



Panera Bread® Nutrition Information - US

Effective: 4/05/2023 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	6	3.5	0	15	560	56	2	5	14
Blueberry Bagel	1 Bagel	300	10	1	0	0	0	430	66	3	11	10
Chocolate Chip Bagel	1 Bagel	330	50	6	3	0	5	400	64	2	14	10
Cinnamon Crunch Bagel	1 Bagel	420	60	7	5	0	0	400	84	2	34	9
Cinnamon Swirl & Raisin Bagel	1 Bagel	310	15	1.5	1	0	0	430	68	3	13	10
Everything Bagel	1 Bagel	300	15	1.5	0	0	0	610	63	3	5	11
Jalapeno Cheddar Bagel	1 Bagel	300	25	3	1.5	0	5	750	56	2	4	13
Plain Bagel	1 Bagel	280	5	1	0	0	0	460	62	2	5	10
Poppysseed Bagel	1 Bagel	300	20	2	0	0	0	460	63	3	5	11
Salt Bagel	1 Bagel	280	5	1	0	0	0	2020	62	2	5	10
Sesame Bagel	1 Bagel	300	20	2.5	0.5	0	0	460	63	3	5	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	220	70	7	4	0	60	270	31	2	5	8
Classic Sourdough	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	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
New England Roll	1 Roll	250	40	4.5	1.5	0	10	440	44	1	5	9
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	2 oz (57g / about 7/8 inch slice)	130	5	0.5	0	0	0	290	25	2	3	6



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Whole Grain Lahvash	1 Lahvash	150	20	2.5	0	0	0	250	27	2	2	9
BREAKFAST												
Avocado, Egg White, Spinach & Cheese on Sprouted Grain Bagel Flat	1 Sandwich	350	120	14	5	0	20	680	39	5	5	19
Bacon, Egg & Cheese on Brioche	1 Sandwich	450	220	25	12	0	280	790	32	2	6	23
Bacon, Egg & Cheese on Artisan Ciabatta	1 Sandwich	420	170	19	8	0	220	880	40	2	2	22
Bacon, Scrambled Egg & Cheese on Artisan Ciabatta	1 Sandwich	440	190	21	9	0	300	900	40	2	2	24
Bacon, Scrambled Egg & Cheese on Brioche	1 Sandwich	470	240	26	13	0	360	810	33	2	6	24
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, Egg & Avocado on Artisan Ciabatta	1 Sandwich	530	260	29	11	0	235	890	43	4	2	26
Chipotle Chicken, Scrambled Egg & Avocado on Artisan Ciabatta	1 Sandwich	550	280	31	12	0	315	910	44	4	2	27
Egg & Cheese on Brioche	1 Sandwich	380	170	19	10	0	265	510	32	2	6	19
Egg & Cheese on Artisan Ciabatta	1 Sandwich	360	120	14	6	0	205	590	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	30	0	0	0	0
Over Easy Egg	1 Egg	70	45	5	1.5	0	185	70	0	0	0	6
Sausage, Egg & Cheese on Asiago Bagel	1 Sandwich	800	450	50	19	0	265	1280	58	2	5	31
Sausage, Egg & Cheese on Brioche	1 Sandwich	590	350	39	18	0	300	770	32	2	6	26
Sausage, Egg & Cheese on Artisan Ciabatta	1 Sandwich	570	300	34	14	0	240	860	40	2	1	26
Sausage, Scrambled Egg & Cheese on Artisan Ciabatta	1 Sandwich	590	320	35	15	0	320	880	40	2	1	27
Sausage, Scrambled Egg & Cheese on Asiago Bagel	1 Sandwich	820	460	51	20	0.5	345	1300	58	2	5	33
Sausage, Scrambled Egg & Cheese on Brioche	1 Sandwich	610	370	41	19	0	380	790	33	2	6	28



