



Nutritional Values: (% based on 2000 calorie diet)

Sandwiches

	Serving size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Sandwiches																
B L T	207	499	227	25	6	40	1400	190	48	2	6	18	20	20	6	15
California Turkey	312	490	240	26	7	65	1540	1040	34	7	5	35	20	20	30	10
Chicken Caprese	337	769	263	29	9	120	1340	440	70	3	4	56	20	10	50	15
Chicken Salad	266	466	151	17	2	80	1010	270	46	3	n/a	33	20	20	10	20
Club Sandwich	311	630	250	28	10	85	2060	540	59	3	8	39	20	10	40	10
Crispy Pollo Parm	326	857	368	41	12	60	2040	140	80	5	6	43	15	4	70	15
Egg Salad (wheat)	187	362	145	16	3	235	740	90	41	2	6	14	8	n/a	10	15
Franita	313	460	70	8	1	50	1640	630	71	3	5	31	25	10	4	20
Godfather	413	830	400	44	15	105	3320	610	72	3	3	34	25	15	25	25
Ham & Swiss (wheat)	263	477	217	24	9	90	2000	460	36	2	10	29	20	10	30	10
Mexicali	334	778	364	40	11	115	1130	370	53	8	1	50	25	10	25	20
Oven Roasted Turkey	250	335	102	11	1	30	1160	n/a	41	3	7	18	15	15	8	10
Penny's Pig	329	850	400	44	14	60	2550	290	70	3	6	41	30	15	15	30
Spicy Pimiento	198	724	436	48	11	45	1140	0	54	6	8	19	10	25	30	10
Tuna Melt	345	520	150	17	7	55	1110	380	65	4	12	29	60	25	40	25
Tuna Salad	288	425	131	14	1.5	30	1310	240	50	4	9	24	70	25	10	20
Tuscan Chicken	425	1021	325	36	11	110	1460	400	112	3	19	60	60	50	30	50

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Wraps

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Toasted Wraps																
Bahama Mama	350	681	227	25	13	135	1650	380	63	3	6	47	35	90	60	30
Bellissimo	391	665	287	32	9	35	1500	720	63	8	5	29	90	80	60	25
Florentine	346	690	260	29	11	120	1200	490	56	5	5	49	50	20	45	30
Little Red Rooster	325	740	300	33	12	100	1990	480	66	3	4	42	30	15	50	25
Cold & GNG Wraps																
Caesar Chicken	240	648	277	31	7	90	1250	430	51	3	5	39	35	2	30	25
Cajun Chicken	317	630	220	24	7	90	1450	400	57	3	2	39	30	90	30	25
Ginger Chicken	363	801	358	40	5	70	690	510	69	9	11	38	20	60	15	30
New York Club	276	512	142	16	6	60	2290	370	59	3	4	31	25	10	25	20
Very Veggie	344	670	340	38	13	30	1510	510	64	6	7	22	150	60	60	25

