		BISTRO/	BREAKFAST		T	T	Т		Updated	Fall 2020
Location/Food	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vogan	Vogotarian	Gluten Free	Allergy/Contains
Breakfast Sandwich	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan Vegan	Vegetarian Vegetarian	Gluten Free	
Fried Egg	1 Egg	75	5	0	0	6	vegan	Vegetarian	diatem Free	Eggs
Fried Egg with Bacon (Choose Bread Option)	1 Egg/2 Strips	145	12	0	0	9			<b>✓</b>	Eggs, Pork
Fried Egg with Ham	1 Egg/3oz Ham	160	7.5	2	0	18			<b>✓</b>	Eggs, Pork
Fried Egg with Sausage	1 Egg/ Links	150	8	3	0	15			<b>√</b>	Eggs, Pork
										7
Bread Options	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
English Muffin	1 muffin	130	1	26	1	5		✓		
Gluten Free Bread Whole Grain	2 slices	160	5	25	3	4	✓	✓	✓	
White	2 Slices	130	1	25	1	5	✓	✓		Wheat, Soy
Wheatberry	2 Slices	180	2.5	21	2	7	<b>✓</b>	<b>✓</b>		Wheat, Soy
Talera Roll	1 roll	240	3.5	45	$\frac{\bar{1}}{1}$	7	<b>✓</b>	<b>√</b>		Wheat, Barley, Soy
Wheat Tortilla	12" Wrap	290	7	50	6	9				Wheat, Soy
Jalapeno Wrap	12" Wrap	295	7	50	2	8				Wheat, Soy
Cheese Options- Breakfast Sandwich	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	· · · · · · · · · · · · · · · · · · ·
American Cheese	1 Slice	110	9	1	0	6		√	✓	Milk, Soy
Colby Jack Cheese	1 Slice	110	9	1	0	6		<b>✓</b>	<b>√</b>	Milk
Swiss Cheese	1 Slice	110	8	2	0	7		ü	ü	Milk
Cheese Options- Omelets and Wraps	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
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		<b>✓</b>	<b>✓</b>	Milk
Wrap Options	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Jalapeno Wrap	12" Wrap	295	7	50	2	8				Wheat, Soy
Spinach Wrap	12" Wrap	303	7	52	2	8				Wheat, Soy
Whole Wheat Wrap	12" Wrap	299	7	50	6	9				Wheat, Soy
Breakfast Wraps	· •									
Californian Wrap (egg, peppers, potatoes,										
	1 wrap	586	28	54		28				Mhoat Milk Egg Sov
cheddar, jalapeno wrap) Bistro Scrambler Wrap (egg, peppers, potatoes,	1 wran	546	22	62	5	24				Wheat, Milk, Egg, Soy Wheat, Milk, Egg, Soy
Texan Wrap (egg, steak, mushrooms, potatoes,		677	30	62	6	36		<b>,</b>		Wheat, Milk, Egg, Soy
	1 wrap Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian		Allergy/Contains
-					libel (g)		vegan	Vegetarian	Giuteirree	
Steak Wrap* (Wrap, Steak, Egg, Mushrooms, Onion, Bell Pepper, Tomatoes, Cheese, Potatoes)	1 Wrap	747.5	37	67	9	39				Wheat, Milk, Soy, Egg
Chicken Wrap* (Wrap, Chicken, Egg, Mushrooms, Onion, Bell Pepper, Tomatoes, Shredded Cheese, Potatoes)	1 Wrap	693	30.5	67.5	9	39				Wheat, Milk, Soy, Egg
Sausage Wrap* (Wrap,Sausage, Egg, Mushroom, Onion, Bell Pepper, Tomatoes,	1 Wrap	719	32	69	9	40				Wheat, Milk, Egg, Soy,
Shredded Cheese, Potatoes)										Pork Wheat, Milk, Egg, Sov.
