

AU BON PAIN MENU NUTRITION	Serving Size	Size Name	Calories	Fat Calories	Fat	Sat Fat	Trans Fat*	Chol	Sodium	Carbs	Fiber	Sugars	Protein
FALL 2020			Kcal	Kcal	g	g	g	mg	mg	g	g	g	g
BAGELS													
Asiago Cheese Bagel	4 oz (113g)		310	45	5	3	0	15	600	54	4	6	13
Cinnamon Raisin Bagel	3.7 oz (105)		270	5	1	0	0	0	470	57	4	11	10
Everything Bagel	3.6 oz (102)		270	15	1.5	0	0	0	660	54	4	6	10
Jalapeno Cheddar Bagel	4.8 oz (137g)		320	50	5	3.5	0	15	710	54	4	6	13
Plain Bagel	3.5 oz (99g)		260	5	0.5	0	0	0	510	53	4	5	10
Sesame Seed Bagel	3.6 oz (102g)		280	20	2	0	0	0	510	54	4	5	10
Whole Wheat Skinny Bagel	1.6 oz (45g)		90	5	1	0	0	0	230	21	6	1	5
BAGEL SPREADS													
Garden Vegetable Cream Cheese Spread	1.5 oz (43g)		100	90	10	6	0	30	230	2	0	2	2
Reduced Fat Philadelphia Cream Cheese	1.5 oz (43g)		90	70	8	4.5	0	30	190	3	0	2	3
COOKIES & DESSERTS													
Brownie Bites	5.1 oz (146g)		640	290	33	14	0	90	230	87	5	68	8
Candy Cookie	4.2 oz (120g)		560	240	26	13	0	45	300	79	3	49	7
Chewy Marshmallow Bar	2.1 oz (60g)		260	50	5	3.5	0	15	250	50	0	27	2
Double Chocolate Brownie	4 oz (113g)		500	240	27	12	0	75	190	66	4	50	6
Chocolate Chip Cookie	2.8 oz (81g)		370	160	18	11	0	45	120	54	2	35	3
Chocolate Cranberry Almond Coconut Macaroon	2.4 oz (69g)		290	150	17	13	0	0	110	33	2	24	4
Cinnamon Swirl Roll	5 oz (141g)		530	230	25	13	0	70	360	73	4	37	6
Classic Oatmeal Raisin Cookie	2.2 oz (63g)		290	100	11	6	0	40	150	46	2	24	4
Double Chocolate Mudslide Cookie	2.7 oz (76g)		370	170	19	10	0	50	170	50	2	32	5
Iced Lemon Pound Cake	4.5 oz (128g)		470	190	21	11	0	140	510	66	1	41	6
Lemon Blueberry Cookie	4.2 oz (120g)		550	230	25	9	0	45	360	79	3	45	6
Mini Chocolate Chip Cookies	4.3 oz (121g)		560	240	27	16	0	70	180	81	3	52	5
Reese's Peanut Butter Cookie	4.3 oz (122g)		630	340	37	16	0	40	480	66	2	46	11
CROISSANTS													
Almond Croissant	4.1 oz (115g)		500	270	31	13	0.5	110	390	47	3	16	11
Apple and Cinnamon Croissant	3.4 oz (97g)		220	70	8	4.5	0	30	290	33	1	13	5
Chocolate Croissant	3.9 oz (110g)		470	220	25	16	0	75	380	55	3	25	8
Ham and Cheese Croissant	4.2 oz (119g)		410	190	21	13	0.5	85	590	25	1	6	18
Plain Croissant	2.4 oz (67g)		280	140	16	9	0	65	320	28	1	4	6
Spinach and Cheese Croissant	3.4 oz (98g)		320	160	18	11	0	70	420	32	1	5	7
Pumpkin Croissant	3.8 oz (107g)		380	200	22	13	0.5	85	410	39	2	15	7

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DANISH													
Sweet Cheese Danish	4.4 oz (124g)		410	180	20	12	0	70	410	50	2	19	7
MUFFINS													
Banana Walnut Muffin	4.9 oz (139g)		580	280	31	5	0	100	340	66	3	34	9
Blueberry Muffin	4.9 oz (138g)		480	220	25	4.5	0	85	330	59	1	34	6
Chocolate Chip Muffin	4.7 oz (133g)		580	270	30	8	0	85	380	73	2	43	6
