

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.										
Plain Skinny Bagel	1.6 oz (45g)	90	1	0	0	0	230	22	4	1	4
	CONTAINS: SOY, WHEAT.										
Poppy Bagel	4.0 oz. (113 g)	320	4	1	0	0	430	58	4	4	12
	CONTAINS: WHEAT, SOY.										
Sesame Seed Bagel	4.0 oz. (113 g)	330	5	1	0	0	440	59	3	4	12
	CONTAINS WHEAT, SOY, SESAME SEEDS.										
Whole Wheat Skinny Bagel	1.6 oz (45g)	90	1	0	0	0	230	21	6	1	5
	CONTAINS: SOY, WHEAT.										

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)
Blondie	4 oz (113 g)	530	32	10	0	35	630	57	3	35	6
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (PECANS, WALNUTS), WHEAT. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING WHEAT, EGGS, PEANUTS, TREE NUTS, SOYBEANS, MILK.										
Chocolate and Crème Torsade	2.4 oz (68g)	250	12	7	0	30	220	30	1	9	4
	CONTAINS: EGGS, WHEAT, MILK, SOY, SULFITES.										
Chocolate Cheesecake Brownie	4 oz. (113 g)	420	21	7	0	95	250	57	1	37	5
	CONTAINS: EGGS, SOY, WHEAT, MILK. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING WHEAT, EGGS, PEANUTS, TREE NUTS, SOYBEANS, MILK.										

I Cookies & Desserts (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate Chip Brownie	4 oz (113 g)	440	21	6	0	85	240	62	2	39	4
	CONTAINS: EGGS, MILK, SOY, WHEAT. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING WHEAT, EGGS, PEANUTS, TREE NUTS, SOYBEANS, MILK.										
Chocolate Chip Cookie	2.1 oz (57g)	280	13	7	0	30	210	40	2	24	3
	CONTAINS EGG, MILK, WHEAT, SOY.										
Chocolate Dipped Cranberry Almond Macaroon	2.4 oz. (67g)	300	15	11	0	0	190	36	4	29	4
	CONTAINS: WHEAT, TREE NUTS (COCONUT, ALMONDS), EGGS, MILK, SOY, SULFITES.										
Chocolate Dipped Shortbread	2.5 oz (71g)	380	22	12	0	25	310	42	1	15	4
	CONTAINS WHEAT, MILK, SOY.										
Confetti Cookie with M&M'S®	2.1 oz (59g)	280	13	6	0	40	210	39	0	24	3
	CONTAINS WHEAT, MILK, SOY, EGGS. M&M® CANDIES MAY CONTAIN PEANUTS.										
Crème de Fleur	5.2 oz (148 g)	500	25	14	1	95	440	56	2	27	11
	CONTAINS MILK, WHEAT, EGGS, SOY.										
Crumb Cake	6.0 oz. (170 g)	720	40	17	0	85	980	85	1	42	8
	CONTAINS: EGGS, MILK, SOY, WHEAT. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING WHEAT, EGGS, PEANUTS, TREE NUTS, SOYBEANS, MILK.										
Double Chocolate Cupcake	3.2 oz. (90g)	320	13	6	0	30	250	49	2	34	4
	CONTAINS: EGG, MILK, SOY, WHEAT. THIS PRODUCT IS PROCESSED IN A PLANT THAT MANUFACTURES PRODUCTS WITH PEANUTS AND TREE NUTS (ALMONDS, COCONUT, HAZELNUTS, MACADAMIAS, PECANS, PISTACHIOS, WALNUTS).										
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).										
French Vanilla Cupcake	2.8 oz. (80g)	350	17	7	0	55	220	43	0	33	3
	CONTAINS: EGG, MILK, SOY, WHEAT, SULFITES. THIS PRODUCT IS PROCESSED IN A PLANT THAT MANUFACTURES PRODUCTS WITH PEANUTS AND TREE NUTS (ALMONDS, COCONUT, HAZELNUTS, MACADAMIAS, PECANS, PISTACHIOS, WALNUTS).										
Golden Raisin and Crème Torsade	2.4 oz (68g)	240	11	7	0	30	210	32	1	11	4
	CONTAINS: EGGS, WHEAT, MILK, SOY, SULFITES.										
Hazelnut Mocha Brownie	4 oz (113 g)	450	23	7	0	75	220	62	2	41	5
	CONTAINS: EGGS, MILK, TREENUTS (HAZELNUTS), SOY, WHEAT. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING WHEAT, EGGS, PEANUTS, TREE NUTS, SOYBEANS, MILK.										
Iced Cinnamon Roll	4 oz. (113 g)	410	15	8	0	50	270	60	2	22	8
	CONTAINS: WHEAT, EGGS, MILK, SOY, SULFITES.										
Lemon Pound Cake	4.3 oz. (121 g)	490	25	5	0	85	480	63	1	40	5
	CONTAINS WHEAT, EGGS, MILK, SOY.										
Marble Pound Cake	4.1 oz (115g)	420	23	5	0	75	450	50	1	30	5
	CONTAINS WHEAT, MILK, EGGS, SOY.										
Mini Chocolate Chip Cookie	.5 oz (15 g)	70	3	2	0	5	55	10	0	6	1
	CONTAINS: SOY, WHEAT, EGGS, MILK.										
Mini Oatmeal Raisin Cookie	.5 oz (14 g)	60	3	1	0	10	50	10	1	6	1
	CONTAINS MILK, WHEAT, EGGS, SOY.										

I Cookies & Desserts (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Oatmeal Raisin Cookie	2 oz (57g)	250	9	5	0	35	200	40	2	25	4
	CONTAINS WHEAT, EGGS, MILK, SOY.										
Palmier	3.5 oz (99 g)	440	23	15	0	60	330	53	1	19	1
	CONTAINS WHEAT, MILK.										
Pecan Roll	6 oz. (170g)	810	41	14	0.5	40	430	99	3	47	12
	CONTAINS: WHEAT, MILK, SOY, EGG, TREE NUTS (PECANS).										
Red Velvet Cupcake	3.1 oz. (89g)	400	22	7	0	35	290	46	1	36	3
	CONTAINS EGG, MILK, SOY, WHEAT. THIS PRODUCT IS PROCESSED IN A PLANT THAT MANUFACTURES PRODUCTS WITH PEANUTS AND TREE NUTS (ALMONDS, COCONUT, HAZELNUTS, MACADAMIAS, PECANS, PISTACHIOS, WALNUTS).										
Rocky Road Brownie	4 oz (113 g)	440	22	6	0	80	240	61	2	39	5
	CONTAINS: SOY, EGGS, WHEAT, TREE NUTS (WALNUTS), PEANUTS, MILK. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING WHEAT, EGGS, PEANUTS, TREE NUTS, SOYBEANS, MILK.										
Shortbread Cookie	2.3 oz (64g)	340	20	10	0	25	300	37	1	11	4
	CONTAINS MILK, WHEAT, SOY.										
White Chocolate Chunk Macadamia Nut Cookie	2.2 oz (62 g)	300	16	8	0	30	240	36	1	21	3
	CONTAINS WHEAT, MILK, SOY, TREE NUTS (MACADAMIA NUTS), EGGS.										

I Croissants

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Almond Croissant	5 oz. (141 g)	600	38	14	0.5	115	300	55	4	15	13
	CONTAINS: MILK, TREE NUTS (ALMONDS), EGGS, SOY, WHEAT, SULFITES.										
Apple Croissant	3.8 oz. (109 g)	280	11	7	0	40	160	44	3	19	5
	CONTAINS: WHEAT, MILK, EGGS, SULFITES.										
Chocolate and Crème Torsade	2.4 oz (68g)	250	12	7	0	30	220	30	1	9	4
	CONTAINS: EGGS, WHEAT, MILK, SOY, SULFITES.										
Chocolate Croissant	4 oz. (106 g)	440	22	13	0	45	210	58	3	27	7
	CONTAINS: WHEAT, MILK, EGGS, SOY.										
Golden Raisin and Crème Torsade	2.4 oz (68g)	240	11	7	0	30	210	32	1	11	4
	CONTAINS: EGGS, WHEAT, MILK, SOY, SULFITES.										
Ham and Cheese Croissant	4.3 oz. (122 g)	390	21	11	0	75	580	35	1	4	15
	CONTAINS: WHEAT, MILK, EGGS.										
Plain Croissant	2.8 oz (79 g)	310	17	9	0.5	55	220	31	1	3	7
	CONTAINS WHEAT, MILK, EGGS										
Raspberry Cheese Croissant	3.7 oz (106 g)	370	17	9	0.5	65	280	46	2	17	8
	CONTAINS: WHEAT, MILK, EGGS, SULFITES.										

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)
Spinach and Cheese Croissant	3.7 oz. (104 g)	290	17	10	0	55	330	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.										
Turkey Cheddar Croissant	4.2 oz (120g)	380	21	12	0.5	75	460	35	1	7	15
	WHEAT, EGGS, TREE NUTS (WALNUTS), MILK, SOY.										

I Danish

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

I Muffins

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

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)
Raisin Bran Muffin	6 oz. (170g)	480	11	2	0	30	600	85	10	43	12
	CONTAINS MILK, WHEAT, EGGS, SOY.										
Southwest Jalapeno Muffin	5 oz. (142 g)	560	30	5	0	95	720	64	2	32	8
	CONTAINS WHEAT, EGGS, MILK, SOY.										

