



Panera Bread® Nutrition Information - US

Effective: 3/30/2022 Version 1

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
BAGELS												
Asiago Cheese Bagel	1 Bagel	320	50	5	3	0	15	530	55	2	4	14
Blueberry Bagel	1 Bagel	290	10	1	0	0	0	390	61	2	10	10
Chocolate Chip Bagel	1 Bagel	330	50	5	3	0	5	370	60	2	12	10
Cinnamon Crunch Bagel	1 Bagel	430	60	7	5	0	0	380	82	2	32	9
Cinnamon Swirl & Raisin Bagel	1 Bagel	310	15	2	1	0	0	410	65	3	12	10
Everything Bagel	1 Bagel	290	15	1.5	0	0	0	560	58	2	4	10
Jalapeno Cheddar Bagel	1 Bagel	300	25	3	1.5	0	5	750	56	2	4	13
Plain Bagel	1 Bagel	280	10	1	0	0	0	410	57	2	4	10
Poppysseed Bagel	1 Bagel	290	20	2	0	0	0	410	58	2	4	10
Salt Bagel	1 Bagel	280	10	1	0	0	0	1960	57	2	4	10
Sesame Bagel	1 Bagel	290	25	2.5	0	0	0	410	58	2	4	11
Sprouted Grain Bagel Flat	1 Bagel Flat	180	20	2	0	0	0	410	34	3	4	7
BREADS												
Artisan Ciabatta	2 oz (about 3 1/2 inch slice/ 57g)	150	10	1.5	0	0	0	280	30	1	0	6
Black Pepper Focaccia	2 oz (57g / about 4.75 inch slice)	140	15	2	0	0	0	370	26	1	0	5
Brioche Roll	1 Roll	210	60	7	4	0	55	300	31	2	6	7
Classic Sourdough Loaf	2 oz (about 1 1/4 inch slice / 57 g)	150	5	0	0	0	0	320	31	1	0	6
Classic White Miche	2 oz (about 2/3 inch slice / 57g)	160	35	4	2	0	10	260	27	1	4	6
Country Rustic Sourdough XL Loaf	2 oz (about 2/3 inch slice / 57 g)	130	5	0	0	0	0	260	28	1	0	5
Asiago Cheese Focaccia	2 oz (57g / about 4 inch slice)	150	25	3	1	0	5	320	24	1	0	6
French Baguette	2 oz (57g / about 2 3/4 inch slice)	150	5	0	0	0	0	370	30	1	1	5
Sourdough Bread Bowl	1 Bread Bowl	670	40	4.5	0	0	0	1160	130	4	2	27
Tomato Basil Miche	2 oz (57g / about 1/2 inch slice)	130	5	0	0	0	0	330	27	1	1	5
White Whole Grain Loaf	2 oz (57g / about 7/8 inch slice)	130	5	0.5	0	0	0	290	25	2	3	6
Whole Grain Lahvash	1 Lahvash	150	20	2.5	0	0	0	250	27	2	2	9



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BREAKFAST												
Asiago Bacon, Egg & Cheese on Asiago Cheese Bagel	1 Sandwich	560	210	24	11	0	250	1050	56	2	5	21
Avocado, Egg White, Spinach & Cheese on Sprouted Grain Bagel Flat	1 Sandwich	350	120	14	5	0	20	690	39	5	5	19
Bacon, Egg & Cheese on Brioche	1 Sandwich	450	230	25	12	0	295	830	33	2	6	24
Bacon, Egg & Cheese on Artisan Ciabatta	1 Sandwich	440	180	20	8	0	235	880	40	2	1	24
Bacon, Scrambled Egg & Cheese on Artisan Ciabatta	1 Sandwich	450	190	21	10	0	295	890	41	2	1	25
Bacon, Scrambled Egg & Cheese on Brioche	1 Sandwich	460	240	26	13	0	350	840	33	2	7	24
Bacon, Scrambled Egg, & Tomato Wrap	1 Wrap	470	250	28	10	0	305	830	31	2	4	27
Breakfast Portion - Artisan Ciabatta	1/4 Loaf	200	15	2	0	0	0	360	38	2	1	7
Chipotle Aioli Sauce for Breakfast Sandwiches	1 Serving	45	40	4.5	1	0	5	55	0	0	0	0
Chipotle Chicken, Scrambled Egg & Avocado Wrap	1 Wrap	470	240	27	10	0	315	750	32	4	4	29
Egg & Cheese on Brioche	1 Sandwich	380	180	20	10	0	285	560	32	2	6	19
Egg & Cheese on Artisan Ciabatta	1 Sandwich	370	130	14	6	0	230	610	40	2	1	19
Egg Whites	1 Portion	30	5	0	0	0	0	100	1	0	0	6
Garlic Aioli Sauce for Breakfast Sandwiches	1 serving	50	50	5	1	0	5	35	0		0	0
Over Easy Egg	1 Egg	70	45	5	1.5	0	185	70	0	0	0	6
Sausage, Egg & Cheese on Brioche	1 Sandwich	530	290	32	15	0	325	870	33	2	6	28
Sausage, Egg & Cheese on Artisan Ciabatta	1 Sandwich	520	240	27	11	0	270	930	40	2	1	28
Sausage, Scrambled Egg & Cheese on Artisan Ciabatta	1 Sandwich	530	250	28	12	0	325	940	41	2	1	29
Sausage, Scrambled Egg & Cheese on Brioche	1 Sandwich	540	300	33	16	0	380	880	33	2	6	29
Scrambled Egg	1 egg	90	60	7	3	0	265	90	1	0	0	8
Scrambled Egg & Cheese on Artisan Ciabatta	1 Sandwich	380	140	16	8	0	290	620	40	2	1	20
Scrambled Egg & Cheese on Brioche	1 Sandwich	390	190	21	11	0	345	570	32	2	6	20



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Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping	1 Bowl	370	130	15	2	0	0	150	52	9	17	8
DRESSINGS												
Dressing - Asian Sesame Vinaigrette - Half	1 1/2 Tbsp	45	35	4	0.5	0	0	100	2	0	2	0
Dressing - Asian Sesame Vinaigrette - Whole	3 Tbsp	90	70	8	1	0	0	200	4	0	4	0
Dressing - BBQ Ranch - Half	1 1/2 Tbsp	70	60	7	1	0	5	125	2	0	2	0
Dressing - BBQ Ranch - Whole	3 Tbsp	140	120	13	2.5	0	10	250	5	0	4	1
Dressing - Caesar - Half	1 1/2 Tbsp	90	80	9	1.5	0	15	140	1	0	0	0
Dressing - Caesar - Whole	3 Tbsp	170	160	18	3	0	30	290	2	0	1	1
Dressing - Greek Dressing - Half	1 1/2 Tbsp	110	110	12	1.5	0	0	150	0	0	0	0
Dressing - Greek Dressing - Whole	3 Tbsp	230	220	25	3.5	0	0	290	1	0	0	0
Dressing - Green Goddess - Half	1 1/2 tbsp	40	30	3	0	0	0	70	2	0	1	1
Dressing - Green Goddess - Whole	3 tbsp	80	60	6	1	0	5	140	4	0	2	2
Dressing - Poppyseed - Half	1 1/2 Tbsp	15	0	0	0	0	0	60	3	0	2	0
Dressing - Poppyseed - Whole	3 Tbsp	25	0	0	0	0	0	115	6	0	5	0
Dressing - Tangerine Soy Ginger - Half	1 ladle	90	70	8	1	0	0	290	4	0	4	0
Dressing - Tangerine Soy Ginger - Whole	2 ladles	170	140	15	2.5	0	0	590	9	0	8	1
Dressing - White Balsamic Vinaigrette flavored with Apple - Half	1 1/2 Tbsp	80	60	6	1	0	0	85	5	0	5	0
Dressing - White Balsamic Vinaigrette flavored with Apple - Whole	3 Tbsp	160	120	13	2	0	0	170	11	0	10	0
DRINKS												
100% Colombian Dark Roast Coffee - 16 fl oz	16 fl oz (473 mL)	15	0	0	0	0	0	10	3	0	0	1
100% Colombian Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	15	0	0	0	0	0	15	3	0	0	1
100% Colombian Dark Roast Coffee - Group	1 Container	100	0	0	0	0	0	90	20	0	0	7



