

au bon pain. | Café Menu

I All 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	3.9 oz (111g)	330	7.0	4.5	0	20	580	50	2	4	16
	CONTAINS: MILK, SOY, WHEAT.										
Cinnamon Crisp Bagel	3.9 oz (111g)	370	6.0	3.0	0	0	360	71	3	25	9
	CONTAINS: MILK, SOY, WHEAT.										
Cinnamon Raisin Bagel	3.8 oz (108g)	280	1.0	0.0	0	0	390	60	3	13	10
	CONTAINS: SOY, WHEAT.										
Everything Bagel	3.3 oz (95g)	260	2.0	0.0	0	0	420	52	2	4	10
	CONTAINS: SOY, WHEAT, SESAME.										
Honey 9 Grain Bagel	3.5 oz (100g)	280	2.0	0.0	0	0	420	56	4	5	11
	CONTAINS: SOY, WHEAT, SESAME.										
Jalapeno Cheddar Bagel	3.7 oz (105)	290	8.0	4.5	0	20	540	46	2	4	14
	CONTAINS: MILK, SOY, WHEAT.										
Onion Dill Bagel	3.6 oz (102g)	260	1.0	0.0	0	0	400	53	3	4	10
	CONTAINS: SOY, WHEAT.										
Plain Bagel	3.2 oz (92g)	250	1.0	0.0	0	0	390	51	2	4	10
	CONTAINS: SOY, WHEAT.										
Sesame Seed Bagel	3.3 oz (95g)	270	2.5	0.0	0	0	390	51	2	4	10
	CONTAINS: SOY, WHEAT, SESAME.										
Whole Wheat Skinny Bagel	1.6 oz (45g)	90	1.0	0.0	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)
Brownie Bites	5.1 oz (145g)	600	25.0	8.0	0	100	290	82	2	55	5
	CONTAINS: EGGS, MILK, SOY, WHEAT. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING PEANUTS AND TREE NUTS.										
Chewy Marshmallow Bar	2.1 oz (60g)	250	5.0	3.0	0	15	240	40	0	26	2
	CONTAINS: MILK.										
Chocolate and Crème Torsade	2.1 oz (60g)	230	9.0	6.0	0	20	230	34	2	10	5
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (COCONUT), WHEAT, SULFITES.										
Chocolate Chip Brownie	4 oz (113 g)	440	21.0	6.0	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	2.8 oz (81g)	370	18.0	11.0	0	45	120	54	2	35	3
	CONTAINS: EGGS, MILK, SOY, WHEAT.										

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 Dipped Cranberry Almond Coconut Macaroon	2.4 oz (69g)	290	16.0	13.0	0	0	110	34	2	25	4
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (ALMONDS, COCONUT), WHEAT, SULFITES.										
Chunky Peanut Butter Cookie	2.8 oz (81g)	400	23.0	7.0	0	45	250	41	3	22	10
	CONTAINS: EGGS, MILK, PEANUTS, WHEAT.										
Cinnamon Swirl Roll	5.2 oz (147g)	550	26.0	13.0	0	70	330	76	4	41	6
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Classic Oatmeal Raisin Cookie	2.2 oz (63g)	290	11.0	6.0	0	40	150	46	2	24	4
	CONTAINS: EGGS, MILK, WHEAT.										
Double Chocolate Cupcake	3.2 oz. (90g)	320	13.0	6.0	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).										
Double Chocolate Mudslide Cookie	2.7 oz (76g)	370	19.0	10.0	0	50	170	50	2	32	5
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (WALNUTS), WHEAT.										
Energy Cookie	2.6 oz (74g)	390	25.0	10.0	0	55	220	37	4	22	8
	CONTAINS: EGGS, MILK, SOY, WHEAT, SESAME.										
English Toffee Cookie	2.3 oz (65g)	320	16.0	9.0	0	50	240	42	1	25	4
	CONTAINS: EGG, MILK, SOY, TREE NUTS (ALMONDS, PECANS, WALNUTS), WHEAT.										
Gluten Free Chocolate Chip Brownie	3.5 oz (100g)	420	21.0	4.5	0	85	115	56	1	44	5
	CONTAINS: EGGS, SOY.										
Iced Lemon Pound Cake	4.5 oz (128g)	470	21.0	11.0	0	140	510	66	1	41	6
	CONTAINS: EGG, MILK, SOY, WHEAT. MAY CONTAIN TREE NUTS (WALNUTS).										
Marble Pound Cake	4 oz (114g)	450	24.0	13.0	0	150	560	54	1	30	7
	CONTAINS: EGG, MILK, SOY, WHEAT. MAY CONTAIN TREE NUTS (WALNUTS)										
Mini Chocolate Chip Cookies	4.3 oz (121g)	560	27.0	16.0	0	70	180	81	3	52	5
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Palmier	2.6 oz (73g)	380	20.0	12.0	0	50	320	46	1	14	5
	CONTAINS: MILK, WHEAT. MAY CONTAIN EGGS, SOY.										
Pecan Roll	6 oz (175g)	740	42.0	18.0	0	75	370	86	5	48	7
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (PECANS), WHEAT.										
Red Velvet Cookie	2.6 oz (74g)	380	18.0	12.0	0	55	240	51	0	32	5
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Red Velvet Cupcake	3.1 oz. (89g)	400	22.0	7.0	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).										
Strawberry Bon Tart	3.5 oz (101g)	410	16.0	8.0	0	20	240	61	1	34	4
	CONTAINS: MILK, WHEAT.										

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)
White Chocolate Macadamia Cookie	2.2 oz (64g)	330	19.0	8.0	0	40	190	40	1	24	4
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (MACADAMIA), WHEAT.										

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	4.1 oz (115g)	500	31.0	13.0	0.5	110	390	47	3	16	11
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (ALMONDS), WHEAT.										
Apple and Cinnamon Croissant	3.6 oz (103g)	240	8.0	4.5	0	30	290	38	2	17	5
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Bacon & Cheddar Kolache	3 oz (85g)	350	22.0	11.0	0	65	420	27	1	4	11
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Chocolate Croissant	3.9 oz (110g)	470	25.0	16.0	0	75	380	55	3	25	8
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Ham and Cheese Croissant	3.8 oz. (108g)	380	20.0	10.0	0	50	540	32	1	5	16
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Plain Croissant	2.4 oz (67g)	280	16.0	9.0	0	65	320	28	1	4	6
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Raspberry Cheese Croissant	4 oz (115g)	360	16.0	9.0	0	55	280	48	2	20	6
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Spinach and Cheese Croissant	3.4 oz (98g)	330	19.0	11.0	0	70	420	32	1	5	7
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Sweet Cheese CroisBun	5.1 oz (146g)	510	29.0	17.0	1	120	510	53	1	28	10
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Sweet Cheese Croissant	3.7 (104g)	410	22.0	13.0	0.5	95	420	46	1	22	8
	CONTAINS: EGGS, MILK, SOY, WHEAT.										

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	4.7 oz (135g)	370	15.0	9.0	0	60	350	51	3	20	7
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Sweet Cheese Danish	4.7 oz (133g)	440	21.0	12.0	0	90	410	56	2	26	9
	CONTAINS: EGGS, MILK, SOY, WHEAT.										

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)
Banana Walnut Muffin	4.7 OZ (135g)	540	28.0	5.0	0	100	310	64	3	32	8
	CONTAINS: EGGS, MILK, TREE NUTS (WALNUT), WHEAT. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO PEANUTS AND OTHER TREE NUTS (COCONUT, PECAN).										
Blueberry Muffin	4.9 oz (138g)	480	25.0	4.5	0	85	330	59	1	34	6
	CONTAINS: EGGS, MILK, SOY, WHEAT. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO PEANUTS, TREE NUTS (COCONUT, PECAN, WALNUT).										
Corn Muffin	4.7 oz (133g)	470	22.0	4.0	0	85	290	62	1	28	7
	CONTAINS: EGGS, MILK, SOY, WHEAT. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO PEANUTS, TREE NUTS (COCONUT, PECAN, WALNUT).										
Double Chocolate Chunk Muffin	4.7 oz (133g)	580	30.0	8.0	0	90	320	66	2	41	8
	CONTAINS: EGGS, MILK, SOY, WHEAT. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO PEANUTS, TREE NUTS (COCONUT, PECAN, WALNUT).										
Raisin Bran Muffin	4.7 oz (133g)	430	12.0	2.5	0	100	350	75	7	31	10
	CONTAINS: EGGS, SOY, WHEAT. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO PEANUTS, TREE NUTS (COCONUT, PECANS, WALNUTS).										