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Salads and Pastas

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Salads - does not include roll																
Blue Cobb	364	607	413	46	12	120	990	700	10	2	6	38	25	15	20	10
Caesar	195	564	410	46	11	45	1390	300	23	3	4	15	150	6	40	15
Cajun Chicken	392	611	379	42	15	150	1200	630	12	2	4	47	150	100	45	15
Cajun Crunch	351	1112	800	89	20	170	1870	770	29	7	3	53	140	6	50	20
Chicken Salad Plate	352	666	423	47	6	45	1190	570	38	3	11	22	40	40	8	15
Garden Salad	326	230	160	17	4	10	440	600	18	4	8	4	330	35	8	8
Kale Yeah	328	689	268	30	10	25	1040	550	88	8	45	23	210	90	20	30
Mandarin Salad	319	620	364	40	5	n/a	740	640	50	8	20	16	25	70	15	20
Mozzabella	397	668	519	58	12	30	1380	790	20	6	11	21	35	60	45	10
Raspberry Fields	276	534	261	29	8	25	1050	660	60	5	42	14	110	10	25	10
Red White & Blue	383	760	600	66	15	25	790	590	25	8	13	21	140	80	20	20
Resolution Salad	414	520	314	35	5	70	550	920	19	5	11	33	160	70	10	15
Southwest Salad	435	547	309	34	13	70	840	750	42	9	10	25	35	30	45	10
Spinach	274	643	469	52	10	205	960	810	18	5	8	26	170	40	15	25
The Chef	430	732	444	49	20	255	5980	630	34	3	8	41	30	10	60	20
Fresh Mozzarella & Tomato	215	497	359	40	13	45	990	260	10	<1	6	23	30	15	60	4
Tuna Salad Plate	352	626	410	46	6	20	1330	520	40	3	13	14	70	40	6	15
Chicken Portion	85	151	39	4.5	1	70	60	220	<1	0	0	26	2	0	2	8
Pastas - does not include roll																
Balsamic Chicken	439	855	329	37	10	90	890	440	77	5	6	49	10	10	40	25
Caesar Chicken	415	931	420	47	11	110	1140	410	74	5	3	50	35	2	40	30
Cajun Chicken	477	776	255	28	5	100	1110	520	77	5	5	45	20	90	10	25
Chef	572	817	283	31	10	230	1280	620	93	6	9	40	110	15	30	25
Southwest	591	936	329	37	14	70	830	720	117	13	9	39	25	25	45	30

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Small Salads

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Salads - does not include roll																
Small Blue Cobb	253	495	374	42	11	80	840	450	8	2	5	23	15	10	20	8
Small Caesar	145	497	381	42	10	40	1210	190	18	2	3	12	80	4	30	10
Small Cajun Crunch	213	671	477	53	11	95	1220	410	23	4	2	27	90	4	25	10
Small Garden	198	200	150	17	4	10	410	310	12	2	5	3	170	20	4	4
Small Kale Yeah	212	485	200	22	6	15	830	380	61	5	33	15	120	45	10	20
Small Mandarin	215	496	297	33	4.5	0	660	380	40	5	18	10	15	50	8	15
Small Mozzarella	248	499	408	45	8	15	930	430	13	4	8	11	20	45	25	8
Small Raspberry Fields	206	433	200	22	7	20	960	470	52	3	36	11	80	6	20	8
Small Red White & Blue	298	610	490	54	12	20	720	440	19	6	10	16	100	60	15	15
Small Resolution	243	375	259	29	4.5	35	490	470	12	3	7	16	80	35	4	10
Small Spinach	194	426	312	35	7	110	820	700	12	3	6	16	140	35	10	20

