



Panera Bread® Nutrition Guide - VERSION 1

Effective: 4/8/2026 EDITION 1

	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)	Caffeine (mg) Approx. Beverages only
BAGELS & SPREADS													
Asiago Cheese Bagel	1 Bagel	320	50	5	3	0	15	540	55	2	4	14	N/A
Asiago Everything Bagel	1 Bagel	330	60	6	3.5	0	15	680	56	2	4	14	N/A
Blueberry Bagel	1 Bagel	290	10	1	0	0	0	390	61	2	10	10	N/A
Cinnamon Crunch Bagel	1 Bagel	420	60	7	5	0	0	380	82	2	33	9	N/A
Cinnamon Swirl & Raisin Bagel	1 Bagel	320	15	1.5	1	0	0	410	65	3	12	10	N/A
Everything Bagel	1 Bagel	290	15	1.5	0	0	0	550	58	2	4	10	N/A
Honey Walnut Cream Cheese Spread - 1.5 oz	1 Container	130	90	10	6	0	25	160	9	0	8	4	N/A
Honey Walnut Cream Cheese Spread - 8 oz	2 Tbsp	90	60	7	4.5	0	20	110	6	0	5	3	N/A
Multigrain Bagel Flat	1 Bagel Flat	180	25	3	0	0	0	460	32	3	1	7	N/A
Plain Bagel	1 Bagel	280	10	1	0	0	0	410	57	2	4	10	N/A
Plain Cream Cheese Spread - 1.5 oz	1 Container	140	130	14	11	0	40	150	1	0	1	2	N/A
Plain Cream Cheese Spread - 8 oz	2 Tbsp	100	90	10	8	0	25	110	less than 1	0	1	2	N/A
Sesame Bagel	1 Bagel	300	25	3	0	0	0	410	58	2	4	11	N/A
BREADS													
Artisan Ciabatta	2 oz (about 3 1/2 inch slice/ 57g)	150	10	1.5	0	0	0	280	30	1	0	6	N/A
Black Pepper Focaccia	2 oz (57g / about 5 inch slice)	140	15	1.5	0	0	0	350	26	1	0	5	N/A
Bread Portion - Half Sandwich & Breakfast - Artisan Ciabatta	1/4 Loaf	200	15	2	0	0	0	360	38	2	1	7	N/A
Bread Portion - Half Sandwich & Breakfast - Black Pepper Focaccia	1/4 Loaf	180	20	2	0	0	0	440	33	1	1	6	N/A
Bread Portion - Half Sandwich & Breakfast- Classic White Miche	1 Slice	190	40	4.5	2.5	0	15	300	31	1	4	6	N/A
Bread Portion - Half Sandwich & Breakfast - Country Rustic Sourdough	1 Slice	110	5	0	0	0	0	190	22	1	0	4	N/A



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Bread Portion - Croissant	1 Croissant	260	100	12	8	0	30	330	32	2	6	6	N/A
Bread Portion - Half Sandwich & Breakfast - French Baguette	1/4 Baguette	270	10	1	0	0	0	680	54	2	1	10	N/A
Bread Portion - Italian Style Roll	1/2 Roll	750	90	10	1.5	0	0	1450	136	4	5	25	N/A
Bread Portion - Half Sandwich & Breakfast - Tomato Basil Miche	1 Slice	150	5	0.5	0	0	0	360	30	1	1	5	N/A
Classic White Miche	2 oz (about 2/3 inch slice / 57g)	160	35	4	2	0	10	260	27	1	4	6	N/A
Country Rustic Sourdough	2 oz (about 2/3 inch slice / 57 g)	130	0	0	0	0	0	240	28	1	0	5	N/A
French Baguette	2 oz (57g / about 2 3/4 inch slice)	150	5	0	0	0	0	370	30	1	1	5	N/A
Italian Style Roll	2 oz (about 2.5 inch slice / 57g)	150	20	2	0	0	0	300	28	1	1	5	N/A
New England Roll	1 Roll	250	40	4.5	1.5	0	10	440	44	1	5	9	N/A
Sourdough Bread Bowl	1 Bread Bowl	670	40	4.5	0	0	0	1160	130	4	2	27	N/A
Tomato Basil Miche	2 oz (57g / about 1/2 inch slice)	130	5	0	0	0	0	330	27	1	1	5	N/A
Whole Grain Lahvash	1 Lahvash	170	35	4	0.5	0	0	310	25	9	3	12	N/A
BREAKFAST													
Asiago Bagel Stack - Sausage & Egg	1 Sandwich	780	420	47	18	0.5	345	1470	58	2	5	32	N/A
Asiago Everything Bagel Stack	1 Sandwich	530	190	21	10	0	305	1150	60	3	6	27	N/A
Sandwich - Wake-Up BLT													
Bacon, Egg & Cheese on Ciabatta	1 Sandwich	420	170	19	9	0	295	760	40	2	1	23	N/A
Bacon Double Take on Black Pepper Focaccia	1 Sandwich	510	250	28	13	0	315	1360	37	1	2	28	N/A
Bacon, Egg & Cheese on Croissant	1 Sandwich	480	260	29	16	0.5	325	730	33	2	7	22	N/A
Asiago Bagel Stack - Farmhouse Duo	1 Sandwich	700	330	37	17	0.5	340	1400	58	2	5	33	N/A
Chipotle Chicken, Egg & Avo on Ciabatta	1 Sandwich	550	270	30	10	0	320	1020	44	4	2	26	N/A
Classic Avo Toast	1 Toast	230	100	11	1.5	0	0	250	27	5	1	5	N/A
Egg Whites	1 Portion	30	5	0	0	0	0	100	1	0	0	6	N/A



