



NUTRITION GUIDE

Fall/Winter 2024-2025

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

granny smith apple

serving size: 1ea

vegan

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

banana

serving size: 1ea

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	<1	27	<1	14	0

tangelo

serving size: 1ea

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
45	<1	11	<1	9	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

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

golden delicious apple

serving size: 1ea

vegan

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

oat milk

serving size: 8oz

vegan

contains: wheat (at risk)

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

coconut milk

serving size: 8oz

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: 8oz

vegan

contains: soy

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

almond milk

serving size: 8oz

vegan

contains: tree nuts

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

skim milk

serving size: 8oz

vegetarian

contains: milk

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

whole milk

serving size: 1ea

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

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

coffee bar

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

white chocolate mocha

serving size: 12oz

vegetarian

contains: milk, tree nuts

serving size: 12oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	14	42	11	41	190

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	14	42	11	41	190

caramel macchiato

vegetarian

contains: milk, soy

serving size: 12oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	14	42	11	41	190

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	7	35	10	33	150

cafe mocha

serving size: 12oz

vegetarian

serving size: 12oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	13	34	11	28	120

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	13	34	11	28	120

hot chocolate

vegetarian

contains: milk

serving size: 12oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	12	32	10	27	120

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	15	44	14	38	160

chai tea latte

vegetarian

contains: milk

serving size: 12oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	4	34	6	32	90

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	5	45	8	42	120

iced chai tea latte

vegetarian

contains: milk

serving size: 12oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	3	33	5	31	80

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	4	44	7	42	110

coffee frappuccino

serving size: 12oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	20	31	3	31	160

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	3	46	3	45	230

caramel frappuccino

serving size: 12oz

vegetarian

contains: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	11	38	3	38	160

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	11	38	3	38	160

vanilla bean frappuccino

serving size: 12oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	11	36	4	35	170

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	15	54	5	53	250

mocha frappuccino

serving size: 12oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	9	37	4	35	150

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	15	55	5	52	220

beef empanada nuchas

serving size: 1ea

contains: egg, soy, wheat

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

chicken empanada nuchas

serving size: 1ea

contains: egg, soy, wheat

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

portobello, spinach, & mozzarella empanada nuchas

serving size: 1ea

vegetarian

contains: milk, wheat

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

spicy cheese empanada nuchas

serving size: 1ea

vegetarian

contains: egg, milk, wheat

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

pinto bean empanada nuchas

serving size: 1ea

vegan

contains: wheat

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

ham and cheese empanada nuchas

serving size: 1ea

contains: milk, wheat

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

apple, cranberry & nutella empanada nuchas

serving size: 1ea

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

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

guajillo salsa

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	3	4	1	2	170

salsa verde

serving size: 2 floz

vegan

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

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

egg and cheese brioche

serving size: 1ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
437	20	46	18	1	875

bacon, egg and cheese brioche

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
455	24	35	23	6	1129

sausage, egg and cheese brioche

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
617	37	47	24	1	1192

egg white and vegetable breakfast wrap

serving size: 1ea

vegetarian

contains: egg, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
341	9	53	15	3	433

Strawberry banana smoothie, almond milk, whey protein

serving size: 16 floz

vegetarian

contains: milk, soy, tree nuts (almonds)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	5	46	22	23	220

Ginger almond smoothie, almond milk, hemp protein

serving size: 16 floz

vegan

contains: tree nuts (almonds)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	22	68	20	36	120

Avocado coconut cacao smoothie, whey protein

serving size: 16 floz

vegetarian

contains: milk, soy, tree nuts (coconut)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	16	40	23	23	150

collagen powder

serving size: 2 tbsp

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

chia seeds

serving size: 1 tbsp.

vegan

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

cinnamon powder

serving size: 1 tbsp.

vegan

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

ground cayenne pepper

serving size: 1 tbsp.

vegan

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

vanilla whey protein powder

serving size: 2 tbsp

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	2	7	11	1	140

chocolate whey protein powder

serving size: 2 tbsp

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	2	7	11	1	360

hemp protein powder

serving size: 2 tbsp

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	1	5	7	0	0

peanut butter protein powder

serving size: 2 tbsp.