I Scones

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cinnamon Scone	4.2 oz. (120 g)	530	28	17	0	145	400	60	2	22	9
	CONTAINS WHEAT, MILK, EGGS, SOY.										
Orange Scone	4.2 oz. (120 g)	480	23	14	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 (480 mL)	540	17	12	0	60	105	104	0	99	6
	CONTAINS MILK.										
Caramel Blast (Large)	24 fl oz (720 mL)	760	21	15	0	75	130	151	0	144	8
	CONTAINS MILK.										
Coffee Blast (Medium)	16 fl oz (480 mL)	440	21	15	0	75	115	71	0	67	8
	CONTAINS MILK.										
Coffee Blast (Large)	24 fl oz (720 mL)	690	29	21	0	105	170	119	0	112	11
	CONTAINS MILK.										
Mocha Blast (Medium)	16 fl oz (480 mL)	440	17	12	0	60	95	80	2	74	7
	CONTAINS MILK.										
Mocha Blast (Large)	24 fl oz (720 mL)	690	22	15	0	75	130	137	3	126	10
	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)
Peach Smoothie (Medium)	16 fl oz (480 mL)	310	1	0	0	10	115	69	4	41	4
	CONTAINS MILK										
Peach Smoothie (Large)	24 fl oz (720 mL)	470	1	0	0	15	170	104	7	62	7
	CONTAINS MILK										
Strawberry Smoothie (Medium)	16 fl oz (480 mL)	310	1	0	0	10	110	66	3	43	4
	CONTAINS MILK.										
Strawberry Smoothie (Large)	24 fl oz (720 mL)	470	1	0	0	15	160	100	4	64	7
	CONTAINS MILK.										
Vanilla Blast (Medium)	16 fl oz (480 mL)	540	17	12	0	60	100	104	0	99	6
	CONTAINS MILK										
Vanilla Blast (Large)	24 fl oz (720 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 (480 mL)	10	0	0	0	0	25	2	0	2	0
Caffe Americano (Large)	20 fl oz (600 mL)	15	0	0	0	0	35	2	0	2	0
Caffe Americano (Small)	12 fl oz (360 mL)	5	0	0	0	0	20	1	0	1	0
Caffe Latte (Large)	20 fl oz (600 mL)	310	16	10	0	50	210	26	0	26	16
	CONTAINS MILK										
Caffe Latte (Medium)	16 fl oz. (480 mL)	250	14	9	0	40	180	21	0	21	14
	CONTAINS MILK										
Caffe Latte (Small)	12 fl oz. (360 mL)	200	11	7	0	30	135	17	0	17	11
	CONTAINS MILK										
Cappuccino (Large)	20 fl oz (600 mL)	200	11	7	0	30	150	18	0	18	11
	CONTAINS MILK.										
Cappuccino (Medium)	16 fl oz. (480 mL)	150	8	5	0	25	110	13	0	13	8
	CONTAINS MILK.										
Cappuccino (Small)	12 fl oz. (360 mL)	120	7	4	0	20	85	10	0	10	6
	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)
Caramel Macchiato (Medium)	16 fl oz (480 mL)	430	12	8	0	40	190	69	0	65	12
	CONTAINS MILK.										
Caramel Macchiato (Large)	20 fl oz (600 mL)	540	15	9	0	45	230	86	0	82	15
	CONTAINS MILK.										
Caramel Macchiato (Small)	12 fl oz (360 mL)	350	10	6	0	30	160	54	0	50	10
	CONTAINS MILK.										
Chai Latte (Medium)	16 fl oz (480 mL)	380	14	8	0	40	170	52	0	34	14
	CONTAINS MILK.										
Chai Latte (Large)	20 fl oz (591 mL)	460	16	10	0	50	200	64	0	42	16
	CONTAINS MILK.										
Chai Latte (Small)	12 fl oz (360 mL)	290	11	7	0	30	130	40	0	26	11
	CONTAINS MILK.										
Iced Caffe Latte (Medium)	16 fl oz (480 mL)	150	8	5	0	25	115	13	0	13	8
	CONTAINS MILK.										
Iced Caffe Latte (Large)	24 fl oz (720 mL)	190	10	6	0	30	150	17	0	17	10
	CONTAINS MILK.										
Iced Caffe Latte (Small)	12 fl oz (360 mL)	110	6	4	0	20	85	10	0	10	6
	CONTAINS MILK.										
Iced Caramel Macchiato (Medium)	16 fl oz (480 mL)	390	10	6	0	30	160	66	0	62	10
	CONTAINS MILK.										
Iced Caramel Macchiato (Large)	24 fl oz (720 mL)	490	13	8	0	40	210	83	0	79	13
	CONTAINS MILK.										
Iced Caramel Macchiato (Small)	12 fl oz (360 mL)	290	7	5	0	25	130	50	0	46	7
	CONTAINS MILK.										
Iced Chai Latte (Medium)	16 fl oz (480 mL)	250	7	4	0	20	90	42	0	24	7
	CONTAINS MILK.										
Iced Chai Latte (Large)	24 fl oz (720 mL)	340	10	6	0	30	130	55	0	32	10
	CONTAINS MILK.										
Iced Chai Latte (Small)	12 fl oz (360 mL)	190	5	4	0	15	70	32	0	18	5
	CONTAINS MILK.										
Iced Decaf French Roast Coffee (Large)	28 fl oz (840 mL)	10	0	0	0	0	25	2	0	2	0
Iced Decaf French Roast Coffee (Medium)	22 fl oz (660 mL)	10	0	0	0	0	20	2	0	2	0

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 French Roast Coffee (Large)	28 fl oz (840 mL)	10	0	0	0	0	25	2	0	2	0
	CONTAINS MILK.										
Iced French Roast Coffee (Medium)	22 fl oz (660 mL)	10	0	0	0	0	20	2	0	2	0
	CONTAINS MILK.										
Iced French Vanilla Coffee (Large)	28 fl oz (840 mL)	15	0	0	0	0	25	3	0	0	1
	CONTAINS MILK.										
Iced French Vanilla Coffee (Medium)	22 fl oz (660 mL)	10	0	0	0	0	20	2	0	0	1
	CONTAINS MILK.										
Iced Mocha Latte (Medium)	16 fl oz (480 mL)	300	14	8	0	45	115	40	2	33	10
	CONTAINS MILK.										
Iced Mocha Latte (Large)	24 fl oz (720 mL)	380	17	10	0	50	150	52	3	44	13
	CONTAINS MILK.										
Iced Mocha Latte (Small)	12 fl oz (360 mL)	220	10	6	0	35	80	27	1	22	7
	CONTAINS MILK.										
Iced Vanilla Latte (Medium)	16 fl oz (480 mL)	330	7	5	0	20	100	59	0	59	7
	CONTAINS MILK.										
Iced Vanilla Latte (Large)	24 fl oz (720 mL)	420	10	6	0	30	140	75	0	75	10
	CONTAINS MILK.										
Iced Vanilla Latte (Small)	12 fl oz (360 mL)	240	5	3	0	15	70	44	0	44	5
	CONTAINS MILK.										
Iced White Chocolate Latte (Medium)	16 fl oz (480 mL)	330	13	8	0	40	190	51	0	45	6
	CONTAINS MILK.										
Iced White Chocolate Latte (Large)	24 fl oz (720 mL)	460	17	11	0	50	270	64	0	57	10
	CONTAINS MILK.										
Iced White Chocolate Latte (Small)	12 fl oz (360 mL)	260	11	7	0	35	135	32	0	29	5
	CONTAINS MILK.										
Mocha Latte (Medium)	16 fl oz (480 mL)	390	19	11	0	60	170	27	2	40	15
	CONTAINS MILK.										
Mocha Latte (Large)	20 fl oz (600 mL)	470	21	13	0	65	210	59	3	51	17
	CONTAINS MILK.										
Mocha Latte (Small)	12 fl oz (360 mL)	300	15	9	0	50	140	34	1	29	12
	CONTAINS MILK.										
Vanilla Latte (Medium)	16 fl oz (480mL)	410	12	7	0	35	150	66	0	66	12
	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)
Vanilla Latte (Large)	20 fl oz (600 mL)	500	14	9	0	40	180	81	0	81	14
	CONTAINS MILK.										
Vanilla Latte (Small)	12 fl oz (360mL)	320	9	6	0	30	120	50	0	50	9
	CONTAINS MILK.										
Whipped Cream Topping	2 Tablespoons (6g)	20	2	1	0	5	0	0	0	0	0
	CONTAINS MILK.										
White Chocolate Latte (Medium)	16 fl oz (480 mL)	410	16	10	0	55	260	57	0	48	12
	CONTAINS MILK										
White Chocolate Latte (Large)	20 fl oz (600 mL)	510	19	12	0	60	330	73	0	62	14
	CONTAINS MILK										
White Chocolate Latte (Small)	12 fl oz (360 mL)	320	14	9	0	45	200	41	0	34	10
	CONTAINS MILK										

I Fountain and Other

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caffeine Free Pepsi (Medium)	22 fl oz. (650 mL)	280	0	0	0	0	55	77	0	77	0
Caffeine Free Pepsi (Large)	32 fl oz (946 mL)	400	0	0	0	0	80	112	0	112	0
Chocolate Milk	12 fl oz (355 ml)	320	9	5	0	25	100	54	3	51	10
	CONTAINS MILK.										
Diet Pepsi (Medium)	22 fl oz (650 mL)	0	0	0	0	0	70	0	0	0	0
Diet Pepsi (Large)	32 fl oz (946 mL)	0	0	0	0	0	100	0	0	0	0
Diet Sierra Mist (Medium)	22 fl oz (650 mL)	0	0	0	0	0	70	0	0	0	0
Diet Sierra Mist (Large)	32 fl oz (946 mL)	0	0	0	0	0	100	0	0	0	0
Homestyle Lemonade (Medium)	22 fl oz (650mL)	310	0	0	0	0	0	82	0	71	0
Homestyle Lemonade (Large)	32 fl oz (960mL)	460	0	0	0	0	0	120	0	104	0

