

restaurant associates @ UBS

nutrition
&
allergen
guide



Lincoln Harbor Café
May 2022

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.
2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional information is available upon request.

granny smith apple

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	0	26	0	19	0

fuji apple

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	0	21	0	16	0

gala apple

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	0	30	<1	22	0

ginger gold apple

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	0	30	<1	22	0

honey crisp apple

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	0	30	<1	22	0

tangelo

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	0	11	<1	9	0

fruit

pink lady apple

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	0	30	<1	22	0

honey crisp apple

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	0	30	<1	22	0

navel orange

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	0	22	2	17	0

asian pear

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
45	0	12	<1	8	0

bartlett pear

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	0	23	<1	15	0

golden delicious apple

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	0	18	0	14	0

fruit

pineapple cup

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	0	22	<1	17	0

grape cup

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	0	25	1	22	0

strawberry cup

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	0	9	<1	6	0

cantaloupe cup

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	0	12	1	11	0

honeydew cup

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	0	15	<1	14	0

blueberry cup

serving size: 1ea

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	0	16	<1	11	0

fruit

coffee bar

skim milk

serving size: 8oz
vegetarian

ingredients: milk
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	0	13	8	12	130

whole milk

serving size: 1ea
vegetarian

ingredients: milk
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	8	13	8	12	130

half & half

serving size: 2 Tbsp
vegetarian

ingredients: milk, cream
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	4	1	1	0	10

heavy cream

serving size: 1 Tbsp
vegetarian

ingredients: milk, cream
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	5	0	0	0	10

coffee bar

oat milk

serving size: 8oz
vegan

ingredients: oats, sunflower oil, sea salt, water

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	7	14	1	3	110

coconut milk

serving size: 8oz
vegan

ingredients: water, coconut cream, cane sugar, sea salt

contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	5	10	1	9	130

soy milk

serving size: 8oz
vegan

ingredients: soybeans, water, cane sugar, sea salt

contains: soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	4	9	7	6	100

almond milk

serving size: 8oz
vegan

ingredients: almonds, water, cane sugar, sea salt

contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	8	1	7	150

coffee bar

egg, prosciutto, goat cheese croissant tartine

serving size: 1ea

ingredients: croissant, chives, parsley, egg, milk, white pepper, canola oil, butter, goat cheese, prosciutto

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
740	53	31	35	6	970

egg white, vegetable, english muffin

serving size: 1ea

vegetarian

ingredients: whole wheat english muffin. egg whites, spinach, tomatoes

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	2	25	12	6	310

ham and swiss croissant

serving size: 1ea

ingredients: flour, malted barley flour, butter, sugar, eggs, ham, celery powder, cheese

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	16	25	13	4	330

spinach and cheese croissant

serving size: 1ea

vegetarian

ingredients: flour, malted barley flour, butter, sugar, eggs, milk, spinach, cheese, onion, salt, pepper, nutmeg

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	15	30	7	5	350

coffee bar

egg white, american cheese, peppers, salsa breakfast quesadilla

serving size: 1ea

vegetarian

ingredients: tomatoes, onions, garlic, jalapeno peppers, cilantro, lime juice, tabasco hot sauce, salt, black pepper, bell peppers, egg whites, flour tortilla, american cheese

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	8	20	12	4	530

grilled chicken, egg white, cheddar breakfast quesadilla

serving size: 1ea

ingredients: bell peppers, onions, chicken breast, salt, black pepper, canola oil, flour tortilla, eggs, cilantro, cheddar cheese

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	11	32	35	3	590

egg white, turkey bacon, swiss, spinach, tomato, whole grain flatbread

serving size: 1ea

ingredients: egg whites, whole grain flatbread, turkey bacon, spinach, swiss cheese, tomatoes

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	9	19	15	3	420

ham, egg, goat cheese & spinach flatbread

serving size:

ingredients: flatbread, goat cheese, ham, spinach, eggs, chives

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	24	39	31	5	1640

coffee bar

crispy chicken, mozzarella, roasted pepper, lemon aioli, ciabatta

serving size: 1ea

ingredients: chicken breast, flour, salt, black pepper, whole milk, panko breadcrumbs, parsley, eggs, mozzarella, avocado, red peppers, red peppers, salt, avocado, parsley, lemon juice, olive oil, garlic, mayonnaise, ciabatta

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
970	43	83	60	5	1770

flank steak, pepper jack, avocado ciabatta

serving size: 1ea

ingredients: cilantro, beef, soy sauce, worcestershire sauce, lemon juice, red wine vinegar, garlic, cilantro, green onions, canola oil, ciabatta, red chili pepper, lime juice, garlic, onions, pepper jack cheese, avocado, tomatoes, lettuce, mayonnaise

contains: egg, milk, fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
780	38	78	33	5	1790

grilled portobello, goat cheese, pesto, ciabatta

serving size: 1ea

vegetarian

ingredients: portobello mushrooms, balsamic vinegar, garlic, black pepper, canola oil, goat cheese, spinach, basil, olive oil, romano cheese, spices, tomatoes, ciabatta

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	11	64	19	1	920

turkey, avocado, chipotle aioli sandwich, semolina hero

serving size: 1ea

ingredients: avocado, lettuce, tomatoes, mayonnaise, chipotle peppers, tomato paste, vinegar, corn oil, corn starch, onion, garlic, spices, semolina hero, turkey breast

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	31	61	35	5	1620

coffee bar

crispy eggplant caprese on focaccia

serving size: 1ea

ingredients: eggplant, flour, milk, salt, soybean oil, eggs, focaccia, mozzarella cheese, ricotta cheese, tomatoes, basil, canola oil, parmesan cheese, basil

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1040	61	88	35	9	1360

spicy beef quesadilla with chilies

serving size: 1ea

ingredients: onions, chili peppers, garlic, cinnamon, cloves, apple cider vinegar, sugar, oregano, salt, beef, canola oil, tomatillo, cilantro, avocado, black pepper, lime juice, serrano chili peppers, cheddar cheese, tomatoes, cilantro, onions, flour tortilla

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	25	57	36	4	990

grilled chili lime chicken quesadillas

serving size: 1ea

ingredients: lime juice, chicken thigh, smoky chili and cumin rub, canola oil, tomatoes, onions, garlic, salt, dried guajillo peppers, serrano chili peppers, chipotle peppers, tomato paste, vinegar, corn oil, corn starch, spices, cheddar cheese, tomatoes, cilantro, onions, flour tortilla

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	30	58	39	4	1210

autumn vegetables, goat cheese, walnut, whole grain flatbread

serving size: 1ea

vegetarian

ingredients: butternut squash, pumpkin, rutabagas, cinnamon, nutmeg, salt, canola oil, walnuts, red wine vinegar, sugar, red chili pepper, goat cheese, whole grain flatbread

contains: milk, soy, tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	14	34	11	7	430

prosciutto, provolone, artichoke flatbread

serving size: 1ea

ingredients: whole grain flatbread, prosciutto, provolone cheese, artichoke hearts

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	16	31	22	2	1160

mediterranean kale salad, feta, grilled lemon chicken

serving size: 1ea

ingredients: red quinoa, kale, chicken tomatoes, cucumber, onions, feta cheese, canola oil, lemon juice, red wine vinegar, oregano, salt, black pepper

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	18	36	34	4	460

spinach, chicken chickpea, quinoa, feta, pumpkin seed salad, tahini dressing

serving size: 1ea

vegetarian

ingredients: quinoa, garbanzo beans, tomatoes, garlic, basil, salt, canola oil, sesame tahini paste, black pepper, lemon juice, chicken breast, spinach, parsley, cilantro, green onions, feta cheese, pumpkin seeds

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	28	45	44	6	420

rice noodle vegetable salad, grilled salmon

serving size: 1ea

ingredients: snow peas, salmon, salt, black pepper, canola oil, rice noodles, cabbage, carrots, cucumbers, green onions, cilantro, mint, lime, red chili peppers

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	6	28	25	7	190

coffee bar

grilled shrimp nicoise salad, lemon vinaigrette

serving size: 1ea

ingredients: red bliss potatoes, green beans, eggs, shrimp, tomatoes, olives, oregano, romaine lettuce, red onions, sugar, pickling spice, salt, red wine vinegar, lemon juice, lime juice, orange juice, honey, canola oil, olive oil, champagne vinegar

contains: egg, shellfish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	25	26	18	11	1170

tofu, edamame, kale, cabbage salad, miso honey coconut dressing

serving size: 1ea

ingredients: tofu, soy sauce, garlic, ginger, sesame oil, lettuce, carrots, edamame, coconut milk, rice wine vinegar, miso paste, honey, lime, cilantro, bell peppers, kale, broccoli, lo mein noodles, cabbage

contains: soy, tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	14	28	17	9	240

rice noodle vegetable salad, grilled salmon

serving size: 1ea

ingredients: rice noodles, snow peas, salmon, canola oil, salt, black pepper, cabbage, carrots, cucumbers, green onions, red chili peppers, mint, lime

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	6	28	25	7	190

strawberry, greek yogurt parfait

serving size: 8oz
vegetarian

ingredients: oats 'n honey granola, strawberries, plain greek yogurt
contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	3	22	18	12	130

honey ricotta parfait, berry compote

serving size: 8oz
vegetarian

ingredients: ricotta cheese, honey, lemon juice, basil, vanilla extract, blackberries, blueberries, lemon juice, raspberries, oats 'n dark chocolate granola
contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	10	36	13	23	120

coconut mocha chocolate chia pudding

serving size: 1ea
vegan

ingredients: coconut milk, almond milk, cocoa, decaf coffee, chia seeds, vanilla extract, salt, maple syrup
contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	28	47	10	22	210

almond cappuccino chia pudding

serving size: 8oz
vegan

ingredients: coffee, almond milk, maple syrup, coconut oil, cinnamon, vanilla extract, salt chia seeds, shredded coconut
contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	28	31	9	7	180

blueberry, lemon, chia overnight oats

serving size: 8oz
vegetarian

ingredients: milk, oatmeal, honey, chia seeds, vanilla extract, lemon zest, blueberries
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	6	51	11	26	60

apple pear, overnight oats

serving size: 8oz
vegan

ingredients: maple syrup, cornstarch, apples, lemon juice, pears, oatmeal, oat milk, chia seeds, cinnamon
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	6	56	9	21	78

hardboiled eggs

serving size: 2ea
vegetarian

ingredients: egg
contains: egg

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	8	1	11	0	120

roasted pumpkin hummus cup, broccoli, carrots, tomatoes

serving size: 1ea
vegetarian

ingredients: honey roasted pumpkin, garbanzo beans, olive oil, lemon juice, sesame tahini paste, salt, garlic, cilantro, cayenne pepper, carrots, tomatoes, broccoli

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	8	33	8	12	380

chipotle hummus cup, broccoli, carrots, tomatoes

serving size: 1ea

vegan

ingredients: garbanzo beans, chipotle peppers, lime juice, olive oil, cilantro, sesame tahini paste, salt, carrots, tomatoes, broccoli

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	6	41	11	12	220

manchego, smoked almonds, chorizo, crostini

serving size: 1ea

ingredients: manchego cheese, almonds, salt, olive oil, paprika, chorizo, french bread, olive oil, garlic, parsley

contains: milk, tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	48	25	29	3	1540

chickpeas, chorizo, prosciutto asparagus, olives

serving size: 1ea

ingredients: garbanzo beans, chorizo, pimento, onions, parsley, canola oil, sherry vinegar, salt, garlic, black pepper, olives, lemon, canola oil, rosemary, thyme, red pepper, prosciutto, asparagus, arugula, canola oil, prosciutto, orange juice, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	36	23	12	5	2320

cheese, crackers, grapes

serving size: 1ea

vegetarian

ingredients: grapes, brie cheese, cheddar cheese, crackers

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	37	28	26	16	830

coffee bar

egg & cheese brioche

serving size: 1ea

vegetarian

ingredients: brioche, wheat flour, sugar, eggs, soybean oil, soy flour, salt, egg, food starch, whey, American cheese (milk, buttermilk, milkfat, soy lecithin, soybean oil)

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	18	25	16	12	790

sausage, egg and cheese, brioche

serving size: 1ea

ingredients: brioche, sugar, eggs, soybean oil, wheat flour, soy flour, soybean oil, salt, whey, food starch, sausage (pork, salt, spices, sugar, lime flavor, corn srup, natural flavor, flavoring), american cheese (buttermilk, milkfat, salt, soybean oil, soy lecithin)

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	33	25	21	12	1030

bacon, egg and cheese, plain bagel

serving size: 1ea

ingredients: plain bagel, sugar, salt, malted barley flour, cornmeal, molasses, corn syrup, egg, soybean oil, food starch, whey solids, salt, milk, american cheese (milk, buttermilk, milkfat, salt, soy lecithin, soybean oil), bacon

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	19	69	22	7	1310

egg white, turkey bacon, swiss, english muffin

serving size: 1ea

ingredients: english muffin, wheat flour, malted barley flour, farina, sugar, salt, soybean oil, grain vinegar, soy flour, milk, whey, egg white, modified food starch, swiss cheese, turkey bacon, canola oil, sunflower oil, natural smoke flavor, spices

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	14	40	23	2	820

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

coffee bar

buffalo chicken panini

serving size: 1ea

ingredients: wheat flour, malted barley flour, canola oil, salt, onion, spices, paprika, corn starch, garlic, parsley, natural smoke flavor, soybean oil, breaded chicken breast, buttermilk, milk, sugar, rice starch, corn starch, corn flour, palm oil, vegetable oil, distilled vinegar, cayenne pepper, pepperjack cheese (milk, salt, jalapeno peppers)

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	21	62	25	3	1770

caprese panini

serving size: 1ea

vegetarian

ingredients: mozzarella cheese, wheat flour, malted barley flour, salt, soybean oil, canola oil, tomato, red peppers, vinegar, basil, parmesan cheese, garlic

