



HAWK'S NEST CAFÉ

NUTRITION INFORMATION

September 2023

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FRUIT

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granny smith apple

serving size: 1ea
vegan

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

fuji apple

serving size: 1ea
vegan

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

gala apple

serving size: 1ea
vegan

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

ginger gold apple

serving size: 1ea
vegan

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

honey crisp apple

serving size: 1ea
vegan

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

tangelo

serving size: 1ea
vegan

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

grapefruit

serving size: 1ea
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	<1	26	2	16	0

pink lady apple

serving size: 1ea

vegan

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

honey crisp apple

serving size: 1ea

vegan

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

golden delicious apple

serving size: 1ea

vegan

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

red delicious apple

serving size: 1ea

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	0	30	<1	22	0

navel orange

serving size: 1ea

vegan

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

asian pear

serving size: 1ea

vegan

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

bartlett pear

serving size: 1ea

vegan

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

banana

serving size: 1ea

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	0	28	1	15	0

yellow peach

serving size: 1ea

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	<1	15	1	13	0

red velvet apricot

serving size: 1ea

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	4	<1	3	0

white nectarine

serving size: 1ea

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	<1	16	2	12	0

yellow nectarine

serving size: 1ea

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	<1	16	2	12	0

plum

serving size: 1ea

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	8	<1	7	0

pineapple cup

serving size: 1 ea

vegan

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

grape cup

serving size: 1 ea

vegan

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

strawberry cup

serving size: 1 ea

vegan

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

cantaloupe cup

serving size: 1 ea

vegan

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

honeydew cup

serving size: 1 ea

vegan

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

blueberry cup

serving size: 1 ea

vegan

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

THE COFFEE BAR

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skim milk

serving size: 8 fl oz

vegetarian

contains: milk

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

whole milk

serving size: 1 ea

vegetarian

contains: milk

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

half & half

serving size: 2 Tbsp

vegetarian

contains: milk

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

heavy cream

serving size: 1 Tbsp

vegetarian

contains: milk

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

oat milk

serving size: 8 fl oz

vegan

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

coconut milk

serving size: 8 fl oz

vegan

contains: tree nuts

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

soy milk

serving size: 8 fl oz

vegan

contains: soy

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

almond milk

serving size: 8 fl oz

vegan

contains: tree nuts

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

portobello spinach mozzarella empanadas (nuchas)

serving size: 1 ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	10	25	6	1	520

spicy cheese empanadas (nuchas)

serving size: 1 ea

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	13	26	9	3	490

pinto bean empanadas (nuchas)

serving size: 1 ea

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	7	31	7	0	440

ham & cheese empanadas (nuchas)

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	13	26	12	1	630

apple cranberry & nutella empanadas (nuchas)

serving size: 1 ea

vegetarian

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	12	43	5	16	250

beef empanadas (white toque)

serving size: 1 ea
contains: egg, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	11	38	10	7	1430

chicken empanadas (white toque)

serving size: 1 ea
contains: egg, soy, wheat

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

spinach empanadas (white toque)

serving size: 1 ea
contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	34	37	8	7	340

ham & cheese croissant

serving size: 1 ea

contains: egg, milk, wheat

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

spinach and cheese croissant

serving size: 1ea

vegetarian

contains: egg, milk, wheat

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

egg and cheese croissant

serving size: 1ea

vegetarian

contains: egg, milk, soy, wheat

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

sausage, egg and cheese croissant

serving size: 1ea

contains: egg, milk, soy, wheat

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

mini raspberry financier

serving size: 1ea

vegetarian

contains: egg, milk, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	17	28	4	22	30

mini marble financier

serving size: 1ea

vegetarian

contains: egg, milk, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	17	24	5	18	30

canele

serving size: 1ea

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	8	25	4	20	30

pastries

blueberry, strawberry, granola & greek yogurt parfait

serving size: 9 oz

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	5	34	17	19	150

blueberry toasted coconut overnight oats

serving size: 8 oz

vegetarian

contains: milk, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	11	50	11	17	80

raspberry, granola & greek yogurt parfait

serving size: 9 oz

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	4	29	19	14	130

coconut mocha chocolate chia pudding

serving size: 8 oz

vegan

contains: tree nuts

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

mixed berries, greek yogurt chia pudding

serving size: 8 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	5	38	11	27	110

cocoa banana overnight oats

serving size: 8 oz

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	3	40	10	14	70

bacon, egg & cheese on english muffin

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	31	26	35	6	1320

za'atar breakfast flatbread

serving size: 1 ea

vegetarian

contains: egg, milk, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	36	67	22	12	1370

ham & vegetable frittata

serving size: 6 oz

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	5	3	17	1	560

bacon, egg & cheddar cheese on a biscuit

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	33	42	34	4	1650

ham, egg, goat cheese & spinach flatbread fold

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	24	40	31	5	1640

zucchini gouda basil frittata

serving size: 1 ea

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	24	15	28	14	430

shrimp and asparagus flatbread

serving size: 1 slice

contains: milk, sesame, shellfish, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	8	23	11	2	290

grilled chicken, corn and black bean quesadilla

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
850	42	68	54	4	1740

vegetable carpaccio wrap with balsamic vinaigrette

serving size: 1 ea

vegetarian

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	23	49	9	11	520

house roasted vegetable quesadilla

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
890	55	75	29	10	1670

crispy chicken, cheddar, apple wood smoked bacon, pickled chilies

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	33	52	41	10	930

mediterranean eggplant flatbread

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat; at risk: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	25	29	14	4	900

southwestern chicken salad with jalapeno cilantro dressing

serving size: 22 oz

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
770	39	58	53	10	1240

mediterranean greek flank steak salad with greek dressing

serving size: 12 oz

contains: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	11	9	36	4	410

wild salmon arugula farro apple salad with jalapenos

serving size: 11 oz

contains: fish, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	6	31	27	7	110

chickpeas, chorizo, prosciutto asparagus, olives snack box

serving size: 1ea

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

cheese, crackers, grapes, hard boiled eggs snack box

serving size: 1ea

vegetarian

contains: egg, milk, wheat

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



HAWK'S NEST CAFÉ

CEREAL, PASTRIES & DESSERTS

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corn flakes kellogg's

serving size: 1 ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	0	36	3	4	300

frosted mini wheats kellogg's

serving size: 1 ½ cup

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	2	51	5	12	10

special k red berries kellogg's

serving size: 1 ½ cup

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	1	51	5	16	380

honey nut cheerios general mills

serving size: 1 ½ cup

vegetarian

contains: tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	3	45	5	18	320

total raisin bran general mills

serving size: 1 ¼ cup

vegan

contains: wheat; at risk: tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	1	56	4	23	280

oats & granola mix general mills

serving size: 1 cup

vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	7	74	8	32	160

udi's soft white sandwich bread

serving size: 2 slices

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	4	24	2	3	260

udi's whole grain sandwich bread

serving size:

contains: N/A

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
N/A	N/A	N/A	N/A	N/A	N/A

udi's plain bagel

serving size: 1ea

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	7	37	6	4	410

udi's everything bagel

serving size: 1ea

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	8	37	5	4	390

udi's hamburger buns

serving size: 1ea

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	6	37	4	5	370

bread pudding

serving size: 4 oz

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	16	30	8	13	220

chocolate bread pudding

serving size: 5oz

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	24	46	9	27	230

banana bread pudding

serving size: 5 oz

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	16	36	8	16	220

citrus macerated berries bread pudding

serving size: 5 oz

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	16	35	8	17	220

blueberry white chocolate bread pudding

serving size: 5 oz

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	21	16	1	27	230

peach bread pudding

serving size:

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	16	38	0	20	220

bread pudding

croissant

serving size: 1 ea (91g)
vegetarian
contains: egg, milk, wheat

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

chocolate croissant

serving size: 1 ea (86g)
vegetarian
contains: egg, milk, wheat

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

cheese danish

serving size: 1 ea (122g)
vegetarian
contains: egg, milk, soy (at risk), wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	34	47	9	18	450

apple danish, almonds

serving size: 1 ea (122g)
vegetarian
contains: egg, milk, soy (at risk), tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	23	28	6	9	270

cherry danish

serving size:
vegetarian
contains:

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

marble financier, almonds

serving size: 1 ea (70g)
vegetarian
contains: egg, milk, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	17	24	5	18	30

corn muffin

serving size: 1 ea (91g)

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	11	40	4	18	260

banana nut muffin

serving size: 1 ea (91g)

vegetarian

contains: egg, milk, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	13	38	4	20	250

blueberry crumb muffin

serving size: 1 ea (91g)

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	11	33	4	16	200

meyer lemon & raspberry muffin

serving size: 50g (3.5oz)

vegetarian

contains: egg, milk, wheat

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

pineapple coconut muffin

serving size: 1ea (92g)

vegetarian

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

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

apple cinnamon muffin

serving size: 1 (91g)

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	12	32	3	18	230

mini chocolate chunk cookie

serving size: 20g (1ea)

vegetarian

contains: egg, milk, soy, wheat

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

white chocolate cranberry macademia

serving size: 20g (1ea)

vegetarian

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

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

walnut raspberry thumbprint

serving size: 23g (1ea)

vegetarian

contains: egg, milk, tree nuts, wheat

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: 1ea

vegetarian

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

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

raspberry linzer bar

serving size: 50g (3.5oz)

vegetarian

contains: eggs, milk, tree nuts, wheat

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

classic fudge bar

serving size: 50g (3.5oz)

vegetarian

contains: eggs, milk, wheat, soy

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

contains: eggs, milk, soy, wheat

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

lemon bar

serving size: 50g (3.5oz)

vegetarian

contains: eggs, milk, wheat

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

coconut magic bar

serving size: 50g (3.5oz)

vegetarian

contains: milk, tree nuts, soy, wheat

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

apple crumb bar

serving size: 50g (3.5oz)

vegetarian

contains: egg, milk, wheat

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

marbled cheesecake bar

serving size: 50g (3.5oz)

vegetarian

contains: egg, milk, wheat

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

honey glazed donut

serving size: 1ea, 100g
vegetarian

contains: egg, milk, soy, wheat

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

jelly donut

serving size: 1ea, 100g
vegetarian

contains: egg, milk, soy, wheat

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

apple cider donut

serving size: 1ea (110g)
vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	18	51	7	12	510

plain scone

serving size:

vegetarian

contains: egg, milk, wheat

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

contains: egg, milk, wheat

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

cranberry scone

serving size: 1ea (109g)

vegetarian

contains: egg, milk, wheat

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

mini cannoli

serving size: 1ea (85g)

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	13	31	8	21	60

raspberry financier, almonds

serving size: 1ea (65g)

vegetarian

contains: egg, milk, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	17	28	4	22	30

black and white mousse

serving size: 1ea (3.9oz)

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	34	39	4	33	100

brownie

serving size: 1 slice, 4oz (112g)

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	26	57	5	57	210

blondie

serving size: N/A

vegetarian

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	23	60	5	28	N/A

pumpkin tart

serving size: 97g
vegetarian
contains: egg, milk, soy (at risk), wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	10	14	2	9	120

apple caramel galette tart

serving size: 1ea (121g)
vegetarian
contains: egg, milk, soy (at risk), wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	16	49	6	22	60

pear frangipan tart, almonds

serving size: 63g
vegetarian
contains: egg, milk, soy (at risk), tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	11	36	3	23	310

iced crumb cake brownie

serving size: not available
vegetarian
contains: egg, milk, soy, wheat, peanuts (at risk), tree nuts (at risk)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	21	62	not available	not available	130

carrot cake

serving size: 1ea (4.15oz)
vegetarian
contains: egg, milk, tree nuts, soy (at risk), wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	27	46	5	32	250

german chocolate cake

serving size: 1ea (3.8oz)
vegetarian
contains: egg, milk, tree nuts, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	28	50	4	37	170

swirl cake

serving size: 1ea (110g)
vegetarian
contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	21	53	8	34	20

peanut butter cookie (david's)

serving size: 1ea (1.5oz)

vegetarian

contains: egg, milk, peanuts, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	12	22	4	15	150

coconut pecan cookie (david's)

serving size: 1ea (1.5oz)

vegetarian

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	16	19	2	10	100

white chocolate macadamia cookie (david's)

serving size: 1ea (1.5oz)

vegetarian

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	11	24	2	14	110

chocolate chunk cookie (david's)

serving size: 1ea (1.5oz)

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	9	26	2	15	110

oatmeal raisin cookie (david's)

serving size: 1ea (1.5oz)

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	9	26	2	16	110

sugar cookie (david's)

serving size: 1ea (1.5oz)

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	15	24	2	11	140

apple crumb cake

serving size: 1ea (3.8oz)

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	19	55	5	29	290

blueberry crumb cake

serving size: 1ea (3.8oz)