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)
Hot Chocolate (Medium)	16 fl oz (480 mL)	460	15	9	0	40	170	74	4	68	16
	CONTAINS MILK.										
Hot Chocolate (Large)	20 fl oz (600 mL)	600	18	11	0	50	210	100	5	93	20
	CONTAINS MILK.										
Hot Chocolate (Small)	12 fl oz (360 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
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.										
Caraway Rye Flatbread	4.5 oz. (128g)	280	5	2	0	0	680	49	7	3	12
	CONTAINS: WHEAT, SOY.										
Cheddar Jalapeno Breadstick	1.9 oz. (53 g)	130	2	1	0	5	260	26	1	2	6
	CONTAINS WHEAT, MILK, SOY.										
Ciabatta (Small)	2.7 oz (77g)	180	1	0	0	0	480	38	2	1	6
	CONTAINS WHEAT, SOY, MILK.										
Ciabatta (Large)	4.6 oz (13 g)	310	1	0	0	0	820	64	3	2	11
	CONTAINS WHEAT, SOY, MILK.										
Cinnamon Raisin Breadstick	2.3 oz. (67 g)	190	1	0	0	0	230	41	2	13	6
	CONTAINS: WHEAT, SOY.										
Country White Bread	4 oz. (113 g)	270	1	0	0	0	670	56	2	1	9
	CONTAINS WHEAT, SOY										
Everything Breadstick	2.1 oz. (60 g)	180	3	0	0	0	310	31	2	3	7
	CONTAINS: WHEAT, SESAME SEEDS, POPPY SEEDS, SOY.										
Farm House Rolls	4.5 oz (128 g)	360	7	1	0	0	670	63	3	2	12
	CONTAINS WHEAT, MILK, SOY.										
Focaccia	4.6 oz (130 g)	360	7	1	0	0	700	62	3	3	12
	CONTAINS WHEAT, SOY.										
Lavash	3.3 oz (94g)	300	9	4	0	0	230	44	6	2	12
	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)
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	4.4 oz (125 g)	370	7	3	0	20	770	57	2	57	18
	CONTAINS: WHEAT, SOY.										
Bacon and Egg Melt on Ciabatta	7.3 oz. (207g)	490	24	11	0	420	1100	39	2	3	29
	CONTAINS EGG, MILK, WHEAT, SOY.										
Egg on a Bagel	7 oz. (197 g)	430	12	4	0	375	580	58	2	5	22
	CONTAINS: EGGS, WHEAT, SOY, MILK.										
Egg on a Bagel with Bacon	7.6 oz (215g)	510	18	6	0	400	900	58	2	6	29
	CONTAINS EGG, WHEAT, MILK, SOY.										
Egg on a Bagel with Bacon and Cheese	8.4 oz (237g)	600	25	10	0	420	1040	59	2	6	34
	CONTAINS WHEAT, EGGS, MILK, SOY.										
Egg on a Bagel with Cheese	7.7 oz (218 g)	510	18	8	0	400	710	59	2	5	27
	CONTAINS WHEAT, MILK, EGGS, SOY.										
Egg on a Bagel with Ham	8.6 (245g)	470	13	5	0	400	1080	59	2	6	30
	CONTAINS: EGGS, WHEAT, SOY, MILK.										
Egg Whites and Cheddar Breakfast Sandwich	6.0 oz. (171g)	250	11	6	0	30	550	23	6	1	20
	CONTAINS: EGGS, WHEAT, MILK, SOY.										
Egg, Broccoli and Swiss Sandwich	7.9 oz (225g)	430	19	8	0	400	740	42	2	3	25
	CONTAINS: WHEAT, EGGS, MILK, SOY.										
Pastrami, Eggs and Swiss on Light Rye	8.4 oz (238g)	480	22	10	0	425	990	36	4	3	35
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Sausage, Egg and Cheddar on Asiago Bagel	10.3 oz (293 g)	810	46	20	0	460	1340	57	2	6	41
	CONTAINS WHEAT, MILK, SOY, EGGS.										
Smoked Salmon and Wasabi on Onion Dill Bagel	7.1 oz. (202g)	430	12	5	0	45	1090	62	3	8	23
	CONTAINS: EGG, FISH (SALMON), MILK, WHEAT, 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)
Turkey, Egg and Cheddar on a Skinny Bagel	7.4 oz (210 g)	380	21	9	0	425	830	23	4	2	30
CONTAINS: EGGS, WHEAT, SOY, MILK.											

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 (347g)	720	29	12	0	120	1580	62	3	6	50
CONTAINS EGG, MILK, WHEAT, SOY.											
Black Bean Burger	10 oz (284g)	560	18	4	0	5	930	76	14	8	29
CONTAINS: WHEAT, SOY, MILK, EGGS. MAY CONTAIN TRACES OF PEANUTS AND TREE NUTS.											
Caprese Sandwich	10.9 oz (309g)	680	32	15	0	75	1200	65	4	2	30
CONTAINS WHEAT, MILK, SOY.											
Chicken Pesto Sandwich	12.5 oz (356g)	670	24	5	0	80	1430	66	4	5	45
CONTAINS WHEAT, SOY, MILK.											
Chicken Salad Sandwich	9.7 oz. (276g)	490	11	2	0	55	1050	67	4	8	30
CONTAINS: WHEAT, SOY, EGGS, TREE NUTS (ALMONDS).											
Grilled Chicken on Ciabatta	11.3 oz. (321g)	470	4	1	0	60	1660	67	4	4	39
CONTAINS: MILK, SOY, WHEAT.											
Ham and Swiss on Baguette	12.8 oz (363g)	650	19	10	0	85	2040	82	4	19	41
CONTAINS: MILK, SOY, WHEAT.											
Hummus and Olives on Sun-Dried Tomato Bread	7.4 oz (209g)	300	7	1	0	0	890	49	4	3	10
CONTAINS: SOY, WHEAT, SESAME.											
Mozzarella Chicken Sandwich	13.3 oz (378g)	690	24	8	0	110	1320	66	4	6	50
CONTAINS: WHEAT, EGGS, SOY, MILK, SULFITES.											
Pastrami Sandwich	9.7 oz. (275g)	590	23	11	0	95	2080	52	7	3	47
CONTAINS: WHEAT, SOY, MILK.											
Regio Sandwich	12.3 oz (349g)	810	41	15	0	80	2220	69	3	5	35
CONTAINS: WHEAT, SOY, MILK.											
Roast Beef Caesar Sandwich	10.6 oz (300g)	650	25	8	0	85	1670	68	3	6	39
CONTAINS: EGGS, FISH (ANCHOVIES), MILK, SOY, WHEAT.											
Roast Beef Montana on Toasted Cheese Baguette	12.7 oz (361g)	550	21	10	0.5	100	1830	66	4	5	42
CONTAINS: MILK, WHEAT, SOY, SESAME.											
Roast Beef on Baguette	11.3 oz. (320g)	500	12	3	0	65	1370	65	3	4	33
CONTAINS: WHEAT, SOY, EGGS.											

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)
Roasted Turkey on Baguette	11.3 oz. (320g)	490	5	2	0	40	1510	80	4	18	32
	CONTAINS: SOY, WHEAT.										
Santa Fe Turkey Sandwich	13.8 oz. (392g)	680	25	11	0	100	2060	70	5	4	42
	CONTAINS: WHEAT, SOY, EGGS, MILK.										
Spicy Tuna Sandwich	10.3 oz (293 g)	490	16	3	0	45	1210	60	11	8	30
	CONTAINS: EGGS, WHEAT, FISH (TUNA) SESAME SEEDS, SOY.										
Toasted Arizona Chicken on Sun-Dried Tomato	10.4 oz (294g)	630	28	11	0	115	1480	46	2	5	45
	CONTAINS: EGG, MILK, WHEAT, SOY.										
Toasted Pastrami and Swiss on Light Rye	8.3 oz (236g)	500	21	11	0	95	1770	38	4	2	42
	CONTAINS: WHEAT, SOY, MILK.										
Toasted Southwestern Black Bean Burger on Country White	9.2 oz (260g)	670	32	11	0	60	1500	66	8	7	33
	CONTAINS: EGG, MILK, SOY, WHEAT.										
Turkey Club Sandwich	12.6 oz (357g)	730	33	13	0	120	2080	60	3	3	47
	CONTAINS WHEAT, MILK, EGG, SOY.										
Turkey Cranberry Brie on Multigrain	10.6 oz (300g)	590	20	10	1	90	1680	66	9	19	42
	CONTAINS: WHEAT, MILK, TREE NUTS (WALNUTS), SOY, SESAME.										