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
750	42	54	39	5	1390

grilled veggie panini

serving size: 1ea

vegetarian

ingredients: wheat flour, malted barley flour, canola oil, spinach powder, sugar, salt, parsley, garlic, onion, soybean oil, squash, zucchini, mozzarella cheese, vinegar, red peppers, basil, parmesan cheese, garlic

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	18	62	19	5	1030

black forest ham & swiss croissant

serving size: 1ea

ingredients: wheat flour, malted barley flour, margarine, palm oil, soybean oil, soy lecithin, whole milk, sugar, butter, ham, honey, salt, sugar, smoke flavor, swiss cheese, lettuce

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	16	26	29	11	1080

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

coffee bar

smoked turkey & swiss, multigrain roll

serving size: 1ea

ingredients: multigrain ciabatta, wheat flour, high fructose corn syrup, oat, groats, sunflower seeds, millet, flaxseed, salt, whey, corn flour, soybean oil, sugar, turkey breast, turkey broth, salt, natural smoke flavoring, tomato, swiss cheese, lettuce, mustard seeds, vinegar, horseradish, turmeric spices

contains: milk, soy wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	13	54	33	7	1430

beef empanada

serving size: 1ea

ingredients: flour, vegetable shortening, lard, salt, sugar, ground beef, onion, ketchup, potatoes, bell peppers, eggs, bread crumbs, soy flour, olives, pimento, soybean oil, garlic, onion, spices, potato flakes, paprika, cumin, black pepper, oregano

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	11	38	10	7	640

chicken empanada

serving size: 1ea

ingredients: flour, vegetable shortening, lard, salt, sugar, chicken, onions, bell peppers, ketchup, garlic, soybean oil, sherry, tomato, paprika, chicken base, corn starch, turmeric, egg

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	7	39	2	7	350

spinach empanada

serving size: 1ea

ingredients: flour, vegetable shortening, lard, salt, sugar, spinach, food starch, palm oil, whey, salt, casein, mozzarella cheese, margarine, soybean oil, soy lecithin, whey, garlic, onion, spices, oregano, paprika, egg

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	14	37	8	7	340

coffee bar

mini chocolate chunk cookie

serving size: 20g (1 ea)
vegetarian

ingredients: wheat flour, semi-sweet chocolate, sugar, soy lecithin, vanilla extract, butter, light brown sugar, eggs, molasses, milk, baking soda, salt

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	4g	12g	1g	7g	20mg

white chocolate cranberry macademia

serving size: 20g (1 ea)
vegetarian

ingredients: wheat flour, cranberries, sugar, sunflower oil, sugar, cocoa butter, milk, soy lecithin, vanilla extract, butter, sugar, light brown sugar, macademia nuts, eggs, salt

contains: egg, milk, soy, tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	3	12	1	6	30

walnut raspberry thumbprint

serving size: 23g (1 ea)
vegetarian

ingredients: wheat flour, butter, raspberry jam, sugar, brown sugar, walnuts, eggs, vanilla extract, salt

contains: egg, milk, tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	5	13	1	4	20

no waste almond flour chocolate chip cookies

serving size: 1 ea
vegetarian

ingredients: almond flour, butter, brown sugar, sugar, egg, vanilla extract, baking soda, salt, milk chocolate chips

contains: egg, milk, tree nuts, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	16	19	4	16	170

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

coffee bar

raspberry linzer bar

serving size: 50g (3.5 oz)

vegetarian

ingredients: raspberry jam, wheat flour, sugar, filbert flour (hazelnuts), butter, palm shortening, agar agar, eggs, modified food starch, milk, baking powder, cinnamon, molasses, salt

contains: eggs, milk, tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	16	52	2	36	110

classic fudge bar

serving size: 50g (3.5 oz)

vegetarian

ingredients: sugar, eggs, butter, corn syrup, semi-sweet chocolate, soy lecithin, vanilla extract, heavy cream, palm shortening, dutch cocoa powder, cocoa butter, milkfat, wheat flour, cocoa powder, salt, dark chocolate, unsweetened chocolate

contains: eggs, milk, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	24	44	6	36	40

classic cookie bar

serving size: 50g (3.5 ea)

vegetarian

ingredients: sugar, white chocolate, cocoa butter, whole milk, nonfat milk, milkfat, soy lecithin, vanilla extract, wheat flour, butter, palm shortening, confectionary sugar, vegetable fat, eggs, oreo pieces, palm oil, canola oil, cocoa, high fructose corn syrup, baking soda, chocolate, heavy cream, fondant, canola oil, corn syrup

contains: eggs, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	24	58	4	28	40

lemon bar

serving size: 50g (3.5 oz)

vegetarian

ingredients: sugar, butter, eggs, lemon juice, wheat flour, palm shortening, snow sugar, vanilla extract, modified food starch, baking powder, natural flavor

contains: eggs, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	24	36	2	26	50

coffee bar

meyer lemon & raspberry muffin

serving size: 50g (3.5 oz)
vegetarian

ingredients: flour, sugar, baking powder, salt, eggs, sour cream, vegetable oil, butter, lemon zest, lemon extract, natural raspberry flavor, raspberries, sugar

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	21	47	5	23	300

breakfast

mixed fruit cup

serving size: 8oz
vegan

ingredients: cantaloupe, grapes, honeydew melon, pineapple

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	0	13	1	24	20

mixed berry granola yogurt parfait

serving size: 9oz
vegetarian

ingredients: low fat yogurt, mixed berries, low fat no raisins granola cereal
contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	9	33	13	22	130

mixed berry lemon chia overnight oats

serving size: 9oz
vegetarian

ingredients: fat free milk, oatmeal, blueberries, honey, chia seeds, pure vanilla extract, lemon
contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	5	52	12	24	80

breakfast

classic oatmeal

serving size: 12 floz
vegan

ingredients: oatmeal, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	4	41	8	<1	10

strawberry oatmeal

serving size: 12 floz
vegan

ingredients: strawberries, steel cut oats, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	4	42	10	2	10

blueberry oatmeal

serving size: 12 floz
vegan

ingredients: blueberries, oatmeal, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	3	35	6	4	10

apple cinnamon steel cut oatmeal

serving size: 12 floz
vegan

ingredients: steel cut oats, apples, cinnamon, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	4	43	10	3	10

breakfast

coconut oatmeal

serving size: 12 floz

vegan

ingredients: oatmeal, coconut milk, shredded coconut, water

contains: tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	6	34	6	1	20

coconut steel cut oatmeal

serving size: 12 floz

vegan

ingredients: steel cut oats, coconut milk, shredded coconut, water

contains: tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	7	42	10	0	20

banana oatmeal

serving size: 12 floz

vegan

ingredients: banana, oatmeal, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	3	39	6	5	10

sunrise quinoa cereal, apple, almond

serving size: 12 floz

vegan

ingredients: sunrise blend (bulgur, buckwheat, red rice, quinoa, flax seed), apples, salt, water, soy milk, cranberries, orange peel, almonds

contains: wheat, soy, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	7	66	13	13	220

breakfast

cheese grits

serving size: 12 floz
vegetarian

ingredients: grits, salt, water, cheddar cheese

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	16	69	16	1	460

quinoa porridge, almond, cranberry, blueberry

serving size: 12 floz
vegan

ingredients: quinoa, almond milk, brown sugar, cinnamon, cranberries, blueberries

contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	6	87	10	41	110

cornmeal porridge

serving size: 12 floz
vegetarian

ingredients: cornmeal, low fat milk, nutmeg, cinnamon, salt, vanilla extract, sugar, water

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	2	68	6	23	270

breakfast

classic oatmeal

serving size: 16 floz

vegan

ingredients: oatmeal, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	5	55	11	1	20

strawberry oatmeal

serving size: 16 floz

vegan

ingredients: strawberries, steel cut oats, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	6	56	14	3	20

blueberry oatmeal

serving size: 16 floz

vegan

ingredients: blueberries, oatmeal, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	4	47	8	5	10

apple cinnamon steel cut oatmeal

serving size: 16 floz

vegan

ingredients: steel cut oats, apples, cinnamon, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)

breakfast

coconut oatmeal

serving size: 16 floz

vegan

ingredients: oatmeal, coconut milk, shredded coconut, water

contains: tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	8	45	8	1	20

coconut steel cut oatmeal

serving size: 16 floz

vegan

ingredients: steel cut oats, coconut milk, shredded coconut, water

contains: tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	6	56	14	3	20

banana oatmeal

serving size: 16 floz

vegan

ingredients: banana, oatmeal, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	4	51	8	6	10

sunrise quinoa cereal, apple, almond

serving size: 16 floz

vegan

ingredients: sunrise blend (bulgur, buckwheat, red rice, quinoa, flax seed), apples, salt, water, soy milk, cranberries, orange peel, almonds

contains: wheat, soy, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	9	88	17	17	290

breakfast

cheese grits

serving size: 16 floz

vegetarian

ingredients: grits, salt, water, cheddar cheese

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	9	88	17	17	290

quinoa porridge, almond, cranberry, blueberry

serving size: 16 floz

vegan

ingredients: quinoa, almond milk, brown sugar, cinnamon, cranberries, blueberries

contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	8	120	14	54	140

cornmeal porridge

serving size: 16 floz

vegetarian

ingredients: cornmeal, low fat milk, nutmeg, cinnamon, salt, vanilla extract, sugar, water

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	2	68	6	23	270

sesame bagel

serving size: 1ea

vegan

ingredients: wheat flour, malt, brown sugar, salt, seeds, sesame seeds, yeast

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	2	62	10	6	610

raisin bagel

serving size: 1ea

vegan

ingredients: wheat flour, raisins, brown sugar, malt, table salt, cinnamon, yeast

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	2	66	9	12	260

whole wheat bagel

serving size: 1ea

vegetarian

ingredients: flour, whole wheat flour, malt, brown sugar, honey, canola oil, soybean oil, salt, yeast

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	7	60	9	7	580

plain bagel

serving size: 1ea

vegan

ingredients: flour, malt, brown sugar, salt, yeast

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	1	75	4	14	640

poppy seed bagel

serving size: 1ea

vegan

ingredients: flour, malt, brown sugar, salt, yeast, spices, poppy seeds

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	2	62	10	6	610

breakfast

kaiser roll

serving size: 1ea

vegan

ingredients: flour, salt, yeast

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	1	46	6	0	560

pumpnickel bagel

serving size: 1ea

vegetarian

ingredients: flour, rye pumpnickel flour, brown sugar, malt, salt, caraway seeds, raisin juice concentrate, yeast, malt powder, molasses powder, honey powder, soybean oil

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	1	77	13	8	460

everything bagel

serving size: 1ea

vegan

ingredients: flour, malt, brown sugar, salt, yeast, spices, poppy seeds, sesame seeds, onions, garlic

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	2	62	10	6	660

onion bagel

serving size: 1ea

vegan

ingredients: flour, malt, brown sugar, salt, onions, yeast

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	2	62	10	6	610

craisin walnut bread

serving size: 1 slice

vegetarian

ingredients: flour, whole wheat flour, cranberries, walnuts, honey, salt, oil, yeast

contains: tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	3	14	2	5	130

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

breakfast

mini everything bagel

serving size: 1ea

vegan

ingredients: flour, malt, sugar, salt, garlic, onion, sesame, poppy seeds, yeast

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	1	32	6	5	370

mini poppy bagel

serving size: 1ea

vegan

ingredients: flour, malt, poppy seeds, sugar, salt, yeast

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	2	32	6	5	310

mini sesame bagel

serving size: 1ea

vegan

ingredients: flour, malt, sugar, salt, yeast, sesame seeds

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	1	33	6	5	320

mini garlic bagel

serving size: 1ea

vegan

ingredients: flour, malt, sugar, salt, yeast, garlic

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	1	33	6	5	280

breakfast

breakfast

mini raisin bagel

serving size: 1ea
vegan

ingredients: flour, raisins, brown sugar, malt, salt, cinnamon, yeast, caramel

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	1	35	6	8	110

mini whole wheat bagel

serving size: 1ea
vegetarian

ingredients: flour, whole wheat flour, malt, honey, sugar, canola oil, soybean oil, yeast

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	2	34	5	6	310

mini onion bagel

serving size: 1ea
vegan

ingredients: flour, malt, sugar, salt, yeast, onion

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	0	33	6	5	320

mini plain bagel

serving size: 1ea
vegan

ingredients: flour, water, malt, sugar, salt, yeast

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	0	32	6	5	310

breakfast

sliced whole wheat bread

serving size: 1 slice
vegan

ingredients: flour, whole-grain wheat flour, wheat bran, yeast, whole wheat flour, salt
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	20	4	0	240

sliced seven grain bread

serving size: 1 slice
vegan

ingredients: flour, whole-grain wheat flour, rye flour, oat flour, whole wheat flour, sunflower seeds, flaxseed, rye, oats, millet, molasses, seeds, pumpkin seeds, squash seeds, salt, yeast
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	2	26	4	4	220

sliced white bread

serving size: 1 slice
vegan

ingredients: wheat flour, yeast, whole wheat flour, salt
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	0	20	4	0	240

sliced sourdough bread

serving size: 1 slice
vegan

ingredients: wheat flour, whole wheat flour, salt, yeast
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	0	13	1	0	400

salted butter

serving size: 1 tbsp

vegetarian

ingredients: milk

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	12	0	0	0	90

peanut butter

serving size: 2 tbsp

vegan

ingredients: roasted peanuts, sugar, cottonseed oil, rapeseed oil, salt

contains: peanuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	8	4	4	2	70

almond butter

serving size: 2 tbsp

vegan

ingredients: roasted almonds

contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	9	3	3	2	1

nutella

serving size: 2 tbsp

vegetarian

ingredients: sugar, palm oil, hazelnuts, cocoa, milk, whey, soy lecithin

contains: milk, soy, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	11	23	2	20	20

breakfast

breakfast

avocado spread

serving size: 2.5oz

vegan or vegetarian

ingredients: avocado, salt, olive oil, lemon juice

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	10	5	1	0	240

grape jelly

serving size: 1 tbsp

vegan

ingredients: grape juice, corn syrup, fruit pectin

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	0	15	0	11	10

strawberry jelly

serving size: 1 tbsp

vegan

ingredients: strawberries, corn syrup, sugar, fruit pectin

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	0	14	0	10	10

orange marmalade

serving size: 1 tbsp

vegan

ingredients: corn syrup, orange peel, orange juice, fruit pectin

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	0	14	0	13	10

breakfast

cream cheese neufchatel

serving size: 2 tbsp

vegetarian

ingredients: milk, cream, salt

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	7	1	3	1	100

cream cheese

serving size: 2 tbsp

vegetarian

ingredients: milk, cream, salt

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	10	2	2	1	50

scallion cream cheese

serving size: 2 tbsp

vegetarian

ingredients: milk, cream, salt, scallions

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	5	2	2	1	50

vegetable cream cheese

serving size: 2 tbsp

vegetarian

ingredients: cream cheese, salt, black pepper, green onions, carrots, bell peppers, garlic

