



NUTRITION INFORMATION

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



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

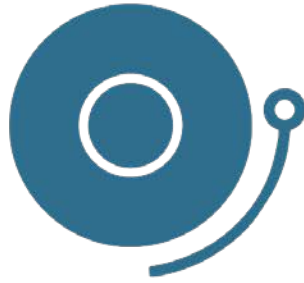
Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	0	15	<1	14	0

blueberry cup

serving size: 1 ea

vegan

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



OPENING BELL

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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

plant-based milk

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

single espresso

serving size: 1oz

vegan

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

doppio espresso

serving size: 2oz

vegan

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

coffee

vegan

serving size: 12oz

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

serving size: 16 floz

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

cold brew

vegan

serving size: 12oz

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

serving size: 16 floz

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

tea (green, earl grey, mint, black, chamomile, chai)

vegan

serving size: 12oz

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

serving size: 16 floz

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

cafe americano

vegan

serving size: 12oz

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

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
15	0	2	1	0	10

cappuccino/latte

vegetarian

contains: milk

serving size: 12oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	6	15	10	14	140

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	7	19	13	18	170

goji berry, soy milk smoothie

serving size: 16 floz

vegetarian

contains: milk, soy, tree

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	12	73	32	42	250

coconut green sweet smoothie

serving size: 16 floz

vegetarian

contains: tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	2	65	13	43	90

peanut butter banana, almond milk smoothie

serving size: 16 floz

vegan

contains: peanut, tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	22	57	25	17	300

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

contains: egg, milk, soy, wheat

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

ham and swiss croissant

serving size: 1ea

contains: egg, milk, wheat

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

spinach and cheese croissant

serving size: 1ea

vegetarian

contains: egg, milk, wheat

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

*bacon, 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)
520	28	35	29	6	1190

*egg and cheese, brioche

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	22	35	22	6	880

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

broccoli and cheddar frittata

serving size: 1 ea

vegetarian

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	10	2	12	1	290

***grilled buffalo tofu, buttermilk avocado dressing, whole wheat wrap**

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
275	10	34	14	3	480

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

serving size: 1 ea

contains: egg, milk, sesame, soy, wheat

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

***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

***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

***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

***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)
670	34	71	21	13	1470

***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

***southwestern tuna salad, avocado, whole wheat wrap**

serving size: 1 ea

contains: fish (tuna), wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	15	36	22	5	420

***portobello provolone, sun dried tomato spread, artichoke and roasted pepper focaccia**

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

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

***yucatan chicken salad, peppers, red onion, cilantro, whole wheat wrap**

serving size: 1 ea

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	15	33	32	4	380

***roast beef, cheddar, pickled onion, horseradish mayo, multigrain hero**

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	35	53	42	13	1210

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

serving size: 1 ea

vegetarian

contains: milk, sesame, wheat

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

***prosciutto, mozzarella, marinated peppers and arugula, baguette**

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	23	75	33	5	1720

***roast turkey, fennel radicchio slaw, whole wheat wrap**

serving size: 1 ea

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	6	40	26	10	428

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



CEREAL, PASTRIES & DESSERTS

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corn flakes kellogg's

serving size: 1 ½ cup

vegan

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

frosted mini wheats kellogg's

serving size: 1 ½ cup

vegan

contains: wheat

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

special k red berries kellogg's

serving size: 1 ½ cup

vegan

contains: wheat

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

honey nut cheerios general mills

serving size: 1 ½ cup

vegetarian

contains: tree nuts

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

total raisin bran general mills

serving size: 1 ¼ cup

vegan

contains: wheat; at risk: tree nuts

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

oats & granola mix general mills

serving size: 1 cup

vegetarian

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

udi's soft white sandwich bread

serving size: 2 slices

vegetarian

contains: egg

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

udi's whole grain sandwich bread

serving size:

contains: N/A

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

udi's plain bagel

serving size: 1ea

vegetarian

contains: egg

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

udi's everything bagel

serving size: 1ea

vegetarian

contains: egg

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

udi's hamburger buns

serving size: 1ea

vegetarian

contains: egg

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

bread pudding

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

*strawberry cream danish

serving size: 1 ea (113g)

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	21	50	8	18	330

*apple danish

serving size: 1 ea (146g)

vegetarian

contains: milk, egg, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	7	65	6	29	310

*cherry danish

serving size: 1 (146 g)

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	12	65	6	29	310

*blueberry danish

serving size: 1 ea (113g)

vegetarian

contains: milk, egg, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	19	50	8	16	300

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

orange cranberry muffin

serving size: 1 ea (113g)

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	23	63	5	41	530

chocolate chip muffin

serving size: 1 ea (113g)

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	28	59	7	37	510

blueberry muffin

serving size: 113g

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	27	57	6	34	620

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



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)

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.