vegan

contains: peanuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	3	8	11	0	200

cacao powder

serving size: 1 tbsp.
vegan

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

matcha powder

serving size: 1 tbsp.
vegan

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

cacao nibs

serving size: 1 tbsp.
vegan

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

hemp seeds

serving size: 1 tbsp.
vegan

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

ground flax seeds

serving size: 1 tbsp.
vegan

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

spirulina

serving size: 1 tbsp.
vegan

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

turmeric

serving size: 1 tbsp.
vegan

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

pomegranate juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	1	50	1	48	34

carrot orange juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	1	48	4	31	168

grapefruit juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	2	28	2	28	10

beet juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	1	28	6	27	54

orange beet juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	0	41	3	32	60

apple cider

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	0	38	0	33	14

orange juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	1	41	3	33	15

breakfast

hard boiled egg combo



serving size: 2 eggs

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	8	1	11	0	125

mixed fruit cup



serving size: 6oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	0	19	1	16	14

Greek yogurt parfait, granola, berries

serving size: 8oz

vegetarian

contains: milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	4	31	13	16	130

Apple pear overnight oats

serving size: 8oz

vegan

contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	6	56	9	21	80

Pumpkin Chia Pudding, Almond Milk

serving size: 8oz

vegan

contains: tree nuts (almonds)



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	18	35	11	15	120

avocado spread

serving size: 1 3/4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	8	4	1	0	0

Bruleed banana overnight oats, Greek yogurt

serving size: 8oz

vegetarian

contains: milk, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	3	51	8	20	30

Chocolate chia pudding, raspberry, toasted coconut, soy milk

serving size: 8oz

vegan

contains: soy, tree nuts (almond)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	14	53	10	32	160

Blueberry, toasted coconut overnight oats, vanilla yogurt

serving size: 8oz

vegetarian

contains: milk, tree nuts (coconut), wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	8	51	9	17	70

Apple cinnamon chia almond pudding

serving size: 8oz

vegetarian

contains: tree nuts (almonds), wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	10	23	5	10	90

Lemon blueberry chia pudding

serving size: 8oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	10	39	9	23	110

Strawberry, almond, granola, overnight oats

serving size: 8oz

vegetarian

contains: milk, soy, tree nuts (almonds) wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	6	49	10	14	80

breakfast sandwiches

*egg & cheese, brioche

serving size: 1ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	17	45	17	9	880

*sausage, egg & cheese on croissant

serving size: 1ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
680	49	32	26	6	1136

*bacon, egg & cheese, brioche

serving size: 1ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	24	35	23	6	1130

*egg white, spinach & tomato, muenster wrap

serving size: 1ea

vegetarian

contains: egg, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	11	33	20	4	500

breakfast sandwiches

*chicken apple sausage, egg, american on croissant

serving size: 1ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	36	35	24	10	1330

*Florentine scramble burrito, spinach, parmesan

serving size: 1ea

vegetarian

contains: egg, milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	9	50	26	2	460

*egg white, feta, spinach whole wheat wrap

serving size: 1ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	13	48	21	1	840

*Potato mushroom & spinach burrito, smoked gouda

serving size: 1ea

vegetarian

contains: egg, milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	12	45	22	6	520

egg whites, vegetables, cheddar whole wheat wrap

serving size: 1ea

vegetarian

contains: egg, milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	10	34	19	5	580

breakfast sides & snacks

*apple-wood bacon

serving size: 3 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	30	1	29	0	1440

*deviled eggs combo

serving size: 3 ea

vegetarian

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	12	2	8	1	220

*protein snack box with red grapes, walnuts, hard boiled eggs, cheddar & provolone cheese

serving size: 1 ea

vegetarian

contains: egg, milk, tree nuts (walnuts)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
760	63	21	34	12	500

breakfast sides & snacks

hardboiled eggs, cheddar, crackers, grapes box

serving size: 1ea

vegetarian

contains: egg, milk, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	30	28	26	14	600

*Brussels, egg, tomato snack box, green goddess dressing, anchovy

serving size: 1ea

contains: egg, fish (anchovy), milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	14	13	15	6	230

*smoked salmon box, watercress, lemon

serving size: 3oz salmon, ¼ cup watercress, 1 wedge

contains: fish



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	4	0	16	0	571

*classic oatmeal

vegan

contains: wheat

serving size: 12 floz



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

serving size: 16 floz

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

*spanish oatmeal

vegetarian

contains: milk, wheat

serving size: 12 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	6	77	12	35	47

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	7	101	16	4	60

*Dried fruit compote

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	0	27	0	21	0

*Cranberry orange compote

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	9	0	5	2

*Cinnamon pear compote

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	1	12	0	9	50

*Pear and cranberry chutney

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	0	20	0	14	50



hot cereal

scrambled eggs

serving size: 3oz

vegetarian

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	13	1	10	1	264

*Brussels sprouts & potato hash

serving size: 4oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	4	15	2	1	100