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	19	55	5	28	270

coffee streusel crumb cake

serving size: 1ea (3.6oz)

vegetarian

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	23	52	5	34	280

classic coffee crumb cake

serving size: 1ea (3.6oz)

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	22	63	6	32	330

l’opera strip cake

serving size: 1ea (3.5oz)

vegetarian

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	24	44	5	37	30

vanilla caramel brulee strip cake

serving size: 1ea (3.6oz)

vegetarian

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	20	37	7	31	60

apricot rugelach

serving size: 2ea (2oz)

vegetarian

contains: milk, tree nut, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	19	19	3	8	50

chocolate chip rugelach

serving size: 2ea (2oz)

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	20	17	3	7	50

cinnamon rugelach

serving size: 2ea (2oz)

vegetarian

contains: milk, tree nut, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	20	19	3	8	60

raspberry rugelach

serving size: 2ea (2oz)

vegetarian

contains: milk, tree nut, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	19	20	3	9	50

mini double chocolate bundt cake

serving size: 1ea (5oz)

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	25	97	5	74	320

mini cinnamon swirl bundt cake

serving size: 1ea (5oz)

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
580	28	77	7	51	580

mini lemon bundt cake

serving size: 1ea (6oz)

vegetarian

contains: n/a

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	26	90	6	58	330

mini red velvet bundt cake

serving size: 1ea (6.5oz)

vegetarian

contains: n/a

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
740	38	89	9	50	430

rainbow cookies

serving size: 1ea (1oz)

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
740	38	89	9	50	430

mini lava bundt cake

serving size: 1ea (6oz)

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	36	77	8	44	700

peach melon agua fresca

serving size: 16 floz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	<1	71	2	69	20

watermelon agua fresca

serving size: 16 floz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	<1	58	1	54	10

strawberry agua fresca

serving size: 16 floz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	<1	56	1	50	10

pineapple honey agua fresca

serving size: 16 floz
vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	<1	52	1	45	20



HAWK'S NEST CAFÉ

FLAME

NUTRITION INFORMATION

Be aware that we handle and prepare egg, milk, wheat, gluten, fish, soy, sesame, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Please direct questions to an ingredient expert.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional information is available upon request.

FLAME

(breakfast)

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2,000 calories a day is used for general nutrition advice, but calorie needs vary, Additional information is available upon request.

buttermilk waffle

serving size: 1 ea
vegetarian
contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	11	46	9	8	550

pancakes

serving size: 1 ea (47g)
vegetarian
contains: milk, soy, wheat; at risk: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	1	17	2	4	260

mixed berries

serving size: ¼ cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
15	<1	4	<1	2	<1

chocolate chips

serving size: 1 tbsp
vegetarian
contains: milk, soy; at risk: peanuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	3	7	<1	6	1

whipped cream

serving size: 2 tbsp
vegetarian
contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	5	1	<1	1	4

kaiser roll

serving size: 1 ea

vegan

contains: wheat

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

croissant

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	67	43	8	3	390

english muffin, white

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	1	25	5	2	240

english muffin, whole wheat

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	1	23	5	5	210

tortilla, white

serving size: 1 ea (12")

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	8	48	8	1	570

tortilla, whole wheat

serving size: 1 ea (12")

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	9	47	7	4	440

tortilla, spinach

serving size: 1 ea (12")

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	8	47	8	0	640

MTO sandwich
bread

bagel, plain

serving size: 1 ea (4.4 oz)

vegan

contains: wheat

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

bagel, whole wheat

serving size: 1 ea (4.4 oz)

vegetarian

contains: soy, wheat

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

bagel, poppy seed

serving size: 1 ea (4 oz)

vegetarian

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	4	60	11	N/A	410

white, sliced

serving size: 1 ea (1.6 oz)

vegan

contains: wheat

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

whole wheat, sliced

serving size: 1 ea (1.6 oz)

vegan

contains: wheat

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

seven grain, sliced

serving size: 1 ea (2 oz)

vegan

contains: wheat

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

MTO sandwich
bread

pork bacon

serving size: 3 slices

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	7	0	5	0	220

pork sausage patties

serving size: 1 ea (1.5 oz)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	8	<1	5	<1	240

pork sausage links

serving size: 2 ea (4 oz)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	39	2	9	1	510

turkey bacon

serving size: 2 slices

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	5	1	4	1	130

turkey sausage patties

serving size: 2 ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	10	0	14	0	520

turkey sausage links

serving size: 2 ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	7	0	9	0	360

ham

serving size: 3 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	18	1	18	0	820

plant based sausage patty (morningstar)

serving size: 2 patty

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	8	18	2	500

turkey, sliced

serving size: 3 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	1	1	16	1	310

american cheese

serving size: 1 oz

vegetarian

contains: milk, soy

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

swiss cheese

serving size: 1 oz

vegetarian

contains: milk, soy

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

cheddar cheese

serving size: 1 oz

vegetarian

contains: milk

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

provolone cheese

serving size: 1 oz

vegetarian

contains: milk

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

pepperjack cheese

serving size: 1 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	9	<1	7	<1	170

feta

serving size: 1 oz

vegetarian

contains: milk

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

MTO sandwich & omelet cheeses

fried egg

serving size: 2 ea

vegetarian

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	18	0	12	0	120

scrambled egg whites

vegetarian

contains: egg, soy

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	2	1	12	<1	590

serving size: 6oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	1	20	1	590

scrambled eggs

vegetarian

contains: egg, soy

serving size: 4oz

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

serving size: 6oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	16	1	21	1	240

eggs

tomatoes

serving size: 1 oz

vegan

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

onions

serving size: 1 oz

vegan

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

mushrooms

serving size: 1 oz

vegan

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

broccoli

serving size: 1 oz

vegan

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

spinach

serving size: 1 oz

vegan

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

jalapeno peppers

serving size: 1 oz

vegan

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

seasoned home fries

serving size: ½ cup

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	23	17	2	1	760

tater tots

serving size: ½ cup

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	8	18	1	0	400

roasted bell peppers

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	6	1	2	80

roasted eggplant

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	6	1	2	80

sides

roasted broccoli

serving size: ½ cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	3	1	<1	140

roasted zucchini

serving size: ½ cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	3	1	2	40

herb roma tomato

serving size: ½ cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	5	1	3	160

lemon grilled asparagus

serving size: 5 ea
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	3	1	1	90

blistered grape tomatoes

serving size: 1 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	3	1	<1	1	110

roasted cauliflower

serving size: ½ cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	3	1	1	60

roasted beets

serving size: 3 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	1	10	2	8	430

pork bacon

serving size: 3 slices

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	11	0	8	0	330

pork sausage patty

serving size: 2 ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	16	1	11	1	480

pork sausage links

serving size: 2 ea (2 oz)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	39	2	18	1	510

turkey bacon

serving size: 3 slices

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	12	2	10	2	310

turkey breakfast sausage links

serving size: 2 ea (1 oz)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	7	0	9	0	360

plant based sausage (morningstar farms)

serving size: 2 ea (1.34 oz)

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	8	18	2	500

chicken apple sausage link

serving size: 2 ea (1.35 oz)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	16	8	16	8	940

sides

FLAME

(lunch)

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spicy chipotle black bean burger patty morning star

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	5	13	9	1	320

impossible burger patty

serving size: 1 ea

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	15	9	19	1	390

turkey burger patty

serving size: 1 ea (4 oz)

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	15	<1	23	0	340

hamburger beef patty

serving size: 1 ea

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	11	0	16	0	50

grilled chicken breast

serving size: 1 ea (4 oz)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	5	<1	23	0	140

grilled cheese – white bread with american cheese

serving size: 1ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	20	48	14	6	940

MTO
protein

american cheese

serving size: 1 oz

vegetarian

contains: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	2	2	1	50

cheddar cheese

serving size: 1 oz

vegetarian

contains: milk

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

swiss cheese

serving size: 1 oz

vegetarian

contains: milk, soy

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

pepperjack cheese

serving size: 1 oz

vegetarian

contains: milk

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

mozzarella

serving size: 1 oz

vegetarian

contains: milk

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

provolone

serving size: 1 oz

vegetarian

contains: milk

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

gruyere

serving size: 1 slice

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	9	0	8	0	200

MTO
cheeses

romaine lettuce

serving size: 1 ea

vegan

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

beefsteak tomato

serving size: 1 slice

vegan

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

red onion, sliced

serving size: 1 tbsp

vegan

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

caramelized onion

serving size: 1 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	3	3	0	1	0

sauteed mushrooms, garlic

serving size: 2 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	2	2	1	50

banana peppers

serving size: 1 tbsp

vegan

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

hot cherry peppers

serving size: 1 tbsp

vegan

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

pickles

serving size: 1 ea

vegan

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

MTO
toppings

siracha ketchup

serving size: 1 fl oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	5	<1	4	550

truffle aioli

serving size: 1 fl oz

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	18	1	<1	<1	120

soy ginger aioli

serving size: 1 fl oz

vegetarian

contains: egg, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	17	2	<1	<1	240

alabama white bbq sauce

serving size: 1 fl oz

contains: egg, fish, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	10	4	<1	3	150

spicy brown mustard*

serving size: 1 fl oz

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	2	1	<1	310

smoky carolina bbq sauce

serving size: 1 fl oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	<1	13	1	11	230

ketchup

serving size: 1 fl oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	8	<1	6	260

mayonnaise

serving size: 1 fl oz

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	23	1	<1	<1	160

flame sauces

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

french fries

serving size: 3 oz

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	9	18	1	0	20

curly seasoned fries

serving size: 3 oz

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	12	21	1	0	290

sweet potato fries

serving size:

vegan

contains: soy

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

onion rings

serving size: 5 ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	16	31	2	6	370

baked sweet potato

serving size: 1 ea (6 oz)

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	<1	31	3	10	50

baked potato

serving size: 1 ea (6 oz)

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	2	49	4	4	90

mixed greens with tomatoes, cucumbers and carrots

serving size: 2 cups

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	6	2	3	30

flame sides

yellow fin tuna

serving size: 6 oz

contains: fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	1	0	45	0	80

a la plancha

bell & evans grilled chicken

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	12	1	31	0	760

cauliflower steak

serving size: 1 ea (~2 oz)

vegan

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

faroe island grilled salmon

serving size: 1 ea

contains: fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	12	0	34	0	130

beef pineapple kebab

serving size: 2 ea

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	8	15	27	9	280

grilled tofu

serving size: 4 oz

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	5	2	9	1	20

miso ginger hanger steak

serving size: 4 oz

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	19	4	32	3	420

swordfish

serving size: 6oz

contains: fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	20	1	34	<1	550

ribeye, bar steak

serving size: 7oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
750	57	<1	57	0	2240

filet mignon

serving size: 6 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	21	3	50	0	2900

chicken kebab

serving size: 1 ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	16	2	27	<1	640

grilled shrimp

serving size: 3 oz

contains: shellfish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	3	<1	12	0	590

grilled lamp chops

serving size: 2 ea

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	9	<1	26	0	700

mahi mahi

serving size: 4 oz

contains: fish, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	1	1	26	0	420

pork chops

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	13	<1	29	0	430

a la plancha

grilled steak chimichurri quesadilla

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
770	44	55	41	4	1070

philly cheesesteak

serving size: 1 sandwich

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	26	54	53	2	830

croque monsieur

serving size: 1 sandwich

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	26	53	37	7	1960

korean beef tacos

serving size: 2 ea

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	12	41	22	16	1140

monte cristo

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
700	33	46	53	8	1990

buttermilk fried chicken thigh, roasted leeks, alabama white sauce

serving size: 1 ea

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	22	24	23	6	400

flame specialty

ROTISSERIE

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classic rotisserie chicken

serving size: ¼ ea chicken

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	18	2	36	<1	610

honey rosemary rotisserie pork loin

serving size: 6 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	19	4	48	4	840

glazed cornish hens

serving size: 4 oz

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	13	10	16	9	440

cedar plank salmon

serving size: 1 ea (~4.5 oz)

contains: fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	12	0	33	0	110

pineapple glazed ham

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	9	8	36	5	1670

chipotle roast beef

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	10	1	35	0	530

cuban pork

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	13	10	23	1	740

harissa rubbed roasted leg of lamb

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	8	1	28	1	230

herb rotisserie turkey breast

serving size: 4 oz

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	9	2	23	2	1100

cantonese rotisserie pork

serving size: 4 oz

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	19	16	25	14	970

apricot espresso glazed pork loin

serving size: 3 oz

contains: fish, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	10	18	26	12	280

israeli couscous, dried cranberries, apricot salad

serving size: ½ cup

vegetarian

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	1	13	<1	11	3

glazed french beans and baby carrots

serving size: 4 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	3	11	2	6	30

roasted patty pan squash

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	5	4	1	1	300

spring mix salad

serving size: 2 ½ cups

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	7	2	3	30

wheatberry, corn, tomato salad

serving size: ½ cup

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	3	20	4	2	2

broccolini, garlic

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	6	10	4	2	420

lemon grilled asparagus

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	3	1	1	90

rotisserie side

roasted broccoli rabe with garlic

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	3	3	<1	80

rotisserie side

herb roasted zucchini and yellow squash

serving size: ½ cup

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	4	1	3	50

quinoa, roasted beets, pomegranate dressing

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	13	17	3	8	390

garlic roasted cauliflower

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	6	2	2	220

chickpea, lemon, bulgur wheat salad

serving size: ½ cup

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	2	23	5	2	30

orange, rosemary roasted beets

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	4	19	3	15	330

peach melon agua fresca

serving size: 16 floz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	<1	71	2	69	20

watermelon agua fresca

serving size: 16 floz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	<1	58	1	54	10

strawberry agua fresca

serving size: 16 floz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	<1	56	1	50	10

pineapple honey agua fresca

serving size: 16 floz
vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	<1	52	1	45	20