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Souffle - Four Cheese	1 Souffle	470	270	30	16	1	185	830	36	1	8	14	N/A
Garden Avo & Egg White on Multigrain Bagel Flat	1 Sandwich	340	130	14	5	0	20	720	36	5	3	19	N/A
Green Goddess Avo Toast	1 Toast	290	140	15	3	0	10	480	31	5	3	7	N/A
Ham Croissant Benny	1 Sandwich	430	220	24	14	0.5	325	970	34	2	7	21	N/A
Ham, Egg & Cheese on Ciabatta	1 Sandwich	410	150	17	8	0	300	930	40	2	1	25	N/A
Sausage, Egg & Cheese on Ciabatta	1 Sandwich	560	290	32	14	0	320	1010	40	2	1	28	N/A
Sausage, Egg & Cheese on Croissant	1 Sandwich	620	380	42	21	0.5	345	990	33	2	7	26	N/A
Scrambled Egg	1 egg	90	60	7	3	0	265	90	1	0	0	8	N/A
Egg & Cheese on Ciabatta	1 Sandwich	380	140	16	7	0	285	610	40	2	1	20	N/A
Egg & Cheese on Croissant	1 Sandwich	440	230	25	15	0.5	315	590	33	2	6	19	N/A
Souffle - Spinach & Bacon	1 Souffle	550	330	37	19	1	195	940	36	1	8	19	N/A
Steak & Wake on Ciabatta	1 Sandwich	470	180	20	9	0	325	930	42	2	1	32	N/A
Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping	1 Bowl	330	120	13	1.5	0	0	170	51	7	16	8	N/A
Steel Cut Oatmeal with Strawberries & Cinnamon Crunch Topping without pecans	1 Bowl	230	25	3	0.5	0	0	170	49	6	15	7	N/A
DRESSING / SAUCES / SPREADS													
Dressing - Asian Sesame Vinaigrette - Half Portion	1 dressing cup	80	70	7	1	0	0	250	5	0	2	0	N/A
Dressing - Asian Sesame Vinaigrette - Whole Portion	2 dressing cups	170	130	15	2.5	0	0	500	9	0	5	0	N/A
Sauce - Apple Cider Vinegar BBQ Sauce - Sandwich Portion	1 portion	20	0	0	0	0	0	110	5	0	5	0	N/A



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Sauce - Balsamic Glaze - Sandwich Portion	1 Portion	20	0	0	0	0	0	10	5	0	4	0	N/A
Balsamic Vinaigrette Dressing - Half Portion	1 dressing cup	100	70	7	1	0	0	280	8	0	7	0	N/A
Balsamic Vinaigrette Dressing - Whole Portion	2 dressing cups	200	130	15	2	0	0	550	16	1	14	0	N/A
Dressing - Caesar Dressing - Half Portion	1 dressing cup	170	150	17	3	0	30	270	1	0	1	1	N/A
Dressing - Caesar Dressing - Whole Portion	2 dressing cups	340	300	34	6	0	60	540	3	0	3	1	N/A
Sauce - Chipotle Aioli - Sandwich Portion	1 Portion	100	100	11	1.5	0	10	140	1	0	0	0	N/A
Sauce - Creamy Pesto - Sandwich Portion	1 portion	25	15	2	1.5	0	5	105	1	0	0	1	N/A
Farmhouse Ranch Dressing - Half Portion	1 dressing cup	170	150	17	3	0	15	340	3	0	2	1	N/A
Dressing - Farmhouse Ranch Dressing - Sandwich Portion	1 portion	100	100	11	2	0	10	210	2	0	1	1	N/A
Dressing - Farmhouse Ranch Dressing - Whole Portion	2 dressing cups	330	300	34	6	0	30	670	6	0	4	3	N/A
Sauce - Garlic Aioli - Sandwich Portion	1 portion	110	110	12	2	0	20	95	0	0	0	0	N/A
Dressing - Greek Dressing - Half Portion	1 dressing cup	220	220	24	3.5	0	0	280	1	0	0	0	N/A
Dressing - Greek Dressing - Sandwich Portion	1 Portion	40	35	4	0.5	0	0	50	0	0	0	0	N/A



