



NUTRITIONAL & ALLERGENS INFORMATION

NOVEMBER 2019



NUTRITIONAL SANDWICHES

FAMOUS SANDWICHES		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
Chicken, Cheese & Ham on Ciabatta	Sandwich		850	235	27	7	0	105	2255	105	5	9	46
Club - Turkey, Ham & Beef on French Country	Sandwich		705	235	25.5	9.5	0	125	2200	73	4	6	45
French Dip on Baguette	Sandwich		610	126	11	6	0	70	3103	91	4	4	37
Tuna on Hazelnut 12 Grain	Sandwich		710	370	44	5	0	65	1220	55	6	6	30
Turkey Bacon Avocado on Focaccia	Sandwich		845	335	36	11	0	85	2590	89	8	8	44

PANINI		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
Chicken Pesto on French Country	Sandwich		645	210	24.5	14	0	135	1890	65	4	5	40
Reuben on Rustic Rye	Sandwich		665	185	20	8	0	120	3330	75	8	11	48
Turkey & Artichoke on Focaccia	Sandwich		905	410	47	19.5	0	115	2700	95	9	9	47

CROISSANT SANDWICHES		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
Chicken Salad Croissant	Sandwich		595	340	40	4.5	0.5	100	1290	40	4	10	22
Turkey Cranberry Croissant	Sandwich		470	240	27.5	3.5	0.5	80	1420	39	3	12	19

KIDS MEALS		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
Grilled Cheese on Wheat	Sandwich		260	120	14	7	0	30	490	26	3	2	11
Grilled Cheese on White	Sandwich		260	120	14	7	0	30	470	24	0	2	11
Ham & Cheese on Wheat	Sandwich		320	160	19	6	0	45	970	26	3	2	14
Ham & Cheese on White	Sandwich		310	160	19	6	0	45	970	26	0	2	14
Kids Green Salad	Salad		150	50	6	3.5	0	20	290	15	2	4	9
Peanut Butter & Jam on Wheat	Sandwich		350	120	14	2	0	10	390	47	4	20	10
Peanut Butter & Jam on White	Sandwich		340	120	14	2	0	15	370	45	2	20	10

ALLERGENS SANDWICHES



FAMOUS SANDWICHES		WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
Chicken, Cheese & Ham on Ciabatta		✓	✓	✓	✓				
Club - Turkey, Ham & Beef on French Country		✓	✓	✓	✓				
French Dip on Baguette		✓		✓	✓				
Tuna on Hazelnut 12 Grain		✓	✓	✓			✓	✓	
Turkey Bacon Avocado on Focaccia		✓	✓	✓	✓				

PANINI		WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
Chicken Pesto on French Country		✓			✓				
Reuben Panini on Rustic Rye		✓	✓		✓				
Turkey & Artichoke on Focaccia		✓	✓	✓	✓				

CROISSANT SANDWICHES		WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
Chicken Salad Croissant		✓	✓	✓	✓		✓		
Turkey Cranberry Croissant		✓	✓	✓	✓				

KIDS MEALS		WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
Grilled Cheese on Wheat		✓		✓	✓				
Grilled Cheese on White		✓		✓	✓				
Ham & Cheese on Wheat		✓	✓	✓	✓				
Ham & Cheese on White		✓	✓	✓	✓				
Peanut Butter & Jam on Wheat		✓		✓		✓			
Peanut Butter & Jam on White		✓		✓		✓			
Kids Green Salad **		✓			✓				

*Check "Bread" section for specific allergens
 **Check "Salad Dressings" section for specific allergens

NUTRITIONAL SANDWICHES

CAFE CLASSIC SANDWICHES

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
Dave's BLT-Whole <i>(Add 2 slices of chosen bread)</i>	Sandwich	480	330	37	14	0	70	1920	8	2	5	27
Dave's BLT-Half <i>(Add 1 slice of chosen bread)</i>	Sandwich	240	115	18.5	7	0	35	960	4	1	2.5	13.5
Ham-Whole <i>(Add 2 slices of chosen bread)</i>	Sandwich	340	210	23	8.5	0	85	2040	7	2	4	26
Ham-Half <i>(Add 1 slice of chosen bread)</i>	Sandwich	170	105	11.5	4	0	42.5	1,020	3.5	1	2	13
Pastrami-Whole <i>(Add 2 slices of chosen bread)</i>	Sandwich	430	225	25	8	0	110	2040	12	2	7	40
Pastrami-Half <i>(Add 1 slice of chosen bread)</i>	Sandwich	215	112.5	12.5	4	0	55	1,020	6	1	3.5	20
Roast Beef-Whole <i>(Add 2 slices of chosen bread)</i>	Sandwich	360	205	23	9	0	80	1630	10	2	4	29
Roast Beef-Half <i>(Add 1 slice of chosen bread)</i>	Sandwich	180	102.5	11.5	4.5	0	40	815	5	1	2	14.5
Turkey-Whole <i>(Add 2 slices of chosen bread)</i>	Sandwich	360	230	25	9.5	0	75	1390	7	2	4	29
Turkey-Half <i>(Add 1 slice of chosen bread)</i>	Sandwich	180	115	13	5	0	38	695	3.5	1	2	14.5
Veggie Avocado-Whole <i>(Add 2 slices of chosen bread)</i>	Sandwich	410	310	35	10	0	35	965	16	9	5	14
Veggie Avocado-Half <i>(Add 1 slice of chosen bread)</i>	Sandwich	205	155	17.5	5	0	17.5	482.5	8	4.5	2.5	7

CAFE RANCH SANDWICHES

Roast Beef Ranch-Whole <i>(Add 2 slices of chosen bread)</i>	Sandwich	340	185	21	8.5	0	80	1535	11	2	4	27
Roast Beef Ranch-Half <i>(Add 1 slice of chosen bread)</i>	Sandwich	170	92.5	10.5	4	0	40	767.5	5.5	1	2	13.5
Turkey Ranch-Whole <i>(Add 2 slices of chosen bread)</i>	Sandwich	340	210	23	8.5	0	75	1295	8	2	4	27
Turkey Ranch-Half <i>(Add 1 slice of chosen bread)</i>	Sandwich	170	105	11.5	4	0	37.5	647.5	4	1	2	13.5