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)
Ham and Swiss, Tomatoes and Romaine on a Farmhouse Roll (Half Sandwich)	5.9 oz. (167g)	320	12	5	0	40	910	34	2	2	20
	CONTAINS: WHEAT, MILK, SOY.										
Roast Beef and Brie on a Farmhouse Roll (Half Sandwich)	5.9 oz. (166g)	330	13	6	0	55	680	34	2	2	20
	CONTAINS: MILK, SOY, WHEAT.										
Tuna and Cheddar on a Farmhouse Roll (Half Sandwich)	6.1 oz. (172g)	370	17	5	0	45	680	35	2	3	20
	CONTAINS: WHEAT, MILK, EGGS, SOY, FISH (TUNA).										
Turkey and Swiss on a Farmhouse Roll (Half Sandwich)	5.9 oz. (167g)	320	11	5	0	40	700	34	2	2	22
	CONTAINS: WHEAT, MILK, SOY.										
Whole Sandwich Ham and Swiss on Country White Bread	11 oz. (310g)	530	16	9	0	85	1850	61	2	3	39
	CONTAINS: WHEAT, MILK, SOY.										
Whole Sandwich Roast Beef and Brie on Country White Bread	10.9 oz. (310g)	560	18	10	1	110	1390	60	3	2	39
	CONTAINS: MILK, SOY, WHEAT.										
Whole Sandwich Tuna and Cheddar on Country White Bread	11.2 oz. (319g)	630	25	10	0	90	1370	63	3	4	38
	CONTAINS: WHEAT, MILK, EGGS, SOY, FISH (TUNA).										

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 Turkey and Swiss on Country White Bread	11 oz. (310g)	530	14	8	0	80	1410	60	2	2	42
	CONTAINS: WHEAT, MILK, SOY.										

I Hot Sandwiches and Melts

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Angus Steak Teriyaki Hot Wrap	13.5 oz (383 g)	630	16	4	0	25	1450	100	5	10	24
	CONTAINS: EGGS, WHEAT, MILK, SOY, SESAME SEEDS.										
Baked BBQ Chicken Sandwich	11.8 oz (336 g)	690	19	7	0	95	1480	80	3	16	46
	CONTAINS: SOY, WHEAT, EGGS, MILK.										
Baked Turkey Sandwich	11.6 oz. (329g)	750	28	9	0	95	1990	79	3	16	44
	CONTAINS: WHEAT, EGGS, MILK, SOY, TREE NUTS (WALNUTS).										
Eggplant and Mozzarella Sandwich	12.3 oz (349 g)	640	27	10	0	60	1280	74	6	7	25
	CONTAINS: WHEAT, SOY, MILK, EGGS, SULFITES.										
Mayan Chicken Hot Wrap	13.5 oz (383 g)	580	13	3	0	45	1190	93	5	6	25
	CONTAINS: EGGS, SOY, WHEAT.										
Steakhouse on Ciabatta	11 oz. (313g)	590	18	8	0	70	1850	72	3	5	36
	CONTAINS: EGGS, WHEAT, SOY, MILK.										

I Wraps

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Caesar Asiago Wrap	9.8 oz. (278g)	640	32	11	0.5	75	940	49	7	6	39
	CONTAINS: MILK, EGGS, FISH (ANCHOVIES), SOY, WHEAT.										
Mediterranean Wrap	12.1 oz (344g)	630	34	9	0	20	1350	61	10	5	21
	CONTAINS: MILK, WHEAT, SOY, SESAME, SULFITES.										
Southwest Tuna Wrap	13.3 oz (376g)	800	46	16	0	100	1190	54	8	9	42
	CONTAINS: EGG, MILK, WHEAT, SOY, FISH (TUNA).										
Thai Peanut Chicken Wrap	12.1 oz (342g)	560	17	5	0	40	880	68	8	14	34
	CONTAINS: SOY, WHEAT, TREE NUTS (HAZELNUTS), SESAME SEEDS, PEANUTS.										

I Harvest Rice Bowls

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

I Hot & Cold Lunch Bar

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Aegean Pasta Salad	1 oz. (28g)	90	4	1	0	0	115	10	1	1	2
	CONTAINS: WHEAT, EGGS, MILK, SOY, SULFITES.										
Baked Potato	1 oz. (28g)	25	0	0	0	0	20	5	1	0	1
	CONTAINS: SOY, WHEAT.										
BBQ Beef Salad	1 oz. (28g)	30	1	0	0	5	100	4	0	2	2
	CONTAINS SOY.										
Brown Rice	1 oz. (28 g)	30	0	0	0	0	20	6	0	0	1
Brown Rice Waldorf Nut Salad	1 oz. (28g)	45	3	0	0	0	40	5	0	2	0
	CONTAINS: SOY, TREE NUTS (HAZELNUTS), WHEAT, PEANUTS.										
Burgundy Beef Penne	1 oz (28 g)	30	1	0	0	5	95	4	0	0	2
	CONTAINS: WHEAT, EGGS, SOY, MILK, SULFITES.										
Cajun Chicken Penne	1 oz (28 g)	45	2	1	0	10	100	4	0	1	3
	CONTAINS: WHEAT, MILK, SOY, SHELLFISH (LOBSTER).										
Chicken Broccoli Alfredo Penne	1 oz. (28 g)	60	4	2	0	15	85	3	0	0	2
	CONTAINS MILK, SOY, WHEAT.										
Chicken Penne Pesto	1 oz. (28 g)	60	3	1	0	5	75	4	0	0	4
	CONTAINS MILK, WHEAT, SOY.										
Chicken Provencal	1 oz. (28 g)	25	1	0	0	5	35	3	0	0	2
	CONTAINS WHEAT, SOY.										
Creamed Spinach	1 oz. (28 g)	30	2	2	0	5	125	2	1	1	1
	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)
Egg and Cucumber Salad	1 oz. (28g)	40	3	1	0	65	85	1	0	1	2
	CONTAINS EGGS, SOY.										
Eggplant Parmesan	1 oz. (28 g)	50	3	1	0	5	150	4	1	1	2
	CONTAINS SOY, MILK, WHEAT, EGGS.										
Fire Roasted Exotic Grains and Vegetables	1 oz. (28g)	40	1	0	0	0	85	7	1	0	1
	CONTAINS: SOY, MILK, WHEAT.										
Italian Sausage, Peppers and Onions	1 oz. (28g)	25	1	0	0	5	80	1	0	0	2
	CONTAINS SOY, WHEAT.										
Jambalaya	1 oz. (28 g)	25	1	0	0	5	85	2	0	1	1
	CONTAINS: SOY, WHEAT, MILK.										
Macaroni and Cheese	1 oz. (28g)	40	3	2	0	10	115	3	0	0	2
	CONTAINS: MILK, WHEAT, SOY, EGGS.										
Meat Lasagna	1 oz. (28 g)	45	2	1	0	10	100	4	0	1	2
	CONTAINS MILK, WHEAT, EGGS, SOY.										
Meatballs and Marinara Sauce	1 oz. (28 g)	50	4	2	0	5	125	2	1	1	2
	CONTAINS: MILK, WHEAT, SOY.										
Meatloaf with Wine Sauce	1 oz. (28 g)	50	3	1	0	15	75	2	0	1	2
	CONTAINS: EGGS, WHEAT, SOY, MILK, SULFITES.										
Oriental Noodle Salad	1 oz. (28g)	90	2	0	0	0	150	19	0	2	0
	CONTAINS: WHEAT, EGGS, SOY, SESAME.										
Orzo Toscano Salad	1 oz. (28g)	35	1	0	0	0	90	6	1	1	1
	CONTAINS SOY, WHEAT, MILK.										
Penne Marinara	1 oz. (28 g)	30	1	0	0	0	55	5	0	1	1
	CONTAINS: WHEAT, MILK, SOY.										
Polenta Marinara	1 oz. (28g)	25	1	0	0	0	90	3	0	1	1
	CONTAINS MILK, WHEAT, SOY.										
Potato Bacon Salad	1 oz. (28g)	40	2	0	0	0	125	5	1	1	1
	CONTAINS SOY.										
Quinoa	1 oz. (28 g)	25	0	0	0	0	50	4	1	0	1
	CONTAINS SOY, WHEAT, SULFITES.										
Red Bliss Potato Salad	1 oz. (28g)	30	2	0	0	0	70	5	0	1	1
	CONTAINS: EGGS, SOY, MILK, SULFITES.										
Roasted Apple Cranberry Orzo	1 oz. (28g)	45	1	0	0	0	25	9	1	3	1
	CONTAINS: WHEAT, MILK, SOY.										

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	2	0	0	0	65	6	0	1	1
	CONTAINS WHEAT, SOY, SESAME.										
Southwest Fusilli Pasta Salad	1 oz. (28 g)	45	3	0	0	0	65	4	0	1	1
	CONTAINS WHEAT, MILK.										
Southwest Panzanella Salad	1 oz. (28g)	50	3	0	0	5	55	7	0	3	1
	CONTAINS: WHEAT, SOY, EGGS, MILK.										
Stuffed Peppers with Lentils	1 oz. (28g)	20	0	0	0	0	35	3	1	1	1
	CONTAINS: WHEAT, MILK, SOY.										
Tomato Cucumber Salad	1 oz. (28g)	10	0	0	0	0	40	2	0	1	0
Tomato, Green Bean and Almond Salad	1 oz. (28g)	20	2	0	0	0	50	2	0	1	0
	CONTAINS TREE NUTS (ALMONDS) SOY.										
Tsaziki	1 oz. (28g)	15	0	0	0	0	40	2	0	2	1
	CONTAINS MILK.										
Tuna Salad	1 oz. (28g)	45	3	0	0	10	105	1	0	1	4
	CONTAINS: FISH (TUNA), EGGS, SOY.										
Vegetarian Lasagna	1 oz. (28 g)	45	3	2	0	10	80	3	0	1	3
	CONTAINS: WHEAT, MILK, EGGS, SOY.										
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)	690	43	18	0	170	1040	38	2	4	29
	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	1620	107	4	13	26
	CONTAINS: SOY, WHEAT, MILK, SESAME SEEDS.										
Roasted Mayan Chicken Bowl with Brown Rice	18 oz. (510g)	580	17	5	0	80	1070	78	5	5	28
	CONTAINS: SOY.										
Roasted Mayan Chicken Bowl with White Rice	18 oz. (510g)	630	16	4	0	80	1100	92	3	4	28
	CONTAINS: SOY.										