HAWK'S NEST CAFÉ

HOT CEREAL

NUTRITION INFORMATION

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classic oatmeal

vegan

contains: wheat

hot cereal

serving size: 12 oz

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

serving size: 16 oz

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

farina

vegan

contains: wheat

serving size: 12 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	1	34	5	0	10

serving size: 16 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	1	45	6	0	20

grits

vegan

serving size: 12 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	1	62	6	0	10

serving size: 16 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	2	82	8	1	20

cream of wheat

vegan

contains: wheat

serving size: 12 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	<1	34	5	<1	10

serving size: 16 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	<1	45	6	<1	20

fruit compote, apple pear

serving size: 2 fl oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	0	11	0	9	2

brown sugar

serving size: 1 tbsp

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	0	14	0	13	5

raisins

serving size: 1 tbsp

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	7	0	6	0

walnuts

serving size: 1 tbsp

vegan

contains: tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	5	1	1	0	0

cinnamon

serving size: 1 tbsp

vegan

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

hot cereal toppings



HAWK'S NEST CAFÉ

HEARTH

NUTRITION INFORMATION

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HEARTH (lunch)

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margherita pizza

serving size: 1 ea

vegetarian

contains: milk, soy, wheat; at risk: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1060	43	106	61	9	2340

pepperoni pizza

serving size: 1 ea

contains: milk, soy, wheat; at risk: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
920	35	104	47	8	2310

cheese pizza

serving size: 1 ea

vegetarian

contains: milk, soy, wheat; at risk: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
800	24	104	42	8	1930

sausage pizza

serving size: 1 ea

contains: milk, soy, wheat; at risk: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
960	37	107	48	10	2660

mushroom pizza

serving size: 1 ea

vegetarian

contains: milk, soy, wheat; at risk: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
800	24	104	43	8	1930

garlic knots

serving size: 6 ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	20	96	18	4	1020

pizza

spring onion, mushroom and goat cheese pizza

serving size: 1 ea

vegetarian

contains: milk, soy, wheat; at risk: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
900	31	108	49	10	2080

specialty pizza

meat lover's pizza (ham, pepperoni, sausage, bacon)

serving size: 1 ea

contains: milk, soy, wheat; at risk: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1140	51	105	63	8	3190

sausage, gorgonzola, caramelized onion and roasted pear

serving size: 1 ea

contains: milk, soy, wheat; at risk: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1210	57	119	56	16	2970

spinach, mushroom and goat cheese

serving size: 1 ea

contains: milk, soy, wheat; at risk: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
990	40	107	53	8	2230

salad pizza

baby arugula & radicchio, prosciutto, grape tomato, fresh mozzarella, aged balsamic, EVOO

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
700	13	111	36	14	2430

salad pizza

frisee, grilled artichokes, sundried tomato, manchego, roasted peppers, lemon vin

serving size: 1 ea

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
950	32	131	37	24	2870

salad pizza

boston & baby gem lettuce, fava beans, shaved fennel, blistered tomato, red onion, ricotta salata, charred pepper vinaigrette

serving size: 1 ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
750	15	124	28	15	1950

salad pizza

chicken caesar salad, croutons

serving size: 1 ea

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
770	24	108	33	11	2260

salad pizza

kale chicken caesar salad, croutons

serving size: 1 ea

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1080	49	116	45	9	2610

salad pizza

strawberry, walnut, pickled onions, blue cheese

serving size: 1 ea

vegetarian

contains: milk, soy, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
920	37	120	31	15	1820

salad pizza

niçoise salad, artichoke, kalamata olives, parmesan, hard boiled eggs, green beans, mesclun, arugula, balsamic vinaigrette

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
980	37	130	37	14	2460

salad pizza

char-grilled skirt steak, tomatoes, gorgonzola, green goddess dressing

serving size: 1 ea

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1290	70	109	56	12	2880

½ margherita pizza

½ pizza & salad

salad – baby arugula & radicchio, prosciutto, grape tomato, fresh mozzarella, aged balsamic, EVOO

serving size: ½ pizza & 2 cups of salad

contains: milk, wheat; at risk: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	29	62	39	11	1330

½ pepperoni pizza

salad – baby arugula & radicchio, prosciutto, grape tomato, fresh mozzarella, aged balsamic, EVOO

serving size: ½ pizza & 2 cups of salad

contains: milk, wheat; at risk: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	25	61	32	10	1310

½ neapolitan pizza

salad – baby arugula & radicchio, prosciutto, grape tomato, fresh mozzarella, aged balsamic, EVOO

serving size: ½ pizza & 2 cups of salad

contains: milk, wheat; at risk: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	19	61	29	10	1130

½ mushroom pizza

salad – baby arugula & radicchio, prosciutto, grape tomato, fresh mozzarella, aged balsamic, EVOO

serving size: ½ pizza & 2 cups of salad

contains: milk, wheat; at risk: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	19	61	29	10	1130

½ sausage pizza

salad – baby arugula & radicchio, prosciutto, grape tomato, fresh mozzarella, aged balsamic, EVOO

serving size: ½ pizza & 2 cups of salad

contains: milk, wheat; at risk: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	27	62	34	11	1350

½ spring onion & mushroom goat cheese pizza

baby arugula & radicchio, prosciutto, grape tomato, fresh mozzarella, aged balsamic, EVOO

serving size: ½ pizza & 2 cups of salad

contains: milk, wheat; at risk: egg, soy

Calories1200	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
580	23	63	33	11	1200

½ salad pizza

salad – baby arugula & radicchio, prosciutto, grape tomato, fresh mozzarella, aged balsamic, EVOO

serving size: ½ pizza & 2 cups of salad

contains: milk, wheat; at risk: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	14	65	21	13	1370

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

½ margherita pizza

½ pizza & salad

salad – frisee, grilled artichokes, sundried tomato, manchego, roasted peppers, lemon vin

serving size: ½ pizza & 2 cups of salad

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
970	52	81	48	20	2280

½ pepperoni pizza

salad – frisee, grilled artichokes, sundried tomato, manchego, roasted peppers, lemon vin

serving size: ½ pizza & 2 cups of salad

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
900	48	80	41	19	2260

½ neapolitan pizza

salad – frisee, grilled artichokes, sundried tomato, manchego, roasted peppers, lemon vin

serving size: ½ pizza & 2 cups of salad

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
840	42	80	38	19	2070

½ mushroom pizza

salad – frisee, grilled artichokes, sundried tomato, manchego, roasted peppers, lemon vin

serving size: ½ pizza & 2 cups of salad

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
840	42	80	38	19	2070

½ sausage pizza

salad – frisee, grilled artichokes, sundried tomato, manchego, roasted peppers, lemon vin

serving size: ½ pizza & 2 cups of salad

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
930	50	81	43	19	2300

½ meat lovers pizza

salad – frisee, grilled artichokes, sundried tomato, manchego, roasted peppers, lemon vin

serving size: ½ pizza & 2 cups of salad

contains: egg, milk, soy, wheat

Calories1200	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1010	52	81	45	19	2530

½ salad pizza

salad – frisee, grilled artichokes, sundried tomato, manchego, roasted peppers, lemon vin

serving size: ½ pizza & 2 cups of salad

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
920	46	94	36	27	2540

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

½ margherita pizza

½ pizza & salad

salad – boston & baby gem lettuce, fava beans, shaved fennel, blistered tomato, red onion, ricotta salata, charred pepper vinaigrette

serving size: ½ pizza & 2 cups of salad

contains: milk, wheat; at risk: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
780	36	74	38	12	1370

½ pepperoni pizza

salad – boston & baby gem lettuce, fava beans, shaved fennel, blistered tomato, red onion, ricotta salata, charred pepper vinaigrette

serving size: ½ pizza & 2 cups of salad

contains: milk, wheat; at risk: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	32	73	31	11	1350

½ neapolitan pizza

salad – boston & baby gem lettuce, fava beans, shaved fennel, blistered tomato, red onion, ricotta salata, charred pepper vinaigrette

serving size: ½ pizza & 2 cups of salad

contains: milk, wheat; at risk: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	26	73	28	11	1170

½ mushroom pizza

salad – boston & baby gem lettuce, fava beans, shaved fennel, blistered tomato, red onion, ricotta salata, charred pepper vinaigrette

serving size: ½ pizza & 2 cups of salad

contains: milk, wheat; at risk: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	26	73	28	11	1170

½ sausage pizza

salad – boston & baby gem lettuce, fava beans, shaved fennel, blistered tomato, red onion, ricotta salata, charred pepper vinaigrette

serving size: ½ pizza & 2 cups of salad

contains: milk, wheat; at risk: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	34	74	33	12	1390

½ sausage, gorgonzola, caramelized onion & roasted pear pizza

salad – boston & baby gem lettuce, fava beans, shaved fennel, blistered tomato, red onion, ricotta salata, charred pepper vinaigrette

serving size: ½ pizza & 2 cups of salad

contains: milk, wheat; at risk: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
860	42	81	36	15	1690

½ salad pizza

salad – boston & baby gem lettuce, fava beans, shaved fennel, blistered tomato, red onion, ricotta salata, charred pepper vinaigrette

serving size: ½ pizza & 2 cups of salad

contains: milk, wheat; at risk: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	22	83	21	15	1180

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

½ margherita pizza

salad – chicken caesar salad, croutons

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
760	41	58	35	7	1490

½ pepperoni pizza

salad – chicken caesar salad, croutons and parmesan

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	37	57	28	6	1470

½ neapolitan pizza

salad – chicken caesar salad, croutons and parmesan

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630					

½ mushroom pizza

salad – chicken caesar salad, croutons and parmesan

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	31	57	25	6	1290

½ sausage pizza

salad – chicken caesar salad, croutons and parmesan

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
720	39	58	30	7	1510

½ spinach, mushroom, goat cheese pizza

salad – chicken caesar salad, croutons and parmesan

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
730	39	59	31	6	1440

½ salad pizza

salad – chicken caesar salad, croutons and parmesan

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	31	59	21	8	1450

½ margherita pizza

salad – kale caesar salad, croutons

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
740	41	59	35	6	1450

½ pepperoni pizza

salad – kale caesar salad, croutons and parmesan

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	37	58	28	5	1440

½ cheese pizza

salad – kale caesar salad, croutons and parmesan

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	31	58	25	5	1250

½ mushroom pizza

salad – kale caesar salad, croutons and parmesan

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	31	58	24	5	1250

½ sausage pizza

salad – kale caesar salad, croutons and parmesan

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
700	39	59	30	5	1470

½ meat lovers pizza

salad – kale caesar salad, croutons and parmesan

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
780	43	59	36	5	1880

½ salad pizza

salad – kale caesar salad, croutons and parmesan

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
750	44	64	28	6	1590

½ margherita pizza

salad – strawberry, walnut, pickled onions, blue cheese, balsamic

serving size: ½ pizza & 2 cups of salad

contains: milk, soy, tree nut, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
840	44	74	41	20	1770

½ pepperoni pizza

salad – strawberry, walnut, pickled onions, blue cheese, balsamic

serving size: ½ pizza & 2 cups of salad

contains: milk, soy, tree nut, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
770	40	73	34	19	1760

½ cheese pizza

salad – strawberry, walnut, pickled onions, blue cheese, balsamic

serving size: ½ pizza & 2 cups of salad

contains: milk, soy, tree nut, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	34	73	31	19	1570

½ mushroom pizza

salad – strawberry, walnut, pickled onions, blue cheese, balsamic

serving size: ½ pizza & 2 cups of salad

contains: milk, soy, tree nut, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	34	73	32	19	1570

½ sausage pizza

salad – strawberry, walnut, pickled onions, blue cheese, balsamic

serving size: ½ pizza & 2 cups of salad

contains: milk, soy, tree nut, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
800	42	74	36	19	1790

½ italian sausage, gorgonzola, caramelized onions, pear pizza

salad – strawberry, walnut, pickled onions, blue cheese, balsamic

serving size: ½ pizza & 2 cups of salad

contains: milk, soy, tree nut, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
920	51	81	38	23	2090