Corn Muffin	4.7 oz (133g)		470	200	22	4	0	85	290	62	1	28	7
Pumpkin Muffin	5 oz (142g)		570	250	28	6	0	90	400	71	2	39	7
SCONES													
Cinnamon Chip Scone	3.7 oz (106g)		460	220	25	15	0	120	520	50	1	19	7
BEVERAGES													
BLASTS & SMOOTHIES													
Berry Pomegranate Smoothie	16 fl oz (480 mL)		270	5	0	0	0	5	30	62	3	52	6
Mango Smoothie	16 fl oz. (480 mL)		300	0	0	0	0	5	30	72	3	55	6
Strawberry Banana Smoothie	16 fl oz (480 mL)		290	5	0	0	0	5	30	68	3	54	6
COFFEE & ESPRESSO													
Caffe Americano	20 fl oz (600 mL)	Large	15	5	0	0	0	0	35	3	0	3	0
Caffe Americano	16 fl oz (480 mL)	Medium	10	0	0	0	0	0	25	2	0	2	0
Caffe Latte	20 fl oz (600 mL)	Large	180	80	9	5	0	25	135	15	0	15	9
Caffe Latte	16 fl oz. (480 mL)	Medium	140	60	7	4	0	20	105	12	0	12	7
Cappuccino	20 fl oz (600 mL)	Large	160	70	8	4.5	0	25	125	14	0	14	8
Cappuccino	16 fl oz. (480 mL)	Medium	120	50	6	3.5	0	20	90	10	0	10	6
Caramel Macchiato	20 fl oz (600 mL)	Large	330	90	10	6	0	30	170	51	0	48	10
Caramel Macchiato	16 fl oz (480 mL)	Medium	270	70	8	4.5	0	25	135	41	0	40	8
Chai Latte	20 fl oz (600 mL)	Large	270	80	9	5	0	25	120	38	0	38	9
Chai Latte	16 fl oz (480 mL)	Medium	210	60	7	4	0	20	90	30	0	30	7
Espresso - Double Shot	3 fl oz (90 mL)		10	0	0	0	0	0	15	1	0	1	0
Hot Chocolate	20 fl oz (600 mL)	Large	440	140	15	9	0	40	160	66	0	65	12
Hot Chocolate	16 fl oz (480 mL)	Medium	350	110	12	7	0	35	130	51	0	50	10
Iced Caffe Americano	24 fl oz (720 mL)	Large	15	5	0	0	0	0	35	3	0	3	0
Iced Caffe Americano	16 fl oz (480 mL)	Medium	10	0	0	0	0	0	30	2	0	2	0
Iced Caffe Latte	24 fl oz (720 mL)	Large	180	80	9	5	0	25	140	15	0	15	9

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Iced Caffe Latte	16 fl oz (480 mL)	Medium	140	60	7	4	0	20	110	12	0	12	7
Iced Caramel Macchiato	24 fl oz (720 mL)	Large	330	90	10	6	0	30	170	51	0	48	10
Iced Caramel Macchiato	16 fl oz (480 mL)	Medium	270	70	8	4.5	0	25	135	41	0	40	8
Iced Chai Latte	24 fl oz (720 mL)	Large	270	80	9	5	0	25	125	38	0	38	9
Iced Chai Latte	16 fl oz (480 mL)	Medium	210	60	7	4	0	20	100	30	0	30	7
Iced Decaf French Roast Coffee	32 fl oz (960 mL)	Large	10	0	0	0	0	0	20	0	0	0	1
Iced Decaf French Roast Coffee	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	15	0	0	0	1
Iced French Roast Coffee	32 fl oz (960 mL)	Large	10	0	0	0	0	0	20	0	0	0	1
Iced French Roast Coffee	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	15	0	0	0	1
Iced French Vanilla Coffee	32 fl oz (960 mL)	Large	10	0	0	0	0	0	20	0	0	0	1
Iced French Vanilla Coffee	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	15	0	0	0	1
Iced Mocha Latte	24 fl oz (720 mL)	Large	400	100	11	7	0	25	160	64	0	61	11
Iced Mocha Latte	16 fl oz (480 mL)	Medium	300	80	9	5	0	20	125	49	0	46	9
Iced Vanilla Latte	24 fl oz (720 mL)	Large	300	80	9	5	0	25	140	45	0	42	9