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)
Berry Pomegranate Smoothie	16 fl oz (480 mL)	270	0.0	0.0	0	5	30	62	3	52	6
	CONTAINS: MILK.										
Berry Sensation Yogurt Smoothie	16 fl oz (480 mL)	280	0.5	0.0	0	5	45	63	5	49	8
	CONTAINS: MILK.										
Fresh Fruit Smoothie with Bananas, Pineapple and Grapes	16 fl oz (480 mL)	250	0.0	0.0	0	0	10	64	4	50	2
Fresh Fruit Smoothie with Bananas, Watermelon and Grapes	16 fl oz (480 mL)	230	0.0	0.0	0	0	10	59	3	47	2
Fresh Fruit Smoothie with Mixed Fruit	16 fl oz (480 mL)	210	0.0	0.0	0	0	20	54	4	42	2
Frozen Caramel Latte	16 fl oz (480 mL)	600	20.0	13.0	0.5	65	150	98	3	92	8
	CONTAINS: MILK.										
Frozen Mocha Latte	16 fl oz (480 mL)	590	20.0	13.0	0.5	65	135	94	2	91	8
	CONTAINS: MILK.										
Mango Smoothie	16 fl oz. (480 mL)	300	0.0	0.0	0	5	30	72	3	55	6
	CONTAINS: MILK.										
Mango Wave Fresh Fruit Smoothie	16 fl oz (480 mL)	230	0.0	0.0	0	0	10	59	5	47	1
South Beach Yogurt Smoothie	16 fl oz (480 mL)	300	0.0	0.0	0	5	40	69	5	52	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)
Strawberry Banana Yogurt Smoothie	16 fl oz (480 mL)	310	0.0	0.0	0	5	45	72	5	57	9
	CONTAINS: MILK.										
Strawberry Passion Fresh Fruit Smoothie	16 fl oz (480 mL)	190	0.0	0.0	0	0	0	48	4	34	3
Strawberry Smoothie	16 fl oz (480 mL)	290	0.0	0.0	0	5	30	68	3	54	6
	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	0	0	25	2	0	2	0
Caffe Americano (Large)	20 fl oz (600 mL)	15	0.0	0.0	0	0	35	3	0	3	0
Caffe Latte (Medium)	16 fl oz. (480 mL)	140	7.0	4.0	0	20	105	12	0	12	7
	CONTAINS MILK										
Caffe Latte (Large)	20 fl oz (600 mL)	180	9.0	5.0	0	25	135	15	0	15	9
	CONTAINS MILK										
Caffe Milano (Medium)	16 fl oz (480 mL)	280	8.0	4.5	0	20	115	45	0	44	8
	CONTAINS: MILK, TREE NUTS (HAZELNUT).										
Caffe Milano (Large)	20 fl oz (600 mL)	350	10.0	6.0	0	25	150	56	0	55	9
	CONTAINS: MILK, TREE NUTS (HAZELNUT).										
Cappuccino (Medium)	16 fl oz. (480 mL)	120	6.0	3.5	0	20	90	10	0	10	6
	CONTAINS MILK.										
Cappuccino (Large)	20 fl oz (600 mL)	160	8.0	4.5	0	25	125	14	0	14	8
	CONTAINS MILK.										
Caramel Macchiato (Medium)	16 fl oz (480 mL)	270	7.0	4.5	0	25	130	43	0	39	8
	CONTAINS MILK.										
Caramel Macchiato (Large)	20 fl oz (600 mL)	340	10.0	6.0	0	30	160	53	0	48	10
	CONTAINS MILK.										
Chai Latte (Medium)	16 fl oz (480 mL)	210	7.0	4.0	0	20	90	30	0	30	7
	CONTAINS MILK.										
Chai Latte (Large)	20 fl oz (600 mL)	270	9.0	5.0	0	25	120	38	0	38	9
	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)
Espresso - Double Shot	3 fl oz (90 mL)	10	0.0	0.0	0	0	15	1	0	1	0
Hot Chocolate (Medium)	16 fl oz (480 mL)	350	12.0	7.0	0	35	130	51	0	50	10
	CONTAINS: MILK.										
Hot Chocolate (Large)	20 fl oz (600 mL)	440	15.0	9.0	0	40	160	66	0	65	12
	CONTAINS: MILK.										
Iced Caffe Americano (Medium)	16 fl oz (480 mL)	10	0.0	0.0	0	0	30	2	0	2	0
Iced Caffe Americano (Large)	24 fl oz (720 mL)	15	0.0	0.0	0	0	35	3	0	3	0
Iced Caffe Latte (Medium)	16 fl oz (480 mL)	140	7.0	4.0	0	20	110	12	0	12	7
	CONTAINS MILK.										
Iced Caffe Latte (Large)	24 fl oz (720 mL)	180	9.0	5.0	0	25	140	15	0	15	9
	CONTAINS MILK.										
Iced Caffe Milano (Medium)	16 fl oz (480 mL)	280	8.0	4.5	0	20	120	45	0	44	8
	CONTAINS: MILK, TREE NUTS (HAZELNUT).										
Iced Caffe Milano (Large)	24 fl oz (720 mL)	350	10.0	6.0	0	25	150	56	0	55	9
	CONTAINS: MILK, TREE NUTS (HAZELNUT).										
Iced Caramel Macchiato (Medium)	16 fl oz (480 mL)	270	7.0	4.5	0	25	135	43	0	39	8
	CONTAINS MILK.										
Iced Caramel Macchiato (Large)	24 fl oz (720 mL)	340	10.0	6.0	0	30	170	53	0	48	10
	CONTAINS MILK.										
Iced Chai Latte (Medium)	16 fl oz (480 mL)	210	7.0	4.0	0	20	100	30	0	30	7
	CONTAINS MILK.										
Iced Chai Latte (Large)	24 fl oz (720 mL)	270	9.0	5.0	0	25	125	38	0	38	9
	CONTAINS MILK.										
Iced Decaf French Roast Coffee (Medium)	24 fl oz (720 mL)	5	0.0	0.0	0	0	15	0	0	0	1
Iced Decaf French Roast Coffee (Large)	32 fl oz (960 mL)	10	0.0	0.0	0	0	20	0	0	0	1
Iced French Roast Coffee (Medium)	24 fl oz (720 mL)	5	0.0	0.0	0	0	15	0	0	0	1
Iced French Roast Coffee (Large)	32 fl oz (960 mL)	10	0.0	0.0	0	0	20	0	0	0	1

I Coffee & Espresso (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat* (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Iced French Vanilla Coffee (Medium)	24 fl oz (720 mL)	5	0.0	0.0	0	0	15	0	0	0	1
	CONTAINS MILK.										
Iced French Vanilla Coffee (Large)	32 fl oz (960 mL)	10	0.0	0.0	0	0	20	0	0	0	1
	CONTAINS MILK.										
Iced Mocha Latte (Medium)	16 fl oz (480 mL)	310	9.0	5.0	0	20	125	48	0	48	8
	CONTAINS MILK.										
Iced Mocha Latte (Large)	24 fl oz (720 mL)	400	11.0	7.0	0	25	160	64	0	64	11
	CONTAINS MILK.										
Iced Toasted Honey Latte (Medium)	16 fl oz (480 mL)	190	7.0	4.0	0	20	110	26	0	24	7
	CONTAINS: MILK.										
Iced Toasted Honey Latte (Large)	24 fl oz (720 mL)	290	9.0	5.0	0	25	140	44	0	41	9
	CONTAINS: MILK.										
Iced Vanilla Latte (Medium)	16 fl oz (480 mL)	240	7.0	4.0	0	20	110	37	0	35	7
	CONTAINS MILK.										
Iced Vanilla Latte (Large)	24 fl oz (720 mL)	310	9.0	5.0	0	25	140	46	0	46	9
	CONTAINS MILK.										
Mocha Latte (Medium)	16 fl oz (480 mL)	310	9.0	5.0	0	20	120	48	0	48	8
	CONTAINS MILK										
Mocha Latte (Large)	20 fl oz (600 mL)	400	11.0	7.0	0	25	160	64	0	64	11
	CONTAINS MILK										
Toasted Honey Latte (Medium)	16 fl oz (480 mL)	190	7.0	4.0	0	20	105	26	0	24	7
	CONTAINS: MILK.										
Toasted Honey Latte (Large)	20 fl oz (600 mL)	290	9.0	5.0	0	25	135	44	0	41	9
	CONTAINS: MILK.										
Vanilla Latte (Medium)	16 fl oz (480mL)	240	7.0	4.0	0	20	105	37	0	35	7
	CONTAINS MILK.										
Vanilla Latte (Large)	20 fl oz (600 mL)	310	9.0	5.0	0	25	135	46	0	46	9
	CONTAINS MILK.										
Vanilla Latte with Sugar Free Syrup (Large)	20 fl oz (600 mL)	180	9.0	5.0	0	25	135	20	0	13	9
	CONTAINS: MILK.										
Vanilla Latte with Sugar Free Syrup (Medium)	16 fl oz (480 mL)	140	7.0	4.0	0	20	105	15	0	12	7
	CONTAINS: MILK.										
Whipped Cream Topping	2 Tablespoons (6g)	20	1.5	1.0	0	5	0	0	0	0	0
	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 Diet Coke (Medium)	24 fl oz (720 mL)	5	0.0	0.0	0	0	30	0	0	0	0
Caffeine Free Diet Coke (Large)	32 fl oz (960 mL)	5	0.0	0.0	0	0	35	0	0	0	0
Coke (Medium)	24 fl oz (720 mL)	290	0.0	0.0	0	0	5	78	0	78	0
Coke (Large)	32 fl oz (960 mL)	390	0.0	0.0	0	0	10	104	0	104	0
Coke Zero (Medium)	24 fl oz (720 mL)	5	0.0	0.0	0	0	15	0	0	0	0
Coke Zero (Large)	32 fl oz (960 mL)	5	0.0	0.0	0	0	20	0	0	0	0
Diet Coke (Medium)	24 fl oz (720 mL)	5	0.0	0.0	0	0	30	0	0	0	0
Diet Coke (Large)	32 fl oz (960 mL)	5	0.0	0.0	0	0	35	0	0	0	0
FUZE Raspberry Iced Tea (Medium)	24 fl oz (720 mL)	180	0.0	0.0	0	0	20	50	0	50	0
FUZE Raspberry Iced Tea (Large)	32 fl oz (960 mL)	240	0.0	0.0	0	0	30	66	0	0	0
Homestyle Lemonade (Medium)	24 fl oz (720 mL)	290	0.0	0.0	0	0	0	78	0	72	0
Homestyle Lemonade (Large)	32 fl oz (960 mL)	390	0.0	0.0	0	0	0	103	0	97	0
Iced Black Tea (Medium)	24 fl oz (720 mL)	5	0.0	0.0	0	0	20	2	0	0	0
Iced Black Tea (Large)	32 fl oz (960 mL)	10	0.0	0.0	0	0	30	3	0	0	0
Orange Juice (Medium)	8 fl oz (240 mL)	110	0.0	0.0	0	0	0	26	0	26	2
Orange Juice (Large)	16 fl oz (480 mL)	220	0.0	0.0	0	0	5	52	1	50	3
Peach Iced Tea (Medium)	24 fl oz (720 mL)	270	0.0	0.0	0	0	0	67	0	66	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)
Peach Iced Tea (Large)	32 fl oz. (960 mL)	350	0.0	0.0	0	0	0	89	0	88	0
PowerAde Mountain Blast (Medium)	24 fl oz (720 mL)	170	0.0	0.0	0	0	160	43	0	43	0
PowerAde Mountain Blast (Large)	32 fl oz (960 mL)	230	0.0	0.0	0	0	210	57	0	57	0
Sprite (Medium)	24 fl oz (720 mL)	290	0.0	0.0	0	0	65	78	0	78	0
Sprite (Large)	32 fl oz (960 mL)	390	0.0	0.0	0	0	85	104	0	104	0
Sprite Zero (Medium)	24 fl oz (720 mL)	5	0.0	0.0	0	0	15	0	0	0	0
Sprite Zero (Large)	32 fl oz (960 mL)	10	0.0	0.0	0	0	20	0	0	0	0
Strawberry Lemonade (Medium)	24 fl oz (720 mL)	300	0.0	0.0	0	0	20	77	0	73	0
Strawberry Lemonade (Large)	32 fl oz (960 mL)	390	0.0	0.0	0	0	25	103	0	97	0
Sweet Tea (Medium)	24 fl oz (720 mL)	250	0.0	0.0	0	0	20	66	0	64	0
Sweet Tea (Large)	32 fl oz (960 mL)	340	0.0	0.0	0	0	30	88	0	85	0
Tropical Green Iced Tea (Medium)	24 fl oz (720 mL)	0	0.0	0.0	0	0	30	0	0	0	0
Tropical Green Iced Tea (Large)	32 fl oz (960 mL)	0	0.0	0.0	0	0	40	0	0	0	0
Vitamin Water Zero - Squeezed (Medium)	24 fl oz (720 mL)	5	0.0	0.0	0	0	5	0	0	0	0
Vitamin Water Zero - Squeezed (Large)	32 fl oz (960 mL)	10	0.0	0.0	0	0	10	0	0	0	0
Vitamin Water Zero - XXX (Medium)	24 fl oz (720 mL)	5	0.0	0.0	0	0	0	0	0	0	0
Vitamin Water Zero - XXX (Large)	32 fl oz (960 mL)	5	0.0	0.0	0	0	0	0	0	0	0