½ salad pizza

salad – strawberry, walnut, pickled onions, blue cheese, balsamic

serving size: ½ pizza & 2 cups of salad

contains: milk, soy, tree nut, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
770	44	81	22	16	1070

½ margherita pizza

½ pizza & salad

salad – niçoise salad, artichoke, kalamata olives, parmesan, hard boiled eggs, green beans, mesclun, arugula, balsamic vinaigrette

serving size: ½ pizza & 2 cups of salad

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
830	31	77	65	10	2050

½ pepperoni pizza

salad – niçoise salad, artichoke, kalamata olives, parmesan, hard boiled eggs, green beans, mesclun, arugula, balsamic vinaigrette

serving size: ½ pizza & 2 cups of salad

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
760	27	76	58	9	2040

½ cheese pizza

salad – niçoise salad, artichoke, kalamata olives, parmesan, hard boiled eggs, green beans, mesclun, arugula, balsamic vinaigrette

serving size: ½ pizza & 2 cups of salad

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
700	21	76	55	9	1850

½ mushroom pizza

salad – niçoise salad, artichoke, kalamata olives, parmesan, hard boiled eggs, green beans, mesclun, arugula, balsamic vinaigrette

serving size: ½ pizza & 2 cups of salad

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
700	21	76	56	9	1850

½ sausage pizza

salad – niçoise salad, artichoke, kalamata olives, parmesan, hard boiled eggs, green beans, mesclun, arugula, balsamic vinaigrette

serving size: ½ pizza & 2 cups of salad

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
790	29	77	60	9	2070

½ meat lovers pizza

salad – niçoise salad, artichoke, kalamata olives, parmesan, hard boiled eggs, green beans, mesclun, arugula, balsamic vinaigrette

serving size: ½ pizza & 2 cups of salad

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
870	35	77	66	9	2480

½ salad pizza

salad – niçoise salad, artichoke, kalamata olives, parmesan, hard boiled eggs, green beans, mesclun, arugula, balsamic vinaigrette

serving size: ½ pizza & 2 cups of salad

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
790	28	89	53	12	2110

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

½ margherita pizza

salad – kale, arugula, tomato, gorgonzola, green goddess dressing

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
980	67	58	39	7	1830

½ pepperoni pizza

salad – kale, arugula, tomato, gorgonzola, green goddess dressing

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
910	63	57	32	6	1820

½ cheese pizza

salad – kale, arugula, tomato, gorgonzola, green goddess dressing

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
850	57	57	29	6	1630

½ mushroom pizza

salad – kale, arugula, tomato, gorgonzola, green goddess dressing

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
850	57	57	30	6	1630

½ sausage pizza

salad – kale, arugula, tomato, gorgonzola, green goddess dressing

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
930	65	58	34	6	1850

½ spring onion, mushroom goat cheese pizza

salad – kale, arugula, tomato, gorgonzola, green goddess dressing

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
900	61	59	33	7	1700

½ salad pizza

salad – kale, arugula, tomato, gorgonzola, green goddess dressing

serving size: ½ pizza & 2 cups of salad

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1100	80	60	36	8	2100

baby arugula & radicchio, grape tomato, fresh mozzarella, balsamic, evoo

serving size: 5 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	7	9	8	6	160

frisee, grilled artichokes, sundried tomato, manchego, roasted peppers, lemon vinaigrette

serving size: 9 oz

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	30	28	17	15	1110

baby greens salad, shaved fennel, fava beans, tomato, ricotta salata, red pepper vinaigrette

serving size: 9 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	14	21	7	7	200

caesar salad

serving size: 4 oz

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	19	5	4	2	320

kale caesar salad

serving size: 8 oz

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	19	6	4	1	280

strawberry, blue cheese, walnut, balsamic vinaigrette salad

serving size: 8 oz

vegetarian

contains: milk, tree nut

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	22	21	10	15	600

niçoise salad, artichoke, kalamata olives, parmesan, hard boiled egg, green beans, mesclun, arugula, balsamic vinaigrette

serving size: 8 oz

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	9	24	34	5	880

kale, arugula, tomato, gorgonzola, green goddess dressing

serving size: 6 oz

vegetarian

contains: egg, fish, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	45	5	8	2	660

buffalo chicken roll

serving size: 1 ea

contains: egg, milk, wheat; at risk: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
980	53	85	41	4	3350

chicken roll

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1160	59	107	53	5	2090

cheese calzone

serving size: 1 ea

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1140	54	125	42	11	1960

balsamic vegetable, ricotta calzone

serving size: 1 ea

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	14	75	24	12	830

italian combo calzone

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
580	18	72	34	10	1710

meatball parmesan calzone

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	24	83	41	12	1450

italian sausage, caramelized onion calzone

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	29	77	34	12	1280

eggplant parmesan roll

serving size: 1ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
940	47	100	33	8	1390

calzone

grilled asparagus, pepper, pesto, mozzarella & goat cheese roll

serving size: 1ea

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
740	35	78	29	5	1110

muffaletta roll (mortadella, salami, ham, olives, provolone)

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
860	43	74	43	2	2190

ham & cheese calzone

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
770	31	78	44	4	1710

trenne a la vodka, green peas, asiago & basil

serving size: 7 oz

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	13	72	15	3	870

gnocchi sardi, bolognese, herbed ricotta, asiago

serving size: 7 oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	10	74	20	3	930

mezze rigatoni, arugula pesto, blistered baby heirloom tomato

serving size: 7 oz

vegetarian

contains: egg, milk, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	14	69	15	1	970

fettuccini, garlic shrimp, spinach, white wine butter sauce, red chili

serving size: 7 oz

contains: egg, milk, shellfish, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
950	58	78	33	5	1680

tomato roasted garlic gemelli, pork sausage bolognese, herbed ricotta

serving size: 7 oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	8	71	17	2	900

spinach, black pepper trenne, blistered grape tomatoes, asiago cheese, roasted garlic herb sauce

serving size: 8 oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	36	73	22	3	1470

HEARTH

(salumeria sandwiches)

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prosciutto, fresh mozzarella, fig chutney, tomato focaccia

salumeria

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
840	40	86	39	22	1940

genoa salami, roasted peppers, roasted garlic & artichoke spread on rustic focaccia

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
640	38	47	28	4	1990

porchetta, fennel salad, roasted artichoke, onion chutney, rosemary sea salt focaccia

serving size: 1ea

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1310	90	103	26	34	1660

spicy eggplant, truffle ricotta, heirloom tomato, tomato focaccia

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	32	81	19	9	1410

speck, taleggio, grilled radicchio, sour cherry jam, rosemary sea salt focaccia

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1150	71	93	37	29	2810

prosciutto, fresh mozzarella, pears, chestnut cream, tomato focaccia

serving size: 1ea

contains: milk, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
850	39	88	39	16	1910

salami, provolone, olive peppardew pepper chutney, kalamata
focaccia

salumeria

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
890	53	68	39	4	2520

oven-dried tomato, buffalo mozzarella, basil on focaccia

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	22	46	24	3	730

HEARTH

(desserts)

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large cannoli

serving size: 1ea (96g)

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	9	28	9	19	1140

tiramisu

serving size: 10 oz (122g)

contains: eggs, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	27	37	6	29	80

mini cheesecake

serving size: 1ea (91g)

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	21	26	6	22	250

sfogliatelle

serving size: 1 ea (139g)

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	24	46	10	16	460

rainbow cookies

serving size: 1oz (28g)

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	6	13	2	10	10

napoleon

serving size: 1 pastry (178g)

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	29	50	6	28	400

peach melon agua fresca

serving size: 16 floz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	<1	71	2	69	20

watermelon agua fresca

serving size: 16 floz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	<1	58	1	54	10

strawberry agua fresca

serving size: 16 floz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	<1	56	1	50	10

pineapple honey agua fresca

serving size: 16 floz
vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	<1	52	1	45	20



HAWK'S NEST CAFÉ

SPREAD

NUTRITION INFORMATION

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the hawk's nest wrap

crispy buffalo chicken wrap, blue cheese dressing

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	37	61	26	4	1190

little italy

italian combo, roasted peppers, basil pesto aioli

serving size: 1 ea

contains: egg, milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
760	45	57	36	6	2160

that's a wrap

grilled portobello, roasted red pepper hummus, goat cheese and arugula

serving size: 1 ea

vegetarian

contains: milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	15	40	15	7	420

where's the beef

roast beef, arugula, goat cheese sandwich on rye bread

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	16	48	42	1	980

melanzane croccanti

crispy eggplant caprese, pesto (no nuts) on focaccia

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat; at risk: sesame

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

let's talk turkey

roasted turkey, mozzarella, roasted pepper

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	15	60	47	3	1700

spring garden

balsamic grilled vegetables, mozzarella

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
750	38	77	26	7	1040

the herbivore

roasted portobello, provolone and sundried tomato spread on focaccia

serving size: 1 ea

vegetarian

contains: milk, soy, wheat; at risk: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	24	56	21	9	1160

beast of burden

roast beef, aged cheddar, pickled onions, horseradish cream on seven grain

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
700	35	55	42	15	1330

south of the boarder

slow roasted turkey cemitá, caramelized onions, avocado, jalapenos, cotija cheese, black bean spread on hero roll

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
770	35	80	39	6	1850

godfather part 2

prosciutto, soppressata sausage, ham, fresh mozzarella, tomato, basil on ciabatta

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	36	56	40	2	2180

spread specials

one, two, brie

roast beef, brie cheese, sun-dried tomato pesto (nut free), roasted red peppers on brioche

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	30	50	39	4	1370

the southwestern

roast turkey, avocado, onion, tomato, bacon, pepper jack, chipotle mayo on ciabatta

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	30	63	45	5	2170

the fiesta

chipotle chicken, cheddar, shallots on parmesan focaccia

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	18	51	35	3	1580

the forester

black forest ham, gruyere cheese, dijon mustard, watercress, tomato on baguette

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	19	72	34	3	1980

fugettaboutit

black forest ham, genoa salami, provolone, tomato on seven grain roll

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	34	54	35	12	1980

under the sea

cajun blackened shrimp, papaya, cucumbers, spinach, creamy ranch on sundried tomato basil wrap

serving size: 1 ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	35	53	36	4	1380

spread specials

grilled lemon pepper chicken breast

serving size: 3.5oz

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

pork bacon

serving size: 2 slices

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	7	0	5	0	220

chicken salad

serving size: 3.5oz

contains: egg, soy

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

tuna salad

serving size: 3.5oz

contains: egg, soy

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

roast beef

serving size: 3.5oz

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

grilled tofu

serving size: 3oz

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	5	0	7	0	20

egg salad

serving size: 3.5oz

vegetarian

contains: egg, soy

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

turkey breast, smoked

serving size: 3.5oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	1	2	19	1	970

turkey breast, roasted

serving size: 3.5 oz

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

black forest ham

serving size: 3.5oz

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

salami

serving size: 3.5oz

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

breaded chicken breast

serving size: 3.5oz

contains: egg, milk, soy, wheat

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

grilled cheese

serving size: 1ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	20	48	14	6	940

american cheese

serving size: 1oz

vegetarian

contains: milk, soy

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

swiss cheese

serving size: 1oz

vegetarian

contains: milk, soy

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

cheddar cheese

serving size: 1oz

vegetarian

contains: milk

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

monterey jack cheese

serving size: 1oz

vegetarian

contains: milk

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

provolone cheese

serving size: 1oz

vegetarian

contains: milk

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

pepper jack cheese

serving size: 2oz

contains: milk

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

muenster cheese

serving size: 2oz

vegetarian

contains: milk

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

mozzarella cheese

serving size: 2oz

contains: milk

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

fresh mozzarella cheese

serving size: 2oz

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	7	1	12	0	220

whole wheat bread

serving size: 1 slice

vegan

contains: wheat

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

seven grain bread

serving size: 1 slice

vegan

contains: wheat

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

white bread

serving size: 1 slice

vegan

contains: wheat

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

sourdough bread

serving size: 1 slice

vegan

contains: wheat

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

rye bread

serving size: 1ea

vegan

contains: wheat

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

contains: wheat

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

kaiser roll

serving size: 1ea

vegan

contains: wheat

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

brioche

serving size: 1ea (2.4oz)

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	5	33	6	5	280

semolina hero

serving size: 1ea

vegan

contains: sesame (at risk), wheat

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

contains: egg, wheat

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

focaccia

serving size: 1ea (113g)

vegetarian

contains: milk, wheat

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

ciabatta

serving size: 1ea

vegan

contains: wheat

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

pretzel brioche

serving size: 1ea

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	14	36	2	8	380

french baguette

serving size: 1ea (5.29oz / 150g)

vegan

contains: wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	2	54	7	0	690

lettuce wrap

serving size: 1ea

vegan

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

udi's gluten free hamburger roll

serving size: 1 bun (74g)

