



Panera Bread® Nutrition Guide - US

Effective: 4/3/2024 Version 4

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
BAGELS & SPREADS												
Asiago Cheese Bagel	1 Bagel	320	50	5	3	0	15	540	55	2	4	14
Cinnamon Crunch Bagel	1 Bagel	430	60	7	5	0	0	380	82	2	32	9
Cinnamon Swirl & Raisin Bagel	1 Bagel	320	15	1.5	1	0	0	410	65	3	12	10
Everything Bagel	1 Bagel	290	15	1.5	0	0	0	560	58	2	4	10
Multigrain Bagel Flat	1 Bagel Flat	180	25	3	0	0	0	460	32	3	1	7
Plain Bagel	1 Bagel	280	10	1	0	0	0	410	57	2	4	10
Plain Cream Cheese Spread - 1.75 oz	1 Container	180	150	17	11	0	50	135	4	0	2	2
Plain Cream Cheese Spread - 8 oz	2 Tbsp	110	90	10	7	0	30	85	3	0	1	1
Reduced Fat Honey Walnut Cream Cheese Spread - 1.75 oz	1 Container	140	90	10	6	0	30	170	8	0	8	3
Reduced Fat Honey Walnut Cream Cheese Spread - 8 oz	2 Tbsp (30g)	80	50	6	3.5	0	20	105	5	0	5	2
BREADS												
Artisan Ciabatta - unsliced bread portion	2 oz (about 3 1/2 inch slice/ 57g)	150	10	1.5	0	0	0	280	30	1	0	6
Black Pepper Focaccia - unsliced bread portion	2 oz (57g / about 5 inch slice)	140	15	1.5	0	0	0	350	26	1	0	5
Brioche Roll	1 Roll	210	60	7	4	0	40	310	31	2	5	8
Classic White Miche - unsliced bread portion	2 oz (about 2/3 inch slice / 57g)	160	35	4	2	0	10	260	27	1	4	6
Country Rustic Sourdough- unsliced bread portion	2 oz (about 2/3 inch slice / 57 g)	130	5	0	0	0	0	240	28	1	0	5
French Baguette - unsliced bread portion	2 oz (57g / about 2 3/4 inch slice)	150	5	0	0	0	0	370	30	1	1	5
New England Roll	1 Roll	250	40	4.5	1.5	0	10	440	44	1	5	9
Sourdough Bread Bowl	1 Bread Bowl	670	40	4.5	0	0	0	1160	130	4	2	27
Tomato Basil Miche - unsliced bread portion	2 oz (57g / about 1/2 inch slice)	130	5	0	0	0	0	330	27	1	1	5
Whole Grain Lahvash	1 Lahvash	170	35	4	0.5	0	0	310	25	9	3	12
BREADS - Half Sandwich & Breakfast Portion												



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Bread Portion - Artisan Ciabatta	1/4 Loaf	200	15	2	0	0	0	360	38	2	1	7
Bread Portion - Black Pepper Focaccia	1/4 Loaf	180	20	2	0	0	0	440	33	1	1	6
Bread Portion - Classic White Miche	1 Slice	190	40	4.5	2.5	0	15	300	31	1	4	6
Bread Portion - Country Rustic Sourdough	1 Slice	110	5	0	0	0	0	190	22	1	0	4
Bread Portion - French Baguette	1/4 Baguette	270	10	1	0	0	0	680	54	2	1	10
Bread Portion - Tomato Basil Miche	1 Slice	150	5	0.5	0	0	0	360	30	1	1	5
BREAKFAST												
Bacon, Egg & Cheese on Ciabatta	1 Sandwich	440	190	21	9	0	300	900	40	2	2	24
Bacon, Egg & Cheese on Brioche	1 Sandwich	450	230	26	13	0	345	840	33	2	6	24
Chipotle Chicken, Egg & Avo on Ciabatta	1 Sandwich	550	270	30	10	0	315	1020	44	4	2	27
Egg Whites	1 Portion	30	5	0	0	0	0	100	1	0	0	6
Garden Avo & Egg White on Multigrain Bagel Flat	1 Sandwich	340	130	14	5	0	20	720	36	5	3	19
CinnaCrunch Ham & Egg on Cinnamon Crunch Bagel	1 Sandwich	640	190	22	12	0	300	900	84	2	33	27
Asiago Sausage & Egg on Asiago Bagel	1 Sandwich	820	460	51	20	0.5	345	1480	58	2	5	32
Sausage, Egg & Cheese on Ciabatta	1 Sandwich	590	320	35	15	0	320	1010	40	2	1	27
Sausage, Egg & Cheese on Brioche	1 Sandwich	600	360	40	19	0	360	960	33	2	6	28
Scrambled Egg	1 egg	90	60	7	3	0	265	90	1	0	0	8
Egg & Cheese on Brioche	1 Sandwich	390	180	20	11	0	330	560	32	2	6	21
Egg & Cheese on Ciabatta	1 Sandwich	380	140	16	7	0	285	610	40	2	1	20
Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping	1 Bowl	360	130	15	2	0	0	170	52	7	17	8
Steel Cut Oatmeal with Strawberries & Cinnamon Crunch Topping without pecans	1 Bowl	260	35	4	1	0	0	170	50	6	16	7
Souffle - Four Cheese	1 Souffle	470	270	30	16	1	185	830	36	1	8	14
Souffle - Spinach & Bacon	1 Souffle	550	330	37	19	1	195	970	36	1	8	19

