



HAWK'S NEST CAFÉ

NUTRITION INFORMATION

Spring/Summer, April 2024

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.
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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

empanadas

*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

*roasted vegetable, goat cheese, egg white frittata

serving size: 1 ea

vegetarian

contains: egg, milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	4	2	9	2	320

*egg white, spinach, tomato, muenster flatbread

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	8	21	15	3	430

*butternut, wild mushroom, goat cheese frittata

serving size: 1 ea

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	8	7	9	2	280

*sausage, egg and cheese on brioche

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	27	41	22	9	950

*steak and egg flatbread

serving size: 1 ea

contains: egg, milk, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	30	38	35	5	1260

*portobello and egg white, English muffin

serving size: 1 ea

vegetarian

contains: egg, milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	5	28	17	8	420

***shrimp and asparagus flatbread**

serving size: 1 ea

contains: milk, shellfish, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	7	26	12	2	360

***spicy grilled skirt steak, avocado quesadilla**

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	36	53	35	3	840

***chili lime shrimp quesadilla**

serving size: 1 ea

contains: milk, shellfish (shrimp), wheat

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

***curried vegetable flatbread**

serving size: 1 ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	11	39	8	9	560

*chicken, chickpea, quinoa, feta and pumpkin seeds salad, tahini dressing

serving size: 1 ea

contains: milk, sesame

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

*fatoush salad with grilled shrimp

serving size: 1 ea

contains: shellfish, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	20	28	22	6	250

*grilled chicken, kale caesar salad

serving size: 1 ea

contains: fish, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
550	40	9	40	2	860

*hummus cup, mini pretzels

serving size: 1ea

vegetarian

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	9	29	9	3	579

*cheese, crackers, grapes

serving size: 1 ea

vegetarian

contains: milk, wheat

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

*veggie box with green goddess dressing with anchovies

serving size: 1 ea

vegetarian

contains: milk, fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	18	8	10	120

*hard boiled eggs

serving size: 1 ea

vegetarian

contains: eggs

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

salads & snack boxes

*edamame hummus, broccoli, grape tomatoes, red peppers

serving size: 1 ea

vegan

contains: sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	19	34	22	12	540

*manchego, smoked almonds, pork chorizo, crostini

serving size: 1 ea

contains: milk, tree nuts, wheat

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

*peruvian chop salad, chicken

serving size: 1 ea



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	6	19	14	8	340

*lemon herb tofu, berries, avocado, honey lime dressing

serving size: 1 ea

vegetarian

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	30	29	19	14	310

*grilled salmon, baby kale, grapefruit, chia seeds, green goddess dressing

serving size: 1 ea

contains: egg, milk, fish, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	40	22	32	8	590



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**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: 1 slices

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	4.5	21	2	2	200

udi's whole grain sandwich bread

serving size: 1 slice

Vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	4	19	3	2	250

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

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

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



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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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.

*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: egg, milk, soy, wheat

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;

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	3	38	7	1	400

***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

*rye bread, sliced

serving size: 1 ea (1.5 oz)

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	1	20	4	2	260

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.

*MTO
sandwich
protein

pork bacon

serving size: 3 slices

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
53	4	0	4	0	190

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 and beef 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	5	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

**MTO
sandwich
protein*

taylor ham roll

serving size: 2.5 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	16	<1	12	-	650

MTO sandwich & omelet cheeses

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	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

fontina

serving size: 1 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	9	0	7	0	230

fried egg

serving size: 2 ea
vegetarian

contains: egg, soy



eggs

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	17	1	11	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	11	1	14	<1	160

serving size: 6oz

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

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

roasted butternut squash

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	2	11	1	2	150

roasted portobello mushrooms

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	7	6	3	4	190

spiced delicata squash

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	4	9	1	3	100

roasted beets

serving size: 3 oz

vegan

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

*roasted broccoli

serving size: ½ cup

vegan



sides

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 brussels sprouts and shallots

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	7	2	2	90

roasted carrots and parsnips

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	3	17	1	6	100

*roasted summer squash and sweet onion



serving size: ½ cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	6	1	4	130

*roasted fennel



serving size: ½ cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	5	14	2	7	180

pork bacon

serving size: 3 slices

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
53	4	0	4	0	190

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 (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)
90	7	1	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 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

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



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, tree nuts

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)
150	7	<1	20	0	390

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

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



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, soy

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

*soy ginger scallion aioli

serving size: 1 fl oz

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	12	2	<1	2	70

smokey 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

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

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

gochujang bibimbap sauce, sesame

serving size: 1 fl oz

vegetarian

contains: soy, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	8	9	1	8	170

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: 3.5 oz

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	15	30	1	1	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

***faroe island grilled salmon**

serving size: 1 ea

contains: fish (salmon)



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

***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

***beef pineapple kebab**

serving size: 4oz

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	8	2	28	8	280

pork chops

serving size: 4oz

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

***tofu**

vegan

serving size: 4oz

contains: soy

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

***cajun mahi mahi**

serving size: 4oz

contains: fish, soy



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

***NY strip steak**

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	16	<1	30	0	640

***lemon herb bass**

serving size: 4oz

contains: fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	11	<1	21	<1	190

***ribeye steak**

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	33	<1	32	0	1280

***barbecue tempeh**

serving size: 4oz

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	6	17	23	1	80

prawns

serving size: 3oz

contains: shellfish

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

***chicken kebab**

serving size: 1 skewer, 5 pcs

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	6	3	23	2	290

lamb chops

serving size: 2ea

contains: soy

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

***pork carnitas quesadilla**

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	8	12	10	1	170

***philly cheese steak**

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
680	35	54	36	2	850

***pulled buffalo jackfruit sandwich**

serving size: 1 ea

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	16	66	12	14	1400

cubano sandwich

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	13	40	28	4	1170



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

***pepper crusted leg of lamb**

serving size 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	10	1	30	0	230

***ancho sesame pineapple glazed BBQ pork**

serving size: 1 serving

Contains: milk, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
850	57	25	55	18	2970

***cedar plank bbq salmon**

serving size: 1 ea

contains: fish



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	12	0	33	3	110

***cuban pork**

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	13	10	24	1	770

***apricot espresso glazed pork, anchovy**

serving size: 4oz

contains: milk, fish, wheat, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	13	24	35	16	370