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	5	32	5	5	360

udi's gluten free sliced white bread

serving size: 2 slices

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	24	2	2	270

udi's gluten free sliced whole grain bread

serving size: 2 slices

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	2	2	2	260

hot cherry peppers

serving size: 1 tbsp

vegan

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

avocado slices

serving size: 2oz

vegan

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

tomato

serving size: 2 slices

vegan

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

lettuce

serving size: 1ea

vegan

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

roasted red pepper

serving size: 1oz

vegan

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

red onion

serving size: 1 tbsp

vegan

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

jalapeno peppers

serving size: 1oz

vegan

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

banana peppers

serving size: 1 tbsp

vegan

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

grilled red onion slices

serving size: 1oz

vegan

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

grilled vegetables

serving size: 5oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	10	6	2	4	170

pickles

serving size: 1ea

vegan

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

ranch dressing ken's

serving size: 1 fl oz

vegetarian

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	14	1	0	1	180

blue cheese dressing ken's

serving size: 1 fl oz

vegetarian

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	15	1	<1	1	250

honey dijon mustard dressing ken's

serving size: 1 fl oz

vegetarian

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	11	6	0	5	160

caesar dressing ken's

serving size: 1 fl oz

vegetarian

contains: egg, fish, milk

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

thousand island dressing ken's

serving size: 1 fl oz

vegetarian

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	9	5	0	5	260

bbq sauce

serving size: 1 fl oz

vegan

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

ketchup

serving size: 2 tbsp

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	5	0	4	180

frank's hot sauce

serving size: 1 fl oz

vegan

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

olive tapenade

serving size: 1 fl oz

vegan

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

mayonnaise

serving size: 1 tbsp

vegetarian

contains: egg, soy

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

chipotle mayonnaise dressing

serving size: 1 fl oz

vegetarian

contains: egg, soy

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

spicy brown mustard

serving size: 1 tbsp

vegan

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

dijon mustard

serving size: 1 tbsp

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	1	1	1	320

yellow mustard

serving size: 1 tbsp

vegan

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

pesto aioli

serving size: 2 tbsp

vegetarian

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	15	0	0	0	130

hummus

serving size: 2 tbsp

vegan

contains: soy (at risk)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	5	4	2	0	130

balsamic onion jam

serving size: 2 tbsp

vegetarian

contains: milk

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

horseradish cream sauce

serving size: 2 tbsp

vegetarian

contains: milk

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

relish

serving size: 1tbsp

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	5	0	0	0

olive oil

serving size: 1 tbsp

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	14	0	0	0	0

red wine vinegar

serving size: 1 tbsp

vegan

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

balsamic vinegar

serving size: 1 fl oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	5	0	5	0

carrot sticks

serving size: 5ea
vegan

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

celery sticks

serving size: 5ea
vegan

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

coleslaw

serving size: 1oz
vegetarian
contains: egg, soy

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



HAWK'S NEST CAFÉ

AGUA FRESCA

NUTRITION INFORMATION

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peach melon agua fresca

serving size: 16 floz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	<1	71	2	69	20

watermelon agua fresca

serving size: 16 floz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	<1	58	1	54	10

strawberry agua fresca

serving size: 16 floz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	<1	56	1	50	10

pineapple honey agua fresca

serving size: 16 floz
vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	<1	52	1	45	20



HAWK'S NEST CAFÉ

SOUP

NUTRITION INFORMATION

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chicken noodle soup blount
contains: egg, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	5	17	12	3	1080

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	6	22	16	4	1440

garden vegetable soup wholesome crave
vegan

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	3	18	3	5	1140

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	4	24	4	7	1520

santa fe tortilla soup wholesome crave
vegan

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	2	27	5	5	1080

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	3	36	6	6	1440

native three sisters soup wholesome crave

butternut squash, posole, pinto beans, great northern beans, black beans, kale, aji peppers
vegan

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	6	38	8	5	980

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	8	50	10	6	1300

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

fiery veggie chili soup wholesome crave
vegan

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	5	35	8	12	990

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	6	46	10	16	1320

chana masala cauliflower soup wholesome crave
vegan
contains: tree nuts

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	9	33	5	6	930

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	12	44	6	8	1240

garden vegetable soup blount
vegetarian
contains: milk, soy

serving size: 12 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	1	15	3	6	1140

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	2	20	4	8	1520

creamy tomato soup blount
vegetarian
contains: milk

serving size: 12 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	30	30	5	18	930

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	40	40	6	24	1240

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

chicken tortilla soup blount

contains: milk

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	12	23	12	3	1230

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	16	30	16	6	1640

maine lobster bisque blount

contains: milk, shellfish, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	41	21	12	9	1080

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
680	54	28	16	12	1440

maryland crab soup blount

contains: shellfish

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	3	20	8	6	1320

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	4	26	10	8	1760

shrimp and roasted corn chowder blount

contains: milk, shellfish, soy, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	17	38	11	15	1160

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	22	50	14	20	1540

fire roasted vegetable soup blount

vegan

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	4	18	3	6	680

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	24	4	8	900

broccoli and cheese soup blount

contains: milk, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	24	21	14	6	1200

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	32	28	18	8	1600

butternut squash and apple blount

vegetarian

contains: milk, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	17	29	5	9	770

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	22	38	6	12	1020

spicy beef chili blount

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	21	42	27	8	1290

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
580	28	52	36	10	1720



HAWK'S NEST CAFÉ

SPOTLIGHT

NUTRITION INFORMATION

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***salmon avocado roll, sesame**

serving size: 1ea

contains: sesame, fish

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

***tuna avocado roll, sesame**

serving size: 1ea

contains: sesame, fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	11	36	29	<1	60

***salmon roll, sesame**

serving size:

contains: sesame, fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	8	31	29	<1	100

shrimp tempura roll, sesame

serving size: 1ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	27	58	14	6	950

***salmon cucumber roll, sesame**

serving size: 1ea

contains: fish, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	7	32	24	<1	80

***tuna cucumber roll, sesame**

serving size: 1ea

contains: fish, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	3	31	28	<1	50

***yellowtail and scallion roll, sesame**

serving size: 1ea

contains: sesame, fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	7	32	26	<1	50

***spicy tuna roll, sesame**

serving size: 1ea

contains: egg, fish, sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	37	43	40	11	500

california roll, sesame

serving size: 1ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	12	47	10	5	620

***tuna roll, sesame**

serving size: 1ea

contains: sesame, fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	3	31	34	<1	60

***salmon roll, sesame**

serving size: 1ea

contains: fish, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	8	31	29	<1	100

***sushi combo: california roll, 4 nigiri, sesame**

serving size: 1ea

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

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

cucumber roll

serving size: 1ea

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	<1	33	3	3	120

dragon roll

serving size: 1ea

contains: fish, egg, soy, shellfish, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	30	84	18	33	1190

***crazy roll, spicy tuna, salmon, sesame**

serving size: 1ea

contains: fish, egg, wheat, sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	19	43	36	3	490

***seared salmon roll, sesame**

serving size: 1ea

contains: sesame, fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	13	44	23	4	220

***sushi scorpion roll**

serving size: 1ea

contains: fish, egg, wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	17	58	21	16	1300

assorted sashimi chirashi bowl, brown rice, sesame

serving size: 1ea

contains: fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	15	46	43	7	620

salmon and spicy tuna chirashi bowl, sesame

serving size: 1ea

contains: egg, fish, sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	16	74	45	4	870

assorted sashimi chirashi bowl, sesame

serving size: 1ea

contains: fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
750	14	104	46	8	980

spicy tuna chirashi bowl, sesame

serving size: 1ea

contains: egg, fish, sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
640	13	74	49	4	840

pork gyoza potstickers, sesame

serving size: 8 pieces

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	8	32	10	1	620

edamame gyoza potstickers, sesame

serving size: 4 pieces

vegan

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	7	24	6	2	260

shrimp shumai dumplings

serving size: 6 dumplings

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	10	15	7	3	320

miso dashi soup

contains: fish, soy

serving size: 12 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	2	12	7	2	530

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	3	16	9	2	710

wonton crisps

serving size: ½ oz

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	7	1	0	70

soy sesame dipping sauce

serving size: 1 oz

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	14	3	<1	3	260

beef bulgogi

serving size: 4 oz

contains: sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	22	8	40	6	430

korean bbq chicken

serving size: 1 ea

contains: sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	4	2	32	2	130

sesame soy tofu

serving size: 4 oz

vegan

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	11	6	14	2	450

steamed white rice

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	<1	30	3	<1	<10

brown rice

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	1	24	2	<1	<10

sesame ginger cauliflower rice

serving size: ½ cup

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	3	1	<1	110

shredded cucumber

serving size: ½ oz

vegan

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

sauteed shiitake mushrooms

serving size: ¼ oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	1	1	<1	<1	30

shaved daikon radish

serving size: ½ oz

vegan

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

spinach

serving size: ¼ oz

vegan

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

shredded napa cabbage

serving size: 1 oz

vegan

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

carrots

serving size: ½ oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
6	0	1	<1	<1	10

mung bean sprouts

serving size: 1 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	5	2	<1	40

poached egg

serving size: 1 ea

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	5	<1	6	<1	70

kim chi, pickled

serving size: 1 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
8	0	2	1	0	120

sesame seeds

serving size: ¼ tsp

vegan

contains: sesame

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

sesame chili oil

serving size: ½ tsp

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	2	0	0	0	<10

shredded nori seaweed

serving size: ½ tsp

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
7	0	2	<1	0	<10

gochujang sauce

serving size: 2 fl oz

vegetarian

contains: sesame, wheat; at risk: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	16	18	2	17	350

spicy chipotle chicken wings

serving size: 5 ea

contains: peanuts, soy, wheat; at risk: tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
790	34	81	43	49	2630

char siu pork taquitos, chili lime crema, napa slaw, pico de gallo

serving size: 1 serving (~11 oz)

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	26	42	33	16	1140

scallion plantain pancake

serving size: 1 ea

vegan

contains: sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	11	29	4	3	570

bulgogi street corn

serving size: 1 ea

vegetarian

contains: egg, milk, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	42	13	3	5	440

sesame caesar salad

serving size: 1 ea (~4 oz)

vegetarian

contains: egg, milk, sesame, soy, wheat; at risk: tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	27	22	10	3	790

napa slaw

serving size: ¼ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	2	<1	1	110

ginger tomatillo salsa

serving size: 1 fl oz

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	5	1	3	300

black garlic mole

serving size: 2 fl oz

contains: sesame, soy; at risk: egg, milk, peanuts, tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	7	26	5	6	410

mango habanero sauce

serving size: 1 fl oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	4	2	1	2	160

chili crunch

serving size: 1 tbsp

vegan

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	11	2	<1	1	60

chili lime crema

serving size: 1 fl oz

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	11	1	1	1	170

coconut lemongrass thai basil mango beverage

serving size: 12 fl oz

vegan

contains: tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	28	33	3	27	20

lamb meatballs

serving size: 5 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	24	8	27	1	760

pork souvlaki

serving size: 5 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	19	1	32	0	280

chicken kebab

serving size: 2 ea

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	19	2	32	1	560

feta stuffed tomatoes

serving size: 1 ea

vegetarian

contains: milk, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	20	13	8	4	590

beef gratin & ziti

serving size: 6 oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	26	18	14	4	570

shrimp & feta

serving size: 7 oz

contains: milk, shellfish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	9	8	15	4	1050

pork souvlaki in harissa and parsley

serving size: 6 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	48	5	26	2	1200

oregano - proteins

chicken souvlaki

serving size: 5 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	17	<1	44	0	340

turkey mushroom kofta

serving size: 4 oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	6	6	8	3	230

spinach feta pie

serving size: 13 oz

vegetarian

contains: milk, wheat; at risk: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	31	34	18	2	1070

lamb moussaka

serving size: 8oz

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	24	19	13	6	500

banana peppers

serving size: 1 tbsp
vegan

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

fried chickpeas

serving size: 1 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	1	13	4	2	290

crispy sumac onions

serving size: 1 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	8	7	<1	1	700

toasted pita strips

serving size: 1 oz
vegetarian
contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	2	20	3	<1	290

cucumber, tomato, mint, parsley salad

serving size: ¼ cup
vegan

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

shredded lettuce

serving size: ¼ cup
vegan

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

oregano - toppings

tzatziki

serving size: 2 fl oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	3	4	2	3	200

roasted pepper yogurt sauce

serving size: 2 tbsp

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	3	1	1	130

green artemis sauce

serving size: 2 fl oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	3	4	2	3	240

hummus

serving size: 2 fl oz

vegetarian

contains: milk, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	4	8	3	2	220

harissa aioli

serving size: 2 tbsp

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	18	1	<1	<1	220

herb vinaigrette

serving size: 1 fl oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	19	<1	0	0	50

oregano - sauces

warm lentils

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	3	18	7	3	440

rice pilaf

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	3	40	4	1	200

toasted orzo & tomato

serving size: 4 oz

vegetarian

contains: wheat; at risk: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	2	22	4	1	320

dolmades

serving size: 3 ea

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	20	20	2	3	560

oregano - sides

hard shell taco

serving size: 2 ea
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	5	13	2	n/a	3

taquería

soft shell taco (6")

serving size: 2 ea
vegan
contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	5	28	4	0	340

soft shell tortilla (12")

serving size: 1 ea
vegan
contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	8	48	8	1	570

chicken tinga

serving size: 3 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	6	4	15	2	160

pork carnitas

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	21	3	34	2	320

chili grilled tofu

serving size: 4 oz
vegan
contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	6	5	10	1	20

pickled jalapeno

serving size: 1 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	1	0	1	120

taqueria

cheddar jack cheese

serving size: 1 oz
vegetarian
contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	9	1	6	<1	190

corn salsa

serving size: 2 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	<1	5	1	1	110

pico de gallo

serving size: 1 oz
vegan

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

sour cream

serving size: 2 oz
vegetarian
contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	11	3	1	2	20

guacamole

serving size: 4 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	9	6	1	1	270

salsa verde

serving size: 2 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	3	1	2	350

sauteed peppers & onions

serving size: 1 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	2	<1	1	50

romaine & red cabbage salad, radish crispy tortilla strips, chipotle dressing

serving size: 2 ½ cup

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	<1	11	2	4	310

mexican rice (cooked in chicken broth)