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DRESSINGS & SAUCES												
Apple Cider Vinegar BBQ Sauce	1 portion	30	0	0	0	0	0	150	7	0	6	0
Dressing - Balsamic Vinaigrette - Half	1 1/2 Tbsp	50	35	4	0.5	0	0	140	4	0	4	0
Dressing - Balsamic Vinaigrette - Whole	3 Tbsp	100	70	8	1	0	0	290	8	0	7	0
Buffalo Sauce	1 Portion	10	10	1	0	0	0	320	1	0	1	0
Dressing - Caesar - Half	1 1/2 Tbsp	90	80	9	1.5	0	15	140	1	0	1	0
Dressing - Caesar - Whole	3 Tbsp	180	160	18	3	0	30	290	2	0	2	1
Chipotle Aioli - Sandwich Portion	1 Portion	100	100	11	1.5	0	10	130	1	0	0	0
Garlic Aioli - Sandwich Portion	1 portion	110	110	12	2	0	15	65	0	0	0	0
Greek Dressing/Herb Vinaigrette - Sandwich Portion	1 Portion	40	35	4	0.5	0	0	50	0	0	0	0
Dressing - Greek Dressing - Half	1 1/2 Tbsp	110	110	12	1.5	0	0	150	0	0	0	0
Dressing - Greek Dressing - Whole	3 Tbsp	230	220	25	3.5	0	0	290	1	0	0	0
Green Goddess Dressing - Sandwich Portion	1 Portion	30	20	2	0	0	0	55	1	0	1	1
Dressing - Green Goddess - Half	1 1/2 tbsp	45	30	3.5	0	0	0	80	2	0	1	1
Dressing - Green Goddess - Whole	3 tbsp	90	60	7	1	0	5	160	4	0	3	2
Hummus	1 portion	60	40	4.5	0.5	0	0	150	4	1	1	2
Dressing - Poppyseed - Half	1 1/2 Tbsp	15	0	0	0	0	0	60	3	0	3	0
Dressing - Poppyseed - Whole	3 Tbsp	30	0	0	0	0	0	125	7	1	6	0
Ranch Dressing	1 portion	80	70	8	1	0	5	120	2	0	1	0
Dressing - Ranch - Half	1 1/2 Tbsp	100	90	10	1.5	0	10	150	2	0	1	0
Dressing - Ranch - Whole	3 Tbsp	200	190	21	3	0	20	310	4	0	2	1
Bravo Sauce	1 portion	90	70	8	1	0	10	90	4	0	2	0
Dressing - White Balsamic Vinaigrette flavored with Apple - Half	1 1/2 Tbsp	80	60	6	1	0	0	85	5	0	5	0
Dressing - White Balsamic Vinaigrette flavored with Apple - Whole	3 Tbsp	160	120	13	2	0	0	170	11	0	10	0



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DRINKS												
Additional Shot of Caramel Syrup	1 Shot	60	10	1.5	1	0	5	50	13	0	8	0
Additional Shot of Espresso	1 fl oz (30 mL)	5	0	0	0	0	0	0	1	0	0	0
Additional Shot of Madagascar Vanilla Syrup	1 Shot	20	0	0	0	0	0	0	5	0	5	0
Agave Lemonade - 20 fl oz	20 fl oz (591 mL)	210	0	0	0	0	0	15	52	0	48	0
Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	320	5	0	0	0	0	20	78	0	72	0
Agave Lemonade - Serves 8 - Group	2 containers	1350	15	1.5	0	0	0	80	331	0	307	2
Agave Lemonade - Serves 4 - Group	1 container	670	5	1	0	0	0	40	165	0	153	1
AHA Blueberry Pomegranate Sparkling Water- 12 fl oz can	12 fl oz can	0	0	0	0	0	0	0	0	0	0	0
AHA Lime Watermelon Sparkling Water- 12 fl oz can	12 fl oz can	0	0	0	0	0	0	0	0	0	0	0
Americano - 16 fl oz	16 fl oz (473 mL)	10	0	0	0	0	0	5	2	0	0	1
Blueberry Lavender Lemonade - Naturally Flavored - 20 fl oz	20 fl oz (591 mL)	220	0	0	0	0	0	30	54	0	49	0
Blueberry Lavender Lemonade - Naturally Flavored - Serves 4 - Group	1 container	760	5	0.5	0	0	0	105	187	1	170	1
Blueberry Lavender Lemonade - Naturally Flavored - Serves 8 - Group	2 containers	1520	10	1	0	0	0	210	374	2	340	2
Blueberry Lavender Lemonade - Naturally Flavored - 30 fl oz	30 fl oz (887 mL)	330	0	0	0	0	0	45	81	0	74	1
Bottled Passionfruit Papaya Naturally Flavored Iced Green Tea	1 Bottle (500 mL)	130	0	0	0	0	0	0	31		28	0
Bottled Water	16.9 fl oz (500mL)	0	0	0	0	0	0	10	0	0	0	0
British Breakfast Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Bubly Sparkling Water 12 fl oz Can- Lemon	12 fl oz (355 mL)	0	0	0	0	0	0	0	0	0	0	0
Bubly Sparkling Water 12 fl oz - Lime	12 fl oz (355 mL)	0	0	0	0	0	0	0	0	0	0	0



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Cafe Blend Dark Roast Coffee - 16 fl oz	16 fl oz (473 mL)	15	0	0	0	0	0	10	3	0	0	1
Cafe Blend Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	15	0	0	0	0	0	15	3	0	0	1
Cafe blend Dark Roast Coffee - Group	1 Container	100	0	0	0	0	0	90	20	0	0	7
Cafe Blend Light Roast Coffee - Group	1 Container	140	0	0	0	0	0	90	25	0	0	7
Cafe Blend Light Roast Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	10	3	0	0	1
Cafe Blend Light Roast Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	15	4	0	0	1
Caffe Latte - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	100	13	0	11	9
Caffe Latte - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	125	16	0	14	11
Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	95	0	0	0	0
Caffeine Free Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0
Canada Dry Ginger Ale - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	85	60	0	59	0
Canada Dry Ginger Ale - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	125	90	0	89	0
Cappuccino - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	100	13	0	11	9
Cappuccino - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	125	16	0	14	11
Caramel Latte - 16 fl oz	16 fl oz (473 mL)	380	120	13	8	0	45	270	55	0	39	11
Caramel Latte - 20 fl oz	20 fl oz (591mL)	470	140	15	10	0	50	340	70	0	50	13
Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	370	70	7	4.5	0	30	150	63	0	62	12
Chai Tea Latte - 16 fl oz	16 fl oz (473 mL)	290	60	6	4	0	25	130	49	0	48	10
Citrus Punch - Naturally Flavored - 20 fl oz	20 fl oz (591 mL)	260	5	0	0	0	0	25	62	0	62	0
Citrus Punch - Naturally Flavored - 30 fl oz	30 fl oz (887 mL)	390	5	0	0	0	0	40	93	0	93	0
Citrus Punch - Naturally Flavored - Serves 4 - Group	1 container	890	10	0	0	0	0	90	214	1	213	1
Citrus Punch - Naturally Flavored - Serves 8 - Group	2 containers	1780	20	2	0	0	0	180	428	2	426	2
Blue Packet Sweetener	1 Packet	5	0	0	0	0	0	0	1	0	1	0
Half & Half - 1 fl oz	1 fl oz	40	30	3.5	2	0	10	10	1	0	0	1
Pink Packet Sweetener	1 Packet	5	0	0	0	0	0	0	1	0	1	0