HAM & SWISS SANDWICHES

Ham & Swiss-Whole <i>(Add 2 slices of chosen bread)</i>	Sandwich	385	250	29	8.5	0	80	1865	10	2	6	23
Ham & Swiss-Half <i>(Add 1 slice of chosen bread)</i>	Sandwich	192.5	125	14.5	4	0	40	932.5	5	1	3	11.5

PROVOLONE & MUEENSTER MELT SANDWICHES

Provolone & Muenster Cheese Melt-Whole	Sandwich	840	290	34	21	0	125	1660	97	3	3	35
Provolone & Muenster Cheese Melt-Half	Sandwich	420	145	17	10.5	0	62.5	830	48.5	1.5	1.5	17.5

ALLERGENS SANDWICHES

CAFE CLASSIC SANDWICHES

	WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
Classic Dave's BLT *	✓	✓	✓	✓				
Classic Ham *	✓	✓	✓	✓				
Classic Pastrami *	✓	✓	✓	✓				
Classic Roast Beef *	✓	✓	✓	✓				
Classic Turkey *	✓	✓	✓	✓				
Classic Veggie Avocado *	✓	✓	✓	✓				
Roast Beef Ranch *	✓	✓	✓	✓				
Turkey Ranch *	✓	✓	✓	✓				
Ham & Swiss *	✓	✓	✓	✓				
Provolone & Muenster Cheese Melt *	✓			✓				

*Check "Bread" section for specific allergens
 **Check "Salad Dressings" section for specific allergens

NUTRITIONAL BREADS

BREAD SLICES

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
100% Whole Wheat	Slice	160	0	0	0	0	0	350	37	6	4	6
Apricot Almond Wreath	Slice	90	10	1	0	0	0	90	18	1	5	2
Asiago Cheese	Slice	170	25	3	1.5	0	5	410	30	1	0	7
Baguette	6" Slice	410	15	2	0	0	0	910	85	1	1	13
Challah	Slice	180	10	1	0	0	10	250	40	1	16	4
Chunky Cinnamon	Slice	180	10	1	0	0	10	250	40	1	16	4
Ciabatta	Slice	140	40	4.5	2.5	0	20	200	22	1	3	3
Country White	Slice	160	5	0.5	0	0	0	340	33	1	2	5
Cranberry Pistachio	Slice	150	30	3	0	0	0	230	28	1	7	4
Focaccia	4"x 5" Slice	440	30	3	1	0	5	1040	80	1	1	15
French Country	Slice	150	5	0.5	0	0	0	370	32	1	0	5
Garlic Cheddar	Slice	150	15	2	1	0	5	230	27	2	0	6
Hazelnut 12 Grain	Slice	170	45	5	0	0	5	200	27	3	3	5
Honey Wheat	Slice	150	5	0	0	0	0	350	33	3	3	5
Irish Soda Bread	Slice	120	25	2.5	1.5	0	15	280	20	0	2	4
Jalapeño Cheddar	Slice	120	25	3	1.5	0	10	280	19	0	0	5
Paesano	Slice	100	5	0	0	0	0	240	21	0	0	3
Potato Rosemary	Slice	90	5	0	0	0	0	190	20	1	0	3
Raisin Walnut	Slice	130	30	3.5	0	0	0	200	23	1	4	4
Rosemary Focaccia	Slice	100	5	0.5	0	0	0	250	21	0	0	3
Rustic Rye	Slice	150	5	0.5	0	0	0	280	32	1	0	5
Seeded Baguette	6" Slice	450	50	5	0	0	0	910	87	2	1	14

ALLERGENS BREADS

HEARTH BREADS

	WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
100% Whole Wheat	✓							
Apricot Almond Wreath	✓		✓	✓		✓		
Asiago Cheese	✓			✓				
Baguette	✓							
Challah	✓		✓	✓				
Chunky Cinnamon	✓		✓	✓				
Ciabatta	✓							
Country White	✓							
Cranberry Pistachio	✓					✓		
Focaccia	✓			✓				
French Country	✓							
Garlic Cheddar	✓			✓				
Hazelnut 12 Grain	✓					✓		
Honey Wheat	✓							
Irish Soda Bread	✓		✓	✓				
Jalapeño Cheddar	✓			✓				
Paesano	✓							
Potato Rosemary	✓							
Raisin Walnut	✓		✓			✓		
Rosemary Focaccia	✓			✓				
Rustic Rye	✓							
Seeded Baguette	✓							

NUTRITIONAL BREADS

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
ROLLS												
Dollar Rolls <i>(1.5 oz)</i>	Roll	170	50	5	1	1	15	190	27	0	5	4
French Country Soup Bun <i>(0.75 lbs)</i>	Bun	760	35	3.5	0	0	0	1850	159	5	2	24
Multi Grain <i>(3 oz)</i>	Roll	170	50	5	1	1	15	190	27	0	5	4
Orange <i>(0.14 lbs, 3.35 lbs)</i>	Roll	230	60	7	1.5	1.5	15	380	38	0	14	5
Petit Pain <i>(6 Per 1.5 lbs)</i>	Roll	230	10	1	0	0	0	530	49	1	1	7
Raspberry <i>(0.14 lbs Each 3.35)</i>	Roll	230	60	7	1.5	1.5	15	380	38	0	14	5
Soft <i>(3 oz by Dozen)</i>	Roll	250	70	7	1.5	1.5	20	370	39	1	8	6

SWEET BREADS

Banana Crumb	Slice	210	80	9	1.5	0	25	140	31	1	18	3
Blueberry Lemon	Slice	220	90	10	3	0	65	70	28	0	17	4
Cranberry Orange	Slice	220	90	10	3	0	65	65	30	1	18	3
Pumpkin	Slice	220	80	9	1	0	30	180	32	1	20	3
Snickerdoodle	Slice	230	80	9	5	0	40	220	34	0	18	4
Triple Chocolate	Slice	240	110	13	7	0	65	200	31	2	20	5
Zucchini Walnut	Slice	230	100	11	2	0	20	170	31	1	19	3

ALLERGENS BREADS



ROLLS

	WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
Dollar Rolls	✓	✓	✓	✓				
French Country Soup Bun	✓							
Multi Grain	✓	✓	✓	✓				
Orange	✓	✓	✓	✓				
Petit Pain	✓							
Raspberry	✓	✓	✓	✓				
Soft	✓	✓	✓	✓				

