

UBS

*nutrition  
allergen  
guide*



Lincoln Harbor Café  
August 2022

## 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 and cheese croissant

serving size: 1ea  
vegetarian

**ingredients:** flour, butter, sugar, milk, salt, egg, soybean oil, corn starch, cheddar cheese, tapioca starch, vinegar, natural flavor, mozzarella cheese, provolone cheese, cheese whey, palm oil, jalapeno puree

**contains:** egg, milk, soy, wheat

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	16	25	88	4	450

## sausage, egg and cheese croissant

**ingredients:** flour, butter, sugar, milk, salt, egg, soybean oil, corn starch, cheese whey, palm oil, cheddar cheese, mozzarella cheese, provolone cheese, pork, spices, corn syrup, paprika, flavorings

**contains:** egg, milk, soy, wheat

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	17	25	8	4	480

# 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

# coffee bar

## 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

# coffee bar

## 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

# coffee bar

## 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

# 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

# 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

## honey glazed donut

serving size: 1ea, 100g

vegetarian

**ingredients:** flour, malted barley flour, vegetable oil (soybean and/or cottonseed oil), dextrose, salt, whey, soy flour, powdered sugar, yeast, egg

**contains:** egg, milk, soy, wheat

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	18	49	7	9	540

## jelly donut

serving size: 1ea, 100g

vegetarian

**ingredients:** flour, malted barley flour, vegetable oil (soybean and/or cottonseed oil), dextrose, salt, whey, soy flour, corn syrup, dextrose, cornstarch, egg

**contains:** egg, milk, soy, wheat

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	14	53	6	20	450

## coconut magic bar

serving size: 50g (3.5oz)

vegetarian

**ingredients:** condensed milk, graham crumbs, semi-sweet chocolate, soy lecithin, vanilla extract, butter, dried shredded coconut, walnuts, raisins, almonds, palm shortening, sweet dried cranberries, sugar, sunflower oil, corn syrup

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

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	26	50	6	34	220

# coffee bar

## apple crumb bar

serving size: 50g (3.5 oz)  
vegetarian

**ingredients:** wheat flour, apple slices, butter, sugar, brown sugar, eggs, palm shortening, cinnamon, sugar, honey, nutmeg, apple flavor, vanilla extract, natural flavors

**contains:** egg, milk, wheat

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	18	48	2	26	20

## marbled cheesecake bar

serving size: 50g (3.5 oz)  
vegetarian

**ingredients:** cream cheese, sugar, eggs, butter, wheat flour, corn syrup, palm shortening, cocoa powder, unsweetened chocolate, salt

**contains:** egg, milk, wheat

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	22	36	3	15	60

## chocolate croissant

serving size: 1ea (86g)  
vegetarian

**ingredients:** wheat flour, butter, valrhona chocolate 48% (sugar, cocoa paste, cocoa butter, natural vanilla flavor), sugar, egg, sea salt, yeast, malt powder (malted barley flour, dextrose), dry nonfat milk powder

**contains:** egg, milk, wheat

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	24	38	6	11	390

## croissant

serving size: 1ea (91g)  
vegetarian

**ingredients:** wheat flour, butter (cream, natural flavorings), water, sugar, egg, sea salt, yeast, diastatic malt powder (malted barley flour, dextrose), dry nonfat milk powder

**contains:** egg, milk, wheat

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	26	39	7	6	480

# coffee bar

## plain scone

serving size:  
vegetarian

**ingredients:** wheat flour, cream, butter (cream, natural flavoring), eggs, cane sugar, cream of tartar (sodium acid pyrophosphate, cornstarch), sea salt, baking soda

**contains:** egg, milk, wheat

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	26	49	8	10	630

## oat currant scone

serving size: 1ea (122g)  
vegetarian

**ingredients:** wheat flour, butter (cream, natural flavoring), cream, eggs, rolled oats, dried currants (currants, sunflower oil), water, whole wheat flour, cane sugar, brown sugar (sugar, cane molasses), sea salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), baking soda, cinnamon, cloves.

**contains:** egg, milk, wheat

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	28	61	10	15	760

## cranberry scone

serving size: 1ea (109g)  
vegetarian

**ingredients:** wheat flour, cream, butter (cream, natural flavoring), dried cranberries (cranberries, sugar, expeller pressed sunflower oil), cane sugar, eggs, cream of tartar (sodium acid pyrophosphate, cornstarch), sea salt, baking soda

**contains:** egg, milk, wheat

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	23	55	7	18	580

## pineapple coconut muffin

serving size: 1ea (92g)  
vegetarian

**ingredients:** creme cake flour, water, eggs, oil, enriched flour, pastry flour, pineapple, yogurt, sugar, coconut, baking soda, vanilla

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

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	13	35	4	18	220



# 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

# breakfast

## 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



## 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

# breakfast

# 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

## 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

# breakfast

## 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

## 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: 1 ea

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

# 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

# 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

# lunch

## 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.

# teriyaki chicken

serving size: 5oz

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

contains: soy, wheat

# lunch

## nutrition information:

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

# 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

# lunch

## 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

## 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

## 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

# 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

# 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

# lunch

## 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

## 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



## 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

# lunch

## 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

## 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

## 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

# 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

# lunch

## 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



# lunch

## 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

*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

## **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

*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

## 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 tapenade

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 fl oz  
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

# 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

# lunch

## 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

# lunch

## 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

# lunch

**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

# lunch

**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

# 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, olive 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

## grilled seasonal vegetables, balsamic glaze, hummus ciabatta

# lunch

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

## 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 turkey(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), caramelized onions(onions, canola oil), chopped lettuce, queso cotija 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