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Sugar	1 packet	10	0	0	0	0	0	0	3	0	3	0
Turbinado Cane Sugar Packet	1 Packet	20	0	0	0	0	0	0	4	0	4	0
Yellow Packet Sweetener	1 Packet	5	0	0	0	0	0	0	1	0	1	0
1 pump of Cane Sugar Syrup	1 pump	20	0	0	0	0	0	0	5	0	5	0
Coke - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	65	67	0	67	0
Coke - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	95	100	0	100	0
Coke 20 fl oz Bottle	20 fl oz bottle (591 mL)	240	0	0	0	0	0	75	65	0	65	0
Coke Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Coke Zero - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Coke Zero - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	100	0	0	0	0
Dasani Lemon - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0
Dasani Lime - 12 fl oz can	12 oz can (355 mL)	0	0	0	0	0	0	35	0	0	0	0
Decaf Coffee - Group	1 Container	140	0	0	0	0	0	40	32	0	0	4
Decaf Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	5	4	0	0	0
Decaf Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	5	5	0	0	1
Diet Coke - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	0	0	0	0
Diet Coke - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	120	0	0	0	0
20 oz Diet Coke Bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Diet Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	120	0	0	0	0
Diet Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	180	0	0	0	0
Diet Mountain Dew - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	90	1	0	1	0
Diet Mountain Dew - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	140	1	0	1	0
Diet Mountain Dew - 12 fl oz can	12 fl oz Can (355 mL)	0	0	0	0	0	0	50	0	0	0	0
Diet Pepsi - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	40	0	0	0	0
Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	95	0	0	0	0
Diet Pepsi - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0



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Dr Pepper - 20 fl oz bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	100	66	0	64	0
Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	75	65	0	64	0
Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	110	98	0	96	0
Drive Thru - Agave Lemonade - 20 fl oz	20 fl oz (591 mL)	130	0	0	0	0	0	10	32	0	29	0
Drive Thru - Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	190	0	0	0	0	0	15	48	0	44	0
Drive Thru - Blueberry Lavender Lemonade - Naturally Flavored - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	25	36	0	33	0
Drive Thru - Blueberry Lavender Lemonade - Naturally Flavored - 30 fl oz	30 fl oz (887 mL)	220	0	0	0	0	0	35	54	0	49	0
Drive Thru - Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Drive Thru - Caffeine Free Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0
Drive Thru - Canada Dry Ginger Ale - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	50	38	0	37	0
Drive Thru - Canada Dry Ginger Ale - 30 fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	80	57	0	56	0
Drive Thru - Citrus Punch - Naturally Flavored - 20 fl oz	20 fl oz (591 mL)	170	0	0	0	0	0	20	41	0	41	0
Drive Thru - Citrus Punch - Naturally Flavored - 30 fl oz	30 fl oz (887 mL)	260	5	0	0	0	0	30	62	0	61	0
Drive Thru - Coke - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	40	42	0	42	0
Drive Thru - Coke - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	60	63	0	63	0
Drive Thru - Coke Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	40	0	0	0	0
Drive Thru - Coke Zero - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive Thru - Diet Coke - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0
Drive Thru - Diet Coke - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Diet Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Diet Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	110	0	0	0	0
Drive Thru - Diet Mountain Dew - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0
Drive Thru - Diet Mountain Dew - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	85	1	0	0	0



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Drive Thru - Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Drive Thru - Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0
Drive Thru - Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	45	41	0	40	0
Drive Thru - Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	220	0	0	0	0	0	70	61	0	60	0
Drive Thru - Fanta Orange - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	40	42	0	42	0
Drive Thru - Fanta Orange - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	65	63	0	63	0
Drive Thru - Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	70	0	0	0	0	0	50	19	0	19	0
Drive Thru - Lipton Brisk Raspberry Tea - 30 fl oz	30 fl oz (887 mL)	110	0	0	0	0	0	75	28	0	28	0
Drive Thru - Mountain Dew - 20 fl oz	20 fl oz (591 mL)	180	0	0	0	0	0	55	46	0	46	0
Drive Thru - Mountain Dew - 30 fl oz	30 fl oz (887 mL)	260	0	0	0	0	0	80	69	0	69	0
Drive Thru - Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	60	40	0	40	0
Drive Thru - Mug Root Beer - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	90	60	0	59	0
Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 20 fl oz	20 fl oz (591 mL)	100	0	0	0	0	0	15	25	0	25	0
Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz	30 fl oz (887 mL)	140	0	0	0	0	0	20	35	0	35	0
Drive Thru - Pepsi - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	43	0	43	0
Drive Thru - Pepsi - 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	50	65	0	64	0
Drive Thru - Pepsi Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	40	0	0	0	0
Drive Thru - Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	55	39	0	39	0
Drive Thru - Pibb Xtra - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	85	58	0	58	0
Drive Thru - Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	5	8	0	1	0
Drive Thru - Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 30 fl oz	30 fl oz (887 mL)	15	0	0	0	0	0	5	12	0	2	0
Drive Thru - Powerade Mountain Blast - 20 fl oz	20 fl oz (591 mL)	90	0	0	0	0	0	120	23	0	23	0
Drive Thru - Powerade Mountain Blast - 30 fl oz	30 fl oz (887 mL)	130	0	0	0	0	0	180	35	0	34	0



