESAME. | | | | | | | | | | |
| Angus Steak Teriyaki Harvest Rice Bowl with Brown Rice | 19.2 oz (546 g) | 610 | 19 | 5 | 0 | 40 | 1780 | 85 | 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) |
|--------------------------------|---|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| Baked Potato | 1 oz. (28g) | 25 | 0 | 0 | 0 | 0 | 20 | 5 | 1 | 0 | 1 |
| | CONTAINS: SOY, WHEAT. | | | | | | | | | | |
| BBQ Beef Salad | 1 oz. (28g) | 35 | 1 | 0 | 0 | 5 | 90 | 4 | 0 | 1 | 2 |
| | CONTAINS SOY. | | | | | | | | | | |
| Beef Stroganoff Penne | 1 oz. (28 g) | 40 | 2 | 1 | 0 | 5 | 75 | 4 | 0 | 0 | 2 |
| | CONTAINS MILK, WHEAT, SOY, SULFITES. | | | | | | | | | | |
| Brown Rice | 1 oz. (28 g) | 30 | 0 | 0 | 0 | 0 | 20 | 6 | 0 | 0 | 1 |
| | | | | | | | | | | | |
| Brown Rice Waldorf Salad | 1 oz. (28g) | 45 | 3 | 0 | 0 | 0 | 40 | 5 | 0 | 2 | 0 |
| | CONTAINS: SOY, TREE NUTS (HAZELNUTS), WHEAT, PEANUTS. | | | | | | | | | | |
| Chicken Broccoli Alfredo Penne | 1 oz. (28 g) | 60 | 4 | 2 | 0 | 15 | 90 | 3 | 0 | 0 | 2 |
| | CONTAINS MILK, SOY, WHEAT. | | | | | | | | | | |
| Chicken Marsala Penne | 1 oz. (28 g) | 35 | 1 | 0 | 0 | 5 | 75 | 4 | 0 | 1 | 2 |
| | CONTAINS MILK, WHEAT, SOY, SULFITES. | | | | | | | | | | |
| Chicken Penne Pesto | 1 oz. (28 g) | 60 | 3 | 1 | 0 | 5 | 90 | 4 | 0 | 0 | 3 |
| | CONTAINS MILK, WHEAT, 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) |
|---|---|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| Chicken Provençal | 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 | 90 | 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. | | | | | | | | | | |
| 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. | | | | | | | | | | |
| 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. | | | | | | | | | | |
| Roasted Apple Cranberry Orzo | 1 oz. (28g) | 45 | 1 | 0 | 0 | 0 | 25 | 9 | 1 | 3 | 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) |
|-------------------------------------|---|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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 Beef | 1 oz. (28g) | 20 | 1 | 0 | 0 | 5 | 40 | 2 | 0 | 1 | 1 |
| | CONTAINS: MILK, WHEAT, SOY. | | | | | | | | | | |
| 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) | 40 | 3 | 0 | 0 | 5 | 100 | 1 | 0 | 1 | 4 |
| | CONTAINS: FISH (TUNA), EGGS, SOY. | | | | | | | | | | |
| Vegetarian Lasagna | 1 oz. (28 g) | 20 | 0 | 0 | 0 | 0 | 55 | 4 | 1 | 1 | 1 |
| | CONTAINS MILK, EGGS, WHEAT, SOY. | | | | | | | | | | |
| 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. | | | | | | | | | | |
| Roasted Angus Steak Teriyaki Bowl with White Rice | 18 oz. (510g) | 730 | 23 | 6 | 0 | 40 | 2010 | 106 | 4 | 12 | 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 | 640 | 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 | 800 | 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) |
|------------------|---------------|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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. | | | | | | | | | | |
| 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. | | | | | | | | | | |

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) |
|-----------------------------|---|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| Gelatin Dessert (Lemon) | 8 oz (227 g) | 120 | 0 | 0 | 0 | 0 | 210 | 29 | 0 | 29 | 2 |
| | CONTAINS MILK. | | | | | | | | | | |
| Gelatin Dessert (Lime) | 8 oz. (227g) | 120 | 0 | 0 | 0 | 0 | 190 | 29 | 0 | 30 | 2 |
| | CONTAINS MILK. | | | | | | | | | | |
| Gelatin Dessert (Orange) | 8 oz. (227g) | 130 | 0 | 0 | 0 | 0 | 160 | 30 | 0 | 30 | 2 |
| | CONTAINS MILK. | | | | | | | | | | |
| 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). | | | | | | | | | | |
| 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. | | | | | | | | | | |