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	10	2	2	1	100

breakfast

smoked salmon cream cheese

serving size: 2 tbsp

ingredients: smoked salmon, cream cheese

contains: milk, fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	8	1	3	1	110

cinnamon raisin cream cheese

serving size: 2 tbsp

vegetarian

ingredients: cream cheese, raisins, cinnamon, sugar

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	9	4	2	3	80

margarine

serving size: 1 tbsp

vegetarian

ingredients: vegetable oil, soybean oil, palm oil, salt, whey, soy lecithin

contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	10	0	0	0	100

breakfast

swiss cheese

serving size: 1oz
vegetarian

ingredients: milk, salt, soy lecithin, soy oil

contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	8	1	7	0	50

american cheese

serving size: 1oz
vegetarian

ingredients: milk, salt, cream, soy lecithin

contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	9	1	5	1	470

red onion

serving size: 1 tbsp
vegan

ingredients: red onion

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	2	0	1	70

sliced tomato

serving size: 1 slice
vegan

ingredients: tomato

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
5	<1	1	<1	1	0

breakfast

english muffin

serving size: 1ea
vegetarian

ingredients: wheat flour, barley flour, farina, yeast, sugar, salt, soybean oil, grain vinegar, milk, soy flour, whey
contains: milk, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	N/A	25	4	N/A	200

honey wheat english muffin

serving size: 1ea
vegetarian

ingredients: wheat flour, barley flour, whole wheat flour, modified food starch, farina, honey, yeast, sugar, salt, soybean oil, malt, milk, soy flour, whey, wheat gluten
contains: milk, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	0	27	5	N/A	220

turkey bacon

serving size: 1oz

Ingredients: turkey, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	3.5	1	7	1	280

turkey sausage

serving size: 1oz

Ingredients: turkey, salt, spices, vinegar

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2.5	0	4	0	140

breakfast

egg whites

serving size: 4oz
vegetarian

ingredients: egg whites, canola oil

contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	2	1	12	<1	230

egg whites

serving size: 6oz
vegetarian

ingredients: egg whites, canola oil

contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	2	1	20	1	300

eggs

serving size: 4oz
vegetarian

ingredients: eggs, canola oil

contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	13	1	14	<1	160

eggs

serving size: 6oz
vegetarian

ingredients: eggs, canola oil

contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	19	1	23	1	260

breakfast

shredded cheddar cheese

serving size: 1oz
vegetarian

ingredients: milk, potato starch, annatto, salt, powdered cellulose

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	9	1	7	<1	190

monterey jack cheese

serving size: 1oz
vegetarian

ingredients: milk, salt, annatto, potato starch, powdered cellulose

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	9	1	7	<1	190

feta cheese

serving size: 1oz
vegetarian

ingredients: milk, salt

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	6	1	4	0	320

breakfast

diced turkey

serving size: 1oz

ingredients: turkey, modified food starch, salt

contains: wheat (at risk)

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	<1	4	<1	320

diced ham

serving size: 1oz

ingredients: pork, modified food starch, salt

contains: wheat (at risk)

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	<1	4	<1	230

bacon

serving size: 1oz

ingredients: pork, salt, sugar, seasoning (celery juice powder, sea salt)

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	3	0	6	0	380

bell peppers

serving size: 1oz

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	<1	3	1	2	0

tomatoes

serving size: 1oz

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
5	<1	1	<1	1	0

breakfast

onions

serving size: 1oz
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	3	<1	1	0

mushrooms

serving size: 1oz
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	<1	4	<1	1	0

broccoli

serving size: 1oz
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	<1	1	1	<1	10

spinach

serving size: 1oz
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	<1	1	1	<1	20

jalapeno peppers

serving size: 1oz
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
5	<1	1	<1	<1	250

breakfast

pancakes

serving size: 1ea
vegetarian

ingredients: wheat flour, barley flour, sugar, food starch, salt, soybean oil, egg whites, buttermilk

contains: egg, milk, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	2	35	5	8	510

egg & cheese, kaiser roll

serving size: 1ea
vegan

ingredients: egg, milk, milkfat, soy lecithin, flour, salt

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	12	40	15	2	700

sausage, egg & cheese, kaiser roll

serving size: 1ea

ingredients: pork, spices, egg, milk, milkfat, soy lecithin, flour, salt

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	28	41	26	2	1180

bacon, egg & cheese, english muffin

serving size: 1ea

ingredients: pork, salt, sugar, seasoning (celery juice powder, sea salt), egg, milk, milkfat, soy lecithin, wheat flour, barley flour, farina, sugar, soybean oil, whey, soy, grain vinegar

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	22	27	35	3	1430

egg & cheese croissant

serving size: 1ea
vegetarian

ingredients: egg, wheat flour, butter, milk powder, margarine, salt, milk, milkfat, soy lecithin

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	21	27	13	7	520

breakfast

turkey sausage, egg, cheese, croissant

serving size: 1ea

ingredients: turkey, salt, spices, sugar, natural flavor, vinegar, egg, milk, milkfat, soy lecithin, wheat flour, butter, milk powder, margarine

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	40	41	38	10	1200

egg white, cheese, english muffin

serving size: 1ea

vegan

ingredients: egg whites, salt, wheat flour, barley flour, farina, sugar, soybean oil, whey, soy, grain vinegar, milk, milkfat, soy lecithin

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	6	27	20	3	670

bacon, egg, cheese, kaiser roll

serving size: 1ea

ingredients: pork, salt, sugar, seasoning (celery juice powder, sea salt), egg, milk, milkfat, soy lecithin, flour, salt

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	18	40	22	2	1010

bacon, egg white, cheese, english muffin

serving size: 1ea

ingredients: pork, salt, sugar, seasoning (celery juice powder, sea salt), egg, white, milk, milkfat, soy lecithin, wheat flour, barley flour, farina, sugar, soybean oil, whey, soy, grain vinegar

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	22	27	35	3	1430

bacon, egg, cheese, croissant

serving size: 1ea

ingredients: pork, salt, sugar, seasoning (celery juice powder, sea salt), egg, milk, milkfat, soy lecithin, wheat flour, butter, milk powder, margarine

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
550	33	40	21	10	940

breakfast

turkey sausage, egg, cheese, kaiser roll

serving size: 1ea

ingredients: turkey, salt, spices, sugar, natural flavor, vinegar, egg, milk, milkfat, soy lecithin, flour, salt
contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	16	40	22	2	940

loaded frittata

serving size: 1 slice

vegetarian

ingredients: bacon, mushrooms, bell peppers, onions, spinach, tomatoes, monterey jack cheese, cheddar cheese, swiss cheese, egg, salt, black pepper, canola oil

contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	19	5	21	2	610

marinated roasted eggplant

serving size: 5oz

vegan

ingredients: eggplant, olive oil, garlic, thyme, lemon juice, salt, black pepper, parsley

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	14	14	2	8	35

hash browns, peppers, onions

serving size: 1 cup

vegan

ingredients: potatoes, onions, bell peppers, canola oil, butter, salt, black pepper

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	11	19	2	1	180

roasted tomato wedge

serving size: 1 wedge

vegan

ingredients: tomatoes, olive oil, parsley, basil, oregano, chives, cilantro

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
5	0	1	0	0	0

breakfast

home fries

serving size: ½ cup
vegan

ingredients: onions, black pepper, butter, red bliss potatoes, potatoes, salt, salt, canola oil, thyme, sage
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	6	26	3	3	530

roasted vegetable & asiago frittata

serving size: 3.5oz
vegetarian

ingredients: bell peppers, red bliss potatoes, eggplant, canola oil, salt, black pepper, egg, whole milk, asiago cheese, canola oil
contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	11	4	12	2	380

roasted broccoli, parmesan cheese

serving size: 4oz
vegetarian

ingredients: broccoli, parmesan cheese, salt, black pepper, canola oil
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	3	2	1	70

tater tots

serving size: 4oz
vegan

ingredients: potatoes, vegetable oil (canola oil, cottonseed oil, corn oil, palm oil, soybean oil, sunflower oil) salt, corn flour
contains: soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	3	26	3	1	450

broccoli, cheddar frittata

serving size: 3.5oz
vegetarian

ingredients: broccoli, cheddar cheese, egg, salt, whole milk, black pepper, canola oil
contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	9	2	11	1	260

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

breakfast

ham, mushroom, swiss egg white frittata

serving size: 1 slice

vegetarian

ingredients: canola oil, mushrooms, bell peppers, egg, ham, black pepper, swiss cheese, salt

contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	5	17	2	340

grilled zucchini

serving size: 4oz

vegan

ingredients: zucchini, olive oil, lemon zest, parsley, basil, oregano, cilantro

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	1	2	1	1	10

roasted red bliss potatoes, fresh rosemary

serving size: 1 cup

vegan

ingredients: garlic, canola oil, red bliss potatoes, rosemary, paprika, black pepper, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	7	46	5	3	140

chicken noodle soup

serving size: 12 floz

ingredients: carrots, chicken, cornstarch, salt, egg noodles, celery, onions, sugar, soy protein, corn protein, flavorings, potato flour, pepper, turmeric

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	2	15	6	3	920

clam chowder

serving size: 12 floz

ingredients: milk, clams, salt, potatoes, celery, heavy cream, canola oil, cod flavoring, butter, onion, cornstarch, wheat flour, sunflower oil, garlic, spices, parsley

contains: fish, milk, shellfish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	20	31	12	9	1180

3 bean & swiss chard soup

serving size: 12 floz

vegan

ingredients: garbanzo beans, navy beans, kidney beans, carrots, onions, brown rice, swiss chard, canola oil, sugar, tomato paste, potatoes, paprika, mushroom, soy sauce (corn syrup, soy protein, salt), celery, garlic, apple cider vinegar

contains: soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	5	36	7	3	780

roasted eggplant soup

serving size: 12 floz

vegetarian

ingredients: roasted eggplant, tomato paste, fennel, onions, parmesan cheese, garlic, potato, canola oil, salt, sugar, natural flavorings, whey

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	7	23	8	8	700

vegetable beef barley soup

serving size: 12 floz

ingredients: carrots, beef, corn starch, food starch, celery, barley, soy protein, potato flour, whey, paprika, corn oil, wheat protein, milk, soybean oil, cottonseed oil, salt, garlic, tomato paste, sugar

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	4	23	11	3	710

lunch

vegetarian minestrone

serving size: 12 floz

vegetarian

ingredients: tomatoes, zucchini, corn cabbage, potatoes, carrots, kidney beans, onions, celery, macaroni, (egg, wheat), egg whites, cornstarch, salt, garlic, corn oil, potato flour

contains: egg, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	1	23	5	7	1120

tuscan white bean soup

serving size: 12 floz

vegan

ingredients: white kidney beans, tomatoes, onions, carrots, navy bean powder, celery, tomato paste, vegetable base, sugar, soy protein, canola oil, salt, soybean oil, natural flavors, potatoes, paprika, mushroom, soy sauce, corn syrup, garlic, spices

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	5	33	10	5	850

tomato basil bisque

serving size: 12 floz

vegetarian

ingredients: tomatoes, tomato paste, heavy cream, celery, flour, wheat flour, carrots, onions, butter, basil, salt

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	10	30	6	16	370

lobster corn bisque

serving size: 12 floz

ingredients: shrimp, corn, heavy cream, lobster meat, salt, onions, modified corn starch, tomato paste, potato flour, butter, flour, sherry wine, celery, canola oil, garlic, chives, cane syrup, turmeric, red curry paste, spices, red chiles, shallots, soybean oil, paprika, soy lecithin

contains: milk, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	16	25	9	4	1110

garden vegetable soup

serving size: 12 floz

vegetarian

ingredients: tomatoes, cabbage, broccoli, carrots, celery, zucchini, bell peppers, salt, sugar, corn oil, potato flour, soy protein, corn protein, turmeric, mushrooms, whey, sherry wine, butter, red pepper, curry powder, mustard

contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	2	15	3	6	1140

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

lunch

*california roll, 4 nigiri

serving size: 1ea

ingredients: sushi rice, cucumbers, seaweed, avocado, imitation crab (minced fish (alaska pollock, southern blue whiting), wheat starch, corn starch, sugar, salt, crab extract, rice wine, egg white, annatto, paprika), sesame seeds, wasabi powder (horseradish powder, corn powder, mustard powder), tuna, shrimp, salmon, yellowtail tuna

contains: fish, egg, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	12	69	25	8	590

california roll

serving size: 1ea

ingredients: imitation crab (minced fish (alaska pollock, southern blue whiting), wheat starch, corn starch, sugar, salt, crab extract, rice wine, egg white, annatto, paprika), cucumbers, avocado, sesame seeds, seaweed, seasoned sushi rice

contains: fish, egg, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	10	41	7	5	390