Iced Vanilla Latte	16 fl oz (480 mL)	Medium	230	60	7	4	0	20	110	35	0	34	7
Mocha Latte	20 fl oz (600 mL)	Large	400	100	11	7	0	25	160	64	0	61	11
Mocha Latte	16 fl oz (480 mL)	Medium	300	80	9	5	0	20	120	49	0	46	9
Vanilla Latte	20 fl oz (600 mL)	Large	300	80	9	5	0	25	135	45	0	42	9
Vanilla Latte	16 fl oz (480mL)	Medium	230	60	7	4	0	20	105	35	0	34	7
Vanilla Latte with Sugar Free Syrup	20 fl oz (600 mL)	Large	180	80	9	5	0	25	135	22	0	13	9
Vanilla Latte with Sugar Free Syrup	16 fl oz (480 mL)	Medium	140	60	7	4	0	20	105	17	0	10	7
Whipped Cream Topping	2 Tablespoons (6g)		20	15	1.5	1	0	5	0	0	0	0	0
FOUNTAIN & OTHER													
Caffeine Free Diet Coke	32 fl oz (960 mL)	Large	5	0	0	0	0	0	35	0	0	0	0
Caffeine Free Diet Coke	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	30	0	0	0	0
Coke	32 fl oz (960 mL)	Large	390	0	0	0	0	0	10	104	0	104	0
Coke	24 fl oz (720 mL)	Medium	290	0	0	0	0	0	5	78	0	78	0
Coke Zero	32 fl oz (960 mL)	Large	5	0	0	0	0	0	20	0	0	0	0
Coke Zero	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	15	0	0	0	0
Diet Coke	32 fl oz (960 mL)	Large	5	0	0	0	0	0	35	0	0	0	0
Diet Coke	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	30	0	0	0	0
FUZE Raspberry Iced Tea	32 fl oz (960 mL)	Large	240	0	0	0	0	0	30	66	0	0	0
FUZE Raspberry Iced Tea	24 fl oz (720 mL)	Medium	180	0	0	0	0	0	20	50	0	50	0
Homestyle Lemonade	32 fl oz (960 mL)	Large	390	0	0	0	0	0	0	103	0	97	0
Homestyle Lemonade	24 fl oz (720 mL)	Medium	290	0	0	0	0	0	0	78	0	72	0

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Iced Black Tea	32 fl oz (960 mL)	Large	10	0	0	0	0	0	30	3	0	0	0
Iced Black Tea	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	20	2	0	0	0
Orange Juice	16 fl oz (480 mL)	Large	220	0	0	0	0	0	5	52	1	50	3
Orange Juice	8 fl oz (240 mL)	Medium	110	0	0	0	0	0	0	26	0	26	2
PowerAde Mountain Blast	32 fl oz (960 mL)	Large	230	0	0	0	0	0	210	57	0	57	0
PowerAde Mountain Blast	24 fl oz (720 mL)	Medium	170	0	0	0	0	0	160	43	0	43	0
Sprite	32 fl oz (960 mL)	Large	390	0	0	0	0	0	85	104	0	104	0
Sprite	24 fl oz (720 mL)	Medium	290	0	0	0	0	0	65	78	0	78	0
Sprite Zero	32 fl oz (960 mL)	Large	10	0	0	0	0	0	20	0	0	0	0
Sprite Zero	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	15	0	0	0	0
Strawberry Lemonade	32 fl oz (960 mL)	Large	390	5	0	0	0	0	25	103	0	97	0
Strawberry Lemonade	24 fl oz (720 mL)	Medium	300	0	0	0	0	0	20	77	0	73	0
Sweet Tea	32 fl oz (960 mL)	Large	340	0	0	0	0	0	30	88	0	85	0
Sweet Tea	24 fl oz (720 mL)	Medium	250	0	0	0	0	0	20	66	0	64	0
Vitamin Water Zero - Squeezed	32 fl oz (960 mL)	Large	10	0	0	0	0	0	10	0	0	0	0
Vitamin Water Zero - Squeezed	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	5	0	0	0	0
Vitamin Water Zero - XXX	32 fl oz (960 mL)	Large	5	0	0	0	0	0	0	0	0	0	0