I Yogurt (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 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. | | | | | | | | | | |
| Black Bean and Corn Salad | 6 oz. (170g) | 130 | 0 | 0 | 0 | 0 | 310 | 25 | 5 | 2 | 5 |
| 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. | | | | | | | | | | |
| Brown Rice and Hazelnut Waldorf Salad | 4.5 oz (128 g) | 180 | 9 | 2 | 0 | 0 | 160 | 22 | 2 | 8 | 2 |
| | CONTAINS: TREE NUTS (HAZELNUTS), SOY, WHEAT, PEANUTS. | | | | | | | | | | |
| Brown Rice and Mushrooms | 5 oz. (143g) | 200 | 13 | 2 | 0 | 5 | 280 | 18 | 2 | 1 | 3 |
| | CONTAINS: MILK, EGGS, SOY. | | | | | | | | | | |
| 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. | | | | | | | | | | |
| Chicken Pesto Salad | 4.1 (116g) | 160 | 8 | 3 | 0 | 50 | 420 | 1 | 1 | 1 | 20 |
| | CONTAINS MILK, SOY. | | | | | | | | | | |
| Chickpea and Tomato Salad | 6 oz (170 g) | 100 | 1 | 0 | 0 | 0 | 200 | 19 | 6 | 2 | 5 |
| Chocolate Duo | 2.1 oz. (60 g) | 160 | 9 | 5 | 0 | 60 | 40 | 18 | 0 | 14 | 3 |
| | CONTAINS: MILK, EGGS, WHEAT, SOY. | | | | | | | | | | |
| Fruit Romanoff with Almonds | 5.3 oz (149 g) | 200 | 7 | 2 | 0 | 10 | 15 | 34 | 3 | 25 | 3 |
| | CONTAINS: MILK, TREE NUTS (ALMONDS). | | | | | | | | | | |
| 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. | | | | | | | | | | |
| Mango Coconut Mousse | 2.1 oz. (60 g) | 170 | 10 | 6 | 0 | 50 | 45 | 18 | 0 | 11 | 3 |
| | CONTAINS: EGGS, MILK, WHEAT, SOY, TREE NUTS (COCONUT), SULFITES. | | | | | | | | | | |
| Mediterranean Tuna Salad | 4.4 oz (124 g) | 120 | 8 | 1 | 0 | 10 | 280 | 4 | 1 | 3 | 9 |
| | CONTAINS: EGGS, FISH (TUNA), MILK, SOY, SULFITES. | | | | | | | | | | |

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) |
|---|---|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| Mozzarella and Tomato | 4.7 oz (133 g) | 180 | 14 | 7 | 0 | 35 | 280 | 5 | 1 | 4 | 10 |
| | CONTAINS MILK, SOY, SULFITES. | | | | | | | | | | |
| Raspberry Mousse | 2.5 oz (70 g) | 150 | 6 | 4 | 0 | 50 | 45 | 20 | 0 | 13 | 3 |
| | CONTAINS: EGGS, MILK, WHEAT, SOY. | | | | | | | | | | |
| Smoked Salmon, Egg and Guacamole | 5.1 oz. (144g) | 140 | 10 | 2 | 0 | 120 | 270 | 6 | 3 | 2 | 8 |
| | CONTAINS: EGGS, FISH (SALMON). | | | | | | | | | | |
| Thai Beef and Peanut | 3.7 oz. (105 g) | 120 | 5 | 1 | 0 | 30 | 290 | 5 | 1 | 4 | 12 |
| | CONTAINS: WHEAT, SOY, TREE NUTS (HAZELNUTS), SESAME, PEANUTS. | | | | | | | | | | |
| Tiramisu | 2.1 oz. (61 g) | 170 | 11 | 6 | 0 | 90 | 45 | 15 | 0 | 11 | 3 |
| | CONTAINS: MILK, EGG, WHEAT, SOY. | | | | | | | | | | |
| 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). | | | | | | | | | | |
| Watermelon, Feta and Almonds | 3.9 oz. (111g) | 70 | 3 | 1 | 0 | 0 | 55 | 11 | 1 | 9 | 2 |
| | CONTAINS: SOY, MILK, TREE NUTS (ALMONDS). | | | | | | | | | | |