***mint pine nut pesto leg of lamb**

serving size: 4oz

contains: tree nuts (pine nut)



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	15	1	29	0	410

cajun roasted turkey breast

serving size: 5oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	8	1	32	0	740

cantonese style roasted pork

serving size: 4oz

contains: sesame, soy, wheat

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

***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, tomato, artichoke salad**

serving size: ½ cup
vegan

contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	4	16	3	<1	230

***orange roasted baby carrots**

serving size: ½ cup
vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	6	21	1	16	290

***stir fried garlic baby bok choy**

serving size: ½ cup
vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	7	4	2	2	190

***brown rice**

serving size: ½ cup
vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	1	24	2	0	0

***rosemary garlic roasted asparagus**

serving size: ½ cup
vegetarian

contains: milk



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

***haricots verts almondine**

serving size: ½ cup
vegetarian

contains: milk, tree nuts



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	5	9	2	4	10

*quinoa, feta, cucumber, green beans, garbonzo bean salad

serving size: 4oz

vegetarian

contains: milk



rotisserie sides

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	7	20	6	2	230

*steamed jasmine rice

serving size: 4oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	<1	26	2	0	<10

*lemon herb roasted zucchini

serving size: 4oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	12	4	1	3	270

*sauteed broccolini

serving size: 4oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	2	10	4	3	90

*green beans, pickled onions, bulgar wheat salad, lemon vinaigrette

serving size: 4oz

vegan

contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	6	14	2	2	140

*baked sweet potato

serving size: 1 potato

vegan



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

*baked potato

serving size: 1 potato

vegan



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



HAWK'S NEST CAFÉ

HOT CEREAL

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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)
210	4	38	7	<1	10

serving size: 16 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	5	51	10	<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

*berry compote

serving size: 2 fl oz
vegan



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

*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

*cinnamon apple pear compote

serving size: 2 floz
vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	0	11	0	9	<10

*peach compote

serving size: 2 floz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	<1	33	<1	32	<10

orange cranberry compote

serving size: 2 floz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	9	0	5	0



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

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

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

***neopolitan cheese pizza**

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

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

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

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

***cheesy garlic knots**

serving size: 3 ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	10	41	8	2	460

*arugula, tomato, mozzarella salad pizza

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	9	115	29	13	1915

specialty pizza

*spinach, sun-dried tomato pesto and oyster mushroom pizza

serving size: 1 ea

vegetarian

contains: milk, soy, wheat;

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
900	31	117	46	12	2880

*frisee, artichoke, sun-dried tomato, manchego salad pizza

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
950	32	135	37	23	2870

*homestyle meatballs, balsamic roasted cipollini onion, asiago pizza

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1030	37	132	59	13	2660

spinach alfredo pizza

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
950	36	107	50	8	2160

*pork sausage, gorgonzola, caramelized onions and roasted pear pizza

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1210	57	124	56	15	2980

*primavera asiago pizza

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
800	24	108	42	7	1930

prosciutto, roasted pears, boursin

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
980	36	114	51	16	2570

***arugula, tomato, mozzarella salad**

serving size: 5 oz

contains: milk

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

***frisee salad, grilled artichoke, red pepper, manchego, lemon vinaigrette**

serving size: 9oz

contains: milk

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

***baby greens salad, fennel, fava bean, tomato, ricotta salata, red pepper vinaigrette**

serving size: 10 oz

vegetarian

contains: milk

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

artichokes, kalamata olives, parmesan, hard boiled eggs, green beans, mesclun, arugula, balsamic vinaigrette

vegetarian

serving size: 1 ea

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	15	14	10	4	1880

1/2 margherita pizza & arugula, tomato, mozzarella salad

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	28	62	39	11	1850

1/2 pepperoni pizza & arugula, tomato, mozzarella salad

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	24	61	32	10	1830

1/2 cheese pizza & arugula, tomato, mozzarella salad

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	19	61	29	10	1640

1/2 sausage pizza & arugula, tomato, mozzarella salad

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	25	63	32	11	2010

1/2 mushroom pizza & arugula, tomato, mozzarella salad

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	19	61	29	10	1640

*1/2 salad & pizza

1/2 margherita pizza & frisee salad, grilled artichoke, red pepper, manchego, lemon vinaigrette

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
970	52	81	48	22	2280

1/2 pepperoni pizza & frisee salad, grilled artichoke, red pepper, manchego, lemon vinaigrette

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
900	48	80	41	19	2270

1/2 cheese pizza & frisee salad, grilled artichoke, red pepper, manchego, lemon vinaigrette

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
840	42	80	38	19	2075

1/2 sausage pizza & frisee salad, grilled artichoke, red pepper, manchego, lemon vinaigrette

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
920	49	82	41	20	2440

1/2 mushroom pizza & frisee salad, grilled artichoke, red pepper, manchego, lemon vinaigrette

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
840	42	80	38	19	2075

½ margherita pizza & baby greens salad, fennel, fava bean, tomato, ricotta salata, red pepper vinaigrette

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

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

½ pepperoni pizza & baby greens salad, fennel, fava bean, tomato, ricotta salata, red pepper vinaigrette

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
900	32	73	27	11	1360

½ cheese pizza & baby greens salad, fennel, fava bean, tomato, ricotta salata, red pepper vinaigrette

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

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

½ sausage pizza & baby greens salad, fennel, fava bean, tomato, ricotta salata, red pepper vinaigrette

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
730	33	75	31	12	1530

½ mushroom pizza & baby greens salad, fennel, fava bean, tomato, ricotta salata, red pepper vinaigrette

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

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

½ margherita pizza & artichokes, 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)
650	29	59	35	5	2110

½ pepperoni pizza & artichokes, kalamata olives, parmesan, hard boiled eggs, green beans, mesclun, arugula, balsamic vinaigrette

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
580	26	59	29	9	2100

½ cheese pizza & artichokes, 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)
520	20	59	26	6	1910

½ sausage pizza & artichokes, kalamata olives, parmesan, hard boiled eggs, green beans, mesclun, arugula, balsamic vinaigrette

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	27	61	29	7	2270

½ mushroom pizza & artichokes, 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)
620	20	59	27	9	