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Dressing - Greek Dressing - Whole Portion	2 dressing cups	440	430	48	7	0	0	560	1	0	0	0	N/A
Green Goddess Dressing - Half Portion	1 dressing cup	80	60	6	0.5	0	0	150	4	0	2	2	N/A
Dressing - Green Goddess Dressing - Sandwich Portion	1 Portion	30	20	2	0	0	0	55	1	0	1	1	N/A
Dressing - Green Goddess Dressing - Whole Portion	2 dressing cups	150	110	12	1.5	0	5	290	7	1	5	4	N/A
Spread - Hummus - Sandwich Portion	1 portion	60	40	4.5	0.5	0	0	150	4	1	1	2	N/A
Sauce - Mayonnaise - Sandwich Portion	1 portion	130	130	14	1.5	0	10	115	0	0	0	0	N/A
Dressing - Poppyseed - Half	1 dressing cup	30	0	0	0	0	0	115	6	0	5	0	N/A
Dressing - Poppyseed - Whole	2 dressing cups	60	5	0	0	0	0	230	13	0	10	0	N/A
Spread - Green Chile Salsa Verde - Sandwich Portion	1 Portion	60	45	5	3	0	10	160	2	0	1	1	N/A
Sauce- Cheese Hollandaise - Breakfast Sandwich Portion	1 portion	50	40	4.5	3	0	20	210	2	0	1	2	N/A
Sauce- Creamy Basil Pesto- Sandwich Portion	1 portion	25	15	2	1.5	0	5	105	1	0	0	1	N/A
Sauce - Signature Sauce -Sandwich Portion	1 portion	90	70	8	1	0	10	95	4	0	2	0	N/A
Dressing - White Balsamic with Apple Vinaigrette - Half Portion	1 dressing cup	150	110	12	2	0	0	160	10	0	10	0	N/A
Dressing - White Balsamic with Apple Vinaigrette - Whole Portion	2 dressing cups	300	220	24	4	0	0	330	21	0	19	0	N/A
DRINKS													
Additional Shot of Caramel Syrup	1 Shot	45	0	0	0	0	0	45	11	0	10	0	0



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Additional Shot of Chocolate Flavored Sauce	1 shot	50	5	0	0	0	0	25	12	0	8	0	3
Additional Shot of Espresso	1 fl oz (30 mL)	5	0	0	0	0	0	0	0	0	0	0	63
Additional Shot of Madagascar Vanilla Syrup	1 Shot	20	0	0	0	0	0	0	5	0	5	0	0
Agave Lemonade - 20 fl oz	20 fl oz (591 mL)	210	0	0	0	0	0	15	52	0	48	0	0
Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	320	5	0	0	0	0	20	78	0	72	0	0
Agave Lemonade - Serves 4 - Group	1 container	670	5	1	0	0	0	40	165	0	153	1	0
Agave Lemonade - Serves 8 - Group	2 containers	1350	15	1.5	0	0	0	80	331	0	307	2	0
AHA Blueberry Pomegranate Sparkling Water- 12 fl oz can	12 fl oz can	0	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	0
Substitute Almondmilk - 20 fl oz	10 fl oz (296 mL)	50	40	4.5	0	0	0	120	2	1	0	2	0
Americano - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	15	1	0	0	0	126
Unsweetened Iced Tea - Serves 4 - Group	1 Container	20	0	0	0	0	0	60	6	0	0	0	384
Unsweetened Iced Tea - Serves 8 - Group	2 Containers	40	0	0	0	0	0	115	12	0	0	0	768
Blueberry Lavender Lemonade - Naturally Flavored - 20 fl oz without ice	20 fl oz (591 mL)	250	0	0	0	0	0	45	63	1	58	1	0
Blueberry Lavender Lemonade - Naturally Flavored - 30 fl oz without ice	30 fl oz (887 mL)	380	5	0	0	0	0	65	95	1	87	1	0
Blueberry Lavender Lemonade - Naturally Flavored - Serves 4 - Group	1 container	810	5	1	0	0	0	140	202	2	186	2	0



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Blueberry Lavender Lemonade - Naturally Flavored - Serves 8 - Group	2 containers	1620	15	1.5	0	0	0	290	404	4	371	3	0
Bottled Passionfruit Papaya Naturally Flavored Iced Green Tea	1 Bottle (500 mL)	130	0	0	0	0	0	0	31	0	28	0	0
Bottled Water	16.9 fl oz (500mL)	0	0	0	0	0	0	10	0	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	100
Bubly Sparkling Water 12 fl oz Can-Lemon	12 fl oz (355 mL)	0	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	0
Cafe Blend Dark Roast Coffee - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	10	0	0	0	1	189
Cafe Blend Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1	237
Cafe blend Dark Roast Coffee - Group	1 Container	35	5	0.5	0	0	0	70	0	0	0	4	1421
Cafe Blend Light Roast Coffee - Group	1 Container	35	5	0.5	0	0	0	70	0	0	0	4	1421
Cafe Blend Light Roast Coffee - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	10	0	0	0	1	189
Cafe Blend Light Roast Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1	237
Caffe Latte - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	110	12	0	11	8	126
Caffe Latte - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	135	15	0	14	10	126
Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	100	0	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	0
Canada Dry Ginger Ale - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	85	60	0	59	0	0
Canada Dry Ginger Ale - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	125	90	0	89	0	0