I Breads

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat* (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asiago Breadstick	1.8 oz (52g)	150	3.0	1.5	0	5	270	25	1	2	7
	CONTAINS: MILK, SOY, WHEAT.										
Baguette (Soup Size)	2.3 oz (66g)	190	1.5	0.0	0	0	220	37	1	1	7
	CONTAINS: SOY, WHEAT.										
Baguette (Sandwich Size)	3.5 oz (99g)	280	2.5	0.0	0	0	330	55	2	1	10
	CONTAINS: SOY, WHEAT.										
Ciabatta (Small)	2.7 oz (77g)	190	0.5	0.0	0	0	310	39	2	2	7
	CONTAINS: MILK, SOY, WHEAT.										
Ciabatta (Large)	3.6 oz (102g)	240	1.0	0.0	0	0	400	50	2	2	9
	CONTAINS: MILK, SOY, WHEAT.										
Country White Bread	3.4 oz (96g)	240	1.0	0.0	0	0	340	49	2	1	9
	CONTAINS: SOY, WHEAT.										
Everything Breadstick	1.9 oz (53g)	160	3.0	0.0	0	0	290	28	2	3	6
	CONTAINS: SOY, WHEAT, SESAME.										
Multigrain Baguette (Soup Size)	2.4 oz (69g)	180	1.5	0.0	0	0	170	35	5	2	8
	CONTAINS: SOY, WHEAT.										
Multigrain Baguette (Sandwich Size)	3.6 oz (103g)	260	2.5	0.0	0	0	250	53	7	3	11
	CONTAINS: SOY, WHEAT.										
Rustic Baguette (Sandwich Size)	3.7 oz (105g)	270	2.0	0.0	0	0	360	53	2	1	10
	CONTAINS: SOY, WHEAT.										
Rustic Baguette (Soup Size)	2.9 oz (82g)	220	1.5	0.0	0	0	290	42	2	1	8
	CONTAINS: SOY, WHEAT.										
Southwest Jalapeno Cornbread	4.1 oz. (116g)	400	15.0	3.0	0	50	630	61	2	27	8
	CONTAINS: EGGS, MILK, SOY, WHEAT. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO PEANUTS, TREE NUTS (COCONUT, PECAN, WALNUTS).										
Tortilla Wrap	3.5 oz. (100g)	280	7.0	3.5	0	0	240	45	2	1	7
	CONTAINS: SOY, WHEAT.										
Whole Grain Wheat Bread	4.1 oz (116g)	280	4.5	0.5	0	0	250	53	9	2	13
	CONTAINS: SOY, WHEAT.										
Whole Wheat Tortilla Wrap	3.5 oz. (100g)	260	8.0	1.5	0	0	270	43	6	1	8
	CONTAINS: SOY, WHEAT.										

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)
2 Eggs & Bacon on Skinny Wheat Bagel	5.1 oz (146g)	280	15.0	6.0	0	345	600	22	6	2	18
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
2 Eggs & Turkey Sausage on Skinny Wheat Bagel	6.7 oz (191g)	340	18.0	6.0	0	385	660	23	6	2	27
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
2 Eggs on a Bagel	6.4 oz (183g)	390	11.0	4.0	0	330	530	51	2	4	21
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
2 Eggs on a Bagel with Bacon	6.8 oz (193g)	450	15.0	6.0	0	345	760	51	2	4	23
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
2 Eggs on a Bagel with Bacon and Cheese	7.3 oz (207g)	500	20.0	9.0	0	360	850	51	2	4	27
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
2 Eggs on a Bagel with Cheese	6.9 oz (197g)	450	16.0	7.0	0	345	620	51	2	4	24
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
2 Eggs on a Bagel with Ham	8.1 (231g)	440	12.0	4.5	0	355	950	52	2	5	28
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
2 Eggs, Bacon and Cheddar on Ciabatta	6.8 oz (192g)	440	20.0	9.0	0	360	780	40	2	2	24
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
2 Eggs, Cheddar & Bacon on Skinny Wheat Bagel	5.6 oz (160g)	340	20.0	9.0	0	360	690	22	6	2	22
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
2 Eggs, Cheddar & Ham on Skinny Wheat Bagel	6.8 oz (192g)	330	16.0	8.0	0	365	820	23	6	2	25
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
2 Eggs, Cheddar & Sausage on Skinny Wheat Bagel	7.1 oz (201g)	450	29.0	12.0	0	390	790	23	6	2	28
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
2 Eggs, Sausage & Cheddar on Asiago Bagel	9.4 oz (266g)	690	36.0	16.0	0	410	1140	52	2	5	39
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
2 Eggs, Sausage & Cheddar on Ciabatta	8.2 oz (232g)	550	29.0	12.0	0	390	870	40	2	2	30
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
2 Eggs, Turkey Sausage & Cheddar on Skinny Wheat Bagel	7.3 oz (206g)	400	23.0	9.0	0	400	750	23	6	2	30
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Egg Whites and Cheddar on Skinny Wheat Bagel	5.7 oz (162g)	210	7.0	4.5	0	20	490	22	6	1	19
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Egg Whites, Cheddar & Avocado on Skinny Wheat Bagel	7.3 oz (207g)	360	23.0	12.0	0.5	50	590	25	9	1	19
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Signature Farmhouse Omelet	7.5 oz (214g)	520	22.0	9.0	0	305	840	56	7	6	26
	CONTAINS: EGGS, MILK, SOY, WHEAT.										

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)
Smoked Salmon Wasabi on Onion Dill Bagel	6.8 oz (193g)	390	9.0	4.5	0	35	980	58	3	7	19
	CONTAINS: EGGS, FISH (SALMON), MILK, SOY, WHEAT.										
The Good Egg	9.6 oz (272g)	540	28.0	9.0	0	350	670	47	4	2	24
	CONTAINS: EGGS, MILK, SOY, WHEAT.										

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)
Avocado BLT (Whole Sandwich)	7.8 oz (222g)	520	26.0	6.0	0	30	1030	55	4	3	15
	CONTAINS: EGGS, SOY, WHEAT.										
Avocado BLT (Half Sandwich)	4.1 oz (116g)	260	13.0	3.0	0	15	520	28	2	2	8
	CONTAINS: EGGS, SOY, WHEAT.										
Black Angus Roast Beef and Cheddar (Whole Sandwich)	10.6 oz (301g)	570	21.0	9.0	0	70	1400	61	8	8	37
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Black Angus Roast Beef and Cheddar (Half Sandwich)	5.6 oz (158g)	290	11.0	4.5	0	35	710	31	4	5	19
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
BLT (Whole Sandwich)	6.7 oz (191g)	470	22.0	5.0	0	30	1030	52	2	3	14
	CONTAINS: EGGS, SOY, WHEAT.										
BLT (Half Sandwich)	3.3 oz (100g)	240	11.0	2.5	0	15	520	26	1	1	7
	CONTAINS: EGGS, SOY, WHEAT.										
Classic Chicken Salad Sandwich (Whole Sandwich)	8.7 oz (246g)	440	12.0	1.5	0	55	920	58	3	6	25
	CONTAINS: EGGS, SOY, TREE NUTS (ALMONDS), WHEAT.										
Classic Chicken Salad Sandwich (Half Sandwich)	4.5 oz (129g)	220	6.0	1.0	0	30	460	29	2	3	13
	CONTAINS: EGGS, SOY, TREE NUTS (ALMONDS), WHEAT.										
Tuna Salad Sandwich (Whole Sandwich)	10.4 oz (295g)	460	10.0	1.5	0	55	560	60	12	4	39
	CONTAINS: EGGS, FISH (TUNA), SOY, WHEAT.										
Tuna Salad Sandwich (Half Sandwich)	5.6 oz (158g)	230	5.0	1.0	0	30	290	30	6	2	19
	CONTAINS: EGGS, FISH (TUNA), SOY, WHEAT.										
Turkey and Swiss Sandwich (Whole Sandwich)	10.6 oz (301g)	660	28.0	16.0	0.5	125	1070	66	8	14	42
	CONTAINS: MILK, SOY, TREE NUTS (PECAN), WHEAT. MAY CONTAIN PEANUTS AND/OR OTHER TREE NUTS.										
Turkey and Swiss Sandwich (Half Sandwich)	5.5 oz (155g)	330	14.0	8.0	0	60	540	33	4	7	21
	CONTAINS: MILK, SOY, TREE NUTS (PECAN), WHEAT. MAY CONTAIN PEANUTS AND/OR OTHER TREE NUTS.										

