



Omelets	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
BYO Omelet	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Diced Chicken	2oz	59	1	0.5	0	12				Soy
Green Pepper	1oz	6	0	1.25	0.5	0		✓	✓	
Green Onion	1oz	10	<0.5	2	1	0.5		✓	✓	
Ham	1oz	25	1	1	0	3			✓	Pork
Liquid Egg	4oz	140	10	0	0	12		✓	✓	Milk, Egg
Mushrooms	1oz	6	<0.5	1	0.5	1		✓	✓	
White Onion	1oz	12	0	2.75	0.5	0		✓	✓	
Red Bell Pepper	1oz	5	<0.5	2	0.5	0.5		✓	✓	
Spinach	1oz	7	<0.5	1	0.5	0.75		✓	✓	
Steak	2oz	113.5	7.5	0	0	11.5				
Tomatoes	1oz	5	<0.5	1	0.5	0		✓	✓	
Cheese Options- Omelets and Wraps	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Monterey Shred	1oz	100	8	1	0	6				Milk
Mixed Colby and Monterey	1oz	110	9	1	0	7				Milk
Cheddar	1oz	110	9	1	0	7		✓	✓	Milk
Sandwiches (*Sides Not Included) White Bread for Nutritional Information, No Dressing	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Blazing Buffalo Chicken	1 sandwich	437	23	6	1	40				Wheat, Soy
Classic Club	1 sandwich	433	25	5	2	34				Wheat, Soy, Pork
Deluxe Roast Beef	1 sandwich	472	26	6	1	40				
Deluxe Roast Beef	1 sandwich	472	26	6	1	40				Wheat, Soy, Milk
Maple Honey Ham	1 sandwich	306	13	8	1	26				Wheat, Soy, Pork, Milk
Mesquite Smoked Turkey	1 sandwich	305	13	4	1	30				Wheat, Milk, Soy
Oven Gold Turkey	1 sandwich	452	27	4	1	39				
Ovengold Turkey	1 sandwich	452	27	4	1	39				Wheat, Milk, Soy
Pastrami and Swiss	1 sandwich	343	17	5	1	30				Wheat, Milk, Soy
Reuben	1 sandwich	397	27	9	2	33				Wheat, Soy, Pork, Milk
Black Forest Ham	1 sandwich	457	27	6	1	37				Wheat, Soy, Pork, Milk
Texas Meat Lovers	1 sandwich	367	23	4	0	28				Wheat, Soy, Pork, Milk
The Veggie Sandwich	1 sandwich	532	37	12	3	31		✓		Wheat, Milk, Soy
Traditional French Dip	1 sandwich	839	28	56	1	60				Wheat, Milk, Soy
*Bistro Chips	3oz chips	200	13	20	2	2	✓	✓	✓	Soy
*Pickle	1 pickle	20	0	5	0	0	✓	✓	✓	
Add Bacon	2 Strips	90	7	0	0	3			✓	Pork
Add Sauerkraut	1oz	5	0	1	0	0	✓	✓	✓	

Sandwich Bread Options	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
White	2 slices	260	2	50	2	9		✓		Wheat, Soy
Wheat Berry	2 slices	360	5	42	4	14		✓		Wheat, Barley
Gluten Free Bread Whole Grain	2 slices	160	5	25	3	4	✓	✓	✓	
Talera Roll	1 roll	240	3.5	45	1	7	✓	✓		Wheat, Barley,Soy
White Sub Roll										
Wheat Sub Roll										
Cheese Options										
American Cheese	1 Slice	110	9	1	0	6		✓	✓	Milk, Soy
Colby Jack Cheese	1 Slice	110	9	1	0	6		✓	✓	Milk
Swiss Cheese	1 Slice	110	8	2	0	7		✓	✓	Milk
Munster Cheese										
Havarti Cheese										
Triple Pepper Colby Jack										
Condiments/Dressings	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Mustard	1oz	21	1	2	0	1		✓	✓	
Mayo	1oz	203	24	0	0	0		✓	✓	Milk,Eggs
Chipotle Mayo	1oz	232	25	0	0	1		✓	✓	Milk,Eggs
Buttermilk Ranch	1oz	110	12	2	0	0		✓	✓	Milk, Eggs
Thousand Island	1oz	107	10	4	0	0		✓	✓	Milk, Eggs
Spicy Mustard	1oz	21	1	2	0	1		✓	✓	
Italian	1oz	132	14	3	0	0		✓	✓	Soy, May contain
Muffins	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Double Chocolate Chunk	4oz	380	15	56	2	5				Wheat,Milk,Egg, May
Blueberry (Chef Pierre)	4oz	350	10	61	1	5				Wheat, Egg, Soy
Banana Nut (Chef Pierre)	4oz	390	12	65	1	4				Wheat, Egg, Soy, Tree Nuts: Pecans/Walnuts
Soups (Seasonal Only)										
Chicken Noodle (Boar's Head)	8oz	80	2	9	2	7				Wheat, Milk, Soy, Egg
Cheesy Chicken Tortilla (Boar's Head)	8oz	260	14	17	3	15				Wheat, Milk, Soy
Minestrone	8oz	70	1.5	12	3	4		✓		Wheat, Egg, Milk
Chicken Pot Pie (Boars Head)	8oz	200	12	14	2	10				Wheat, Milk
Turkey Breast (Boar's Head)	8oz	120	3.5	13	3	10			✓	Milk
Tomato Basil (Boar's Head)	8oz	120	4	17	3	3		✓		Wheat
Hearty Beef Chili	8oz	260	11	22	5	17				Wheat, Soy
Philly Steak and Cheese	8oz	320	22	19	1	15				Wheat, Milk
Beverages	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coffee										
Latte										
Hot Chocolate (regular)	12oz	301	10	47	0	11		✓	✓	May contain milk
Hot Chocolate (Large)	16oz	480	14	85	0	15		✓	✓	May contain milk
Steamer	12oz	303	5	57	0	9		✓	✓	May contain milk
Steamer	16oz	572	13	108	0	13		✓	✓	May contain milk
Latte Powder Scoops										
Extremely Toffe Coffee (Only)	1 scoop	180	8	26	0	2		✓	✓	Milk, Soy, Peanuts,
Double Fudge Mocha (Only)	1 scoop	160	8	25	1	2		✓	✓	Milk
White Chocolate Symphony (Only)	1 scoop	190	9	27	0	1		✓	✓	Milk, Soy
Indicates Smart Choice Item										
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big nine										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, and Sesame. Pork is labled as needed.										