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) |
|---|------------------------------------|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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 | 8.9 oz (252 g) | 250 | 15 | 7 | 0 | 65 | 1030 | 7 | 3 | 4 | 24 |
| | CONTAINS MILK. | | | | | | | | | | |
| Chickpea and Tomato Cucumber Salad | 10.6 oz (302 g) | 230 | 12 | 5 | 0 | 20 | 810 | 23 | 7 | 3 | 11 |
| | CONTAINS MILK. | | | | | | | | | | |
| Garden Salad | 6.5 oz. (184g) | 70 | 2 | 0 | 0 | 0 | 85 | 12 | 3 | 3 | 3 |
| | CONTAINS MILK, WHEAT, SOY. | | | | | | | | | | |
| Grilled Chicken Caesar Asiago | 8.5 oz (241 g) | 300 | 13 | 6 | 0 | 65 | 740 | 18 | 3 | 4 | 28 |
| | 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. | | | | | | | | | | |

I All Salads (cont)

| | Serving Size | Calories | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---------------------------|--|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| Side Garden Salad | 3.4 oz. (96g) | 50 | 1 | 0 | 0 | 0 | 65 | 8 | 2 | 1 | 2 |
| | CONTAINS WHEAT, MILK, SOY. | | | | | | | | | | |
| Thai Peanut Chicken Salad | 11 oz (312 g) | 240 | 8 | 0 | 0 | 40 | 280 | 19 | 4 | 5 | 22 |
| | CONTAINS WHEAT, SOY. | | | | | | | | | | |
| Tuna Garden Salad | 10.5 oz (298 g) | 240 | 12 | 2 | 0 | 20 | 480 | 15 | 4 | 5 | 20 |
| | CONTAINS: EGGS, FISH (TUNA), SOY, MILK, WHEAT. | | | | | | | | | | |
| Turkey Cobb Salad | 11 oz (311 g) | 330 | 19 | 8 | 0 | 260 | 930 | 14 | 4 | 4 | 27 |
| | CONTAINS WHEAT, EGGS, MILK, SOY. | | | | | | | | | | |

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 |
| | | | | | | | | | | | |
| 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 (Medium) | 12 oz (340 g) | 350 | 20 | 10 | 0 | 60 | 990 | 29 | 2 | 6 | 9 |
| | CONTAINS MILK, SOY, WHEAT. | | | | | | | | | | |
| Baked Stuffed Potato (Large) | 16 oz (454 g) | 460 | 27 | 13 | 0 | 80 | 1320 | 39 | 3 | 8 | 12 |
| | CONTAINS MILK, SOY, WHEAT. | | | | | | | | | | |
| Baked Stuffed Potato (Small) | 8 oz. (227g) | 230 | 13 | 7 | 0 | 40 | 660 | 20 | 1 | 4 | 6 |
| | CONTAINS MILK, SOY, WHEAT. | | | | | | | | | | |
| 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)o | 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. | | | | | | | | | | |
| 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. | | | | | | | | | | |
| 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). | | | | | | | | | | |

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) |
|-------------------------------------|---------------------------------|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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. | | | | | | | | | | |
| 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. | | | | | | | | | | |

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) |
|-------------------------------------|--------------------------------------|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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) |
|------------------------------------|-----------------------------|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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. | | | | | | | | | | |

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) |
|-------------------------------------|--------------------------------------|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| BBQ Chicken and Beef Stew (Small) | 8 oz. (250g) | 200 | 7 | 3 | 0 | 30 | 760 | 24 | 2 | 11 | 13 |
| | CONTAINS: SOY, WHEAT, MILK. | | | | | | | | | | |
| 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 oz (494g) | 390 | 17 | 5 | 1 | 55 | 1470 | 37 | 9 | 10 | 24 |
| | | | | | | | | | | | |
| Beef Chili (Medium) | 12 oz (371 g) | 300 | 13 | 4 | 0.5 | 40 | 1110 | 28 | 7 | 8 | 18 |
| | | | | | | | | | | | |
| Beef Chili (Small) | 8 oz. (247g) | 200 | 8 | 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. | | | | | | | | | | |
| 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. | | | | | | | | | | |
| 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. | | | | | | | | | | |