I Hot Sandwiches

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat* (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Black Angus Steak and Cheese	11.1 oz (315g)	690	32.0	15.0	0	105	1520	60	3	8	40
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Chicken Margherita	10.4 oz (294g)	600	25.0	9.0	0	65	950	53	3	3	38
	CONTAINS: MILK, SOY, WHEAT.										
Classic Grilled Cheese	5.9 oz (167g)	520	24.0	15.0	0	70	720	50	2	1	27
	CONTAINS: MILK, SOY, WHEAT.										
Country Grilled Cheese	7.3 oz (206g)	580	28.0	16.0	0	80	980	51	2	2	30
	CONTAINS: MILK, SOY, WHEAT.										
Ham & 2 Cheese	10 oz (285g)	530	19.0	7.0	0	70	1740	58	2	3	31
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Mayan Chicken Harvest Hot Wrap	15.6 oz (443g)	680	22.0	7.0	0	95	990	86	10	5	36
	CONTAINS: MILK, SOY, WHEAT.										
Newport Turkey Sandwich	10.9 oz (309g)	730	29.0	11.0	0	100	1450	76	5	24	41
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Roasted Vegetarian Harvest Hot Wrap	13.5 oz (382g)	700	31.0	7.0	0	15	990	88	11	4	20
	CONTAINS: MILK, SOY, WHEAT.										
Teriyaki Steak Harvest Hot Wrap	13.8 oz (392g)	590	16.0	4.0	0	35	790	86	10	7	30
	CONTAINS: MILK, SOY, WHEAT, SESAME.										

I Signature Sandwiches

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat* (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chipotle Black Bean Burger with Avocado Sandwich (Whole Sandwich)	11.4 oz (324g)	690	29.0	7.0	0	25	1310	83	11	14	29
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Chipotle Black Bean Burger with Avocado Sandwich (Half Sandwich)	6.2 oz (175g)	370	17.0	5.0	0	20	710	42	6	8	16
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Chipotle Turkey & Avocado (Whole Sandwich)	11.1 oz (316g)	680	30.0	9.0	0	90	1450	63	7	7	39
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Chipotle Turkey & Avocado (Half Sandwich)	5.7 oz (161g)	350	15.0	4.5	0	45	730	32	3	3	20
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Turkey Club (Turkey Club)	10 oz (285g)	600	25.0	9.0	0	100	1560	53	2	3	39
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Turkey Club (Half Sandwich)	5.2 oz (149g)	300	12.0	4.5	0	50	790	27	1	2	19
	CONTAINS: EGGS, MILK, SOY, WHEAT.										

I Signature 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 Swiss BLT (Whole Sandwich)	10.4 oz (294g)	620	27.0	8.0	0	100	1370	59	7	7	41
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Turkey Swiss BLT (Half Sandwich)	5.4 oz (153g)	310	13.0	4.0	0	50	690	30	4	4	21
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Two Tomato Caprese (Whole Sandwich)	9.1 oz (259g)	550	20.0	12.0	0	25	500	63	4	3	25
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Two Tomato Caprese (Half Sandwich)	4.3 oz (122g)	240	7.0	4.0	0	20	250	31	2	2	10
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Two Tomato Caprese with Chicken (Whole Sandwich)	12.6 oz (358g)	650	22.0	12.0	0	75	810	63	4	3	44
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Two Tomato Caprese with Chicken (Half Sandwich)	6 oz (171g)	290	8.0	4.0	0	35	400	32	2	2	20
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Warm Chicken Avocado Sandwich (Whole Sandwich)	11 oz (313g)	600	25.0	5.0	0	70	1130	59	5	2	33
	CONTAINS: EGGS, SOY, WHEAT.										
Warm Chicken Avocado Sandwich (Half Sandwich)	5.7 oz (162g)	300	12.0	2.5	0	35	570	30	2	1	17
	CONTAINS: EGGS, SOY, WHEAT.										

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 Wrap	9.7 oz (276g)	560	26.0	9.0	0	60	990	50	3	4	29
	CONTAINS: EGGS, FISH (ANCHOVY), MILK, SOY, WHEAT.										
Garden & Avocado Wrap	11.2 oz (319g)	370	15.0	2.5	0	0	430	55	12	6	11
	CONTAINS: SOY, WHEAT.										
Harvest Turkey Wrap	11 oz (313g)	630	27.0	9.0	0	85	1150	61	9	8	36
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (WALNUT), WHEAT, SULFITES.										
Napa Chicken with Avocado Wrap	12.1 oz (345g)	500	21.0	6.0	0	40	690	55	6	5	23
	CONTAINS: EGGS, SOY, WHEAT.										
Thai Peanut Chicken Wrap	12.2 oz (347g)	540	17.0	5.0	0	35	1040	72	5	15	25
	CONTAINS: PEANUTS, SOY, TREE NUTS (HAZELNUT), WHEAT, SESAME.										
Veggie & Hummus Wrap	11.9 oz (337g)	540	25.0	7.0	0	25	1000	63	13	5	21
	CONTAINS: MILK, SOY, WHEAT, SESAME.										

I Harvest Hot Bowls

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat* (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mayan Chicken Harvest Hot Bowl	18.3 oz (519g)	600	16.0	6.0	0	95	800	81	7	5	33
	CONTAINS: MILK, SOY.										
Mediterranean Chicken Harvest Hot Bowl	18.9 oz (536g)	760	36.0	6.0	0	65	1270	75	5	3	33
	CONTAINS: MILK.										
Roasted Vegetarian Harvest Hot Bowl	17.4 oz (493g)	770	40.0	7.0	0	15	1080	83	8	4	18
	CONTAINS: MILK.										
Teriyaki Steak Harvest Hot Bowl	13.2 (374g)	600	9.0	2.5	0	35	480	96	6	9	35
	CONTAINS: MILK, SOY, WHEAT, SESAME.										

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)
Alfredo Sauce	1 oz (28g)	80	7.0	3.0	0	25	160	1	0	1	2
	CONTAINS: MILK.										
BBQ Pork	1 oz (28g)	45	1.5	0.0	0	10	150	4	0	4	4
	CONTAINS: SOY.										
Broccoli Chicken Pasta Alfredo	1 oz (28g)	45	2.0	1.0	0	10	55	4	0	0	2
	CONTAINS: MILK, SOY, WHEAT.										
Chicken Wings in BBQ Sauce	1 oz (28g)	70	4.0	1.0	0	15	200	2	0	2	5
	CONTAINS: SOY, WHEAT.										
Chicken Wings in Teriyaki Sauce	1 oz (28g)	70	4.0	1.0	0	15	210	2	0	1	5
	CONTAINS: SOY, SESAME.										
Eggplant Parmesan	1 oz. (28 g)	50	3.0	1.5	0	5	135	4	1	1	2
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Marinara Sauce	1 oz (28g)	20	1.0	0.0	0	0	80	2	0	1	1
	CONTAINS: MILK.										
Mashed Potatoes	1 oz. (28g)	40	1.5	0.0	0	0	100	5	0	1	1
	CONTAINS: MILK.										
Meatballs and Marinara Sauce	1 oz. (28 g)	40	3.0	1.0	0	5	120	2	1	1	2
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Pearl Barley with Vegetables	1 oz. (28 g)	40	1.5	1.0	0	5	45	6	1	0	1
	CONTAINS: MILK, WHEAT, SULFITES.										
Penne Rigate	1 oz (28g)	40	1.0	0.0	0	0	0	7	0	0	1
	CONTAINS: WHEAT.										

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 Chicken and Thyme	1 oz. (28 g)	50	2.5	0.5	0	20	50	0	0	0	6
Sausage and Peppers with Tomato Sauce	1 oz. (28g)	35	2.0	0.5	0	5	100	1	0	0	2
CONTAINS: MILK.											
Shahi Paneer (Indian Curry)	1 oz (28g)	60	4.0	2.0	0	10	125	2	0	2	3
CONTAINS: MILK, TREE NUTS (CASHEWS), PEANUTS, SULFITES.											
Shrimp and Chorizo Gumbo	1 oz. (28g)	25	0.5	0.0	0	5	90	3	0	0	1
CONTAINS: SHELLFISH (SHRIMP), SOY, WHEAT.											
Vodka Sauce	1 oz (28g)	40	3.0	1.0	0	10	110	2	0	1	1
CONTAINS: MILK.											

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)
Roasted Potatoes	1 oz. (28g)	35	1.0	0.0	0	0	110	6	1	0	1
Sausage with Peppers and Onions	1 oz. (28g)	40	2.5	0.5	0	5	110	1	0	0	3
CONTAINS: SOY, WHEAT.											
Scrambled Eggs	1 oz. (28g)	30	2.0	0.5	0	85	75	1	0	0	3
CONTAINS: EGGS, MILK, SOY, WHEAT.											
Scrambled Eggs, Ham & Cheese	1 oz. (28g)	35	2.0	1.0	0	75	100	1	0	0	3
CONTAINS: EGGS, MILK, SOY, WHEAT.											
Warm Apple Bake	1 oz. (28g)	80	3.0	2.0	0	10	90	11	0	4	2
CONTAINS: EGGS, MILK, SOY, WHEAT.											