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100% Colombian Dark Roast Coffee - 12 fl oz	12 fl oz (355 mL)	10	0	0	0	0	0	10	2	0	0	1
Additional Shot of Bittersweet Chocolate Sauce	1 shot	50	0	0	0	0	0	25	13	1	8	1
Additional Shot of Caramel Syrup	1 Shot	60	10	1.5	1	0	5	50	13	0	8	0
Additional Shot of Cinnamon Bark Flavored Syrup	1 shot	25	0	0	0	0	0	0	6	0	6	0
Additional Shot of Espresso	1 fl oz (30 mL)	5	0	0	0	0	0	0	1	0	0	0
Additional Shot of Espresso Decaf	1 Shot	5	0	0	0	0	0	0	1	0	0	0
Additional Shot of Madagascar Vanilla Syrup	1 Shot	20	0	0	0	0	0	0	5	0	5	0
Agave Lemonade - 20 fl oz	20 fl oz (591 mL)	180	0	0	0	0	0	10	48	0	45	0
Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	260	0	0	0	0	0	15	71	0	67	0
Agave Lemonade - Serves 5 - Group	1 container	560	5	0	0	0	0	35	152	1	144	1
AHA Blueberry Pomegranate Sparkling Water- 12 fl oz can	12 fl oz can	0	0	0	0	0	0	0	0	0	0	0
AHA Lime Watermelon Sparkling Water- 12 fl oz can	12 fl oz can	0	0	0	0	0	0	0	0	0	0	0
Americano - 16 fl oz	16 fl oz (473 mL)	10	0	0	0	0	0	5	2	0	0	1
Black Tea - Serves 5 - Group	1 Container	40	0	0	0	0	0	40	0	0	0	8
Blackberry Sage Tea	8 fl oz (237 mL)	0	0	0	0	0	0	0	0	0	0	0
Bottled Passionfruit Papaya Flavored Green Tea	1 Bottle (500 mL)	130	0	0	0	0	0	0	31	0	28	0
Bottled Water	16.9 fl oz (500mL)	0	0	0	0	0	0	10	0	0	0	0
British Breakfast Decaf Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
British Breakfast Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Bubly Sparkling Water 12 fl oz Can- Lemon	12 fl oz (355 mL)	0	0	0	0	0	0	0	0	0	0	0
Bubly Sparkling Water 12 fl oz - Lime	12 fl oz (355 mL)	0	0	0	0	0	0	0	0	0	0	0
Cafe Blend Light Roast Coffee - Group	1 Container	140	0	0	0	0	0	90	25	0	0	7
Cafe Blend Light Roast Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	10	3	0	0	1
Cafe Blend Light Roast Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	15	4	0	0	1



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Cafe Blend Light Roast Coffee- 12 fl oz	12 fl oz (355 mL)	15	0	0	0	0	0	10	2	0	0	1
Caffe Latte - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	100	13	0	11	9
Caffe Latte - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	125	16	0	14	11
Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	95	0	0	0	0
Caffeine Free Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0
Canada Dry Ginger Ale - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	85	60	0	59	0
Canada Dry Ginger Ale - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	125	90	0	89	0
Cappuccino - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	100	13	0	11	9
Cappuccino - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	125	16	0	14	11
Caramel Latte - 16 fl oz	16 fl oz (473 mL)	410	120	13	8	0	45	290	60	0	42	11
Caramel Latte - 20 fl oz	20 fl oz (591mL)	500	140	16	10	0	50	360	76	0	53	13
Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	370	70	7	4.5	0	30	150	63	0	62	12
Chai Tea Latte - 16 fl oz	16 fl oz (473 mL)	290	60	6	4	0	25	130	49	0	48	10
Chocolate Latte - 16 fl oz	16 fl oz (473 mL)	370	90	10	6	0	35	190	60	2	43	12
Chocolate Latte - 20 fl oz	20 fl oz (591mL)	420	100	11	7	0	40	230	67	3	49	14
Cinnamon Plum Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
1 pump of Cane Sugar Syrup	1 pump	15	0	0	0	0	0	0	5	0	4	0
Coke - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	65	67	0	67	0
Coke - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	95	100	0	100	0
Coca-Cola 20 fl oz	20 fl oz bottle (591 mL)	240	0	0	0	0	0	75	65	0	65	0
Coke Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Coke Zero - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Coke Zero - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	100	0	0	0	0
Cold Brew Coffee - 16 fl oz	16 fl oz (473 mL)	10	0	0	0	0	0	15	2	0	0	1
Cold Brew Coffee - 20 fl oz	20 fl oz (591 mL)	15	0	0	0	0	0	15	3	0	0	1
Dasani Lemon - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0



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Dasani Lime - 12 fl oz can	12 oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0
Decaf Coffee - 12 fl oz	12 fl oz (355 mL)	15	0	0	0	0	0	0	3	0	0	0
Decaf Coffee - Group	1 Container	140	0	0	0	0	0	40	32	0	0	4
Decaf Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	5	4	0	0	0
Decaf Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	5	5	0	0	1
Diet Coke - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	0	0	0	0
Diet Coke - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	120	0	0	0	0
20 oz Diet Coke Bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Diet Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	120	0	0	0	0
Diet Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	180	0	0	0	0
Diet Mountain Dew - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	90	1	0	1	0
Diet Mountain Dew - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	140	1	0	1	0
Diet Mountain Dew - 12 fl oz can	12 fl oz Can (355 mL)	0	0	0	0	0	0	50	0	0	0	0
Diet Pepsi - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	40	0	0	0	0
Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	95	0	0	0	0
Diet Pepsi - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0
Dr Pepper - 20 fl oz bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	100	66	0	64	0
Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	75	65	0	64	0
Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	110	98	0	96	0
Drive Thru - Agave Lemonade - 20 fl oz	20 fl oz (591 mL)	110	0	0	0	0	0	10	29	0	28	0
Drive Thru - Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	160	0	0	0	0	0	15	44	0	42	0
Drive Thru - Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Drive Thru - Caffeine Free Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0
Drive Thru - Canada Dry Ginger Ale - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	50	38	0	37	0
Drive Thru - Canada Dry Ginger Ale - 30 fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	80	57	0	56	0