buttermilk waffle

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat

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

pancakes

serving size: 1 ea (47g)

vegetarian

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

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

mixed berries

serving size: ¼ cup

vegan

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

chocolate chips

serving size: 1 tbsp

vegetarian

contains: milk, soy; at risk: peanuts

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

whipped cream

serving size: 2 tbsp

vegetarian

contains: milk

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

kaiser roll

serving size: 1 ea

vegan

contains: wheat

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

croissant

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat

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

english muffin, white

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

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

english muffin, whole wheat

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

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

tortilla, white

serving size: 1 ea (12")

vegan

contains: wheat

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

tortilla, whole wheat

serving size: 1 ea (12")

vegan

contains: wheat

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

tortilla, spinach

serving size: 1 ea (12")

vegan

contains: wheat

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

MTO sandwich bread

bagel, plain

serving size: 1 ea (99g)

vegetarian

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	1	54	10	3	430

bagel, whole wheat

serving size: 1 ea (106g)

vegetarian

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	1	56	9	8	380

bagel, sesame

serving size: 1 ea (106)

vegetarian

contains: sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	2.5	90	10	3	410

bagel, multigrain

serving size: 1 ea (106)

vegetarian

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	2	54	10	2	360

bagel, everything

serving size: 1 ea (106)

vegetarian

contains: sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	2	54	10	3	410

bagel, cinnamon raisin

serving size: 1 ea (106)

vegetarian

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	1	58	9	10	380

MTO sandwich bread

white, sliced

serving size: 1 ea

vegan

contains: wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	19	4	<1	130

whole wheat, sliced

serving size: 1 ea

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	18	3	<1	250

swirl rye, sliced

serving size: 1 ea (35g)

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	19	4	<1	190

multigrain sliced

serving size: 1 ea (35g)

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1.5	18	3	<1	200

white 6" sub roll

serving size: 1 ea (77g)

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	1.5	38	7	1	350

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	18	1	18	0	820

plant based sausage patty (morningstar)

serving size: 2 patty

vegetarian

contains: egg, milk, soy, wheat

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

turkey, sliced

serving size: 3 oz

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

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, soy

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

cheddar cheese

serving size: 1 oz

vegetarian

contains: milk

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

provolone cheese

serving size: 1 oz

vegetarian

contains: milk

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

pepperjack cheese

serving size: 1 oz

vegetarian

contains: milk

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

feta

serving size: 1 oz

vegetarian

contains: milk

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

fried egg

serving size: 2 ea

vegetarian

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	17	0	12	0	120

scrambled egg whites

vegetarian

contains: egg, soy

serving size: 4oz

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

serving size: 6oz

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

scrambled eggs

vegetarian

contains: egg, soy

serving size: 4oz

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

serving size: 6oz

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

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

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



sides

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

pork bacon

serving size: 3 slices

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

pork sausage patty

serving size: 2 ea

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

pork sausage links

serving size: 2 ea (2 oz)

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

turkey bacon

serving size: 3 slices

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

turkey breakfast sausage links

serving size: 2 ea (1 oz)

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

plant based sausage (morningstar farms)

serving size: 2 ea (1.34 oz)

vegetarian

contains: egg, milk, soy, wheat

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

chicken apple sausage link

serving size: 2 ea (1.35 oz)

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

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

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

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

soy ginger aioli

serving size: 1 fl oz

vegetarian

contains: egg, 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

smoky carolina bbq sauce

serving size: 1 fl oz

vegan

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

ketchup

serving size: 1 fl oz

vegan

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

mayonnaise

serving size: 1 fl oz

vegetarian

contains: egg

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

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:

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	15	30	1	9	230

onion rings

serving size: 5 ea

vegetarian

contains: milk, wheat

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

baked sweet potato

serving size: 1 ea (6 oz)

vegan



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

baked potato

serving size: 1 ea (6 oz)

vegan



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

mixed greens with tomatoes, cucumbers and carrots

serving size: 2 cups

vegan



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

***faroe island grilled salmon**

serving size: 1 ea

contains: fish

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

***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

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

grilled rosemary chicken skewers

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	12	2	31	0	70

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	23

***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

teriyaki flat iron steak

serving size: 4oz

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	7	1	22	1	280

*swordfish

serving size: 4oz

contains: fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	12	1	24	<1	350

hanger steak asada, chimichurri

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	26	3	35	0	940

cauliflower steak

serving size: 4oz

vegan

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

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:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	16	2	27	0	640

lamb chops

serving size: 2ea

contains: soy

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

***pulled buffalo jackfruit sandwich, whole wheat roll**

serving size: 1 ea

vegan

contains: wheat

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

***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

***cubano sandwich (roast pork, ham, swiss, pickle mustard)**

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

***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



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

cheddar grits

vegetarian

serving size: 12 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
810	48	66	28	11	1650

serving size: 16 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1080	64	88	37	15	2200