SWEET BREADS

Banana Crumb	✓	✓	✓	✓				
Blueberry Lemon	✓	✓	✓	✓				
Cranberry Orange	✓	✓	✓	✓				
Pumpkin	✓	✓	✓					
Snickerdoodle	✓	✓		✓				
Triple Chocolate	✓	✓	✓	✓				
Zucchini Walnut	✓	✓	✓			✓		

NUTRITIONAL SALADS

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
GOURMET SALADS												
Chicken Ala Mondo	Salad	349	177	20	6	0	71	786	11	4	3	29
Chicken Raspberry Nut	Salad	282	136	15	3	0	53	528	15	3	10	21
Large Green Avocado	Salad	284	178	21	5	0	20	218	17	10	4	10
Southwest BBQ Chicken	Salad	435	130	15	2	0	40	662	54	11	18	21
Thai Chicken	Salad	130	20	3	1	0	40	293	10	4	4	16
Turkey Bacon Avocado	Salad	275	151	17	4	0	38	621	13	8	4	20
Turkey Cranberry Sunflower	Salad	339	158	18	5	0	47	500	25	5	16	22
Kids Green Salad	Salad	150	50	6	3.5	0	20	290	15	2	4	9

DELI SALADS												
Broccoli Sunflower	8 oz	470	341	40.5	7.5	0	21	224	28	4	19	6.5
Fresh Fruit	8 oz	95.5	6	0	0	0	0	24	24	2.5	19	1

ALLERGENS SALADS

	WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
GOURMET SALADS*								
Chicken Ala Mondo		✓				✓		
Chicken Raspberry Nut		✓				✓		
Large Green Avocado Salad		✓						
Southwest BBQ Chicken			✓					
Thai Chicken							✓	
Turkey Bacon Avocado								
Turkey Cranberry Sunflower				✓				
Kids Green Salad	✓			✓				

DELI SALADS								
Broccoli Sunflower		✓	✓	✓				
Fresh Fruit								

*Check "Salad Dressings" section for specific allergens

NUTRITIONAL DRESSINGS

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
Balsamic Vinaigrette	1.5 fl oz	90	75	9	0	0	0	405	4.5	0	4.5	0
Cotija Cilantro	1.5 fl oz	165	150	17	2	0	22	330	5	0	2	2
Poppy Seed	1.5 fl oz	195	150	17	2	0	0	68	15	0	14	0
Creamy Ranch	1.5 fl oz	210	188	21	5	0	23	510	2	0	2	2
Raspberry Vinaigrette	1.5 fl oz	195	165	18	3	0	0	135	8	0	8	0
Spicy Thai	1.5 fl oz	180	180	29	2	0	8	495	14	0	12	0
Thousand Island	1.5 fl oz	139	120	12	0	0	19	540	8	0	8	0

ALLERGENS DRESSINGS



SALAD DRESSINGS

	WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
Balsamic Vinaigrette			✓					
Cotija Cilantro		✓		✓				
Poppy Seed								
Creamy Ranch		✓	✓	✓				
Raspberry Vinaigrette			✓			✓		
Spicy Thai	✓	✓	✓					
Thousand Island		✓						

NUTRITIONAL SOUPS

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
Apple Butternut Bisque	8 oz	200	135	15	8	0	40	440	16	3	6	2
	12 oz	300	202.5	22.5	12	0	60	660	24	4.5	9	3
	32 oz	800	540	60	32	0	160	1,760	64	12	24	8
Artichoke Portabella	8 oz	80	50	5	3	0	15	650	7	1	2	2
	12 oz	130	70	8	4.5	0	20	980	11	2	3	3
	32 oz	340	190	22	12	0.5	50	2,610	29	6	8	7
Asiago Bisque	8 oz	260	170	19	10	0.5	55	730	17	1	3	6
	12 oz	390	260	29	15	1	85	1,100	26	2	5	9
	32 oz	1,040	680	76	40	2	220	2,920	68	4	12	24
Chicken Pot Pie	8 oz	130	50	5	2	0	20	1,000	13	1	4	7
	12 oz	190	70	8	3	0	25	1,500	20	2	5	10
	32 oz	520	190	21	8	0	70	4,010	52	5	14	28
Chicken Tortilla	8 oz	120	50	6	0.5	0	35	990	9	2	3	10
	12 oz	180	80	9	1	0	55	1,490	14	3	5	15
	32 oz	480	220	24	2	0	140	3,960	36	8	12	40
Chicken and Wild Rice	8 oz	310	200	23	12	0	85	870	20	1	4	11
	12 oz	465	300	34.5	18	0	127.5	1,305	30	1.5	6	16.5
	32 oz	1,240	800	92	48	0	340	3,480	80	4	16	44
Cream of Broccoli	8 oz	180	81	9	5	0	25	820	8	1	4	8
	12 oz	270	122	14	8	0	38	1,230	12	2	6	1
	32 oz	720	324	36	20	0	100	3,470	32	4	16	32
Cauliflower Turmeric Bisque	8 oz	200	160	18	9	0	40	780	11	1	3	2
	12 oz	300	240	27	13.5	0	60	1,170	16.5	1.5	4.5	3
	32 oz	800	640	72	36	0	160	3,120	44	4	12	8
Fully Loaded Potato	8 oz	260	135	15	8	0	35	700	20	1	2	9
	12 oz	390	202.5	22.5	12	0	52.5	1,050	30	1.5	3	13.5
	32 oz	1,040	540	60	32	0	140	2,800	80	4	8	36
Hatch Green Chile and Pork Stew	8 oz	180	70	8	2	0	45	620	13	4	6	16
	12 oz	270	105	12	3	0	67.5	930	19.5	6	9	24
	32 oz	720	280	32	8	0	180	2,480	52	16	24	64
Homemade Chicken Noodle	8 oz	100	23	2.5	0.5	0	35	830	13	1	2	8
	12 oz	150	34	4	1	0	52.5	1,245	19.5	1.5	3	12
	32 oz	400	90	10	2	0	140	3,320	54	4	8	32

ALLERGENS SOUPS

	WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
Apple Butternut Bisque				✓				
Artichoke Portabella			✓	✓				
Asiago Bisque	✓			✓				
Chicken Pot Pie			✓	✓				
Chicken Tortilla	✓		✓	✓				
Chicken and Wild Rice	✓			✓				
Cream of Broccoli	✓		✓	✓				
Cauliflower Turmeric Bisque				✓				
Fully Loaded Potato	✓			✓				
Hatch Green Chile and Pork Stew								
Homemade Chicken Noodle	✓	✓	✓					