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Drive Thru - Coke - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	40	42	0	42	0
Drive Thru - Coke - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	60	63	0	63	0
Drive Thru - Coke Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	40	0	0	0	0
Drive Thru - Coke Zero - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive Thru - Diet Coke - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0
Drive Thru - Diet Coke - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Diet Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Diet Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	110	0	0	0	0
Drive Thru - Diet Mountain Dew - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0
Drive Thru - Diet Mountain Dew - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	85	1	0	0	0
Drive Thru - Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Drive Thru - Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0
Drive Thru - Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	45	41	0	40	0
Drive Thru - Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	220	0	0	0	0	0	70	61	0	60	0
Drive Thru - Fanta Orange - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	40	42	0	42	0
Drive Thru - Fanta Orange - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	65	63	0	63	0
Drive Thru - Fuji Apple Cranberry Flavored Charged Lemonade - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	10	42	0	40	0
Drive Thru - Fuji Apple Cranberry Flavored Charged Lemonade - 30 fl oz	30 fl oz (887 mL)	250	0	0	0	0	0	15	63	0	60	0
Drive Thru - Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	70	0	0	0	0	0	50	19	0	19	0
Drive Thru - Lipton Brisk Raspberry Tea - 30 fl oz	30 fl oz (887 mL)	110	0	0	0	0	0	75	28	0	28	0
Drive Thru - Mango Yuzu Citrus Flavored Charged Lemonade - 30 fl oz	30 fl oz (887 mL)	300	5	0	0	0	0	15	77	0	75	0
Drive Thru - Mango Yuzu Citrus Flavored Charged Lemonade - 20 fl oz	20 fl oz (591 mL)	200	0	0	0	0	0	10	51	0	50	0



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Drive Thru - Mist Twist - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	42	0	42	0
Drive Thru - Mist Twist - 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	50	63	0	63	0
Drive Thru - Mountain Dew - 20 fl oz	20 fl oz (591 mL)	180	0	0	0	0	0	55	46	0	46	0
Drive Thru - Mountain Dew - 30 fl oz	30 fl oz (887 mL)	260	0	0	0	0	0	80	69	0	69	0
Drive Thru - Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	60	40	0	40	0
Drive Thru - Mug Root Beer - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	90	60	0	59	0
Drive Thru - Passion Papaya Flavored Green Tea - 20 fl oz	20 fl oz (591 mL)	90	0	0	0	0	0	10	23	0	22	0
Drive Thru - Passion Papaya Flavored Green Tea - 30 fl oz	30 fl oz (887 mL)	130	0	0	0	0	0	15	32	0	31	0
Drive Thru - Pepsi - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	43	0	43	0
Drive Thru - Pepsi - 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	50	65	0	64	0
Drive Thru - Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	55	39	0	39	0
Drive Thru - Pibb Xtra - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	85	58	0	58	0
Drive Thru - Powerade Mountain Blast - 20 fl oz	20 fl oz (591 mL)	90	0	0	0	0	0	120	23	0	23	0
Drive Thru - Powerade Mountain Blast - 30 fl oz	30 fl oz (887 mL)	130	0	0	0	0	0	180	35	0	34	0
Drive Thru - SoBe Life Water Yumberry Pomegranate - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0
Drive Thru - SoBe Life Water Yumberry Pomegranate - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Sprite - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	70	38	0	38	0
Drive Thru - Sprite - 30 fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	105	57	0	57	0
Drive Thru - Strawberry Lemon Mint Flavored Charged Lemonade - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	10	42	0	40	0
Drive Thru - Strawberry Lemon Mint Flavored Charged Lemonade - 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	15	63	0	60	0



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Drive Thru - Sweet Tea - 20 fl oz	20 fl oz (591 mL)	80	0	0	0	0	0	10	18	0	18	2
Drive Thru - Sweet Tea - 30 fl oz	30 fl oz (887 mL)	100	0	0	0	0	0	15	25	0	25	2
Drive Thru - Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	180	0	0	0	0	0	35	47	0	47	0
Drive Thru - Tropicana Fruit Punch - 30 fl oz	30 fl oz (887 mL)	270	0	0	0	0	0	50	71	0	70	0
Drive Thru - Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	160	42	0	41	0
Drive Thru - Tropicana Lemonade - 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	240	62	0	62	0
Drive Thru - Tropicana Light Lemonade - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	150	0	0	0	0
Drive Thru - Tropicana Light Lemonade - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	220	0	0	0	0
Drive Thru - Unsweetened Black Tea - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	10	0	0	0	2
Drive Thru - Unsweetened Black Tea - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	15	0	0	0	2
Drive Thru - Wild Cherry Pepsi 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	44	0	44	0
Drive Thru - Wild Cherry Pepsi 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	50	66	0	66	0
Drive-Thru - Lime Bubly Sparkling Water - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive-Thru - Lime Bubly Sparkling Water - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	95	0	0	0	0
Earl Greyer Decaf Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Earl Greyer Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	10	0	0	0	0
Espresso	2 fl oz (59 mL)	10	0	0	0	0	0	0	2	0	0	1
Fanta Orange - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	65	66	0	66	0
Fanta Orange - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	100	99	0	99	0
Frozen Caramel Cold Brew - 16 fl oz	16 fl oz (473 mL)	480	150	17	10	0	50	230	79	0	58	5
Frozen Chocolate Cold Brew - 16 fl oz	16 fl oz (473 mL)	440	120	13	8	0	45	130	79	2	59	6
Frozen Strawberry Lemonade with Fresh Strawberries - 16 fl oz	16 fl oz (473mL)	130	0	0	0	0	0	10	34	3	30	1
Fuji Apple Cranberry Flavored Charged Lemonade - 20 fl oz	20 fl oz (591 mL)	270	0	0	0	0	0	10	70	0	66	0



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Fuji Apple Cranberry Flavored Charged Lemonade - 30 fl oz	30 fl oz (887 mL)	400	5	0	0	0	0	15	104	0	98	0
Ginger Peach Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	10	0	0	0	0
Gold Peak Unsweetened Iced Tea - 18.5 fl oz	18.5 fl oz (547 mL)	0	0	0	0	0	0	55	0	0	0	0
Hazelnut Coffee - Group	1 Container	140	0	0	0	0	0	60	24	0	0	10
Hazelnut Flavored Coffee - 12 fl oz	12 fl oz (355 mL)	15	0	0	0	0	0	5	2	0	0	1
Hazelnut Flavored Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	10	3	0	0	1
Hazelnut Flavored Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	10	4	0	0	2
Honest Berry Hibiscus Iced Tea - 16.9 fl oz bottle	16.9 fl oz bottle	100	0	0	0	0	0	5	26	0	25	0
Honey Ginseng Green Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Iced 100% Colombian Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	15	2	0	0	1
Iced 100% Colombian Dark Roast Coffee - 20 fl oz - no ice	20 fl oz (591 mL)	15	0	0	0	0	0	15	3	0	0	1
Iced 100% Colombian Dark Roast Coffee - 30 fl oz	30 fl oz (887 mL)	15	0	0	0	0	0	20	3	0	0	1
Iced 100% Colombian Dark Roast Coffee - 30 fl oz - no ice	30 fl oz (887 mL)	25	0	0	0	0	0	20	5	0	0	2
Iced 100% Colombian Dark Roast Coffee- 16 fl oz	16 fl oz (473 mL)	10	0	0	0	0	0	10	2	0	0	1
Iced Caffè Latte - 20 fl oz	20 fl oz (591 mL)	160	60	6	4	0	25	130	16	0	14	11
Iced Caramel Latte - 20 fl oz	20 fl oz (591 mL)	440	130	15	9	0	50	320	63	0	45	13
Iced Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	290	60	6	4	0	25	130	49	0	48	10
Iced Chocolate Latte - 20 fl oz	20 fl oz (591 mL)	400	100	11	7	0	40	220	62	2	46	14
Iced Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	290	90	10	7	0	40	140	36	0	34	12
Kids Organic Apple juice	8 fl oz (237 mL)	110	0	0	0	0	0	10	28	0	27	0
Kids Organic Chocolate Milk	8 fluid ounces (237 mL)	150	20	2.5	1.5	0	15	180	23	0	22	8
Kids Organic White Milk	8 fluid ounces (237 mL)	110	20	2.5	1.5	0	10	130	13	0	12	8
Lime Bubly Sparkling Water - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	105	0	0	0	0