Vitamin Water Zero - XXX	24 fl oz (720 mL)	Medium	5	0	0	0	0	0	0	0	0	0	0
BREADS													
Asiago Breadstick	2.1 oz (59g)		150	15	2	1	0	5	290	27	2	3	6
Ciabatta	3.5 oz (100g)		260	10	1	0	0	0	580	53	2	2	10
Country White Bread	3.8 oz (90g)		220	10	1	0	0	0	480	45	1	1	8
Rustic Baguette	3.6 oz (103g)	Sandwich Size	260	20	2.5	1	0	0	550	50	0	1	9
Rustic Baguette	2.4 oz (69g)	Soup Size	170	15	1.5	0.5	0	0	370	33	0	1	6
Semolina	3.8 oz (107g)	Sandwich Size	310	30	3.5	0.5	0	0	700	59	3	2	11
Semolina	2.3 oz (65g)	Soup Size	190	20	2	0	0	0	430	36	2	1	7
Multigrain	3.6 oz (103g)	Sandwich Size	270	30	3.5	0.5	0	0	500	49	3	4	10
Multigrain	2.4 oz (69g)	Soup Size	180	20	2.5	0	0	0	330	33	2	3	7
Tortilla Wrap	3.5 oz. (100g)		300	60	7	1.5	0	0	270	52	2	2	9
Whole Wheat Tortilla Wrap	3.5 oz. (100g)		300	60	7	1.5	0	0	270	50	9	1	10
Everything Artisan Farmhouse Roll	1.9 oz (54g)		150	15	1.5	0	0	0	490	28	2	3	5
BREAKFAST SANDWICHES													
2 Eggs & Bacon on Skinny Wheat Bagel	5.1 oz (146g)		280	130	15	6	0	345	600	22	6	2	18
2 Eggs & Turkey Sausage on Skinny Wheat Bagel	6.2 oz (177g)		310	150	16	6	0	360	660	22	7	1	23

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2 Eggs on a Bagel	6.7 oz (189g)		400	100	11	4.5	0	330	650	54	4	6	21
2 Eggs on a Bagel with Bacon	7 oz (200g)		450	140	15	6	0	345	890	55	4	6	23
2 Eggs on a Bagel with Bacon and Cheese	7.6 oz (215g)		510	180	20	9	0	360	980	55	4	6	27
2 Eggs on a Bagel with Cheese	7.2 oz (203g)		460	140	16	7	0	345	740	54	4	6	24
2 Eggs on a Bagel with Ham	8.2oz (232g)		470	130	14	5	0	360	1080	56	4	8	28
2 Eggs, Bacon and Cheddar on Ciabatta	7.6 oz (215g)		510	180	20	9	0	360	1050	54	2	3	28
2 Eggs, Cheddar & Bacon on Skinny Wheat Bagel	5.6 oz (160g)		340	180	20	9	0	360	690	22	6	2	22
2 Eggs, Cheddar & Ham on Skinny Wheat Bagel	6.8 oz (192g)		350	170	19	8	0	375	880	24	7	3	26
2 Eggs, Cheddar & Sausage on Skinny Wheat Bagel	7.1 oz (201g)		450	260	29	12	0	390	790	23	6	2	28
2 Eggs, Sausage & Cheddar on Asiago Bagel	9.5 oz (269g)		670	300	34	15	0	405	1160	56	4	6	36
2 Eggs, Sausage & Cheddar on Ciabatta	9 oz (256g)		620	270	30	12	0	390	1140	55	2	2	33
2 Eggs, Turkey Sausage & Cheddar on Skinny Wheat Bagel	6.7 oz (192g)		370	190	21	9	0	375	750	22	7	1	26
Egg Whites and Cheddar on Skinny Wheat Bagel	5.7 oz (162g)		210	60	7	4.5	0	20	490	22	6	1	19
Egg Whites, Cheddar & Avocado on Skinny Wheat	7.3 oz (207g)		360	210	23	12	0.5	50	590	25	9	1	19
Power Protein Wrap	12.6 oz (357g)		820	460	51	14	0	395	1020	60	5	4	32
Smoked Salmon Avocado	8.6 oz (245g)		470	150	16	2.5	0	25	1140	63	5	7	21
The Good Egg	9 oz (256g)		480	230	26	9	0	350	720	40	3	3	22
CAFÉ SANDWICHES													
Turkey Club	9.8 oz (279g)	Whole Sandwich	580	220	25	9	0	100	1700	49	2	3	38