KIDS

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kid's Cheese Sandwich on Farmhouse Roll	3.5 oz. (99g)	360	22	12	0	55	550	32	1	1	11
	CONTAINS: WHEAT, MILK, SOY.										
Kid's Grilled Chicken Sandwich on Multigrain Bread	4.5 oz. (128g)	240	6	1	0	40	570	28	5	3	20
	CONTAINS: WHEAT, EGGS, SOY, SESAME.										
Kid's Roasted Turkey Sandwich on Farmhouse Roll	4.8 oz. (135g)	270	7	2	0	30	780	33	1	2	17
	CONTAINS: WHEAT, EGGS, SOY, MILK.										
Macaroni and Cheese	8 fl oz (240 mL)	360	21	13	0	75	1000	26	1	3	15
	CONTAINS: MILK, WHEAT, SOY, EGG.										

KIDS MENU

	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)	240	6	1	0	40	570	28	5	3	20
	CONTAINS: WHEAT, EGGS, SOY, SESAME.										
Kid's Roasted Turkey Sandwich on Farmhouse Roll	4.8 oz. (135g)	270	7	2	0	30	780	33	1	2	17
	CONTAINS: WHEAT, EGGS, SOY, MILK.										

I Oatmeal

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Cinnamon Oatmeal (Medium)	12 oz. (340g)	280	4	1	0	0	10	56	7	14	8
Apple Cinnamon Oatmeal (Large)	16 oz. (454g)	370	6	1	0	0	15	75	9	19	11
Apple Cinnamon Oatmeal (Small)	8 oz (227g)	190	3	0	0	0	5	37	4	10	6
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
Oatmeal (Small)	8 oz (227g)	170	3	0	0	0	5	32	4	1	6

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	1.2 oz (34g)	160	5	4	0	0	210	24	1	8	3
	CONTAINS: MILK, WHEAT, SOY.										
Chocolate Covered Strawberry	1.1 oz. (32g)	35	2	2	0	0	5	5	1	4	0
	CONTAINS MILK, SOY.										
Chocolate Nonpareils	1.5 oz (42g)	200	8	5	0	5	20	31	0	26	2
	CONTAINS: MILK, SOY. PROCESSED IN A FACILITY THAT PROCESSES PEANUTS, WHEAT, EGGS.										
Dark Chocolate Covered Raisins	1.4 oz (40 g)	180	8	5	0	0	0	26	2	24	2
	CONTAINS: MILK, SOY. PROCESSED IN A FACILITY THAT PROCESSES PEANUTS AND TREE NUTS (ALMONDS, CASHEWS, BRAZIL NUTS, FILBERTS (HAZELNUTS), MACADAMIAS, PECANS, PISTACHIOS, PINE NUTS, WALNUTS).										
Fresh Grapes	8 oz. (227g)	160	0	0	0	0	0	41	2	35	2
Fresh Pineapple	8 oz. (227g)	110	0	0	0	0	0	30	3	22	1
Fresh Watermelon	8 oz. (227g)	70	0	0	0	0	0	17	1	14	1
Fruit Cup (Small)	6 oz (170g)	70	0	0	0	0	15	18	1	15	1
	CONTAINS NONE.										
Fruit Cup (Large)	12 oz (340g)	140	1	0	0	0	30	36	3	31	2
	CONTAINS NONE.										
Jell-O ® (Lemon)	8 oz (227 g)	130	0	0	0	0	140	30	0	30	2
Jell-O ® (Lime)	8 oz. (227g)	130	0	0	0	0	140	30	0	30	2
Jell-O ® (Orange)	8 oz. (227g)	130	0	0	0	0	140	30	0	30	2
Mixed Nuts	1.1 oz (30g)	180	16	3	0	0	60	7	1	2	5
	CONTAINS: TREE NUTS (CASHEWS, ALMONDS). MAY CONTAIN TRACES OF PEANUTS, TREE NUTS (BRAZIL NUTS, FILBERTS (HAZELNUTS), MACADAMIAS, PECANS, PISTACHIOS, PINE NUTS AND WALNUTS).										
Muesli	8 oz (227 g)	390	8	2	0	5	50	76	7	39	11
	CONTAINS: TREE NUTS (ALMONDS), MILK.										
Red Licorice	1.5 oz (44g)	150	1	0	0	0	20	33	0	18	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.										

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)
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	1.3 oz (36g)	100	0	0	0	0	0	23	2	15	1
	CONTAINS SULFITES.										

I Yogurt

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

I All Portions

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

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	240	5	1	3	10
	CONTAINS: MILK, 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).										