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Lime Bubly Sparkling Water - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	160	0	0	0	0
Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	120	0	0	0	0	0	80	30	0	30	0
Lipton Brisk Raspberry Tea - 30 fl oz	30 fl oz (887 mL)	170	0	0	0	0	0	120	45	0	45	0
Madagascar Vanilla Almond Cold Brew Coffee - 16 fl oz	16 fl oz (473 mL)	90	10	1.5	0	0	0	45	18	0	17	1
Madagascar Vanilla Almond Cold Brew Coffee - 20 fl oz	20 fl oz (591 mL)	120	15	1.5	0	0	0	60	24	0	22	1
Madagascar Vanilla Cream Cold Brew Coffee - 16 fl oz	16 fl oz (473 mL)	190	100	11	7	0	35	50	22	0	17	3
Madagascar Vanilla Cream Cold Brew Coffee - 20 fl oz	20 fl oz (591 mL)	260	130	14	9	0	45	60	29	0	22	4
Madagascar Vanilla Latte - 16 fl oz	16 fl oz (473 mL)	260	80	9	6	0	35	115	33	0	31	10
Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	310	90	10	7	0	40	140	41	0	40	12
Mango Ceylon Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Mango Yuzu Citrus Flavored Charged Lemonade - 20 fl oz	20 fl oz (591 mL)	330	5	0	0	0	0	10	85	0	83	0
Mango Yuzu Citrus Flavored Charged Lemonade - 30 fl oz	30 fl oz (887 mL)	500	5	0.5	0	0	0	15	128	1	124	1
Minute Maid Orange Juice - 12 fl oz bottle	12 fl oz (355 mL)	220	0	0	0	0	0	30	51	0	45	0
Mist Twist - 20 fl oz	20 fl oz (591 mL)	260	0	0	0	0	0	55	68	0	68	0
Mist Twist - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	80	101	0	101	0
Mountain Dew - 12 fl oz can	1 can (355 mL)	170	0	0	0	0	0	60	46	0	46	0
Mountain Dew - 20 fl oz	20 fl oz (591 mL)	280	0	0	0	0	0	85	73	0	73	0
Mountain Dew- 20 fl oz bottle	20 fl oz bottle (591 mL)	290	0	0	0	0	0	105	77	0	77	0
Mountain Dew - 30 fl oz	30 fl oz (887 mL)	420	0	0	0	0	0	130	110	0	110	0
Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	95	64	0	63	0



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Mug Root Beer - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	140	96	0	95	0
Orange Ginger Mint Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Passion Papaya Flavored Green Tea - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	10	34	0	34	0
Passion Papaya Flavored Green Tea - 30 fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	15	51	0	51	0
Passion Papaya Flavored Green Tea - Serves 5 - Group	1 Container	450	0	0	0	0	0	30	110	0	109	0
Pepsi - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	50	69	0	69	0
Pepsi - 20 fl oz bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	55	69	0	69	0
Pepsi - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	80	103	0	103	0
Pepsi 12 fl oz can	12 fl oz can (355 mL)	150	0	0	0	0	0	30	41	0	41	0
Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	90	61	0	61	0
Pibb Xtra - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	135	92	0	92	0
Powerade Mountain Blast - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	190	37	0	36	0
Powerade Mountain Blast - 30 Fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	280	55	0	55	0
Premium OJ 11.5 fl oz	1 Bottle (11.5 fl oz)	160	0	0	0	0	0	0	37	0	30	2
Sierra mist 12 fl oz Can	1 Can (355 mL)	150	0	0	0	0	0	30	40	0	40	0
Sierra Mist 20 fl oz bottle	20 fl oz bottle (591mL)	240	0	0	0	0	0	60	61	0	61	0
Signature Hot Chocolate - 16 fl oz	16 fl oz (473 mL)	430	100	11	7	0	35	230	73	3	53	12
Signature Hot Chocolate - 20 fl oz	20 fl oz (591 mL)	550	110	12	8	0	45	300	96	4	69	15
SoBe Life Water Yumberry Pomegranate - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	0	0	0	0
SoBe Life Water Yumberry Pomegranate - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	120	1	0	0	0
Sprite - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	115	61	0	61	0
Sprite - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	170	91	0	91	0
Sprite 20 fl oz Bottle	20 fl oz bottle (591 mL)	230	0	0	0	0	0	110	64	0	64	0
Sprite Zero - 20 fl oz bottle	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0



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Strawberry Lemon Mint Flavored Charged Lemonade - 20 fl oz	20 fl oz (591 mL)	270	0	0	0	0	0	10	69	0	66	0
Strawberry Lemon Mint Flavored Charged Lemonade - 30 fl oz	30 fl oz (887 mL)	400	5	0	0	0	0	15	104	0	98	0
Substitute Almond Milk - 8 fl oz	8 fl oz (237 mL)	40	30	3.5	0	0	0	100	2	1	0	1
Substitute Skim Milk - 4 fl oz	4 fl oz (118 mL)	40	0	0	0	0	0	50	6	0	6	4
Substitute Skim Milk - 8 fl oz	8 fl oz (237 mL)	80	0	0	0	0	5	105	12	0	12	8
Sweet Tea - Serves 5- Group	1 Container	340	0	0	0	0	0	35	82	0	81	7
Sweet Tea 20 fl oz	20 fl oz (591 mL)	110	0	0	0	0	0	10	27	0	27	1
Sweet Tea 30 fl oz	30 fl oz (887 mL)	150	0	0	0	0	0	10	36	0	36	2
Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	280	0	0	0	0	0	55	75	0	75	0
Tropicana Fruit Punch - 30 fl oz	30 fl oz (887 mL)	420	0	0	0	0	0	85	113	0	112	0
Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	260	67	0	66	0
Tropicana Lemonade - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	390	100	0	99	0
Tropicana Light Lemonade - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	230	0	0	0	0
Tropicana Light Lemonade - 30 fl oz	30 fl oz (887 mL)	15	0	0	0	0	0	350	0	0	0	0
Unsweetened Black Tea - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	10	0	0	0	2
Unsweetened Black Tea - 30 fl oz	30 fl oz (887 mL)	20	0	0	0	0	0	20	0	0	0	4
Wild Cherry Pepsi 20 fl oz	20 fl oz (591 mL)	260	0	0	0	0	0	55	70	0	70	0
Wild Cherry Pepsi 30 fl oz	30 fl oz (887 mL)	390	0	0	0	0	0	80	106	0	105	0
BOWLS / FLATBREAD PIZZAS / MAC												
Baja Bowl	1 Bowl	690	310	34	7	0	20	1250	81	14	9	18
Baja Bowl with Chicken	1 Bowl	740	320	35	7	0	55	1470	82	14	9	27
Broccoli Cheddar Mac & Cheese - Bread Bowl	1 Bread bowl with Broccoli Cheddar Mac	1040	250	28	12	0.5	40	2120	157	7	7	39
Broccoli Cheddar Mac & Cheese - Large	1 Bowl	740	430	48	23	1	85	1930	53	5	10	25
Broccoli Cheddar Mac & Cheese - Small	1 Cup	370	210	24	11	0.5	40	960	26	3	5	12