NUTRITIONAL SOUPS

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
Mulligatawny	8 oz	160	40.5	4.5	0.5	0	35	670	19	2	3	11
	12 oz	240	60.75	6.75	0.75	0	52.5	1,005	28.5	3	4.5	16.5
	32 oz	640	162	18	2	0	140	2,680	76	8	12	44
Parmesan Sausage Kale	8 oz	190	120	13	7	0	35	1220	12	2	2	7
	12 oz	285	180	19.5	10.5	0	52.5	1830	18	3	3	10.5
	32 oz	760	480	52	28	0	140	4880	48	8	8	28
Roasted Red Pepper Gouda	8 oz	200	126	14	8	0	45	810	14	2	10	8
	12 oz	300	189	21	12	0	67.5	1,215	21	3	15	12
	32 oz	800	504	56	32	0	180	3,240	56	8	40	32
San Marzano Tomato Basil Bisque	8 oz	180	120	14	7	0	40	790	14	2	4	3
	12 oz	270	180	21	10.5	0	60	1,185	21	3	6	4.5
	32 oz	720	480	56	28	0	160	3,160	56	8	16	12
Thai Coconut Curry	8 oz	270	190	21	13	1	20	1,130	14	2	8	10
	12 oz	410	280	32	20	1.5	30	1,700	21	3	12	15
	32 oz	1,080	760	84	52	4	80	4,520	56	8	32	40
Three Cheese Cauliflower	8 oz	330	220	25	13	1	65	690	13	1	3	13
	12oz	490	330	37	20	1	95	1,030	20	1	5	19
	32 oz	1,310	880	99	53	3	255	2,730	53	4	14	51
Turkey & White Bean Chili	8 oz	180	36	4	0	0	15	1,090	27	10	4	13
	12 oz	270	54	6	0	0	22.5	1,635	40.5	15	6	19.5
	32 oz	720	144	16	0	0	60	4,360	108	40	16	52
White Cheddar & Poblano	8 oz	370	300	33	20	0	110	2,300	13	1	2	6
	12 oz	550	440	49	30	0.5	165	3,450	20	2	3	9
	32 oz	1,470	1,180	131	80	1.5	435	9,210	53	6	9	24

ALLERGENS SOUPS

	WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
Mulligatawny								
Parmesan Sausage Kale				✓				
Roasted Red Pepper Gouda				✓				
San Marzano Tomato Basil Bisque				✓				
Thai Coconut Curry						✓	✓	✓
Three Cheese Cauliflower	✓		✓	✓				
Turkey & White Bean Chili								
White Cheddar & Poblano				✓				

NUTRITIONAL BREAKFAST

FRENCH TOAST & PANCAKES

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
Caramel Syrup	2oz	186	46	6	4	0	17	124	36	0	34	0
	4oz	450	150	16	11	0	65	60	75	0	45	0
Chunky Cinnamon French Toast	2 slices & 2oz syrup	1050	420	47	34	0	230	640	148	3	79	12
Homemade Pancake	3 cakes & 4oz syrup	970	310	34	27	0	70	910	158	3	78	7
Kids Pancakes	3 cakes & 2oz syrup	460	90	10	6	0	35	560	88	3	36	5
Pecan Pancakes	3 cakes & 4oz syrup	1070	410	46	13	0	65	860	154	3	76	10

OATMEALS

Steel Cut Oatmeal	Bowl	170	30	3.5	0.5	0	0	10	28	4	1	6
	Cup	80	15	2	0	0	0	0	14	2	0	3
Steel Cut Oatmeal, Banana Walnut	Bowl	560	370	41	4	0	0	10	43	9	6	15
	Cup	280	180	20	2	0	0	5	21	4	3	7
Steel Cut Oatmeal, Cranberry Coconut	Bowl	680	280	31	24	0	0	35	100	11	63	9
	Cup	340	140	15	12	0	0	15	50	5	32	5
Steel Cut Oatmeal, Fresh Fruit	Bowl	180	35	3.5	0.5	0	0	10	31	5	2	6
	Cup	90	15	2	0	0	0	0	15	2	1	3

OMELETS

American	Omelet	750	400	45	23	1	500	2100	39	7	7	49
American with Egg Whites	Omelet	660	320	35	20	1	135	2110	38	7	7	47
Greek	Omelet	570	260	29	15	0	425	1620	43	8	9	36
Greek with Egg Whites	Omelet	480	170	19	11	0	60	1640	43	8	9	34
Italian	Omelet	870	500	56	24	0.5	495	1710	46	8	11	47
Italian with Egg Whites	Omelet	780	420	47	21	0.5	125	1730	45	8	10	45
Mexican	Omelet	620	330	37	19	0.5	450	1090	39	7	8	32
Mexican with Egg Whites	Omelet	530	250	28	16	0.5	80	1110	38	7	7	31

ALLERGENS BREAKFAST



FRENCH TOAST & PANCAKES

Caramel Syrup			✓	✓							
Chunky Cinnamon French Toast	✓	✓	✓	✓			✓				
Homemade Pancake	✓	✓	✓	✓			✓				
Kids Pancakes	✓	✓	✓	✓			✓				
Pecan Pancakes	✓	✓	✓	✓			✓				

OATMEALS

Steel Cut Oatmeal											
Steel Cut Oatmeal, Banana Walnut										✓	
Steel Cut Oatmeal, Cranberry Coconut										✓	
Steel Cut Oatmeal, Fresh Fruit											

OMELETS

American Omelet	✓	✓	✓	✓							
American Omelet with Egg Whites	✓	✓	✓	✓							
Greek Omelet	✓	✓	✓	✓							
Greek Omelet with Egg Whites	✓	✓	✓	✓							
Italian Omelet	✓	✓	✓	✓							
Italian Omelet with Egg Whites	✓	✓	✓	✓							
Mexican Omelet	✓	✓	✓	✓							
Mexican Omelet with Egg Whites	✓	✓	✓	✓							