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	6	20	2	1	300

stewed spicy black beans

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	2	11	3	2	140

tortilla strips

serving size: 1 cup

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	2	10	2	0	350

spicy chicken ramen

serving size: 1ea

contains: egg, fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	17	57	38	6	870

traditional pork ramen

serving size: 1ea

contains: egg, fish, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	33	63	36	7	1000

vegetable miso ramen

serving size: 1ea

vegetarian

contains: egg, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	16	46	10	8	1930

carolina bbq pulled jackfruit platter, cole slaw

serving size: 8 oz

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	35	46	4	35	840

carolina bbq pulled jackfruit sandwich, cole slaw, sourdough roll

serving size: 1 ea

vegetarian

contains: egg, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	35	72	6	35	1640

bourbon bbq pulled chicken sandwich, cole slaw, sourdough roll

serving size: 1 ea

contains: egg, fish, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	33	46	26	15	1580

bourbon bbq pulled chicken platter, cole slaw

serving size: 8 oz

contains: egg, fish, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	33	20	24	15	780

smoked baby back ribs, kansas city bbq, cole slaw

serving size: 10 oz

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
720	53	31	31	24	1850

baked beans

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	1	43	8	17	590

corn, cheddar pudding

serving size: 4 oz

vegetarian

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	24	10	9	3	420

mac & cheese

serving size: 4 oz

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	12	24	8	3	230

spicy collard greens, bacon

serving size: ½ cup

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	5	3	2	250

carolina bbq sauce

serving size: 1 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	5	<1	5	200

mustard bbq sauce

serving size: 1 oz

contains: fish, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	2	<1	1	380

alabama white bbq sauce

serving size: 1 oz

contains: egg, fish, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	10	4	<1	3	150

kansas city bbq sauce

serving size: 1 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	0	14	<1	13	220

curried shrimp

serving size: 1 skewer (5 shrimp), 1 floz sauce

contains: shellfish, tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	8	5	23	1	200

dhania chicken (green coriander chicken)

serving size: 6oz chicken, 2floz sauce

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	24	8	50	4	1180

caribbean curried jackfruit

serving size: 6 floz

vegan

contains: tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	20	50	4	35	890

steamed basmati rice

serving size: 1 cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	0	49	4	0	10

chana masala (curried chickpea)

serving size: 6floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	7	25	7	7	600

stewed potato, pea

serving size: 6floz

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	6	22	4	4	330

cucumber, mint, tomato raita

serving size: 1floz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	3	1	2	80

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

cilantro yogurt chutney

serving size: 1floz

Vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	2	1	2	90

caribbean mango chutney

serving size: 1floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	1	8	0	8	30

fresh grape chutney

serving size: 1floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	1	6	0	5	90

tomato chutney

serving size: 1floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	2	0	2	180

tamarind chutney

serving size: 1floz

vegan

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



HAWK'S NEST CAFÉ

YOGURT BAR SMEAR BAR BREAKFAST BUFFET GLOBAL BUFFET SNACK BUFFET

NUTRITION INFORMATION

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2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional information is available upon request.



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YOGURT BAR

NUTRITION INFORMATION

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plain greek yogurt, fat free (stonyfield)

serving size: ½ cup

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	<1	9	6	9	90

vanilla yogurt, low fat

serving size: ½ cup

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	<1	23	4	16	60

strawberry yogurt, low fat

serving size: ½ cup

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	1	24	5	24	70

cottage cheese, 4%

serving size: ¾ cup

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	2	2	6	2	180

hard boiled egg

serving size: 2 ea

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	10	<1	13	<1	140

mixed berries

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	7	0	5	10

wheat germ

serving size: 1 tbsp

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	1	4	2	0	0

granola, oats n' honey

serving size: 1 tbsp

vegetarian

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	3	0	1	18

raisins

serving size: 1 tbsp

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	7	0	6	0

almonds, slivered

serving size: 1 tbsp

vegan

contains: tree nuts

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

craisins

serving size: 1 tbsp

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	8	0	7	<1

toppings

dukkah, sesame

serving size: 2 tbsp

vegan

contains: sesame, tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	13	8	5	1	120

chia seeds

serving size: 1 tsp

vegan

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

flax seeds

serving size: 1 tbsp

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	3	2	1	<1	0

honey

serving size: 1 tbsp

vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	0	17	0	17	0

agave nectar

serving size: 1 tbsp

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	0	16	0	14	0

maple syrup

serving size: 1 tbsp

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	0	27	0	24	5

yogurt toppings



HAWK'S NEST CAFÉ

SMEAR BAR

NUTRITION INFORMATION

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white, sliced

serving size: 1 ea (1.6 oz)

vegan

contains: wheat

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

whole wheat, sliced

serving size: 1 ea (1.6 oz)

vegan

contains: wheat

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

seven grain, sliced

serving size: 1 ea (2 oz)

vegan

contains: wheat

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

sourdough, sliced

serving size: 1 ea

vegan

contains: wheat

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

gluten free, sliced

serving size:

vegan

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

english muffin, white

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	1	25	5	2	240

english muffin, honey wheat

serving size: 1ea

vegetarian

contains: milk, soy, wheat

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

breads & muffins

bagel, plain

serving size: 1 ea (4.4 oz)

vegan

contains: wheat

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

bagel, whole wheat

serving size: 1 ea (4.4 oz)

vegetarian

contains: soy, wheat

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

bagel, everything

serving size: 1 ea (4.4 oz)

vegan

contains: sesame, wheat

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

bagel, sesame

serving size:

vegan

contains: sesame, wheat

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

bagel, cinnamon raisin

serving size: 1 ea (4.4 oz)

vegan

contains: wheat

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

bagel, poppy seed

serving size: 1 ea (4 oz)

vegetarian

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	4	60	11	N/A	410

kaiser roll

serving size: 1 ea (2.6 oz)

vegetarian

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	3	39	7	1	400

bagels & rolls

butter, salted

serving size: 1 tbsp

contains: milk

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

margarine

serving size:

contains:

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

plant-based butter

serving size: 1 tbsp

vegetarian

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

nutella

serving size: 2 tbsp

vegetarian

contains: milk, soy, tree nuts

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

peanut butter

serving size: 2 tbsp

vegan

contains: peanuts

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

almond butter

serving size: 2 tbsp

vegan

contains: tree nuts

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

spreads

cream cheese, plain

serving size: 2 tbsp

vegetarian

contains: milk

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

cream cheese, smoked salmon

serving size: 2 tbsp

contains: milk, fish

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

cream cheese, scallion

serving size: 2 tbsp

vegetarian

contains: milk

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

cream cheese, vegetable

serving size: 2 tbsp

vegetarian

contains: milk

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

cream cheese, cinnamon raisin

serving size: 2 tbsp

vegetarian

contains: milk

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

cream cheese neufchatel

serving size: 2 tbsp

vegetarian

contains: milk

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

tomatoes, sliced

serving size: 2 slices

vegan

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

red onion

serving size: 1 tbsp

vegan

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

american cheese, sliced

serving size: 1 oz

vegetarian

contains: milk, soy

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

swiss cheese, sliced

serving size: 1 oz

vegetarian

contains: milk, soy

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

grape jelly

serving size: 1 tbsp

vegan

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

strawberry jam

serving size: 1 tbsp

vegan

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

orange marmalade

serving size: 1 tbsp

vegan

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

spreads



HAWK'S NEST CAFÉ

BREAKFAST BUFFET

NUTRITION INFORMATION

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scrambled eggs

serving size: 4 oz

vegetarian

contains: egg, milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	17	1	13	1	350

scrambled egg whites

serving size: 4 oz

vegetarian

contains: egg, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	2	1	12	<1	590

broccoli, cheddar, egg white frittata

serving size: 1 ea

vegetarian

contains: egg, milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	2	2	10	1	280

sweet potato kale hash

serving size: 1 ea

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	1	18	2	6	100

oven-roasted home fries

serving size: 5 oz

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	29	22	3	2	960

tater tots

serving size: ½ cup

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	8	18	1	0	400

pork breakfast sausage

serving size: 1 ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	20	1	5	<1	260

chicken, apple breakfast sausage

serving size: 1 ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	8	4	8	4	470

morningstar plant-based sausage

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	2	4	9	1	250

biscuits & pork sausage gravy

serving size: 1 biscuit, 6 floz gravy

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	33	56	11	7	1430

corned beef hash

serving size: ¼ cup

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	9	8	4	1	370

huevos ranchero

serving size: 1 ea. huevos rancheros (2 corn tortillas, 2 tbsp. cheese, 1/2 cup black bean mixture, 1/4 cup salad, 1 egg)

vegetarian

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	12	48	21	4	320

shakshuka

serving size: ¼ cup shakshuka, 2 eggs

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	11	9	13	5	380

challah french toast

serving size: 2 halves

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	33	56	11	7	1430

jalapeno cheddar cornbread muffins

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	9	28	4	9	360

eggs benedict

serving size: 1ea (4oz), ½ english muffin, 1 slice of bacon, 1 egg, 2 tbsp, hollandaise

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	27	14	16	2	530

chilaquiles

serving size: 6 oz

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	19	42	13	7	820

cinnamon sticky buns

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	32	65	8	38	440

smoked salmon, goat cheese quiche

serving size: 1 ea

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	20	12	16	1	450

breakfast enchiladas with avocado tomatillo salsa

serving size: 2 ea

vegetarian

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	6	6	5	1	120



mixed berry crepe

serving size: 2 ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	22	5	6	220





HAWK'S NEST CAFÉ

GLOBAL

NUTRITION INFORMATION

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brazilian steak

serving size: 4oz

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

feijoda – stewed pork and beans

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	10	11	11	1	290

arroz rojo

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	4	18	2	1	100

brazilian braised collards

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	8	9	2	3	1020

hearts of palm, avocado, red onion salad

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	16	7	2	1	170

traditional potato salad

serving size: 4oz

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	12	17	3	1	330

mixed greens with tomatoes, cucumbers and carrots

serving size: 2 cups

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	6	2	3	30

honey miso glazed salmon

serving size: 4 oz

contains: fish, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	6	6	25	3	480

chicken katsu

serving size: 1 ea

contains: egg, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	15	14	25	1	360

seasoned sushi rice, toasted sesame

serving size: ½ cup

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	1	43	3	<1	240

sesame green beans

serving size: ½ cup

vegan

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	4	5	2	2	80

tofu salad with sesame vinaigrette

serving size: ½ cup

vegetarian

contains: milk, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	4	12	5	4	90

cucumber salad

serving size: ½ cup

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	2	5	1	2	180

mizuna salad with carrot ginger dressing

serving size: 1 ½ cup

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	7	7	1	3	90

lunch buffet

spiced braised lamb

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	13	2	44	<1	390

chicken souvlaki

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	14	<1	35	0	270

toasted tomato orzo, oregano & feta

serving size: 1 cup

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	8	60	11	4	1000

greek roasted vegetables & chickpeas

serving size: 2 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	1	6	1	2	30

greek salad with red wine vinaigrette

serving size: 1 ½ cup

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	32	11	6	5	850

eggplant salad

serving size: 4oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	4	6	3	3	220

dolma (stuffed grape leaves)

serving size: ½ cup

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	5	11	1	1	420

paprika chicken & chickpeas

serving size: 8 oz

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	12	19	23	5	220

beef stroganoff

serving size: 8 oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	16	24	22	3	570

buttered egg noodles

serving size: ½ cup

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	4	20	4	<1	20

roasted beets

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	6	1	5	90

russian potato salad

serving size: ½ cup

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	13	14	2	3	480

mixed greens with tomatoes, cucumbers and carrots

serving size: 2 cups

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	6	2	3	30

caraway cole slaw

serving size: 4 oz

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	1	8	2	5	50

lunch buffet

buffalo chicken wings

serving size: 6 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	51	16	31	<1	3550

bbq chicken wings

serving size: 6 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
700	51	27	30	10	1870

sweet chili chicken wings

serving size: 6 ea

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
740	45	50	30	30	2400

mac & cheese

serving size: 4 oz

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	12	24	8	3	230

carrot sticks

serving size: 4 ea

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	3	<1	1	20

celery sticks

serving size: 4 ea

vegan

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

southern potato salad

serving size: 4 oz

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	17	20	3	6	500

lunch buffet

chicken tenders

serving size: 2 ea

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	38	36	26	0	1730

buffalo sauce

serving size: 1 floz

vegan

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

sweet chili sauce

serving size: 1 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	0	18	0	15	450

bbq sauce

serving size: 1 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	<1	13	<1	10	320

honey dijon mustard

serving size: 1 floz

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	12	7	0	6	160

crispy chicken wings

serving size: 6 ea

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	45	14	30	0	1500

lunch buffet

pernil (roast pork)