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Dressings & Spreads

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
*** All portions are 2oz unless noted																
Artichoke Parmesan (1oz)	28	59	43	5	1	5	260	15	3	n/a	1	1	2	n/a	4	2
Balsamic Glaze (1oz)	28	60	n/a	n/a	n/a	n/a	5	n/a	13	n/a	11	n/a	n/a	n/a	n/a	n/a
Balsamic Vinaigrette	57	227	204	23	4	n/a	430	n/a	4	n/a	4	n/a	n/a	n/a	n/a	n/a
Basil Pesto (1oz)	28	94	84	9	1.5	5	190	n/a	<1	n/a	n	2	8	4	8	2
Blue Cheese	57	274	261	29	4.5	20	360	50	3	n/a	2	<1	2	2	2	n/a
Caesar	57	246	221	25	4.5	20	720	n/a	4	n/a	2	4	n/a	n/a	10	n/a
Cajun Ranch	57	160	150	16	3.5	10	550	n/a	5	n/a	2	2	n/a	n/a	n/a	n/a
Chipotle Mayonnaise (1oz)	28	182	182	20	3	10	240	n/a	2	n/a	n	n/a	n/a	n/a	n/a	n/a
Cilantro Lime Vinaigrette	57	71	24	2.5	n/a	n/a	250	n/a	12	n/a	11	n/a	n/a	n/a	n/a	n/a
Creamy Dill Spread (1oz)	28	141	135	15	2.5	n/a	370	5	3	n/a	3	n/a	n/a	n/a	n/a	n/a
Honey Mustard	57	227	153	17	3	20	470	n/a	17	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Jerk Sauce (1oz)	28	30	n/a	n/a	n/a	n/a	610	n/a	7	n/a	5	n/a	4	n/a	n/a	2
Mayonnaise (1oz)	28	202	200	22	3	20	150	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Raspberry Vinaigrette	57	66	n/a	n/a	n/a	n/a	150	n/a	15	n/a	13	n/a	n/a	n/a	n/a	n/a
Buttermilk Ranch	57	260	240	27	4	20	370	n/a	3	n/a	2	1	n/a	n/a	n/a	n/a
Sesame Ginger Vinaigrette	57	206	124	14	2.5	n/a	430	n/a	17	n/a	14	n/a	n/a	n/a	n/a	n/a
White Balsamic Shallot	57	228	190	21	4	n/a	323	n/a	8	n/a	6	n/a	4	n/a	n/a	n/a

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Burgers, Chicken & Quesadillas

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Burgers																
Angus Beef Burger	333	798	104	45	16	165	890	810	44	2	10	52	25	10	30	35
Blue Cheese Beef	412	940	560	62	24	185	1120	790	44	2	10	48	20	10	25	35
Blue Cheese Turkey	362	850	390	43	14	230	1240	840	46	2	12	69	20	10	25	30
Chipotle Jack Beef	381	1000	600	67	25	200	1460	700	43	2	9	51	20	8	20	35
Chipotle Jack Turkey	331	900	430	48	15	240	1580	740	44	2	10	72	25	10	25	30
Mello-Bella	296	499	187	21	8	30	770	590	61	6	11	23	70	20	45	30
Turkey Burger	344	736	340	38	11	165	1060	650	48	2	13	50	25	15	30	25
Grilled Chicken																
Kitchen Club	339	716	236	26	8	145	1230	740	57	5	8	61	20	10	25	35
Mediterranean Chicken	374	761	254	28	12	140	1040	540	59	5	13	64	25	50	25	40
Santa Fe	344	729	262	29	9	150	1120	450	53	3	2	61	20	10	20	30
Quesadillas - does not include salsa or sour cream																
Fiesta Fresco	497	1180	617	69	27	200	2640	650	74	8	2	67	50	15	110	35
Quatro Queso	274	976	561	62	35	175	1880	180	52	2	4	51	40	n/a	140	20
Spinach & Mushroom	321	776	412	46	22	120	1890	540	54	4	6	39	80	15	90	25