I Dressings (cont)

| | Serving Size | Calories | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|----------------------------------|---|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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 |
| | | | | | | | | | | | |
| 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 | 230 | 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) | 120 | 12 | 2 | 0 | 10 | 130 | 3 | 1 | 2 | 1 |
| | CONTAINS SOY, EGG. | | | | | | | | | | |
| 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. | | | | | | | | | | |

I Spreads (cont)

| | Serving Size | Calories | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|------------------------------|---|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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 | 310 | 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 | 220 | 2 | 0 | 2 | 0 |
| | CONTAINS: EGGS, SOY. | | | | | | | | | | |
| Mediterranean Spread | 1 oz. (28 g) | 120 | 11 | 3 | 0 | 5 | 430 | 2 | 1 | 1 | 2 |
| | CONTAINS SOY, MILK, SULFITES. | | | | | | | | | | |
| Mustard | 1 tsp (5.6 g) | 0 | 0 | 0 | 0 | 0 | 70 | 0 | 0 | 0 | 0 |
| | | | | | | | | | | | |
| 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. | | | | | | | | | | |

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) |
|---------------------------|-----------------------------------|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| 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. | | | | | | | | | | |
| Guacomole | 1 oz. (28 g) | 50 | 5 | 1 | 0 | 0 | 115 | 2 | 2 | 0 | 0 |
| Ham | 1 portion - 3.75 oz (106 g) | 100 | 4 | 2 | 0 | 50 | 1190 | 0 | 0 | 0 | 18 |
| Mozzarella Cheese | 2 oz (57g) | 120 | 9 | 6 | 0 | 35 | 105 | 0 | 0 | 0 | 9 |
| | CONTAINS MILK. | | | | | | | | | | |
| Prosciutto | 1.5 oz (43 g) | 110 | 6 | 3 | 0 | 45 | 940 | 2 | 0 | 0 | 14 |
| Roast Beef | 1 portion 3.75 oz (106 g) | 150 | 6 | 2 | 0 | 55 | 300 | 0 | 0 | 0 | 23 |
| 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 |
| 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) | 160 | 10 | 2 | 0 | 20 | 400 | 3 | 1 | 2 | 17 |
| | 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) |
|--|--|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| Angus Steak Teriyaki Harvest Rice Bowl | 19.2 oz (546 g) | 660 | 18 | 5 | 0 | 40 | 1820 | 100 | 3 | 13 | 25 |
| | CONTAINS: SOY, WHEAT, MILK, SESAME. | | | | | | | | | | |
| Angus Steak Teriyaki Harvest Rice Bowl with Brown Rice | 19.2 oz (546 g) | 610 | 19 | 5 | 0 | 40 | 1780 | 85 | 5 | 14 | 25 |
| | CONTAINS: SOY, WHEAT, MILK, SESAME. | | | | | | | | | | |
| Angus Steak Teriyaki Hot Wrap | 13.5 oz (383 g) | 630 | 16 | 4 | 0 | 25 | 1650 | 99 | 5 | 10 | 24 |
| | CONTAINS: EGGS, WHEAT, MILK, SOY, SESAME SEEDS. | | | | | | | | | | |
| Apple Gingerbread Tulip | 3.6 oz. (102g) | 340 | 13 | 4 | 0 | 40 | 320 | 52 | 2 | 29 | 4 |
| | CONTAINS: WHEAT, EGGS, SOY, SULFITES. | | | | | | | | | | |
| Baked BBQ Chicken Sandwich | 11.8 oz (336 g) | 680 | 19 | 7 | 0 | 90 | 1620 | 80 | 3 | 16 | 44 |
| | CONTAINS: SOY, WHEAT, EGGS, MILK. | | | | | | | | | | |
| Baked Egg and Cheddar Sandwich | 4.9 oz. (140g) | 300 | 9 | 5 | 0 | 80 | 800 | 39 | 2 | 2 | 16 |
| | CONTAINS: EGGS, WHEAT, MILK, SOY. | | | | | | | | | | |
| Brown Rice and Mushrooms | 5 oz. (143g) | 200 | 13 | 2 | 0 | 5 | 280 | 18 | 2 | 1 | 3 |
| | CONTAINS: MILK, EGGS, SOY. | | | | | | | | | | |
| 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. | | | | | | | | | | |
| Chicken Artichoke Sandwich | 11.9 oz. (339 g) | 500 | 10 | 3 | 0 | 70 | 1460 | 63 | 4 | 6 | 39 |
| | CONTAINS: WHEAT, SOY, MILK. | | | | | | | | | | |
| Chocolate Covered Pretzels | 2 Pretzels (34 g) | 160 | 5 | 4 | 0 | 0 | 210 | 24 | 1 | 8 | 3 |
| | CONTAINS: MILK, WHEAT, SOY. | | | | | | | | | | |
| Chocolate Orange Pecan Scone | 5 oz. (140g) | 580 | 28 | 13 | 0 | 125 | 360 | 74 | 3 | 36 | 10 |
| | CONTAINS WHEAT, MILK, EGGS, SOY, TREE NUTS (PECANS). | | | | | | | | | | |
| Demi Chicken Sandwich on Baguette | 7.3 oz. (206g) | 370 | 9 | 2 | 0 | 35 | 850 | 49 | 3 | 3 | 22 |
| | CONTAINS: WHEAT, SOY, EGGS. | | | | | | | | | | |
| Demi Chicken Sandwich with Cheddar Cheese on Baguette | 8 oz. (227g) | 440 | 15 | 5 | 0 | 55 | 980 | 50 | 3 | 3 | 27 |
| | CONTAINS: WHEAT, MILK, SOY, EGGS. | | | | | | | | | | |
| Demi Ham Sandwich on Baguette | 7 oz. (200g) | 330 | 5 | 2 | 0 | 25 | 1190 | 56 | 3 | 10 | 17 |
| | CONTAINS: WHEAT, SOY. | | | | | | | | | | |
| Demi Ham Sandwich with Swiss Cheese on Baguette | 7.8 oz (221g) | 400 | 10 | 5 | 0 | 45 | 1230 | 56 | 3 | 9 | 23 |
| | CONTAINS: WHEAT, SOY, MILK. | | | | | | | | | | |