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	9 oz (255g)	260	15	7	0	65	1080	8	3	5	24
	CONTAINS MILK.										
Garden Salad	8 oz. (227g)	80	2	0	0	0	105	15	4	4	3
	CONTAINS MILK, WHEAT, SOY.										
Greek Salad	11.2 oz (320g)	230	15	5	0	20	1170	16	4	4	8
	CONTAINS: MILK.										
Grilled Chicken Caesar Asiago	8.5 oz (241g)	300	13	6	0	70	660	18	3	4	29
	CONTAINS WHEAT, MILK, SOY.										
Mandarin Sesame Chicken Salad	9.7 oz (275g)	310	11	2	0	35	440	31	4	11	20
	CONTAINS WHEAT, SOY, SESAME SEEDS.										
Mediterranean Chicken Salad	10.3 oz. (292g)	290	16	6	0	60	1150	12	3	2	25
	CONTAINS MILK, SOY.										
Side Garden Salad	3.9 oz. (111g)	50	2	0	0	0	70	9	2	2	2
	CONTAINS WHEAT, MILK, SOY.										
Thai Peanut Chicken Salad	10.5 oz (298g)	200	5	1	0	40	300	18	4	4	22
	CONTAINS WHEAT, SOY.										
Tuna Garden Salad	12 oz (340 g)	270	13	2	0	45	530	19	5	7	21
	CONTAINS: EGGS, FISH (TUNA), SOY, MILK, WHEAT.										
Turkey Cobb Salad	11.5 oz. (325g)	330	18	8	0	260	970	16	4	5	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
Fat Free Sun Dried Tomato Vinaigrette	2 oz (57g)	110	0	0	0	0	430	28	0	16	0
Feta Vinaigrette	2 oz (57g)	160	16	3	0	5	500	3	0	2	1
	CONTAINS: MILK, SOY.										
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)
12 Veggie Soup (Small)	8 fl oz (240 mL)	120	4	1	0	0	860	17	3	8	4
	CONTAINS: SOY										
12 Veggie Soup (Large)	16 fl oz (480 mL)	240	8	1	0	0	1720	34	6	16	7
	CONTAINS: 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)
12 Veggie Soup (Medium)	12 fl oz (360 mL)	180	6	1	0	0	1290	25	4	12	5
	CONTAINS: SOY										
Baked Stuffed Potato Soup (Medium)	12 fl oz (360 mL)	380	22	11	0	65	1090	32	2	6	10
	CONTAINS MILK, SOY, WHEAT.										
Baked Stuffed Potato Soup (Large)	16 fl oz (480 mL)	510	30	14	0	85	1450	43	3	8	13
	CONTAINS MILK, SOY, WHEAT.										
Baked Stuffed Potato Soup (Small)	8 fl oz (240 mL)	250	15	7	0	45	720	21	1	4	6
	CONTAINS MILK, SOY, WHEAT.										
Black Bean Soup (Medium)	12 fl oz (360 mL)	280	2	0	0	0	1100	51	28	4	17
	CONTAINS: SOY.										
Black Bean Soup (Large)	16 fl oz (480 mL)	380	2	0	0	0	1470	68	38	5	23
	CONTAINS: SOY.										
Black Bean Soup (Small)	8 fl oz (240 mL)	190	1	0	0	0	740	34	19	3	12
	CONTAINS: SOY.										
Broccoli Cheddar Soup (Medium)	12 fl oz (360 mL)	320	22	10	0.5	55	1060	21	2	7	12
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Broccoli Cheddar Soup (Large)	16 fl oz (480 mL)	430	29	14	0.5	75	1410	28	3	10	16
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Broccoli Cheddar Soup (Small)	8 fl oz (240 mL)	220	15	7	0	35	700	14	2	5	8
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Butternut Squash and Apple Soup (Medium)	12 fl oz (360 mL)	240	8	3	0	15	860	40	4	11	4
	CONTAINS MILK, WHEAT, SOY.										
Butternut Squash and Apple Soup (Large)	16 fl oz (480 mL)	310	11	4	0	20	1140	54	5	15	6
	CONTAINS MILK, WHEAT, SOY.										
Butternut Squash and Apple Soup (Small)	8 fl oz (240 mL)	160	6	2	0	10	570	27	2	7	3
	CONTAINS MILK, WHEAT, SOY.										
Carrot Ginger Soup (Medium)	12 fl oz (360 mL)	140	5	0	0	0	1030	24	4	10	2
	CONTAINS: WHEAT.										
Carrot Ginger Soup (Large)	16 fl oz (480 mL)	190	7	1	0	0	1370	31	5	14	2
	CONTAINS: WHEAT.										
Carrot Ginger Soup (Small)	8 fl oz (240 mL)	100	4	0	0	0	690	16	2	7	1
	CONTAINS: WHEAT.										
Chicken and Dumpling Soup (Medium)	12 fl oz (360 mL)	230	8	3	0	55	1150	30	2	7	11
	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 (Large)	16 fl oz (480 mL)	310	10	4	0	75	1540	39	3	9	15
	CONTAINS MILK, WHEAT, EGG, SOY.										
Chicken and Dumpling Soup (Small)	8 fl oz (240 mL)	160	5	2	0	35	770	20	1	4	8
	CONTAINS MILK, WHEAT, EGG, SOY.										
Chicken Florentine Soup (Medium)	12 fl oz (360 mL)	270	14	6	0	40	1140	27	1	4	9
	CONTAINS MILK, SOY, WHEAT, EGG.										
Chicken Florentine Soup (Large)	16 fl oz (480 mL)	360	18	8	0	55	1520	36	2	6	12
	CONTAINS MILK, SOY, WHEAT, EGG.										
Chicken Florentine Soup (Small)	8 fl oz (240 mL)	180	9	4	0	25	760	18	1	3	6
	CONTAINS MILK, SOY, WHEAT, EGG.										
Chicken Gumbo Soup (Medium)	12 fl oz (360 mL)	190	9	1	0	10	930	22	2	2	6
	CONTAINS WHEAT, SOY.										
Chicken Gumbo Soup (Large)	16 fl oz (480 mL)	250	12	2	0	15	1240	30	2	3	8
	CONTAINS WHEAT, SOY.										
Chicken Gumbo Soup (Small)	8 fl oz (240 mL)	130	6	1	0	5	620	15	1	2	4
	CONTAINS WHEAT, SOY.										
Chicken Noodle Soup (Medium)	12 fl oz (360 mL)	140	3	1	0	15	1120	20	2	3	9
	CONTAINS EGG, SOY, WHEAT.										
Chicken Noodle Soup (Large)	16 fl oz (480 mL)	190	4	1	0	20	1490	26	2	3	12
	CONTAINS EGG, SOY, WHEAT.										
Chicken Noodle Soup (Small)	8 fl oz (240 mL)	90	2	1	0	10	750	13	1	2	6
	CONTAINS EGG, SOY, WHEAT.										
Clam Chowder (Medium)	12 fl oz (360 mL)	340	19	8	0	60	1090	29	2	9	10
	CONTAINS MILK, SOY, WHEAT, SHELLFISH (CLAMS).										
Clam Chowder (Large)	16 fl oz (480 mL)	460	26	10	0	80	1460	39	2	11	14
	CONTAINS MILK, SOY, WHEAT, SHELLFISH (CLAMS).										
Clam Chowder (Small)	8 fl oz (240 mL)	230	13	5	0	40	730	20	1	6	7
	CONTAINS MILK, SOY, WHEAT, SHELLFISH (CLAMS).										
Corn and Green Chili Bisque (Medium)	12 fl oz (360 mL)	290	17	9	0.5	45	1370	29	3	5	6
	CONTAINS MILK, SOY, WHEAT.										
Corn and Green Chili Bisque (Large)	16 fl oz (480 mL)	390	23	11	0.5	60	1820	39	4	6	8
	CONTAINS MILK, SOY, WHEAT.										
Corn and Green Chili Bisque (Small)	8 fl oz (240 mL)	200	11	6	0	30	910	19	2	3	4
	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 (Medium)	12 fl oz (360 mL)	380	19	9	0	55	1230	44	4	11	9
	CONTAINS MILK, SOY, WHEAT.										
Corn Chowder (Large)	16 fl oz (480 mL)	510	26	12	0	75	1640	58	5	15	13
	CONTAINS MILK, SOY, WHEAT.										
Corn Chowder (Small)	8 fl oz (240 mL)	250	13	6	0	35	820	29	2	8	6
	CONTAINS MILK, SOY, WHEAT.										
Cream of Chicken and Wild Rice Soup (Large)	16 fl oz (480 mL)	340	20	7	0	45	1380	31	2	3	9
	CONTAINS MILK, WHEAT, SOY.										
Cream of Chicken and Wild Rice Soup (Medium)	12 fl oz (360 mL)	250	15	5	0	35	1040	24	1	3	6
	CONTAINS MILK, WHEAT, SOY.										
Cream of Chicken and Wild Rice Soup (Small)	8 fl oz (240 mL)	170	10	4	0	25	690	16	1	2	4
	CONTAINS MILK, WHEAT, SOY.										
Curried Rice and Lentil Soup (Medium)	12 fl oz (360 mL)	190	2	0	0	0	1390	33	9	4	9
	CONTAINS SOY.										
Curried Rice and Lentil Soup (Large)	16 fl oz (480 mL)	250	3	0	0	0	1850	44	12	6	12
	CONTAINS SOY.										
Curried Rice and Lentil Soup (Small)	8 fl oz (240 mL)	130	2	0	0	0	920	22	6	3	6
	CONTAINS SOY.										
French Moroccan Tomato Lentil Soup (Medium)	12 fl oz (360 mL)	210	3	0	0	0	1180	35	11	7	11
French Moroccan Tomato Lentil Soup (Large)	16 fl oz (480 mL)	280	3	0	0	0	1580	47	15	10	15
French Moroccan Tomato Lentil Soup (Small)	8 fl oz (240 mL)	140	2	0	0	0	790	24	8	5	7
French Onion Soup (Medium)	12 fl oz (360 mL)	130	5	3	0	10	1380	20	2	6	4
	CONTAINS MILK, SOY, WHEAT.										
French Onion Soup (Large)	16 fl oz (480 mL)	180	6	4	0	15	1840	26	3	9	5
	CONTAINS MILK, SOY, WHEAT.										
French Onion Soup (Small)	8 fl oz (240 mL)	90	3	2	0	10	920	13	1	4	2
	CONTAINS MILK, SOY, WHEAT.										
Garden Vegetable Soup (Medium)	12 fl oz (360 mL)	80	2	0	0	0	1120	14	3	5	3
	ALLERGEN ALERT: CONTAINS MILK, SOY, SULFITES.										
Garden Vegetable Soup (Large)	16 fl oz (480 mL)	110	3	0	0	0	1500	19	4	7	4
	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)
Garden Vegetable Soup (Small)	8 fl oz (240 mL)	50	1	0	0	0	750	9	2	3	2
	ALLERGEN ALERT: CONTAINS MILK, SOY, SULFITES.										
Harvest Pumpkin Soup (Medium)	12 fl oz (360 mL)	270	15	8	0	40	1440	31	4	6	5
	CONTAINS WHEAT, MILK.										
Harvest Pumpkin Soup (Large)	16 fl oz (480 mL)	350	19	10	0	50	1920	41	5	8	7
	CONTAINS WHEAT, MILK.										
Harvest Pumpkin Soup (Small)	8 fl oz (240 mL)	180	10	5	0	25	960	21	2	4	3
	CONTAINS WHEAT, MILK.										
Hearty Cabbage Soup (Medium)	12 fl oz (360 mL)	120	5	2	0	10	1110	15	3	5	5
	CONTAINS SOY, MILK, WHEAT, SULFITES.										
Hearty Cabbage Soup (Large)	16 fl oz (480 mL)	160	7	2	0	10	1480	20	4	6	7
	CONTAINS SOY, MILK, WHEAT, SULFITES.										
Hearty Cabbage Soup (Small)	8 fl oz (240 mL)	80	4	1	0	5	740	10	2	3	3
	CONTAINS SOY, MILK, WHEAT, SULFITES.										