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Cheese Flatbread Pizza	1 flatbread pizza	860	340	38	19	1	100	2030	90	3	6	40
Teriyaki Chicken & Broccoli Bowl	1 Bowl	690	210	23	5	0	165	1850	80	6	25	42
Chipotle Chicken & Bacon Flatbread Pizza	1 flatbread pizza	980	430	47	18	1	115	2350	93	3	7	44
Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1130	300	33	18	0.5	75	2310	164	4	7	43
Mac & Cheese - Large	About 2 Cups	920	520	57	35	1.5	155	2300	67	0	10	33
Mac & Cheese- Small	About 1 Cup	460	260	29	17	0.5	75	1150	34	0	5	17
Margherita Flatbread Pizza	1 flatbread pizza	820	310	34	18	0.5	80	1760	93	4	7	35
Mediterranean Bowl	1 Bowl	630	260	29	6	0	20	1180	75	10	6	19
Mediterranean Bowl with Chicken	1 Bowl	680	270	31	7	0	55	1400	77	10	6	29
Pepperoni Flatbread Pizza	1 flatbread pizza	980	440	49	24	1	120	2510	91	3	6	44
Sausage & Pepperoni Flatbread Pizza	1 flatbread pizza	900	360	40	16	1	130	2640	92	3	6	44
KIDS												
Kids Grilled Cheese on White Whole Grain	1 Sandwich	230	70	8	4.5	0	20	630	29	3	3	11
Kids Stonyfield Organic Low Fat Mixed Berry Yogurt Squeezers	1 Tube	50	10	1	0.5	0	5	40	8	0	6	2
Kids Stonyfield Organic Low Fat Strawberry Yogurt Squeezers	1 Tube	50	10	1	0.5	0	5	35	8	0	6	2
Kids Turkey on White Whole Grain	1 Sandwich	290	80	9	5	0	45	920	30	3	4	21
PASTRIES & SWEETS												
Pastry - Pastry Ring	1/12 pastry	210	70	8	5	0	30	180	31	1	16	4
Muffin - Blueberry	1 Muffin	520	190	21	4.5	0	60	410	76	2	42	7
Scone - Blueberry	1 Scone	460	170	19	12	0.5	25	900	65	2	26	8
Brownie	1 Brownie	470	160	18	6	0	115	95	69	4	50	7
Cookie - Candy	1 Cookie	420	170	19	12	0.5	75	260	59	1	33	5
Muffie - Chocolate Chip	1 Muffie	330	110	13	4.5	0	35	200	51	3	22	5
Muffin - Chocolate Chip	1 Muffin	670	230	25	9	0	65	390	101	6	44	9



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Cookie - Chocolate Chipper	1 Cookie	390	170	19	11	0	50	290	52	2	31	4
Pastry - Chocolate Croissant	1 Croissant	380	190	21	11	0.5	50	280	43	2	15	7
Pastry - Cinnamon Crumb Coffee Cake	1 Slice	520	250	28	11	0.5	110	340	61	1	33	6
Muffin - Cranberry Orange	1 Muffin	530	170	19	3.5	0	50	340	82	4	42	7
Dozen Chocolate Chipper Cookies	1 cookie	390	170	19	11	0	50	290	52	2	31	4
Dozen Mixed Cookies		4660	1860	206	124	6	670	3060	656	20	384	48
Pastry - Bear Claw	1 Pastry	500	210	24	10	0.5	60	360	64	3	31	9
Cookie- Tulip Shaped Shortbread	1 Cookie	430	190	22	13	1	55	210	57	1	32	4
Cookie - Kitchen Sink	1 Cookie	820	400	44	29	1	95	760	99	2	56	8
Cookie - Lemon Drop Flavored	1 Cookie	440	180	20	13	0.5	75	260	60	1	34	5
Mini Bear Claw	1 Pastry	160	70	8	3.5	0	20	115	20	1	8	3
Mini Scone -Blueberry	1 mini scone	150	60	6	4	0	10	300	21	1	9	3
Mini - Brownie	1 Mini Brownie	120	40	4.5	1.5	0	30	25	17	1	12	2
Mini Cookie - Candy	1 Mini Cookie	110	45	5	3	0	20	65	16	0	9	1
Mini Muffin - Cranberry Orange	1 Mini Muffin	80	25	3	0.5	0	10	55	13	1	7	1
Mini Cookie - Lemon Drop Flavored	1 Mini Cookie	110	45	5	3.5	0	20	65	15	0	9	1
Mini Cookie - Oatmeal Raisin with Berries	1 Cookie	90	30	3	2	0	15	45	14	1	8	1
Mini Scone - Orange	1 mini scone	180	60	7	4.5	0	10	270	27	1	13	3
Mini Pecan Braid	1 Mini Pastry	140	60	7	3	0	15	70	17	1	11	2
Cookie - Oatmeal Raisin with Berries	1 Cookie	350	110	13	7	0	55	170	55	2	33	4
Scone - Orange	1 Scone	550	180	20	13	0.5	25	810	80	2	38	9
Pastry - Pecan Braid	1 Pastry	500	270	30	13	0.5	60	270	51	3	23	8
Cookie - Petite Chocolate Chipper	1 Cookie	100	40	4.5	3	0	10	75	13	0	8	1
Muffin - Pumpkin	1 Muffin	560	220	24	4.5	0	30	430	78	5	40	8
Pastry - Croissant	1 Croissant	260	120	13	8	0.5	45	250	29	1	4	6
Pastry - Vanilla Flavored Cinnamon Roll	1 Roll	610	160	18	9	0	75	500	105	2	69	9



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SALADS

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Asian Sesame with Chicken - Half	1/2 Salad	200	100	11	1.5	0	35	400	15	3	4	13
Asian Sesame with Chicken - Whole	1 Salad	410	200	22	3	0	70	800	29	6	7	27
BBQ Chicken Salad - Half	1/2 Salad	250	110	12	2	0	40	640	23	5	7	14
BBQ Chicken Salad - Whole	1 Salad	490	210	23	3.5	0	80	1290	45	10	14	29
BBQ Salad - Half	1/2 Salad	190	100	11	1.5	0	5	430	21	5	7	5
BBQ Salad - Whole	1 Salad	390	190	21	3	0	10	860	42	10	14	10
Caesar - Half	1/2 Salad	170	110	13	3	0	25	320	9	2	1	5
Caesar - Whole	1 Salad	330	230	25	6	0.5	45	640	18	4	3	10
Caesar with Chicken - Whole	1 Salad	440	250	27	7	0.5	115	1070	21	4	3	29
Caesar with Chicken - Half	1/2 Salad	220	120	14	3.5	0	55	530	11	2	2	15
Citrus Asian Crunch Salad - Half	1/2 salad	220	120	13	1.5	0	0	470	22	4	12	5
Citrus Asian Crunch Salad - Whole	1 salad	440	230	26	3	0	0	940	44	9	25	10
Citrus Asian Crunch Salad with Chicken - Half	1/2 salad	320	160	18	3	0	60	700	22	4	12	18
Citrus Asian Crunch Salad with Chicken - Whole	1 salad	640	330	37	6	0	115	1410	44	9	25	36
Fuji Apple with Chicken - Half	1/2 Salad	280	160	17	4	0	40	420	19	3	11	14
Fuji Apple with Chicken - Whole	1 Salad	560	310	35	8	0	80	840	37	6	22	27
Greek - Half	1/2 Salad	200	160	18	4	0	15	540	7	2	3	4
Greek - Whole	1 Salad	400	320	35	8	0	30	1080	14	5	5	8
Green Goddess Cobb with Chicken - Half	1/2 Salad	250	130	14	3.5	0	135	510	14	4	6	18
Green Goddess Cobb with Chicken - Whole	1 Salad	500	260	29	7	0	265	1030	27	8	13	37
Double Protein - Chicken Thigh Meat	1 Double Protein Portion	190	100	11	3	0	115	540	0	0	0	23
Double Protein- Bacon Pieces	1 Double Portion	80	60	6	2	0	10	300	1	0	1	5
Double Protein - Grilled Chicken	1 Double Portion	110	20	2	0.5	0	70	430	3	0	0	19
Strawberry Poppyseed - Half	1/2 Salad	120	50	6	0.5	0	0	65	16	4	11	2
Strawberry Poppyseed - Whole	1 Salad	230	110	12	1	0	0	130	32	7	22	5