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

hot cereal toppings

*berry compote

serving size: 2 fl oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	0	11	1	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

*pineapple compote

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	<1	17	<1	14	<10

*blackberry compote

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	<1	18	<1	16	<1



SOUP

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*chicken noodle soup kc

contains: egg, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	3	17	12	3	990

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	4	22	16	4	1320

*greek chicken orzo soup kc

contains: milk, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	4	18	17	3	1000

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	5	24	22	4	1340

*new england clam chowder, pork kc

contains: fish (cod, haddock, anchovy) milk, shellfish (clams), wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	33	26	14	7	970

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	44	35	19	9	1300

*tomato & garden vegetable soup kc

vegan

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	6	21	5	9	740

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	8	28	6	6	980

*italian wedding

contains: egg, milk, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	12	15	11	3	800

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	16	20	14	4	1060

*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

corn chowder kc

vegetarian

contains: milk

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	17	42	5	9	960

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	22	56	6	12	1280

*beef, barley & vegetables kc

contains: milk, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	4	18	11	3	930

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	6	24	15	4	1240

*black bean soup kc

vegan

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	4	29	8	6	900

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	6	39	11	7	1200

*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

*southwest tortilla soup chef francisco

contains: milk, soy

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	9	26	4	5	880

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	12	34	5	7	1170



SPREAD

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***roast turkey, avocado, bacon, pepper jack chipotle mayo on ciabatta**

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	30	63	46	5	2170

***grilled buffalo tofu, buttermilk avocado dressing, whole wheat wrap**

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
275	10	34	14	3	480

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

serving size: 1 ea

contains: egg, milk, sesame, soy, wheat

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

***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

***southwestern tuna salad, avocado, whole wheat wrap**

serving size: 1 ea

contains: fish (tuna), wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	15	36	22	5	420

***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)
670	34	71	21	13	1465

***roast beef, cheddar, pickled onion, horseradish mayo, multigrain hero**

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	35	53	42	13	1210

***portobello provolone, sun dried tomato spread, artichoke and roasted pepper focaccia**

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

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

***yucatan chicken salad, peppers, red onion, cilantro, whole wheat wrap**

serving size: 1 ea

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	15	33	32	4	380

***prosciutto, mozzarella, marinated peppers and arugula, baguette**

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	23	75	33	5	1720

***roast turkey, fennel radicchio slaw, whole wheat wrap**

serving size: 1 ea

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	6	40	26	10	428

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

serving size: 1 ea

vegetarian

contains: milk, sesame, wheat

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

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: 3.5oz

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: 1oz

vegetarian

contains: milk, soy

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

swiss cheese

serving size: 1oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	8	1	7	0	50

cheddar cheese

serving size: 1oz

vegetarian

contains: milk

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

monterey jack cheese

serving size: 1oz

vegetarian

contains: milk

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

provolone cheese

serving size: 1oz

vegetarian

contains: milk

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

pepper jack cheese

serving size: 1oz

contains: milk

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

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

***white, sliced**

serving size: 1 ea

vegan

contains: wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	19	4	<1	130

***whole wheat, sliced**

serving size: 1 ea

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	18	3	<1	250

***swirl rye, sliced**

serving size: 1 ea (35g)

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	19	4	<1	190

***multigrain sliced**

serving size: 1 ea (35g)

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1.5	18	3	<1	200

***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

***white 6" sub roll**

serving size: 1 ea (77g)

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	1.5	38	7	1	350

kaiser roll

serving size: 1ea

vegan

contains: wheat

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

brioche

serving size: 1ea (2.4oz)

vegetarian

contains: egg, milk, wheat

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

semolina hero

serving size: 1ea

vegan

contains: sesame (at risk), wheat

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

whole wheat roll

serving size: 1ea (4oz)

vegan

contains: egg, wheat

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

focaccia

serving size: 1ea (113g)

vegetarian

contains: milk, wheat

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

ciabatta

serving size: 1ea

vegan

contains: wheat

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

pretzel brioche

serving size: 1ea

vegetarian

contains: egg, milk, wheat

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

french baguette

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

vegan

contains: wheat, soy

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

lettuce wrap

serving size: 1ea

vegan

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

udi's gluten free hamburger roll

serving size: 1 bun (74g)