½ mushroom, onion & goat cheese pizza & kale, arugula, heirloom tomato, gorgonzola, green goddess dressing

serving size: 1 ea
vegetarian

contains: egg, milk, fish, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
900	61	59	32	7	1700

½ char-grilled skirt steak salad pizza, green goddess dressing, anchovies & kale, arugula, heirloom tomato, gorgonzola, green goddess dressing

serving size: 1 ea

contains: egg, milk, fish, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
770	59	35	18	5	1330

½ kale chicken caesar salad pizza & kale caesar salad

serving size: 1 ea

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
750	43	64	26	6	1580

½ chicken cutlet, smoked gouda, balsamic onion jam pizza & kale caesar salad

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1180	57	115	52	18	2500

½ spinach alfredo pizza & frisée, grilled artichoke, piquillo peppers, manchego salad, lemon vinaigrette

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1390	66	135	67	23	3270

½ bacon, spinach, tomato, basil pesto pizza & frisée, grilled artichoke, piquillo peppers, manchego salad, lemon vinaigrette

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
960	51	83	39	20	2370

½ salad & pizza

½ oven dried tomato, broccoli rabe & asiago pizza & artichokes, kalamata olives, parmesan, hard boiled eggs, green beans, mesclun, arugula, balsamic vinaigrette

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	23	61	28	9	2080

½ prosciutto, roasted pears, boursin & artichokes, kalamata olives, parmesan, hard boiled eggs, green beans, mesclun, arugula, balsamic vinaigrette

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	26	64	31	10	2230

***trenne, grilled asparagus, roasted oyster mushroom, blistered grape tomatoes, parmesan cheese, lemon butter sauce**

serving size: 8 oz
vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
640	35	77	20	5	140

***fettuccini, clams, sautéed spinach, charred grape tomatoes, garlic white wine butter sauce**

serving size: 10 oz

contains: egg, shellfish (clams), wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	10	74	22	2	1000

***gnocchi sardi, wild mushrooms, fresh mozzarella, roasted red pepper, garlic olive oil**

serving size: 8 oz
vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
730	35	80	24	6	1110

fettuccini, seared scallops, garlic roasted broccoli rabe, white wine butter sauce, red chili flakes

serving size: 8 oz

contains: egg, milk, shellfish, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	36	78	20	2	1650

***buffalo chicken roll**

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
980	53	88	41	2	3350

***chicken roll**

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1160	59	111	54	3	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

***philly cheesesteak roll**

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
930	51	76	43	4	1800

***grilled asparagus, pesto goat cheese roll**

serving size: 1 ea

vegetarian

contains: egg, milk, wheat

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

***italian pork sausage, broccoli rabe calzone**

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
980	55	76	46	4	1910

spinach ricotta roll

vegetarian

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	30	79	29	4	1200



HEARTH

(salumeria sandwiches)

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.

***crispy eggplant, artichoke, fennel salad, radicchio, onion chutney, olive focaccia**

serving size: 1ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1170	75	113	16	34	1670

***roasted maitake, trumpet mushrooms with cippolini onions with chicken cutlet on house made focaccia**

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
640	30	71	26	7	735

cauliflower salad, pine nuts, chestnut cream, focaccia

serving size: 1ea

vegetarian

contains: milk, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
900	49	105	17	25	1240

***buffalo mozzarella, oven dried tomato basil, focaccia**

serving size: 1ea

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



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

The GOAT

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

serving size: 1 ea

contains: milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	15	41	15	7	410

baconator

roast turkey, bacon, muenster, multi grain hero

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
680	32	54	53	6	1470

pump up the jam

crispy chicken, tomato jam, mozzarella, arugula, sesame semolina hero

serving size: 1 ea

contains: egg, milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
940	49	69	59	6	1230

bada-bing

prosciutto, fresh mozzarella, marinated peppers, baguette

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	23	75	33	5	1715

***jacked up**

turkey, avocado, bacon, pepper jack, chipotle mayo, ciabatta

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	30	63	43	5	2170

***this little figgi**

roast beef, fresh figs, boursin cheese, rustique roll

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	13	73	32	9	1690

***feta is betta**

crispy eggplant, feta cheese, balsamic glaze, hoagie

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	34	65	22	8	1500

***spring has sprung**

prosciutto, gruyere cheese, basil, avocado, carrots, sourdough roll

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	16	40	11	5	700

which came first

chipotle grilled chicken, aged cheddar, tomato, lettuce, 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 garden

grilled vegetables, caramelized onions, fresh mozzarella on ciabatta

vegetarian

serving size: 1 ea

contains: milk, wheat

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

california

turkey, pork bacon, lettuce, tomato, avocado, French hero

serving size: 1 ea

contains: egg, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	22	74	26	2	1780

cubano

roast pork cuban, ham, swiss, green chili mustard, hero roll

serving size: 1 ea

contains: wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
860	28	99	53	6	2300

next of kin

grilled vegetable, provolone, pumpkin hummus, whole wheat wrap

vegetarian

serving size: 1 ea

contains: milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	33	63	26	3	1100

grillin and chillin

grilled chicken, honey Dijon, swiss cheese, spinach, whole wheat roll

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
640	21	66	50	16	1310

gobble gobble

turkey, mozzarella, roasted piquillo peppers, french hero

serving size: 1 ea

contains: milk, wheat

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

fuggetaboutit

ham, salami, provolone sandwich

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

grilled lemon pepper chicken breast

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	4	0	22	0	330

pork bacon

serving size: 2 slices

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
35	3	0	3	0	127

*chicken salad

serving size: 4oz

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	19	1	18	0	460

*tuna salad

serving size: 4oz

contains: egg, fish, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	18	0	33	0	760

*roast beef

serving size: 3.5oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	3	0	18	0	420

*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: 3oz

vegetarian

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	23	2	8	1	560

***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

***pork and beef 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: 4oz

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	12	8	18	1	280

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: 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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	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

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

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)
200	6	37	4	5	370

udi's gluten free sliced white bread

serving size: 1 slices

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	5	21	2	2	200

udi's gluten free sliced whole grain bread

serving size: 1 slices

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	4	19	3	2	250

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

caramelized onion

serving size: 1 oz

vegan

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

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: sesame, soy

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

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***citrus agua fresca**

serving size: 16 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	<1	45	1	43	13