*Roasted butternut squash

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	3	13	1	2	190

cheddar & asparagus frittata

serving size: 1 slice

vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
242	17	6	16	3	514

*pork sausage links

serving size: 2 links

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	26	0	6	0	550

*chicken apple sausage

serving size: 1ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	8	4	8	4	470

*pork chorizo, black bean, jack cheese, huevos rancheros frittata

serving size: 4oz

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	11	12	12	4	330

*Tater tots

serving size: ½ c

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	13	11	<1	0	250

breakfast buffet

breakfast buffet

Pork and beef kielbasa

serving size: 4oz

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	33	2	16	-	993

*Roasted brussels sprouts, shallots

vegan

serving size: 4oz



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

*butternut squash, goat cheese frittata

serving size: 4 oz

vegetarian

contains: egg, milk



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

*red bliss potato hash

serving size: 4oz

Vegetarian

Contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	2	16	2	2	130

*Roasted delicata squash, mushrooms

serving size: 4oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	4	<1	1	50

*Rosemary parmesan potato fritatta

serving size: 4oz

vegetarian

contains: egg milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	9	7	10	1	300

breakfast buffet

Butternut mushroom hash

serving size: 1/2 cup
vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	2	11	3	3	160

Charred broccoli

serving size: 4oz
vegan



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

Southwest frittata, cheddar

serving size: 4oz
Vegetarian

~~contains: egg, milk~~

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	13	4	12	2	360

lunch

Braised Beef Brisket, Roasted Root Vegetables, Mashed Potato

serving size: 1 serving

contains: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	37	43	45	14	570

Cuban Mojo Pork Quinoa Bowl

serving size: 1 serving

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	26	63	29	<1	1840

Parmesan Chicken Breast, Balsamic Tomatoes, Quinoa Pilaf

serving size: 1 serving

contains: egg, milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	15	30	41	6	510

Spicy Island Beach Chicken, Red Beans & Quinoa, Spicy Coconut Kale

serving size: 1 serving

contains: tree nut (coconut)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	43	32	29	5	900

plant based entrees

Saffron Farro Risotto, Butternut Squash, Mushrooms, Parmesan

serving size: 2 cups

vegetarian

contains: milk, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	9	61	15	7	370

Quinoa Stuffed Peppers, Parmesan, Basil

serving size: 1 serving

vegetarian

contains: milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	7	40	8	9	410

Vegetable Tikka Masala

serving size: 2 cups

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	2	88	23	6	109

Lentil & Black Bean Cake, Smokey Tomato Puree, Arroz Con Gandules, Green Beans

serving size: 1 serving

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	4	42	8	7	590

flatbreads

mushroom flatbread

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	14	58	14	8	1130

pepperoni flatbread

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	23	57	17	8	1440

cheese flatbread

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	13	57	13	8	1120

white ricotta flatbread

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	15	54	16	4	720

sausage flatbread

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	22	58	20	8	1400

charred broccoli, roasted garlic flatbread

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
386	13	57	13	8	1123

beefsteak tomato mozzarella, pesto, ciabatta

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
740	40	61	33	2	1260

Turkey BLT, Avocado, Baguette

serving size: 1ea

contains: egg, wheat, soy

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

Black Forest Ham, Swiss, Honey Mustard, Pretzel Roll

serving size: 1ea

contains: milk, wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	28	62	34	25	1480

Hummus Wrap, Grilled Vegetables

serving size: 1ea

vegan

contains: sesame, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	12	63	12	8	590

Fresh Mozzarella, Roasted Peppers, Arugula, Basil Pesto, Focaccia

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
550	25	61	24	2	1000

Prosciutto, Mortadella, Soppressata, Provolone, Fresh Mozzarella Ciabatta

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
740	41	54	40	6	2230

Roast Beef, Brie, Brioche

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	27	48	36	11	1290

Roast Turkey, Spinach, Roasted Red Pepper Bean Spread, Wheat Wrap

serving size: 1ea

contains: milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	7	33	26	3	430

Charred Eggplant, Parmesan, Arugula, Smokey Romesco, Ciabatta

serving size: 1ea

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	17	57	20	8	1400

buffalo chicken wrap

serving size: 1ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	30	66	39	5	1855

Roast Turkey, Fontina, Honey Mustard, French Hero

serving size: 1ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	16	91	45	27	1820