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Cappuccino - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	110	12	0	11	8	126
Cappuccino - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	135	15	0	14	10	126
Caramel Latte - 16 fl oz	16 fl oz (473 mL)	320	80	9	6	0	35	250	50	0	44	9	126
Caramel Latte - 20 fl oz	20 fl oz (591mL)	400	90	10	7	0	40	320	64	0	56	11	126
Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	280	70	7	4.5	0	30	160	42	0	40	12	12
Chai Tea Latte - 16 fl oz	16 fl oz (473 mL)	230	50	6	4	0	25	130	33	0	32	10	9
Cherry Lime Fresca - 20 fl oz with ice	20 fl oz (591 mL)	180	0	0	0	0	0	15	43	0	42	0	0
Cherry Lime Fresca - 30 fl oz with ice	30 fl oz (887 mL)	280	0	0	0	0	0	25	69	0	67	0	0
Cherry Lime Fresca - Serves 4 - Group	1 Container	960	0	0	0	0	0	70	237	1	231	2	0
Cherry Lime Fresca - Serves 8 - Group	2 Containers	1930	5	0	0	0	0	140	473	3	462	3	0
Blue Packet Sweetener	1 Packet	5	0	0	0	0	0	0	1	0	1	0	0
Half & Half - 1 fl oz	1 fl oz	40	30	3.5	2	0	10	10	1	0	0	1	0
Pink Packet Sweetener	1 Packet	5	0	0	0	0	0	0	1	0	1	0	0
Sugar	1 packet	10	0	0	0	0	0	0	3	0	3	0	0
Turbinado Cane Sugar Packet	1 Packet	20	0	0	0	0	0	0	4	0	4	0	0
Yellow Packet Sweetener	1 Packet	5	0	0	0	0	0	0	1	0	1	0	0
1 pump of Cane Sugar Syrup	1 pump	20	0	0	0	0	0	0	5	0	5	0	0
Coke - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	65	67	0	67	0	63
Coke - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	95	100	0	100	0	94
Coke 20 fl oz Bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	80	68	0	68	0	59
Coke Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0	59
Coke Zero - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0	59
Coke Zero - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	100	0	0	0	0	89
Dasani Lemon - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	35	0	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	0
Decaf Coffee - Group	1 Container	15	0	0	0	0	0	70	0	0	0	4	36
Decaf Coffee - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	10	0	0	0	0	5



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Decaf Coffee - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	10	0	0	0	1	6
Diet Coke - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	0	0	0	0	76
Diet Coke - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	120	0	0	0	0	114
20 oz Diet Coke Bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0	76
Diet Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	120	0	0	0	0	68
Diet Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	180	0	0	0	0	102
Diet Mountain Dew - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	90	1	0	1	0	91
Diet Mountain Dew - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	140	1	0	1	0	137
Diet Mountain Dew - 12 fl oz can	12 fl oz Can (355 mL)	0	0	0	0	0	0	50	0	0	0	0	54
Diet Pepsi - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	40	0	0	0	0	38
Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	100	0	0	0	0	58
Diet Pepsi - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	60	0	0	0	0	59
Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0	84
Dr Pepper - 20 fl oz bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	100	66	0	64	0	68
Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	75	65	0	64	0	68
Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	110	98	0	96	0	102
Dragonfruit Sunset Energy Refresher - Naturally Flavored - 20 fl oz with ice	20 fl oz (591 mL)	150	0	0	0	0	0	25	35	1	33	0	28
Dragonfruit Sunset Energy Refresher - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	220	0	0	0	0	0	35	51	1	48	1	42
Drive Thru - Agave Lemonade - 20 fl oz with Ice	20 fl oz (591 mL)	130	0	0	0	0	0	10	32	0	29	0	0
Drive Thru - Agave Lemonade - 30 fl oz with Ice	30 fl oz (887 mL)	190	0	0	0	0	0	15	48	0	44	0	0
Drive Thru - Blueberry Lavender Lemonade - Naturally Flavored - 20 fl oz with ice	20 fl oz (591 mL)	150	0	0	0	0	0	30	37	0	34	0	0



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Drive Thru - Blueberry Lavender Lemonade - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	210	0	0	0	0	0	45	53	0	48	0	0
Drive Thru - Caffeine Free Diet Pepsi - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0	0
Drive Thru - Caffeine Free Diet Pepsi - 30 fl oz with Ice	30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0	0
Drive Thru - Canada Dry Ginger Ale - 20 fl oz with Ice	20 fl oz (591 mL)	140	0	0	0	0	0	50	38	0	37	0	0
Drive Thru - Canada Dry Ginger Ale - 30 fl oz with Ice	30 fl oz (887 mL)	210	0	0	0	0	0	80	57	0	56	0	0
Drive Thru - Coke - 20 fl oz with Ice	20 fl oz (591 mL)	150	0	0	0	0	0	40	42	0	42	0	37
Drive Thru - Coke - 30 fl oz with Ice	30 fl oz (887 mL)	230	0	0	0	0	0	60	63	0	63	0	56
Drive Thru - Coke Zero - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	40	0	0	0	0	37
Drive Thru - Coke Zero - 30 fl oz with Ice	30 fl oz (887 mL)	0	0	0	0	0	0	65	0	0	0	0	56
Drive Thru - Diet Coke - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0	50
Drive Thru - Diet Coke - 30 fl oz with Ice	30 fl oz (887 mL)	0	0	0	0	0	0	75	0	0	0	0	74
Drive Thru - Diet Dr. Pepper - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	75	0	0	0	0	43
Drive Thru - Diet Dr. Pepper - 30 fl oz with Ice	30 fl oz (887 mL)	0	0	0	0	0	0	110	0	0	0	0	64
Drive Thru - Diet Mountain Dew - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0	57



