



NUTRITION GUIDE

Summer 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

coffee bar

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	8	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

Purple Power Smoothie, Hemp Protein, Coconut Water

serving size: 16 floz

vegan

contains: tree nuts (coconut)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	6	56	10	32	90

Blended Golden Almond Smoothie, Soy Milk

serving size: 16 floz

vegan

contains: soy, tree nuts (almonds)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	16	40	17	31	180

Nutty Brew Smoothie, Whey Protein

serving size: 16 floz

vegetarian

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	32	61	27	41	370

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: oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	0	19	1	16	14

Greek yogurt parfait, granola, berries

serving size: 7oz

vegetarian

contains: milk, soy, wheat



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

Strawberry overnight chia oats

serving size: 8oz

vegan

contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	10	54	6	23	69

Matcha Chia Pudding, Soy Milk

serving size: 8oz

vegetarian

contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	14	26	11	8	90

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

Berry Chia Pudding, Soy Milk

serving size: 8oz

vegan

contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	16	39	11	15	55

Apple Overnight Oats with Oat Milk

serving size: 8oz

vegan

contains: wheat

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

Tropical Coconut Chia Pudding

serving size: 8oz

vegan

contains: tree nuts (coconut)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	26	32	7	16	25

Cocoa Banana Overnight Oats

serving size: 8oz

vegetarian

contains: milk, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	3.5	40	10	14	70

Almond Coconut Cappuccino Chia Pudding

serving size: 8oz

vegan

contains: Tree Nut (Almond, Coconut)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	28	31	9	8	180

Strawberry Banana Honey Chia, Overnight Oat, Soy Milk

serving size: 8oz

vegetarian

contains: soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	7	47	9	21	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)
430	20	46	18	1	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)
520	28	35	29	0	1190

egg white, spinach & tomato wrap

serving size: 1ea

vegetarian

contains: egg, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	9	53	15	3	433

Florentine Breakfast 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

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)
640	41	35	30	8	1390

Black Bean, Queso, Tofu Scramble Burrito

serving size: 1ea

vegetarian

contains: milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	14	41	16	5	430

Egg White, Avocado, Pico de Gallo, Breakfast Burrito

serving size: 1ea

vegetarian

contains: egg, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	11	35	26	1	570

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

Sausage, egg & cheese, brioche

serving size: 1ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	37	47	24	1	568

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: 3ea

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: 1ea

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

Fruit box with cucumber and cottage cheese

serving size: 1ea

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	1.5	29	12	22	350

*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

*peanut butter and jelly on whole wheat

serving size: 1 sandwich

vegan

contains: peanut, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	17	42	13	13	360

*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

*Peach compote

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	0	33	1	32	10

*strawberry compote

serving size: 2 floz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	0	13	1	5	0

*Blueberry Lemon compote

serving size: 2 floz

vegan

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

*pineapple rum compote

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	0	17	0	14	0



hot cereal

scrambled eggs

serving size: 4oz

vegetarian

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	18	1	10	1	270

breakfast buffet

Spinach and mushroom frittata

serving size: 4oz

Vegetarian

Contains: egg



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	0	2	9	<1	270

*asparagus roasted red pepper

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	4	2	2	100

Breakfast potato, caramelized onion

serving size: ½ cup

Vegetarian

Contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	7	23	2	2	900

*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

*ratatouille

serving size: 4oz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	3	6	1	4	180

*Tater tots

serving size: ½ c

vegan

contains: soy

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

breakfast buffet

Pork and beef kielbasa

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	35	3	11	1	1110

Spring vegetable frittata

vegetarian

serving size: 4oz

contains: egg, milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	15	3	8	2	330

Hash browned potato

serving size: 4 oz

vegan



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

Vegetable herb frittata

serving size: 4oz

Vegetarian

Contains: egg



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	6	2	5	2	130

Rosemary crimini mushrooms

serving size: 4oz

vegan



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

Chorizo, pork

serving size: 4oz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	24	4	13	0	760

breakfast buffet

Sweet potato mushroom hash

serving size: 4oz

vegan



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

Oven dried tomato

serving size: 4oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	1	12	3	8	120