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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	7	0	285	610	40	2	1	20
Scrambled Egg & Cheese on Brioche	1 Sandwich	400	190	21	11	0	345	530	32	2	6	21
Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping	1 Bowl	370	130	15	2	0	0	150	52	9	17	8
Steel Cut Oatmeal with Strawberries & Cinnamon Crunch Topping without pecans	1 Bowl	260	35	4	1	0	0	150	50	8	16	7
DRESSINGS & SAUCES												
Apple Cider Vinegar BBQ Sauce	1 portion	20	0	0	0	0	0	90	4	0	4	0
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
Buffalo Sauce	1 Portion	10	10	1	0	0	0	320	1	0	1	0
Buffalo Sauce	1 Portion	15	10	1	0.1	0	0	320	1	0	1	0
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
Chipotle Sauce	1 portion	100	90	10	1.5	0	10	105	2	0	1	0
Garlic Aioli - Sandwich Portion	1 portion	110	110	12	2	0	15	65	0	0	0	0
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	3.5	0	0	0	80	2	0	1	1
Dressing - Green Goddess - Whole	3 tbsp	80	60	7	1	0	5	160	4	0	3	2
Horseradish Sauce	1 portion	100	100	11	2	0	10	85	1	0	0	0
Hummus	1 portion	60	40	4.5	0.5	0	0	150	4	1	1	2
Lemon Tahini Dressing	1 portion	70	60	7	1	0	0	210	2	1	0	1
Mayonnaise	1 portion	130	130	14	2	0	10	115	0	0	0	0
Dressing - Poppyseed - Half	1 1/2 Tbsp	15	0	0	0	0	0	60	3	0	3	0

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Dressing - Poppyseed - Whole	3 Tbsp	30	0	0	0	0	0	125	7	1	6	0
Salsa Verde	1 portion	90	90	10	1	0	0	170	1	0	0	0
Signature Sauce	1 portion	90	70	8	1	0	10	90	4	0	2	0
Spicy Brown Mustard	1 portion	10	5	0	0	0	0	80	1	0	0	0
Dressing - Tangerine Soy Ginger - Half	1 ladle	80	60	7	1	0	0	250	4	0	4	0
Dressing - Tangerine Soy Ginger - Whole	2 ladles	160	130	14	2	0	0	500	9	0	8	1
Teriyaki Sauce	1 portion	120	10	1	0	0	0	680	26	0	22	2
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												
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)	200	0	0	0	0	0	10	48	0	45	0
Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	300	5	0	0	0	0	15	73	0	67	0
Agave Lemonade - Serves 5 - Group	1 container	630	5	1	0	0	0	35	155	0	143	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



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Unsweetened Iced Tea - Serves 5 - Group	1 Container	40	0	0	0	0	0	40	0	0	0	8
Blackberry Sage Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Bottled Passionfruit Papaya Flavored Iced Green Tea	1 Bottle (500 mL)	130	0	0	0	0	0	0	31		28	0
Bottled Water	16.9 fl oz (500mL)	0	0	0	0	0	0	10	0	0	0	0
British Breakfast Tea - 16 fl oz	16 fl oz (473 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 Dark Roast Coffee - 16 fl oz	16 fl oz (473 mL)	15	0	0	0	0	0	10	3	0	0	1
Cafe Blend Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	15	0	0	0	0	0	15	3	0	0	1
Cafe blend Dark Roast Coffee - Group	1 Container	100	0	0	0	0	0	90	20	0	0	7
Cafe Blend Dark Roast Coffee - 12 fl oz	12 fl oz (355 mL)	10	0	0	0	0	0	10	2	0	0	1
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
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



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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 (591 mL)	420	100	11	7	0	40	230	67	3	49	14
Cinnamon Plum Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
1 pump of Cane Sugar Syrup	1 pump	20	0	0	0	0	0	0	5	0	5	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
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



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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)	120	0	0	0	0	0	10	30	0	27	0
Drive Thru - Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	180	0	0	0	0	0	15	45	0	41	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
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



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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)	170	0	0	0	0	0	10	43	0	40	0
Drive Thru - Fuji Apple Cranberry Flavored Charged Lemonade - 30 fl oz	30 fl oz (887 mL)	260	5	0	0	0	0	15	64	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)	320	5	0	0	0	0	15	78	0	74	0
Drive Thru - Mango Yuzu Citrus Flavored Charged Lemonade - 20 fl oz	20 fl oz (591 mL)	210	0	0	0	0	0	10	52	0	50	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 Iced Green Tea - 20 fl oz	20 fl oz (591 mL)	90	0	0	0	0	0	20	23	0	23	0
Drive Thru - Passion Papaya Flavored Iced Green Tea - 30 fl oz	30 fl oz (887 mL)	130	0	0	0	0	0	25	32	0	32	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



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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 - Starry Lemon Lime - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	42	0	42	0
Drive Thru - Starry Lemon Lime - 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	50	63	0	63	0
Drive Thru - Strawberry Lemon Mint Flavored Charged Lemonade - 20 fl oz	20 fl oz (591 mL)	170	0	0	0	0	0	10	43	0	40	0
Drive Thru - Strawberry Lemon Mint Flavored Charged Lemonade - 30 fl oz	30 fl oz (887 mL)	260	5	0	0	0	0	15	64	0	60	0
Drive Thru - Sweet Iced Tea - 20 fl oz	20 fl oz (591 mL)	80	0	0	0	0	0	10	18	0	18	2
Drive Thru - Sweet Iced Tea - 30 fl oz	30 fl oz (887 mL)	110	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 Iced Tea - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	10	0	0	0	2
Drive Thru - Unsweetened Iced 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