NUTRITIONAL BREAKFAST

BREAKFAST SANDWICHES

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
Bacon & Cheese Breakfast Sandwich	Sandwich	500	300	34	9.5	0	95	950	29	1	5	21
Bacon, Egg & Cheese Breakfast Sandwich	Sandwich	690	440	49	10	0	465	1320	29	1	5	34
Bacon, Egg & Cheese with Egg Whites	Sandwich	590	340	38.5	10	0	95	1340	29	1	5	32
Egg & Cheese Breakfast Sandwich	Sandwich	600	380	42	7.5	0	450	930	29	1	5	28
Egg & Cheese with Egg Whites	Sandwich	500	280	31.5	7.5	0	80	950	29	1	5	26
Ham & Cheese Breakfast Sandwich	Sandwich	455	255	28.5	7.5	0	105	1100	29	1	5	22
Ham, Egg & Cheese Breakfast Sandwich	Sandwich	645	395	43.5	8	0	475	1470	29	1	5	35
Ham, Egg & Cheese with Egg Whites	Sandwich	545	295	33	8	0	105	1490	29	1	5	33
Sausage & Cheese Breakfast Sandwich	Sandwich	660	450	50	16	0	140	1070	30	1	6	25
Sausage, Egg & Cheese Breakfast Sandwich	Sandwich	850	590	65	16.5	0	510	1440	30	1	6	38
Sausage, Egg & Cheese with Egg Whites	Sandwich	750	490	54.5	16.5	0	140	1460	30	1	6	36

ALLERGENS BREAKFAST

BREAKFAST SANDWICHES

	WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
Bacon & Cheese	✓	✓	✓	✓				
Bacon, Egg & Cheese	✓	✓	✓	✓				
Bacon, Egg & Cheese with Egg Whites	✓	✓	✓	✓				
Egg & Cheese	✓	✓	✓	✓				
Egg & Cheese with Egg Whites	✓	✓	✓	✓				
Ham & Cheese	✓	✓	✓	✓				
Ham, Egg & Cheese	✓	✓	✓	✓				
Ham, Egg & Cheese with Egg Whites	✓	✓	✓	✓				
Sausage & Cheese	✓	✓	✓	✓				
Sausage, Egg & Cheese	✓	✓	✓	✓				
Sausage, Egg & Cheese with Egg Whites	✓	✓	✓	✓				

NUTRITIONAL BEVERAGES

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
SOFT DRINKS												
Barq's Root Beer	12 fl oz	180	0	0	0	0	0	75	49	0	49	0
Caffeine-Free Diet Coke	12 fl oz	0	0	0	0	0	0	50	0	0	0	0
Coca-Cola	12 fl oz	160	0	0	0	0	0	35	44	0	44	0
Coca-Cola Zero	12 fl oz	0	0	0	0	0	0	40	0	0	0	0
Diet Coke	12 fl oz	0	0	0	0	0	0	50	0	0	0	0
Dr Pepper	12 fl oz	140	0	0	0	0	0	45	39	0	38	0
Hi-C Poppin' Pink Lemonade	12 fl oz	160	0	0	0	0	0	105	43	0	41	0
Minute Maid Light Lemonade	12 fl oz	10	0	0	0	0	0	45	0	0	0	0
Powerade Mountain Blast	12 fl oz	90	0	0	0	0	0	120	24	0	24	0
Sprite	12 fl oz	160	0	0	0	0	0	70	42	0	42	0

SMOOTHIES												
Blueberry #5	Each	510	25	2.5	1.5	0	5	140	118	3	85	7
Goin' Guava	Each	570	40	4.5	3	0	15	60	136	5	99	4
Mango Tango	Each	530	40	4.5	3	0	15	65	124	3	99	4
Mornin' Sunshine	Each	490	5	1	0	0	0	180	107	2	75	12
No Dairy Berry	Each	220	5	0	0	0	0	20	58	5	44	1
Pink Pina Colada	Each	830	150	17	13	0	15	90	172	5	133	4
Planet Peaches	Each	470	0	0	0	0	0	200	106	1	80	10
Razzleberry	Each	520	25	2.5	1.5	0	5	125	118	4	87	8
Strawberry Tsunami	Each	470	40	4.5	3	0	15	45	111	1	86	3

FRAPPÉS												
Caramel Frappé	Each	500	150	17	13	0	35	340	74	0	65	15
Double Chocolate	Each	450	100	12	8	0	30	290	76	2	69	16
Frozen Chai	Each	550	110	12	9	0	35	320	95	0	89	16
Frozen Hot Chocolate	Each	440	70	8	4.5	0	30	260	79	3	72	17
White Chocolate with Strawberries	Each	830	110	12	9	0	35	330	165	0	157	16
White Chocolate with Raspberries	Each	830	110	12	9	0	35	320	163	0	156	16

ALLERGENS BEVERAGES



SOFT DRINKS							
Barq's Root Beer							
Caffeine-Free Diet Coke							
Coca-Cola							
Coca-Cola Zero							
Diet Coke							
Dr Pepper							
Hi-C Poppin' Pink Lemonade							
Minute Maid Light Lemonade							
Powerade Mountain Blast							
Sprite							

SMOOTHIES							
Blueberry #5				✓			
Goin' Guava				✓			
Mango Tango				✓			
Mornin' Sunshine				✓			
No Dairy Berry							
Pink Pina Colada				✓		✓	
Planet Peaches				✓			
Razzleberry				✓			
Strawberry Tsunami				✓			

FRAPPÉS							
Caramel Frappé			✓	✓			
Double Chocolate			✓	✓			
Frozen Chai			✓	✓		✓	
Frozen Hot Chocolate			✓	✓			
White Chocolate with Strawberries			✓	✓		✓	
White Chocolate with Raspberries			✓	✓		✓	

NUTRITIONAL BEVERAGES

SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
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HOT OR ICED

Caffé Latte <i>(Espresso & Milk, No Syrup)</i>	16 fl oz	210	70	7	4.5	0	35	220	23	0	21	15
Caffé Mocha	16 fl oz	310	70	7	4.5	0	35	220	47	0	43	15
Caramel Macchiato	16 fl oz	700	70	7	4.5	0	35	220	145	0	141	15
Chai Tea Latte	16 fl oz	440	70	7	4.5	0	35	220	80	0	74	15
Coffee <i>(Coffee Only)</i>	16 fl oz	5	0	0	0	0	10	0	0	0	0	1
Ivory Mocha <i>(Espresso & Milk, No Syrup)</i>	16 fl oz	210	70	7	4.5	0	35	220	23	0	21	15
Tea	16 fl oz	5	0	0	0	0	15	1	0	0	0	0