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Soups

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Soups - Fluid oz, does not include roll																
Broccoli Cheese (bowl)	283	205	123	14	8	45	1460	n/a	12	2	3	10	30	270	15	4
Broccoli Cheese (cup)	170	123	74	8	5	25	870	n/a	7	1	2	6	20	160	10	2
Butternut Squash (bowl)	283	313	191	21	11	50	450	n/a	31	3	13	3	225	50	10	8
Butternut Squash (cup)	170	188	115	13	7	30	270	n/a	19	2	8	2	135	30	6	5
Chicken Gumbo (bowl)	283	154	32	4	1	10	1170	n/a	21	2	3	9	25	25	6	2
Chicken Gumbo (cup)	170	92	19	2	<1	5	700	n/a	13	1	2	6	15	15	4	2
Chicken Noodle (bowl)	283	116	26	3	1	30	1040	n/a	21	1	1	6	8	2	2	8
Chicken Noodle (cup)	170	69	16	2	<1	15	620	n/a	12	<1	<1	3	4	2	2	4
Corn Chowder (bowl)	283	375	113	13	5	38	1700	n/a	53	5	10	15	5	0	10	5
Corn Chowder (cup)	170	225	68	8	3	23	1020	n/a	32	3	6	9	3	0	6	3
Garden Vegetable (bowl)	283	83	4	0	0	0	770	n/a	16	3	4	4	35	20	0	8
Garden Vegetable (cup)	170	62	3	0	0	0	580	n/a	12	2	3	3	30	15	0	6
Loaded Baked Potato (bowl)	283	325	163	19	9	56	913	n/a	28	1	5	8	8	13	19	3
Loaded Baked Potato (cup)	170	195	97	11	5	34	548	n/a	17	<1	3	5	5	8	11	2
Red Pepper Gouda (bowl)	283	388	259	29	11	50	1125	n/a	22	4	16	9	19	8	19	8
Red Pepper Gouda (cup)	170	233	155	17	7	30	675	n/a	13	2	10	5	11	5	11	5
Roasted Garlic Tomato (bowl)	283	275	180	20	11	55	940	n/a	20	2	6	5	25	10	10	6
Roasted Garlic Tomato (cup)	170	165	108	12	7	35	560	n/a	12	1	4	3	15	8	8	4
Turkey Chili (bowl)	283	197	42	5	1	45	660	n/a	22	7	8	18	30	50	8	15
Turkey Chili (cup)	170	118	25	3	<1	30	400	n/a	13	4	5	11	15	30	4	10
Vegetarian Lentil (bowl)	283	150	11	1	n/a	n/a	1000	n/a	25	9	4	7	20	10	2	20
Vegetarian Lentil (cup)	170	90	7	1	n/a	n/a	600	n/a	15	5	2	4	10	6	2	10

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Kids Meals

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Kids Meals - does not include side or drink																
Cheese Quesadilla	180	629	312	35	17	90	1150	150	50	3	2	29	20	0	70	20
Cheese Quesadilla w/Chicken	265	780	351	39	18	160	1210	360	50	3	2	55	20	0	80	25
Mac 'N' Cheese	142	176	71	8	3.5	15	650	0	18	1	2	7	8	0	15	6
P B & J (peanut butter and Jelly)	159	563	211	23	4.5	0	670	300	76	4	30	17	0	2	6	15
Deli Ham	145	361	116	13	7	50	1210	150	41	<1	6	19	6	0	25	15
Deli Turkey	145	352	103	11	6	45	1020	30	40	<1	4	21	6	0	25	15
Grilled Cheese	126	414	179	20	11	55	780	50	39	<1	4	19	10	0	40	15
Grilled Cheese w/Ham	169	461	193	21	12	75	1350	170	41	<1	7	25	10	0	40	15
Chicken Tenders (includes Honey Mustard)	170	431	216	24	4	50	1070	0	37	1	n/a	15	0	0	0	20
Kids Brunch items - Rivergate location only																
Kids French Toast (includes syrup and powdered sugar)	247	545	86	10	2.5	295	600	170	99	1	n/a	17	10	0	15	20
Kids Omelet	140	348	239	27	13	415	470	100	2	n	n/a	26	25	0	45	8
Kids Pancakes (includes butter and syrup)	170	535	225	25	15	70	690	180	76	1	n/a	4	15	0	10	10
Kids Blueberry Pancakes (includes butter and svrup)	204	552	227	25	15	70	690	200	80	2	n/a	4	15	2	10	10

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Smoothies

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Strawberry Banana Bomb	492	204	12	1.5	0.5	<5	50	530	46	3	37	4	2	110	15	4
Berry Berry Blast	475	177	12	1.5	0.5	<5	50	370	39	2	34	4	2	110	15	4
The Green Smoothie	331	395	63	7	1	n/a	110	600	75	5	47	13	70	30	25	4