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Drive Thru - Wild Cherry Pepsi	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 (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive-Thru - Lime Bubly Sparkling Water	30 fl oz (887 mL)	5	0	0	0	0	0	95	0	0	0	0
Earl Grey Tea	16 fl oz (473 mL)	0	0	0	0	0	0	20	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 (591 mL)	250	0	0	0	0	0	65	66	0	66	0
Fanta Orange	30 fl oz (887 mL)	370	0	0	0	0	0	100	99	0	99	0
Frozen Caramel Cold Brew	16 fl oz (473 mL)	490	150	17	10	0.5	50	230	80	0	58	5
Frozen Chocolate Cold Brew	16 fl oz (473 mL)	450	120	13	8	0	45	130	79	2	59	6
Frozen Strawberry Lemonade with Fresh Strawberries	16 fl oz (473mL)	140	5	0	0	0	0	10	35	1	31	1
Fuji Apple Cranberry Flavored Charged Lemonade	20 fl oz (591 mL)	290	5	0	0	0	0	10	70	0	65	0
Fuji Apple Cranberry Flavored Charged Lemonade	30 fl oz (887 mL)	430	5	0.5	0	0	0	20	106	0	98	1
Fuji Apple Cranberry Flavored Charged Lemonade - Serves 5 - Group	1 Container	910	10	1	0	0	0	35	223	0	207	1
Ginger Peach Tea	16 fl oz (473 mL)	0	0	0	0	0	0	20	0	0	0	0
Gold Peak Unsweetened Iced Tea	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 (355 mL)	15	0	0	0	0	0	5	2	0	0	1
Hazelnut Flavored Coffee	16 fl oz (473 mL)	20	0	0	0	0	0	10	3	0	0	1
Hazelnut Flavored Coffee	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	100	0	0	0	0	0	5	26	0	25	0
Honey Ginseng Green Tea	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Iced Cafe Blend Dark Roast Coffee	20 fl oz (591 mL)	10	0	0	0	0	0	15	2	0	0	1



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Iced Cafe Blend 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 Cafe Blend Dark Roast Coffee - 30 fl oz	30 fl oz (887 mL)	15	0	0	0	0	0	20	3	0	0	1
Iced Cafe Blend 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 Cafe Blend 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 fl oz (237 mL)	150	20	2.5	1.5	0	15	180	23	0	22	8
Kids Organic White Milk	8 fl oz (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
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



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Mango Ceylon Tea - 16 fl oz	16 fl oz (473 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)	350	5	0	0	0	0	10	86	0	82	0
Mango Yuzu Citrus Flavored Charged Lemonade - 30 fl oz	30 fl oz (887 mL)	530	5	0.5	0	0	0	15	130	0	124	1
Mango Yuzu Citrus Flavored Charged Lemonade - Serves 5 - Group	1 Container	1100	15	1.5	0	0	0	35	270	1	258	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
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
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 - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Passion Papaya Flavored Iced Green Tea - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	20	35	0	35	0
Passion Papaya Flavored Iced Green Tea - 30 fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	30	52	0	52	0
Passion Papaya Flavored Iced Green Tea - Serves 5 - Group	1 Container	450	0	0	0	0	0	65	111	0	111	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



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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	160	0	0	0	0	0	5	37	0	32	2
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
Starry Lemon Lime - 20 fl oz	20 fl oz (591 mL)	260	0	0	0	0	0	55	68	0	68	0
Starry Lemon Lime - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	80	101	0	101	0
Starry Lemon Lime 12 fl oz Can	1 Can (355 mL)	150	0	0	0	0	0	30	40	0	40	0
Starry Lemon Lime 20 fl oz bottle	20 fl oz bottle (591mL)	240	0	0	0	0	0	60	61	0	61	0
Strawberry Lemon Mint Flavored Charged Lemonade - 20 fl oz	20 fl oz (591 mL)	280	5	0	0	0	0	10	70	0	65	0
Strawberry Lemon Mint Flavored Charged Lemonade - 30 fl oz	30 fl oz (887 mL)	430	5	0.5	0	0	0	15	105	0	98	1
Strawberry Lemon Mint Flavored Charged Lemonade - Serves 5 - Group	1 Container	900	10	1	0	0	0	35	221	0	206	1
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 Iced Tea 20 fl oz	20 fl oz (591 mL)	110	0	0	0	0	0	10	27	0	27	1
Sweet Iced 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