*salmon avocado roll

serving size: 1ea

ingredients: salmon, avocado, sesame seeds, seasoned sushi rice

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	15	36	25	<1	90

*spicy tuna roll

serving size: 1ea

ingredients: tuna, green onions, chili paste, fish roe, sesame oil, mayonnaise, seasoned sushi rice

contains: egg, fish, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	4	32	20	2	200

*tuna cucumber roll

serving size: 1ea

ingredients: tuna, seasoned sushi rice, cucumber, sesame seeds, seaweed

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	3	30	27	2	210

lunch

cucumber avocado roll, brown rice roll

serving size: 1ea
vegan

ingredients: brown sushi rice, rice wine vinegar, sugar, salt, cucumber, seaweed

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	13	57	6	7	57

50/50 burger

serving size: 1ea

ingredients: portobello mushrooms, jalapeno chili peppers, soy sauce, salt, black pepper, beef, onions, canola oil, butter, mayonnaise, bun

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	26	43	30	4	1440

wheatberry mushroom burger

serving size: 1ea
vegan

ingredients: wheatberry, mushroom, onion, garlic, thyme, olive oil, parsley, salt, black pepper, bun

contains: wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	4	32	8	3	130

classic grilled cheese

serving size: 1ea
vegetarian

ingredients: wheat flour, yeast, canola oil, malt, american cheese, butter

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	19	48	14	6	940

seasoned grilled chicken

serving size: 5-6oz

ingredients: chicken breast, canola oil, salt, black pepper, fresh herbs

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	12	<1	51	0	280

lunch

ra signature burger

serving size: 1ea

ingredients: ground beef, bun

contains: wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
640	26	53	47	11	220

buttermilk fried chicken

serving size: 5-6oz

ingredients: chicken breast, flour, salt, black pepper, whole milk, panko breadcrumbs, parsley, egg

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	16	10	8	3	130

french fries

serving size: 4oz

ingredients: potatoes, vegetable oil, canola oil, sunflower oil, cottonseed oil, soybean oil

contains: soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	16	32	3	0	30

sweet potato fries

serving size: 4oz

ingredients: sweet potatoes, vegetable oil, modified food starch (corn, tapioca, potato), sugar, rice flour, corn starch, spice, salt,

contains:

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	15	35	1	9	230

onion rings

serving size: 4oz

ingredients: onions, wheat flour, vegetable oil, soybean oil, canola oil, beer, malted barley, corn syrup, corn flour, corn starch, onion, salt, sorbitol, sugar, whey

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	12	33	3	4	510

roasted vegetable caesar salad

serving size: 4oz

vegetarian

ingredients: basil, balsamic vinegar, salt, black pepper, canola oil, broccoli, cauliflower, zucchini, yellow squash, bell peppers, carrots, croutons (white bread, wheat bread, rye bread, garlic, parsley, parmesan cheese, canola oil), romaine lettuce, tomatoes, caesar dressing (soybean oil, vinegar, asiago cheese, egg yolks, sugar, salt, garlic, lemon juice, black pepper, onions)

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	13	8	5	3	350

grilled strip steak

serving size: 6oz

ingredients: beef, salt, black pepper, fresh herbs

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	24	1	45	0	930

grilled salmon

serving size: 6oz

ingredients: salmon, canola oil, salt, black pepper, fresh herbs

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	15	<1	43	0	170

grilled tuna

serving size: 6oz

ingredients: tuna, canola oil, salt, fresh herbs

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	3	0	37	0	220

turkey burger

serving size: 1ea

ingredients: turkey, salt, spices, onion, wheat bun

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	13	26	34	4	1230

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

lunch

cajun blackened striped bass, pepper relish

serving size: 5oz p

ingredients: striped bass, Pepper (cayenne, black, red, white), sugar, onion, paprika, basil, oregano, thyme, bell peppers, olive oil, apple cider vinegar, cilantro, red chili pepper

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	6	6	25	3	500

grilled hoisin beef

serving size: 5oz

ingredients: beef tenderloin, hoisin sauce, sesame oil, garlic, ginger, red wine vinegar

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	14	10	47	6	430

seared scallops, radicchio berry salad

serving size: 5oz

ingredients: potatoes, parsley, garlic, butter, romaine, radicchio, strawberries, balsamic dressing, maple syrup, scallops, salt, black pepper, blackberries, asparagus, lemon juice, dried cranberries, leeks, flour, chives

contains: milk, shellfish, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	7	30	23	15	940

creole bulgur, black eye pea, kale salad

serving size: 4oz

vegetarian

ingredients: bulgur, sweet potatoes, thyme, salt, black pepper, canola oil, honey mustard vinaigrette (olive oil, sherry vinegar, dijon mustard, honey, banana peppers, cajun seasoning), barley, corn, celery, onions, bell peppers, kale)

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	6	20	4	3	160

cajun baked sweet potato fries

serving size: 4oz

vegan

ingredients: sweet potatoes, cajun seasoning, salt, black pepper, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	5	30	3	9	90

porter marinated ribeye steak

serving size: 5oz

ingredients: beef, beer, A1 steak sauce, onions, garlic, coffee, salt, black pepper

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	8	2	19	<1	810

crispy snapper skin

serving size: 5oz

ingredients: red snapper, tomatoes, jalapeno peppers, garlic, red wine vinegar, olive oil, salt, grapeseed, oil, farro, Celery, shallots, spinach, mint, black pepper

contains: fish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	18	16	27	3	300

herb crusted lamb chops, lentils & potatoes, red pepper sauce

serving size: 5oz

ingredients: lentils, potatoes, olive oil, onions, garlic, kale, apple cider vinegar, salt, black pepper, bell peppers, harissa paste, orange juice, lamb, panko breadcrumbs, parsley, thyme, rosemary, garlic, dijon mustard, feta cheese

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	15	36	39	7	770

grilled yellowfin tuna, pineapple salsa

serving size: 5oz

ingredients: tuna, green onions, cilantro, jalapeno peppers, salt, black pepper, red onions, pineapple, lime juice

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	3	5	38	4	230

rosemary white balsamic grilled chicken breast

serving size: 5oz

ingredients: garlic, rosemary, salt, black pepper, dijon mustard, white balsamic vinegar, chicken breast, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	9	<1	23	0	200

lunch

fennel radicchio slaw

serving size: 4oz
vegetarian

ingredients: fennel, radicchio, cabbage, onions, apples, thyme, black pepper, red wine vinegar, caraway seeds, dijon mustard, honey, salt

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	<1	11	1	8	110

tandoori cauliflower

serving size: 4oz
vegan

ingredients: cauliflower, garlic, ginger, paprika, salt, cumin, coriander, black pepper, nutmeg, cilantro, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	3	4	2	1	100

asian spiced yellowfin tuna

serving size: 5oz

ingredients: tuna, chili pepper, ginger, garlic, salt, soy sauce, sugar, sesame seeds, corn starch, sesame oil, vinegar
contains: fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	1	1	30	<1	190

apple cider brined grilled pork chops

serving size: 5oz

ingredients: apple cider, salt, black pepper, garlic, franks hot sauce, pork chops

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	5	5	33	4	550

south african shrimp piri piri skewers

serving size: 5oz

ingredients: serrano chili peppers, shrimp, cilantro garlic, paprika, lime juice, red wine vinegar, salt, olive oil
contains: shellfish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	8	1	30	<1	400

grilled brazilian salt rubbed steak

serving size: 5oz

ingredients: sirloin beef, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	14	0	27	0	1000

honey miso grilled salmon

serving size: 5oz

ingredients: salmon, miso paste, honey, mirin, ginger, rice wine, chives

contains: soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	5	5	23	3	440

freekeh, kale, brussels sprouts salad, pomegranate

serving size: 4oz

vegan

ingredients: lemon juice, dijon mustard, salt, black pepper, chili powder, cumin, dill weed, oregano, canola oil, freekeh, kale, brussels sprouts, olive oil, bell peppers, cannellini beans, cucumbers, pomegranate seeds

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	4	4	2	3	100

herb grilled asparagus

serving size: 4oz

vegan

ingredients: butter, garlic, asparagus, salt, vegetable base, rosemary

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	4	2	2	80

baja grilled shrimp

serving size: 5oz

ingredients: lime juice, salt, red pepper, shrimp, cumin, black pepper, cilantro, canola oil

contains: shellfish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	9	1	34	<1	450

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

lunch

teriyaki chicken

serving size: 5oz

ingredients: mirin, soy sauce, sugar, ginger, green onions, sherry wine, chicken thigh, cornstarch

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	9	4	27	3	340

lunch

plancha seared striped bass, roasted tomato

serving size: 5oz

ingredients: serrano chili peppers, tomatoes, garlic, salt, cilantro, lemon juice, lime juice, striped bass, black pepper

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	4	3	25	1	370

chipotle marinated skirt steak

serving size: 5oz

ingredients: orange juice, canola oil, garlic, chipotle peppers, vinegar, cornstarch, onion, garlic, spices, honey, salt, cilantro, lime juice, beef

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	23	3	27	3	440

malaysian shrimp satay, spicy pepper glaze

serving size: 5oz

ingredients: shrimp, coriander, garlic, ginger, cayenne pepper, basil, mint, soy sauce, black pepper, canola oil, sugar, apple cider vinegar, red chili pepper

contains: shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	4	11	22	9	180

pesto yukon gold potato salad

serving size: 4oz

vegetarian

ingredients: red potatoes, salt, black pepper, canola oil, basil, parmesan cheese, garlic, salt, corn, bell peppers, olive oil

contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	9	18	3	2	180

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

classic caesar salad, grilled chicken

serving size: 10oz

ingredients: romaine lettuce, parmesan cheese, croutons, chicken breast, salt, pepper, canola oil

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	23	10	40	1	67

baby kale & avocado salad, cashews, fennel slaw, lemon vinaigrette

serving size: 12oz

vegetarian

ingredients: marinated chickpeas, shaved fennel slaw, lemon vinaigrette, cashews, kale, avocado, parmesan cheese

contains: milk, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
760	60	50	18	16	760

harissa grilled salmon & charred cauliflower salad w/ toasted sesame, cilantro mint chutney

serving size: 12oz

ingredients: harissa vinaigrette, grilled salmon, grilled cauliflower steak, cilantro minty chutney, sugar snap peas, lettuce, sesame seeds, radish

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	25	17	20	7	310

kale caesar, grilled chicken

serving size: 10oz

ingredients: grilled chicken breast croutons, parmesan cheese, kale, lettuce, soft tofu, caesar dressing

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	9	9	36	2	640

lunch

quinoa spinach salad, feta, chickpeas, pepitas, tahini dressing

serving size: 12oz

vegetarian

ingredients: spinach, quinoa, garbanzo beans, tomatoes, basil, garlic, salt, canola oil, parsley, cilantro, green onions, feta cheese, pumpkin seeds, lemon tahini dressing

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	24	45	18	6	300

texas salad, grilled cilantro lime flank steak, cheddar, pico de gallo

serving size: 13oz

ingredients: corn, black beans, chipotle pepper, canola oil, serrano peppers, cilantro, garlic, sugar, lime juice, flank steak, lettuce, cheddar cheese

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	16	22	29	7	370

turkey, avocado & chipotle aioli, baguette

serving size: 1ea

ingredients: avocado, lettuce, tomatoes, chipotle mayonnaise, baguette, mesquite turkey breast

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	31	61	35	5	1620

prosciutto, salami, asiago, banana peppers, french baguette

serving size: 1ea

ingredients: banana peppers, French baguette, prosciutto, salami, asiago cheese, lettuce, basil, roasted red pepper, canola oil

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
830	45	57	50	9	3110

lunch

tuna salad, capers, olives, sliced egg and pickled onion, focaccia

serving size: 1ea

ingredients: hard boiled egg, tuna fish, olive oil, capers, red wine vinegar, olives, green beans, roasted red pepper spread, pickled red onions, jalapenos, focaccia

contains: egg, fish, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	18	47	25	4	1240

grilled vegetable, barrel aged balsamic, hummus, ciabatta

serving size: 1ea

vegan

ingredients: ciabatta, eggplant, onions, peppers, squash, zucchini, canola oil, salt, black pepper, garbanzo beans, lemon juice, sesame tahini paste, garlic, salt, balsamic vinegar, brown sugar, arrowroot flour, thyme, spinach

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	9	75	14	11	900

buffalo chicken wrap

serving size: 1ea

ingredients: flour tortilla, lettuce, tomatoes, celery, buffalo sauce, blue cheese, mayonnaise, chicken, buttermilk, garlic, shallots, sugar, butter, flour, paprika, cayenne pepper, cumin, salt

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	30	66	39	5	1850

black forest ham, salami, prosciutto, provolone, roasted peppers, baguette

serving size: 1ea

ingredients: salami, ham, provolone, tomatoes, lettuce, bell peppers, basil, balsamic vinegar, olive oil, wheat ciabatta

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	16	75	26	5	2050

lunch

fresh mozzarella, roasted peppers, arugula, basil pesto, focaccia

serving size: 1ea

vegetarian

ingredients: roasted peppers, arugula, mozzarella, focaccia, canola oil, parmesan cheese, basil, salt

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	27	45	24	3	1010

roast beef, arugula & goat cheese, seven grain

serving size: 1ea

ingredients: arugula, goat cheese, tomatoes, beef, seven grain roll

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	28	50	42	11	1050

mediterranean tuna salad with capers and feta, wheat roll

serving size: 1ea

ingredients: whole wheat roll, tomatoes, lettuce, tuna fish, tomatoes, feta cheese, artichoke hearts, red onion, olives, capers, lemon juice, black pepper

contains: milk, fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	4	25	23	4	520

santa fe turkey, pepper jack, avocado spread, kaiser roll

serving size: 1ea

ingredients: pepper jack, lettuce, red onions, turkey breast, kaiser roll, avocado, goat cheese, shallots, cayenne pepper, cilantro, salt, black pepper, lime juice

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	18	51	42	3	1230

lunch

grilled chicken, provolone, roasted red peppers, french roll

serving size: 1ea

ingredients: seasoned grilled chicken, French roll, lettuce, tomatoes, red peppers, provolone cheese