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	19	1	27	<1	320

beef sancocho

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	3	17	8	4	320

garlic rice

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	2	27	3	0	360

tostones

serving size: 4 ea

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	21	45	2	25	540

tuna & macaroni salad

serving size: ¾ cup

contains: egg, fish, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	16	18	17	1	360

avocado & tomato salad

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	13	8	2	2	60

mixed green salad

serving size: 2 cups

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	6	2	3	30

chimichurri steak

serving size: 6 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	31	1	37	<1	390

spicy stewed shrimp, lemon & cilantro

serving size: 4 oz

contains: milk, shellfish, wheat

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

stewed pinto beans

serving size: 8 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	2	26	8	3	370

fried sweet plantains

serving size: 3 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	6	34	1	17	<5

hearts of palm, avocado, red onion salad

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	16	7	2	1	170

ensalada mixto (romaine, onion, tomato, red wine vinegar salad)

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	5	5	1	2	120

yukon gold potato salad with hard boiled eggs

serving size: 4 oz

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	23	19	5	2	480

lunch buffet

sesame korean beef

serving size: 4 oz

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	13	7	24	5	270

korean bbq chicken

serving size: 4 oz

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	4	2	34	2	140

kimchi fried rice

serving size: 6 oz

contains: fish, shellfish, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	3	44	4	10	400

chili green beans

serving size: ½ cup

vegetarian



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	8	1	5	90

korean cucumber salad

serving size: 4 oz

vegetarian



contains: sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	5	1	4	90

roasted eggplant salad, fish sauce

serving size: 4 oz

contains: fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	7	1	4	270

mixed green salad

serving size: 2 cups

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	6	2	3	30

lunch buffet

bratwurst, sauteed onions

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	27	5	13	1	790

beef sauerbraten

serving size: 6 oz

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	13	10	26	7	450

buttered egg noodles

serving size: ½ cup

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	4	20	4	<1	20

braised cabbage with caraway

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	<1	4	1	2	70

cucumber dill salad

serving size: 4 oz

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	5	5	1	3	80

apple honey vinegar coleslaw

serving size: ½ cup

vegetarian



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	4	<1	3	30

german bacon potato salad

serving size: ½ cup

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	2	19	3	5	320

coq au vin

serving size: 6 oz

contains: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	21	6	17	3	420

steak au poivre

serving size: 4 oz

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	23	7	24	2	920

pan roasted tri-colored baby carrots

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	16	9	1	5	830

whipped horseradish potatoes

serving size: ½ cup

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	20	22	3	3	320

almond & ginger green beans

serving size: 5 oz

vegan

contains: tree nuts



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	18	17	8	6	30

minted lentil salad

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	3	21	9	3	30

mixed green salad

serving size: 2 cups

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	6	2	3	30

cajun grilled mahi mahi, peppers and onions

serving size: 4 oz

contains: fish



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	5	3	17	1	170

andouille sausage and chicken gumbo

serving size: 8 floz

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	9	16	8	2	360

ham hock stewed black-eyed peas

serving size: 4 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	5	21	12	4	580

succotash

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	4	15	4	6	310

cabbage and jicama jalapeno slaw

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	1	15	1	11	320

red bliss potato salad

serving size: 4 oz

vegetarian

contains: egg



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	15	18	2	2	170

mixed green salad

serving size: 2 cups

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	6	2	3	30

lunch buffet

lamb vindaloo

serving size: 6 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	14	7	24	2	450

tandoori chicken

serving size: 4 oz

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	3	3	24	2	300

gobi matar (cauliflower, onion, pea curry)

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	11	12	3	5	180

spiced basmati rice

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	3	17	2	0	250

chickpea tomato, cucumber & yogurt salad

serving size: ½

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	1	7	2	2	50

mango chutney

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	<1	20	1	18	5

cilantro chutney

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	4	9	1	6	1360

tomato chutney

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	4	1	3	4

bbq roasted chicken

serving size: 4 oz

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	7	8	27	5	600

smoked bbq baby back pork ribs

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	18	12	19	10	910

bbq baked beans

serving size: 4 oz

vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	1	30	4	17	430

corn on the cob

serving size: 1 piece

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	3	16	3	3	70

creamy coleslaw

serving size: 4 oz

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	26	13	2	9	490

okra chow chow

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	3	16	1	14	90

mixed green salad

serving size: 2 cups

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	6	2	3	30

mojo chicken

serving size: 4 oz

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	15	2	25	1	510

cuban roast pork

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	5	3	33	<1	1140

arroz rojo (red rice)

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	4	18	2	1	100

sauteed green beans and cherry tomatoes

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	8	2	3	20

creamy cuban potato salad

serving size: 4 oz

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	17	15	4	3	460

avocado, watercress and pineapple salad

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	6	6	1	4	50

mixed green salad

serving size: 2 cups

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	6	2	3	30

lunch buffet

general tso's chicken, apricots and plums

serving size: 8 oz

contains: egg, sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	10	52	12	37	470

beef and broccoli stir fry

serving size: 4 oz

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	6	10	16	5	400

vegetable egg fried rice, sesame

serving size: ½ cup

vegetarian

contains: egg, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	1	16	3	2	130

braised bok choy, sesame

serving size: ½ cup

vegan

contains: sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	2	1	1	80

nappa cabbage slaw

serving size: ½ cup

vegan

contains: sesame, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	4	7	2	4	160

sesame snow peas and pepper salad

serving size: ½ cup

vegan

contains: sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	3	9	3	5	130

mixed green salad

serving size: 2 cups

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	6	2	3	30

arroz con pollo (chicken and rice)

serving size: 6 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	7	14	16	1	810

puerto rican stewed beef fricassee

serving size: 8 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	10	12	29	3	750

sweet plantains, fried

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	8	45	2	23	<5

yuca and pickled onions

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	1	45	2	3	1460

green bean, red onion, tomato salad

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	8	2	4	190

avocado tomato salad

serving size: ¼ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	3	3	1	1	60

mixed green salad

serving size: 2 cups

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	6	2	3	30

veal, pork, beef meatballs with san marzano tomato sauce

serving size: 4 oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	14	4	14	1	430

italian sausage, peppers, onions and potatoes

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	6	6	5	2	250

eggplant parmesan

serving size: 4 oz

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	11	13	7	4	570

spaghetti with spicy vodka sauce

serving size: 4 oz

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	8	19	6	4	280

italian antipasti salad

serving size: 4 oz

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	8	6	6	4	450

caprese, mozzarella, heirloom tomato, basil

serving size: 4 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	14	3	10	2	380

mixed green salad

serving size: 2 cups

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	6	2	3	30

lunch buffet

hoagie roll 6"

serving size: 1 ea

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	3	36	6	<1	410



HAWK'S NEST CAFÉ

SNACK BUFFET

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pomegranate seeds

serving size: 1 oz

vegan

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

lime crema

serving size: 1 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	4	1	1	1	70

grilled jalapeno peppers

serving size: 1 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	1	3	<1	2	160

cojita cheese

serving size: 1 tbsp

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	0	1	0	100

fried plantain chips

serving size: 1 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	11	22	1	12	290

tortilla chips

serving size: 2 cups

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	23	38	5	1	600

snack buffet
guacamole bar

guacamole

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	10	7	2	1	190

lachino spicy jicama slaw

serving size: 2 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	1	4	1	2	110

pico de gallo

serving size: 2 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	<1	3	<1	1	80

black bean, roasted corn salsa

serving size: 2 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	1	11	3	1	50

serrano tomatillo salsa verde

serving size: 2 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	3	1	2	350

mango salsa

serving size: 2 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	5	<1	4	50

snack buffet
guacamole bar

prosciutto

serving size: 1 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	4	1	7	1	520

manchego cheese

serving size: 1 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	10	1	9	1	120

mixed grapes

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	<1	14	1	12	2

strawberries

serving size: ¼ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	<1	3	<1	2	<1

roasted piquillo peppers

serving size: 2 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	4	6	1	4	60

marinated olives, caperberries

serving size: 1 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	5	1	<1	<1	460

snack buffet
tapas

grilled lemon herb marinated octopus

serving size: 6 oz

contains: shellfish, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	11	10	35	3	720

chickpeas and chorizo

serving size: 4 oz

at risk: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	12	15	7	3	680

lemon grilled asparagus

serving size: 5 ea

vegan

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

marinated artichokes

serving size: 2 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	1	7	2	1	210

tomato conserva with french baguette

serving size: 2 oz

Vegetarian

contains: soy, wheat; at risk: egg, milk, peanuts, tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	5	8	2	1	180

snack buffet
tapas

hummus

serving size: 4 oz

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	28	23	9	3	420

roasted red pepper hummus

serving size: 4 oz

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	5	11	3	4	70

barbanzo baba ghanoush

serving size: 4 oz

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	13	20	5	10	1170

whipped feta with fresno chili

serving size: 2 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	10	2	5	1	370

barbanzo tahini sauce

serving size: 1 fl oz

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	9	4	3	<1	420

marinated olives, caperberries

serving size: 1 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	5	1	<1	<1	460

barbanzo muhammara

serving size: 4 fl oz

vegetarian

contains: sesame, tree nuts, wheat; at risk: eggs, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	9	4	3	<1	420

green chickpea hummus

serving size: 4 oz

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	19	18	7	2	600

oregano classic tzatziki

serving size: 4 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	5	9	4	6	400

harissa, white bean, feta dip

serving size: 4 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	14	16	10	4	930

barbanzo tabbouleh

serving size: ½ cup

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	5	10	2	1	200

olive peppadew pepper chutney

serving size: 2 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	3	2	<1	1	320

sumac carrot, raisin salad

serving size:

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	2	12	1	8	110

labneh dip

serving size: 2 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	6	11	6	4	170

snack buffet
mezze two

za'atar baked pita chips

serving size: 6 ea

vegetarian

contains: milk, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	<1	21	3	<1	240

vegetable crudite

serving size: 8 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	1	13	2	7	90

*snack buffet
mezze*



HAWK'S NEST CAFÉ

QUICK PICKS

NUTRITION INFORMATION

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quick pick sandwiches

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ham, egg & cheese on brioche