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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 Iced Tea - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	10	0	0	0	2
Unsweetened Iced 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
WARM BOWLS / MAC / FLATBREAD PIZZAS												
Baja Bowl	1 Bowl	600	270	31	6	0	20	1310	69	13	10	17
Baja Bowl with Chicken	1 Bowl	660	280	31	7	0	55	1470	70	13	10	28
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
Broccoli Cheddar Mac & Cheese - Group	1 Container	1480	860	95	45	2	170	3850	106	10	20	50
Cheese Flatbread Pizza	1 flatbread pizza	920	370	41	19	1	100	2100	95	3	8	40
Teriyaki Chicken & Broccoli Bowl	1 Bowl	600	140	16	3.5	0	150	1630	70	5	27	46
Chipotle Chicken & Bacon Flatbread Pizza	1 flatbread pizza	1030	450	51	19	1	125	2390	96	3	9	43
Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1150	330	36	18	1	85	2310	164	4	9	43
Mac & Cheese - Group	1 Container	1930	1160	128	70	4	335	4590	134	0	29	65
Mac & Cheese - Large	About 2 Cups	960	580	64	35	2	165	2300	67	0	15	32
Mac & Cheese- Small	About 1 Cup	480	290	32	17	1	85	1150	34	0	7	16
Margherita Flatbread Pizza	1 flatbread pizza	890	340	38	19	0.5	80	1830	97	3	9	35
Mediterranean Bowl	1 Bowl	500	240	26	6	0	20	1100	51	7	7	15
Mediterranean Bowl with Chicken	1 Bowl	550	240	27	6	0	55	1270	52	7	7	26



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Pepperoni Flatbread Pizza	1 flatbread pizza	1080	510	57	26	1	125	2580	95	3	8	43
KIDS												
Kids Deli Turkey on White Whole Grain	1 Sandwich	290	80	9	4.5	0	45	910	30	3	3	21
Kids Grilled Cheese on White Whole Grain	1 Sandwich	230	70	8	4	0	20	620	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
PASTRIES & SWEETS												
Pastry - Pastry Ring	1/12 pastry	210	90	9	5	0	35	170	29	1	14	3
Muffin - Blueberry	1 Muffin	510	160	18	3.5	0	65	390	79	8	35	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	480	200	22	13	0.5	80	310	68	1	37	4
Muffie - Chocolate Chip	1 Muffie	340	120	13	4.5	0	35	200	51	3	22	5
Muffin - Chocolate Chip	1 Muffin	670	230	26	9	0	65	390	101	6	44	9
Cookie - Chocolate Chipper	1 Cookie	390	170	19	11	0	50	290	52	2	31	4
Pastry - Chocolate Croissant	1 Croissant	400	210	23	14	0.5	55	270	42	2	15	7
Muffin - Cranberry Orange	1 Muffin	530	180	20	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	1 Container	4850	1940	216	130	6	685	3200	684	20	397	46
Pastry - Bear Claw	1 Pastry	500	210	23	10	0.5	60	350	65	3	30	10
Cookie- Tulip Shaped Shortbread	1 Cookie	440	190	21	13	1	65	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



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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	130	50	6	3.5	0	20	75	18	0	10	1
Mini Cinnamon Roll	1 mini roll	310	80	9	4	0	35	240	53	1	35	4
Mini Muffin - Cranberry Orange	1 Mini Muffin	80	30	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
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	450	220	25	9	0	40	160	52	3	25	6
Cookie - Petite Chocolate Chipper	1 Cookie	100	40	4.5	3	0	10	75	13	0	8	1
Muffin - Pumpkin	1 Muffin	570	220	24	4.5	0	30	430	78	5	40	8
Cookie - Pumpkin Shaped Shortbread	1 Cookie	450	190	21	13	1	65	210	62	1	37	4
Pastry - Croissant	1 Croissant	270	130	15	11	0	50	240	28	1	4	5
Pastry - Vanilla Flavored Cinnamon Roll	1 Roll	620	160	18	8	0	75	490	106	1	71	9
SALADS												
Asian Sesame with Chicken - Half	1/2 Salad	210	100	11	1.5	0	35	350	14	3	4	15
Asian Sesame with Chicken - Whole	1 Salad	410	190	21	3	0	70	700	28	6	7	30
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	240	27	7	0.5	115	970	20	4	3	32
Caesar with Chicken - Half	1/2 Salad	220	120	13	3.5	0	55	480	10	2	2	16
Citrus Asian Crunch Salad - Half	1/2 salad	220	110	12	1.5	0	0	430	22	4	13	5
Citrus Asian Crunch Salad - Whole	1 salad	430	220	25	3	0	0	850	44	8	25	10
Citrus Asian Crunch Salad with Chicken - Half	1/2 salad	310	150	17	2.5	0	50	670	23	4	13	18