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
580	16	57	45	3	1310

rosemary grilled shrimp, lemon caper aioli, wheat wrap

serving size: 1ea

ingredients: rosemary grilled shrimp, capers, lemon juice, olive oil, garlic, mayonnaise, romaine, tomatoes, whole wheat flour tortilla

contains: egg, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	24	55	24	6	780

turkey, applewood bacon, avocado, ciabatta

serving size: 1ea

ingredients: ciabatta, applewood bacon, turkey, avocado, lettuce

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	16	62	41	3	1630

asian chicken, napa carrot slaw, wheat wrap

serving size: 1ea

ingredients: sweet and sour sauce, cabbage, carrots, cucumbers, sweet thai chili, red onions, soy sauce, sesame oil, ginger, garlic, honey, chicken breast, flour tortilla

contains: fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	9	45	32	12	480

roast beef, frizzled onion, cheddar, russian roll

serving size: 1ea

ingredients: roast beef, flour, buttermilk, onions, cheddar cheese, tomatoes, lettuce, Russian roll

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	29	44	41	7	920

roast turkey, swiss, baby arugula, buttermilk chive aioli, baguette

serving size: 1ea

ingredients: mayonnaise, chives, buttermilk, black pepper, turkey, arugula, baguette, swiss cheese

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	22	69	36	2	1410

grilled chicken breast, cranberry sauce, goat cheese, semolina hero

serving size: 1ea

ingredients: grilled chicken breast, canola oil, black pepper, semolina roll, cranberries, brown sugar, cinnamon, allspice, goat cheese, lettuce

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	20	56	46	8	1010

grilled salmon, kale apple horseradish slaw, brioche

serving size: 1ea

ingredients: grain dijonnaise, kale, apples, horseradish, lemon juice, black pepper, salmon canola oil, salt, brioche

contains: egg, milk, fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	13	40	29	10	580

lunch

prosciutto, salami, asiago, banana peppers, basil, french baguette

serving size: 1ea

ingredients: French baguette, salami, prosciutto, red peppers, asiago cheese, banana peppers, basil, olive oil

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
810	43	58	50	9	3250

prosciutto, roasted peppers, fresh mozzarella, balsamic, french baguette

serving size: 1ea

ingredients: baguette, marinated peppers, olive oil, mozzarella cheese, prosciutto, balsamic vinegar, arugula,

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	21	75	34	4	700

roast beef & brie on brioche

serving size: 1ea

ingredients: roast beef, brioche, brie cheese, lettuce

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
580	28	44	38	0	1230

roasted eggplant, chickpea, harissa, sun-dried tomato pesto wrap

serving size: 1ea

vegan

ingredients: eggplant, canola oil, flour tortilla, sun-dried tomato pesto, Baharat spiced chickpeas, red pepper, tomatoes, olive oil, lemon juice, chili peppers, garlic, salt, cumin, caraway seeds, coriander, sumac

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	31	84	15	16	1090

lunch

roasted eggplant, chickpea, harissa, sun-dried tomato pesto wrap

serving size: 1ea
vegan

ingredients: eggplant, canola oil, flour tortilla, sun-dried tomato pesto, Baharat spiced chickpeas, red pepper, tomatoes, olive oil, lemon juice, chili peppers, garlic, salt, cumin, caraway seeds, coriander, sumac

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	31	84	15	16	1090

balsamic portobello mushroom, artichokes, provolone, sundried tomato pesto, focaccia

serving size: 1ea
vegetarian

ingredients: portobello mushrooms, balsamic vinaigrette, focaccia, sun-dried tomato pesto, red peppers, artichoke, onion, provolone, lettuce

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	25	55	21	8	1210

grilled steak chimichurri quesadilla

serving size: 1ea, 1oz salsa

ingredients: garlic, cumin, salt, sugar, apple cider vinegar, serrano chili peppers, parsley, cilantro, red pepper, onions, canola oil, beef, cheddar cheese, Monterey jack cheese, tomatoes, lime, flour tortilla

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
770	41	55	41	4	800

patty melt

serving size: 1ea

ingredients: butter, red onions, garlic, wine, balsamic vinegar, salt, thyme, bacon, egg, canola oil, salt, black pepper, cheddar cheese, texas bread (wheat flour, egg, whole wheat flour, salt, yeast)

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
550	12	45	26	12	1120

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

southwest impossible burger

serving size: 1ea

vegetarian

ingredients: corn, black beans, canola oil, tomatoes, jalapeno chili peppers, cilantro, salt, black pepper, whole wheat bun, impossible burger (soy protein, coconut oil, modified food starch

contains: soy, wheat, tree nuts (at risk)

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	18	43	27	5	850

chicken wings

serving size: 6 ea

ingredients: chicken wings, salt, wheat flour, modified food starch, soy flour, salt, soybean oil, egg whites, onion, garlic, corn gluten, paprika

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	32	15	32	<1	1600

philly cheese steak

serving size: 1ea

ingredients: provolone cheese, bell peppers, onions, hoagie, beef

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	26	55	54	2	830

meatball hero

serving size: 1ea

ingredients: hoagie, mozzarella cheese, tomatoes, beef, egg, white bread, salt, black pepper, parmesan cheese, parsley, garlic

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	26	57	38	7	1410

lunch

grilled chicken paillard

serving size: 4oz

ingredients: chicken breast, black pepper, salt, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	0	23	0	260

grilled salmon

serving size: 4oz

ingredients: salmon, salt, black pepper, canola oil

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	6	0	22	0	140

grilled ny strip steak

serving size: 4oz

ingredients: beef, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	16	1	31	0	650

miso ginger marinated bone in pork chop

serving size: 4oz

ingredients: mirin, miso paste, ginger, soy sauce, sugar, canola oil, lemon juice, pork chop, salt, black pepper

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	13	4	22	3	290

lemon herb catfish

serving size: 4oz

ingredients: lemon juice, parsley, salt, black pepper, catfish, canola oil

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	14	0	19	0	170

lunch

moroccan spiced shrimp skewers

serving size: 5oz

ingredients: shrimp, canola oil, butter, garlic, paprika, cumin, ginger, cayenne pepper, parsley, lemon, oregano

contains: milk, shellfish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	14	4	20	0	450

lamb shish kebab

serving size: 1 skewer, 2 floz chutney

ingredients: lamb, yogurt, lemon juice, ginger, garlic, cilantro, cayenne pepper, salt, onions, bell peppers, tomatoes, raisins, sugar, apple cider vinegar

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	32	33	45	26	310

pesto marinated french cut chicken breast

serving size: 4oz

ingredients: pesto (basil, canola oil, parmesan cheese, garlic, salt), chicken, salt, black pepper

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	9	0	52	0	320

ginger sesame grilled tofu

serving size: 4oz

vegan

ingredients: tofu, sesame seeds, garlic, ginger, salt, black pepper, canola oil

contains: soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	14	4	10	1	23

baked potato

serving size: 9oz

vegan

ingredients: potato

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	0	55	5	0	10

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

lunch

sausage, pepper and onion sandwich

serving size: 1ea

ingredients: pork sausage, bell peppers, onions, hoagie

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	27	40	23	3	1140

blackened shrimp po boy, avocado and spicy slaw

serving size: 1ea

ingredients: cabbage, carrots, bell peppers, onion, apple cider vinegar, celery seed, salt, mustard, sugar, caraway seed, garlic, hot sauce, canola oil, shrimp, paprika, oregano, white pepper, cayenne pepper, thyme, sriracha, lime juice, mayonnaise, avocado, tomatoes

contains: egg, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	23	64	30	19	1510

black bean quesadilla

serving size: 1ea

ingredients: flour tortilla, tomatoes, cilantro, black beans, cilantro, garlic, canola oil, chipotle peppers, adobo sauce, chili powder, coriander, cumin, tomatoes, onions, apple cider vinegar, red wine vinegar, salt, black pepper, canola oil, pepper jack cheese, spinach

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	38	59	26	4	1200

spicy crispy chicken buffalo wrap

serving size: 1ea

ingredients: hot sauce, ranch dressing, chicken breast, romaine lettuce, kale, iceberg lettuce, celery, blue cheese, carrots, flour tortilla

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
680	34	68	28	8	2150

three cheese tomato melt

serving size: 1ea

vegetarian

ingredients: gruyere, Havarti, goat cheese, tomatoes, black pepper, salt, garlic, thyme, canola oil, texas bread (wheat flour, egg, whole wheat flour, salt, yeast), butter

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	36	43	24	6	980

bruschetta impossible burger, rosemary aioli, brioche

serving size: 1ea

vegetarian

ingredients: impossible burger meat, salt, black pepper, basil, parsley, tomatoes, garlic, olive oil, mayonnaise, lemon juice, rosemary, brioche, arugula

contains: egg, milk, soy, tree nuts (at risk), wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	33	48	27	9	1020

seared mushroom quesadilla

serving size: 1ea

vegetarian

ingredients: onions, tomatillo, cilantro, avocado, salt, black pepper, lime juice, serrano chili peppers, garlic, lime juice, canola oil, button mushrooms, cheddar cheese, monterey jack cheese, tomatoes, flour tortilla

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	28	62	20	6	1170

crunchy cod po' boy, jalapeno mayo

serving size: 1ea

ingredients: jalapeno peppers, mustard, parsley, garlic, green onions, baguette, tomatoes, lettuce, cod, mayonnaise

contains: egg, fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
720	26	95	26	3	1290

blt ranch turkey burger, brioche

serving size: 1ea

ingredients: bacon, ground turkey, ranch dressing, tomatoes, lettuce, brioche

contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	26	39	33	9	1030

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

lunch

poblano lime shrimp quesadilla

serving size: 1ea

ingredients: shrimp, cumin, chili powder, cilantro, black pepper, poblano chili pepper, tomatoes, jalapeno peppers, lime juice, salt, cilantro, onions, Monterey jack cheese, cheddar cheese, bell peppers, flour tortilla, canola oil

contains: milk, shellfish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	29	46	48	6	1070

turkey patty melt, texas toast

serving size: 1ea

ingredients: onions, canola oil, turkey, swiss cheese, texas bread (wheat flour, egg, whole wheat flour, salt, yeast),

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
820	43	60	48	12	890

chicken Philly cheese steak

serving size: 1ea

ingredients: button mushrooms, onions, bell peppers, provolone cheese, chicken, canola oil

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	25	69	46	7	1350

chicken club melt, sourdough

serving size: 1ea

ingredients: chicken breast, salt, black pepper, canola oil, tomatoes, bacon, ranch dressing, sourdough bread, butter, pepper jack cheese

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
760	46	36	50	6	1950

crab cake sandwich, arugula, sun-dried tomato aioli

serving size: 1ea

ingredients: mustard, egg, white bread, worcestershire sauce, hot sauce, old bay seasoning, crab meat, mayonnaise, canola oil, salt, black pepper, butter, lemon juice, balsamic vinegar, salt, black pepper, garlic, sun-dried tomatoes, mayonnaise, arugula, brioche bun

contains: egg, milk, fish, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	34	44	20	10	1000

rosemary grilled shrimp

serving size: 3oz

ingredients: shrimp, salt, black pepper, rosemary, parsley, garlic, olive oil, lemon zest, shrimp

contains: shellfish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	12	3	22	0	150

grilled skirt steak, chimichurri

serving size: 4oz

ingredients: garlic, cumin, salt, sugar, apple cider vinegar, serrano chili peppers, parsley, cilantro, red chili pepper, onions, canola oil, beef

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	21	3	25	0	260

grilled marinated swordfish

serving size: 6oz

ingredients: shallots, garlic, thyme, swordfish, salt, black pepper, canola oil, lemon juice

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	15	1	32	0	460

jalapeno cilantro marinated bone-in pork chop

serving size: 8oz

ingredients: black pepper, green onions, onions, cilantro, jalapeno chili peppers, brown sugar, chili powder, cumin, canola oil, lime juice, pork chop, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	24	12	44	9	390

malaysian salmon, spicy sweet pepper glaze

serving size: 5oz

ingredients: black pepper, coriander, garlic, ginger, cayenne pepper, basil, mint, soy sauce, canola oil, garlic, sugar, apple cider vinegar, cayenne pepper, red chili pepper, canola oil, salmon

contains: fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	12	11	23	9	130

tamarind glazed tempeh

serving size: 1/3 cup

vegetarian

ingredients: tempeh, honey, olive oil, salt, red chili pepper, garlic, tamarind

contains: soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	11	9	11	4	240

pan seared salmon, pistachio crust

serving size: 7oz

ingredients: salmon, pistachio nuts, fennel, onions, salt, black pepper, wine, canola oil

contains: fish, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	21	13	28	5	130

hoisin sesame chicken breast

serving size: 4oz

ingredients: soy sauce, hoisin sauce, brown sugar, garlic, ginger, cilantro, sesame oil, chicken breast

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	8	5	31	3	840

mediterranean spiced tuna

serving size: 4oz

ingredients: yellowfin tuna, basil, celery seed, garlic, salt, bell pepper, sugar, tomato, onion, lemon juice, olive oil

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	1	1	30	0	110

chipotle orange marinated flank steak

serving size: 4oz

ingredients: orange juice, canola oil, garlic, chipotle peppers, adobo sauce, honey, salt, lime juice, cilantro, beef, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	15	4	38	3	480

grilled shrimp, yuzu miso vinaigrette

serving size: 4oz

ingredients: shrimp, black pepper, salt, sesame oil, miso paste, orange juice, yuzu juice, garlic, rice wine vinegar, sugar

contains: soy, shellfish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	10	6	29	3	740

lunch

chimichurri seitan

serving size: 4oz

vegan

ingredients: seitan, salt, cumin, coriander, black pepper, canola oil, garlic, cilantro, parsley, white vinegar, cayenne pepper

