

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	3.4 oz (97g)	220	8.0	4.5	0	30	290	35	2	14	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	4.2 oz (119g)	410	21.0	13.0	0.5	85	590	25	1	6	18
	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)	320	18.0	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)
Peach Danish	5 oz (142g)	400	15.0	9.0	0	55	330	60	3	29	6
	CONTAINS: EGGS, MILK, 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)
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).										
Lemon Blueberry Muffin	5 oz (141g)	520	25.0	4.5	0	90	370	67	1	40	6
	CONTAINS: EGGS, MILK, SOY, WHEAT. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO PEANUTS, TREE NUTS (COCONUT, PECAN, WALNUTS).										
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)	590	20.0	13.0	0.5	65	150	94	2	90	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)	240	0.0	0.0	0	5	35	56	4	46	6
	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 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.										
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
	CONTAINS MILK.										
Caffeine Free Diet Coke (Large)	32 fl oz (960 mL)	5	0.0	0.0	0	0	35	0	0	0	0
	CONTAINS MILK.										

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)
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
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

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)
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.										
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.										
Mini Sandwich Roll	1.5 oz (43g)	110	1.0	0.0	0	0	210	22	1	0	4
	CONTAINS: SOY, WHEAT.										
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.										
Semolina (Soup Size)	3.9 oz (73g)	200	2.5	0.0	0	0	200	35	2	1	8
	CONTAINS: SOY, WHEAT, SESAME.										
Semolina (Sandwich Size)	3.9 oz (110g)	290	4.0	1.0	0	0	300	51	4	1	12
	CONTAINS: SOY, WHEAT, SESAME.										
Sprouted Grain Roll	3.7 oz (105g)	280	4.5	0.0	0	0	260	54	7	5	10
	CONTAINS: SOY, WHEAT.										
Tortilla Wrap	3.5 oz. (100g)	280	7.0	3.5	0	0	240	45	2	1	7
	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	6.2 oz (177g)	310	16.0	6.0	0	360	660	22	7	1	23
	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	6.7 oz (192g)	370	21.0	9.0	0	375	750	22	7	1	26
	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.										
Herb Chicken Salad Sandwich (Whole Sandwich)	10.5 oz (297g)	470	13.0	2.0	0	50	890	58	5	4	30
	CONTAINS: EGGS, MILK, SOY, WHEAT, SESAME.										
Herb Chicken Salad Sandwich (Half Sandwich)	5.4 oz (153g)	230	5.0	0.5	0	30	290	31	5	4	18
	CONTAINS: EGGS, MILK, SOY, WHEAT, SESAME.										
Lobster Salad Sandwich	6.8 oz (194g)	420	22.0	10.0	0	210	1000	30	2	5	25
	CONTAINS: CRUSTACEAN SHELLFISH (LOBSTER), EGGS, MILK, SOY, WHEAT.										
Tuna Salad Sandwich (Whole Sandwich)	10 oz (284g)	460	10.0	1.5	0	55	580	60	9	7	36
	CONTAINS: EGGS, FISH (TUNA), SOY, WHEAT.										
Tuna Salad Sandwich (Half Sandwich)	5.4 oz (153g)	230	5.0	0.5	0	30	290	31	5	4	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)
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.										

I Harvest Hot Bowls (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 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.										
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.										

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)
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

I Oatmeal (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat* (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
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										
Bon To Go - Caprese Chicken	9 oz (255g)	310	16.0	6.0	0	45	820	19	5	7	21
	CONTAINS: MILK, SOY.										
Bon To Go - Cheese & Fruit	6.8 oz (195g)	390	25.0	14.0	0.5	70	590	31	2	16	14
	CONTAINS: MILK, SOY, WHEAT, SESAME.										
Bon To Go - Egg, Veggie & Cheese	7.1 oz (201g)	380	21.0	9.0	0	195	370	34	6	4	19
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Bon To Go - Fruit, Eggs & Nuts	9.3 oz (265g)	500	35.0	10.0	0	195	320	31	4	19	21
	CONTAINS: EGGS, MILK, TREE NUTS (ALMOND, CASHEW).										
Bon To Go - Hard Boiled Eggs	3.1 oz (88g)	140	9.0	3.0	0	330	110	1	0	1	11
	CONTAINS: EGGS.										
Bon To Go - Herb Chicken Salad	6 oz (171g)	270	10.0	1.5	0	25	730	31	2	5	14
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Bon To Go - Hummus	6 oz (170g)	300	14.0	1.5	0	0	670	37	4	5	8
	CONTAINS: WHEAT, SESAME.										
Bon To Go - Hummus, Veggie & Taboule	9.6 oz (272g)	350	25.0	3.0	0	0	730	29	6	5	8
	CONTAINS: WHEAT, SESAME.										
Bon To Go - Smoked Salmon	5.3 oz (149g)	210	10.0	4.5	0	35	550	19	3	5	12
	CONTAINS: FISH (SALMON), MILK, SOY, WHEAT.										
Bon To Go - Southwest Chicken	8.8 oz (251g)	350	17.0	8.0	0	60	950	27	3	5	22
	CONTAINS: MILK, SOY, WHEAT.										
Bon To Go - Turkey & Swiss	8.1 oz (231g)	280	9.0	3.0	0	40	810	32	2	8	19
	CONTAINS: EGGS, MILK, SOY, WHEAT.										