I New Items (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 Roast Beef Sandwich on Baguette | 7.5 (214g) | 360 | 8 | 2 | 0 | 30 | 830 | 49 | 3 | 3 | 19 |
| | CONTAINS: WHEAT, SOY, EGGS. | | | | | | | | | | |
| Demi Roast Beef Sandwich with Brie Cheese on Baguette | 8.6 (243g) | 460 | 18 | 8 | 0.5 | 65 | 1040 | 49 | 3 | 2 | 24 |
| | CONTAINS: WHEAT, MILK, SOY, EGGS. | | | | | | | | | | |
| Demi Tuna Sandwich on Baguette | 6.8 oz. (192g) | 320 | 7 | 2 | 0 | 10 | 770 | 49 | 3 | 3 | 17 |
| | CONTAINS: WHEAT, FISH (TUNA), SOY, EGGS. | | | | | | | | | | |
| Demi Tuna Sandwich with Cheddar Cheese on Baguette | 7.5 (213g) | 400 | 14 | 5 | 0 | 35 | 900 | 50 | 3 | 3 | 22 |
| | CONTAINS: WHEAT, FISH (TUNA), MILK, SOY, EGGS. | | | | | | | | | | |
| Demi Turkey Sandwich on Baguette | 7 oz. (200g) | 320 | 6 | 2 | 0 | 25 | 1000 | 49 | 2 | 3 | 18 |
| | CONTAINS: WHEAT, SOY, EGGS. | | | | | | | | | | |
| Demi Turkey Sandwich with Swiss Cheese on Baguette | 7.8 oz (221g) | 400 | 12 | 5 | 0 | 45 | 1040 | 49 | 2 | 3 | 24 |
| | CONTAINS: WHEAT, SOY, MILK, EGGS. | | | | | | | | | | |
| Egg and Broccoli Baked Sandwich | 7.7 oz (219g) | 350 | 10 | 5 | 0 | 135 | 910 | 42 | 3 | 2 | 23 |
| | CONTAINS: WHEAT, EGGS, MILK, SOY. | | | | | | | | | | |
| Gingerbread Man Cookie | 2.7 oz (76 g) | 320 | 10 | 4 | 0 | 10 | 150 | 53 | 1 | 23 | 4 |
| | CONTAINS: WHEAT, EGGS, SOY. | | | | | | | | | | |
| Gingerbread Squares | 2 Squares .8 oz. (24g) | 120 | 5 | 2 | 0 | 15 | 55 | 16 | 1 | 6 | 2 |
| | CONTAINS: WHEAT, SOY, EGGS, TREE NUTS (ALMONDS). | | | | | | | | | | |
| 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. | | | | | | | | | | |
| Hazelnut Fudge Cookie | 2.3 oz (64 g) | 310 | 17 | 6 | 0 | 45 | 160 | 38 | 3 | 28 | 5 |
| | CONTAINS: SOY, MILK, WHEAT, EGGS, TREE NUTS (HAZELNUTS), SULFITES. | | | | | | | | | | |
| Holiday Brownie | 2.4 oz. (69g) | 280 | 11 | 4 | 0 | 40 | 125 | 42 | 1 | 31 | 2 |
| | CONTAINS: EGGS, MILK, SOY, WHEAT. BROWNIE IS PRODUCED IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING PEANUTS AND TREE NUTS. | | | | | | | | | | |
| Holiday Mini Shortbread Cookie | 2 Cookies 1.2 oz. (35g) | 190 | 11 | 6 | 0 | 15 | 160 | 21 | 0 | 7 | 2 |
| | CONTAINS: WHEAT, MILK, SOY. | | | | | | | | | | |
| Holiday Turkey Wrap | 11.8 oz. (334g) | 740 | 28 | 5 | 0 | 70 | 1460 | 104 | 6 | 35 | 24 |
| | CONTAINS: EGGS, WHEAT, MILK, SOY, TREE NUTS (WALNUTS). | | | | | | | | | | |
| Pomegranate Vinaigrette Dressing | 2 oz (57g) | 250 | 22 | 4 | 0 | 0 | 160 | 12 | 0 | 11 | 0 |
| | CONTAINS SOY. | | | | | | | | | | |