vegetarian

contains: egg

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

udi's gluten free sliced white bread

serving size: 2 slices

vegetarian

contains: egg

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

udi's gluten free sliced whole grain bread

serving size: 2 slices

vegetarian

contains: egg

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

hot cherry peppers

serving size: 1 tbsp

vegan

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

avocado slices

serving size: 2oz

vegan

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

tomato

serving size: 2 slices

vegan

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

lettuce

serving size: 1ea

vegan

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

roasted red pepper

serving size: 1oz

vegan

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

red onion

serving size: 1 tbsp

vegan

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

jalapeno peppers

serving size: 1oz

vegan

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

banana peppers

serving size: 1 tbsp

vegan

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

grilled red onion slices

serving size: 1oz

vegan

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

grilled vegetables

serving size: 5oz

vegan

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

pickles

serving size: 1ea

vegan

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

ranch dressing ken's

serving size: 1 fl oz

vegetarian

contains: egg, milk, soy

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

blue cheese dressing ken's

serving size: 1 fl oz

vegetarian

contains: egg, milk, soy

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

honey dijon mustard dressing ken's

serving size: 1 fl oz

vegetarian

contains: egg, soy

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

caesar dressing ken's

serving size: 1 fl oz

vegetarian

contains: egg, fish, milk

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

thousand island dressing ken's

serving size: 1 fl oz

vegetarian

contains: egg, soy

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

bbq sauce

serving size: 1 fl oz

vegan

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

ketchup

serving size: 2 tbsp
vegan

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

frank's hot sauce

serving size: 1 fl oz
vegan

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

olive tapenade

serving size: 1 fl oz
vegan

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

mayonnaise

serving size: 1 tbsp
vegetarian
contains: egg, soy

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

chipotle mayonnaise dressing

serving size: 1 fl oz
vegetarian
contains: egg, soy

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

spicy brown mustard

serving size: 1 tbsp
vegan

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

dijon mustard

serving size: 1 tbsp
vegan

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

yellow mustard

serving size: 1 tbsp
vegan

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

pesto aioli

serving size: 2 tbsp
vegetarian
contains: egg, milk, soy

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

hummus

serving size: 2 tbsp
vegan
contains: soy (at risk)

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

balsamic onion jam

serving size: 2 tbsp
vegetarian
contains: milk

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

horseradish cream sauce

serving size: 2 tbsp
vegetarian
contains: milk

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

relish

serving size: 1tbsp

vegan

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

olive oil

serving size: 1 tbsp

vegan

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

red wine vinegar

serving size: 1 tbsp

vegan

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

balsamic vinegar

serving size: 1 fl oz

vegan

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

carrot sticks

serving size: 5ea
vegan

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

celery sticks

serving size: 5ea
vegan

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

coleslaw

serving size: 1oz
vegetarian
contains: egg, soy

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



AGUA FRESCA

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.

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



SPOTLIGHT

NUTRITION INFORMATION

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

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: 4 oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	14	4	14	1	430

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

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

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

*taqueria

soft shell taco (6")

serving size: 2 ea

vegan

contains: soy, wheat

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

soft shell tortilla (12")

serving size: 1 ea

vegan

contains: wheat

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

chicken tinga

serving size: 3 oz

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

pork carnitas

serving size: 4 oz

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

chili grilled tofu

serving size: 4 oz

vegan

contains: soy

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

pickled jalapeno

serving size: 1 oz

vegan

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

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

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: tree nuts, soy

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

Chicken tinga

serving size: ½ 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: 4 oz

vegan

contains: soy

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

***salmon avocado roll, sesame**

serving size: 1ea

contains: sesame, fish

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

***tuna avocado roll, sesame**

serving size: 1ea

contains: sesame, fish

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

***salmon roll, sesame**

serving size:

contains: sesame, fish

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

shrimp tempura roll, sesame

serving size: 1ea

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

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

***salmon cucumber roll, sesame**

serving size: 1ea

contains: fish, sesame

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

***tuna cucumber roll, sesame**

serving size: 1ea

contains: fish, sesame

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

***yellowtail and scallion roll, sesame**

serving size: 1ea

contains: sesame, fish

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

***spicy tuna roll, sesame**

serving size: 1ea

contains: egg, fish, sesame, soy

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

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	1280

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

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

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



YOGURT BAR
SMEAR BAR
BREAKFAST BUFFET
SALAD BAR
GLOBAL BUFFET
SNACK BUFFET

NUTRITION INFORMATION

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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



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	7	0	5	10

toppings

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: 2 tbsp

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)
100	0	27	0	24	5



SMEAR BAR

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white, sliced

serving size: 1 ea

vegan

contains: wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	19	4	<1	130

whole wheat, sliced

serving size: 1 ea

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	18	3	<1	250

swirl rye, sliced

serving size: 1 ea (35g)

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	19	4	<1	190

multigrain sliced

serving size: 1 ea (35g)

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1.5	18	3	<1	200

gluten free, sliced

serving size:

vegan

contains:

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

english muffin, white

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

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

english muffin, honey wheat

serving size: 1ea

vegetarian

contains: milk, soy, wheat

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

bagel, plain

serving size: 1 ea (99g)

vegetarian

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	1	54	10	3	430

bagel, whole wheat

serving size: 1 ea (106g)

vegetarian

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	1	56	9	8	380

bagel, sesame

serving size: 1 ea (106)

vegetarian

contains: sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	2.5	90	10	3	410

bagel, multigrain

serving size: 1 ea (106)

vegetarian

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	2	54	10	2	360

bagel, everything

serving size: 1 ea (106)

vegetarian

contains: sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	2	54	10	3	410

bagel, cinnamon raisin

serving size: 1 ea (106)

vegetarian

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	1	58	9	10	380

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

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: milk, soy

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

swiss cheese, sliced

serving size: 1 oz
vegetarian
contains: milk, soy

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



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: 1lea

vegetarian

contains: egg, milk, soy

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

***prosciutto, asparagus, egg white frittata**

serving size: 4oz

contains: egg, soy

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

***biscuits and pork gravy**

serving size: 1 biscuit; 2 floz gravy

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg))
380	19	47	6	5	1030

***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	4	16	2	5	100

*sweet potato mushroom hash

serving size: 4 oz

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	5	21	4	7	110

***mushroom gruyere egg white frittata**

serving size: 4oz

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	10	4	23	1	650

chilaquiles with eggs, beans and chipotle salsa

serving size: 4oz

vegetarian

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	10	18	7	2	430

denver scrambled eggs with ham and cheddar

serving size: 4oz

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	22	4	20	2	610

***shakshuka eggs, tomato, kale, feta**

serving size: 6oz

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	6	8	5	4	80

corned beef hash

serving size: 4oz

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	7	6	7	1	350

***vanilla/challah 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

***mushroom florentine scramble**

serving size: 1.5 cups

vegetarian

contains: egg, milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	9	4	16	2	330

***breakfast potato casserole**

serving size: 1 cup

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	5	25	11	5	240

***green chilaquiles**

serving size: 6oz

vegetarian

contains: egg, milk

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

chilaquiles, beans, eggs, chipotle salsa

serving size: 4oz

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	10	18	7	2	430

biscuits and pork gravy

serving size: 4oz

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	29	35	10	7	1000

cheese blintz, strawberry sauce

serving size: 4oz

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	4	60	9	38	340

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



SALAD BAR

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romaine lettuce

serving size: 1 cup

vegan

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

mesclun greens

serving size: 1 cup

vegan

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

baby kale

serving size: 1 cup

vegan

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

baby spinach

serving size: 1 cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	1	1	0	20

baby arugula

serving size: 1 cup

vegan

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

carrots

serving size: ¼ cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	3	0	1	20

grape tomatoes

serving size: ¼ cup
vegan

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

cucumbers

serving size: ¼ cup
vegan

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

marinated olives

serving size: 1 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	5	1	0	0	460

green beans

serving size: ¼ cup
vegan

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

red peppers

serving size: ¼ cup
vegan

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

broccoli

serving size: ¼ cup
vegan

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

radishes

serving size: ¼ cup
vegan

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

mushrooms

serving size: ¼ cup
vegan

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

corn

serving size: ¼ cup
vegan

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

red onion

serving size: ¼ cup
vegan

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

edamame

serving size: ¼ cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	3	4	1	0

garbanzo beans

serving size: ¼ cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	1	11	4	2	100

black beans

serving size: ¼ cup
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	0	10	4	0	90

quinoa

serving size: ¼ cup
vegan

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

grilled chicken

serving size: 1oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	0	8	0	190

ham

serving size: 1oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	0	6	0	270

turkey

serving size: 1oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	0	6	0	230

tuna

serving size: ¼ cup

contains: fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	2	0	13	0	210

tofu

serving size: ¼ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	3	1	5	<1	<10

hard boiled eggs

serving size: 1ea

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	5	1	6	1	50

blue cheese crumbles

serving size: 1 tbsp

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	0	2	0	100

cheddar

serving size: 1oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	9	1	6	0	190

salad bar toppings

sunflower seeds

serving size: 1 tbsp

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	4	2	2	0	0

craisins

serving size: 1 tbsp

vegan

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

almonds

serving size: 1 tbsp

vegan

contains: tree nuts

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

raisins

serving size: 1 tbsp

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

croutons

serving size: ¼ cup

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	7	3	0	0	90

crispy shallots

serving size: 1 tbsp

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	8	1	1	120

tortilla strips

serving size: 1 tbsp

vegan

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

parmesan

serving size: 1 tbsp

vegan

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	0	2	0	80

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

salad bar dressings

balsamic vinaigrette

serving size: 1 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	5	5	0	4	210

blue cheese dressings

serving size: 1 floz

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	16	1	1	1	270

spicy gouchjang sesame vinaigrette

serving size: 1 floz

vegetarian

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	2	9	1	8	680

turmeric tahini dressing

serving size: 1 floz

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	12	4	2	0	70

apple cider vinaigrette

serving size: 1 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	11	1	0	1	220

greek lemon vinaigrette

serving size: 1 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	27	1	0	1	260



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.