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Drive Thru - SoBe Life Water Yumberry Pomegranate - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0
Drive Thru - SoBe Life Water Yumberry Pomegranate - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Sprite - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	70	38	0	38	0
Drive Thru - Sprite - 30 fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	105	57	0	57	0
Drive Thru - Starry Lemon Lime - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	35	41	0	41	0
Drive Thru - Starry Lemon Lime - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	50	61	0	61	0
Drive Thru - Sweet Iced Tea - 20 fl oz	20 fl oz (591 mL)	80	0	0	0	0	0	10	18	0	18	2
Drive Thru - Sweet Iced Tea - 30 fl oz	30 fl oz (887 mL)	110	0	0	0	0	0	15	25	0	25	2
Drive Thru - Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	180	0	0	0	0	0	35	47	0	47	0
Drive Thru - Tropicana Fruit Punch - 30 fl oz	30 fl oz (887 mL)	270	0	0	0	0	0	50	71	0	70	0
Drive Thru - Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	160	42	0	41	0
Drive Thru - Tropicana Lemonade - 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	240	62	0	62	0
Drive Thru - Tropicana Light Lemonade - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	150	0	0	0	0
Drive Thru - Tropicana Light Lemonade - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	220	0	0	0	0
Drive Thru - Unsweetened Iced Tea - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	10	0	0	0	2
Drive Thru - Unsweetened Iced Tea - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	15	0	0	0	2
Drive Thru - Wild Cherry Pepsi 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	44	0	44	0
Drive Thru - Wild Cherry Pepsi 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	50	66	0	66	0
Drive-Thru - Lime Bubly Sparkling Water - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive-Thru - Lime Bubly Sparkling Water - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	95	0	0	0	0
Espresso	2 fl oz (59 mL)	10	0	0	0	0	0	0	2	0	0	1
Fanta Orange - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	65	66	0	66	0
Fanta Orange - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	100	99	0	99	0



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Frozen Strawberry Lemonade with Fresh Strawberries - 16 fl oz	16 fl oz (473mL)	140	0	0	0	0	0	15	35	1	31	1
Gold Peak Unsweetened Iced Tea - 18.5 fl oz	18.5 fl oz (547 mL)	0	0	0	0	0	0	55	0	0	0	0
Hazelnut Coffee - Group	1 Container	140	0	0	0	0	0	60	24	0	0	10
Hazelnut Flavored Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	10	3	0	0	1
Hazelnut Flavored Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	10	4	0	0	2
Honest Berry Hibiscus Iced Tea - 16.9 fl oz bottle	16.9 fl oz bottle	100	0	0	0	0	0	5	26	0	25	0
Honey Ginseng Green Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Iced Cafe Blend Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	15	2	0	0	1
Iced Cafe Blend Dark Roast Coffee - 20 fl oz - no ice	20 fl oz (591 mL)	15	0	0	0	0	0	15	3	0	0	1
Iced Cafe Blend Dark Roast Coffee - 30 fl oz	30 fl oz (887 mL)	15	0	0	0	0	0	20	3	0	0	1
Iced Cafe Blend Dark Roast Coffee - 30 fl oz - no ice	30 fl oz (887 mL)	25	0	0	0	0	0	20	5	0	0	2
Iced Caffe Latte - 20 fl oz	20 fl oz (591 mL)	160	60	6	4	0	25	130	16	0	14	11
Iced Caramel Latte - 20 fl oz	20 fl oz (591 mL)	410	130	14	9	0	50	300	58	0	42	13
Iced Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	290	60	6	4	0	25	130	49	0	48	10
Iced Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	290	90	10	7	0	40	140	36	0	34	12
Kids Organic Apple juice	6.75 fl oz (200 mL)	100	0	0	0	0	0	10	24	0	23	0
Kids Organic Chocolate Milk	8 fl oz (237 mL)	150	20	2.5	1.5	0	15	180	23	0	22	8
Kids Organic White Milk	8 fl oz (237 mL)	110	20	2.5	1.5	0	10	130	13	0	12	8
Lime Bubly Sparkling Water - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	105	0	0	0	0
Lime Bubly Sparkling Water - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	160	0	0	0	0
Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	120	0	0	0	0	0	80	30	0	30	0
Lipton Brisk Raspberry Tea - 30 fl oz	30 fl oz (887 mL)	170	0	0	0	0	0	120	45	0	45	0
Madagascar Vanilla Latte - 16 fl oz	16 fl oz (473 mL)	260	80	9	6	0	35	115	33	0	31	10
Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	310	90	10	7	0	40	140	41	0	40	12



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Minute Maid Orange Juice - 12 fl oz bottle	12 fl oz (355 mL)	220	0	0	0	0	0	30	51	0	45	0
Mountain Dew - 12 fl oz can	1 can (355 mL)	170	0	0	0	0	0	60	46	0	46	0
Mountain Dew - 20 fl oz	20 fl oz (591 mL)	280	0	0	0	0	0	85	73	0	73	0
Mountain Dew- 20 fl oz bottle	20 fl oz bottle (591 mL)	290	0	0	0	0	0	105	77	0	77	0
Mountain Dew - 30 fl oz	30 fl oz (887 mL)	420	0	0	0	0	0	130	110	0	110	0
Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	95	64	0	63	0
Mug Root Beer - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	140	96	0	95	0
Orange Ginger Mint Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Passion Papaya Naturally Flavored Iced Green Tea - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	15	38	0	38	0
Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	20	58	0	58	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 8 - Group	2 Containers	980	0	0	0.5	0	0	90	246	0	246	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 4 - Group	1 Container	490	0	0	0	0	0	45	123	0	123	0
Pepsi - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	50	69	0	69	0
Pepsi - 20 fl oz bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	55	69	0	69	0
Pepsi - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	80	103	0	103	0
Pepsi 12 fl oz can	12 fl oz can (355 mL)	150	0	0	0	0	0	30	41	0	41	0
Pepsi Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Pepsi Zero - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	90	61	0	61	0
Pibb Xtra - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	135	92	0	92	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 20 fl oz	20 fl oz (591 mL)	15	0	0	0	0	0	0	13	0	2	0