HOT

Americano <i>(Espresso & Water, No Syrup)</i>	16 fl oz	5	0	0	0	0	20	1	0	0	0	0
Cappuccino <i>(Espresso & Milk, No Syrup)</i>	16 fl oz	240	110	12	7	0	50	190	20	0	18	12
Hot Chocolate	16 fl oz	390	110	13	7	0	50	250	55	3	49	15
Mexican Spice Hot Chocolate	16 fl oz	380	160	18	12	0	50	330	90	4	88	16
Steamer <i>(Zero Fat Milk, No Syrup)</i>	16 fl oz	210	70	7	4.5	0	35	210	22	0	21	15
Steamer <i>(Whole Milk, No Syrup)</i>	16 fl oz	240	110	12	7	0	50	180	19	0	18	12

BUILD YOUR OWN

2% Milk	12 fl oz	210	70	7	4.5	0	35	210	22	0	21	15
Coffee	16 fl oz	5	0	0	0	0	10	0	0	0	0	1
Espresso	2 fl oz	5	0	0	0	0	10	1	0	0	0	0
Black Raspberry Syrup	1 fl oz	100	0	0	0	0	0	24	0	24	0	0
Blood Orange Syrup	1 fl oz	80	0	0	0	0	0	19	0	19	0	0
Almond Syrup	1 fl oz	100	0	0	0	0	0	25	0	25	0	0
Caramel Syrup	1 fl oz	100	0	0	0	0	0	24	0	24	0	0
Caramel Sauce Syrup	1 fl oz	120	15	1.5	1	0	5	60	24	0	24	2
Cherry Syrup	1 fl oz	100	0	0	0	0	0	24	0	24	0	0
Dark Chocolate Syrup	1 fl oz	110	10	1	0.5	0	10	24	0	24	1	0
Hazelnut Syrup	1 fl oz	80	0	0	0	0	5	19	0	19	0	0
Irish Crème Syrup	1 fl oz	100	0	0	0	0	0	25	0	25	0	0
Peppermint Syrup	1 fl oz	100	0	0	0	0	0	24	0	24	0	0

ALLERGENS BEVERAGES

WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
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HOT OR ICED

Caffé Latte (Espresso & Milk, No Syrup)				✓			
Caffé Mocha				✓			
Caramel Macchiato				✓			
Chai Tea Latte				✓			
Coffee (Coffee Only)							
Ivory Mocha (Espresso & Milk, No Syrup)				✓			
Tea							

HOT

Americano (Espresso & Water, No Syrup)							
Cappuccino (Espresso & Milk, No Syrup)				✓			
Hot Chocolate			✓	✓			
Mexican Spice Hot Chocolate			✓	✓	✓		
Steamer				✓			

NUTRITIONAL PASTRIES

BROWNIES		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
Cream Cheese Brownie	Brownie		390	180	21	7	0	20	130	51	2	38	4
Double Fudge Brownie	Brownie		400	170	19	4.5	1	0	120	57	2	42	3
German Chocolate Brownie	Brownie		470	230	26	9	0	30	125	57	3	42	5
Mint Brownie	Brownie		480	230	26	8	1.5	0	140	61	2	47	4

COOKIES		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
Chocolate Chunk	Cookie		310	120	13	8	0	40	440	44	1	24	4
Chocolate Salted Caramel	Cookie		380	140	16	10	0	40	480	55	1	32	4
Ginger Bread with Milk & White Chocolate	Cookie		560	260	29	16	4	0	290	71	2	47	5
Ginger Bread with White Chocolate	Cookie		420	200	22	9	4	0	260	54	0	30	4
Kids Sugar	Cookie		320	90	11	6	0	45	150	56	1	34	3
Mexican Wedding	Cookie		290	200	22	9	0	40	80	24	2	8	2
Oatmeal Raisin	Cookie		280	100	11	6	0	40	200	44	2	21	5
Peanut Butter	Cookie		320	160	18	8	0	40	280	37	1	24	6
Pumpkin Chocolate Chip	Cookie		300	140	16	3.5	0	20	380	44	2	27	4
Sugar	Cookie		460	130	15	9	0.5	60	210	80	1	49	4
White Chocolate Macadamia Nut	Cookie		320	140	15	9	0	40	490	43	1	26	3

MUFFIN TOPS		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
Almond Poppy Muffin	Muffin		590	260	29	8	0	175	180	72	1	44	10
Blueberry Lemon	Muffin		510	210	24	8	0	150	150	66	1	40	8
Chocolate Zucchini Walnut/Coconut	Muffin		580	250	28	6	0	40	440	79	3	49	8
Lemon Kolache	Muffin		600	270	30	12	0	180	180	72	0	46	9
Pumpkin	Muffin		470	170	19	2.5	0	55	340	70	2	43	6
Raspberry Kolache	Muffin		560	240	27	10	0	165	190	72	1	46	8

ALLERGENS PASTRIES

BROWNIES	WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
Cream Cheese Brownie	✓	✓	✓	✓				
Double Fudge Brownie	✓	✓	✓	✓				
German Chocolate Brownie	✓	✓	✓	✓		✓		
Mint Brownie	✓	✓	✓	✓		✓		

COOKIES	WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
Chocolate Chunk	✓	✓	✓	✓		✓		
Chocolate Salted Caramel	✓	✓	✓	✓		✓		
Ginger Bread w/ Milk & White Chocolate	✓		✓	✓				
Ginger Bread w/ White Chocolate	✓		✓	✓				
Mexican Wedding	✓			✓		✓		
Mint Truffle Chocolate	✓	✓	✓	✓		✓		
Oatmeal Raisin	✓	✓	✓	✓		✓		
Peanut Butter	✓	✓	✓	✓	✓			
Peppermint Crunch Chocolate	✓	✓	✓	✓		✓		
Pumpkin Chocolate Chip	✓	✓	✓	✓				
Sugar / Kids Sugar	✓	✓	✓	✓				
White Chocolate Cranberry	✓	✓	✓	✓		✓		
White Chocolate Macadamia Nut	✓	✓	✓	✓		✓		