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Drive Thru - Diet Mountain Dew - 30 fl oz with Ice	30 fl oz (887 mL)	5	0	0	0	0	0	85	1	0	0	0	85
Drive Thru - Diet Pepsi - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0	37
Drive Thru - Diet Pepsi - 30 fl oz with Ice	30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0	53
Drive Thru - Dr. Pepper - 20 fl oz with Ice	20 fl oz (591 mL)	150	0	0	0	0	0	45	41	0	40	0	43
Drive Thru - Dr. Pepper - 30 fl oz with Ice	30 fl oz (887 mL)	220	0	0	0	0	0	70	61	0	60	0	64
Drive Thru - Fanta Orange - 20 fl oz with Ice	20 fl oz (591 mL)	160	0	0	0	0	0	40	42	0	42	0	0
Drive Thru - Fanta Orange - 30 fl oz with Ice	30 fl oz (887 mL)	230	0	0	0	0	0	65	63	0	63	0	0
Drive Thru - Lipton Brisk Raspberry Tea - 20 fl oz with Ice	20 fl oz (591 mL)	70	0	0	0	0	0	50	19	0	19	0	7
Drive Thru - Lipton Brisk Raspberry Tea - 30 fl oz with Ice	30 fl oz (887 mL)	110	0	0	0	0	0	75	28	0	28	0	11
Drive Thru - Mountain Dew - 20 fl oz with Ice	20 fl oz (591 mL)	180	0	0	0	0	0	55	46	0	46	0	54
Drive Thru - Mountain Dew - 30 fl oz with Ice	30 fl oz (887 mL)	260	0	0	0	0	0	80	69	0	69	0	80
Drive Thru - Mug Root Beer - 20 fl oz with Ice	20 fl oz (591 mL)	150	0	0	0	0	0	60	40	0	40	0	0
Drive Thru - Mug Root Beer - 30 fl oz with Ice	30 fl oz (887 mL)	230	0	0	0	0	0	90	60	0	59	0	0



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Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 20 fl oz with Ice	20 fl oz (591 mL)	80	0	0	0	0	0	20	21	0	21	0	0
Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz with Ice	30 fl oz (887 mL)	120	0	0	0	0	0	30	29	0	29	0	0
Drive Thru - Pepsi - 20 fl oz with Ice	20 fl oz (591 mL)	160	0	0	0	0	0	35	43	0	43	0	39
Drive Thru - Pepsi - 30 fl oz with Ice	30 fl oz (887 mL)	240	0	0	0	0	0	50	65	0	64	0	59
Drive Thru - Pepsi Zero - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	40	0	0	0	0	37
Drive Thru - Pibb Xtra - 20 fl oz with Ice	20 fl oz (591 mL)	150	0	0	0	0	0	55	39	0	39	0	43
Drive Thru - Pibb Xtra - 30 fl oz with Ice	30 fl oz (887 mL)	230	0	0	0	0	0	85	58	0	58	0	74
Drive Thru - Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 20 fl oz with ice	20 fl oz (591 mL)	10	0	0	0	0	0	10	2	0	1	0	0
Drive Thru - Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	10	0	0	0	0	0	15	3	0	1	0	0
Drive Thru - Powerade Mountain Blast - 20 fl oz with Ice	20 fl oz (591 mL)	90	0	0	0	0	0	120	23	0	23	0	0
Drive Thru - Powerade Mountain Blast - 30 Fl oz with Ice	30 fl oz (887 mL)	130	0	0	0	0	0	180	35	0	34	0	0
Drive Thru - SoBe Life Water Yumberry Pomegranate - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0	0