Lemon Pepper Chicken, Tzatziki, Tomato, Wheat Wrap

serving size: 1ea

contains: milk, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	11	34	39	4	500

Grilled Broccolini, Red Pepper Hummus, Cremini Mushroom Wrap

serving size: 1ea

vegan

contains: sesame, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	20	51	12	9	320

Chicken Milanese, Parmesan, Balsamic, Hoagie Roll

serving size: 1ea

contains: eggs, milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	6	60	27	3	590

Capicola, Salami, Fresh Mozzarella, Basil Pesto, Olive Tapenade, Hot Pepper Relish, Baguette

serving size: 1 ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
890	50	76	36	4	2770

Mediterranean Tuna, Basil, Wheat Wrap

serving size: 1 ea

contains: fish, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	15	33	23	4	450

Half Roast Beef & Brie, Brioche

serving size: ½ ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	13	22	18	4	620

Half Turkey BLT, Avocado, Baguette

serving size: ½ ea

contains: egg, wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	11	37	13	1	890

Half Black Forest Ham, Swiss, Honey Mustard, Pretzel Roll

serving size: ½ ea

contains: milk, wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	14	31	17	12	740

Half Prosciutto, Mortadella, Soppressata, Provolone, Fresh Mozzarella Ciabatta

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	20	27	20	3	1120

Half Buffalo Chicken Wrap

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	15	33	19	2	930

Half Roast Turkey, Fontina, Honey Mustard, French Hero

serving size: 1 ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	8	46	22	18	910

*black forest ham, goat cheese, artichoke, spicy pepper relish, focaccia

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	18	65	28	9	2060

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

Harissa Salmon, Vegetable Bowl, Toasted Sesame Seeds

serving size: 1ea

contains: fish (salmon), sesame



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

Steak & Stilton Salad, Frisee, Apple Cider Vinaigrette

serving size: 1ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	27	51	35	36	870

Veggie Taco Bowl, Cilantro Lime Dressing

serving size: 1ea

vegan

contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	20	43	11	6	140

Guacamole Bowl, Lime

serving size: 1ea

vegan

contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	15	25	5	6	77

Farro Grain Salad Bowl, Kale Pesto Chicken, Green Goddess Dressing

serving size: 1ea

contains: egg, milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	13	55	39	5	340

Prosciutto Fig & Blue Cheese Salad, Almonds, Quinoa, Balsamic Vinaigrette

serving size: 1ea

contains: egg, milk tree nuts (almonds)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
960	53	90	41	45	2670

Tabbouleh Salad Bowl, Lemon Garlic Shrimp

serving size: 1ea

contains: shellfish (shrimp), wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	45	39	16	6	1020

Spinach, Chickpea, Quinoa, Feta, Pumpkin Seed Salad, Sesame 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

Steak Tip Bibb Caesar Salad, Anchovy

serving size: 1ea

contains: milk, fish (anchovy)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	42	16	32	2	780

Garden Cobb with Almonds, Balsamic Vinaigrette

serving size: 1ea

vegetarian

contains: egg, milk, tree nuts (almonds)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
700	51	48	19	23	850

Fatoush Salad, Grilled Shrimp

serving size: 1ea

contains: shellfish (shrimp), wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	20	29	15	6	550

Veggie Bowl, Sweet Potato, Broccoli Beets Parmesan

serving size: 1ea

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	8	28	11	10	520

Thai Chicken Satay Salad, Peanuts, Rice Noodles

serving size: 1ea

contains: peanut

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	44	30	26	7	820

Kale & Seared Flank Steak Salad, Sriracha Yogurt Dressing

serving size: 1ea

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	12	12	26	8	510

Mediterranean Chopped Salad, Grilled Salmon

serving size: 1ea

contains: fish (salmon)



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	13	10	23	5	430

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

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

***salmon avocado roll, sesame**

serving size: 1ea

contains: fish, sesame

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

***tuna avocado roll, sesame**

serving size: 1ea

contains: fish, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	11	34	28	2	220

shrimp tempura roll, sesame, spicy mayo

serving size: 1ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
427	16	59	10	2	554

spicy tuna avocado roll, sesame

serving size: 1ea

contains: egg, fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	11	54	33	1	400

***spicy tuna roll, sesame**

serving size: 1ea

contains: egg, fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	37	41	40	13	670

***salmon cucumber roll, sesame**

serving size: 1ea

contains: fish, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	7	30	23	2	240

***tuna cucumber roll, sesame**

serving size: 1ea

contains: fish, sesame

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

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.