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	3	6	25	0	990

cauliflower, green bean, walnut salad with harissa vinaigrette

serving size: 4oz

vegetarian

ingredients: red quinoa, green beans, cauliflower, garlic, salt, olive oil, broccoli, cauliflower, spinach, kale, romaine lettuce, honey, walnuts, cayenne pepper, tomatoes, shallots, harissa paste, lemon, orange juice, brown sugar

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	14	18	4	6	70

mojo marinated french cut chicken breast

serving size: 4oz

ingredients: cilantro, orange zest, orange juice, mint, garlic, oregano, cumin, salt, black pepper, canola oil, lime juice

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	5	1	26	0	230

grilled pork chop, apple chutney

serving size: 8oz

ingredients: apple juice, sugar, salt, ginger, lemon zest, ginger, dried cranberries, apples

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	26	12	44	10	560

spicy shrimp mozambique

serving size: 4oz

ingredients: shrimp, butter, beer, yellow onions, garlic, annatto seed, coriander, oregano, hot sauce, salt, parsley, lemon

contains: milk, shellfish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	8	8	37	1	590

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

lunch

jumbo lump crab cake sliders, grainy mustard slaw

serving size: 1 slider (2oz crab cake, ½ tbsp. mustard sauce, ¼ cup slaw)

ingredients: butter, shallots, champagne vinegar, white wine, thyme, heavy cream, mustard, salt, black pepper, cabbage, lemon juice, roll, egg, old bay seasoning, salt, cayenne pepper, cornflake crumbs, mayonnaise

contains: egg, milk, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	16	32	18	4	650

pan seared striped bass, roasted tomato salsa

serving size: 5oz

ingredients: serrano chili peppers, tomatoes, garlic, salt, cilantro, lemon juice, lime juice, striped bass, black pepper

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	4	3	25	1	370

impossible meatball, tomato basil bruschetta topping

serving size: 6 meatballs, (6oz), 2oz bruschetta

vegetarian

ingredients: salt, black pepper, impossible meat, ricotta cheese, parmesan cheese, whole milk, GF whole grain bread, onions, parsley, basil, egg, garlic, tomatoes, basil, salt, black pepper, canola oil

contains: egg, milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	28	20	27	4	1040

caramelized carrots

serving size: ¾ cup

vegan

ingredients: olive oil, shallots, maple syrup, cinnamon, carrots, lemon juice

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	2	19	1	12	80

mediterranean quinoa salad with pistachios

serving size: ½ cup

vegan

ingredients: quinoa, tomatoes, cucumbers, parsley, olive oil, lemon, salt black pepper, pistachio nuts

contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	11	19	5	2	120

grilled lemon pepper chicken breast

serving size: 3.5oz

ingredients: salt, black pepper, lemon juice, lemon zest, chicken breast, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	5	0	27	0	240

bacon

serving size: 2oz

ingredients: pork, salt, sugar, seasoning (celery juice powder, sea salt)

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	6	0	12	0	460

chicken salad

serving size: 3.5oz

ingredients: celery, black pepper, salt, chicken breast, canola oil, mayonnaise

contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	18	1	22	0	360

tuna salad

serving size: 3.5oz

ingredients: celery, tuna, black pepper, salt, mayonnaise

contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	15	0	29	0	670

roast beef

serving size: 3.5oz

ingredients: beef, salt, black pepper

contains:

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	10	1	33	0	650

egg salad

serving size: 3.5oz

vegetarian

ingredients: eggs, dijon mustard, white pepper, salt, mayonnaise

contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	27	2	10	1	540

turkey breast

serving size: 3.5oz

ingredients: corn meal, salt, spices, sugar, garlic, onion, paprika, parsley, turmeric, turkey, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	1	0	23	0	500

black forest ham

serving size: 3.5oz

ingredients: salt, ham

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	8	3	15	1	760

salami

serving size: 3.5oz

ingredients: pork, beef, salt, spices

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	26	2	22	1	1730

breaded chicken breast

serving size: 3.5oz

ingredients: chicken breast, flour, salt, black pepper, whole milk, egg, breadcrumbs, parmesan cheese, parsley, black pepper

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	11	10	22	1	230

lunch

cumin roasted butternut squash

serving size: 4oz

vegan

ingredients: cumin seed, butternut squash, oregano, shallots, garlic, salt, olive oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	2	16	2	4	110

greek farro salad

serving size: 4oz

vegetarian

ingredients: farro, vegetable base, apricots, cucumbers, olives, feta cheese, tomatoes, lemon juice, white balsamic vinegar, honey, dijon mustard, salt, black pepper, oregano, canola oil

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	6	21	4	7	170

quinoa and beet salad with balsamic vinaigrette

serving size: 4oz

vegan

ingredients: quinoa, beets, carrots, raisins, cranberries, balsamic vinegar, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	8	26	2	14	20

freekeh apple salad

serving size: 4oz

vegan

ingredients: freekeh, apples, raisins, apple juice, apple cider vinegar, honey, canola oil

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	2	29	4	8	4

marinated asparagus salad

serving size: 4oz

vegetarian

ingredients: bell peppers, red wine vinegar, shallots, dijon mustard, honey, black pepper, salt, oregano, canola oil, asparagus, vegetables base

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	7	2	5	120

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

american cheese

serving size: 1oz
vegetarian

ingredients: milk, salt, cream, soy lecithin

contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	9	1	5	1	470

swiss cheese

serving size: 1oz
vegetarian

ingredients: milk, salt, soy lecithin, soy oil

contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	8	1	7	0	50

cheddar cheese

serving size: 1oz
vegetarian

ingredients: milk, potato starch, annatto, salt, powdered cellulose

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	9	1	7	<1	190

monterey jack cheese

serving size: 1oz
vegetarian

ingredients: milk, salt, annatto, potato starch, powdered cellulose

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	9	1	7	<1	190

feta cheese

serving size: 1oz
vegetarian

ingredients: milk, salt

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	6	1	4	0	320

lunch

provolone cheese

serving size: 1oz

vegetarian

ingredients: milk, salt

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	8	1	7	0	210

muenster cheese

serving size: 2oz

vegetarian

ingredients: milk, salt, annatto

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	17	1	13	1	360

blue cheese crumbles

serving size: 1oz

vegetarian

ingredients: milk, salt, powdered cellulose

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	8	1	6	0	320

mozzarella cheese

serving size: 2oz

ingredients: milk, vinegar, salt

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	13	1	13	0	280

pepper jack cheese

serving size: 2oz

ingredients: milk, jalapeno peppers, salt, enzymes

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	17	0	14	0	340

sliced whole wheat bread

serving size: 1 slice
vegan

ingredients: flour, whole-grain wheat flour, wheat bran, yeast, whole wheat flour, salt
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	20	4	0	240

sliced seven grain bread

serving size: 1 slice
vegan

ingredients: flour, whole-grain wheat flour, rye flour, oat flour, whole wheat flour, sunflower seeds, flaxseed, rye, oats, millet, molasses, seeds, pumpkin seeds, squash seeds, salt, yeast
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	2	26	4	4	220

sliced white bread

serving size: 1 slice
vegan

ingredients: wheat flour, yeast, whole wheat flour, salt
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	0	20	4	0	240

sliced sourdough bread

serving size: 1 slice
vegan

ingredients: wheat flour, whole wheat flour, salt, yeast
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	0	13	1	0	400

lunch

kaiser roll

serving size: 1ea
vegan

ingredients: flour, salt, yeast
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	1	46	6	0	560

rye bread

serving size: 1ea
vegan

ingredients: wheat flour, rye flour, whole wheat flour, salt, spices, caraway seed, yeast
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	21	4	0	180

tortilla wrap (plain, whole wheat, spinach herb, tomato basil)

serving size: 1ea (12")
vegan

ingredients:

plain - wheat flour, barley flour, vegetable shortening (soybean oil), salt, corn starch

whole wheat - wheat flour, whole wheat flour, barley flour, vegetable shortening (soybean oil), salt, corn starch

spinach herb – spinach, garlic, onion, sugar, parsley, wheat flour, barley flour, vegetable shortening (soybean oil), salt, corn starch

tomato basil - paprika, tomato, onion, wheat flour, barley flour, vegetable shortening (soybean oil), salt, corn starch

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310 - 320	8	50	9	1	500-770

semolina hero

serving size: 1ea
vegan

ingredients: semolina flour, flour, wheat flour, barley flour, olive oil, salt, brown sugar, sesame seeds
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	3	56	9	2	620

whole wheat roll

serving size: 1ea (4oz)
vegan

ingredients: white wheat flour, whole-grain wheat flour, wheat bran, crude, yeast, flour, salt
contains: egg, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	2	50	10	1	610

focaccia

serving size: 1ea (113g)
vegetarian

ingredients: flour, oil, butter, yeast, salt, sugar
contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	16	43	6	0	60

ciabatta

serving size: 1ea
vegan

ingredients: wheat flour, yeast, salt
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	1	56	10	1	750

lunch

tomato

serving size: 2 slices
vegan

ingredients: tomato

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
5	0	1	0	1	0

lettuce

serving size: 1ea
vegan

ingredients: lettuce

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
0	0	0	0	0	0

roasted red pepper

serving size: 1oz
vegan

ingredients: roasted peppers, salt, water, citric acid

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	2	0	1	70

red onion

serving size: 1 tbsp
vegan

ingredients: red onion

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	2	0	1	70

jalapeno peppers

serving size: 1oz
vegan

ingredients: jalapeno peppers, distilled vinegar, salt, garlic powder, spices

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	1	0	1	470

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pickles

serving size: 1ea

vegan

ingredients: cucumbers, vinegar, salt,

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
5	0	1	0	0	240

carrot sticks

serving size: 5ea

vegan

ingredients: carrots

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	4	0	2	30

celery sticks

serving size: 5ea

vegan

ingredients: celery

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
5	0	1	0	0	10

coleslaw

serving size: 1oz

vegetarian

ingredients: cabbage, carrots, mayonnaise, celery seed, sugar, salt, white pepper, apple cider vinegar

contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	5	2	1	1	50

banana peppers

serving size: 1 tbsp

vegan

ingredients: banana peppers, vinegar, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
0	0	0	0	0	30

ranch dressing

serving size: 1 floz
vegetarian

ingredients: soybean oil, egg yolks, salt, buttermilk, modified food starch, whey, spices, onions

contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	11	2	0	1	250

blue cheese dressing

serving size: 1 floz
vegetarian

ingredients: soybean oil, blue cheese, vinegar, sugar, salt, onions,

contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	11	2	1	1	300

honey mustard dressing

serving size: 1 floz
vegetarian

ingredients: soybean oil, vinegar, sugar, dijon mustard, honey, modified food starch, egg yolks, salt,

contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	5	5	0	4	190

caesar dressing

serving size: 1 floz
vegetarian

ingredients: soybean oil, vinegar, romano cheese, parmesan cheese, salt, sugar, egg yolks, garlic, spices, lemon juice, whey, onions, modified food starch, corn syrup, buttermilk

contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	11	2	1	1	310

bbq sauce

serving size: 1 floz
vegan

ingredients: high fructose corn syrup, corn syrup, vinegar, molasses, salt, mustard bran, hickory smoke flavor, spices, onion, celery seed, sugar, natural flavors

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	0	13	0	10	320

frank's hot sauce

serving size: 1 floz
vegan

ingredients: cayenne red peppers, vinegar, salt, garlic

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
5	0	1	0	0	990

olive tamenade

serving size: 1 floz
vegan

ingredients: olives, capers, garlic, black pepper, olive oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	5	1	0	0	0

thousand island dressing

serving size: 1 floz
vegetarian

ingredients: tomato puree, tomato paste, soybean oil, vinegar, sugar, pickles, egg yolks, salt, onions, spices, mustard flour, turmeric, natural flavor,
contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	8	5	0	4	340

chipotle mayonnaise dressing

serving size: 1 floz
vegetarian

ingredients: chipotle peppers, tomato paste, vinegar, corn oil, corn starch, onion, garlic, spices, mayonnaise, cilantro, honey
contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	7	2	0	1	210

balsamic onion jam

serving size: 2 tbsp
vegetarian

ingredients: butter, onions, garlic, wine, sugar, balsamic vinegar, salt, thyme
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	1	10	0	8	40

spicy brown mustard

serving size: 1 tbsp
vegan

ingredients: mustard seeds, salt, spices, turmeric, natural flavors, vinegar

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	1	1	1	0	170

horseradish cream sauce

serving size: 2 tbsp
vegetarian

ingredients: sour cream, horseradish, parsley, sugar, salt, black pepper, lemon juice
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	4	3	1	2	70

mayonnaise

serving size: 1 tbsp
vegetarian

ingredients: soybean oil, eggs, vinegar, egg yolks, salt, sugar, lemon juice
contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	11	0	0	0	80

hot cherry peppers

serving size: 1 tbsp
vegan

ingredients: peppers, vinegar, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
5	0	0	0	0	150

grilled red onion slices

serving size: 1oz
vegan

ingredients: red onion, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	2	0	1	0

avocado slices

serving size: 2oz
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	5	3	1	0	3

pumpkin coconut soup, toasted pepitas, guajillo chiles

serving size: 12 floz
vegetarian

ingredients: butter, olive oil, salt, white pepper, leeks, coconut milk, pumpkin, pumpkin seeds, cilantro, guajillo peppers, canola oil
contains: milk, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	42	21	10	4	590

wild mushroom bisque

serving size: 12 floz
vegetarian

ingredients: onions, mushrooms, milk, flour, canola oil, soy and corn protein, sugar, garlic, turmeric, tomato paste, mushrooms, cornstarch, heavy cream, potato flour, whey, butter, sherry wine, parsley, cayenne pepper
contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	9	22	12	6	1020

lunch

chicken noodle soup

serving size: 12 floz

ingredients: carrots, chicken, cornstarch, salt, egg noodles, celery, onions, sugar, soy protein, corn protein, flavorings, potato flour, pepper, turmeric
contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	2	15	6	3	920

clam chowder

serving size: 12 floz

ingredients: milk, clams, salt, potatoes, celery, heavy cream, canola oil, cod flavoring, butter, onion, cornstarch, wheat flour, sunflower oil, garlic, spices, parsley
contains: fish, milk, shellfish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	20	31	12	9	1180