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Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 30 fl oz	30 fl oz (887 mL)	25	0	0	0	0	0	0	19	0	3	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - Serves 4 - Group	1 container	60	0	0	0	0	0	5	43	0	6	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - Serves 8 - Group	2 containers	110	5	0	0	0	0	10	87	0	12	0
Powerade Mountain Blast - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	190	37	0	36	0
Powerade Mountain Blast - 30 Fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	280	55	0	55	0
Premium Orange Juice - Serves 8 - Group	2 Containers	1800	0	0	3	0	0	60	408	0	360	33
Premium Orange Juice - Serves 4 - Group	2 Containers	900	0	0	1.5	0	0	30	204	0	180	17
Premium OJ 11.5 fl oz	1 Bottle	160	0	0	0	0	0	5	37	0	32	2
SoBe Life Water Yumberry Pomegranate - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	0	0	0	0
SoBe Life Water Yumberry Pomegranate - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	120	1	0	0	0
Sprite - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	115	61	0	61	0
Sprite - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	170	91	0	91	0
Sprite 20 fl oz Bottle	20 fl oz bottle (591 mL)	230	0	0	0	0	0	110	64	0	64	0
Sprite Zero - 20 fl oz bottle	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0
Starry Lemon Lime - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	55	65	0	65	0
Starry Lemon Lime - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	85	97	0	97	0
Starry Lemon Lime 12 fl oz Can	1 Can (355 mL)	150	0	0	0	0	0	35	39	0	39	0
Starry Lemon Lime 20 fl oz bottle	20 fl oz bottle (591mL)	240	0	0	0	0	0	55	65	0	65	0
Sweet Iced Tea - Serves 8 - Group	2 Containers	730	1	0	0	0	0	75	164	0	163	14
Sweet Iced Tea - Serves 4- Group	1 Container	360	0	0	0	0	0	35	82	0	81	7
Sweet Iced Tea 20 fl oz	20 fl oz (591 mL)	110	0	0	0	0	0	10	27	0	27	1
Sweet Iced Tea 30 fl oz	30 fl oz (887 mL)	150	0	0	0	0	0	10	36	0	36	2

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Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	280	0	0	0	0	0	55	75	0	75	0
Tropicana Fruit Punch - 30 fl oz	30 fl oz (887 mL)	420	0	0	0	0	0	85	113	0	112	0
Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	260	67	0	66	0
Tropicana Lemonade - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	390	100	0	99	0
Tropicana Light Lemonade - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	230	0	0	0	0
Tropicana Light Lemonade - 30 fl oz	30 fl oz (887 mL)	15	0	0	0	0	0	350	0	0	0	0
Unsweetened Iced Tea - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	10	0	0	0	2
Unsweetened Iced Tea - 30 fl oz	30 fl oz (887 mL)	20	0	0	0	0	0	20	0	0	0	4
Unsweetened Iced Tea - Serves 8 - Group	2 Containers	80	0	0	0	0	0	80	0	0	0	15
Unsweetened Iced Tea - Serves 4 - Group	1 Container	40	0	0	0	0	0	40	0	0	0	8
Wild Cherry Pepsi 20 fl oz	20 fl oz (591 mL)	260	0	0	0	0	0	55	70	0	70	0
Wild Cherry Pepsi 30 fl oz	30 fl oz (887 mL)	390	0	0	0	0	0	80	106	0	105	0
PASTRIES & SWEETS												
Muffin - Blueberry	1 Muffin	510	160	18	3.5	0	65	390	79	8	35	7
Brownie	1 Brownie	470	160	18	6	0	115	95	69	4	50	7
Cookie - Candy	1 Cookie	480	200	22	13	0.5	80	310	68	1	37	4
Muffie - Chocolate Chip	1 Muffie	340	120	13	4.5	0	35	200	51	3	22	5
Cookie - Chocolate Chipper	1 Cookie	390	170	18	11	0	40	330	52	2	31	4
Pastry - Chocolate Croissant	1 Croissant	410	190	21	13	0.5	45	300	49	2	16	7
Dozen Chocolate Chipper Cookies	1 cookie	390	170	18	11	0	40	330	52	2	31	4
Cookie - Kitchen Sink	1 Cookie	820	400	44	29	1	95	760	99	2	56	8
Mini Bear Claw	1 Pastry	160	70	8	3.5	0	20	115	20	1	8	3
Mini - Brownie	1 Mini Brownie	120	40	4.5	1.5	0	30	25	17	1	12	2
Mini Cookie - Candy	1 Mini Cookie	130	50	6	3.5	0	20	75	18	0	10	1
Mini Cookie - Oatmeal Raisin with Berries	1 Cookie	90	30	3	2	0	15	45	14	1	8	1
Mini Scone - Orange	1 mini scone	180	60	7	4.5	0	25	290	26	1	13	3
Cookie - Oatmeal Raisin with Berries	1 Cookie	350	110	13	7	0	55	170	55	2	33	4



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Scone - Orange	1 Scone	550	190	21	13	1	80	860	77	2	39	8
Pastry - Pecan Braid	1 Pastry	450	220	24	8	0	30	180	52	3	25	6
Cookie - Petite Chocolate Chipper	1 Cookie	100	40	4.5	2.5	0	10	85	13	0	8	1
Cinnamon Roll	1 Roll	520	160	18	10	0	40	400	84	2	48	7
Tulip Shaped Shortbread Cookie	1 Cookie	440	190	21	13	1	65	210	57	1	32	4
SALADS												
Balsamic Greens with Grains Salad - Half	1/2 Salad	230	120	13	3	0	10	380	24	4	6	6
Balsamic Greens with Grains Salad - Whole	1 Salad	460	240	27	6	0	15	760	47	9	11	11
Balsamic Chicken Greens with Grains Salad - Half	1/2 Salad	290	130	14	3.5	0	55	660	25	4	6	18
Balsamic Chicken Greens with Grains Salad - Whole	1 Salad	580	260	29	7	0.5	105	1330	49	9	12	36
Caesar Salad - Half	1/2 Salad	210	130	15	4	0	25	440	12	2	2	6
Caesar Salad - Whole	1 Salad	420	270	30	8	0	50	870	24	4	4	12
Caesar with Chicken Salad - Half	1/2 Salad	270	140	16	4.5	0	70	720	13	2	2	18
Caesar with Chicken Salad - Whole	1 Salad	540	290	32	9	1	140	1440	26	4	5	36
Fuji Apple Chicken Salad - Half	1/2 Salad	270	150	16	3	0	50	480	18	3	11	15
Fuji Apple Chicken Salad without pecans - Half	1/2 Salad	220	100	11	2.5	0	50	480	17	2	11	15
Fuji Apple Chicken Salad - Whole	1 Salad	550	290	33	6	0.5	105	950	36	5	22	30
Fuji Apple Chicken Salad without pecans - Whole	1 Salad	450	200	22	5	0.5	105	950	34	4	21	29
Greek Salad - Half	1/2 Salad	210	160	18	4.5	0	15	510	9	2	4	4
Greek Salad - Whole	1 Salad	410	320	36	9	0	30	1030	17	5	8	8
Greek Salad with Chicken - Half	1/2 Salad	270	170	19	4.5	0	60	800	10	2	4	16
Greek Salad with Chicken - Whole	1 Salad	540	340	38	9	0.5	120	1600	19	5	8	33
Green Goddess Chicken Cobb Salad - Half	1/2 Salad	250	120	14	3	0	145	580	12	3	6	20
Green Goddess Chicken Cobb Salad - Whole	1 Salad	490	240	27	6	0	295	1160	24	7	13	40