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Strawberry Poppyseed with Chicken - Half	1/2 Salad	170	60	7	1	0	35	280	17	4	11	12
Strawberry Poppyseed with Chicken - Whole	1 Salad	340	130	14	1.5	0	70	560	35	7	23	24
SANDWICHES												
Bacon Turkey Bravo on Tomato Basil - Half	1/2 Sandwich	500	190	21	8	0	65	1260	52	2	6	28
Bacon Turkey Bravo on Tomato Basil - Whole	1 Sandwich	1010	370	42	15	0	125	2530	104	4	11	55
Chipotle Chicken Avocado Melt on Black Pepper Focaccia Round - Half	1/2 Sandwich	470	220	25	8	0	65	1010	40	4	2	23
Chipotle Chicken Avocado Melt on Black Pepper Focaccia - Whole	1 Sandwich	940	440	49	15	0	130	2010	80	8	5	46
The Chef's Chicken Sandwich -The Signature Take	1 sandwich	560	260	29	10	0	180	960	37	2	6	39
Classic Grilled Cheese on Classic White Miche - Half	1/2 Sandwich	440	220	25	16	1	75	1210	35	1	5	19
Classic Grilled Cheese on Classic White Miche - Whole	1 Sandwich	870	440	49	31	1.5	155	2420	69	2	11	39
Frontega Chicken Panini on Black Pepper Focaccia - Half	1/2 Panini	420	170	19	6	0	55	950	40	2	3	22
Frontega Chicken Panini on Black Pepper Focaccia - Whole	1 Panini	830	340	38	13	0	115	1890	79	4	6	43
Grilled Mac & Cheese on Classic White Miche - Half	1/2 Sandwich	430	180	20	12	0.5	55	880	44	1	6	18
Grilled Mac & Cheese on Classic White Miche - Whole	1 Sandwich	850	360	40	24	1	115	1760	88	2	12	36
Mediterranean Veggie on Tomato Basil - Half	1/2 Sandwich	340	60	7	2	0	10	800	58	5	5	13
Mediterranean Veggie on Tomato Basil - Whole	1 Sandwich	680	120	13	3.5	0	15	1590	117	9	10	26
Napa Almond Chicken Salad on Country Rustic Sourdough - Half	1/2 Sandwich	310	110	13	2	0	30	510	38	2	6	12
Napa Almond Chicken Salad on Country Rustic Sourdough - Whole	1 Sandwich	620	230	25	4	0	60	1010	76	4	12	25



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Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Half	1/2 Sandwich	470	240	27	5	0	45	860	35	4	2	23
Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Whole	1 Sandwich	940	480	54	10	0.5	85	1710	71	8	5	46
Double Meat - 4 Half Bacon Slices	1 Double portion	100	70	7	2.5	0	10	360	1	0	1	6
Double Meat- 6 Half Bacon Slices	1 Double Portion	140	100	11	4	0	15	540	1	0	1	10
Double Meat - Napa Chicken Salad	1 Double Portion	310	220	24	4	0	60	380	12	1	9	13
Double Meat - Roasted Turkey	1 Double Portion	110	25	3	0.5	0	40	510	2	0	1	19
Double Meat- Smoked Chicken	1 Double Portion	100	15	2	0.5	0	65	520	0	0	0	21
Double Meat- Steak	1 Double Portion	140	50	5	2.5	0	60	270	1	0	0	22
Double Meat- Tuna Salad	1 Double Portion	340	250	27	4.5	0	65	670	3	1	2	21
Double Meat- Sliced Turkey	1 Double Portion	120	30	3	0.5	0	45	580	3	0	1	21
Double Meat- Teriyaki Chicken	1 Double Portion	250	110	13	3.5	0	135	820	8	0	7	27
Smokehouse BBQ Chicken on Classic White Miche - Half	1/2 Sandwich	380	130	14	7	0	65	830	41	2	9	22
Smokehouse BBQ Chicken on Classic White Miche - Whole	1 Sandwich	760	260	29	15	0.5	130	1660	82	3	18	45
The Chef's Chicken Sandwich -The Spicy Take	1 sandwich	570	270	30	8	0	170	1260	40	2	7	35
Steak & White Cheddar Panini on Artisan Ciabatta - Half	1/2 Panini	470	200	23	8	0	65	770	44	2	4	23
Steak & White Cheddar Panini on Artisan Ciabatta - Whole	1 Panini	940	410	45	15	1	125	1530	87	4	7	47
Tuna Salad on Black Pepper Focaccia - Half	1/2 Sandwich	370	150	16	2.5	0	30	860	39	3	3	17
Tuna Salad on Black Pepper Focaccia - Whole	1 Sandwich	740	290	32	5	0	65	1710	77	5	6	35
Turkey on Country Rustic Sourdough - Whole	1 Sandwich	590	170	19	3	0	55	1490	70	5	5	34
Turkey on Country Rustic Sourdough- Half	1/2 Sandwich	300	90	10	1.5	0	30	740	35	2	3	17



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SIDES												
Side - Apple	1 Apple	80	0	0	0	0	0	0	22	5	16	0
Banana	1 Banana	90	5	0	0	0	0	0	23	3	12	1
Side Portion - French Baguette	2.4 oz (69g / about 3 1/3 inch slice)	180	5	0.5	0	0	0	450	36	1	1	7
Greek Yogurt with Mixed Berries	1 Parfait	240	70	8	4.5	0	25	80	27	2	17	15
Side - Chips	1 package	150	80	9	1	0	0	75	17	1	1	2
Side - Pickle Spear	1 Spear	5	0	0	0	0	0	240	1	0	0	0
Summer Fruit Cup	1 Container	60	0	0	0	0	0	10	15	2	9	1
Tomato Basil Cucumber Salad	1 Serving	90	50	6	1	0	0	480	9	1	5	1
Hard Boiled Eggs	1 Container	150	100	11	3.5	0	375	130	1	0	1	13
SMOOTHIES												
Green Passion Smoothie - 16 fl oz	16 fl oz (473 mL)	250	10	1.5	0	0	0	45	59	5	50	2
Mango Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	300	45	5	3	0	20	60	51	4	42	13
Peach & Blueberry Smoothie with Almond Milk - 16 fl oz	16 fl oz (473 mL)	210	15	2	0	0	0	45	49	4	41	2
Strawberry Banana Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	250	25	2.5	1.5	0	10	35	51	6	35	7
Strawberry Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	270	40	4.5	2.5	0	20	60	44	6	37	12
SOUFFLES												
Souffle - Four Cheese	1 Souffle	470	270	30	17	1	185	830	36	1	8	14
Souffle - Spinach & Artichoke	1 Souffle	530	320	35	19	1	180	940	37	3	8	18
Souffle - Spinach & Bacon	1 Souffle	550	330	37	19	1	195	970	36	2	8	19
SOUPS												
Bistro French Onion - Bowl	1 1/2 Cups	310	120	13	6	0	20	1670	36	3	15	12
Bistro French Onion - Bread Bowl	1 Bread bowl with soup	850	110	12	4	0	15	2230	151	6	12	34
Bistro French Onion - Cup	1 Cup	190	70	8	4	0	15	1070	21	2	10	8