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)
Meat Lasagna	10.7 oz. (304g)	470	24.0	11.0	0	100	1080	41	5	7	22
CONTAINS MILK, WHEAT, EGGS, SOY.											

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)
Classic Oatmeal (Small)	8 oz (227g)	170	3.0	0.0	0	0	5	32	4	1	6
Classic Oatmeal (Large)	16 oz (454 g)	340	6.0	1.0	0	0	15	63	9	1	13
Classic Oatmeal (Medium)	12 oz (340 g)	260	5.0	0.5	0	0	10	47	6	1	10
Superfood Cranberry Almond Hot Cereal (Small)	8 oz. (227g)	180	7.0	1.0	0	0	15	26	4	3	6
	CONTAINS: TREE NUTS (ALMONDS).										
Superfood Cranberry Almond Hot Cereal (Large)	16 oz. (454g)	360	13.0	1.5	0	0	35	51	9	5	12
	CONTAINS: TREE NUTS (ALMONDS).										
Superfood Cranberry Almond Hot Cereal (Medium)	12 oz. (340g)	270	10.0	1.0	0	0	25	38	7	4	9
	CONTAINS: TREE NUTS (ALMONDS).										

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)
Baked! Lay's ® Original Potato Crisps	1.125 oz (32g)	130	2.0	0.0	0	0	200	26	2	2	2
	CONTAINS: SOY										
Balsamic Chicken Petit Plate	3.7 oz (105g)	170	11.0	4.5	0	25	230	5	0	1	11
	CONTAINS: MILK, SOY, SULFITES.										
Brie, Cheddar & Fruit with Crackers Petit Plate	4.2 oz (118g)	310	19.0	10.0	0.5	50	490	25	1	10	10
	CONTAINS: MILK, SOY, WHEAT, SESAME.										
Chickpea & Roasted Tomato Petit Plate	4.8 oz (136g)	150	6.0	0.5	0	0	570	19	6	3	6
	CONTAINS: SOY.										
Chocolate Covered Almonds	3 oz (85g)	450	29.0	17.0	0	0	75	46	5	39	7
	CONTAINS: MILK, SOY, TREE NUTS (ALMONDS).										
Food Should Taste Good ® All Natural Multigrain Chips	1.5 oz (43g)	210	9.0	1.0	0	0	120	27	5	2	4
	CONTAINS: SOY, SESAME.										
Fresh Grapes	8 oz. (227g)	160	0.0	0.0	0	0	0	41	2	35	2
Fresh Watermelon	8 oz. (227g)	70	0.0	0.0	0	0	0	17	1	14	1
Fruit Cup (Medium)	6 oz (170g)	70	0.0	0.0	0	0	15	18	1	16	1

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)
Fruit Cup (Large)	12 oz (340g)	140	0.5	0.0	0	0	30	36	2	32	2
Hard-Boiled Eggs	3.5 oz (100g)	160	11.0	3.5	0	375	125	1	0	1	13
	CONTAINS: EGGS.										
Housemade Granola	1/4 cup (30g)	140	7.0	2.5	0	5	30	18	2	9	3
	CONTAINS: MILK, TREE NUTS (COCONUT, PECANS).										
Kind Bar® Fruit & Nut Delight	1.4 oz (40g)	180	11.0	1.5	0	0	15	20	4	11	5
	CONTAINS: PEANUTS, SOY, TREE NUTS (ALMONDS, BRAZIL NUTS, WALNUTS).										
Kind Bar® Peanut Butter Dark Chocolate	1.4 oz (40g)	200	13.0	3.5	0	0	50	17	3	10	7
	CONTAINS: MILK, PEANUTS, SOY, TREE NUTS (ALMONDS, BRAZIL NUTS, CASHEWS, MACADAMIAS, WALNUTS)										
Mediterranean Power Pack	12 oz (340g)	740	55.0	7.0	0	0	510	52	10	21	22
	CONTAINS: TREE NUTS (ALMOND, CASHEW), SESAME.										
Mixed Nuts	2.6 oz (74g)	420	35.0	5.0	0	0	140	19	5	4	14
	CONTAINS: TREE NUTS (ALMONDS, CASHEWS).										
Muesli	8 oz (227g)	370	6.0	0.5	0	0	40	74	7	39	10
	CONTAINS: MILK, TREE NUTS (ALMONDS).										
Skinny Pop® Popcorn	.65 oz (18g)	100	6.0	0.5	0	0	45	9	2	0	2
Snyder's of Hanover® Mini Pretzels	1 oz (30g)	110	0.0	0.0	0	0	250	25	0	0	3
	CONTAINS: WHEAT. PRODUCED IN A FACILITY THAT HANDLES PEANUT BUTTER.										
Tyrrells(TM) Lightly Salted Potato Chips	1.4 oz (40g)	200	10.0	1.0	0	0	100	20	2	1	2
Tyrrells(TM) Mature Cheddar & Chives Potato Chips	1.4 oz (40g)	180	9.0	1.0	0	0	200	21	2	1	3
	CONTAINS MILK.										
Tyrrells(TM) Sea Salt & Cider Vinegar Potato Chips	1.4 oz (40g)	180	9.0	1.0	0	0	240	22	2	1	2

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 & Wild Blueberry Parfait	10.2 oz (289g)	380	10.0	4.0	0	15	170	68	3	48	11
	CONTAINS: MILK, TREE NUTS (COCONUT, PECAN).										
Cranberry Crunch & Honey Parfait	10 oz (283g)	400	8.0	3.0	0	20	115	62	4	48	24
	CONTAINS: MILK, TREE NUTS (COCONUT, PECAN).										

I Yogurt (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat* (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Greek Vanilla Yogurt & Wild Blueberry Parfait	10.2 oz (289g)	340	8.0	3.0	0	20	115	47	4	34	24
	CONTAINS: MILK, TREE NUTS (COCONUT, PECAN).										

I All Specialty 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	6.7 oz (190g)	180	8.0	3.5	0	15	260	19	4	3	10
	CONTAINS: MILK, SOY, WHEAT.										
Chicken Caesar Asiago	10.1 oz (286g)	280	10.0	4.0	0	70	650	20	4	3	28
	CONTAINS: MILK, SOY, WHEAT.										
Chicken Cobb with Avocado	16.4 oz (464g)	440	26.0	10.0	0	270	1180	15	6	6	38
	CONTAINS: EGGS, MILK.										
Harvest Turkey	12.6 oz (357g)	390	15.0	3.5	0	75	790	35	6	25	30
	CONTAINS: MILK, SOY, TREE NUTS (WALNUTS).										
Side Garden	8.5 oz (241g)	50	0.0	0.0	0	0	35	11	4	5	2
Southwest Chicken	17.6 oz (499g)	350	14.0	2.0	0	50	580	35	10	8	24
	CONTAINS: SOY, WHEAT.										
Thai Peanut Chicken Salad	13.6 oz (386g)	220	6.0	1.0	0	55	500	21	5	6	22
	CONTAINS: SOY, WHEAT.										
Vegetarian Deluxe	15.2 oz (432g)	270	13.0	5.0	0	25	890	28	9	9	13
	CONTAINS: MILK.										

I Salad Dressings

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat* (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
ABP Croutons	1 oz (28g)	80	2.5	0.0	0	0	95	14	1	1	2
	CONTAINS: MILK, SOY, WHEAT.										
Avocado Greek Yogurt Dressing	2 oz (57g)	190	18.0	3.0	0	20	370	4	0	2	1
	CONTAINS; EGGS, MILK, SOY.										
Balsamic Vinaigrette Dressing	2 oz (57g)	110	9.0	1.5	0	0	360	7	0	6	0
	CONTAINS SOY.										
Bleu Cheese Dressing	2 oz (57g)	310	33.0	6.0	0	15	460	2	0	2	2
	CONTAINS MILK, EGGS, SOY.										
Caesar Dressing	2 oz (57g)	250	25.0	4.5	0	25	700	3	0	3	3
	CONTAINS: EGGS, FISH (ANCHOVY), MILK, SOY.										

I Salad 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)
Fat Free White Balsamic Vinaigrette	2 oz (57g)	60	0.0	0.0	0	0	320	14	1	4	0
Lite Buttermilk Ranch Dressing	2 oz (57g)	120	11.0	2.0	0	10	370	5	0	2	1
	CONTAINS: EGGS, MILK, SOY.										
Lite Citrus Lime Vinaigrette	2 oz (57g)	150	12.0	2.0	0	0	350	10	0	6	0
	CONTAINS: SOY										
Lite Lemon Shallot Vinaigrette	2 oz (57g)	80	6.0	1.0	0	0	380	6	0	4	0
	CONTAINS: SOY.										
Lite Olive Oil Vinaigrette	2 oz (57g)	110	10.0	1.5	0	0	420	6	0	5	0
	CONTAINS SOY.										
Southwest Vinaigrette	2 oz (57g)	160	17.0	2.5	0	0	480	3	0	2	0
	CONTAINS: SOY.										
Thai Peanut Dressing	2 oz (57g)	160	8.0	1.0	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 Veggies Soup (Small)	8 fl oz (240 mL)	120	4.0	0.0	0	0	600	18	2	7	3
	CONTAINS: SOY										
12 Veggies Soup (Large)	16 fl oz (480 mL)	240	8.0	0.5	0	0	1200	36	5	14	6
	CONTAINS: SOY										
12 Veggies Soup (Medium)	12 fl oz (360 mL)	180	6.0	0.0	0	0	900	27	4	11	4
	CONTAINS: SOY										
Asparagus & Pea Soup (Small)	8 fl oz (240 mL)	190	13.0	6.0	0	35	750	13	2	2	5
	CONTAINS: MILK, SOY, WHEAT.										
Asparagus & Pea Soup (Large)	16 fl oz (480 mL)	370	26.0	12.0	0.5	65	1490	27	5	4	10
	CONTAINS: MILK, SOY, WHEAT.										
Asparagus & Pea Soup (Medium)	12 fl oz (360 mL)	280	20.0	9.0	0.5	50	1120	20	4	3	7
	CONTAINS: MILK, SOY, WHEAT.										
Baked Stuffed Potato Soup (Small)	8 fl oz (240 mL)	260	16.0	8.0	0	45	700	23	2	1	5
	CONTAINS: MILK, SOY, WHEAT.										
Baked Stuffed Potato Soup (Large)	16 fl oz (480 mL)	510	33.0	16.0	1	85	1400	46	4	2	9
	CONTAINS: MILK, SOY, WHEAT.										

I Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat* (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Baked Stuffed Potato Soup (Medium)	12 fl oz (360 mL)	390	24.0	12.0	0.5	65	1050	34	3	2	7
	CONTAINS: MILK, SOY, WHEAT.										
Barley and Creamy Lentil Soup (Small)	8 fl oz (240 mL)	140	2.5	0.0	0	0	460	24	5	2	6
	CONTAINS: WHEAT.										
Barley and Creamy Lentil Soup (Large)	16 fl oz (480 mL)	280	5.0	0.5	0	0	930	47	9	4	12
	CONTAINS: WHEAT.										
Barley and Creamy Lentil Soup (Medium)	12 fl oz (360 mL)	210	4.0	0.0	0	0	700	35	7	3	9
	CONTAINS: WHEAT.										
Black Bean Soup (Small)	8 fl oz (240 mL)	180	0.5	0.0	0	0	740	32	18	2	11
	CONTAINS: SOY.										
Black Bean Soup (Large)	16 fl oz (480 mL)	360	1.5	0.0	0	0	1490	65	37	4	22
	CONTAINS: SOY.										
Black Bean Soup (Medium)	12 fl oz (360 mL)	270	1.0	0.0	0	0	1110	49	28	3	17
	CONTAINS: SOY.										
Broccoli Cheddar Soup (Small)	8 fl oz (240 mL)	220	16.0	7.0	0	40	690	13	2	4	7
	CONTAINS: MILK, WHEAT, SULFITES.										
Broccoli Cheddar Soup (Large)	16 fl oz (480 mL)	450	32.0	15.0	1	80	1390	27	4	7	14
	CONTAINS: MILK, WHEAT, SULFITES.										
Broccoli Cheddar Soup (Medium)	12 fl oz (360 mL)	340	24.0	11.0	0.5	60	1040	20	3	6	10
	CONTAINS: MILK, WHEAT, SULFITES.										
Butternut Squash & Apple (Small)	8 fl oz (240 mL)	130	5.0	2.0	0	10	460	22	2	9	2
	CONTAINS: MILK, SOY.										
Butternut Squash & Apple (Large)	16 fl oz (480 mL)	270	10.0	4.0	0	20	930	44	4	17	4
	CONTAINS: MILK, SOY.										
Butternut Squash & Apple (Medium)	12 fl oz (360 mL)	200	8.0	3.0	0	15	700	33	3	13	3
	CONTAINS: MILK, SOY.										
Chicken and Dumpling Soup (Small)	8 fl oz (240 mL)	170	6.0	2.0	0	40	850	22	2	4	9
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Chicken and Dumpling Soup (Large)	16 fl oz (480 mL)	350	12.0	4.5	0	85	1700	44	4	9	17
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Chicken and Dumpling Soup (Medium)	12 fl oz (360 mL)	260	9.0	3.5	0	65	1270	33	3	6	13
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Chicken Florentine Soup (Small)	8 fl oz (240 mL)	190	10.0	4.0	0	40	750	18	1	3	6
	CONTAINS: EGGS, 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)
Chicken Florentine Soup (Large)	16 fl oz (480 mL)	380	20.0	8.0	0	75	1490	36	2	6	13
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Chicken Florentine Soup (Medium)	12 fl oz (360 mL)	280	15.0	6.0	0	60	1120	27	2	4	10
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Chicken Gumbo Soup (Small)	8 fl oz (240mL)	130	6.0	0.5	0	10	620	15	1	1	4
	CONTAINS: SOY, WHEAT.										
Chicken Gumbo Soup (Large)	16 fl oz (480 mL)	260	12.0	1.5	0	15	1240	30	3	2	8
	CONTAINS: SOY, WHEAT.										
Chicken Gumbo Soup (Medium)	12 fl oz (360 mL)	200	9.0	1.0	0	10	930	23	2	2	6
	CONTAINS: SOY, WHEAT.										
Chicken Noodle Soup (Small)	8 fl oz (240 mL)	80	2.0	0.5	0	20	690	10	1	2	5
	CONTAINS: EGGS, WHEAT.										
Chicken Noodle Soup (Large)	16 fl oz (480 mL)	160	3.5	1.0	0	40	1370	20	2	3	10
	CONTAINS: EGGS, WHEAT.										
Chicken Noodle Soup (Medium)	12 fl oz (360 mL)	120	2.5	1.0	0	30	1030	15	1	3	8
	CONTAINS: EGGS, WHEAT.										
Clam Chowder (Small)	8 fl oz (240 mL)	230	13.0	5.0	0	40	740	21	1	6	7
	CONTAINS: FISH (COD), MILK, SHELLFISH (CLAMS), WHEAT.										
Clam Chowder (Large)	16 fl oz (480 mL)	460	26.0	10.0	0.5	75	1490	42	3	12	15
	CONTAINS: FISH (COD), MILK, SHELLFISH (CLAMS), WHEAT.										
Clam Chowder (Medium)	12 fl oz (360 mL)	350	20.0	8.0	0	55	1120	32	2	9	11
	CONTAINS: FISH (COD), MILK, SHELLFISH (CLAMS), WHEAT.										
Corn and Green Chili Bisque (Small)	8 fl oz (240 mL)	180	11.0	6.0	0	30	890	17	2	3	4
	CONTAINS: MILK, SOY, WHEAT.										
Corn and Green Chili Bisque (Large)	16 fl oz (480 mL)	360	22.0	12.0	0.5	65	1780	35	4	7	7
	CONTAINS: MILK, SOY, WHEAT.										
Corn and Green Chili Bisque (Medium)	12 fl oz (360 mL)	270	16.0	9.0	0	45	1330	26	3	5	6
	CONTAINS: MILK, SOY, WHEAT.										
Corn Chowder (Small)	8 fl oz (240 mL)	240	12.0	6.0	0	35	760	28	2	8	6
	CONTAINS: MILK, SOY, WHEAT.										
Corn Chowder (Large)	16 fl oz (480 mL)	480	24.0	12.0	0.5	65	1510	56	5	17	11
	CONTAINS: MILK, SOY, WHEAT.										
Corn Chowder (Medium)	12 fl oz (360 mL)	360	18.0	9.0	0	50	1130	42	4	12	9
	CONTAINS: MILK, SOY, WHEAT.										

I Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat* (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cream of Chicken and Wild Rice Soup (Small)	8 fl oz (240 mL)	180	10.0	3.5	0	25	660	17	1	2	5
	CONTAINS: MILK, SOY, WHEAT.										
Cream of Chicken and Wild Rice Soup (Large)	16 fl oz (480 mL)	360	20.0	7.0	0	50	1320	34	2	4	9
	CONTAINS: MILK, SOY, WHEAT.										
Cream of Chicken and Wild Rice Soup (Medium)	12 fl oz (360 mL)	270	15.0	5.0	0	35	990	26	2	3	7
	CONTAINS: MILK, SOY, WHEAT.										
Curried Rice and Lentil Soup (Small)	8 fl oz (240 mL)	120	0.0	0.0	0	0	710	23	6	3	6
	CONTAINS SOY.										
Curried Rice and Lentil Soup (Large)	16 fl oz (480 mL)	240	1.0	0.0	0	0	1420	46	11	6	12
	CONTAINS SOY.										
Curried Rice and Lentil Soup (Medium)	12 fl oz (360 mL)	180	0.5	0.0	0	0	1060	34	9	5	9
	CONTAINS SOY.										
Five Onion Soup (Small)	8 fl oz (240 mL)	140	7.0	3.0	0	10	680	15	2	7	4
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Five Onion Soup (Large)	16 fl oz (480 mL)	270	14.0	6.0	0.5	20	1350	31	3	14	7
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Five Onion Soup (Medium)	12 fl oz (360 mL)	210	11.0	4.5	0	15	1010	23	3	10	5
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
French Moroccan Tomato Lentil Soup (Small)	8 fl oz (240 mL)	130	1.5	0.0	0	0	710	22	9	4	7
French Moroccan Tomato Lentil Soup (Large)	16 fl oz (480 mL)	260	3.0	0.0	0	0	1430	44	17	8	13
French Moroccan Tomato Lentil Soup (Medium)	12 fl oz (360 mL)	190	2.5	0.0	0	0	1070	33	13	6	10
French Onion Soup (Small)	8 fl oz (240 mL)	80	3.0	1.5	0	10	910	10	1	4	2
	CONTAINS: MILK, SOY, WHEAT.										
French Onion Soup (Large)	16 fl oz (480 mL)	150	6.0	3.0	0	15	1810	20	2	9	4
	CONTAINS: MILK, SOY, WHEAT.										
French Onion Soup (Medium)	12 fl oz (360 mL)	110	5.0	2.5	0	10	1360	15	1	7	3
	CONTAINS: MILK, SOY, WHEAT.										
Garden Vegetable Soup (Small)	8 fl oz (240 mL)	50	1.0	0.0	0	0	760	9	2	3	2
	CONTAINS: MILK, SOY.										
Garden Vegetable Soup (Large)	16 fl oz (480 mL)	110	2.0	0.0	0	0	1520	19	4	7	4
	CONTAINS: MILK, 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)
Garden Vegetable Soup (Medium)	12 fl oz (360 mL)	80	1.5	0.0	0	0	1140	14	3	5	3
	CONTAINS: MILK, SOY.										
Harvest Pumpkin Soup (Small)	8 fl oz (240 mL)	150	9.0	5.0	0	25	710	18	2	6	2
	CONTAINS: MILK, WHEAT.										
Harvest Pumpkin Soup (Large)	16 fl oz (480 mL)	310	18.0	10.0	0	50	1420	35	3	12	4
	CONTAINS: MILK, WHEAT.										
Harvest Pumpkin Soup (Medium)	12 fl oz (360 mL)	230	13.0	7.0	0	35	1070	24	3	9	3
	CONTAINS: MILK, WHEAT.										
Italian Wedding Soup (Small)	8 fl oz (240 mL)	110	6.0	2.0	0	10	480	10	1	2	4
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Italian Wedding Soup (Large)	16 fl oz (480 mL)	220	12.0	4.0	0	20	950	20	3	5	8
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Italian Wedding Soup (Medium)	12 fl oz (360 mL)	170	9.0	3.0	0	15	710	15	2	3	6
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Lemon Orzo Chicken Soup (Small)	8 fl oz (240 mL)	150	8.0	3.5	0	30	780	13	1	2	8
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Lemon Orzo Chicken Soup (Large)	16 fl oz (480 mL)	310	15.0	7.0	0	65	1570	26	2	4	15
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Lemon Orzo Chicken Soup (Medium)	12 fl oz (360 mL)	230	12.0	6.0	0	45	1170	20	2	3	12
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Lobster & Corn Bisque (Small)	8 fl oz (240 mL)	190	11.0	6.0	0	45	740	17	1	3	5
	CONTAINS: MILK, SHELLFISH (LOBSTER, SHRIMP), SOY, WHEAT, SULFITES.										
Lobster & Corn Bisque (Large)	16 fl oz (480 mL)	370	22.0	12.0	0.5	90	1480	33	3	6	11
	CONTAINS: MILK, SHELLFISH (LOBSTER, SHRIMP), SOY, WHEAT, SULFITES.										
Lobster & Corn Bisque (Medium)	12 fl oz (360 mL)	280	16.0	9.0	0	70	1110	25	2	5	8
	CONTAINS: MILK, SHELLFISH (LOBSTER, SHRIMP), SOY, WHEAT, SULFITES.										
Minestrone with Basil (Small)	8 fl oz (240 mL)	120	4.0	1.0	0	5	500	16	3	3	5
	CONTAINS: EGGS, MILK, WHEAT, SULFITES.										
Minestrone with Basil (Large)	16 fl oz (480 mL)	240	8.0	2.5	0	10	990	32	7	7	11
	CONTAINS: EGGS, MILK, WHEAT, SULFITES.										
Minestrone with Basil (Medium)	12 fl oz (360 mL)	180	6.0	2.0	0	10	740	24	5	5	8
	CONTAINS: EGGS, MILK, WHEAT, SULFITES.										
Pasta e Fagioli Soup (Small)	8 fl oz (240 mL)	180	6.0	1.0	0	5	660	24	5	2	7
	CONTAINS: EGGS, 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)
Pasta e Fagioli Soup (Large)	16 fl oz (480 mL)	350	11.0	2.0	0	10	1320	47	9	4	15
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Pasta e Fagioli Soup (Medium)	12 fl oz (360 mL)	270	9.0	1.5	0	10	990	35	7	3	11
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Potato Leek Soup (Small)	8 fl oz (240 mL)	200	14.0	8.0	0	50	690	15	2	3	3
	CONTAINS: MILK, SOY, WHEAT.										
Potato Leek Soup (Large)	16 fl oz (480 mL)	400	28.0	17.0	1	95	1380	31	3	5	6
	CONTAINS: MILK, SOY, WHEAT.										
Potato Leek Soup (Medium)	12 fl oz (360 mL)	300	21.0	13.0	0.5	70	1040	23	2	4	5
	CONTAINS: MILK, SOY, WHEAT.										
Red Beans, Italian Sausage and Rice Soup (Small)	8 fl oz (240 mL)	200	4.5	1.5	0	10	830	30	13	37	11
	CONTAINS: SOY, WHEAT.										
Red Beans, Italian Sausage and Rice Soup (Large)	16 fl oz (480 mL)	410	9.0	3.0	0	15	1660	60	26	5	21
	CONTAINS: SOY, WHEAT.										
Red Beans, Italian Sausage and Rice Soup (Medium)	12 fl oz (360 mL)	310	7.0	2.0	0	10	1250	45	19	4	16
	CONTAINS: SOY, WHEAT.										
Roasted Eggplant Soup (Small)	8 fl oz (240 mL)	130	4.0	1.5	0	5	450	17	3	7	6
	CONTAINS: MILK.										
Roasted Eggplant Soup (Large)	16 fl oz (480 mL)	250	8.0	3.0	0	15	890	33	5	14	11
	CONTAINS: MILK.										
Roasted Eggplant Soup (Medium)	12 fl oz (360 mL)	190	6.0	2.0	0	10	670	25	4	11	8
	CONTAINS: MILK.										
Roasted Red Pepper & Gouda Soup (Small)	8 fl oz (240 mL)	210	14.0	7.0	0	30	660	17	1	9	4
	CONTAINS: MILK, SOY, WHEAT.										
Roasted Red Pepper & Gouda Soup (Large)	16 fl oz (480 mL)	410	28.0	13.0	0.5	65	1330	34	3	17	8
	CONTAINS: MILK, SOY, WHEAT.										
Roasted Red Pepper & Gouda Soup (Medium)	12 fl oz (360 mL)	310	21.0	10.0	0	45	990	26	2	13	6
	CONTAINS: MILK, SOY, WHEAT.										
Roasted Tomato & Fennel Soup (Small)	8 fl oz (240 mL)	120	7.0	2.5	0	15	600	13	2	7	3
	CONTAINS: MILK, SOY.										
Roasted Tomato & Fennel Soup (Large)	16 fl oz (480 mL)	240	13.0	5.0	0	25	1200	27	3	14	6
	CONTAINS: MILK, SOY.										
Roasted Tomato & Fennel Soup (Medium)	12 fl oz (360 mL)	180	10.0	4.0	0	20	900	20	2	11	4
	CONTAINS: MILK, 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)
Roasted Tomato, Chicken & Orzo (Small)	8 fl oz (240 mL)	110	4.0	1.5	0	15	580	14	2	5	5
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Roasted Tomato, Chicken & Orzo (Large)	16 fl oz (480 mL)	230	8.0	3.0	0	25	1150	29	4	10	10
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Roasted Tomato, Chicken & Orzo (Medium)	12 fl oz (360 mL)	170	6.0	2.0	0	20	860	22	3	7	8
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Slow Cooked Smokey Chicken & Sausage (Small)	8 fl oz (240 mL)	120	4.0	1.0	0	10	570	15	4	1	6
	CONTAINS: SOY, WHEAT.										
Slow Cooked Smokey Chicken & Sausage (Large)	16 fl oz (480 mL)	230	8.0	2.0	0	20	1140	30	7	3	11
	CONTAINS: SOY, WHEAT.										
Slow Cooked Smokey Chicken & Sausage (Medium)	12 fl oz (360 mL)	180	6.0	1.5	0	15	850	22	5	2	8
	CONTAINS: SOY, WHEAT.										
Southwest Tortilla Soup (Small)	8 fl oz (240 mL)	130	7.0	2.0	0	10	650	15	3	3	3
	CONTAINS MILK, SOY.										
Southwest Tortilla Soup (Large)	16 fl oz (480 mL)	260	14.0	4.0	0	15	1310	31	6	5	5
	CONTAINS MILK, SOY.										
Southwest Tortilla Soup (Medium)	12 fl oz (360 mL)	200	10.0	3.0	0	10	980	23	4	4	4
	CONTAINS MILK, SOY.										
Split Pea with Ham Soup (Small)	8 fl oz (240 mL)	180	1.0	0.0	0	5	860	29	11	4	13
	CONTAINS: SOY, WHEAT.										
Split Pea with Ham Soup (Large)	16 fl oz (480 mL)	360	2.5	0.5	0	10	1710	59	22	8	26
	CONTAINS: SOY, WHEAT.										
Split Pea with Ham Soup (Medium)	12 fl oz (360 mL)	270	2.0	0.0	0	10	1290	44	16	6	19
	CONTAINS: SOY, WHEAT.										
Swiss Chard and Three Bean Soup (Small)	8 fl oz (240 mL)	140	3.0	0.0	0	0	470	23	7	2	5
	CONTAINS SOY.										
Swiss Chard and Three Bean Soup (Large)	16 fl oz (480 mL)	270	6.0	1.0	0	0	950	46	13	5	10
	CONTAINS SOY.										
Swiss Chard and Three Bean Soup (Medium)	12 fl oz (360 mL)	210	4.5	0.5	0	0	710	35	10	3	7
	CONTAINS SOY.										
Tomato Basil Bisque (Small)	8 fl oz (240 mL)	160	7.0	4.5	0	25	250	20	1	11	4
	CONTAINS: MILK, WHEAT.										
Tomato Basil Bisque (Large)	16 fl oz (480 mL)	320	14.0	9.0	0	50	500	40	3	22	9
	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 (Medium)	12 fl oz (360 mL)	240	11.0	7.0	0	40	380	30	2	17	7
	CONTAINS: MILK, WHEAT.										
Turkey, Kale & Wild Rice Soup (Small)	8 fl oz (240 mL)	210	11.0	5.0	0	30	780	18	2	2	8
	CONTAINS: MILK, WHEAT, SULFITES.										
Turkey, Kale & Wild Rice Soup (Large)	16 fl oz (480 mL)	420	23.0	10.0	0.5	60	1550	36	3	4	16
	CONTAINS: MILK, WHEAT, SULFITES.										
Turkey, Kale & Wild Rice Soup (Medium)	12 fl oz (360 mL)	310	17.0	7.0	0	45	1160	27	2	3	12
	CONTAINS: MILK, WHEAT, SULFITES.										
Tuscan White Bean Soup (Small)	8 fl oz (240 mL)	150	3.0	0.0	0	0	630	24	10	4	7
	CONTAINS: SOY.										
Tuscan White Bean Soup (Large)	16 fl oz (480 mL)	310	6.0	0.0	0	0	1270	48	21	8	15
	CONTAINS: SOY.										
Tuscan White Bean Soup (Medium)	12 fl oz (360 mL)	230	4.5	0.0	0	0	950	36	15	6	11
	CONTAINS: SOY.										
Vegetable Beef & Barley (Small)	8 fl oz (240 mL)	110	2.0	1.0	0	20	470	15	3	2	7
	CONTAINS: MILK, SOY, WHEAT.										
Vegetable Beef & Barley (Large)	16 fl oz (480 mL)	210	4.5	2.0	0	35	940	30	6	4	15
	CONTAINS: MILK, SOY, WHEAT.										
Vegetable Beef & Barley (Medium)	12 fl oz (360 mL)	160	3.0	1.5	0	25	710	22	5	3	11
	CONTAINS: MILK, SOY, WHEAT.										
Vegetarian Chili (Small)	8 fl oz (240 mL)	170	1.0	0.0	0	0	610	31	16	4	10
Vegetarian Chili (Large)	16 fl oz (480 mL)	340	2.5	0.0	0	0	1210	61	32	9	19
Vegetarian Chili (Medium)	12 fl oz (360 mL)	260	2.0	0.0	0	0	910	46	24	7	14
Vegetarian Minestrone Soup (Small)	8 fl oz (240 mL)	80	1.0	0.0	0	0	740	15	3	5	3
	CONTAINS: EGGS, WHEAT.										
Vegetarian Minestrone Soup (Large)	16 fl oz (480 mL)	160	1.5	0.0	0	0	1480	30	5	10	7
	CONTAINS: EGGS, WHEAT.										
Vegetarian Minestrone Soup (Medium)	12 fl oz (360 mL)	120	1.0	0.0	0	0	1110	23	4	7	5
	CONTAINS: EGGS, WHEAT.										
Wild Mushroom Bisque (Small)	8 fl oz (240mL)	130	6.0	1.0	0	5	710	15	2	4	4
	CONTAINS: MILK, SOY, WHEAT, 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)
Wild Mushroom Bisque (Large)	16 fl oz (480 mL)	250	12.0	2.0	0	10	1420	30	4	8	7
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Wild Mushroom Bisque (Medium)	12 fl oz (360 mL)	190	9.0	1.5	0	5	1070	23	3	6	5
	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)
Beef and Vegetable Stew (Small)	8 fl oz (240 mL)	230	11.0	2.0	0	40	730	19	3	2	13
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Beef and Vegetable Stew (Large)	16 fl oz (480 mL)	450	22.0	4.0	0	75	1470	38	5	5	26
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Beef and Vegetable Stew (Medium)	12 fl oz (360 mL)	340	16.0	3.0	0	60	1100	28	4	4	20
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Chicken and Vegetable Stew (Small)	8 fl oz (240 mL)	220	13.0	3.0	0	30	700	19	2	3	8
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Chicken and Vegetable Stew (Large)	16 fl oz (480 mL)	450	25.0	6.0	0	60	1390	37	5	5	17
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Chicken and Vegetable Stew (Medium)	12 fl oz (360 mL)	340	19.0	5.0	0	45	1040	28	4	4	12
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Macaroni and Cheese (Small)	8 fl oz (240 mL)	590	29.0	18.0	1	95	730	61	2	2	20
	CONTAINS: EGGS, MILK, WHEAT, SULFITES.										
Macaroni and Cheese (Large)	16 fl oz (480 mL)	1170	57.0	35.0	2	195	1470	122	4	5	40
	CONTAINS: EGGS, MILK, WHEAT, SULFITES.										
Macaroni and Cheese (Medium)	12 fl oz (360 mL)	880	43.0	26.0	1.5	145	1100	92	3	4	30
	CONTAINS: EGGS, MILK, WHEAT, SULFITES.										
Steak & Wild Rice Soup (Small)	8 fl oz (240 mL)	110	2.0	1.0	0	15	690	16	2	3	7
	CONTAINS: MILK, SOY.										
Steak & Wild Rice Soup (Large)	16 fl oz (480 mL)	230	4.5	1.5	0	35	1380	32	3	5	14
	CONTAINS: MILK, SOY.										
Steak & Wild Rice Soup (Medium)	12 fl oz (360 mL)	170	3.0	1.5	0	25	1040	24	2	4	11
	CONTAINS: MILK, SOY.										
Turkey Chili (Small)	8 fl oz (240 mL)	220	6.0	1.0	0	20	450	29	10	4	13
	CONTAINS: SOY, WHEAT.										