Italian Wedding Soup (Medium)	12 fl oz (360 mL)	190	10	4	0	15	1010	16	2	3	8
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Italian Wedding Soup (Large)	16 fl oz (480 mL)	250	13	5	0	20	1350	22	2	4	11
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Italian Wedding Soup (Small)	8 fl oz (240 mL)	120	7	3	0	10	680	11	1	2	5
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
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 fl oz (360 mL)	190	5	1	0	0	640	28	8	4	8
	CONTAINS MILK, SOY, WHEAT.										
Mediterranean Pepper Soup (Large)	16 fl oz (480 mL)	250	7	1	0	5	850	38	11	5	11
	CONTAINS MILK, SOY, WHEAT.										
Mediterranean Pepper Soup (Small)	8 fl oz (240 mL)	120	4	0	0	0	430	19	5	3	5
	CONTAINS MILK, SOY, WHEAT.										
Old Fashioned Tomato Soup (Medium)	12 fl oz (360 mL)	210	8	3	0	15	1240	30	4	16	6
	CONTAINS MILK, 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)
Old Fashioned Tomato Soup (Large)	16 fl oz (480 mL)	290	11	4	0	20	1650	39	5	21	8
	CONTAINS MILK, WHEAT.										
Old Fashioned Tomato Soup (Small)	8 fl oz (240 mL)	140	5	2	0	10	830	20	2	10	4
	CONTAINS MILK, WHEAT.										
Pasta E Fagioli Soup (Medium)	12 fl oz (360 mL)	280	9	2	0	10	1110	39	10	3	13
	CONTAINS MILK, SOY, WHEAT, EGG.										
Pasta E Fagioli Soup (Large)	16 fl oz (480 mL)	380	12	3	0	10	1480	51	14	4	17
	CONTAINS MILK, SOY, WHEAT, EGG.										
Pasta E Fagioli Soup (Small)	8 fl oz (240 mL)	190	6	2	0	5	740	26	7	2	8
	CONTAINS MILK, SOY, WHEAT, EGG.										
Portuguese Kale Soup (Large)	16 fl oz (480 mL)	180	7	2	0	5	1730	22	5	3	8
	CONTAINS: SOY.										
Portuguese Kale Soup (Medium)	12 fl oz (360 mL)	130	5	1	0	5	1290	16	4	2	6
	CONTAINS: SOY.										
Portuguese Kale Soup (Small)	8 fl oz (240 mL)	90	4	1	0	5	860	11	2	1	4
	CONTAINS: SOY.										
Potato Cheese Soup (Medium)	12 fl oz (360 mL)	280	15	9	0	45	1380	27	2	5	7
	CONTAINS MILK, SOY.										
Potato Cheese Soup (Large)	16 fl oz (480 mL)	370	20	13	0	55	1840	36	3	6	10
	CONTAINS MILK, SOY.										
Potato Cheese Soup (Small)	8 fl oz (240 mL)	190	10	6	0	30	920	18	1	3	5
	CONTAINS MILK, SOY.										
Potato Leek Soup (Medium)	12 fl oz (360 mL)	320	20	11	0	60	1060	29	2	3	5
	CONTAINS MILK, SOY, WHEAT.										
Potato Leek Soup (Large)	16 fl oz (480 mL)	420	27	15	0.5	85	1420	39	3	3	7
	CONTAINS MILK, SOY, WHEAT.										
Potato Leek Soup (Small)	8 fl oz (240 mL)	210	14	7	0	40	710	19	1	2	3
	CONTAINS MILK, SOY, WHEAT.										
Red Beans, Italian Sausage and Rice Soup (Medium)	12 fl oz (360 mL)	300	7	2	0	10	1210	45	19	3	15
	CONTAINS SOY, WHEAT.										
Red Beans, Italian Sausage and Rice Soup (Large)	16 fl oz (480 mL)	410	9	3	0	15	1610	60	25	4	21
	CONTAINS SOY, WHEAT.										
Red Beans, Italian Sausage and Rice Soup (Small)	8 fl oz (240 mL)	200	5	2	0	10	810	30	13	2	10
	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)
Southern Black-Eyed Pea Soup (Medium)	12 fl oz (360 mL)	190	2	0	0	5	1050	31	9	3	12
	CONTAINS SOY, WHEAT.										
Southern Black-Eyed Pea Soup (Large)	16 fl oz (480 mL)	250	3	0	0	10	1390	41	12	4	16
	CONTAINS SOY, WHEAT.										
Southern Black-Eyed Pea Soup (Small)	8 fl oz (240 mL)	120	1	0	0	5	700	20	6	2	8
	CONTAINS SOY, WHEAT.										
Southwest Tortilla Soup (Medium)	12 fl oz (360 mL)	210	11	4	0	15	1290	26	4	4	4
	CONTAINS MILK, SOY.										
Southwest Tortilla Soup (Large)	16 fl oz (480 mL)	280	15	5	0	15	1720	34	6	5	6
	CONTAINS MILK, SOY.										
Southwest Tortilla Soup (Small)	8 fl oz (240 mL)	140	7	2	0	10	860	17	3	3	3
	CONTAINS MILK, SOY.										
Southwest Vegetable Soup (Medium)	12 fl oz (360 mL)	190	5	1	0	5	430	30	6	4	7
	CONTAINS MILK, SOY, WHEAT.										
Southwest Vegetable Soup (Large)	16 fl oz (480 mL)	250	7	1	0	5	580	40	8	5	9
	CONTAINS MILK, SOY, WHEAT.										
Southwest Vegetable Soup (Small)	8 fl oz (240 mL)	130	4	0	0	0	290	20	4	2	5
	CONTAINS MILK, SOY, WHEAT.										
Split Pea with Ham Soup (Medium)	12 fl oz (360 mL)	280	2	0	0	10	1340	46	16	4	20
	CONTAINS SOY, WHEAT.										
Split Pea with Ham Soup (Large)	16 fl oz (480 mL)	370	2	0	0	10	1790	61	22	5	27
	CONTAINS SOY, WHEAT.										
Split Pea with Ham Soup (Small)	8 fl oz (240 mL)	180	1	0	0	5	890	30	11	2	13
	CONTAINS SOY, WHEAT.										
Thai Coconut Curry Soup (Medium)	12 fl oz (360 mL)	170	8	2	0	5	1120	22	2	6	5
	CONTAINS: MILK, WHEAT, SOY, TREE NUTS (COCONUT).										
Thai Coconut Curry Soup (Large)	16 fl oz (480 mL)	230	10	3	0	5	1490	29	3	8	6
	CONTAINS: MILK, WHEAT, SOY, TREE NUTS (COCONUT).										
Thai Coconut Curry Soup (Small)	8 fl oz (240 mL)	110	5	1	0	5	740	14	1	4	3
	CONTAINS: MILK, WHEAT, SOY, TREE NUTS (COCONUT).										
Tomato Basil Bisque (Medium)	12 fl oz (360 mL)	220	9	6	0	30	540	29	4	16	7
	CONTAINS MILK, WHEAT.										
Tomato Basil Bisque (Large)	16 fl oz (480 mL)	300	12	8	0	40	720	39	5	22	10
	CONTAINS MILK, 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)
Tomato Basil Bisque (Small)	8 fl oz (240 mL)	150	6	4	0	20	360	19	3	11	5
	CONTAINS MILK, WHEAT.										
Tomato Cheddar Soup (Medium)	12 fl oz (360 mL)	260	17	6	0	30	1140	19	2	7	9
	CONTAINS MILK, WHEAT.										
Tomato Cheddar Soup (Large)	16 fl oz (480 mL)	340	22	8	0	40	1510	25	3	10	12
	CONTAINS MILK, WHEAT.										
Tomato Cheddar Soup (Small)	8 fl oz (240 mL)	170	11	4	0	20	760	12	1	5	6
	CONTAINS MILK, WHEAT.										
Tomato Florentine Soup (Medium)	12 fl oz (360 mL)	140	3	1	0	5	1090	20	3	6	7
	CONTAINS EGG, MILK, SOY, WHEAT.										
Tomato Florentine Soup (Large)	16 fl oz (480 mL)	180	5	2	0	10	1460	26	4	8	9
	CONTAINS EGG, MILK, SOY, WHEAT.										
Tomato Florentine Soup (Small)	8 fl oz (240 mL)	90	2	1	0	5	730	13	2	4	4
	CONTAINS EGG, MILK, SOY, WHEAT.										
Tomato Rice Soup (Medium)	12 fl oz (360 mL)	120	1	0	0	0	290	25	2	6	4
	CONTAINS SOY.										
Tomato Rice Soup (Large)	16 fl oz (480 mL)	170	2	0	0	0	390	33	3	8	5
	CONTAINS SOY.										
Tomato Rice Soup (Small)	8 fl oz (240 mL)	80	1	0	0	0	200	17	2	4	3
	CONTAINS SOY.										
Tuscan Vegetable Soup (Medium)	12 fl oz (360 mL)	180	5	2	0	10	1260	24	3	3	7
	CONTAINS MILK, SOY, WHEAT, EGG.										
Tuscan Vegetable Soup (Large)	16 fl oz (480 mL)	230	7	3	0	15	1690	33	4	5	10
	CONTAINS MILK, SOY, WHEAT, EGG.										
Tuscan Vegetable Soup (Small)	8 fl oz (240 mL)	120	4	2	0	5	840	16	2	2	5
	CONTAINS MILK, SOY, WHEAT, EGG.										
Tuscan White Bean Soup (Small)	8 fl oz (240 mL)	120	3	0	0	0	830	19	4	4	5
	CONTAINS: SOY.										
Tuscan White Bean Soup (Large)	16 fl oz (480 mL)	240	5	1	0	5	1660	37	8	8	11
	CONTAINS: SOY.										
Tuscan White Bean Soup (Medium)	12 fl oz (360 mL)	180	4	1	0	5	1240	28	6	6	8
	CONTAINS: SOY.										
Vegetable Beef Barley Soup (Medium)	12 fl oz (360 mL)	150	3	2	0	25	1070	22	4	4	9
	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 (Large)	16 fl oz (480 mL)	200	4	2	0	30	1430	29	6	5	13
	CONTAINS WHEAT, SOY, MILK.										
Vegetable Beef Barley Soup (Small)	8 fl oz (240 mL)	100	2	1	0	15	710	15	3	2	6
	CONTAINS WHEAT, SOY, MILK.										
Vegetarian Chili (Medium)	12 fl oz (360 mL)	240	3	0	0	0	1070	43	22	4	13
Vegetarian Chili (Large)	16 fl oz (480 mL)	320	4	0	0	0	1420	57	29	6	17
Vegetarian Chili (Small)	8 fl oz (240 mL)	160	2	0	0	0	710	29	15	3	9
Vegetarian Lentil Soup (Medium)	12 fl oz (360 mL)	190	2	0	0	0	1320	33	12	4	10
Vegetarian Lentil Soup (Large)	16 fl oz (480 mL)	250	2	0	0	0	1760	45	16	6	13
Vegetarian Lentil Soup (Small)	8 fl oz (240 mL)	130	1	0	0	0	880	22	8	3	7
Vegetarian Minestrone Soup (Medium)	12 fl oz (360 mL)	120	2	0	0	0	1220	22	5	6	5
	CONTAINS WHEAT, EGG.										
Vegetarian Minestrone Soup (Large)	16 fl oz (480 mL)	170	3	0	0	0	1620	29	6	8	7
	CONTAINS WHEAT, EGG.										
Vegetarian Minestrone Soup (Small)	8 fl oz (240 mL)	80	1	0	0	0	810	15	3	4	3
	CONTAINS WHEAT, EGG.										
Wild Mushroom Bisque (Medium)	12 fl oz (360 mL)	200	10	2	0	10	1080	24	2	6	5
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Wild Mushroom Bisque (Large)	16 fl oz (480 mL)	260	13	3	0	15	1450	32	3	8	7
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Wild Mushroom Bisque (Small)	8 fl oz (240 mL)	130	7	2	0	5	720	16	2	4	3
	CONTAINS MILK, SOY, WHEAT, SULFITES.										