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)
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
Fruit Cup (Large)	12 oz (340g)	140	0.5	0.0	0	0	30	36	2	32	2
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)										
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.										
Strawberry Fruit Cup	5.1 oz (145g)	45	0.0	0.0	0	0	0	11	3	7	1
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).										
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).										
Strawberry & Greek Nonfat Yogurt Parfait	11.3 oz (320g)	340	8.0	3.0	0	20	115	48	5	35	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).										
Mediterranean Chicken & Taboule Salad	18 oz (502g)	440	23.0	7.0	0	80	1480	32	9	6	32
	CONTAINS: MILK, SOY, WHEAT.										
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.										

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)
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.										
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.										

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)
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.										
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.										
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)	190	14.0	8.0	0	50	680	15	2	1	2
	CONTAINS: MILK, SOY, WHEAT.										
Potato Leek Soup (Large)	16 fl oz (480 mL)	390	28.0	17.0	1	95	1370	29	3	3	5
	CONTAINS: MILK, SOY, WHEAT.										
Potato Leek Soup (Medium)	12 fl oz (360 mL)	290	21.0	13.0	0.5	70	1020	22	2	2	3
	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)
Bon To Go - Caprese Chicken	9 oz (255g)	310	16.0	6.0	0	45	820	19	5	7	21
	CONTAINS: MILK, SOY.										
Bon To Go - Cheese & Fruit	6.8 oz (195g)	390	25.0	14.0	0.5	70	590	31	2	16	14
	CONTAINS: MILK, SOY, WHEAT, SESAME.										
Bon To Go - Egg, Veggie & Cheese	7.1 oz (201g)	380	21.0	9.0	0	195	370	34	6	4	19
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Bon To Go - Fruit, Eggs & Nuts	9.3 oz (265g)	500	35.0	10.0	0	195	320	31	4	19	21
	CONTAINS: EGGS, MILK, TREE NUTS (ALMOND, CASHEW).										
Bon To Go - Hard Boiled Eggs	3.1 oz (88g)	140	9.0	3.0	0	330	110	1	0	1	11
	CONTAINS: EGGS.										
Bon To Go - Herb Chicken Salad	6 oz (171g)	270	10.0	1.5	0	25	730	31	2	5	14
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Bon To Go - Hummus	6 oz (170g)	300	14.0	1.5	0	0	670	37	4	5	8
	CONTAINS: WHEAT, SESAME.										
Bon To Go - Hummus, Veggie & Taboule	9.6 oz (272g)	350	25.0	3.0	0	0	730	29	6	5	8
	CONTAINS: WHEAT, SESAME.										
Bon To Go - Smoked Salmon	5.3 oz (149g)	210	10.0	4.5	0	35	550	19	3	5	12
	CONTAINS: FISH (SALMON), MILK, SOY, WHEAT.										
Bon To Go - Southwest Chicken	8.8 oz (251g)	350	17.0	8.0	0	60	950	27	3	5	22
	CONTAINS: MILK, SOY, WHEAT.										
Bon To Go - Turkey & Swiss	8.1 oz (231g)	280	9.0	3.0	0	40	810	32	2	8	19
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Herb Chicken Salad Sandwich (Whole Sandwich)	10.5 oz (297g)	470	13.0	2.0	0	50	890	58	5	4	30
	CONTAINS: EGGS, MILK, SOY, WHEAT, SESAME.										
Herb Chicken Salad Sandwich (Half Sandwich)	5.4 oz (153g)	230	5.0	0.5	0	30	290	31	5	4	18
	CONTAINS: EGGS, MILK, SOY, WHEAT, SESAME.										

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)
Lemon Blueberry Muffin	5 oz (141g)	520	25.0	4.5	0	90	370	67	1	40	6
	CONTAINS: EGGS, MILK, SOY, WHEAT. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO PEANUTS, TREE NUTS (COCONUT, PECAN, WALNUTS).										
Lobster Salad Sandwich	6.8 oz (194g)	420	22.0	10.0	0	210	1000	30	2	5	25
	CONTAINS: CRUSTACEAN SHELLFISH (LOBSTER), EGGS, MILK, SOY, WHEAT.										
Mediterranean Chicken & Taboule Salad	18 oz (502g)	440	23.0	7.0	0	80	1480	32	9	6	32
	CONTAINS: MILK, SOY, WHEAT.										
Peach Danish	5 oz (142g)	400	15.0	9.0	0	55	330	60	3	29	6
	CONTAINS: EGGS, MILK, WHEAT.										
Semolina (Soup Size)	3.9 oz (73g)	200	2.5	0.0	0	0	200	35	2	1	8
	CONTAINS: SOY, WHEAT, SESAME.										
Semolina (Sandwich Size)	3.9 oz (110g)	290	4.0	1.0	0	0	300	51	4	1	12
	CONTAINS: SOY, WHEAT, SESAME.										
Strawberry & Greek Nonfat Yogurt Parfait	11.3 oz (320g)	340	8.0	3.0	0	20	115	48	5	35	24
	CONTAINS: MILK, TREE NUTS (COCONUT, PECAN).										
Strawberry Fruit Cup	5.1 oz (145g)	45	0.0	0.0	0	0	0	11	3	7	1
Tuna Salad Sandwich (Whole Sandwich)	10 oz (284g)	460	10.0	1.5	0	55	580	60	9	7	36
	CONTAINS: EGGS, FISH (TUNA), SOY, WHEAT.										
Tuna Salad Sandwich (Half Sandwich)	5.4 oz (153g)	230	5.0	0.5	0	30	290	31	5	4	19
	CONTAINS: EGGS, FISH (TUNA), SOY, WHEAT.										