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Citrus Asian Crunch Salad with Chicken - Whole	1 salad	620	300	33	5	0	105	1330	46	8	26	36
Fuji Apple with Chicken - Half	1/2 Salad	280	150	17	3.5	0	40	370	19	3	11	15
Fuji Apple with Chicken - Whole	1 Salad	560	300	34	7	0	85	750	37	6	22	30
Fuji Apple with Chicken without pecans - Half	1/2 Salad	230	100	12	3	0	40	370	18	2	11	14
Fuji Apple with Chicken without pecans - Whole	1 Salad	460	210	23	6	0	85	750	35	5	21	29
Greek - Half	1/2 Salad	200	160	18	4.5	0	15	540	8	2	3	4
Greek - Whole	1 Salad	400	320	35	9	0.5	30	1080	16	5	7	8
Green Goddess Cobb with Chicken - Half	1/2 Salad	250	130	14	3	0	135	470	13	4	7	19
Green Goddess Cobb with Chicken - Whole	1 Salad	500	250	28	6	0	270	940	26	8	13	39
Southwest Caesar Salad - Half	1/2 Salad	260	210	23	4.5	0	25	330	10	4	2	5
Southwest Caesar Salad - Whole	1 Salad	520	410	46	9	1	55	650	20	8	4	10
Southwest Caesar Salad with Chicken- Whole	1 Salad	630	430	48	10	1	120	980	22	8	4	32
Southwest Caesar with Chicken Salad - Half	1/2 Salad	310	210	24	5	0	60	490	11	4	2	16
Strawberry Poppyseed - Half	1/2 Salad	120	50	6	0.5	0	0	70	17	4	12	2
Strawberry Poppyseed - Whole	1 Salad	240	110	12	1	0	0	140	34	8	25	5
Strawberry Poppyseed without pecans - Half	1/2 Salad	70	5	0.5	0	0	0	70	16	3	12	2
Strawberry Poppyseed without pecans - Whole	1 Salad	140	10	1	0	0	0	140	33	7	24	3
Strawberry Poppyseed with Chicken - Half	1/2 Salad	180	60	7	1	0	35	240	18	4	13	13
Strawberry Poppyseed with Chicken - Whole	1 Salad	350	120	13	1.5	0	70	470	36	8	25	27
Strawberry Poppyseed with Chicken without pecans - Half	1/2 Salad	130	10	1.5	0	0	35	240	17	3	12	13
Strawberry Poppyseed with Chicken without pecans - Whole	1 Salad	250	25	2.5	0.5	0	70	470	35	7	25	25
SANDWICHES												
Avocado Sandwich - Whole	1 Sandwich	210	45	5	0.5	0	0	330	37	4	2	7
Avocado Sandwich - Half	1/2 sandwich	210	45	5	0.5	0	0	330	37	4	2	7



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Bacon Turkey Bravo on Tomato Basil - Half	1/2 Sandwich	500	190	21	10	0	70	1270	52	2	6	27
Bacon Turkey Bravo on Tomato Basil - Whole	1 Sandwich	1000	370	41	19	0	135	2550	104	4	11	54
Chipotle Chicken Avocado Melt on Black Pepper Focaccia Round - Half	1/2 Sandwich	470	220	25	10	0	65	1000	40	4	2	23
Chipotle Chicken Avocado Melt on Black Pepper Focaccia - Whole	1 Sandwich	940	440	49	19	0	130	2010	80	7	5	46
Classic Grilled Cheese on Classic White Miche - Half	1/2 Sandwich	440	230	26	15	1	75	1190	34	1	5	19
Classic Grilled Cheese on Classic White Miche - Whole	1 Sandwich	880	460	51	29	1.5	150	2370	68	2	9	37
Deli Turkey on Country Rustic Sourdough - Whole	1 Sandwich	600	170	19	3	0	55	1510	73	5	5	35
Deli Turkey on Country Rustic Sourdough- Half	1/2 Sandwich	300	90	10	1.5	0	30	750	36	2	3	17
Green Goddess Caprese Melt on Baguette	1 Sandwich	1000	380	43	15	0	70	1900	117	5	7	36
Mediterranean Veggie on Tomato Basil - Half	1/2 Sandwich	320	60	7	2	0	10	830	53	4	6	12
Mediterranean Veggie on Tomato Basil - Whole	1 Sandwich	640	130	14	4	0	15	1660	106	7	11	23
Napa Almond Chicken Salad on Country Rustic Sourdough - Half	1/2 Sandwich	320	110	13	2	0	30	490	39	2	6	14
Napa Almond Chicken Salad on Country Rustic Sourdough - Whole	1 Sandwich	640	230	25	4	0	60	970	78	5	12	27
Pepperoni Mozzarella Melt on Baguette	1 Sandwich	1020	370	41	22	1	110	2610	115	4	5	48
Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Half	1/2 Sandwich	470	240	27	5	0	50	880	37	4	3	22
Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Whole	1 Sandwich	940	480	53	10	0.5	100	1770	73	8	5	44
Toasted Smokehouse BBQ Chicken on Classic White Miche - Half	1/2 Sandwich	380	130	14	7	0	65	820	41	2	9	22