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Mediterranean Greens with Grains Salads - Half	1/2 Salad	270	170	19	3.5	0	10	420	21	4	3	5
Mediterranean Greens with Grains Salads - Whole	1 Salad	550	340	38	7	0	15	850	43	7	6	10
Mediterranean Chicken Greens with Grains Salad - Half	1/2 Salad	340	180	20	4	0	50	710	22	4	3	17
Mediterranean Chicken Greens with Grains Salad - Whole	1 Salad	670	360	40	8	0.5	105	1410	45	7	7	34
Ranch Cobb Salad - Half	1/2 Salad	230	160	18	4.5	0	120	470	10	2	6	8
Ranch Cobb Salad - Whole	1 Salad	450	320	35	9	0	235	930	20	3	11	16
Southwest Chicken Ranch Salad - Half	1/2 Salad	320	200	22	3.5	0	55	520	17	5	5	16
Southwest Chicken Ranch Salad - Whole	1 Salad	650	400	45	7	0.5	115	1040	34	10	10	31
Strawberry Poppyseed Chicken Salad - Half	1/2 Salad	180	60	7	1	0	45	350	18	4	13	15
Strawberry Poppyseed Chicken Salad without pecans- Half	1/2 Salad	130	15	1.5	0	0	45	350	17	3	12	14
Strawberry Poppyseed Chicken Salad - Whole	1 Salad	370	120	14	2	0	90	710	36	8	25	29
Strawberry Poppyseed Chicken Salad without pecans- Whole	1 Salad	260	30	3	1	0	90	710	34	7	25	28
Strawberry Poppyseed Salad - Half	1/2 Salad	120	50	6	0.5	0	0	70	17	4	12	2
Strawberry Poppyseed Salad without pecans- Half	1/2 Salad	70	5	0.5	0	0	0	70	16	3	12	2
Strawberry Poppyseed Salad - Whole	1 Salad	240	100	11	1	0	0	140	35	7	25	5
Strawberry Poppyseed Chicken Salad without pecans- Whole	1 Salad	140	10	1	0	0	0	140	33	6	24	3
SANDWICHES												

Bacon Avo Melt on Country Rustic Sourdough - Half	1/2 Sandwich	370	220	24	7	0	35	640	26	3	1	12
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Bacon Avo Melt on Country Rustic Sourdough - Whole	1 Sandwich	730	440	49	15	0.5	75	1280	52	6	3	23
Bacon Turkey Bravo® on Tomato Basil - Half	1/2 Sandwich	440	190	22	7	0	75	1420	38	2	5	24
Bacon Turkey Bravo® on Tomato Basil - Whole	1 Sandwich	880	390	43	15	0.5	155	2840	76	3	11	49
Bravo® Club on Tomato Basil - Half	1/2 Sandwich	440	190	22	7	0	70	1390	38	2	5	24
Bravo® Club on Tomato Basil - Whole	1 Sandwich	880	390	43	15	0.5	140	2770	75	3	11	48
Chicken Bacon Rancher on Black Pepper Focaccia Round - Half	1/2 Sandwich	440	190	21	7	0	80	1130	37	1	2	26
Chicken Bacon Rancher on Black Pepper Focaccia Round - Whole	1 Sandwich	870	370	42	14	1	160	2260	73	3	3	51
Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Half	1/2 Sandwich	460	220	24	7	0	65	1240	38	4	2	24
Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Whole	1 Sandwich	920	440	49	14	0.5	135	2490	75	7	4	48
Ciabatta Cheesesteak - Half	1/2 Sandwich	560	260	29	9	0	70	800	46	2	6	27
Ciabatta Cheesesteak - Whole	Whole Sandwich	1120	530	59	17	1	145	1610	92	4	13	55
Green Goddess Caprese Melt on Baguette - Half	1/2 Sandwich	570	240	27	10	0	50	1120	60	3	4	23
Green Goddess Caprese Melt on Baguette - Whole	1 Sandwich	1140	490	54	20	0.5	100	2230	119	5	9	45
Grilled Cheese on Classic White Miche - Half	1/2 Sandwich	440	230	26	15	1	75	1400	37	1	7	18
Grilled Cheese on Classic White Miche - Whole	1 Sandwich	880	460	51	29	1.5	150	2800	73	2	13	35
Grilled Chicken & Avo BLT on Country Rustic Sourdough - Half	1/2 Sandwich	460	250	28	8	0	90	900	28	3	2	25
Grilled Chicken & Avo BLT on Country Rustic Sourdough - Whole	1 Sandwich	910	510	56	16	1	175	1800	56	6	4	49
Mediterranean Veggie on Tomato Basil - Half	1/2 Sandwich	250	60	7	2	0	10	650	38	3	5	9
Mediterranean Veggie on Tomato Basil - Whole	1 Sandwich	500	130	14	4	0	15	1310	77	6	9	18