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Drive Thru - SoBe Life Water Yumberry Pomegranate - 30 fl oz with Ice	30 fl oz (887 mL)	0	0	0	0	0	0	75	0	0	0	0	0
Drive Thru - Sprite - 20 fl oz with Ice	20 fl oz (591 mL)	140	0	0	0	0	0	70	38	0	38	0	0
Drive Thru - Sprite - 30 fl oz with Ice	30 fl oz (887 mL)	210	0	0	0	0	0	105	57	0	57	0	0
Drive Thru - Starry Lemon Lime - 20 fl oz with Ice	20 fl oz (591 mL)	160	0	0	0	0	0	35	43	0	43	0	0
Drive Thru - Starry Lemon Lime - 30 fl oz with Ice	30 fl oz (887 mL)	230	0	0	0	0	0	50	61	0	61	0	0
Drive Thru - Strawberry Basil Lemonade Fresca - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	15	36	1	32	1	0
Drive Thru - Strawberry Basil Lemonade Fresca - 30 fl oz	30 fl oz (887 mL)	220	5	0	0	0	0	20	55	1	49	1	0
Drive Thru - Sweet Iced Tea - 20 fl oz with Ice	20 fl oz (591 mL)	130	0	0	0	0	0	15	34	0	32	0	82
Drive Thru - Sweet Tea - 30 fl oz with Ice	30 fl oz (887 mL)	190	0	0	0	0	0	25	50	0	49	0	123
Drive Thru - Tropicana Fruit Punch - 20 fl oz with Ice	20 fl oz (591 mL)	190	0	0	0	0	0	35	49	0	49	0	0
Drive Thru - Tropicana Fruit Punch - 30 fl oz with Ice	30 fl oz (887 mL)	270	0	0	0	0	0	50	71	0	70	0	0
Drive Thru - Tropicana Lemonade - 20 fl oz with Ice	20 fl oz (591 mL)	160	0	0	0	0	0	160	42	0	41	0	0
Drive Thru - Tropicana Lemonade - 30 fl oz with Ice	30 fl oz (887 mL)	240	0	0	0	0	0	240	62	0	62	0	0
Drive Thru - Tropicana Light Lemonade - 20 fl oz with Ice	20 fl oz (591 mL)	5	0	0	0	0	0	150	0	0	0	0	0



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Drive Thru - Tropicana Light Lemonade - 30 fl oz with Ice	30 fl oz (887 mL)	10	0	0	0	0	0	220	0	0	0	0	0
Drive Thru - Unsweetened Iced Tea - 20 fl oz with Ice	20 fl oz (591 mL)	5	0	0	0	0	0	15	1	0	0	0	75
Drive Thru - Unsweetened Iced Tea - 30 fl oz with Ice	30 fl oz (887 mL)	5	0	0	0	0	0	20	2	0	0	0	109
Drive Thru - Wild Cherry Pepsi 20 fl oz with Ice	20 fl oz (591 mL)	160	0	0	0	0	0	35	44	0	44	0	39
Drive Thru - Wild Cherry Pepsi 30 fl oz with Ice	30 fl oz (887 mL)	240	0	0	0	0	0	50	66	0	66	0	59
Drive-Thru - Lime Bubly Sparkling Water - 20 fl oz with Ice	20 fl oz (591 mL)	0	0	0	0	0	0	70	0	0	0	0	0
Drive-Thru - Lime Bubly Sparkling Water - 30 fl oz with Ice	30 fl oz (887 mL)	5	0	0	0	0	0	95	0	0	0	0	0
Espresso	2 fl oz (59 mL)	5	0	0	0	0	0	10	1	0	0	0	126
Fanta Orange - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	65	66	0	66	0	0
Fanta Orange - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	100	99	0	99	0	0
Frozen Signature Hot Chocolate	16 fl oz	590	240	26	16	1	80	240	82	2	53	9	17
Frozen Strawberry Lemonade with Fresh Strawberries - 16 fl oz	16 fl oz (473mL)	140	0	0	0	0	0	15	35	1	31	1	0
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	47
Hazelnut Coffee - Group	1 Container	35	5	0.5	0	0	0	70	0	0	0	4	1421
Hazelnut Flavored Coffee - 16 fl oz	16 fl oz (473 mL)	5	0	0	0	0	0	10	0	0	0	1	189
Hazelnut Flavored Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1	237
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	0



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Honey Ginseng Green Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0	50
Signature Hot Chocolate - 16 fl oz	16 fl oz (473 mL)	330	90	10	6	0	35	190	50	1	40	10	50
Signature Hot Chocolate - 20 fl oz	20 fl oz (591 mL)	410	100	11	7	0	40	240	65	2	51	13	9
Signature Hot Chocolate - Group	1 Container	3450	1650	183	117	5	595	1270	406	11	278	53	11
Hot Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0	100
Iced Cafe Blend Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	0	102
Iced Cafe Blend Dark Roast Coffee - 20 fl oz - no ice	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1	186
Iced Cafe Blend Dark Roast Coffee - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	15	0	0	0	0	166
Iced Cafe Blend Dark Roast Coffee - 30 fl oz - no ice	30 fl oz (887 mL)	10	0	0	0	0	0	20	0	0	0	1	279
Iced Caffe Latte - 20 fl oz	20 fl oz (591 mL)	160	60	6	4	0	25	135	15	0	14	10	126
Iced Caramel Latte - 20 fl oz	20 fl oz (591 mL)	350	90	10	7	0	40	280	53	0	47	11	126
Iced Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	230	50	6	4	0	25	135	33	0	32	10	9
Iced Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	280	90	10	7	0	40	150	35	0	34	11	126
Iced Mocha Latte - 20 fl oz	20 fl oz (591 mL)	370	100	11	7	0	40	230	54	1	43	12	134
Kids Organic Apple juice	6.75 fl oz (200 mL)	100	0	0	0	0	0	10	24	0	23	0	0
Kids Organic Chocolate Milk	8 fl oz (237 mL)	150	20	2.5	1.5	0	15	180	23	0	22	8	0
Kids Organic White Milk	8 fl oz (237 mL)	110	20	2.5	1.5	0	10	130	13	0	12	8	0
Lime Bubly Sparkling Water - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	110	0	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	0
Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	120	0	0	0	0	0	80	30	0	30	0	12
Lipton Brisk Raspberry Tea - 30 fl oz	30 fl oz (887 mL)	170	0	0	0	0	0	120	45	0	45	0	18
Madagascar Vanilla Latte - 16 fl oz	16 fl oz (473 mL)	250	80	9	6	0	35	120	32	0	31	9	126