***yuzu watermelon agua fresca**

serving size: 16 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	8	1	6	10

***mango agave**

serving size: 16 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	1	41	2	37	10

***cucumber melon**

serving size: 16 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	0	30	1	26	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

*bacon baked stuffed potato soup chef francisco

contains: milk, soy, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	24	35	10	3	1000

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	31	47	13	3	1330

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)
210	6	29	6	6	1065

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	8	38	8	8	1420

*fiery veggie chili soup wholesome crave

vegan



serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	5	33	6	14	740

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	6	44	8	18	980

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

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 (clam, lobster), 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

*tomato basil cf

vegetarian

contains: milk, wheat

serving size: 12 fl oz

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

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
315	14	39	8	22	490

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)
360	16	30	24	5	1180

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	22	40	32	6	1580

black bean & bulgur chili combo

vegan

contains: wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	5	37	7	14	750

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	6	48	8	18	980

pork jalapeno chili combo

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	9	33	15	14	810

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	10	44	16	18	1110

pumpkin bisque blount

vegetarian

contains: milk

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	23	33	5	17	320

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	30	44	6	22	420



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	7	54	19	<1	310

*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)
280	7	29	23	1	240

*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)
660	36	41	40	12	660

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

cucumber avocado roll

vegan

serving size: 1ea



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	11	57	6	1	290

sweet potato tempura roll

serving size: 1ea

contains: egg, fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	15	74	7	8	730

shrimp tempura roll

serving size: 1ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	27	58	14	8	950

***eel avocado roll**

serving size: 1ea

contains: fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	14	64	14	3	530



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

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

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

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

taqueria

pickled jalapeno

serving size: 1 oz

vegan

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

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

taqueria

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

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

aztec bowl

serving size: 1 serving

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
800	24	128	29	20	1400

coconut curry bowl

serving size: 1 serving

vegan

contains: soy, tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	11	85	22	8	650

chicken tinga

serving size: 1/2 cup



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	6	4	13	2	70

pulled beef

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	10	3	22	2	760

chipotle tofu

serving size: 4oz

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	5	3	9	<1	20

crispy fried chicken thigh

serving size: 8oz

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	30	3	47	<1	650

grilled chicken thigh

serving size: 8 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	17	1	51	<1	620

creamy feta, garlic dressing

serving size: 1 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	6	2	1	<1	150

avocado buttermilk ranch sauce

serving size: 1 oz

vegetarian

contains:milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	5	3	1	<1	150

kroean gochujang sauce

serving size: 1 oz

vegetarian

contains: egg, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	10	5	1	4	540

chow chow

serving size: 1/4 cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	3	<1	1	50

pickled beets

serving size: 1/4 cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	<1	3	<1	2	60

pickled blistered grape tomatoes

serving size: 1/4 cups
vegan

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

pickled cauliflower

serving size: 1/4 cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	6	2	1	<1	150

pickled cucumbers

serving size: 1/4 cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	2	<1	<1	60

pickled red onion

serving size: 1/4 cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	3	<1	1	50

pickled radish

serving size: 1/4 cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	1	<1	1	60



beef, pork and veal meatball

serving size: 6oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	25	17	37	3	760

turkey fontina meatball

serving size: 4oz

contains: egg, milk, wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	16	13	20	1	620

beet chickpea "meatball"

serving size: 4oz

vegetarian

contains: egg



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	2	13	5	5	220

san marzano tomato sauce

serving size: 4 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	10	2	6	270

roasted garlic saffron aioli

serving size: 2 tbsp

contains: egg, soy

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

broccoli rabe

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	12	4	33	<1	300

balsamic grilled portobello

serving size: 1.2 cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	7	3	5	130

caesar salad, anchovy

serving size: 12 oz

contains: egg, fish (anchovy), milk, wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	41	22	9	2	930

Consumer Advisory Disclaimer: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. 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.



grape tomato, basil salad

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	7	4	1	3	120



HAWK'S NEST CAFÉ

Chef's Table

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HAWK'S NEST CAFÉ

YOGURT BAR
SMEAR BAR
BREAKFAST BUFFET
GLOBAL BUFFET
SNACK BUFFET

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HAWK'S NEST CAFÉ

YOGURT BAR

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*plain greek yogurt, 2% (fage)

serving size: ½ cup

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	2	5	11	5	40

*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: ¼ 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



*toppings

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

*dukkah, sesame, pistachio, hazelnuts, almond

serving size: 1 oz

vegan

contains: sesame, tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	13	8	5	1	120

*yogurt toppings

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)
50	0	13	0	12	5



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

raisin walnut bread, sliced

serving size: 1 ea

vegan

contains: tree nuts (walnuts) wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	4	26	3	6	160

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

english muffin, white

serving size: 1 ea

Vegan

contains: 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

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

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: 1 tbsp

vegetarian

contains: milk

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

plant-based butter

serving size: 1 tbsp

vegetarian

Contains: coconut

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)
80	7	1	3	1	100

***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)
200	19	4	4	2	190

***low fat cream cheese**

serving size: 2 tbsp

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	5	2	3	0	120

***swiss cheese**

serving size: 1 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	9	<1	8	0	50

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: 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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	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

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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)
60	0	1	12	1	190

***seasoned homefries**

serving size: 5oz

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	29	22	3	2	960

***egg white frittata, goat cheese, roasted vegetables**

serving size: 4 oz

vegetarian

contains: egg, milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	4	2	9	2	320

turkey sausage, cheddar egg white frittata

serving size: 1ea

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	6	2	13	1	420

***spinach, mushroom, gruyere, egg white frittata**

serving size: 1ea

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
205	10	4	22	1	650

***denver egg white with ham and cheddar**

serving size: 4oz

contains: egg, milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	3	3	11	2	370

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

*sweet potato, brussels sprout hash

serving size: 4 oz

vegan

contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	3	17	2	5	100

green hatch chili chilaquiles

serving size: 6 oz

vegetarian

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	19	42	13	7	820

***bacon, egg and cheese burrito**

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
790	46	55	39	4	1880

***chilaquiles with eggs, salsa verde**

serving size: 1 serving

vegetarian

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	21	25	11	3	583

***blueberry pancakes**

serving size: 2 ea

vegan

contains: soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	2	45	6	11	620

***shakshuka baked eggs, kale and feta**

serving size: 4oz

vegetarian

contains: egg, milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
202	12	17	10	8	180