3 bean & swiss chard soup

serving size: 12 floz

vegan

ingredients: garbanzo beans, navy beans, kidney beans, carrots, onions, brown rice, swiss chard, canola oil, sugar, tomato paste, potatoes, paprika, mushroom, soy sauce (corn syrup, soy protein, salt), celery, garlic, apple cider vinegar
contains: soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	5	36	7	3	780

roasted eggplant soup

serving size: 12 floz

vegetarian

ingredients: roasted eggplant, tomato paste, fennel, onions, parmesan cheese, garlic, potato, canola oil, salt, sugar, natural flavorings, whey
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	4	23	11	3	710

lunch

butternut squash and apple soup

serving size: 12 floz

vegan

ingredients: butternut squash, canola oil, onions, apple, cinnamon, cardamom, nutmeg, ginger, apple cider, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	2	28	2	12	140

chicken noodle soup

serving size: 12 floz

ingredients: carrots, chicken, cornstarch, salt, egg noodles, celery, onions, sugar, soy protein, corn protein, potato flour, black pepper, potato starch, turmeric

contains: egg, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1120	2	15	6	3	920

curried cauliflower and potato soup

serving size: 12 floz

vegan

ingredients: garbanzo beans, bay leaves, garlic, thyme, onions, salt, black pepper, turmeric, ginger, cumin, coriander, potatoes, cauliflower, chili peppers, cilantro, garam masala, canola oil, vegetable base

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	3	34	6	5	130

chicken florentine soup

serving size: 12 floz

ingredients: heavy cream, egg noodles, eggs, onions, chicken, cornstarch, salt, celery, carrots, spinach, flour, canola oil, corn protein, soy protein, sugar, potato flour, corn oil, spices, turmeric

contains: egg, milk, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	14	25	8	4	1050

lunch

lemon orzo chicken soup

serving size: 12 floz

ingredients: pasta (semolina wheat flour, egg white), chicken, cornstarch, salt, heavy cream, onions, carrots, celery, chicken broth, sugar, potato starch, soy protein, corn protein, potato flour, garlic, basil, lemon juice, spice

contains: egg, milk, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	12	19	10	3	1100

portobello mushroom chili

serving size: 12 floz

vegan

ingredients: onions, chili powder, tomatoes, cayenne pepper, mushrooms, kidney beans, navy beans, carrots, bell peppers, cumin, canola oil, vegetable base

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	8	42	13	10	800

root vegetable and red lentil chili

serving size: 12 floz

vegan

ingredients: lentils, celery, white wine, turnip, rutabagas, parsnips, cabbage, onions, tomatoes, sage, salt, parsley, vegetable base

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	1	26	7	5	540

chicken and dumpling soup

serving size: 12 floz

ingredients: milk, spaetzle dumplings, eggs, flour, salt, wheat gluten, turmeric, onions, carrots, chicken, cornstarch, celery, green peas, chicken base, soy protein, corn protein, sugar, potato flour, natural flavorings, potato starch, butter, canola oil, chives, spices

contains: egg, milk, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	8	31	11	6	1170

lunch

root vegetable, red lentil soup

serving size: 12 floz

vegan

ingredients: lentils, celery, white wine, turnip, rutabagas, parsnips, cabbage, onions, tomatoes, sage, salt, parsley, vegetable base

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	1	26	7	5	540

southwest vegetable soup

serving size: 12 floz

vegan

ingredients: corn, chili peppers, black beans, onions, jalapeno peppers, canola oil, basmati rice, thyme, vegetable base, carrots, bell peppers, black pepper, tomatoes, salt, cilantro

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	2	19	3	4	670

vegetarian chili

serving size: 12 floz

vegan

ingredients: tomatoes, pinto beans, onions, kidney beans, tomato paste, carrots, celery, onions, corn oil, potato flour, salt, garlic, bell peppers, cornstarch, spices, chili peppers, cilantro, vinegar, black pepper, red chili peppers

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	2	40	14	0	810

chicken gumbo

serving size: 12 floz

ingredients: chicken, cornstarch, salt, onions, okra, bell peppers, celery, tomatoes, potatoes, flour, canola oil, rice, soy protein, corn protein, potato flour, carrots, turmeric, ham, smoke flavoring, cottonseed oil, spices, garlic, vinegar, red pepper, paprika, cayenne pepper, white pepper

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	8	22	6	1	890

lunch

southwest tortilla soup

serving size: 12 floz

ingredients: beef, tomatoes, corn flour, onions, bell peppers, carrots, celery, butter, canola oil, garlic, chicken, soy protein, corn protein, potato flour, turmeric, whey, paprika, cornstarch, salt, spices, cilantro, sugar

contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	9	24	4	5	820

chicken florentine soup

serving size: 12 floz

ingredients: milk, heavy cream, pasta, eggs, onions, chicken, cornstarch, salt, celery, carrots, spinach, flour, canola oil, corn protein, soy protein, sugar, potato flour, corn oil, spices, turmeric

contains: egg, milk, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	14	25	8	4	1050

corn & chili bisque

serving size: 12 floz

vegetarian

ingredients: corn, heavy cream, tomatoes, green chiles, milk, onions, soy protein, corn protein, corn oil, flour, sugar, garlic, turmeric, bell peppers, tomatillos, butter, cornstarch chili pepper, spices, jalapeno peppers, cilantro

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	16	25	5	5	1280

french onion soup

serving size: 12 floz

ingredients: onions, beef, sugar, salt, corn oil, potato flour, soy protein, whey, paprika, butter, flour, chicken, corn protein, carrots, cornstarch, tomato paste, vinegar, red pepper, salt

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	5	15	3	7	1310

lunch

vegetarian minestrone

serving size: 12 floz
vegetarian

ingredients: tomatoes, tomato paste, carrots, kidney beans, onions, celery, macaroni, egg whites, zucchini, corn, cabbage, celery, onion, corn oil, potato flour, salt, garlic, cornstarch
contains: egg, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	1	22	5	7	1050

red bean and sausage soup

serving size: 12 floz

ingredients: kidney beans, italian sausage (pork, spices, salt, corn syrup, paprika, sugar), tomatoes, tomato juice, salt, rice, cornstarch, celery, onions, bell peppers, garlic, ham, potato flour, corn oil, smoke flavoring, chicken, soy protein, corn protein, turmeric, chili peppers, parsley, spices, vinegar, red pepper, cayenne pepper
contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	5	40	14	3	1030

pasta e fagioli soup

serving size: 12 floz

ingredients: navy beans, salt, tomatoes, pasta, egg whites, kidney beans, onions, carrots, celery, chicken, soy protein, corn Protein, Potato Flour, Turmeric, Flour, Tomato Paste, Canola Oil, Spinach, Bacon, Smoke Flavoring, Sugar, Brown Sugar, parmesan cheese, cornstarch, spices, vinegar, red pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	8	33	10	3	920

shrimp caesar, parmesan, whole wheat wrap

serving size: 1ea

ingredients: whole wheat tortilla, lemon pepper shrimp, olive oil, black pepper, lemon, salt, lettuce, caesar dressing, parmesan cheese

contains: egg, milk, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	32	52	10	6	1090

charred sweet peppers, fresh mozzarella, basil pesto, focaccia

serving size: 1ea

ingredients: focaccia, mozzarella cheese, roasted peppers, basil pesto, arugula

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	27	45	24	3	1010

roasted chicken, artichoke pesto, fresh mozzarella, basil, ciabatta

serving size: 1ea

ingredients: ciabatta, chicken, tomatoes, mozzarella cheese, lettuce, artichoke hearts, olive oil, parmesan cheese, black pepper, basil

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	14	67	40	2	1000

italian hero, salami capicola, roasted peppers, provolone, oil & vinegar, baguette

serving size: 1ea

ingredients: baguette, lettuce, tomatoes, capicola, bell peppers, salami, provolone, balsamic vinegar, olive oil, basil

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	16	75	26	5	2050

roast beef, muenster, horseradish aioli, onion roll

serving size: 1ea

ingredients: roast beef, onion roll, muenster cheese, lettuce, horseradish cream sauce

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	23	33	37	4	1070

mediterranean tuna salad, 7 grain roll

serving size: 1ea

ingredients: seven grain roll, tomato herb dressing, squash, zucchini, broccoli, cauliflower, bell peppers, carrots, balsamic vinegar, olive oil, basil, salt, black pepper, tuna, olives, tomatoes, lettuce

contains: egg, milk, fish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	18	58	21	15	1430

grilled eggplant & zucchini, charred peppers, hummus, ciabatta

serving size: 1ea

vegan

ingredients: eggplant, ciabatta, zucchini, bell peppers, balsamic vinaigrette, spinach

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	17	65	13	10	950

cranberry caramelized onion, havarti turkey, kaiser

serving size: 1ea

ingredients: turkey, olive oil, salt, black pepper, Kaiser roll, cranberry sauce, Havarti cheese, caramelized onions

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	25	55	33	14	1260

lunch

spicy chicken fajita wrap, cheddar

serving size: 1ea

ingredients: flour tortilla, chipotle ranch dressing, chipotle peppers, Italian dressing, cilantro, lemon juice, black pepper, salt, cheddar cheese, corn, onions, red pepper, lettuce, black beans, black pepper

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	28	63	36	4	1230

roast turkey blt, avocado, ciabatta

serving size: 1ea

ingredients: ciabatta bun, turkey, tomatoes, avocado, applewood bacon, lettuce

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	16	62	41	3	1630

cedar plank roasted salmon, horseradish aioli, watercress, english cucumber, rustic roll

serving size: 1ea

ingredients: salmon, roll, mayonnaise, cucumber, horseradish, watercress, honey, salt, black pepper

contains: egg, fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	29	59	43	17	1260

pastrami, swiss, coleslaw, Russian dressing, deli mustard, rye bread

serving size: 1ea

ingredients: rye bread, pastrami, coleslaw, apples, apple cider vinegar, onions, honey, lemon juice, caraway seeds, black pepper, swiss cheese, Russian dressing, mustard

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	20	52	34	4	2000

beet tartine, ricotta, basil honey

serving size: 1ea
vegetarian

ingredients: roasted beet tops, rye bread, ricotta cheese, beet greens, beets, green onions, basil honey, lemon juice, salt, black pepper, apple cider vinegar

contains: milk, Wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	14	34	16	13	1280

chicken milanese, eggplant caponata, lemon aioli, hoagie roll

serving size: 1ea

ingredients: breaded chicken, hoagie roll, eggplant caponata, sun-dried tomatoes, red wine vinegar, sugar, olive oil, salt, capers, garlic, black pepper, parsley, lemon aioli, lettuce, tomato, onions, balsamic vinegar, parmesan cheese, oregano, salt, white pepper, olive oil

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
750	43	64	29	14	1530

roast beef, frizzled onion, cheddar, horseradish aioli, brioche

serving size: 1ea

ingredients: roast beef, brioche bun, frizzled onions, cheddar cheese, mayonnaise, tomatoes, lettuce, horseradish

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
880	55	54	44	11	1110

prosciutto, marinated peppers, fresh mozzarella, arugula, baguette

serving size: 1ea

ingredients: baguette, marinated peppers, mozzarella cheese, prosciutto, olive oil, balsamic vinegar

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	21	75	34	4	1700

falafel, red pepper hummus, pumpkin seeds, spinach wrap

serving size: 1ea

vegan

ingredients: spinach herb tortilla, roasted red pepper, hummus, sesame paste, falafel, tomatoes, pumpkin seeds, lettuce

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	29	90	25	8	1040

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

lunch

serrano ham, parmesan, oven dried tomato puree, ciabatta

serving size: 1ea

ingredients: ciabatta bun, serrano ham, tomatoes, olive oil, shallots, capers, salt, black pepper, parmesan cheese

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	22	48	30	2	1830

smoked turkey, brie, arugula, apples, wheat roll

serving size: 1ea

ingredients: turkey, arugula, whole wheat roll, honey mustard dressing, brie cheese, apples, olive oil

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
830	39	77	46	31	2530

mushroom and onion impossible burger

serving size: 1ea

vegan

ingredients: canola oil, onions, salt, mushrooms, black pepper, parsley, bun, impossible meat

contains: wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	20	37	26	6	720

grilled vegetable, balsamic glaze, hummus, ciabatta

serving size: 1ea

vegan

ingredients: baby spinach, canola oil, bell peppers, garlic, salt, black pepper, yellow squash, zucchini, eggplant, onions, sesame tahini paste, garlic, lemon juice, garbanzo beans, balsamic vinegar, thyme, brown sugar, arrowroot flour, ciabatta

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	9	75	14	11	900

sriracha soy miso grilled tofu

serving size: 4oz
vegan

ingredients: tofu, sriracha hot chili sauce, sesame seeds, soy sauce, miso paste, green onions, garlic

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	12	5	22	<1	400

impossible burger, avocado, whole wheat bun

serving size: 1ea
vegan

ingredients: impossible meat, whole wheat bun, avocado, lettuce, tomatoes

contains: wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	26	38	26	5	630

bratwurst, curried onions, roll

serving size: 1ea

ingredients: curry, onions, canola oil, mayonnaise, ketchup, dijon mustard, bratwurst, roll

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
870	57	66	24	10	1760

candied butternut squash

serving size: 4oz
vegetarian

ingredients: cinnamon, nutmeg, black pepper, salt, butternut squash, sugar, butter

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	6	12	1	4	150

dilled potato and apple salad

serving size: 8oz
vegetarian

ingredients: plain yogurt, honey, lemon juice, salt, black pepper, dill, potatoes, apples, cucumbers, carrots, onions