Extra Bacon BLT	7.0 oz (200g)	Whole Sandwich	510	220	24	7	0	45	1470	54	1	3	17
Classic Tuna Salad on Croissant	8.1 oz (234g)	Whole Sandwich	480	200	23	10	0.5	125	700	34	4	6	34
Classic Tuna Salad on Croissant - Half Sandwich	4.3 oz (123g)	Half Sandwich	240	100	11	5	0	65	350	17	2	3	17
Original Chicken Salad on Croissant	7.5 oz (212g)	Whole Sandwich	500	240	27	11	0.5	130	710	38	3	10	26
Original Chicken Salad on Croissant - Half Sandwich	3.9 oz (112g)	Half Sandwich	250	120	14	5	0	65	360	19	2	5	13
Basic Chcken Sandwich	9 oz (256g)	Whole Sandwich	460	120	14	3	0	80	1020	55	1	2	31
Half Basic Chcken Sandwich	4.8 oz (135g)	Half Sandwich	240	60	7	1.5	0	40	520	28	1	1	16
Basic Ham Sandwich	8.9 oz (253g)	Whole Sandwich	490	160	18	4.5	0	65	1610	57	1	6	24
Half Basic Ham Sandwich	4.7 oz (133g)	Half Sandwich	250	80	9	2	0	30	810	29	0	3	12
Basic Turkey Sandwich	8.9 oz (253g)	Whole Sandwich	450	120	13	2.5	0	60	1360	54	1	3	29
Half Basic Turkey Sandwich	4.7 oz (133g)	Half Sandwich	230	60	7	1	0	30	680	27	0	2	15
SIGNATURE & HOT SANDWICHES													
Toasted Chicken & Avocado	10.7 oz (303g)	Whole Sandwich	620	210	24	5	0	85	1420	67	6	4	37
Chipotle Turkey & Avocado	10.8 oz (307g)	Whole Sandwich	770	390	43	11	0	95	1700	59	5	5	38
Chipotle Turkey & Avocado - Half Sandwich	5.5 oz (156g)	Half Sandwich	390	200	22	5	0	45	860	30	2	2	19

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Caprese	8.2 oz (233g)	Whole Sandwich	540	210	24	10	0	50	960	56	3	3	27
Caprese - Half Sandwich	4.3 oz (123g)	Half Sandwich	270	110	12	5	0	25	490	28	2	2	13
Caprese with Chicken	11.3 oz (321g)	Whole Sandwich	640	220	25	11	0	120	1230	58	4	3	48
Caprese with Chicken - Half Sandwich	5.9 oz (168g)	Half Sandwich	330	110	13	5	0	60	620	29	2	2	24
Black Bean Chipotle Avocado	11.1 oz (315g)	Whole Sandwich	740	330	37	70	420	32	1450	81	7	9	29
Newport Turkey	10.6 oz (300g)	Whole Sandwich	730	290	32	12	0	100	1590	70	4	23	40
Spicy Tuna Melt	10.7 oz (305g)	Whole Sandwich	560	170	19	8	0	90	1480	53	4	3	44
Classic Grilled Cheese	5.6 oz (158g)	Whole Sandwich	490	210	23	14	0	70	870	46	1	1	24
Country Grilled Chesse	6.9 oz (197g)	Whole Sandwich	550	250	28	16	0	80	1120	48	2	3	27
Cordon Bleu	9.7 oz (276g)	Whole Sandwich	630	200	23	8	0	85	1740	71	4	10	36
Cordon Bleu - Half Sandwich	5.1 oz (144g)	Half Sandwich	330	110	12	4	0	45	910	36	2	6	18
Smoky BBQ Chicken Melt	10 oz (284g)	Whole Sandwich	640	230	26	10	0	90	1390	69	1	16	34
Roasted Vegetarian Harvest Hot Wrap	13.2 oz (375g)		710	270	30	6	0	15	810	92	12	4	18
Teriyaki Steak Harvest Hot Wrap	13.8 oz (392g)		730	170	19	4.5	0	70	1010	104	12	17	37
Mayan Chicken Harvest Hot Wrap	15.6 oz (443g)		670	140	15	4.5	0	55	1060	96	13	6	36
WRAPS													