Asparagus, grape tomato & goat cheese frittata

serving size: 4oz

Vegetarian

contains: egg, milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	10	2	10	1	230

lunch

Braised Short Ribs, Red Wine Demi Glace, Roasted Potato, Baby Carrots

serving size: 1 serving

contains: soy

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

Baja Grilled Shrimp, Black Beans, Corn, and Rice

serving size: 1 serving

contains: shellfish (shrimp)

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

Rosemary Garlic Pork, Ratatouille and Rice

serving size: 1 serving

contains: egg, milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	8	41	42	5	440

Chicken Egg Fried Rice and Sesame Broccoli

serving size: 1 serving

contains: egg, sesame, soy

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

plant based entrees

Sesame, Tofu, Vegetable Fried Rice Bowl

serving size: 1 serving

vegan

contains: sesame, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	17	36	12	4	370

Vegetable Korma, Basmati Rice

serving size: 1 serving

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	3.5	36	7	6	290

Spiced Garbanzo and Eggplant with Sweet Potatoes and Brussels Sprouts

serving size: 2 cups

vegan

contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	14	76	16	22	410

Cauliflower Steak with Whipped Sweet Potatoes, Steamed Broccoli & Carrots

serving size: 1 serving

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	9	37	6	14	430

Buffalo chicken flatbread

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
870	41	67	55	7	2100

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

margherita flatbread

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	23	64	25	6	970

Sausage, Basil, Blue Cheese, Flatbread

serving size: 1ea

contains: milk, wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
980	62	68	34	8	1710

Asparagus Caramelized Onion Flatbread

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	14	61	14	10	1120

Buffalo Cauliflower Cheddar Flatbread

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
810	42	72	34	9	1920

BBQ Chicken Flatbread

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
980	41	91	57	22	1930

tomato mozzarella, pesto, sesame semolina roll

serving size: 1ea

vegetarian

contains: milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	25	51	33	1	1030

Roast beef provolone, red onion jam roll

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	24	55	44	7	1520

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

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

Pesto, Portobello Sourdough

serving size: 1ea

vegetarian

contains: milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
740	45	64	23	9	1150

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

Ham, Pepper Jack, Parkerhouse Roll

serving size: 1ea

Contains: Egg, Milk, Wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
680	34	58	35	16	1700

Prosciutto, Fresh Mozzarella, Fig Chutney, Tomato Focaccia

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
800	39	78	38	23	1830

Tuna Seven Grain Sandwich

serving size: 1ea

contains: egg, fish, soy wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	30	50	41	11	1400

Grilled vegetable Wrap

serving size: 1ea

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	9	59	10	11	440

Roast Turkey, Gruyere, Sundried Tomato Pesto, Focaccia

serving size: 1ea

contains: egg, milk, soy wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	30	47	35	2	1280

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

Serrano Ham, Tomato Tapenade, Parmesan, Ciabatta

serving size: 1ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	24	48	47	2	2370

Chicken Milanese, Balsamic, Mozzarella on Focaccia

serving size: 1ea

contains: egg, milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
830	29	104	37	21	1240

Falafel, Red Pepper Hummus, Pumpkin Seed, Spinach Wrap

serving size: 1ea

vegan

Contains: Sesame, Wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	24	91	25	8	1040

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, 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

Petite Prosciutto, Fresh Mozzarella, Fig Chutney, Tomato Focaccia

serving size: ½ ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	18	39	19	11	910

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

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

serving size: ½ ea

contains: milk, wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	3.5	17	13	2	210

Half roast beef, onion jam with provolone

serving size: 1 ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	12	28	22	4	750

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, Gruyere, Sundried Tomato Pesto, Focaccia

serving size: 1/2 ea

Contains: Egg, Milk, Soy, Wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	14	25	18	2	670

Petite Mediterranean Tuna, Wheat Wrap

serving size: 1ea

contains: fish, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	7	17	11	2	230

Petite Serrano Ham, Tomato Tapenade, Parmesan, Ciabatta

serving size: 1ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	12	24	23	<1	1180