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Smokehouse BBQ Chicken on Artisan Ciabatta - Half	1/2 Sandwich	370	90	10	4.5	0	60	1130	45	2	6	25
Smokehouse BBQ Chicken on Artisan Ciabatta - Whole	1 Sandwich	730	180	20	9	0	115	2250	90	4	11	49
Spicy Buffalo Chicken Melt on Baguette - Half	1/2 Sandwich	420	90	10	4.5	0	60	1880	58	2	3	26
Spicy Buffalo Chicken Melt on Baguette - Whole	1 Sandwich	840	180	20	9	0	115	3770	116	4	6	52
Toasted Frontega Chicken® on Black Pepper Focaccia - Half	1/2 Sandwich	390	160	18	5	0	60	1180	37	2	2	23
Toasted Frontega Chicken® on Black Pepper Focaccia - Whole	1 Sandwich	790	320	36	10	0.5	120	2360	73	4	5	45
Toasted Italiano on Baguette - Half	1/2 Sandwich	620	280	31	9	0	60	1830	57	2	2	30
Toasted Italiano on Baguette - Whole	1 Sandwich	1250	550	61	18	0.5	125	3660	114	4	5	59
Tomato Basil BLT on Tomato Basil Miche - Half	1/2 Sandwich	390	210	23	6	0	45	1030	33	2	4	13
Tomato Basil BLT on Tomato Basil Miche - Whole	1 Sandwich	790	420	47	12	0	85	2060	66	3	7	27
Tuna Salad on Country Rustic Sourdough - Half	1/2 Sandwich	270	130	14	2.5	0	25	530	25	2	2	12
Tuna Salad on Country Rustic Sourdough - Whole	1 Sandwich	550	260	29	4.5	0	50	1060	50	4	4	24
Turkey & Cheddar on Country Rustic Sourdough - Half	1/2 Sandwich	390	200	22	7	0	65	1030	26	1	2	21
Turkey & Cheddar on Country Rustic Sourdough - Whole	1 Sandwich	780	400	45	14	0.5	135	2060	52	3	5	41
SIDES												
Side - Apple	1 Apple	80	0	0	0	0	0	0	22	5	16	0
Banana	1 Banana	90	5	0	0	0	0	0	23	3	12	1
Side Portion - French Baguette	2.4 oz (69g / about 3 1/3 inch slice)	180	5	0.5	0	0	0	450	36	1	1	7
Greek Yogurt with Mixed Berries	1 Parfait	250	80	9	4.5	0	25	80	29	2	18	16



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Kettle Cooked Potato Chips	1 package	150	80	9	1	0	0	75	17		<1	2
Side - Pickle Spear	1 Spear	5	0	0	0	0	0	240	1	0	0	0
Summer Fruit Cup	1 container	60	0	0	0	0	0	10	15	2	9	1
SMOOTHIES												
Mango Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	300	45	5	3	0	20	75	51	1	42	13
Strawberry Banana Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	250	25	2.5	1.5	0	10	40	51	4	36	7
Strawberry Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	260	40	4.5	2.5	0	20	70	43	2	37	12
Tropical Green Smoothie - 16 fl oz	16 fl oz (473 mL)	370	10	1	0	0	0	50	89	3	79	2
SOUPS & MAC												
Bistro French Onion Soup - Group	1 Container	720	290	32	15	1	70	4770	82	7	36	26
Bistro French Onion - Bread Bowl	1 Bread bowl with soup	860	110	13	4.5	0	20	2490	153	6	12	34
Bistro French Onion - Bowl	1 1/2 Cups	290	110	12	6	0	25	1990	33	3	16	10
Bistro French Onion - Cup	1 Cup	190	70	8	4	0	20	1330	22	2	10	7
Broccoli Cheddar - Bowl	1 1/2 Cups	370	220	24	19	2.5	70	1560	25	1	9	13
Broccoli Cheddar - Cup	1 Cup	230	140	15	12	1.5	45	980	16	1	6	8
Broccoli Cheddar - Bread Bowl	1 Bread bowl with soup	900	180	20	13	1.5	45	2140	146	5	8	35
Broccoli Cheddar Soup - Group	1 Container	820	480	53	43	5	150	3430	56	3	20	28
Cream of Chicken & Wild Rice - Bowl	1 1/2 Cups	280	140	16	8	0.5	40	1410	27	3	7	8
Cream of Chicken & Wild Rice - Bread Bowl	1 Bread bowl with soup	860	130	15	6	0	30	2100	149	6	7	32
Cream of Chicken & Wild Rice - Cup	1 Cup	190	90	10	5	0	30	940	18	2	5	5
Cream of Chicken and Wild Rice - Group	1 Container	650	330	36	19	1.5	100	3280	64	6	17	18
Homestyle Chicken Noodle Soup - Bowl	1 bowl	150	25	3	1	0	45	1560	17	0	4	14
Homestyle Chicken Noodle Soup - Bread Bowl	1 bread bowl with soup	770	60	6	1	0	30	2200	142	4	5	36
Homestyle Chicken Noodle Soup - Cup	1 cup	100	15	2	0.5	0	30	1040	11	0	3	10



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Homestyle Chicken Noodle Soup - Group	1 container	350	60	7	2	0.5	105	3640	40	0	10	33
Mexican Style Street Corn Chowder - Bowl	1 bowl	310	170	19	10	0	45	1360	26	6	7	9
Mexican Style Street Corn Chowder - Bread Bowl	1 bread bowl with soup	860	150	16	7	0	30	2060	147	8	6	32
Mexican Style Street Corn Chowder - Cup	1 cup	190	110	12	7	0	30	900	16	4	4	6
Mexican Style Street Corn Chowder - Group	1 container	700	380	42	24	0	100	3150	59	13	15	20
Vegetarian Creamy Tomato Soup - Bowl	1 1/2 Cups	370	210	23	13	0.5	55	1100	35	0	17	6
Vegetarian Creamy Tomato Soup - Cup	1 Cup	260	140	16	9	0	35	760	25	0	11	4
Vegetarian Creamy Tomato Soup - Group	1 Container	910	500	56	30	1.5	130	2690	88	1	40	14
Vegetarian Creamy Tomato - Bread Bowl	1 Bread bowl with soup	920	180	20	9	0	35	1920	155	5	13	31
Bacon Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1180	350	39	19	1	90	2460	164	4	10	45
Bacon Mac & Cheese - Group	1 Container	2060	1250	139	73	4	365	5180	136	0	31	73
Bacon Mac & Cheese - Bowl	About 2 Cups	1030	630	70	37	2	180	2590	68	0	15	36
Bacon Mac & Cheese - Cup	About 1 Cup	520	310	35	18	1	90	1300	34	0	8	18
Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1150	330	36	18	1	85	2310	164	4	9	43
Mac & Cheese - Group	1 Container	1930	1160	128	70	4	335	4590	134	0	29	65
Mac & Cheese - Bowl	About 2 Cups	960	580	64	35	2	165	2300	67	0	15	32
Mac & Cheese- Cup	About 1 Cup	480	290	32	17	1	85	1150	34	0	7	16
CATERING												
Catering Butter Pat	1 pat	35	35	4	2.5	0	10	35	0	0	0	0
Catering Balsamic Greens with Grains Salad - Serves 10	2 Containers	2330	1210	134	30	1	80	3910	243	46	61	57
Catering Balsamic Greens with Grains Salad - Serves 5	1 Container	1170	610	67	15	0.5	40	1950	122	23	30	28
Catering Balsamic Chicken Greens with Grains Salad - Serves 10	2 Containers	2950	1310	145	33	3	525	6740	253	46	62	180