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Toasted Smokehouse BBQ Chicken on Classic White Miche - Whole	1 Sandwich	760	260	29	14	0.5	135	1640	81	3	18	45
Smoky Buffalo Chicken Melt on Baguette	1 Sandwich	830	170	19	9	0	105	3010	115	4	4	50
The Chef's Chicken Sandwich - The Signature Take on Brioche	1 sandwich	570	260	29	10	0	180	920	41	2	5	36
The Chef's Chicken Sandwich - The Spicy Take on Brioche	1 sandwich	580	270	30	8	0	170	1190	46	2	6	33
Toasted Frontega Chicken on Black Pepper Focaccia - Half	1/2 Panini	420	170	19	6	0	55	950	39	2	3	22
Toasted Frontega Chicken on Black Pepper Focaccia - Whole	1 Panini	830	340	38	13	0	115	1890	79	4	6	43
Toasted Steak & White Cheddar on Artisan Ciabatta - Half	1/2 Panini	470	200	23	7	0	65	760	43	2	4	23
Toasted Steak & White Cheddar on Artisan Ciabatta - Whole	1 Panini	940	410	45	15	1	125	1510	87	4	7	47
Tuna Salad on Black Pepper Focaccia - Half	1/2 Sandwich	370	150	16	2.5	0	30	860	38	2	3	18
Tuna Salad on Black Pepper Focaccia - Whole	1 Sandwich	740	290	32	5	0	65	1710	77	5	6	35
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
Kettle Cooked Potato 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

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SMOOTHIES												
Green Passion Smoothie - 16 fl oz	16 fl oz (473 mL)	250	10	1.5	0	0	0	50	59	0	50	2
Mango Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	300	50	5	3	0	20	65	51	0	42	13
Peach & Blueberry Smoothie with Almond Milk - 16 fl oz	16 fl oz (473 mL)	220	15	2	0	0	0	50	49	1	41	2
Strawberry Banana Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	250	25	3	1.5	0	10	35	52	4	38	8
Strawberry Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	270	45	5	2.5	0	20	65	44	2	39	13
SOUFFLES												
Souffle - Four Cheese	1 Souffle	470	270	30	16	1	185	830	36	1	8	14
Souffle - Spinach & Artichoke	1 Souffle	530	320	35	19	1	180	930	37	3	8	18
Souffle - Spinach & Bacon	1 Souffle	550	330	37	19	1	195	970	36	1	8	19
SOUPS												
Bistro French Onion Soup - Group	1 Container	560	210	24	12	0.5	50	3640	60	6	36	26
Bistro French Onion - Bowl	1 1/2 Cups	290	100	11	5	0	20	1680	35	3	16	12
Bistro French Onion - Bread Bowl	1 Bread bowl with soup	850	100	11	3.5	0	10	2240	151	6	12	34
Bistro French Onion - Cup	1 Cup	180	60	7	3	0	10	1080	21	2	10	8
Broccoli Cheddar - Bowl	1 1/2 Cups	370	220	24	17	0	50	1470	25	6	8	13
Broccoli Cheddar - Cup	1 Cup	230	140	15	11	0	35	930	16	4	5	8
Broccoli Cheddar - Bread Bowl	1 Bread bowl with soup	900	180	20	11	0	35	2090	146	8	7	35
Broccoli Cheddar Soup - Group	1 Container	820	480	53	37	1	115	3250	56	14	17	28
Chicken Tikka Masala Soup - Bowl	1 1/2 cups	360	150	17	10	0	65	1000	37	5	8	16
Chicken Tikka Masala Soup - Bread Bowl	1 Bread bowl with soup	900	140	16	7	0	45	1820	154	8	8	37
Chicken Tikka Masala Soup - Cup	1 cup	230	100	11	6	0	45	660	23	3	5	10
Chicken Tikka Masala Soup - Group	1 container	810	360	40	22	1	155	2300	84	11	19	37
Cream of Chicken & Wild Rice - Bowl	1 1/2 Cups	260	140	16	7	0.5	35	1390	27	5	4	10