Ham Wrap* (Wrap, Ham, Egg, Mushrooms, Onion, Bell Pepper, Tomatoes, Shredded Cheese, Potatoes)	1 Wrap	709	32.5	70	9	36				Wheat, Milk, Egg, Soy, Wheat, Milk, Egg, Soy, Pork
Bacon Wrap* (Wrap, Bacon, Egg, Mushrooms, Onion, Bell Pepper, Tomatoes, Shredded Cheese, Potatoes)	1 Wrap	724	36.5	67	9	30				Wheat, Milk, Egg, Soy, Wheat, Milk, Egg, Soy, Pork
*Wraps nutritional content include cheddar cheese and wheat tortilla										

<u>Omelets</u>	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Omelets										
3 Cheese	1 omelet	454	34	4	0	31		<b>√</b>	<b>√</b>	Milk, Egg
Denver	1 omelet	420	25	5	1	41			✓	Milk, Egg
Meat Lovers	1 omelet	383	27	3	0	28			<b>√</b>	Milk, Egg, Pork
Monterey	1 omelet	378	25	11	2	30		<b>√</b>		Milk, Egg
Vegetable	1 omelet	386	25	11	3	27		✓		Milk, Egg
BYO Omelet	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
Diced Chicken	20z	59	1	0.5	0	12				Soy
Green Pepper	1oz	6	0	1.25	0.5	0		<b>√</b>	<b>✓</b>	•
Green Onion	1oz	10	<0.5	2	1	0.5		<b>✓</b>	<b>✓</b>	
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		✓	✓	, 33
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	<b>√</b>	<b>√</b>	<b>√</b>	Soy
*Pickle	1 pickle	20	0	5	0	0	<b>√</b>	<b>√</b>	<b>√</b>	
Add Bacon	2 Strips	90	7	0	0	3			<b>√</b>	Pork
A 1 1 6	1			1				-/	-/	
Add Sauerkraut	1oz	5	0		0	U	<b>V</b>	<b>V</b>	<b>V</b>	

Sandwich Bread Options	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
White	2 slices	260	2	50	2	9		<b>√</b>		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										
heese Options										
American Cheese	1 Slice	110	9	1	0	6		✓	<b>✓</b>	Milk, Soy
Colby Jack Cheese	1 Slice	110	9	1	0	6		<b>→</b>	<b>✓</b>	Milk
		110	8	2	0	7		·	·	Milk
Swiss Cheese	1 Slice	110	0		0	/		•	,	IVIIIK
Munster Cheese										
Havarti Cheese										
Triple Pepper Colby Jack			<b>-</b>		<b>-</b> "					411 /6
ondiments/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		<b>√</b>	<b>√</b>	Milk, Eggs
Chipotle Mayo	1oz	232	25	0	0	1		✓	<b>√</b>	Milk,Eggs
Buttermilk Ranch	1oz	110	12	2	0	0		✓	✓	Milk, Eggs
Thousand Island	1oz	107	10	4	0	0		<b>√</b>	<b>✓</b>	Milk, Eggs
Spicy Mustard	1oz	21	11	2	0	1		✓	✓	,00-
Italian	10Z	132	14	3	0	0		<b>√</b>	<b>√</b>	Soy, May contain
				Corbo	Tibor	Duotoin	Vocan	Vegeterien	Cluton Fron	, , , , , , , , , , , , , , , , , , ,
Muffins  Develope Character Character	Serving Size	Calories 380	<b>Fat</b> 15	<b>Carbs</b> 56	Fiber	Protein	Vegan	vegetarian	Gluten Free	Allergy/Contains Wheat,Milk,Egg, May
Double Chocolate Chunk	4oz	360		30		3				vvileat, ivilik, egg, iviay
Blueberry (Chef Pierre)	4oz	350	10	61	1	5				Wheat, Egg, Soy
, , ,		330	10	01	<u> </u>	5				
Banana Nut (Chef Pierre)	4oz									Wheat, Egg, Soy, Tree
Barraria Nat (Cherrierre)	402	390	12	65	1	4				Nuts: Pecans/Walnuts
oups (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)	80z	200	12	14	2	10				Wheat, Milk
		120	3.5	13	3	10			<b>✓</b>	Milk
Turkey Breast (Boar's Head)	8oz	120		17	3	2		<b>✓</b>	,	Wheat
Tomato Basil (Boar's Head)	8oz	260	4		5	17		<b>V</b>		
Hearty Beef Chili	8oz		11	22	5	17				Wheat, Soy
Philly Steak and Cheese	8oz	320	22	19	<u> </u>	15				Wheat, Milk
<u>everages</u>	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coffee										
atte										
Hot Chocolate (regular)	12oz	301	10	47	0	11		✓	✓	May contain milk
Hot Chocolate (Large)	16oz	480	14	85	0	15			<b>√</b>	May contain milk
Steamer	12oz	303	5	57	0	9		✓	✓	May contain milk
Steamer	16oz	572	13	108	0	13		✓	✓	May contain milk
itte Powder Scoops								<u> </u>		
Extremely Toffe Coffee (Only)	1 scoop	180	8	26	0	2		✓	✓	Milk, Soy, Peanuts,
Double Fudge Mocha (Only)	1 scoop	160	8	25	1	1 2		<b>√</b>	<b>✓</b>	Milk
		190	9	27	n	1		<b>√</b>	<b>√</b>	Milk, Soy
White Chocolate Symphony (Only)	1 scoop	130	<u> </u>	21	<u> </u>			•	<u>,                                      </u>	IVIIIK, JUY
Indicates Smart Choice item										
es = ✓										
dicates a "Smart Choice" lower in fat and pac										
ergy/Contains Column lists foods that may co										
od allergies. Wheat, Milk, Soy, Eggs, Fish, She	ell Fish, Peanuts, Tre	e Nuts, and Se	same. Pork is	s labled as need	ded.					