Arugula and Shaved Fennel Salad with Roasted Salmon

serving size: 1ea

contains: fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	6	21	24	18	480

Texas Salad, Grilled Cilantro Lime Flank Steak, Cheddar, Pico de Gallo, Avocado Parsley Dressing

serving size: 1ea

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	16	23	30	6	540

Spinach, Quinoa, Strawberry Salad, Red Wine Vinaigrette

serving size: 1ea

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	32	25	6	7	270

Kale Caesar Salad, Grilled Chicken

serving size: 1ea

Contains: Fish, Milk, Wheat



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

Mediterranean Salmon Greek Salad, Lemon Herb Dressing

serving size: 1ea

Contains: Fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	26	10	26	4	440

Buttermilk Fried Chicken Salad with Chive Ranch Dressing and Candied Pecans

serving size: 1ea

contains: egg, milk, soy, tree nuts (pecans) wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
950	58	67	47	18	850

Turkey, Bacon, Avocado Cobb Salad, Ranch Dressing

serving size: 1ea

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	50	15	24	7	1400

Quinoa, Berry, Beet & Avocado Salad, Lime Vinaigrette

serving size: 1ea

vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	13	23	5	6	50

Jerk Shrimp Salad, Honey Lime Dressing

serving size: 1ea

contains: shellfish (shrimp), soy, tree nuts (coconut)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	15	55	20	36	1530

Gazpacho Salad with Feta

serving size: 1ea

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	13	23	9	7	300

Japanese Steak Salad, Honey Sesame Dressing

serving size: 1ea

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	30	60	30	27	640

Mediterranean Chicken Greek Salad

serving size: 1ea



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	13	10	36	4	300

Italian Artichoke, Olives, Radicchio and Herb Salad

serving size: 1ea

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	12	8	2	3	230

Summer Chicken Salad, Feta Cheese, Artichokes, Honey Mustard Dressing

serving size: 1ea

Contains: Egg, Milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	17	26	28	14	1000

Grilled Strip Steak, Parmesan, Arugula Salad

serving size: 1ea

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	34	2	34	<1	1370

Seared Tuna Nicoise, with Egg and Potato, Herb Vinaigrette

serving size: 1ea

contains: egg, fish (salmon)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	16	15	30	4	330

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, wheat

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, wheat

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

Cranberry Pistachio Energy Bite, Whey Protein

serving size: 2 ounces

Vegetarian

Contains: Milk, Soy, Tree Nuts (Pistachio), Wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	5	37	6	26	60

cheese and fruit box

serving size: 1ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	37	28	26	16	830

hummus cup, mini pretzels

serving size: 1ea

vegan

contains: sesame, wheat

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

Tropical Almond Energy Balls

serving size: 2oz

vegan

contains: tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	16	36	7	20	80

Flounder Ceviche Snack Box

serving size: 1ea

contains: fish



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	9	40	12	6	500

Chicken Salad, Pita Snack Box

serving size: 1ea

contains: Egg, Soy Wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	7	49	27	16	540

Hard Boiled Egg, Edamame, Pumpkin Seeds, Carrots

vegetarian

serving size: 1ea

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	26	16	27	5	160

Watermelon Cup

serving size: 1ea

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	0	17	1	14	0

chicken noodle soup cf

contains: egg, soy, wheat

serving size: 12 floz

soup

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	2	16	7	4	970

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	3	22	10	5	1290

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

Creamy tomato blount

vegetarian

Contains: milk

serving size: 12 fl oz

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

serving size: 16 fl oz

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

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

Fire roasted veggie blounts

serving size: 12 fl oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	4	18	3	6	650

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	24	4	8	860

*spicy beef chili blount

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	21	33	27	8	1970

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	28	44	36	10	2620

Veggie beef barley cf

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	3	23	11	3	710

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	4	30	15	4	950

Curried Rice and Lentil ^{cf}

serving size: 12 fl oz

Vegan

Contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	1	34	9	5	1060

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	1.5	46	12	6	1410

Pork Pernil

serving size: 4 oz

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

Red Beans, Rice

serving size: ½ c

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	1	26	5	2	90

Sweet Plantains

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	10	34	1	17	2

BBQ Beef Brisket

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	14	18	22	11	540

Roasted Potato

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	0	22	3	2	150

Green Beans

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	1	5	1	3	40

Jamaican Jerk Chicken

serving size: 4 oz



buffet

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	9	1	26	0	200

Jamaican Rice and Peas with Coconut Milk

serving size: ½ cup

vegetarian

contains: milk, tree nut (coconut)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	5	42	7	2	370