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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
Cream of Chicken and Wild Rice - Group	1 Container	620	330	36	17	1.5	85	3240	62	13	9	23
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
Homestyle Chicken Noodle Soup - Group	1 container	230	15	2	0.5	0	55	3000	30	0	10	22
Mexican Style Street Corn Chowder - Bowl	1 bowl	310	170	19	10	0	45	1360	26	6	7	9
Mexican Style Street Corn Chowder - Bread Bowl	1 bread bowl with soup	860	150	16	7	0	30	2060	147	8	6	32
Mexican Style Street Corn Chowder - Cup	1 cup	190	110	12	7	0	30	900	16	4	4	6
Mexican Style Street Corn Chowder - Group	1 container	700	380	42	24	0	100	3150	59	13	15	20
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
Ten Vegetable Soup - Group	1 Container	220	40	4.5	1	0	0	2550	36	9	13	11
Thai Chicken Soup - Bowl	1 1/2 Cups	0	230	120	14	11	0	20	1080	16	4	5
Thai Chicken Soup - Group	1 container	0	540	290	32	26	0	50	2530	37	8	11
Thai Chicken Soup - Bread Bowl	1 bread bowl with soup	0	820	120	14	8	0	15	1880	141	7	5
Thai Chicken Soup - Cup	1 cup	0	160	80	9	8	0	15	720	11	2	3
Vegetarian Creamy Tomato Soup - Group	1 Container	850	450	50	27	1.5	135	2660	86	2	39	14
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	180	150	17	11	0	50	135	4	0	2	2
Plain Cream Cheese Spread - 8 oz	2 Tbsp	110	90	10	7	0	30	85	3	0	1	1



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Reduced Fat Chive & Onion Cream Cheese Spread - 1.75 oz	1 Container	130	90	10	7	0	35	190	2	0	2	6
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	140	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	1260	15	1.5	0	0	0	75	310	0	286	2
Unsweetened Iced Tea - Serves 10 - Group	2 Containers	80	0	0	0	0	0	80	0	0	0	15
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	2180	1030	115	15	2	350	3770	151	34	42	153
Catering Asian Sesame Chicken Salad - serves 5	1 Container	1090	520	57	8	1	175	1890	75	17	21	77
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 Caesar Salad - serves 10	2 Containers	1870	1300	145	35	3.5	260	3500	98	24	17	53
Catering Caesar Salad - serves 5	1 Container	930	650	72	18	2	130	1750	49	12	8	27
Catering Caesar with Chicken Salad - serves 10	2 Containers	2440	1380	153	38	3.5	610	5190	108	24	19	166
Catering Caesar with Chicken Salad - serves 5	1 Container	1220	690	77	19	2	305	2590	54	12	9	83
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	2190	1150	128	16	1	0	4250	216	43	121	48
Catering Citrus Asian Crunch Salad - Serves 5	1 container	1090	570	64	8	0	0	2130	108	21	61	24