MUFFIN TOPS	WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
Almond Poppy Muffin	✓	✓	✓	✓		✓		
Blueberry Lemon	✓	✓	✓	✓		✓		
Chocolate Zucchini Walnut/Coconut	✓	✓	✓			✓		
Lemon Kolache	✓	✓	✓	✓				
Pumpkin	✓	✓	✓	✓		✓		
Raspberry Kolache	✓	✓	✓	✓				

NUTRITIONAL PASTRIES

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
BREAKFAST PASTRIES												
Butter Croissant	Each	330	140	15	9	0.5	40	390	41	1	6	7
Cherry Greek Yogurt Croissant	Each	350	160	18	11	0.5	75	360	41	1	16	7
Chocolate Croissant	Each	280	140	15	10	0	45	280	31	2	8	5
Cinnamon Rolls	Each	530	120	13	5	2.5	15	600	90	3	36	10
Coconut Citrus Scone	Each	690	270	30	21	0.5	75	490	99	3	56	8
Cranberry White Chocolate Scone	Each	540	200	22	14	0.5	75	450	81	2	40	8
Twice-Baked Almond Croissant	Each	370	180	22	13	0.5	80	360	38	1	12	7

BARS												
Almond Citrus	Bar	290	110	13	5	0	100	85	42	1	29	5
Caramel Oat	Bar	310	140	15	8	0	25	160	41	2	23	4
Holiday Nut	Bar	380	210	23	9	0	20	240	39	2	18	6
Ooey Goey Goodness	Bar	430	190	21	10	0	60	125	56	2	44	6
Ultimate Cookie	Bar	450	190	21	9	0	25	350	53	2	40	5

INDIVIDUAL PASTRIES												
Caramel Apple with Dark Chocolate & Butterfinger	Apple	650	220	25	18	0	20	140	107	7	76	5
Caramel Apple with Oreo	Apple	540	180	20	16	0	20	115	89	5	68	3
Caramel Apple with White Chocolate & Cinnamon	Apple	550	180	20	16	0	20	105	92	5	71	3
Caramel Apple with White Chocolate & Walnuts	Apple	570	220	25	16	0	20	75	88	7	64	4
Chocolate Dipped Strawberries	Strawberry	60	35	4	2	0	0	5	5	1	4	1
Chocolate Dipped Strawberries with Chocolate Curls	Strawberry	80	45	5	3	0	0	10	8	1	7	1
Chocolate Dipped Strawberry with Pecans	Strawberry	90	60	7	2.5	0	0	5	6	1	4	1
Chocolate Dome	Dome	840	550	61	36	0	175	470	70	4	47	5
Éclair	Éclair	250	140	15	9	0	40	220	24	1	15	3
Fruit Tart	Tart	430	260	29	18	0	90	125	39	1	18	2
Key Lime Tart	Tart	390	140	15	10	0	45	90	56	1	12	7
Peach Tart	Tart	370	200	23	15	0	50	80	39	1	21	2
Pecan Tassie	Each	570	290	32	11	0	55	120	66	3	31	6

ALLERGENS PASTRIES

	WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
BREAKFAST PASTRIES								
Butter Croissant	✓	✓	✓	✓				
Cherry Greek Yogurt Croissant	✓	✓	✓	✓				
Chocolate Croissant	✓	✓	✓	✓		✓		
Cinnamon Rolls	✓	✓	✓	✓				
Coconut Citrus Scone	✓	✓		✓				
Cranberry White Chocolate Scone	✓	✓		✓				
Twice-Baked Almond Croissant	✓	✓	✓	✓		✓		

BARS								
Almond Citrus	✓	✓		✓		✓		
Caramel Oat	✓		✓	✓		✓		
Holiday Nut	✓		✓	✓	✓	✓		
Ooey Goey Goodness	✓	✓	✓	✓		✓		
Ultimate Cookie	✓	✓	✓	✓		✓		

INDIVIDUAL PASTRIES								
Caramel Apple with Dark Chocolate & Butterfinger			✓	✓	✓			
Caramel Apple with Oreo	✓		✓	✓				
Caramel Apple with White Chocolate & Cinnamon			✓	✓				
Caramel Apple with White Chocolate & Walnuts			✓	✓		✓		
Chocolate Dipped Strawberries			✓	✓		✓		
Chocolate Dipped Strawberries with Chocolate Curls			✓	✓		✓		
Chocolate Dipped Strawberry with Pecans			✓	✓		✓		
Chocolate Dome	✓	✓	✓	✓		✓		
Éclair	✓	✓	✓	✓		✓		
Fruit Tart	✓		✓	✓				
Key Lime Tart	✓	✓	✓	✓		✓		
Peach Tart	✓		✓	✓		✓		
Pecan Tassie	✓	✓	✓	✓		✓		

NUTRITIONAL PASTRIES

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
PETITE CAKES												
Carrot	Petite Cake	750	330	37	9	0	95	1040	100	3	73	8
Chocolate Mousse	Petite Cake	530	250	28	13	0	80	650	64	2	39	7
Chocolate Peppermint	Petite Cake	540	240	27	14	0	40	620	70	2	46	7
Lemon Cream	Petite Cake	510	220	25	12	0	60	540	68	1	44	6
Pineapple Coconut Cream	Petite Cake	530	210	23	11	0	50	550	74	1	50	6
Pumpkin Chocolate Chip	Petite Cake	730	280	31	9	0	90	520	108	2	77	8
Raspberry Cream	Petite Cake	500	210	23	10	0	60	560	68	1	44	7
Tres Leches	Petite Cake	670	300	33	18	0	85	610	85	1	58	9

SHEET CAKES												
Carrot	Piece	560	250	28	7	0	75	780	75	2	54	6
Chocolate Mousse	Piece	400	190	21	9	0	60	490	48	2	30	5
Chocolate Peppermint	Piece	400	180	20	10	0	30	470	52	1	34	5
Lemon Cream	Piece	380	170	19	9	0	45	410	51	1	33	5
Pineapple Coconut Cream	Piece	400	160	18	9	0	35	410	56	1	38	5
Pumpkin Chocolate Chip	Piece	550	210	23	6	0	65	390	81	2	58	6
Raspberry Cream	Piece	370	150	17	8	0	45	420	51	1	33	5
Tres Leches	Piece	500	220	25	13	0	65	460	64	1	44	7