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Broccoli Cheddar - Bowl	1 1/2 Cups	360	190	21	13	1	55	1330	30	6	6	14
Broccoli Cheddar - Cup	1 Cup	230	120	13	8	0.5	35	840	19	4	4	9
Broccoli Cheddar - Bread Bowl	1 Bread bowl with soup	900	160	18	8	0.5	35	2000	149	8	6	35
Cream of Chicken & Wild Rice - Bowl	1 1/2 Cups	260	140	16	7	0.5	35	1390	27	5	4	10
Cream of Chicken & Wild Rice - Bread Bowl	1 Bread bowl with soup	840	130	15	5	0	25	2090	148	8	5	33
Cream of Chicken & Wild Rice - Cup	1 Cup	180	90	10	4.5	0	25	920	18	4	3	6
Homestyle Chicken Noodle Soup - Bowl	1 bowl	100	5	1	0	0	25	1280	13	0	4	9
Homestyle Chicken Noodle Soup - Bread Bowl	1 bread bowl with soup	780	45	5	0.5	0	15	2100	148	5	5	35
Homestyle Chicken Noodle Soup - Cup	1 cup	60	5	0.5	0	0	15	860	8	0	3	6
Mexican Style Street Corn Chowder - Bowl	1 bowl	330	170	19	9	0	40	1370	36	3	7	6
Mexican Style Street Corn Chowder - Bread Bowl	1 bread bowl with soup	880	150	17	7	0	30	2070	153	6	7	31
Mexican Style Street Corn Chowder - Cup	1 cup	210	110	12	6	0	30	910	23	2	5	4
Thai Chicken Soup - Bowl	1 Bowl	230	130	14	11	0	15	1230	18	3	6	9
Thai Chicken Soup - Bread Bowl	1 Bread bowl with soup	820	130	14	8	0	10	1980	142	6	6	33
Thai Style Chicken Soup - Cup	1 Cup	160	90	10	8	0	10	820	12	2	4	6
Ten Vegetable Soup - Bowl	1 1/2 Cups	100	15	2	0	0	0	1090	15	4	6	5
Ten Vegetable Soup - Bread Bowl	1 Bread bowl with soup	730	50	6	0.5	0	0	1890	140	7	6	30
Ten Vegetable Soup - Cup	1 Cup	60	10	1	0	0	0	730	10	3	4	3
Vegetarian Creamy Tomato - Bread Bowl	1 Bread bowl with soup	910	170	19	8	0	40	1910	154	5	13	31
Vegetarian Creamy Tomato - Bowl	1 1/2 Cups	350	190	21	11	0.5	60	1100	34	1	17	5
Vegetarian Creamy Tomato - Cup	1 Cup	240	130	14	8	0	40	750	24	1	11	4
SPREADS												
Plain Cream Cheese Spread - 1.75 oz	1 Container	150	130	15	11	0	40	160	3	0	2	3
Plain Cream Cheese Spread - 8 oz	2 Tbsp	90	80	9	7	0	25	95	2	0	1	2
Reduced Fat Chive & Onion Cream Cheese Spread - 1.75 oz	1 Container	130	90	10	6	0	35	190	2	0	2	6



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Reduced Fat Chive & Onion Cream Cheese Spread - 8 OZ	2 Tbsp (30g)	80	50	6	4	0	20	115	1	0	1	3
Reduced Fat Honey Walnut Cream Cheese Spread - 1.75 oz	1 Container	130	90	10	6	0	30	170	8	0	8	3
Reduced Fat Honey Walnut Cream Cheese Spread - 8 OZ	2 Tbsp (30g)	80	50	6	3.5	0	20	105	5	0	5	2
CATERING												
Agave Lemonade - Serves 10 - Group	2 containers	1130	10	1	0	0	0	65	304	1	288	1
Bistro French Onion Soup - Group	1 Container	600	250	28	14	0.5	55	3620	60	6	35	27
Black Tea - Serves 10 - Group	2 Containers	80	0	0	0	0	0	80	0	0	0	15
Blood Orange Lemonade - serves 10 - Group	2 Containers	1330	0	0	0	0	0	160	328	5	222	4
Broccoli Cheddar Mac & Cheese - Group	1 Container	1480	860	95	45	2	170	3850	106	10	20	50
Broccoli Cheddar Soup - Group	1 Container	800	420	46	28	2	120	2920	67	12	14	30
Catering Butter Pat	1 pat	35	35	4	2.5	0	10	35	0	0	0	0
Catering Asian Sesame Chicken Salad - serves 10	2 Containers	2160	1060	118	15	2	350	4290	155	34	42	137
Catering Asian Sesame Chicken Salad - serves 5	1 Container	1080	530	59	8	1	175	2150	78	17	21	69
Catering Asian Sesame - Half	1/2 Salad	150	90	10	1	0	0	190	13	3	3	4
Catering Asian Sesame Salad - serves 10	2 Containers	1610	960	106	12	2	0	2080	141	34	40	40
Catering Asian Sesame Salad - serves 5	1 Container	800	480	53	6	1	0	1040	70	17	20	20
Catering Asian Sesame Salad - Whole	1 Salad	300	180	20	2	0	0	370	26	6	7	8
Catering BBQ Chicken Salad - Serves 10	2 Containers	2640	1180	131	21	3	420	6690	234	56	75	148
Catering BBQ Chicken Salad - Serves 5	1 Container	1320	590	66	11	1.5	210	3350	117	28	38	74
Catering BBQ Salad - Serves 10	2 Containers	2090	1080	120	18	3	70	4480	219	56	73	51
Catering BBQ Salad - Serves 5	1 Container	1040	540	60	9	1.5	35	2240	110	28	37	25
Catering Caesar Salad - serves 10	2 Containers	1870	1300	145	35	3.5	260	3500	99	24	17	53
Catering Caesar Salad - serves 5	1 Container	940	650	72	18	2	130	1750	49	12	8	27