Steamed Cabbage

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	2	15	3	8	260

Lemon Herb Salmon

serving size: 4 oz

contains: fish (salmon)



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	17	0	24	0	500

Cauliflower Rice

serving size: ½ c

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	5	2	2	80

Lemon Grilled Asparagus

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	3	5	2	2	170

Italian Pork Sausage with Peppers

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	26	8	18	4	890

buffet

Penne Pasta, Tomato Fresh Mozz, Basil Mushroom

serving size: 4oz

contains: milk, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	7	20	5	1	130

Garlic Lemon Broccolini

serving size: ½ cup

vegan



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

Cilantro Lime Chicken

serving size: 4 oz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	8	1	28	0	90

White Rice

serving size: ½ cup



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	2	23	2	0	32

Garlic Broccoli

serving size: ½ cup

vegan

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

Lemon Oregano Salmon

serving size: 4 oz

contains: fish



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	18	1	21	0	330

Herb Roasted Potato

serving size: 4 oz

vegan



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

Roasted Asparagus

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	4	2	2	120

Tandoori Shrimp

serving size: 4 oz

contains: milk, shellfish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	1	3	20	1	870

Spiced Basmati Rice

serving size: ½ cup

vegan

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

Curry Roasted Cauliflower

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	10	7	2	2	80

Moroccan Beef and Tomato

serving size: 4 Oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	5	4	8	2	100

Moroccan Couscous

serving size: ½ cup

contains: milk, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	2	22	4	0	5

Spiced Carrots

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	1	10	1	5	90

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

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

Broccoli and Cheddar Mac and Cheese

serving size: 4 oz

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	9	23	8	2	340

Corn on the Cobb

serving size: 4 oz

Vegetarian

Contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	4	20	3	4	80

Lamb Korma

serving size: 4 oz

Contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	13	2	22	1	350

Herbed Basmati Rice

serving size: ½ cup



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	<1	22	2	0	140

Steamed Broccoli

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	0	8	3	2	40

Herb Roasted Salmon, Tomato Olives and Capers

serving size: 4 oz

contains: fish,



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	15	1	18	1	170

Mushroom and Farro Risotto

serving size: 4 oz

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	4	16	6	1	230

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

Beef Bourguignon

serving size: ½ cup

Contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	4	4	10	1	50

Roasted Carrots

serving size: 4oz

Vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	5	10	1	6	180

Toasted Barley Pilaf

serving size: ½ cup

Vegan

Contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	2	24	3	2	110

Teriyaki Chicken

serving size: ½ cup

Contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	7	3	21	2	270

Sesame Scallion Brown Rice

serving size: ½ cup

Vegan

Contains: sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	2	24	3	0	80

Stir Fried Bok Choy, Snow Peas & Mushroom

serving size: ½ cup

Vegan

Contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	0	4	2	2	100

Lemon Garlic Shrimp

serving size: 4 oz

contains: shellfish (shrimp)



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	17	5	12	2	540

Penne Alfredo Primavera

serving size: ½ cup

Vegetarian

Contains: milk, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	2	15	4	1	110

Herb Roasted Cauliflower

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	8	6	2	2	500

Sriracha Honey Rotisserie Chicken

serving size: 4 oz

Contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	14	3	28	2	180

Roasted Sweet Potatoes

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	6	40	4	12	520

Corn on the Cob

serving size: 4 oz

Vegetarian

Contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	4	20	3	4	80

Salmon with Mojo Sauce

serving size: 4 oz

contains: fish (salmon)



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	19	1	23	0	330

Sofrito Roasted Mixed Vegetables

serving size: ½ cup

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	5	1	3	80

Yuca Fries

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	7	37	1	2	290

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: ½ cup

Vegan

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

Bhindi Nariyal Sabzi 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

Beef Sesame Bulgogi Gochujang

serving size: 4 oz

Contains: egg, sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	26	12	26	8	940

Brown Rice

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	1	24	2	0	80

Sesame Korean Eggplant, Fish Sauce

serving size: 4 oz

Contains: fish (anchovy), sesame, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	4	9	2	5	240