I Specialty Soups

	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 (480 mL)	400	13	5	0	60	1530	47	4	22	25
	CONTAINS: SOY, WHEAT, MILK.										
BBQ Chicken and Beef Stew (Medium)	12 fl oz (360 mL)	300	10	4	0	45	1150	35	3	16	19
	CONTAINS: SOY, WHEAT, MILK.										
BBQ Chicken and Beef Stew (Small)	8 fl oz (240 mL)	200	7	3	0	30	770	24	2	11	13
	CONTAINS: SOY, WHEAT, MILK.										
Beef and Vegetable Stew (Medium)	12 fl oz (360 mL)	330	17	3	0	60	1160	27	3	5	20
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Beef and Vegetable Stew (Large)	16 fl oz (480 mL)	450	23	4	0	75	1550	36	4	6	26
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Beef and Vegetable Stew (Small)	8 fl oz (240 mL)	220	11	2	0	40	780	18	2	3	13
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Beef Chili (Large)	16 fl oz (480mL)	400	17	5	1	55	1480	37	9	10	24
Beef Chili (Medium)	12 fl oz (360mL)	300	13	4	0.5	40	1110	28	7	7	18
Beef Chili (Small)	8 fl oz (240mL)	200	9	3	0	25	740	19	4	5	12
Chicken and Vegetable Stew (Medium)	12 fl oz (360 mL)	310	18	5	0	40	1000	27	3	5	12
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Chicken and Vegetable Stew (Large)	16 fl oz (480 mL)	410	24	6	0	55	1330	36	4	6	15
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Chicken and Vegetable Stew (Small)	8 fl oz (240 mL)	210	12	3	0	30	670	18	2	3	8
	CONTAINS MILK, SOY, WHEAT, SULFITES.										
Chicken Pot Pie (Medium)	12 fl oz (360 ml)	370	22	10	0.5	90	1020	26	3	7	15
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Chicken Pot Pie (Large)	16 fl oz (480 ml)	490	29	13	1	120	1360	35	4	9	20
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Chicken Pot Pie (Small)	8 fl oz (240 ml)	240	14	7	0	60	680	18	2	5	10
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Lobster Bisque (Large)	16 fl oz. (480 mL)	540	39	24	1.5	155	1830	32	0	11	11
	CONTAINS: MILK, SHELLFISH (LOBSTER), SOY, WHEAT, SULFITES.										
Lobster Bisque (Medium)	12 fl oz. (360 mL)	390	28	17	1	115	1340	23	0	8	8
	CONTAINS: MILK, SHELLFISH (LOBSTER), SOY, WHEAT, SULFITES.										

I Specialty 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)
Lobster Bisque (Small)	8 fl oz. (240 mL)	260	19	12	0.5	75	890	16	0	5	5
	CONTAINS: MILK, SHELLFISH (LOBSTER), SOY, WHEAT, SULFITES.										
Macaroni and Cheese (Medium)	12 fl oz (360 mL)	540	31	20	0.5	115	1500	39	2	5	22
	CONTAINS: MILK, WHEAT, SOY, EGG.										
Macaroni and Cheese (Large)	16 fl oz (480 mL)	720	42	26	1	155	2000	52	2	6	29
	CONTAINS: MILK, WHEAT, SOY, EGG.										
Macaroni and Cheese (Small)	8 fl oz (240 mL)	360	21	13	0	75	1000	26	1	3	15
	CONTAINS: MILK, WHEAT, SOY, EGG.										

I Dressings

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Balsamic Vinaigrette Dressing	2 oz (57g)	120	9	2	0	0	360	8	0	8	0
	CONTAINS SOY.										
Blue Cheese Dressing	2 oz (57g)	310	33	6	0	15	460	2	0	2	2
	CONTAINS MILK, EGGS, SOY.										
Caesar Dressing	2 oz (57g)	270	28	5	0	15	370	4	0	2	1
	CONTAINS: MILK, EGGS, FISH (ANCHOVIES), SOY, WHEAT										
Fat Free Raspberry Vinaigrette	2 oz (57g)	50	0	0	0	0	190	12	0	12	0
Fat Free Sun Dried Tomato Vinaigrette	2 oz (57g)	110	0	0	0	0	430	28	0	16	0
Feta Vinaigrette	2 oz (57g)	160	16	3	0	5	500	3	0	2	1
	CONTAINS: MILK, SOY.										
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.										

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)
Sesame Ginger Dressing	2 oz (57g)	230	20	3	0	0	680	12	0	11	1
	CONTAINS WHEAT, SOY, SESAME.										
Thai Peanut Dressing	2 oz (57g)	160	8	1	0	0	740	20	0	17	2
	CONTAINS: WHEAT, SOY, TREE NUTS (HAZELNUTS), PEANUTS, SESAME.										

I Spreads

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

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)
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 (113g)	130	2	0	0	65	300	0	0	0	28
	CONTAINS SOY.										
Bacon	1 Portion .7 oz. (19g)	90	6	2	0	20	330	0	0	0	7
Bagged Croutons	2.25 oz (64 g)	190	6	1	0	0	310	29	1	1	5
	CONTAINS WHEAT, SOY, MILK.										
Brie Cheese	1.5 oz (43g)	170	15	9	1	55	320	1	1	0	7
	CONTAINS MILK.										
Cheddar Cheese	2 Slices - 1.5 oz (43g)	160	13	7	0	45	270	1	0	0	10
	CONTAINS MILK.										
Feta Cheese	1 oz. (28g)	80	6	4	0	20	320	1	0	0	5
	CONTAINS: MILK.										
Goat Cheese	1 oz (28g)	45	4	2	0	20	110	1	0	1	3
	CONTAINS MILK.										
Gorgonzola Cheese	1 portion - 2 oz (57g)	200	16	12	0	50	770	2	0	0	12
	CONTAINS MILK.										
Granola Topping	2 oz (57 g)	230	8	1	0	0	75	37	3	11	5
	CONTAINS SULFITES.										
Guacamole	1 oz. (28 g)	50	5	1	0	0	115	2	2	0	0
Ham	1 portion - 3.7 oz (105 g)	100	3	1	0	45	1090	1	0	1	17
Mozzarella Cheese	2 oz (57g)	120	9	6	0	35	105	0	0	0	9
	CONTAINS MILK.										
Pastrami	1 portion - 3.7 oz (105 g)	140	5	2	0	55	910	1	0	0	21
Roast Beef	1 portion 3.7 oz (105g)	110	3	1	0	55	400	0	0	0	22

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)
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)	180	11	2	0	45	430	3	1	2	18
	CONTAINS: FISH (TUNA), EGGS, SOY.										
Turkey Breast	1 portion - 3.7 oz (105g)	90	1	0	0	40	650	1	0	0	20

I New Items

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate and Crème Torsade	2.4 oz (68g)	250	12	7	0	30	220	30	1	9	4
	CONTAINS: EGGS, WHEAT, MILK, SOY, SULFITES.										
Double Chocolate Cupcake	3.2 oz. (90g)	320	13	6	0	30	250	49	2	34	4
	CONTAINS: EGG, MILK, SOY, WHEAT. THIS PRODUCT IS PROCESSED IN A PLANT THAT MANUFACTURES PRODUCTS WITH PEANUTS AND TREE NUTS (ALMONDS, COCONUT, HAZELNUTS, MACADAMIAS, PECANS, PISTACHIOS, WALNUTS).										
French Vanilla Cupcake	2.8 oz. (80g)	350	17	7	0	55	220	43	0	33	3
	CONTAINS: EGG, MILK, SOY, WHEAT, SULFITES. THIS PRODUCT IS PROCESSED IN A PLANT THAT MANUFACTURES PRODUCTS WITH PEANUTS AND TREE NUTS (ALMONDS, COCONUT, HAZELNUTS, MACADAMIAS, PECANS, PISTACHIOS, WALNUTS).										
Golden Raisin and Crème Torsade	2.4 oz (68g)	240	11	7	0	30	210	32	1	11	4
	CONTAINS: EGGS, WHEAT, MILK, SOY, SULFITES.										
Red Velvet Cupcake	3.1 oz. (89g)	400	22	7	0	35	290	46	1	36	3
	CONTAINS EGG, MILK, SOY, WHEAT. THIS PRODUCT IS PROCESSED IN A PLANT THAT MANUFACTURES PRODUCTS WITH PEANUTS AND TREE NUTS (ALMONDS, COCONUT, HAZELNUTS, MACADAMIAS, PECANS, PISTACHIOS, WALNUTS).										
Santa Fe Turkey Sandwich	13.8 oz. (392g)	680	25	11	0	100	2060	70	5	4	42
	CONTAINS: WHEAT, SOY, EGGS, MILK.										
Turkey, Egg and Cheddar on a Skinny Bagel	7.4 oz (210 g)	380	21	9	0	425	830	23	4	2	30
	CONTAINS: EGGS, WHEAT, SOY, MILK.										