***corned beef hash**

serving size: 4oz

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	5	9	13	2	530

***vanilla french toast**

serving size: 2 halves

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	6	79	17	25	740

***eggs benedict, canadian pork bacon**

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	27	14	16	2	530

***egg florentine and goat cheese crepes**

serving size: 1 ea

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	28	30	24	4	520

***sticky buns**

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	32	65	8	38	440

***egg white, american, and peppers quesadilla**

serving size: 1 ea

vegetarian

contains: egg, milk, soy

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

*** biscuits and pork gravy**

serving size: 4oz

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	33	56	11	73	1431

***pork chorizo, black bean, cheese frittata**

serving size: 1 slice

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	14	14	15	4	410

pumpkin spice pancakes

serving size: 2 ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	4	33	4	7	360

huevos rancheros flatbread

serving size: 1ea

vegetarian

contains: egg, milk, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	10	13	12	2	300

cheese corn bread

serving size: 4oz

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	40	38	7	15	330

butternut, spinach, feta frittata

serving size: 4oz

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	6	11	7	2	220

lemon pancakes

serving size: 3ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	2	52	7	11	770

denver scrambled whites, ham

serving size: 4oz

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	3	3	11	2	370



HAWK'S NEST CAFÉ

GLOBAL

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.



piri piri chicken

serving size: 1 piece

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	19	3	19	2	1180

brazilian coconut trout stew

serving size: 6oz

contains: fish, tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	22	11	17	5	760

sauteed collard greens

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	6	8	2	3	730

red rice

serving size: 4oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	4	18	2	1	100

hearts of palm avocado salad

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	16	7	2	1	170

brazilian potato salad

serving size: 4oz

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	12	17	3	1	330

mixed green salad

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	<1	8	2	4	30



karaage chicken

serving size: 4 oz

contains: egg, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	12	12	15	1	1870

stir fried pork

serving size: 3/4 cup

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	12	2	28	<1	240

sticky rice

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	<1	25	2	0	<10

sesame bok choy

serving size: 4oz

vegan

contains: sesame, soy



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

japanese tofu salad, sesame vinaigrette

serving size: 4oz

vegetarian

contains: milk, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	4	12	5	4	90

pickled daikon radish & carrots

serving size: 4oz

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	<1	5	<1	3	260

hungarian goulash

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	5	6	15	2	450

braised chicken, paprika and chickpeas

serving size: 4oz

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	6	11	12	3	150

grilled broccolini

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	3	10	4	2	220

buttered egg noodles

serving size: 4oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	3	25	4	<1	160

beet and potato egg salad

serving size: 4oz

vegetarian

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	13	14	2	3	480

creamy coleslaw with caraway seeds

serving size: 4oz

vegetarian

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	1	8	2	5	50



cioppino (clams, tilapia, shrimp and scallops stew)

serving size: 4oz

contains: fish, shellfish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	1	3	6	1	140

vegetable lasagna

serving size: 10oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	17	24	18	5	530

roasted summer squash

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	3	4	1	3	250

garlic linguini and brown butter

serving size: 4oz

vegan

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	19	4	<1	80

wheatberry, cannellini bean and basil salad

serving size: 4oz

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	9	25	6	2	270

spring panzanella salad

serving size: 4oz

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	9	8	5	1	330



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



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



pernil (roast pork)

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	19	1	0	0	320

codfish fritters

serving size: 1 each

contains: egg, fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	8	11	16	2	1710

red beans and rice

serving size: 4oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	2	37	5	1	240

tostones

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	6	25	1	14	130

tuna macaroni salad

serving size: 4oz

contains: egg, fish, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	16	19	17	1	360

avocado tomato salad

serving size: 4oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	13	8	2	2	50



braised jamaican oxtail

serving size: 3oz

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	46	11	23	3	370

jerk chicken

serving size: 1 piece

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	14	1	41	<1	310

roasted sweet plantains

serving size: 3oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	6	34	1	17	0

coconut rice and pigeon peas

serving size: 4oz

vegetarian

contains: milk, tree nuts (coconut)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	6	42	7	2	370

tropical fruit and pistachio salad

serving size: 4oz

vegan

contains: tree nuts (pistachio)



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	11	17	2	11	60

curry chicken salad

serving size: 4oz

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	8	1	15	<1	330

*lunch buffet



sesame snow pea tofu stir fry

serving size: 4oz

vegan

contains: sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	12	7	5	3	330

korean sesame bbq chicken

serving size: 4oz

contains: sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	4	2	34	2	140

sesame kimchi fried rice, shrimp essence

serving size: 4oz

contains: sesame, fish (anchovy), shellfish (shrimp), soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	2	31	3	7	280

chili green beans

serving size: 4oz

vegan

contains: soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	8	1	5	90

sesame cucumber salad

serving size: 4oz

vegetarian

contains: sesame, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	5	1	4	90

marinated sesame eggplant salad, fish sauce

serving size: 4oz

contains: fish (anchovy), sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	7	1	4	270



pork schnitzel

serving size: 1 serving

contains: eggs, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	34	30	41	4	920

beef sauerbraten

serving size: 4oz

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	8	7	17	5	300

potato pancakes

serving size: 1 ea

vegetarian

contains: egg, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	5	23	3	2	330

braised red cabbage

serving size: 4oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	4	13	2	7	40

dill, cucumber salad

serving size: 4oz

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: 4oz

vegetarian

contains:



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	4	1	3	30

german bacon potato salad

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	2	19	3	5	320



lomo saltado (stir fried beef)

serving size: 1 serving

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	17	27	20	5	380

pollo a la brasa (grilled chicken)

serving size: 1 piece

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	24	5	49	2	670

sesame arroz caufa (egg fried rice)

serving size: 4oz

vegetarian



contains: egg, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	6	17	4	1	180

grilled asparagus

serving size: 6 pieces

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	7	3	4	170

yogurt, quinoa, corn and potato salad

serving size: 4oz

vegetarian

contains:milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	2	15	3	2	140

bacon and black eyed pea salad

serving size: 1 cup

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	2	10	3	4	170

mixed green salad

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	7	2	4	30



chicken cacciatore

serving size: 6oz

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	12	10	22	3	230

baked cod arugula, cashew pesto

serving size: 4oz

contains: fish (cod), milk, tree nut (cashew)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	16	3	17	<1	450

roasted summer squash with garbanzo

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	5	14	5	4	80

penne arabiatta, fresh mozzarella

serving size: 4oz

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	6	35	9	2	130

cucumber salad

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	4	1	2	70

olive, artichoke, roasted red peppers and mozzarella

serving size: 4oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	17	7	6	1	570

sesame char siu pork, oyster sauce

serving size: 4oz

contains: egg, shellfish (oyster), sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	22	29	30	9	960

sesame honey hoisin chicken

serving size: 4oz

Contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	14	9	22	8	320

vegetable fried rice

serving size: 4oz

vegetarian

contains: egg, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	6	20	4	2	180

sugar snap peas with red pepper

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	1	7	3	4	70

cold peanut noodle salad

serving size: 1 cup

vegetarian

contains: peanut, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	13	30	6	3	280

snow peas, peppers

serving size: 4oz

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	3	9	3	5	130



chickpea “chorizo” stuffed peppers, pepperjack

serving size: 1 ea

vegetarian

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	8	33	13	8	330

albundigas (beef meatballs), spicy tomato sauce

serving size: 3 ea

contains: egg, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	24	9	21	4	210

paprika roasted potatoes

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	12	25	3	3	230

green beans with romanesco sauce, almonds

serving size: 4oz

vegan

contains: tree nuts (almonds)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	18	10	3	5	50

chickpea, avocado salad

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	6	24	7	4	90

asparagus salad, mushrooms, walnuts

serving size: 4oz

vegan

contains: tree nuts (walnuts)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	7	10	4	3	260



coq au vin

serving size: 6oz

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: 4oz

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	23	7	24	2	920

pan roasted tri color baby carrots

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	16	9	1	5	830

whipped horseradish potatoes

serving size: 4oz

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: 5oz

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: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	4	21	9	3	30

mixed green salad

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	7	2	4	30



cajun grilled mahi mahi

serving size: 4oz

contains: fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	5	3	17	2	170

chicken and andouille sausage gumbo

serving size: 4oz

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	5	8	4	1	180

ham hock stewed black eyed peas

serving size: 4oz

contains: milk (at risk), soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	5	21	12	4	580

succotash

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	4	15	4	6	310

cabbage, jicama and jalapeno slaw

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	1	15	1	11	320

red bliss potato salad

serving size: 4oz

vegetarian

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	15	18	2	2	170

mixed green salad

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	7	2	4	30



lamb vindaloo

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	21	10	35	4	650

spiced cabbage steak

serving size: 4oz

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	1	8	2	4	50

cauliflower, onion, pea curry

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	11	12	3	5	180

spiced basmati rice

serving size: 4oz

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: 4oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	1	7	3	2	50

tomato chutney / cilantro chutney / mango chutney

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	0	20	1	18	5
70	4	10	1	6	1360
40	2	5	1	3	4



bbq chicken

serving size: 4oz

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	7	8	27	5	600

smoked pork st. louis ribs

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	18	12	20	10	910

baked beans

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	1	30	4	17	430

corn on the cobb

serving size: 4oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	3	16	3	3	70

creamy coleslaw

serving size: 4oz

vegetarian

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	26	13	2	9	490

okra chow chow

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	3	16	1	14	90

mixed green salad

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	7	2	4	30



mojo marinated chicken

serving size: 4oz

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	17	2	27	1	560

cuban roast pork

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	5	3	33	0	1140

red rice

vegan

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	4	18	2	1	100

sauteed green beans and cherry tomatoes

vegan

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	8	2	3	20

cuban potato salad

vegetarian

serving size: 4oz

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	3	20	3	1	180

avocado, watercress and pineapple salad

vegan

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	6	6	1	4	50



general tso's chicken

serving size: 4oz

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	13	31	15	5	320

beef and broccoli

serving size: 4oz

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	6	10	16	5	400

vegetable egg fried rice

vegetarian

serving size: 4oz

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

vegan

serving size: 4oz

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

nappa cabbage slaw

vegan

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	4	1	2	220

sesame snow peas and pepper salad

vegan

serving size: 4oz

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	3	9	3	5	140



arroz con pollo

serving size: 4oz

contains: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	3	21	9	1	320

black bean & brown rice patty, blood orange mojo

vegan

serving size: 4oz

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	18	30	8	3	150

sweet plantains

vegan

serving size: 4oz

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	0	36	1	18	0

yuca and pickled onions

vegan

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	9	43	2	2	350

green bean, red onion and tomato salad

vegan

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	8	2	4	190

avocado tomato salad

vegan

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	17	9	2	2	250



lamb vindaloo

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	10	11	19	5	540

chicken jalfrezi (curried chicken)

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	10	4	19	2	320

basmati rice

vegan

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	3	17	2	0	250

curried cauliflower and peas

vegan

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	11	12	3	5	180

curried carrot salad

vegetarian

serving size: 4oz

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	17	14	1	11	190

spiced lentil salad

vegan

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	1	33	13	1	120



HAWK'S NEST CAFÉ

SNACK BUFFET

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snack buffet
*guacamole bar

***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: 1 cups
vegan
contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	11	19	2	<1	300

*guacamole

serving size: 4 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	10	7	2	1	190

snack buffet
*guacamole bar

*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

*mango salsa

serving size: 2 oz
vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	5	<1	4	50

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

*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

*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

*beef and pork salumi and cheese

serving size: 1 serving

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	19	17	16	14	520

*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

*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

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 garbanzo 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

*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 spread

serving size: 4 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	14	16	10	4	930

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 tapenade

serving size: 2 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	3	2	<1	1	320

crudite

serving size: 8oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	<1	12	2	7	90

sumac carrot, raisin salad

serving size: 2oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	2	12	1	8	110

labneh

serving size: 2 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	6	11	6	4	170

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



HAWK'S NEST CAFÉ

QUICK PICKS

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quick pick sandwiches

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breakfast sandwiches

*Taylor 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)
500	27	37	24	7	190

*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)
630	37	43	29	9	910

*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)
430	21	35	22	6	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	