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Catering Balsamic Chicken Greens with Grains Salad - Serves 5	1 Container	1480	650	73	17	1.5	260	3370	126	23	31	90
Catering Caesar Salad - Serves 10	2 Containers	2290	1510	167	43	2.5	290	4670	127	25	25	62
Catering Caesar Salad - Serves 5	1 Container	1150	750	84	22	1.5	145	2340	64	13	12	31
Catering Caesar Salad with Chicken - Serves 10	2 Containers	2920	1600	178	47	4.5	735	7510	136	25	27	185
Catering Caesar Salad with Chicken - Serves 5	1 Container	1460	800	89	24	2	370	3750	68	13	13	92
Catering French Baguette	1 Baguette	1060	35	3.5	1	0	0	2700	217	8	4	40
Catering Fuji Apple with Chicken Salad without Pecans- Serves 5	1 Container	1200	550	61	15	2	260	2480	93	11	59	73
Catering Fuji Apple with Chicken Salad - Serves 10	2 Containers	2910	1580	176	34	3.5	520	4960	196	29	122	153
Catering Fuji Apple with Chicken Salad - Serves 5	1 Container	1460	790	88	17	2	260	2480	98	15	61	77
Catering Fuji Apple with Chicken Salad without Pecans- Serves 10	2 Containers	2410	1100	123	29	3.5	520	4960	186	23	119	147
Catering Greek Salad - Serves 10	2 Containers	2310	1840	204	47	1.5	150	5570	92	28	40	42
Catering Greek Salad - Serves 5	1 Container	1160	920	102	23	1	75	2780	46	14	20	21
Catering Greek Salad with Chicken - Serves 5	1 Container	1470	970	107	25	1.5	300	4200	51	14	21	83
Catering Greek Salad with Chicken - Serves 10	2 Containers	2940	1930	215	51	3.5	595	8400	101	28	42	165
Catering Green Goddess Chicken Cobb Salad - Serves 10	2 Containers	2560	1280	143	32	2.5	1470	5990	130	37	66	203
Catering Green Goddess Chicken Cobb Salad - Serves 5	1 Container	1280	640	71	16	1	735	2990	65	19	33	102
Catering Mediterranean Greens with Grains Salad- Serves 10	2 Containers	2880	1860	206	38	1	80	4300	213	37	32	48
Catering Mediterranean & Grains Salad- Serves 5	1 Container	1440	930	103	19	0.5	40	2150	107	19	16	24



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Catering Mediterranean Chicken Greens with Grains Salad- Serves 10	2 Containers	3500	1950	217	41	3	525	7140	222	37	34	171
Catering Mediterranean Chicken Greens with Grains Salad- Serves 5	1 Container	1750	980	109	21	1.5	260	3570	111	19	17	86
Catering Ranch Cobb Salad - Serves 10	2 Containers	2390	1690	188	48	1.5	1185	4860	106	19	59	80
Catering Ranch Cobb Salad - Serves 5	1 Container	1200	850	94	24	1	595	2430	53	9	30	40
Catering Southwest Chicken Ranch Salad - Serves 10	2 Containers	3380	2120	236	38	3.5	585	5400	177	52	53	160
Catering Southwest Chicken Ranch Salad - Serves 5	1 Container	1690	1060	118	19	1.5	290	2700	88	26	27	80
Catering Strawberry Poppyseed with Chicken Salad - Serves 10	2 Containers	1890	630	70	9	2	445	3680	194	44	135	148
Catering Strawberry Poppyseed with Chicken Salad - Serves 5	1 Container	940	310	35	4.5	1	225	1840	97	22	67	74
Catering Strawberry Poppyseed with Chicken Salad without Pecans- Serves 10	2 Containers	1380	150	16	4.5	2	445	3680	185	37	132	141
Catering Strawberry Poppyseed with Chicken Salad without Pecans - Serves 5	1 Container	690	70	8	2	1	225	1840	92	18	66	71
Catering Summer Fruit Bowl - Serves 10	2 containers	670	30	3.5	0	0	0	60	169	23	103	10
Catering Summer Fruit Bowl - Serves 5	1 container	330	15	1.5	0	0	0	30	85	12	52	5
Catering Strawberry Poppyseed Salad - Serves 10	2 Containers	1280	520	57	5	0	0	850	186	39	133	26
Catering Strawberry Poppyseed Salad - Serves 5	1 Container	640	260	29	2.5	0	0	420	93	20	66	13
Catering Strawberry Poppyseed Salad without Pecans- Serves 10	2 Containers	750	50	6	0.5	0	0	840	175	34	130	19
Catering Strawberry Poppyseed Salad without Pecans - Serves 5	1 Container	370	25	3	0	0	0	420	88	17	65	9



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NON-TRADITIONAL GRAB N GO												
Chicken Caesar Wrap	1 Wrap	480	200	22	5	0	75	1010	39	14	6	33
Green Goddess Chicken Wrap	1 Wrap	450	160	17	3	0	55	950	44	14	9	33
Hard Boiled Eggs	1 Container	150	100	11	3.5	0	375	125	1	0	1	13
Large Fruit Cup	1 container	130	5	0	0	0	0	30	33	2	24	2
Large Summer Fruit Cup	1 container	120	5	0.5	0	0	0	15	31	4	18	2
Frontega Chicken Wrap	1 Wrap	460	190	21	6	0	60	1160	37	12	5	33
Turkey & Cheddar Wrap	1 wrap	460	190	21	6	0	60	1230	38	12	6	33