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)
Turkey Chili (Large)	16 fl oz (480 mL)	450	12.0	2.0	0	40	900	59	21	8	26
	CONTAINS: SOY, WHEAT.										
Turkey Chili (Medium)	12 fl oz (360 mL)	330	9.0	1.5	0	30	680	44	15	6	19
	CONTAINS: SOY, WHEAT.										

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)
Bacon & Cheddar Kolache	3 oz (85g)	350	22.0	11.0	0	65	420	27	1	4	11
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Banana Walnut Muffin	4.7 OZ (135g)	540	28.0	5.0	0	100	310	64	3	32	8
	CONTAINS: EGGS, MILK, TREE NUTS (WALNUT), WHEAT. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO PEANUTS AND OTHER TREE NUTS (COCONUT, PECAN).										
Cranberry Crunch & Honey Parfait	10 oz (283g)	400	8.0	3.0	0	20	115	62	4	48	24
	CONTAINS: MILK, TREE NUTS (COCONUT, PECAN).										
Energy Cookie	2.6 oz (74g)	390	25.0	10.0	0	55	220	37	4	22	8
	CONTAINS: EGGS, MILK, SOY, WHEAT, SESAME.										
Housemade Granola	1/4 cup (30g)	140	7.0	2.5	0	5	30	18	2	9	3
	CONTAINS: MILK, TREE NUTS (COCONUT, PECANS).										
Iced Toasted Honey Latte (Medium)	16 fl oz (480 mL)	190	7.0	4.0	0	20	110	26	0	24	7
	CONTAINS: MILK.										
Iced Toasted Honey Latte (Large)	24 fl oz (720 mL)	290	9.0	5.0	0	25	140	44	0	41	9
	CONTAINS: MILK.										
Roasted Tomato, Chicken & Orzo (Small)	8 fl oz (240 mL)	110	4.0	1.5	0	15	580	14	2	5	5
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Roasted Tomato, Chicken & Orzo (Large)	16 fl oz (480 mL)	230	8.0	3.0	0	25	1150	29	4	10	10
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Roasted Tomato, Chicken & Orzo (Medium)	12 fl oz (360 mL)	170	6.0	2.0	0	20	860	22	3	7	8
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Rustic Baguette (Sandwich Size)	3.7 oz (105g)	270	2.0	0.0	0	0	360	53	2	1	10
	CONTAINS: SOY, WHEAT.										
Rustic Baguette (Soup Size)	2.9 oz (82g)	220	1.5	0.0	0	0	290	42	2	1	8
	CONTAINS: SOY, WHEAT.										
Signature Farmhouse Omelet	7.5 oz (214g)	520	22.0	9.0	0	305	840	56	7	6	26
	CONTAINS: EGGS, MILK, SOY, WHEAT.										

I New Items (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat* (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Slow Cooked Smokey Chicken & Sausage (Small)	8 fl oz (240 mL)	120	4.0	1.0	0	10	570	15	4	1	6
	CONTAINS: SOY, WHEAT.										
Slow Cooked Smokey Chicken & Sausage (Large)	16 fl oz (480 mL)	230	8.0	2.0	0	20	1140	30	7	3	11
	CONTAINS: SOY, WHEAT.										
Slow Cooked Smokey Chicken & Sausage (Medium)	12 fl oz (360 mL)	180	6.0	1.5	0	15	850	22	5	2	8
	CONTAINS: SOY, WHEAT.										
Strawberry Bon Tart	3.5 oz (101g)	410	16.0	8.0	0	20	240	61	1	34	4
	CONTAINS: MILK, WHEAT.										
Superfood Cranberry Almond Hot Cereal (Small)	8 oz. (227g)	180	7.0	1.0	0	0	15	26	4	3	6
	CONTAINS: TREE NUTS (ALMONDS).										
Superfood Cranberry Almond Hot Cereal (Large)	16 oz. (454g)	360	13.0	1.5	0	0	35	51	9	5	12
	CONTAINS: TREE NUTS (ALMONDS).										
Superfood Cranberry Almond Hot Cereal (Medium)	12 oz. (340g)	270	10.0	1.0	0	0	25	38	7	4	9
	CONTAINS: TREE NUTS (ALMONDS).										
The Good Egg	9.6 oz (272g)	540	28.0	9.0	0	350	670	47	4	2	24
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Toasted Honey Latte (Medium)	16 fl oz (480 mL)	190	7.0	4.0	0	20	105	26	0	24	7
	CONTAINS: MILK.										
Toasted Honey Latte (Large)	20 fl oz (600 mL)	290	9.0	5.0	0	25	135	44	0	41	9
	CONTAINS: MILK.										
Turkey Swiss BLT (Whole Sandwich)	10.4 oz (294g)	620	27.0	8.0	0	100	1370	59	7	7	41
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Turkey Swiss BLT (Half Sandwich)	5.4 oz (153g)	310	13.0	4.0	0	50	690	30	4	4	21
	CONTAINS: EGGS, MILK, SOY, WHEAT.										