***spicy tuna chirashi bowl**

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

***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

california roll, sesame

serving size: 1ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	10	45	9	6	660

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

serving size: 1ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	12	68	24	8	820

***eel avocado roll, sesame**

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

***cucumber avocado roll**

serving size: 1ea

vegan



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

Fig, Date, Cherry, Flax, Pumpkin Seed Bites

serving size: 2 each

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	7	32	5	25	42

cheese and fruit box

serving size: 1ea

vegetarian

contains: egg, milk, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
543	37	28	26	16	830

hummus cup, mini pretzels

serving size: 1ea

vegetarian

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
232	9	29	9	3	579

peanut butter, coconut, chocolate bites

serving size: 2oz

vegetarian

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	16	39	9	14	80

Sesame Grilled Eggplant Dip, Cucumbers

serving size: 1ea

vegan

contains: sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	<1	13	3	6	50

Veggie Box, Chipotle Yogurt Dip

serving size: 1ea

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	5	11	7	5	90

Veggie & Egg Box, Sesame Seafood Kim Chi Yogurt Dip

serving size: 1ea

contains: fish (anchovy) milk, sesame, shellfish



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	7	14	12	8	170

Tortilla Chips, Roasted Tomato Salsa

serving size: 1ea

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	12	25	2	1	210

chicken noodle soup blount

contains: egg, wheat

soup

serving size: 12 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	5	16	12	3	1080

serving size: 16 floz

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

southwest tortilla 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

maine lobster bisque blount

contains: milk, shellfish, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	40	21	12	9	1079

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
680	54	28	16	12	1438

broccoli cheddar, chicken broth chef Francisco

contains: milk, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	25	21	7	4	1110

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	34	27	10	5	1470

wild mushroom bisque blount

vegetarian

contains: milk, soy, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	9	22	5	6	1020

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	13	29	6	8	1360

native three sisters blount

vegan

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	6	28	6	6	1066

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	8	38	8	8	1421

tomato basil blount

vegan

serving size: 12 fl oz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	17	18	5	8	435

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	22	24	6	10	581

italian wedding chef Francisco

contains: egg, milk, soy, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
177	8	16	9	4	737

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
237	10	22	12	5	982

new england clam chowder chef Francisco

contains: fish, milk, shellfish, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	20	27	7	2	1050

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	26	36	9	3	1400

Pork Souvlaki

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	15	<1	26	<1	220

Greek Pesto Cous Cous, Feta

serving size: ½ c

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	10	19	4	<1	360

Eggplant, Tomato & Onions

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	10	2	5	60

Marinated Hanger Steak, Cippolini Onions, Worcestershire

serving size: 4 oz

contains: fish (anchovy), soy,

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
546	17	16	75	3	1176

Rosemary Roasted Fingerling Potato

serving size: ½ c

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	1	18	2	1	250

Roasted broccolini

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	6	2	1	82

Sesame Korean BBQ Chicken

serving size: 4 oz

contains: sesame, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	6	15	18	11	480

Sesame Snow Peas & Peppers

serving size: ½ cup

vegan

contains: sesame



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

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

Jamaican Cod Escovitch

serving size: 1 fillet

contains: fish (cod)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	12	2	26	1	370

Rice & Peas with Coconut Milk

serving size: 4 oz

vegetarian

contains: milk, tree nut (coconut)

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

Callaloo, Bacon, Plantains

serving size: ½ cup

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	10	26	6	11	710

buffet

Wild Mushroom Ravioli, Green Peas, Vodka Sauce

serving size: 4 oz

buffet

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
143	11	11	2	6	28

Rigatoni Bolognese, Mozzarella

serving size: ½ cup

vegetarian

contains: milk, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	7	17	9	2	190

Balsamic Roasted Vegetables

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
381	24	3	35	1	867

maduros (plantain)

serving size: 5oz

vegan

contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
133	<1	36	1	18	2

arroz verde (cilantro rice)

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
104	1	20	2	2	161

chicken marsala

serving size: 4 oz

contains: milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
184	8	10	12	2	574

swiss chard & spring pea risotto

serving size: ½ cup

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
113	2	17	5	1	572

Slow Roasted Pernil (Pork)

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	25	3	35	1	870

buffet

maduros (plantain)

serving size: 5oz

vegan

contains: soy



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

arroz verde (cilantro rice)