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Catering Citrus Asian Crunch Salad with Chicken - Serves 10	2 containers	3140	1540	171	26	1.5	515	6640	227	43	128	178
Catering Citrus Asian Crunch Salad with Chicken - Serves 5	1 container	1570	770	85	13	0.5	260	3320	114	21	64	89
Catering Deli Turkey on Country Rustic Sourdough- Half	1/2 Sandwich	230	20	2	0	0	25	620	36	2	2	17
Catering Deli Turkey on Country Rustic Sourdough- Whole	1 Sandwich	460	40	4.5	1	0	45	1240	71	4	5	34
Catering French Baguette	1 Baguette	1060	35	3.5	1	0	0	2700	217	8	4	40
Catering Fruit Salad - serves 10	1 Container	790	20	2.5	0.5	0	0	160	203	14	150	11
Catering Fruit Salad - serves 5	1 Container	390	10	1	0	0	0	80	101	7	75	5
Catering Fuji Apple - Half	1/2 Salad	230	140	16	3.5	0	10	210	18	3	11	4
Catering Fuji Apple Salad - serves 10	2 Containers	2260	1500	167	35	2.5	85	2240	164	28	105	40
Catering Fuji Apple Salad - serves 5	1 Container	1130	750	84	18	1	45	1120	82	14	53	20
Catering Fuji Apple - Whole	1 Salad	450	290	32	7	0	15	420	35	6	21	8
Catering Fuji Apple without pecans - Half	1/2 Salad	170	100	11	3	0	10	210	17	2	10	3
Catering Fuji Apple Salad without pecans - serves 10	2 Containers	1750	1020	114	30	2.5	85	2240	155	22	102	34
Catering Fuji Apple Salad without pecans - serves 5	1 Container	880	510	57	15	1	45	1120	77	11	51	17
Catering Fuji Apple without pecans - Whole	1 Salad	350	190	21	6	0	15	420	33	5	21	7
Catering Fuji Apple with Chicken Salad - serves 10	2 Containers	2820	1580	175	38	2.5	435	3940	174	28	107	153
Catering Fuji Apple with Chicken Salad - serves 5	1 Container	1410	790	88	19	1	215	1970	87	14	53	77
Catering Fuji Apple with Chicken Salad without pecans - serves 10	2 Containers	2320	1100	122	33	2.5	435	3940	165	22	104	147
Catering Fuji Apple with Chicken Salad without pecans - serves 5	1 Container	1160	550	61	16	1	215	1970	82	11	52	73



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Catering Garlic Aioli for Breakfast Sandwiches	about 0.5 oz	110	110	12	2	0	10	65	0	0	0	0
Catering Greek Salad - serves 10	2 Containers	2260	1810	201	46	3	150	5910	85	28	36	40
Catering Greek Salad - serve 5	1 Container	1130	900	100	23	1.5	75	2960	42	14	18	20
Catering Green Goddess Cobb Salad with Chicken - serves 5	1 Container	1290	660	73	16	0	685	2450	67	20	34	99
Catering Green Goddess Cobb Salad with Chicken - serves 10	1 Container	2580	1320	146	32	1	1375	4910	134	39	67	198
Catering Pastry Ring	1 Pastry Ring	2550	1030	114	65	4	400	2020	346	9	171	41
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
Catering Seasonal Greens Salad with Chicken - serves 10	2 Containers	2220	1440	160	24	1	350	3560	73	18	30	130
Catering Seasonal Greens Salad with Chicken- serves 5	1 Container	1110	720	80	12	0	175	1780	36	9	15	65
Catering Southwest Caesar Salad - serves 10	2 containers	2740	2180	243	50	4.5	300	3500	106	45	21	54
Catering Southwest Caesar Salad - serves 5	1 container	1370	1090	121	25	2	150	1750	53	23	10	27
Catering Southwest Caesar with Chicken Salad - serves 10	2 containers	3310	2260	251	52	4.5	645	5200	116	45	22	167
Catering Southwest Caesar with Chicken Salad - serves 5	1 container	1650	1130	125	26	2	325	2600	58	23	11	84
Catering Strawberry Poppyseed Salad - serves 10	2 Containers	1240	530	59	6	1.5	0	840	177	44	125	25
Catering Strawberry Poppyseed Salad - serves 5	1 Container	620	270	30	3	1	0	420	89	22	63	12
Catering Strawberry Poppyseed Salad without pecans - serves 10	2 Containers	730	50	6	0.5	1.5	0	840	168	37	123	18
Catering Strawberry Poppyseed Salad without pecans - serves 5	1 Container	360	25	3	0	1	0	420	84	18	61	9

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Catering Strawberry Poppyseed with Chicken Salad - serves 10	2 Containers	1800	610	68	9	1.5	350	2540	187	44	127	138
Catering Strawberry Poppyseed with Chicken Salad - serves 5	1 Container	900	300	34	4.5	1	175	1270	94	22	64	69
Catering Strawberry Poppyseed with Chicken Salad without pecans - serves 10	2 Containers	1300	130	14	3.5	1.5	350	2540	178	37	124	132
Catering Strawberry Poppyseed with Chicken Salad without pecans- serves 5	1 Container	650	60	7	1.5	1	175	1270	89	18	62	66
Catering Tomato Basil Cucumber Salad - Large Bowl	1 Large Bowl	980	540	60	9	0	0	5170	93	15	55	16
Catering Tomato Basil Cucumber Salad - Small Bowl	1 Small Bowl	490	270	30	4.5	0	0	2590	47	7	28	8
Fuji Apple Cranberry Flavored Charged Lemonade - Serves 10 - Group	2 Containers	1820	20	2.5	0	0	0	75	445	1	413	3
Signature Hot Chocolate - Group	1 Container	5340	2090	232	147	6	745	2060	755	33	483	81