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	0	27	4	11	110

lunch

bulgur, acorn squash, kale salad

serving size: 4oz
vegetarian

ingredients: acorn squash, canola oil, salt, black pepper, bulgur, cranberries, sugar, white wine vinegar, dijon mustard, orange juice, honey, kale
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	6	15	3	2	90

cumin roasted delicata squash

serving size: 4oz
vegan

ingredients: delicate squash, salt, black pepper, cumin

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	4	9	1	3	100

lentil, butternut squash and swiss chard soup

serving size: 12 floz
vegan

ingredients: onions, salt, black pepper, garlic, butternut squash, cinnamon, turmeric, garlic, carrots, onions, celery, mushrooms, lentils, bay leaves, tomato paste, swiss chard, balsamic vinegar, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	1	35	9	5	200

roasted sweet potato wedges with paprika

serving size: 4oz
vegan

ingredients: sweet potatoes, salt, black pepper, canola oil, paprika

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	24	2	7	90

lunch

mustard pork tenderloin, cranberry sage brussels and quinoa feta garbanzo beans salad

serving size: 1 ea

ingredients: red quinoa, garbanzo beans, olive oil, red wine vinegar, shallots, salt, black pepper, tomatoes, mint, oregano, feta cheese, vegetable stock, brussels sprouts, dijon mustard, pork tenderloin, onions, garlic, cranberries, sage, canola oil

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	25	41	38	16	1110

sweet potato, wild rice & arugula salad with cranberries and cashews

serving size: 1 cup

vegan

ingredients: wild rice, sweet potatoes, canola oil, black pepper, arugula, cranberries, cashew nuts, balsamic dressing

contains: soy, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	9	44	5	14	140

salmon with cranberry, ginger and leek

serving size: 4oz fish, 3oz sauce

ingredients: leeks, cranberries, brown sugar, ginger, salmon, salt, black pepper, canola oil

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	6	17	22	12	110

cranberry bbq chicken sandwich

serving size: 1ea

ingredients: onions, canola oil, garlic, mustard, chili powder, tomato paste, cranberry sauce, apple cider vinegar, molasses, chicken breast, garlic, salt, black pepper, thyme, chicken breast, whole wheat bun, cabbage, carrots, lemon juice, sugar, serrano chili peppers, cilantro

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	759	59	19	30	440

honey glazed cornish game hens

serving size: 4oz

ingredients: orange zest, orange juice, soy sauce, rice wine vinegar, honey, Cornish hen, salt

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	13	10	16	9	440

quinoa, cranberry, roasted butternut salad

serving size: 4oz

vegan

ingredients: butternut squash, canola oil, salt, black pepper, quinoa, red wine vinegar, whole grain mustard, onions, dried cranberries

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	9	24	4	6	90

farro, pistachio, almond, cranberry salad

serving size: 5oz

vegan

ingredients: farro, cumin, almonds, pistachio nuts, lemon zest, dried cranberries, spinach, canola oil

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	7	37	7	6	31

curly fries

serving size: 3oz

ingredients: potatoes, vegetable oil (canola, palm, soybean, sunflower), wheat flour, salt, corn starch, spices, corn meal, garlic powder, onion powder, yeast, paprika

contains: wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	8	20	2	<1	420

mulligatawny soup, chicken

serving size: 12 floz

ingredients: butter, onions, chicken thigh, salt, black pepper, jalapeno chili peppers, garam masala, turmeric, garlic, ginger, tomato paste, carrots, potatoes, onions, bay leaves, parsley, thyme, celery, apples, peas, lime juice, cilantro

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	5	22	10	6	480

lunch

chicken & andouille sausage gumbo

serving size: 12 floz

ingredients: onions, celery, carrots, bell peppers, garlic, chicken base, rice, okra, tomatoes, andouille sausage, chicken breast, black pepper, sassafras, basil, oregano, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	4	19	9	3	320

tuscan farro & garbanzo

serving size: 12 floz

vegetarian

ingredients: onions, carrots, celery, garlic, olive oil, carrots, fennel, mushrooms, beets, tomatoes, basil, thyme, salt, tomato paste, parsley, black pepper, canola oil, farro, parsley, thyme, rosemary, garbanzo beans, parmesan cheese, tomatoes

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	4	33	9	4	200

smoky shrimp in tomato with quinoa and spiced brussels sprouts

serving size: 1ea

ingredients: garlic, cumin, coriander, mustard seed, fennel, paprika, salt, black pepper, tomatoes, carrots, onions, celery, canola oil, mushrooms, bay leaves, shrimp, parsley, thyme, quinoa, turmeric, brussels sprouts

contains: shellfish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	14	24	34	5	370

split yellow lentil soup

serving size: 12 floz

vegan

ingredients: garlic, canola oil, carrots, celery, onions, split peas, hot sauce, cilantro, salt, black pepper, turmeric, coriander, vegetable base

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	7	59	21	4	600

lunch

pistachio crusted salmon, farro mushroom risotto, sun-dried tomatoes

serving size: 1ea

ingredients: salmon, pistachio nuts, fennel, onions, salt, black pepper, wine, canola oil, farro, garlic, great northern beans, brussels sprouts, mushrooms, swiss chard, tomatoes, scallions, parmesan cheese, vegetable base

contains: milk, fish, tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	15	24	21	4	230

spiced butternut squash and orange soup

serving size: 12 floz

vegetarian

ingredients: vegetable broth, onions, carrots, leeks, cumin, garam masala, saffron, turmeric, ginger, butternut squash, orange zest, orange juice, sour cream, salt, black pepper, canola oil

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	8	30	4	4	510

roasted poblano, chicken chili

serving size: 12 floz

ingredients: poblano peppers, pinto beans, chicken base, onions, garlic, chicken breast, chili powder, cumin, red chili pepper, oregano, tomatoes, apple juice, cilantro, avocado, feta cheese, canola oil

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	7	27	22	5	260

spicy black bean chili, lime crema

serving size: 12 floz

vegetarian

ingredients: black beans, bay leaves, garlic, ancho chili pepper, garlic, salt, canola oil, onions, crimini mushrooms, jalapeno chili peppers, tomatoes, cumin, coriander, lime juice, zucchini squash, cilantro, green onions, sour cream, lime juice, lime zest

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	10	57	18	9	410

lunch

curry, tomato, chickpea soup

serving size: 12 floz

vegan

ingredients:

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	7	32	10	7	440

french lentil soup

serving size: 12 floz

ingredients: canola oil, carrots, onions, celery, garlic, tomatoes, lentils, chicken base, salt, thyme

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	3	46	19	8	760

vegan split pea soup

serving size: 12 floz

vegan

ingredients: split peas, white wine, onions, celery, leeks, potatoes, black pepper, salt, vegetable base

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	1	41	11	5	550

lunch

roast turkey blt, avocado, pepperjack, chipotle aioli, ciabatta

serving size: 1ea

ingredients: ciabatta bun, mesquite turkey, pepper jack cheese, tomatoes, avocado, bacon, leaf lettuce, onions, chipotle mayonnaise(mayonnaise, chipotle peppers)

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	30	63	45	5	2170

blackened shrimp & papaya wrap, ranch dressing

serving size: 1ea

ingredients: cajun blackened shrimp(shrimp, canola oil, cajun seasoning), tomato basil tortilla wrap, ranch dressing(mayonnaise, sour cream, water, red wine vinegar, chives, parsley, sage, black pepper, worcestershire sauce, anchovies, hot sauce, salt), cucumber, papaya, spinach

contains: egg, milk, fish, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	35	53	36	4	1380

buffalo chicken wrap

serving size: 1ea

ingredients: fried buffalo chicken tenders(buttermilk marinated chicken tenders, buffalo wing sauce, flour seasoning and coating, butter), flour tortilla, celery, lettuce, buffalo blue spread(buffalo wing sauce, mayonnaise, blue cheese), tomatoes

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	30	66	39	5	1850

grilled steak banh mi, french bread

serving size: 1ea

ingredients: french hero roll, grilled strip steak(beef, salt, black pepper), daikon carrot pickle(carrots, radish, white vinegar, sugar, salt), cucumber, sriracha mayonnaise(light mayonnaise, hot chili sauce, lime juice), jalapeno, cilantro

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	16	70	34	5	1440

lunch

balsamic charred portobello mushroom, artichoke hearts, provolone, sun-dried tomato pesto, focaccia

serving size: 1ea
vegetarian

ingredients: focaccia bread, mushrooms, artichoke hearts(artichoke hearts, water, salt and citric acid}, provolone cheese, red peppers, balsamic vinaigrette, sun-dried tomato pesto, lettuce leaf, onions

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	25	55	21	8	1210

roast beef, frizzled onions, blue cheese, brioche roll

serving size: 1ea

ingredients: roast eye round of beef(beef, salt, black pepper), brioche bun, frizzled onions(onions, all purpose flour, low fat buttermilk, black pepper, salt), tomatoes, leaf lettuce, mayonnaise, blue cheese, horseradish, worcestershire sauce, anchovies

contains: egg, milk, fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	34	49	38	11	800

tuscan baguette, prosciutto, salami, roasted pepper, asiago, banana peppers, baby arugula

serving size: 1ea

ingredients: french baguette, arugula, genoa salami, prosciutto, roasted red pepper(red bell peppers, asiago cheese, banana peppers, basil, canola oil

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
830	45	57	50	9	3110

roast turkey, caramelized onion, provolone, smoke tomato relish, kale slaw, 7 grain

serving size: 1ea

ingredients: seven grain sandwich roll, turkey breast, house roasted(turkey), smoked tomato relish(smoked tomatoes, red wine vinegar, sugar, onions, fennel seed, red pepper, salt), kale slaw(kale, radicchio, carrots, olie oil, lemon juice, salt, red pepper), provolone cheese, caramelized onions(onions, canola oil), butter

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
800	35	65	58	20	1690

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

grilled seasonal vegetables, balsamic glaze, hummus ciabatta

serving size: 1ea
vegan

ingredients: ciabatta bun, grilled vegetables(eggplant, onions, red bell peppers, squash, zucchini, canola oil, garlic, salt, black pepper), hummus, lemon juice, canola oil, sesame tahini paste, water, garlic, salt, black pepper), balsamic glaze(balsamic vinegar, water, brown sugar, arrowroot flour, garlic, thyme), spinach

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	9	75	14	11	900

mediterranean tuna salad, capers, feta, whole wheat roll

serving size: 1ea

ingredients: mediterranean tuna salad(tuna, tomatoes, feta cheese, artichoke, onions, kalamata olives, capers, lemon juice, black pepper), whole wheat sandwich roll, tomatoes, leaf lettuce

contains: egg, milk, fish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	4	54	28	3	950

roast turkey, brie, rocket arugula, 9 grain hero

serving size: 1ea

ingredients: nine grain hero roll, turkey, brie cheese, tomatoes, arugula

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	21	54	45	6	1110

cedar plank roasted salmon, watercress, horseradish aioli, sourdough

serving size: 1ea

ingredients: salmon, roll, light mayonnaise, cucumber, horseradish, watercress, honey, salt, black pepper

contains: egg, fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	29	59	43	17	1260

lunch

lunch

roast beef, broccoli rabe, horseradish spread, aged cheddar, ciabatta

serving size: 1ea

ingredients: ciabatta bun, beef, roasted broccoli rabe(broccoli rabe, canola oil, garlic, salt), onions, watercress, cheddar cheese, horseradish, mayonnaise, worcestershire sauce, anchovies

contains: egg, fish, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	27	73	33	4	1690

turkey cemita, caramelized onions, avocado, black bean spread, cotija, french hero

serving size: 1ea

ingredients: avocado, cemita style roast tur1<ey(turkey, sage, thyme, unsalted butter, chicken montreal seasoning, chipotle chile pepper), French hero, black bean spread(black turtle beans(prepared black beans, water, salt and calcium chloride), lime, roasted garlic, jalapeno, cilantro, onions, mayonnaise, hot sauce, salt, black pepper), caramized onions(onions, canola oil), chopped lettuce, queso cot1ja cheese, jalapeno

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
790	37	81	42	5	1530

jamon serrano, fig spread, rocket arugula, manchego, sourdough

serving size: 1ea

ingredients: serrano ham, fig spread, arugula, manchego cheese, sourdough bread

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	26	46	37	16	2070

jerk mahi mahi & grilled pineapple habanero, hawaiian sweet bread

serving size: 1ea

ingredients: hawaiian bun, mahi mahi, grilled pineapple habanero salsa(tomatoes, diced tomatoes(tomatoes, tomato juice, calcium chloride, citric acid), grilled pineapple slice, onions, chili peppers, salt, cilantro, garlic, chili powder, black pepper, oregano), lettuce leaf, tomatoes, jamaican jerk rub(orange juice, white wine vinegar, dijon mustard, chili peppers, black pepper, parsley, salt, rosemary, basil, cinnamon, ground allspice, thyme)

contains: egg, fish, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	10	63	32	23	600

lunch

baja chicken wrap, pepperjack, guacamole, pico de gallo

serving size: 1ea

ingredients: chicken, flour tortilla, guacamole, lettuce, tomatoes, pepper jack cheese, pico de gallo(tomatoes, jalapeno, onions, lime, cilantro, salt), lime, cilantro, cumin

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	33	60	51	5	1270

roasted peppers, baby arugula, fresh mozzarella, basil pesto, focaccia

serving size: 1ea

vegetarian

ingredients: focaccia bread, mozzarella cheese, roasted peppers(green bell peppers, orange bell peppers, red bell peppers), basil pesto, arugula

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	27	45	24	3	1010

buffalo cauliflower wrap, buttermilk avocado dressing

serving size: 1ea

vegetarian

ingredients: roasted buffalo cauliflower(cauliflower, buffalo wing sauce, canola oil, fresh ground black pepper, salt), smart hearty gram flour tortilla, tomatoes, leaf lettuce, low fat buttermilk avocado dressing(buttermilk, plain yogurt, avocado, shallots, parsley, garlic, salt, black pepper)

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	9	38	9	5	440