I New Items (cont)

| | Serving Size | Calories | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|------------------------------------|--|----------|---------|-------------------|---------------|------------------|-------------|-----------|-----------|------------|-------------|
| Pumpkin Muffin | 6.2 oz. (177 g) | 530 | 19 | 4 | 0 | 65 | 560 | 81 | 3 | 39 | 10 |
| | CONTAINS: WHEAT, EGGS, SOY, SULFITES. | | | | | | | | | | |
| Pumpkin Spice Latte (Large) | 20 fl oz (600 ml) | 440 | 14 | 9 | 0 | 40 | 180 | 64 | 0 | 63 | 14 |
| | CONTAINS: MILK. | | | | | | | | | | |
| Pumpkin Spice Latte (Medium) | 16 fl oz. (480 ml) | 360 | 12 | 7 | 0 | 35 | 150 | 52 | 0 | 51 | 12 |
| | CONTAINS: MILK. | | | | | | | | | | |
| Pumpkin Spice Latte (Small) | 12 fl oz. (360 ml) | 280 | 9 | 6 | 0 | 30 | 120 | 39 | 0 | 39 | 9 |
| | CONTAINS: MILK. | | | | | | | | | | |
| Smoked Salmon, Egg and Guacamole | 5.1 oz. (144g) | 140 | 10 | 2 | 0 | 120 | 270 | 6 | 3 | 2 | 8 |
| | CONTAINS: EGGS, FISH (SALMON). | | | | | | | | | | |
| Watermelon, Feta and Almonds | 3.9 oz. (111g) | 70 | 3 | 1 | 0 | 0 | 55 | 11 | 1 | 9 | 2 |
| | CONTAINS: SOY, MILK, TREE NUTS (ALMONDS). | | | | | | | | | | |
| 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. | | | | | | | | | | |