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Catering Caesar with Chicken Salad - serves 10	2 Containers	2420	1410	156	38	3.5	610	5710	113	24	19	151
Catering Caesar with Chicken Salad - serves 5	1 Container	1210	700	78	19	2	305	2860	57	12	10	75
Catering Chipotle Aioli for Breakfast Sandwiches	about 0.5 oz	90	90	10	1.5	0	10	125	1	0	0	0
Catering Citrus Asian Crunch Salad - Serves 10	2 containers	2220	1210	134	17	1	0	4720	215	43	121	48
Catering Citrus Asian Crunch Salad - Serves 5	1 container	1110	600	67	8	0	0	2360	107	22	60	24
Catering Citrus Asian Crunch Salad with Chicken - Serves 10	2 containers	3230	1690	188	31	1	580	7050	217	43	121	178
Catering Citrus Asian Crunch Salad with Chicken - Serves 5	1 container	1620	850	94	15	0	290	3530	109	22	60	89
Catering French Baguette	1 Baguette	1060	35	3.5	1	0	0	2700	217	8	4	40
Catering Fuji Apple - Half	1/2 Salad	220	150	16	3.5	0	5	200	17	3	11	4
Catering Fuji Apple Salad - serves 10	2 Containers	2250	1510	168	36	2.5	70	2190	161	28	106	40
Catering Fuji Apple Salad - serves 5	1 Container	1130	760	84	18	1.5	35	1100	81	14	53	20
Catering Fuji Apple - Whole	1 Salad	450	290	33	7	0	15	410	34	6	22	8
Catering Fuji Apple with Chicken Salad - serves 10	2 Containers	2800	1620	180	39	2.5	420	4410	176	28	108	138
Catering Fuji Apple with Chicken Salad - serves 5	1 Container	1400	810	90	19	1.5	210	2200	88	14	54	69
Catering Garlic Aioli for Breakfast Sandwiches	about 0.5 oz	110	100	12	2	0	15	80	0	0	0	0
Catering Greek Salad - serves 10	2 Containers	2250	1810	201	45	2	150	5910	77	28	29	42
Catering Greek Salad - serve 5	1 Container	1120	900	100	22	1	75	2960	38	14	15	21
Catering Green Goddess Cobb Salad with Chicken - serves 5	1 Container	1300	680	75	17	0.5	675	2660	69	20	33	94
Catering Green Goddess Cobb Salad with Chicken - serves 10	1 Container	2600	1350	150	34	1.5	1350	5320	138	39	67	188
Catering Pastry Ring	1 Pastry Ring	2550	880	98	57	3	340	2200	374	11	191	44
Catering Seasonal Greens Salad - serves 10	2 Containers	1650	1360	151	21	1	0	1870	63	18	28	17
Catering Seasonal Greens Salad - serves 5	1 Container	820	680	76	11	0	0	930	31	9	14	9



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Catering Seasonal Greens Salad with Chicken - serves 10	2 Containers	2200	1460	163	24	1	350	4080	77	18	30	115
Catering Seasonal Greens Salad with Chicken- serves 5	1 Container	1100	730	81	12	0	175	2040	39	9	15	57
Catering Strawberry Poppyseed Salad - serves 10	2 Containers	1200	530	59	6	1.5	0	790	166	41	112	25
Catering Strawberry Poppyseed Salad - serves 5	1 Container	600	270	30	3	1	0	390	83	20	56	13
Catering Strawberry Poppyseed with Chicken Salad - serves 10	2 Containers	1750	640	71	9	1.5	350	3000	181	41	115	123
Catering Strawberry Poppyseed with Chicken Salad - serves 5	1 Container	870	320	35	4.5	1	175	1500	90	20	57	61
Catering Summer Fruit Salad - Serves 10	2 containers	670	30	3.5	0	0	0	60	169	23	103	10
Catering Summer Fruit Salad - Serves 5	1 container	330	15	1.5	0	0	0	30	85	12	52	5
Catering Tomato Basil Cucumber Salad - Large Bowl	1 Large Bowl	760	420	47	7	0	0	4020	73	11	43	13
Catering Tomato Basil Cucumber Salad - Small Bowl	1 Small Bowl	380	210	23	3.5	0	0	2010	36	6	21	6
Catering Turkey on Country Rustic Sourdough- Half	1/2 Sandwich	220	20	2	0	0	25	610	34	2	2	17
Catering Turkey on Country Rustic Sourdough- Whole	1 Sandwich	440	40	4.5	1	0	45	1210	69	4	5	33
Cream of Chicken and Wild Rice - Group	1 Container	620	330	36	17	1.5	85	3240	62	13	9	23
Fuji Apple Cranberry Flavored Charged Lemonade - Serves 10 - Group	2 Containers	1700	15	1.5	0	0	0	70	439	2	415	2
Fuji Apple Cranberry Flavored Charged Lemonade - Serves 5 - Group	1 Container	850	5	1	0	0	0	35	220	1	207	1
Homestyle Chicken Noodle Soup - Group	1 container	230	15	2	0.5	0	55	3000	30	0	10	22
Signature Hot Chocolate - Group	1 Container	4300	1380	153	96	4.5	475	1830	692	33	420	64
Mac & Cheese - Group	1 Container	1840	1030	115	70	3	310	4590	134	0	21	66



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Mango Yuzu Citrus Flavored Charged Lemonade - Serves 10 - Group	2 Containers	2090	20	2	0	0	0	65	535	3	517	2
Mango Yuzu Citrus Flavored Charged Lemonade - Serves 5 - Group	1 Container	1040	10	1	0	0	0	35	267	1	258	1
Mexican Style Street Corn Chowder - Group	1 container	750	390	44	21	1	100	3190	81	7	16	14
Passion Papaya Flavored Green Tea - Serves 10 - Group	2 Containers	890	0	0	0	0	0	65	220	0	218	0
Premium Orange Juice - Serves 10 - Group	2 Containers	1780	0	0	0	0	0	40	412	0	333	33
Premium Orange Juice - Serves 5 - Group	2 Containers	890	0	0	0	0	0	20	206	0	167	17
Seasonal Greens - Half	1/2 Salad	140	110	13	2	0	0	160	6	2	3	2
Seasonal Greens - Whole	1 Salad	290	230	25	3.5	0	0	320	13	4	6	4
Seasonal Greens with Chicken- Half	1/2 Salad	200	120	14	2	0	35	370	8	2	3	11
Seasonal Greens with Chicken - Whole	1 Salad	390	250	28	4	0	70	750	16	4	6	22
Sierra Turkey Sandwich on Asiago Cheese Focaccia - Half	1/2 Sandwich	400	150	17	4	0	40	890	43	2	2	20
Sierra Turkey Sandwich on Asiago Cheese Focaccia - Whole	1 Sandwich	800	300	33	8	0	80	1780	85	4	5	40
Steak & Arugula on Country Rustic Sourdough - Half	1/2 Sandwich	350	140	16	3.5	0	45	570	35	2	4	17
Steak & Arugula on Country Rustic Sourdough - Whole	1 Sandwich	700	280	31	7	0	90	1130	71	4	8	34
Strawberry Lemon Mint Flavored Charged Lemonade - Serves 10 - Group	2 Containers	1680	15	1.5	0	0	0	65	437	2	414	2
Strawberry Lemon Mint Flavored Charged Lemonade - Serves 5 - Group	1 Container	840	5	1	0	0	0	30	218	1	207	1
Sweet Tea - Serves 10 - Group	2 Containers	680	1	0	0	0	0	75	163	0	161	14

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Thai Chicken Soup - Group	1 Container	540	300	34	27	0	30	2880	42	7	15	20
Tropical Hibiscus Tea - Serves 10 - Group	2 Containers	0	0	0	0	0	0	0	0	0	0	0
Ten Vegetable Soup - Group	1 Container	220	40	4.5	1	0	0	2550	36	9	13	11
Vegetarian Creamy Tomato Soup - Group	1 Container	850	450	50	27	1.5	135	2660	86	3	39	14