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

mixed green salad

serving size: 4oz

vegan

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

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

carrot raisin salad

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	25	2	17	230



*lunch buffet

sesame korean beef

serving size: 4oz

vegan

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	13	7	24	5	270

korean sesame bbq chicken

serving size: 4oz

contains: sesame, soy, wheat

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, wheat

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

cornmeal crusted catfish

serving size: 4oz

contains: fish, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	9	33	13	1	540

beer battered shrimp

serving size: 8oz

contains: shellfish (shrimp), wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	13	38	32	<1	330

herb roasted potato wedges

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	22	3	1	320

grilled mushrooms, peppers, squash & asparagus

serving size: 4oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	5	2	4	60

creamy coleslaw

serving size: 4oz

vegetarian

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	21	10	1	7	400

tartar sauce

serving size: 2oz

vegetarian

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	37	2	<1	<1	340

grain mustard remoulade

serving size: 4oz

vegetarian

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	23	2	1	<1	560

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

vegan

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: milk, soy

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, milk, sesame, soy, 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

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

ranch dressing

serving size: 1 floz

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	15	1	1	2	190

dominican fried chicken

serving size: 1/2 cup

contains: fish (anchovy), soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	8	10	18	<1	280

cuban pernil (roast pork)

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	17	3	24	1	270

white rice

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	1	23	2	0	90

stewed beans

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	0	25	8	1	170

dominican potato 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

avocado tomato salad

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	11	6	1	2	210

chili roasted chayote

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	6	1	3	70

doro wat chickpea stew

serving size: 8oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	9	36	7	8	290

lamb and egg stew

serving size: 1 serving

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	21	10	37	4	760

jollof spiced tomato rice

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	2	24	3	3	220

sweet plantains

serving size: 4oz

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	0	36	1	18	<10

black eye pea salad

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	<1	13	4	3	70

west african papaya, coconut salad

serving size: 4oz

vegetarian

contains: tree nuts (coconut)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	1	10	<1	7	10

minted lentil salad

serving size: 4oz

vegan

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

roasted vegetable vindaloo

serving size: 6oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	6	15	3	5	770

chicken tikka masala

serving size: 4oz

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	30	6	27	3	680

channa dal

serving size: 4oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	10	36	11	7	210

spiced basmati rice

serving size: 4oz

vegan

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

curried carrot salad

serving size: 4oz

vegetarian

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	25	21	2	15	290

tomato chutney

serving size: 2floz

Vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	4	1	3	<10

mango chutney

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	0	33	1	29	10

cilantro chutney

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	4	9	1	6	1360

yogurt

serving size: 2 floz

vegetarian

Contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	5	2	3	2	40

mixed green salad

serving size: 4oz

vegan

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

cuban style pork

serving size: 4oz

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

beef picadillo

serving size: ½ cup

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	21	9	18	1	240

black beans and rice

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	1	21	4	<1	30

yuca fries

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	9	43	2	2	180

red bliss potato salad

serving size: 4oz

Vegetarian

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	9	21	2	2	260

hearts of palm, olive salad

serving size: 4oz

vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	1	<1	1	140

black bean and corn salad

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	1	12	4	1	160

veal pork and beef meatballs, san marzano tomato sauce

serving size: 4oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	14	4	14	1	430

Italian pork sausage and peppers

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	25	8	18	4	900

eggplant parmesan

serving size: 4oz

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	11	7	8	3	300

sauteed broccoli rabe, garlic chips and grilled chicken

serving size: 1 serving

contains:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	15	3	25	<1	700

farro caesar salad, kale, parmesan

serving size: 4oz

contains: egg, fish, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	14	7	4	1	270

Asparagus & cannellini bean salad

serving size: 4oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	5	20	9	2	320

hoagie roll

serving size: 1 ea

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	3	36	6	2	410

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

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

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

sesame broccoli tofu stir fry

serving size: 6 oz

vegan

contains: sesame, soy, wheat

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

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

soba noodle salad, wasabi dressing, sesame

serving size: 4oz

vegan

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	5	16	5	2	190

pickled daikon radish & carrots

serving size: 4oz

vegan



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

German cucumber salad

serving size: ½ cup

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	5	4	1	3	70

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

porchetta (roasted pork belly)