*spicy egg and cheese breakfast burrito

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	12	23	21	<1	560

*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)
300	10	34	19	5	580



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

***mango vanilla yogurt parfait**

serving size: 8 oz

vegetarian

contains: milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	5	42	10	33	170

***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	18	14	130

***cinnamon roasted peaches, overnight oats**

serving size: vegan

vegan

contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	9	65	10	12	80

apple and oat milk overnight oats

serving size: 8oz

vegan

contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	6	65	12	14	80

***berry almond chia pudding**

serving size: 8oz

vegetarian

contains: Tree nuts, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	9	24	5	11	80

citrus, cranberry apple, pecan topped overnight oats

serving size: 8oz

vegetarian

contains: milk, tree nuts



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	10	53	12	22	80

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

banana almond coconut overnight oats

serving size: 8 oz

vegetarian

contains: milk, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	17	43	10	12	70

*tropical 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

*walnuts, almonds, dried cherries overnight oats

serving size: 8 oz

vegan

contains: tree nuts, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	14	64	10	13	70



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: 1.75 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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***southwest chicken salad**

serving size: 1 ea

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	22	31	21	4	500

***vegan powerhouse vegetable, spinach salad**

serving size: 1 ea

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	23	44	12	24	300

***sesame salmon and vegetable salad**

serving size: 1

contains: fish, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	13	6	36	3	160

***southwest salad, chipotle tofu, pico, arugula, quinoa, greek yogurt ranch**

serving size: 1 ea

vegetarian

contains: milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	13	40	17	6	380

***worcestershire marinated flank steak salad, dijon vinaigrette**

serving size: 1

contains: egg, fish, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	35	13	19	6	930

***red quinoa, corn, chicken salad**

serving size: 1



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	17	26	17	6	530

***grilled chicken salad, strawberry, pecans, blue cheese, with cider vinaigrette**

serving size: 1 ea

contains: milk, tree nuts (pecans)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	48	17	23	11	490

***grilled salmon nicoise salad**

serving size: 1 ea

contains: egg, fish (salmon, anchovy)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	18	27	34	0	640

***red quinoa and portobello corn salad**

serving size: 1 ea

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	14	32	7	10	600

grilled chicken and vegetable salad, smoked paprika dressing

serving size: 1 ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	12	26	32	9	560

japanese steak salad, sesame dressing

serving size: 1 ea

contains: milk, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	21	40	30	14	370

greek salad, balsamic vinaigrette

serving size: 1 ea

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	20	13	7	7	1040



quick pick sushi

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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	7	54	19	<1	310

*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)
280	7	29	23	1	240

*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)
660	36	41	40	12	660

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

cucumber avocado roll

vegan

serving size: 1ea



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	5	34	3	2	180

sweet potato tempura roll

serving size: 1ea

contains: egg, fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	15	74	7	8	730

shrimp tempura roll

serving size: 1ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	27	58	14	8	950

***eel avocado roll**

serving size: 1ea

contains: fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	23	65	20	16	1200

Consumer Advisory Disclaimer: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

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.



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

sweet potato tempura roll

serving size: 1ea

contains: egg, fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	15	74	7	8	730

shrimp tempura roll

serving size: 1ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	27	58	14	8	950

***eel avocado roll**

serving size: 1ea

contains: fish, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	14	64	14	3	530

***tuna avocado roll, sesame**

serving size: 1ea

contains: fish, sesame



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



quick pick flame

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***grilled chicken & cheese on brioche**

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	16	34	20	5	910

***bacon cheeseburger on brioche bun**

serving size: 1 ea

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

***teriyaki chicken burger, whole wheat bun**

serving size: 1 ea

contains: soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	14	38	26	6	490

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

***turkey burger on whole wheat bun**

serving size: 1 ea
contains: soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	10	26	24	4	560

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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***creamy curried yogurt potato salad**



serving size: 4 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	<1	12	3	2	90

***coconut, sesame rice noodle salad**

serving size: 4 oz

vegetarian

contains: sesame, soy, tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
131	3	24	3	5	60

***herb grilled zucchini salad**



serving size: 4 oz

vegan

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

***mediterranean pasta salad**



serving size: 4 oz

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	4	16	3	2	250

***savoy cabbage and carrot slaw**



serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	3	4	<1	1	170

***bulgur salad, chickpeas, lemon**



serving size: 4 oz

vegan

contains: wheat

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

***kale, quinoa, avocado salad**



serving size: 4 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	6	12	4	<1	170

***salmon, cauliflower, walnut, frisee salad**

serving size: 4 oz
contains: fish (salmon), tree nuts (walnuts)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	21	10	14	7	350

***tomato, herb, lentil salad**



serving size: 4 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	5	22	9	4	160

freekeh, honey, roasted butternut squash, dried cranberry salad

serving size: 4 oz
vegetarian
contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	45	23	1	14	70

tomato, mozzarella, basil, pasta salad



serving size: 4 oz
vegetarian
contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	4	18	5	3	230

moroccan chickpea



serving size: 4 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	1	27	9	5	300



quick pick rotisserie

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***classic rotisserie chicken, baked sweet potato, orange roasted baby carrot**

serving size: 14 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	24	54	41	25	960

***classic rotisserie chicken, baked potato, garlic roasted asparagus**

serving size: 14 oz

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
580	21	54	43	6	780

***classic rotisserie chicken, sauteed broccolini, baked sweet potato**

serving size: 14 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	21	43	44	12	750

classic rotisserie chicken, minted parsnips, baked potato

serving size: 17 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	25	73	43	10	1080



quick pick hearth

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***eggplant parmesan hero**

serving size: 1ea

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	15	66	17	6	1340

***chicken parmesan hero**

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	16	60	21	4	1155

italian sausage and peppers

serving size: 1ea

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	29	48	23	7	1120

shaved italian beef, peppers, provolone, baguette

serving size: 1ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
700	23	78	46	4	1520



quick pick spread

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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

***The GOAT**

grilled portobello, arugula, roasted , goat cheese wrap

serving size: 1 ea

contains: milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	15	41	15	7	410

***baconator**

roast turkey, bacon, muenster, multi grain hero

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
680	32	54	53	6	1470

***pump up the jam**

crispy chicken, tomato jam, mozzarella, arugula, sesame semolina hero

serving size: 1 ea

contains: egg, milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
940	49	69	59	6	1230