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Sides

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Just Fresh Homemade Sides - 1 side cup																
Quinoa Salad	170	195	59	7	0	0	90	150	56	7	5	13	30	4	6	20
Cucumber Dill Pasta	106	283	65	7	1	0	290	210	47	2	3	8	4	6	2	10
Green Pea Salad	170	286	148	16	4.5	20	620	150	27	6	9	9	20	20	10	10
Fresh Cut Fruit	120	50	2	0	0	0	15	260	13	1	11	<1	30	60	2	2
French Fries	227	374	84	9	1.5	n/a	65	750	53	5	n/a	5	n/a	15	n/a	6
Sweet Potato Fries	227	485	204	23	2.5	n/a	540	590	68	9	18	4	430	25	6	6
Mac 'N' Cheese Cup	142	176	71	8	3.5	15	650	0	18	1	2	7	8	0	15	6
Mac 'N' Cheese Bowl	255	316	129	14	6	30	1160	0	33	2	4	13	15	0	25	10

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Nutritional Values: (% based on 2000 calorie diet)

Minis

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
1-Mini Sandwich																
Fresh Mozzarella and Tomato	100	231	106	12	4	15	490	80	21	1	3	11	8	10	25	8
Ham and Swiss	89	220	78	9	3	35	620	95	23	<1	n/a	12	2	4	10	6
Roast Beef and Cheddar	163	325	131	14	5	65	820	50	23	1	3	25	4	15	15	8
Pimiento Cheese	64	179	74	8	4	20	300	25	20	<1	1	8	6	10	15	8
Salami and Provolone	89	237	105	12	5	35	1040	135	19	<1	n/a	13	2	4	10	6
Turkey and Artichoke	78	146	29	3	0.5	15	540	5	21	1	1	9	2	8	4	8
Chicken Salad	78	161	38	4	0.5	25	360	95	20	1	1	11	2	8	4	10
Tuna Salad	78	141	31	3.5	0	10	440	70	21	1	2	8	15	10	2	10

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Nutritional Values: (% based on 2000 calorie diet)

Breakfast and Brunch Items

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Toasted Wraps																
* Oatmeal (cup)	142	177	16	2	0	0	10	200	39	2	22	3	0	0	4	8
* Oatmeal (bowl)	283	277	35	4	1	0	15	300	56	5	23	7	0	0	4	15
Grits (cup)	113	81	5	0.5	0	0	0	30	17	<1	0	2	0	0	0	4
Grits (bowl)	255	181	11	1	0	0	5	70	38	2	0	4	0	0	0	8
Fresh Start Wrap	323	475	122	13	4.5	15	720	340	57	6	0	28	70	110	25	20
Sausage and Cheddar Wrap	194	554	300	33	13	325	910	300	37	2	1	25	15	0	30	20
Five Pointer Wrap	218	491	224	25	9	310	1290	380	41	3	4	25	20	40	30	20
Huevos Wrap	255	470	180	21	9	370	770	320	46	5	2	24	20	4	30	20
Rise & Shine	213	393	198	22	7	215	760	170	27	5	2	23	10	20	10	15
CYO Sandwich	240	614	220	24	10	320	1190	190	66	2	1	34	15	0	30	10
Eggs Benedict	303	562	275	31	11	485	1470	300	42	1	3	31	20	2	10	15
French Toast (includes Syrup)	341	721	129	14	4	445	880	240	124	2	n/a	25	20	0	20	30
Pancakes (includes Butter and Syrup)	340	836	260	29	16	85	1670	450	133	3	n/a	12	15	2	30	20
Blueberry Pancakes (same as above)	386	859	263	29	16	85	1670	480	139	4	n/a	13	15	4	30	25
Western Omelet	266	416	249	28	10	760	820	330	6	<1	1	36	35	20	30	15

* Includes Brown Sugar and Raisins

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Nutritional Values: (% based on 2000 calorie diet)