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Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	300	90	10	7	0	40	150	41	0	40	11	126
Mango Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	300	45	5	3	0	20	75	51	1	42	13	0
Minute Maid Orange Juice - 12 fl oz bottle	12 fl oz (355 mL)	220	0	0	0	0	0	30	51	0	45	0	0
Mocha Latte - 16 fl oz	16 fl oz (473 mL)	340	90	10	6	0	35	200	51	1	40	10	134
Mocha Latte - 20 fl oz	20 fl oz (591 mL)	420	100	11	7	0	40	250	66	2	51	13	137
Mountain Dew - 12 fl oz can	1 can (355 mL)	170	0	0	0	0	0	60	46	0	46	0	54
Mountain Dew - 20 fl oz	20 fl oz (591 mL)	280	0	0	0	0	0	85	73	0	73	0	86
Mountain Dew- 20 fl oz bottle	20 fl oz bottle (591 mL)	290	0	0	0	0	0	105	77	0	77	0	91
Mountain Dew - 30 fl oz	30 fl oz (887 mL)	420	0	0	0	0	0	130	110	0	110	0	129
Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	95	64	0	63	0	0
Mug Root Beer - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	140	96	0	95	0	0
Orange Ginger Mint Tea - 16 fl oz	16 fl oz (473 mL)	0	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)	140	0	0	0	0	0	25	36	0	36	0	0
Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz	30 fl oz (887 mL)	220	0	0	0	0	0	40	54	0	54	0	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 4 - Group	1 Container	460	0	0	0	0	0	85	115	0	115	0	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 8 - Group	2 Containers	920	0	0	0	0	0	170	229	0	230	0	0
Passionfruit Paradise Energy Refresher - Naturally Flavored - 20 fl oz with ice	20 fl oz (591 mL)	110	0	0	0	0	0	10	25	0	24	0	28



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Passionfruit Paradise Energy Refresher - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	160	0	0	0	0	0	15	38	0	37	0	44
Pepsi - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	50	69	0	69	0	63
Pepsi - 20 fl oz bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	55	69	0	69	0	63
Pepsi - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	80	103	0	103	0	94
Pepsi 12 fl oz can	12 fl oz can (355 mL)	150	0	0	0	0	0	30	41	0	41	0	40
Pepsi Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0	63
Pepsi Zero - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	65	0	0	0	0	63
Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	90	61	0	61	0	65
Pibb Xtra - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	135	92	0	92	0	98
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 20 fl oz without ice	20 fl oz (591 mL)	15	0	0	0	0	0	10	3	0	2	0	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - 30 fl oz without ice	30 fl oz (887 mL)	20	0	0	0	0	0	15	5	0	3	0	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - Serves 4 - Group	1 Container	45	0	0	0	0	0	35	10	0	6	0	0
Pomegranate Hibiscus Herbal Tea Infusion - Naturally Flavored - Serves 8 - Group	2 Containers	90	0	0	0	0	0	75	21	0	11	0	0
Powerade Mountain Blast - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	190	37	0	36	0	0
Powerade Mountain Blast - 30 Fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	280	55	0	55	0	0
Premium Orange Juice - Serves 4 - Group	2 Containers	900	0	0	1.5	0	0	30	204	0	180	17	0



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Premium Orange Juice - Serves 8-Group	2 Containers	1800	0	0	3	0	0	60	408	0	360	33	0
Premium OJ 11.5 fl oz	1 Bottle	160	0	0	0	0	0	5	37		32	2	0
SoBe Life Water Yumberry Pomegranate - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	0	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	0
Sprite - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	115	61	0	61	0	0
Sprite - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	170	91	0	91	0	0
Sprite 20 fl oz Bottle	20 fl oz bottle (591 mL)	230	0	0	0	0	0	110	64	0	64	0	0
Sprite Zero - 20 fl oz bottle	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0	0
Starry Lemon Lime - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	55	68	0	68	0	0
Starry Lemon Lime - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	85	97	0	97	0	0
Starry Lemon Lime 12 fl oz Can	1 Can (355 mL)	150	0	0	0	0	0	35	39	0	39	0	0
Starry Lemon Lime 20 fl oz bottle	20 fl oz bottle (591mL)	250	0	0	0	0	0	55	68	0	68	0	0
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	0
Strawberry Basil Lemonade Fresca - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	15	36	1	32	1	0
Strawberry Basil Lemonade Fresca - 30 fl oz	30 fl oz (887 mL)	220	5	0	0	0	0	20	55	1	49	1	0
Strawberry Basil Lemonade Fresca - Serves 4 - Group	1 Container	880	10	1	0	0	0	65	215	6	191	4	0
Strawberry Basil Lemonade Fresca - Serves 8 - Group	2 Containers	1750	20	2.5	0	0	0	130	429	13	382	7	0
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	0