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	38	37	29	7	850

bacon, egg & cheese on brioche

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	33	35	29	6	1190

egg & cheese on brioche

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	20	46	19	7	880

egg white & cheese on brioche

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	14	36	31	7	

egg white, black bean & queso burrito

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	10	45	20	4	490



egg white, pepper burrito with cheddar

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	9	34	19	5	590



quick pick parfaits, overnight oats & chia pudding

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blueberry, strawberry, granola & greek yogurt parfait

serving size: 9 oz

vegetarian

contains: milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	5	34	17	19	150

blueberry toasted coconut overnight oats

serving size: 8 oz

vegetarian

contains: milk, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	11	50	11	17	80

raspberry, granola & greek yogurt parfait

serving size: 9 oz

vegetarian

contains: milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	4	29	19	14	130

coconut mocha chocolate chia pudding

serving size: 8 oz

vegan

contains: tree nuts

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

mixed berries, greek yogurt chia pudding

serving size: 8 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	5	38	11	27	110

cocoa banana overnight oats

serving size: 8 oz

vegetarian

contains: milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	3	40	10	14	70

berry chia pudding

serving size: 8 oz

vegan

contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	17	39	12	16	80

strawberry coconut chia pudding with bee pollen, cacao nibs

serving size: 8 oz

vegetarian

contains: tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	8	41	5	25	20

creamy almond coconut overnight oats

serving size: 8 oz

vegetarian

contains: milk, tree nuts



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	17	43	10	12	70

mango coconut chia pudding

serving size: 8 oz

vegan

contains: tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	35	42	7	22	30

strawberry chia overnight oats

serving size: 8 oz

vegetarian

contains: milk, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	8	49	12	15	80

quick pick breakfast boxes and cups

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mixed fruit cups

serving size: 12 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	<1	26	2	22	20

avocado puree

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	18	9	2	<1	410

hard boiled eggs

serving size: 2 ea

vegetarian



contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	9	1	11	1	119

smoked salmon box

serving size: 3 oz

contains: fish



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	4	0	16	0	570

quick pick salads

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grilled tofu asian noodle salad, sesame soy dressing

serving size: 8 oz

vegan

contains: sesame, soy wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	13	28	18	2	410

grilled salmon mediterranean salad, lemon oregano dressing

serving size: 8 oz

contains: fish



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	23	6	13	3	340

southwestern chicken salad, italian dressing

serving size: 8 oz

contains: milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	22	31	26	4	470

chicken caesar salad

serving size: 11 oz

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	40	13	47	2	1320

chef salad, italian dressing

serving size: 14 oz

contains: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	35	14	26	9	1340

worcestershire & soy sauce flank steak salad with dijon vinaigrette

serving size: 13 oz

contains: egg, fish, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	35	13	19	6	990

grilled salmon & vegetable salad, toasted sesame, harissa dressing

serving size: 12 oz

contains: fish, sesame

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

**grilled chicken salad, strawberry, pecans, blue cheese with cider vinaigrette**

serving size: 8 oz

contains: milk, tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	48	17	23	11	490

**crispy eggplant, shaved fennel arugula salad with herb vinaigrette**

serving size: 13 oz

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	41	35	9	12	580

**grilled chicken & vegetable salad with smoked paprika dressing**

serving size: 13 oz

contains: soy; at risk: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	12	26	32	9	560

**greek salad with balsamic vinaigrette**

serving size: 10 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	20	13	7	7	1040

crunchy thai shrimp salad, sweet thai chili dressing

serving size: 10 oz

contains: peanut, shellfish; at risk: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	5	17	18	11	310



quick pick sushi

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spicy tuna roll

serving size: 1 ea

contains: egg, fish, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	36	41	40	12	660

salmon avocado roll

serving size: 1 ea

contains: fish, sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	15	34	24	2	250

yellowtail scallion roll

serving size: 1 ea

contains: fish, sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	7	30	26	2	210

california roll

serving size: 1 ea

contains: egg, fish, shellfish, sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	10	45	9	7	550

california roll combo – 3 nigiri

serving size: 12 oz

contains: egg, fish, sesame, shellfish, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	12	60	20	8	760

mixed fish chirashi bowl

serving size: 19 oz

contains: fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
750	14	104	46	8	980

spicy tuna & salmon chirashi bowl

serving size: 12 oz

contains: egg, fish, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	16	74	45	4	870

quick pick flame

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teriyaki ginger chicken burger on whole wheat bun

serving size: 1 ea

contains: soy, wheat



flame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	14	38	26	6	490

grilled chicken & cheese on brioche

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	18	34	38	5	860

bacon cheeseburger on brioche bun

serving size:

contains: egg, milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
750	45	35	50	6	1500

cheeseburger on brioche bun

serving size: 1 ea

contains: egg, milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	35	35	40	6	1020

hamburger on brioche bun

serving size: 1 ea

contains: egg, milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	23	33	32	5	360

grilled chicken on wheat bun

serving size: 1 ea

contains: soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	11	33	29	5	590

flame

cajun turkey burger on whole wheat bun

serving size: 1 ea

contains: soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	14	26	28	5	520

bbq grilled chicken on whole wheat bun

serving size: 1 ea

contains: soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	7	35	38	12	600

grilled lemon pepper chicken on whole wheat bun

serving size: 1 ea

contains: soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	8	25	37	4	400

quick pick antipasti

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asian noodle salad, cashews

serving size: 4 oz

vegan

contains: soy, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	6	22	7	4	360

spicy zucchini herb tomato salad

serving size: 4 oz

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	14	38	26	6	490

dilled potato apple salad

serving size: 4 oz

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	0	17	2	7	70

shaved fennel orange pine nut salad

serving size: 4 oz

vegan

contains: tree nuts



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	4	11	1	6	120

red cabbage, dried cherry slaw

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	21	1	14	270

balsamic roasted eggplant

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	7	1	4	80

antipasti

minted lentil feta salad

serving size: 4 oz

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	2	18	8	2	80

roasted curry cauliflower salad

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	7	9	2	5	140

quinoa, zucchini, cilantro, black bean corn salad

serving size: 4 oz

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	3	18	4	2	170

mediterranean bowtie pasta salad

serving size: 4 oz

vegetarian

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	10	16	3	1	240

moroccan chickpea salad

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	11	27	9	5	300

kale, cranberries, feta, bean salad

serving size: 4 oz

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	3	10	3	5	100

antipasti

quick pick rotisserie

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classic rotisserie chicken, baked sweet potato, glazed french green beans and carrots

serving size: 14 oz

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	21	43	41	16	700

classic rotisserie chicken, baked potato, charred chinese broccoli, miso vinaigrette

serving size: 15 oz

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	27	59	44	7	1390

classic rotisserie chicken, roasted broccoli rabe with garlic, baked sweet potato

serving size: 13

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	21	36	42	10	750

classic rotisserie chicken, garlic roasted cauliflower, baked potato

serving size: 17 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	21	56	43	6	920

quick pick hearth

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grilled chicken spiedie, broccoli rabe, grilled onions, garlic aioli on hoagie

serving size: 10 oz

contains: egg, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	23	44	34	3	800

chicken cutlet parmesan hero

serving size: 15 oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
770	10	69	55	7	1540

veal, pork & beef meatballs, san marzano tomato sauce, provolone on hoagie

serving size: 9 oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	23	55	31	3	1300

grilled fennel sausage hero, peppers, onions, marinara

serving size: 10 oz

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	29	47	23	7	1100

quick pick spread

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the hawk's nest wrap

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	37	61	26	4	1190

little italy

serving size: 1 ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
760	45	57	36	6	2160

that's a wrap

serving size: 1 ea

vegetarian

contains: milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	15	41	15	7	420

where's the beef

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	16	48	42	1	980

melanzane croccanti

serving size: 1 ea

vegetarian

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

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

let's talk turkey

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	15	60	47	3	1700

spring garden

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
750	38	77	26	7	1040

the herbivore

roasted portobello, provolone and sundried tomato spread on focaccia

serving size: 1 ea

vegetarian

contains: milk, soy, wheat; at risk: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	24	56	21	9	1160

beast of burden

roast beef, aged cheddar, pickled onions, horseradish cream on seven grain

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
700	35	55	42	15	1330

south of the boarder

slow roasted turkey cemita, caramelized onions, avocado, jalapenos, cotija cheese, black bean spread on hero roll

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
790	37	81	42	5	1530

godfather part 2

prosciutto, soppressata sausage, ham, fresh mozzarella, tomato, basil on ciabatta

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	36	56	40	2	2180

one, two, brie

roast beef, brie cheese, sun-dried tomato pesto (nut free), roasted red peppers on brioche

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	30	50	39	4	1370

the southwestern

roast turkey, avocado, onion, tomato, bacon, pepper jack, chipotle mayo on ciabatta

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	30	63	45	5	2170

the fiesta

chipotle chicken, cheddar, shallots on parmesan focaccia

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	18	51	35	3	1580

the forester

black forest ham, gruyere cheese, dijon mustard, watercress, tomato on baguette

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	19	72	34	3	1980

fugettaboutit

black forest ham, genoa salami, provolone, tomato on seven grain roll

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	34	54	35	12	1980

under the sea

cajun blackened shrimp, papaya, cucumbers, spinach, creamy ranch on sundried tomato basil wrap

serving size: 1 ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	35	53	36	4	1380

turkey and swiss on whole wheat roll

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	16	53	38	8	310

petite turkey and swiss on whole wheat roll

serving size: ½ ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	8	26	19	4	490

tuna salad on whole wheat wrap

serving size: 1 ea

contains: egg, fish, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	26	49	41	1	1240

½ tuna salad on whole wheat wrap

serving size: ½ ea

contains: egg, fish, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	13	24	21	1	620

roast beef, brie on brioche

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
580	28	45	38	1	1230

petite roast beef, brie on brioche

serving size: ½ ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	14	22	19	<1	620

tuna, dijon dill vinaigrette on whole wheat

serving size: 1 ea

contains: fish, wheat



spread

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	7	30	25	5	500

petite tuna salad on seven grain roll

serving size: ½ ea

contains: egg, fish, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	15	25	21	6	700

ham, pepper jack on parkerhouse roll

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	22	51	35	10	1540

petite ham, pepper jack on parkerhouse roll

serving size: ½ ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	11	25	17	5	770

chicken caesar wrap

serving size: 1 ea

contains: fish, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1030	63	54	63	2	2380

½ chicken caesar wrap

serving size: ½ ea

contains: fish, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	31	27	32	1	1190

quick pick comfort

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aleppo pepper pork tenderloin, oregano rice pilaf, roasted broccoli with parmesan cheese

serving size: 14 oz

contains: milk; at risk: egg, soy, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	8	36	31	4	690

bbq beef brisket, bacon baked beans, chili & lime roasted corn on the cob

serving size: 14 oz

contains: fish, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	31	50	50	20	680

blackened salmon, roasted rosemary fingerling potatoes, lemon grilled asparagus

serving size: 13 oz

contains: fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	31	26	42	3	540

braised lamb shanks, mashed potatoes, orange roasted baby carrots

serving size: 14 oz

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
820	47	71	28	19	1530

beef, pork & veal meatballs with linguine marinara and grilled broccolini

serving size: 13 oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	29	39	43	7	1040

turkey scaloppini in balsamic vinegar & rosemary, mashed potatoes, orange roasted baby carrots

serving size: 14 oz

contains: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	29	48	31	20	970

honey balsamic grilled pork chops, quinoa pilaf, herb roasted cauliflower

serving size: 11 oz

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	16	23	39	4	910

chicken marsala, whipped garlic mashed potatoes, roasted roma tomatoes

serving size: 16 oz

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	38	45	30	10	1300

mint pesto rubbed roast leg of lamb, cumin roasted sweet potatoes, grilled zucchini and cherry tomatoes

serving size: 12 oz

contains: tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	22	22	42	8	750

lemon garlic shrimp, fettuccini alfredo, roasted broccoli and cauliflower

serving size: 12 oz

contains: milk, shellfish, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
550	34	37	26	6	1000

italian sausage and peppers, spaghetti marinara, sauteed kale

serving size: 18 oz

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	19	61	27	9	1000

honey orange roasted salmon, soy sauce, sauteed spinach, sesame brown rice

serving size: 13 oz

contains: fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	19	35	37	6	680

worcestershire hanger steak, roasted cipollini onions, cheddar mashed potatoes, herb roasted carrots and parsnips

serving size: 14 oz

contains: fish, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
830	45	52	55	13	1310

chipotle honey grilled chicken, cilantro rice, grilled eggplant

serving size: 14 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	16	37	55	11	890

harissa garlic rubbed pork loin, wild rice pilaf, sauteed kale and roasted tomatoes

serving size: 11 oz

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	25	30	41	5	750

chicken parmesan, penne pomodoro, charred tomatoes and green beans

serving size: 19 oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
700	36	47	51	10	1420

thyme roast pork loin, roasted red potatoes and onions, fennel chickpea stew

serving size: 14 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
640	29	42	52	14	920

lemon rosemary grilled chicken, scallion jasmine rice, glazed herb roasted carrots

serving size: 12 oz

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	14	38	32	10	270

chimichurri arctic char, farro mushroom pilaf, herb roasted cauliflower

serving size: 13 oz

contains: fish, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	29	25	31	3	1110

meatloaf, brown sugar sweet potato puree, lemon roasted broccoli

serving size: 12 oz

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
730	42	39	51	20	1230

adobo marinated pulled pork, macaroni and cheese, spicy broccoli

serving size: 14 oz

contains: milk, soy, wheat; at risk: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
780	40	45	61	7	640

quick pick dessert

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carrot cake, walnuts

serving size: 1 piece

vegetarian

contains: egg, milk, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	27	46	5	N/A	250

red velvet cake

serving size: 1 ea

vegetarian

contains:

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

german chocolate cake, pecans

serving size: 1 piece

vegetarian

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

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

chocolate pudding

serving size:

vegetarian

contains: egg, fish, milk, soy, wheat

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

rice pudding

serving size:

vegetarian

contains: milk, soy, wheat; at risk: egg

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