CHEESECAKES												
Berry Cheesecake	Piece	590	360	40	25	1.5	135	340	50	1	40	7
Burnt Almond Fudge Cheesecake	Piece	580	370	41	24	1.5	115	280	48	1	40	7
Chocolate Cherry Cheesecake	Piece	650	400	44	27	1.5	135	340	55	1	45	8
Peppermint Cheesecake	Piece	630	400	44	27	1.5	135	330	49	1	41	8
Pumpkin Cheesecake	Piece	630	370	41	25	1.5	135	330	56	4	41	8
Salted Caramel Pecan Cheesecake	Piece	600	360	40	24	1.5	135	320	53	0	43	7
Turtle Cheesecake	Piece	630	400	44	25	1.5	135	340	50	0	40	8

BUNDT CAKES												
Banana Nut	Each	620	250	28	6	0	55	390	89	3	58	7
Lemon Ginger	Each	540	200	22	4.5	0	50	200	83	0	60	5
Red Velvet	Each	500	190	22	10	0	50	520	70	2	49	8
Triple Chocolate Pudding	Each	500	240	27	11	0.5	105	370	59	3	45	7

ALLERGENS PASTRIES

	WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
CAKES / PETITE CAKES								
Carrot	✓	✓	✓	✓		✓		
Chocolate Mousse	✓	✓	✓	✓		✓		
Chocolate Peppermint	✓	✓	✓	✓		✓		
Lemon Cream	✓	✓	✓	✓		✓		
Pineapple Coconut Cream	✓	✓	✓	✓		✓		
Pumpkin Chocolate Chip	✓	✓	✓	✓				
Raspberry Cream	✓	✓	✓	✓		✓		
Tres Leches	✓	✓	✓	✓		✓		

CHEESECAKES								
Berry	✓	✓	✓	✓		✓		
Burnt Almond Fudge	✓	✓	✓	✓		✓		
Chocolate Cherry	✓	✓	✓	✓		✓		
Peppermint	✓	✓	✓	✓		✓		
Pumpkin	✓	✓	✓	✓		✓		
Salted Caramel Pecan	✓	✓	✓	✓		✓		
Turtle	✓	✓	✓	✓		✓		

BUNDT CAKES								
Banana Nut	✓	✓	✓	✓		✓		
Gingerbread	✓	✓		✓				
Lemon Ginger	✓	✓	✓	✓				
Red Velvet	✓	✓	✓	✓		✓		
Triple Chocolate Pudding	✓	✓	✓	✓				

NUTRITIONAL PASTRIES

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
BREAD PUDDING												
Apple Cinnamon	Serving	1010	480	53	28	2	235	440	121	4	79	10
Cranberry Apple	Serving	1010	480	53	28	2	235	440	121	4	78	10
German Chocolate	Serving	900	520	58	38	0	245	95	83	3	49	10
Raspberry	Serving	890	320	36	21	0	215	650	132	5	73	11

PIES												
Banana Cream	Slice	560	320	35	24	0	60	290	54	4	28	7
Cherry Lattice	Slice	533	210	23	12	0	0	317	77	5	33	7
Chocolate Silk with Salted Caramel	Slice	595	368	41	26	0	123	198	51	0	30	7
Coconut Cream	Slice	590	360	40	28	0	60	270	51	3	29	7
Fresh Fruit Cream Cheese	Slice	500	260	29	19	0	25	220	57	4	36	5
Key Lime	Slice	500	200	22	14	0.5	95	350	69	1	53	10
Nana's Pumpkin	Slice	450	170	19	11	0	40	370	63	2	37	8
Raspberry Cream Cheese	Slice	490	220	24	14	0	25	270	66	5	44	5
Rustic Apple	Slice	400	135	15	7.5	0	0	367	65	3	33	3

ALLERGENS PASTRIES

	CORN	WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
BREAD PUDDING									
Apple Cinnamon		✓	✓	✓	✓		✓		
Cranberry Apple		✓	✓	✓	✓		✓		
German Chocolate		✓	✓	✓	✓		✓		
Raspberry		✓	✓		✓				

PIES									
Banana Cream	✓	✓	✓	✓	✓		✓		
Cherry Lattice		✓							
Chocolate Silk with Salted Caramel		✓	✓	✓	✓				
Coconut Cream	✓	✓		✓	✓		✓		
Fresh Fruit Cream Cheese	✓	✓	✓	✓	✓		✓		
Key Lime	✓	✓	✓	✓	✓		✓		
Nana's Pumpkin	✓	✓	✓	✓	✓		✓		
Raspberry Cream Cheese	✓	✓		✓	✓				
Rustic Apple		✓							

NUTRITIONAL PASTRIES

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
CUPCAKES												
Boston Cream	Each	290	110	13	6	0.5	20	270	41	1	29	3
Chocolate Cherry Cheesecake	Each	300	130	14	7	0	35	320	41	1	29	4
Chocolate Mint	Each	600	290	32	12	4	20	380	75	1	61	5
Chocolate Peanut Butter	Each	430	220	25	14	0	25	370	50	2	36	6
Devil's Food, No Icing	Each	190	70	8	2.5	0	20	280	26	1	16	3
Easter Cupcake	Each	540	240	27	10	4	20	380	74	1	61	4
Raspberry Lemon	Each	380	170	19	10	0	35	290	47	1	33	4
Red Velvet	Each	470	180	20	11	0	55	370	70	2	55	6
Salted Caramel Praline	Each	510	260	29	11	3.5	45	360	60	0	47	4
White, No Icing	Each	190	70	8	2.5	0	20	240	27	0	16	3

ALLERGENS PASTRIES

	WHEAT	EGG	SOY	MILK	PEANUT	TREE NUT	FISH	SHELLFISH
CUPCAKES								
Boston Cream	✓	✓	✓	✓		✓		
Chocolate Cherry Cheesecake	✓	✓	✓	✓				
Chocolate Mint	✓	✓	✓	✓				
Chocolate Peanut Butter	✓	✓	✓	✓	✓	✓		
Devils Food, No Icing	✓	✓	✓	✓				
Easter Cupcake	✓	✓	✓	✓		✓		
Raspberry Lemon	✓	✓	✓	✓		✓		
Red Velvet	✓	✓	✓	✓				
Salted Caramel Praline	✓	✓	✓	✓		✓		
White, No Icing	✓	✓	✓	✓				