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	67	1	12	2	290

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

vegetarian

contains: milk, wheat

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

heirloom tomato and mozzarella salad

serving size: ½ cup

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	16	8	17	4	520

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



SNACK BUFFET

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pomegranate seeds

serving size: 1 oz
vegan

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

lime crema

serving size: 1 oz
vegetarian
contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	4	1	1	1	70

grilled jalapeno peppers

serving size: 1 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	1	3	<1	2	160

cojita cheese

serving size: 1 tbsp
vegetarian
contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	0	1	0	100

fried plantain chips

serving size: 1 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	11	22	1	12	290

tortilla chips

serving size: 2 cups
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	23	38	5	1	600

snack buffet guacamole bar

guacamole

serving size: 4 oz
vegan

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

lachino spicy jicama slaw

serving size: 2 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	1	4	1	2	110

pico de gallo

serving size: 2 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	<1	3	<1	1	80

black bean, roasted corn salsa

serving size: 2 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	1	11	3	1	50

serrano tomatillo salsa verde

serving size: 2 oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	3	1	2	350

mango salsa

serving size: 2 oz
vegan

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

prosciutto

serving size: 1 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	4	1	7	1	520

manchego cheese

serving size: 1 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	10	1	9	1	120

mixed grapes

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	<1	14	1	12	2

strawberries

serving size: ¼ cup

vegan

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

roasted piquillo peppers

serving size: 2 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	4	6	1	4	60

marinated olives, caperberries

serving size: 1 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	5	1	<1	<1	460

grilled lemon herb marinated octopus

serving size: 6 oz

contains: shellfish, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	11	10	35	3	720

chickpeas and chorizo

serving size: 4 oz

at risk: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	12	15	7	3	680

lemon grilled asparagus

serving size: 5 ea

vegan

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

marinated artichokes

serving size: 2 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	1	7	2	1	210

tomato conserva with french baguette

serving size: 2 oz

Vegetarian

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	5	8	2	1	180

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

hummus

serving size: 4 oz

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	28	23	9	3	420

roasted red pepper hummus

serving size: 4 oz

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	5	11	3	4	70

barbanzo baba ghanoush

serving size: 4 oz

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	13	20	5	10	1170

whipped feta with fresno chili

serving size: 2 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	10	2	5	1	370

barbanzo tahini sauce

serving size: 1 fl oz

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	9	4	3	<1	420

marinated olives, caperberries

serving size: 1 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	5	1	<1	<1	460

barbanzo muhammara

serving size: 4 fl oz

vegetarian

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	9	4	3	<1	420

green chickpea hummus

serving size: 4 oz

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	19	18	7	2	600

oregano classic tzatziki

serving size: 4 oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	5	9	4	6	400

harissa, white bean, feta dip

serving size: 4 oz

vegetarian

contains: milk

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

barbanzo tabbouleh

serving size: ½ cup

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	5	10	2	1	200

olive peppadew pepper chutney

serving size: 2 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	3	2	<1	1	320

sumac carrot, raisin salad

serving size:

vegan

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

labneh dip

serving size: 2 oz

vegetarian

contains: milk

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

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



QUICK PICKS

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quick pick sandwiches

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ham, egg & cheese on brioche

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	38	37	29	7	850

bacon, egg & cheese on brioche

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	33	35	29	6	1190

egg & cheese on brioche

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	20	46	19	7	880

egg white & cheese on brioche

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	14	36	31	7	

egg white, black bean & queso burrito

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	10	45	20	4	490

egg white, pepper burrito with cheddar

serving size: 1 ea

vegetarian

contains: egg, milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	9	34	19	5	590

breakfast sandwiches

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	19	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

blackberry chia pudding

serving size: 8oz

vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	12	41	7	19	320

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

creamy almond coconut overnight oats

serving size: 8 oz

vegetarian

contains: milk, tree nuts



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

*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

pumpkin spiced overnight oats

serving size: 8 oz

vegan

contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	8	57	9	12	120

quick pick breakfast boxes and cups

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mixed fruit cups

serving size: 12 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	<1	26	2	22	20

avocado puree

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	18	9	2	<1	410

hard boiled eggs

serving size: 2 ea

vegetarian

contains: egg



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	9	1	11	1	119

smoked salmon box

serving size: 3 oz

contains: fish



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	4	0	16	0	570

quick pick salads

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spinach chickpea & quinoa salad, feta, pepitas, tahini, dressing

serving size: 1ea

vegetarian

contains: milk, sesame



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

chicken caesar salad

serving size: 1ea

contains: fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
830	56	29	52	3	1820

kale fall salad, apple, pear, pepitas, yogurt honey dressing

serving size: 1ea

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	9	39	7	26	30

shrimp caesar salad

serving size: 1ea

contains: milk, fish, shellfish, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
800	57	30	44	3	1750

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

serving size: 1

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

salmon caesar salad

serving size: 1ea

contains: milk, fish, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
700	52	18	40	2	1470

falafel feta salad mediterranean salad, oil & vinegar

serving size: 1ea

vegetarian

contains: milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	21	58	17	12	500

kale chicken caesar salad

serving size: 1ea

vegetarian

contains: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	9	9	36	3	630

quick pick sushi

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***spicy tuna roll**

serving size: 1 ea

contains: egg, fish, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	36	41	40	12	660

***salmon avocado roll**

serving size: 1 ea

contains: fish, sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	15	34	24	2	250