Baked Items and Desserts

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Cookies																
Chocolate Chunk	85	370	153	17	8	20	280	n/a	51	2	31	4	4	0	2	10
Sugar	81	370	180	17	8	30	340	n/a	49	1	27	4	2	0	0	8
Peanut Butter	81	400	220	25	9	35	310	n/a	39	2	25	8	2	0	2	6
Oatmeal Raisin	81	330	140	16	7	25	220	n/a	45	2	25	4	2	0	2	10
Toffee	81	380	180	20	10	30	300	105	45	2	28	5	2	0	4	8
Muffins & Scones																
Glorious Morning	118	460	236	26	5	53	472	n/a	51	3	25	6	45	20	4	8
Cranberry Orange	118	342	130	14	3	41	318	n/a	48	2	28	4	n/a	8	2	6
Bran	118	320	100	10	2	n/a	380	190	58	4	30	6	n/a	n/a	2	10
Lemon Poppyseed	118	400	160	18	4	60	520	110	54	2	28	6	2	0	4	10
Blueberry	118	332	80	9	2	21	319	n/a	57	2	30	5	n/a	n/a	4	6
Banana Nut	118	420	160	18	4	50	440	n/a	48	2	26	6	n/a	n/a	n/a	6
English Muffin	57	130	5	0.5	0	0	180	n/a	26	1	3	5	10	0	10	8
Scone (assorted flavors)	106	410	171	19	11	n	310	0	60	1	23	5	0	0	4	10
Bagels & Croissants																
Plain Bagel	142	380	14	1.5	0.5	0	830	n/a	77	3	3	15	0	15	15	25
Everything Bagel	142	390	32	3.5	0.5	0	1690	n/a	75	4	3	15	0	15	20	30
Wheat Bagel	142	370	18	2	0.5	0	820	n/a	74	4	2	15	0	15	25	25
Cinnamon Raisin Bagel	113	330	9	1	0	0	580	n/a	69	3	14	11	0	0	2	20
Butter Croissant	85	330	135	15	9	35	390	n/a	41	1	6	7	10	0	2	10
Chocolate Croissant	88	380	180	20	11	5	530	n/a	44	2	19	8	10	0	8	15
Strawberry Croissant	96	330	135	15	9	30	380	n/a	44	1	13	6	10	0	2	10
Cinnamon Roll	140	385	115	13	5	20	820	n/a	59	3	11	11	0	0	25	20
Yogurt Parfaits and Banana Pudding																
12oz Vanilla Yogurt Parfait	352	488	76	8	3.5	15	390	790	87	6	42	21	25	20	50	15
12oz Strawberry Yogurt Parfait	352	588	65	7	3	10	360	690	118	6	73	19	25	20	40	0.5
Banana Pudding (12oz Cup)	327	466	102	11	6	15	780	550	85	2	61	8	8	10	20	4

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Nutritional Values: (% based on 2000 calorie diet)

Limited Time Offers

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Buffalo Chicken Wrap	458	720	250	20	15	125	3690	780	62	5	4	51	250	15	60	70
Fall Harvest Salad	454	1025	595	66	14	125	1150	770	72	8	49	42	8	15	35	15

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Nutritional Values: (% based on 2000 calorie diet)

High Protein Shakes

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Apple Blueberry Pepper	371	433	29	3	1	5	150	380	68	3	25	34	30	45	15	8
Carrot Orange Apple	384	470	21	2.5	1	5	160	430	82	4	38	33	210	35	15	6
Chocolate Banana Espresso	334	468	20	2	0	0	110	470	82	3	29	31	2	10	4	8

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Nutritional Values: (% based on 2000 calorie diet)

Quinoa Bowls

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Fungo	319	1076	553	61	11	15	850	1620	93	15	7	40	35	20	25	70
Macchu	419	1125	537	60	12	95	650	1460	95	16	10	53	20	20	30	45
Sonoran	445	817	203	22	3	65	760	1490	108	17	14	47	10	25	10	45

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