Chicken Caesar Wrap	10.1 oz (288g)		620	260	28	7	0	95	850	57	3	3	35
Turkey Cobb Wrap	11.8 oz (336g)		680	320	36	11	0	130	1450	58	12	5	34
Mediterranean Wrap	13.4 oz (380g)		660	310	35	9	0	25	1090	69	15	8	20
Napa Chicken Avocado Wrap	12.8oz (362g)		590	210	24	4	0	70	790	64	6	6	32
HARVEST HOT BOWLS													
Mayan Chicken Harvest Hot Bowl	18.3 oz (519g)		550	90	10	3.5	0	55	870	84	7	6	31
Mediterranean Chicken Harvest Hot Bowl	18.1 oz (513g)		700	240	27	6	0	90	780	76	5	4	37
Roasted Vegetarian Harvest Hot Bowl	15.5 oz (439g)		640	290	32	6	0	15	700	75	5	4	12
Teriyaki Steak Harvest Hot Bowl	13.2 (374g)		700	110	12	3	0	70	690	107	6	19	41
OATMEAL													
Classic Oatmeal	16 oz (454 g)	Large	340	60	6	1	0	0	15	63	9	1	13
Classic Oatmeal	12 oz (340 g)	Medium	260	45	5	0.5	0	0	10	47	6	1	10
Classic Oatmeal	8 oz (227g)	Small	170	30	3	0	0	0	5	32	4	1	6
SNACKS													
Bon To Go - Cheese & Fruit	6.8 oz (195g)		390	220	25	14	0.5	70	590	31	2	16	14
Bon To Go - Fruit, Eggs & Nuts	9.3 oz (265g)		500	310	35	10	0	195	320	30	5	19	21

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AU BON PAIN MENU NUTRITION	Serving Size	Size Name	Calories	Fat Calories	Fat	Sat Fat	Trans Fat*	Chol	Sodium	Carbs	Fiber	Sugars	Protein
FALL 2020			Kcal	Kcal	g	g	g	mg	mg	g	g	g	g
Bon To Go - Hard Boiled Eggs	3.1 oz (88g)		140	80	9	3	0	330	110	1	0	1	11
Bon To Go - Hummus	6 oz (170g)		300	130	14	1.5	0	0	670	37	4	5	8
Bon To Go - Turkey & Cheddar Picnic	10 oz (283g)		580	200	23	10	0	80	1490	64	1	13	31
Chocolate Covered Almonds	3 oz (85g)		450	270	30	17	0	0	70	46	5	39	7
Fresh Grapes	8 oz. (227g)		160	5	0	0	0	0	0	41	2	35	2
Fruit Cup	12 oz (340g)	Large	140	5	0.5	0	0	0	30	36	2	32	2
Fruit Cup	6 oz (170g)	Medium	70	0	0	0	0	0	15	18	1	16	1
Strawberry Cup	5.1 oz (145g)		45	5	0	0	0	0	0	11	3	7	1
Fresh Watermelon	8 oz. (227g)		70	5	0	0	0	0	0	17	1	14	1
Signature Granola	6 oz (170g)		720	320	36	15	0	25	180	89	11	35	16
Cape Cod Reduced Fat Sweet Mesquite BBQ Potato Chips	1.375 oz (39g)		180	70	8	0.5	0	0	190	26	2	2	3
Cape Cod Sea Salt & Vinegar Potato Chips	1.5 oz (42g)		220	90	10	1	0	0	390	28	1	0	3
Cape Cod Original Potato Chips	1.5 oz (42g)		220	110	12	1	0	0	160	25	2	0.5	3
Multigrain Sun Chips	1.5 oz (42g)		210	90	9	1	0	0	170	28	4	3	3
Mixed Nuts	2.6 oz (74g)		430	320	36	4.5	0	0	140	18	6	3	14
Overnight Oats	8 oz (227g)		410	120	13	3	0	5	40	61	8	20	15
YOGURT													
Blueberry Yogurt & Wild Blueberry Parfait	10.2 oz (289g)		370	80	9	4.5	0	15	170	65	3	45	11
Greek Vanilla Yogurt & Wild Blueberry Parfait	10.2 oz (289g)		320	70	8	3.5	0	20	115	44	4	31	23
Greek Vanilla Yogurt & Strawberry Parfait	11.3 oz (320g)		330	70	8	3.5	0	20	115	45	5	32	23
SALADS (DRESSING NOT INCLUDED)													
Caesar Asiago	6.5 oz (184g)		160	60	7	3	0	15	230	19	4	2	8