***yellowtail scallion roll**

serving size: 1 ea

contains: fish, sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	7	30	26	2	210

california roll

serving size: 1 ea

contains: egg, fish, shellfish, sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	10	45	9	7	550

california roll combo – 3 nigiri

serving size: 12 oz

contains: egg, fish, sesame, shellfish, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	12	60	20	8	760

***mixed fish chirashi bowl**

serving size: 19 oz

contains: fish, sesame, soy, wheat

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

***spicy tuna & salmon chirashi bowl**

serving size: 12 oz

contains: egg, fish, sesame

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

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 spread

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***grilled buffalo tofu, buttermilk avocado dressing, whole wheat wrap**

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
275	10	34	14	3	480

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

serving size: 1 ea

contains: egg, milk, sesame, soy, wheat

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

***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

***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)
670	34	71	21	13	1465

***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

***southwestern tuna salad, avocado, whole wheat wrap**

serving size: 1 ea

contains: fish (tuna), wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	15	36	22	5	420

***roast beef, cheddar, pickled onion, horseradish mayo, multigrain hero**

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	35	53	42	13	1210

***portobello provolone, sun dried tomato spread, artichoke and roasted pepper focaccia**

serving size: 1 ea

vegetarian

contains: milk, soy, wheat

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

***yucatan chicken salad, peppers, red onion, cilantro, whole wheat wrap**

serving size: 1 ea

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	15	33	32	4	380

***prosciutto, mozzarella, marinated peppers and arugula, baguette**

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	23	75	33	5	1720

***roast turkey, fennel radicchio slaw, whole wheat wrap**

serving size: 1 ea

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	6	40	26	10	428

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

serving size: 1 ea

vegetarian

contains: milk, sesame, wheat

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

turkey and swiss on whole wheat roll

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	16	53	38	8	310

petite turkey and swiss on whole wheat roll

serving size: ½ ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	8	26	19	4	490

tuna salad on whole wheat wrap

serving size: 1 ea

contains: egg, fish, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	26	49	41	1	1240

½ tuna salad on whole wheat wrap

serving size: ½ ea

contains: egg, fish, wheat

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

roast beef, muenster, horseradish cream

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	22	59	40	4	1580

petite roast beef, muenster, horseradish cream

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	11	29	20	2	790

tuna, dijon dill vinaigrette on whole wheat

serving size: 1 ea

contains: fish, wheat



spread

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

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	13	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)
600	22	51	35	10	1540

petite ham, pepper jack on parkerhouse roll

serving size: ½ ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	11	25	17	5	770

chicken caeser wrap

serving size: 1 ea

contains: fish, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1030	63	54	63	2	2380

½ chicken caeser wrap

serving size: ½ ea

contains: fish, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	31	27	32	1	1190

quick pick snacks

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***almond chocolate coconut bites**

serving size: 2oz

vegetarian

contains: milk, tree nuts, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	13	25	9	17	60

***cheese crackers and grapes box**

serving size: 1ea

vegetarian

contains: egg, milk, sesame, soy, wheat

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

***vegetable snack box, curry yogurt dip**

serving size: 1ea

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	8	18	9	10	130

***peanut butter, coconut, chocolate energy bites**

serving size: 2oz

vegetarian

contains: milk, peanuts, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	17	39	9	19	120

crudite, muhammara, sunflower seeds

serving size: 1ea

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	13	18	5	8	170

***vegetable snack box, green goddess dressing, anchovy**

serving size: 1ea

contains: milk, fish



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

hummus snack box

serving size: 1ea

vegetarian

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
580	29	69	15	7	1520

falafel snack box, green goddess yogurt dip, anchovy

serving size: 1ea

contains: fish, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	8	28	14	7	430

vegetable crudite, ranch dressing

serving size: 1ea

vegetarian

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	29	13	3	6	470

despania chorizo box, machego, herb crostini, smokey almonds

serving size: 1ea

contains: milk, tree nuts, wheat

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

cucumber and yogurt dip with carrots & celery

serving size: 1ea

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	0	12	4	8	190

greek yogurt, marinated berries & honey pecans

serving size: 1ea

contains: milk, tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	6	14	13	10	100

veggie snack box with pita and roasted red pepper hummus

serving size: 1ea

vegan

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	2	30	6	8	230

crudité with plain hummus

serving size: 1ea

vegan

contains: sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	8	13	4	4	230

edamame basil spread with crudité

serving size: 1ea

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	16	14	6	6	210

mezze box, hummus, babaganoush, tabouleh, whole wheat pita

serving size: 1ea

vegan

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	14	51	13	8	400

chickpeas, chorizo, prosciutto, asparagus, olives

serving size: 1ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	37	23	12	6	2330

quick pick dessert

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carrot cake, walnuts

serving size: 1 piece

vegetarian

contains: egg, milk, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	27	46	5	N/A	250

red velvet cake

serving size: 1 ea

vegetarian

contains: 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