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	20	2	2	160

Arctic Char, Chili Sauce

serving size: 4 oz

contains: milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
184	8	10	12	2	574

Jasmine Rice Pilaf

serving size: ½ cup

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
113	2	17	5	1	572

Gingered Broccoli

serving size: ½ cup

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
113	2	17	5	1	572

Beef Bourguignon

serving size: 4 oz
contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	4	3	12	<1	50

Sauteed Baby Carrots, Green Beans

serving size: 4 oz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	9	2	5	120

Saffron Risotto, Parmesan, Chicken Base

serving size: ½ cup
contains: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	4	20	3	<1	730

Chicken Tikka Masala

serving size: 4 oz
contains: milk

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

Basmati Rice Pullao

serving size: ½ cup
vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	<1	20	2	<1	130

Vegetable Samosa

serving size: 3 ea
vegan
contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	15	37	6	2	310

Cilantro Chutney

serving size: 1 fl oz
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	5	<1	3	680

Buffalo Wings

serving size: 5 ea

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	38	2	23	<1	1440

Bbq Wings

serving size: 5 ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	18	26	22	21	1006

Sesame Teriyaki Wings

serving size: 5 ea

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
353	18	20	23	17	960

blue cheese dressing

serving size: 2 fl oz

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	32	2	1	2	550

mac & cheese

serving size: 4 oz

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	9	19	8	3	380

carrot sticks

serving size: 3 ea

vegan



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

celery sticks

serving size: 3 ea

vegan



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

Lamb Beg Wat

serving size: 4 oz

contains: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	8	7	8	3	170

Spicy Collard Greens, Chicken Broth

serving size: ½ cup

contains: milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	6	2	2	240

Yuca Fritas

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	14	45	2	2	610

Herb Roasted Salmon, Tomato Olives & Capers

serving size: 4 oz

contains: fish



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	15	1	18	<1	170

Chickpea Cous Cous, Feta, Almonds, Raisins, Chicken Broth

serving size: ½ cup

contains: milk, tree nuts (almonds), soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	7	33	9	8	260

Za'atar Roasted Eggplant & Zucchini

serving size: 4 oz

vegan

contains: sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	7	9	2	6	170

Braised Beef Sauerbraten

serving size: 4 oz

contains: soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	12	15	24	8	390

Yukon Gold Potato & Leeks

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	23	2	2	240

Roasted Root Vegetables

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	9	1	4	80

Teriyaki Chicken

serving size: 4 oz

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	7	3	22	2	270

Sesame Scallion Brown Rice

serving size: ½ cup

vegan

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	2	24	3	<1	80

Stir Fried Bok Choy, Snow Peas & Mushrooms

serving size: 4 oz

vegan

contains: soy, wheat



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

Tortellini, Feta, Olives, Tomatoes & Herb Oil

serving size: 4 oz

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	8	17	5	2	590

Italian Sausage, Broccoli Rabe, Whole Grain Penne, Garlic & Oil, Pecorino Romano

serving size: 4 oz

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	12	12	8	<1	300

Herb Roasted Cauliflower

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	2	6	2	2	500

Thai Yellow Coconut Curry Chicken, Fish Sauce

serving size: 4 oz

contains: fish (anchovy) tree nuts (coconut)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	25	7	21	3	670

Jasmine Rice

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	<1	27	2	0	0

Sesame Stir Fried Vegetables and Tofu

serving size: ½ cup

vegan

contains: sesame, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	6	8	3	3	170

Cuban Roast Pork

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	5	3	33	<1	1140

Stewed Black Beans

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	3	19	7	1	90

Yuca, Galic Lime Mojo

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	<1	40	2	3	80

Shrimp Etouffee, Chicken Broth

serving size: 4 oz

contains: milk, shellfish (shrimp), soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	6	5	7	1	630

Cajun Vegetable Rice, Worcestershire

serving size: ½ cup

contains: fish (anchovy), soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	4	18	2	2	510

Stewed Tomatoes and Okra

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	1	4	1	3	120

Lamb Vindaloo

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	9	5	16	2	300

Cumin Basmati Rice

serving size: 1 piece

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	2	53	5	0	500

Gobi Matar, Coconut Curry Okra

serving size: ½ cup

vegan

contains: tree nuts (coconut)



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	3	6	1	3	160

Smoked Baby Back Pork Ribs, Kansas City BBQ

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	18	12	20	10	900

Mac & Cheese

serving size: 4 oz

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	8	6	6	3	370

Charred Broccoli

serving size: 4 oz

vegan



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