Chicken Caesar Asiago	9.6 oz (272g)		270	80	8	3.5	0	80	500	21	4	2	29
Chicken Cobb with Avocado	14.8 oz (421g)		440	220	24	9	0	255	1050	17	6	7	40
Chef Salad	9.9 oz (281g)		280	120	13	6	0	75	1250	10	3	6	29
Side Garden	8.5 oz (241g)		50	5	0	0	0	0	35	11	4	5	2
Southwest Chicken	16.1 oz (456g)		300	80	9	1.5	0	65	400	30	9	9	28
Mediterranean Salad	13.4 oz (381g)		350	220	24	7	0	25	740	24	8	7	12
SALAD DRESSINGS													
ABP Croutons	1 oz (28g)		90	20	2.5	0	0	0	140	14	1	1	3
Chili Lime Vinaigrette	1.5 fl oz (44 mL)		120	90	10	1	0	0	340	8	0	7	0
Ranch Dressing	1.5 fl oz (44 mL)		200	180	20	3	0	20	300	4	0	2	1
Caesar Dressing	1.5 fl oz (44 mL)		220	220	24	4	0	20	350	1	0	0	2

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FALL 2020			Kcal	Kcal	g	g	g	mg	mg	g	g	g	g
Balsamic Vinaigrette	1.5 fl oz (44 mL)		100	80	9	1	0	0	400	5	0	3	0
Green Goddess Dressing	1.5 fl oz (44 mL)		210	200	22	3.5	0	15	320	3	0	2	1
Lemon Vinaigrette	1.5 fl oz (44 mL)		170	140	16	2.5	0	0	400	8	0	6	0
SOUPS													
12 Veggies Soup	16 fl oz (480 mL)	Large	240	70	8	0.5	0	0	1200	36	5	14	6
12 Veggies Soup	12 fl oz (360 mL)	Medium	180	50	6	0	0	0	900	27	4	11	4
12 Veggies Soup	8 fl oz (240 mL)	Small	120	35	4	0	0	0	600	18	2	7	3
Baked Stuffed Potato Soup	16 fl oz (480 mL)	Large	510	290	33	16	1	85	1400	46	4	2	9
Baked Stuffed Potato Soup	12 fl oz (360 mL)	Medium	390	220	24	12	0.5	65	1050	34	3	2	7
Baked Stuffed Potato Soup	8 fl oz (240 mL)	Small	260	150	16	8	0	45	700	23	2	1	5
Barley and Creamy Lentil Soup	16 fl oz (480 mL)	Large	280	50	5	0.5	0	0	930	47	9	4	12
Barley and Creamy Lentil Soup	12 fl oz (360 mL)	Medium	210	35	4	0	0	0	700	35	7	3	9
Barley and Creamy Lentil Soup	8 fl oz (240 mL)	Small	140	25	2.5	0	0	0	460	24	5	2	6
Broccoli Cheddar Soup	16 fl oz (480 mL)	Large	450	290	32	15	1	80	1390	27	4	7	14
Broccoli Cheddar Soup	12 fl oz (360 mL)	Medium	340	220	24	11	0.5	60	1040	20	3	6	10
Broccoli Cheddar Soup	8 fl oz (240 mL)	Small	220	140	16	7	0	40	690	13	2	4	7
Chicken Florentine Soup	16 fl oz (480 mL)	Large	380	180	20	8	0	75	1490	36	2	6	13
Chicken Florentine Soup	12 fl oz (360 mL)	Medium	280	130	15	6	0	60	1120	27	2	4	10
Chicken Florentine Soup	8 fl oz (240 mL)	Small	190	90	10	4	0	40	750	18	1	3	6
Chicken Noodle Soup	16 fl oz (480 mL)	Large	160	35	3.5	1	0	40	1370	20	2	3	10
Chicken Noodle Soup	12 fl oz (360 mL)	Medium	120	25	2.5	1	0	30	1030	15	1	3	8
Chicken Noodle Soup	8 fl oz (240 mL)	Small	80	15	2	0.5	0	20	690	10	1	2	5
Clam Chowder	16 fl oz (480 mL)	Large	460	240	26	10	0.5	75	1490	42	3	12	15
Clam Chowder	12 fl oz (360 mL)	Medium	350	180	20	8	0	55	1120	32	2	9	11
Clam Chowder	8 fl oz (240 mL)	Small	230	120	13	5	0	40	740	21	1	6	7
Corn and Green Chili Bisque	16 fl oz (480 mL)	Large	360	200	22	12	0.5	65	1780	35	4	7	7