***bada-bing**

prosciutto, fresh mozzarella, marinated peppers, baguette

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	23	75	33	5	1715

***jacked up**

turkey, avocado, bacon, pepper jack, chipotle mayo, ciabatta

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	30	63	43	5	2170

***this little figgi**

roast beef, fresh figs, boursin cheese, rustique roll

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	13	73	32	9	1690

***feta is betta**

crispy eggplant, feta cheese, balsamic glaze, hoagie

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	34	65	22	8	1500

***spring has sprung**

prosciutto, gruyere cheese, basil, avocado, carrots, sourdough roll

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	16	40	11	5	700

which came first

chipotle grilled chicken, aged cheddar, tomato, lettuce, 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 garden

grilled vegetables, caramelized onions, fresh mozzarella on ciabatta

vegetarian

serving size: 1 ea

contains: milk, wheat

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

california

turkey, pork bacon, lettuce, tomato, avocado, French hero

serving size: 1 ea

contains: egg, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	22	74	26	2	1780

cubano

roast pork cuban, ham, swiss, green chili mustard, hero roll

serving size: 1 ea

contains: wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
860	28	99	53	6	2300

quit it cold

roasted turkey, mozzarella, roasted red peppers, french hero

serving size: 1 ea

contains: milk, soy (at risk), wheat

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

rooster

chipotle grilled chicken, aged cheddar, focaccia

serving size: 1 ea

contains: milk, wheat

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

the garden

balsamic grilled vegetables, goat cheese, baguette

serving size: 1 ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	32	74	16	5	990

the steak out

roast beef, blue cheese, caramelized onions, french hero

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
840	26	92	5	5	2130

next of kin

grilled vegetable, provolone, pumpkin hummus, whole wheat wrap

vegetarian

serving size: 1 ea

contains: milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	33	63	26	3	1100

grillin and chillin

grilled chicken, honey Dijon, swiss cheese, spinach, whole wheat roll

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
640	21	66	50	16	1310

gobble gobble

turkey, mozzarella, roasted piquillo peppers, french hero

serving size: 1 ea

contains: milk, wheat

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

fuggetaboutit

ham, salami, provolone sandwich

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

***turkey and swiss on whole wheat wrap**

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	9	31	29	3	460

***petite turkey and swiss on whole wheat roll**

serving size: ½ ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	5	16	15	2	230

***tuna salad on whole wheat wrap**

serving size: 1 ea

contains: egg, fish, soy 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, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	13	24	21	1	620

***roast beef, brie**

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**

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	13	22	19	<1	615

***tuna, dijon dill vinaigrette on whole wheat**

serving size: 1 ea

contains: fish, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	7	30	25	5	500

***tuna, dijon dill vinaigrette on whole wheat**

serving size: 1 ea

contains: fish, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	4	15	12	3	250

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)
560	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 caeser wrap**

serving size: 1 ea

contains: egg, fish, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
970	61	54	54	2	2430

***½ chicken caeser wrap**

serving size: ½ ea

contains: egg, fish, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	31	27	27	1	1220



quick pick comfort

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***meat loaf, mashed potato, baby carrots, and green beans, anchovy**

serving size: 1ea

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
830	53	42	48	14	1226

***mesquite smoked beef brisket, fennel roasted yukon potatoes, grilled zucchini and grape tomatoes**

serving size: 1ea

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	13	43	32	20	740

***lemon herb striped bass, whipped sweet potatoes, herb asparagus**

serving size: 1ea

contains: fish, milk,

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	14	29	29	10	590

***chicken piccata, herb roasted eggplant, buttered egg noodles**

serving size: 1ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	18	34	29	<1	500

***pork, beef and veal meatballs, linguini marinara, grilled broccolini**

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	29	39	43	7	1040

***minted pine nut pesto leg of lamb, roasted red bliss potatoes, lemon thyme broccoli**

serving size: 1ea

contains: tree nuts (pine nuts)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	25	44	46	7	1717900

***chicken saltimbocca, sautéed kale, oregano rice**

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
890	33	100	50	6	1410

***brined sage pork chops, roasted cauliflower, bamboo rice pilaf**

serving size: 1ea

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	26	37	32	2	740

***stir fried shrimp, oyster & fish sauce, scallion rice, ginger roasted carrots**

serving size: 1ea

contains: fish (anchovy), shellfish (shrimp, oyster), soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	5	52	21	17	800

***pork sausage and peppers, sautéed kale spaghetti marinara**

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	19	61	27	9	1000

***huckleberry barbecue salmon, wild rice pilaf, roasted tricolor baby carrots**

serving size: 13 oz

contains: fish (anchovy), soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	41	36	27	9	1910

***worcestershire marinated grilled flanksteak, mashed potatoes, spaghetti squash, mushrooms and tomatoes**

serving size: 14 oz

contains: fish (anchovy), milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	45	28	38	5	680

***herb roast turkey, sauteed spinach, thyme roasted sweet potatoes**

serving size: 14 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	17	25	37	7	650

***smoked pork loin, baked beans, grilled corn**

serving size: 14 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	17	66	46	25	1280

***salsbury steak, mushroom gravy, buttered noodles, roasted patty pan squash**

serving size: 14 oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	36	40	33	4	1010

lemon pepper grilled salmon, succotash, fried fruit brown rice pilaf

serving size: 1ea

contains: fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	2	34	27	12	590

pan seared chicken marsala, candied sweet potatoes, herb oil roasted broccoli

serving size: 1ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	11	52	30	33	470

sage roasted pork loin, smashed red bliss potatoes, maple roasted acorn squash

serving size: 1ea

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	28	46	28	10	910

herb roasted turkey breast, sauteed spaghetti squash, wild rice

serving size: 1ea

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	19	39	36	12	1090

meat loaf, brown sugar sweet potato puree, lemon roasted broccoli

serving size: 1ea

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
730	42	39	51	20	1230



quick pick dessert

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.

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: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	18	56	5	44	380

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)
460	28	50	4	37	170

chocolate pudding

serving size:

vegetarian

contains: egg, fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	6	52	2	34	380

rice pudding

serving size:

vegetarian

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	5	42	7	26	220