Corn and Green Chili Bisque	12 fl oz (360 mL)	Medium	270	150	16	9	0	45	1330	26	3	5	6
Corn and Green Chili Bisque	8 fl oz (240 mL)	Small	180	100	11	6	0	30	890	17	2	3	4
Harvest Pumpkin Soup	16 fl oz (480 mL)	Large	310	160	18	10	0	50	1420	35	3	12	4
Harvest Pumpkin Soup	12 fl oz (360 mL)	Medium	230	120	13	7	0	35	1070	24	3	9	3
Harvest Pumpkin Soup	8 fl oz (240 mL)	Small	150	80	9	5	0	25	710	18	2	6	2
Lemon Orzo Chicken Soup	16 fl oz (480 mL)	Large	310	140	16	7	0	65	1590	26	2	3	16
Lemon Orzo Chicken Soup	12 fl oz (360 mL)	Medium	230	110	12	6	0	50	1190	20	1	3	12
Lemon Orzo Chicken Soup	8 fl oz (240 mL)	Small	150	70	8	3.5	0	30	790	13	1	2	8
Roasted Eggplant Soup	16 fl oz (480 mL)	Large	250	80	8	3	0	15	890	33	5	14	11

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FALL 2020			Kcal	Kcal	g	g	g	mg	mg	g	g	g	g
Roasted Eggplant Soup	12 fl oz (360 mL)	Medium	190	60	6	2	0	10	670	25	4	11	8
Roasted Eggplant Soup	8 fl oz (240 mL)	Small	130	40	4	1.5	0	5	450	17	3	7	6
Tomato Basil Bisque	16 fl oz (480 mL)	Large	320	130	14	9	0	50	500	40	3	22	9
Tomato Basil Bisque	12 fl oz (360 mL)	Medium	240	100	11	7	0	40	380	30	2	17	7
Tomato Basil Bisque	8 fl oz (240 mL)	Small	160	60	7	4.5	0	25	250	20	1	11	4
Turkey, Kale & Wild Rice Soup	16 fl oz (480 mL)	Large	420	200	23	10	0.5	60	1550	36	3	4	16
Turkey, Kale & Wild Rice Soup	12 fl oz (360 mL)	Medium	310	150	17	7	0	45	1160	27	2	3	12
Turkey, Kale & Wild Rice Soup	8 fl oz (240 mL)	Small	210	100	11	5	0	30	780	18	2	2	8
Tuscan White Bean Soup	16 fl oz (480 mL)	Large	310	60	6	0	0	0	1270	48	21	8	15
Tuscan White Bean Soup	12 fl oz (360 mL)	Medium	230	40	4.5	0	0	0	950	36	15	6	11
Tuscan White Bean Soup	8 fl oz (240 mL)	Small	150	30	3	0	0	0	630	24	10	4	7
Wild Mushroom Bisque	16 fl oz (480 mL)	Large	250	110	12	2	0	10	1420	30	4	8	7
Wild Mushroom Bisque	12 fl oz (360 mL)	Medium	190	80	9	1.5	0	5	1070	23	3	6	5
Wild Mushroom Bisque	8 fl oz (240mL)	Small	130	50	6	1	0	5	710	15	2	4	4
SPECIALTY SOUPS													
Beef and Vegetable Stew	16 fl oz (480 mL)	Large	450	200	22	4	0	75	1470	38	5	5	26
Beef and Vegetable Stew	12 fl oz (360 mL)	Medium	340	150	16	3	0	60	1100	28	4	4	20
Beef and Vegetable Stew	8 fl oz (240 mL)	Small	230	100	11	2	0	40	730	19	3	2	13
Macaroni and Cheese	16 fl oz (480 mL)	Large	1170	510	57	35	2	195	1470	122	4	5	40
Macaroni and Cheese	12 fl oz (360 mL)	Medium	880	390	43	26	1.5	145	1100	92	3	4	30
Macaroni and Cheese	8 fl oz (240 mL)	Small	590	260	29	18	1	95	730	61	2	2	20
Turkey Chili	16 fl oz (480 mL)	Large	450	110	12	2	0	40	900	59	21	8	26
Turkey Chili	12 fl oz (360 mL)	Medium	330	80	9	1.5	0	30	680	44	15	6	19
Turkey Chili	8 fl oz (240 mL)	Small	220	50	6	1	0	20	450	29	10	4	13

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