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	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)	Caffeine (mg) Approx. Beverages only
Sweet Iced Tea - 20 fl oz	20 fl oz (591 mL)	170	0	0	0	0	0	15	45	0	44	0	111
Sweet Iced Tea - 30 fl oz	30 fl oz (887 mL)	260	0	0	0	0	0	25	68	0	65	0	166
Sweet Tea - Serves 4 - Group	1 Container (1893 mL)	560	0	0	0	0	0	55	145	0	140	0	354
Sweet Tea - Serves 8 - Group	2 Containers (3785 mL)	1120	0	0	0	0	0	110	290	0	279	0	708
Tropical Green Smoothie - 16 fl oz	16 fl oz (473mL)	200	5	0	0	0	0	60	48	2	41	1	0
Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	290	0	0	0	0	0	55	78	0	78	0	0
Tropicana Fruit Punch - 30 fl oz	30 fl oz (887 mL)	420	0	0	0	0	0	85	113	0	112	0	0
Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	260	67	0	66	0	0
Tropicana Lemonade - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	390	100	0	99	0	0
Tropicana Light Lemonade - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	230	0	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	0
Unsweetened Iced Tea - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	20	2	0	0	0	120
Unsweetened Iced Tea - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	25	3	0	0	0	180
Wild Cherry Pepsi 20 fl oz	20 fl oz (591 mL)	260	0	0	0	0	0	55	70	0	70	0	63
Wild Cherry Pepsi 30 fl oz	30 fl oz (887 mL)	390	0	0	0	0	0	80	106	0	105	0	94
KIDS													
Broccoli Cheddar - Cup	1 Cup	280	180	20	13	1.5	60	1010	17	1	6	8	N/A
Grilled Cheese on Classic White Miche - Whole	1 Sandwich	810	390	44	26	1.5	130	2570	72	2	13	33	N/A
Kids Ham & American Cheese on Classic White Miche - Whole	1 Sandwich	650	220	25	14	0.5	115	2520	68	2	11	39	N/A
Kids Turkey & American Cheese on Classic White Miche - Whole	1 Sandwich	650	210	24	13	0.5	120	2280	68	2	12	41	N/A
Mac & Cheese- Cup	About 1 Cup	490	290	32	16	1	85	1150	34	0	7	16	N/A
PASTRIES & SWEETS													
Pastry - Asiago Croissant Twists 2 -Pack	2 Twists	210	120	13	8	0.5	40	250	16	1	3	7	N/A



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Muffin - Blueberry	1 Muffin	510	160	18	3.5	0	65	390	79	8	35	7	N/A
Brownie	1 Brownie	520	210	24	8	0	115	230	70	4	50	7	N/A
Cookie - Candy	1 Cookie	410	170	19	11	0	55	310	58	1	31	4	N/A
Muffie - Chocolate Chip	1 Muffie	340	120	13	4.5	0	35	200	51	3	22	5	N/A
Cookie - Chocolate Chipper	1 Cookie	390	170	18	11	0	40	330	52	1	31	4	N/A
Pastry - Chocolate Croissant	1 Croissant	410	180	20	13	0.5	40	330	51	2	17	7	N/A
Cookie - Chocolate Coconut Macaroon	1 macaroon	190	90	10	8	0	0	95	23	3	18	3	N/A
Cookie - Coconut Macaroon	1 macaroon	180	80	9	8	0	0	105	24	2	19	3	N/A
Cookie - Heart Shaped Shortbread	1 Cookie	400	200	22	14	0	25	190	46	1	16	4	N/A
Cookie - Tulip Shaped Shortbread	1 Cookie	410	210	23	15	0	25	200	48	1	16	4	N/A
Pastry - Cranberry Orange Loaf Slice - Naturally Flavored	1 Slice	380	110	12	9	0	50	290	61	3	33	6	N/A
Cookie - Dubai Style Chocolate Pistachio	1 Cookie	220	120	13	5	0	30	65	25	2	14	4	N/A
Cinnamon Roll	1 Roll	580	160	18	10	0	40	420	97	2	62	7	N/A
Cookie - Kitchen Sink	1 Cookie	810	380	42	26	1	65	840	100	3	56	7	N/A
Pastry - Lil' Lemon Bundt Cake - Naturally Flavored	1 bundt cake	330	130	15	2.5	0	30	150	43	0	30	3	N/A
Mini - Brownie	1 Mini Brownie	130	50	6	2	0	30	60	17	1	13	2	N/A
Mini Cookie - Candy	1 Mini Cookie	110	45	5	2.5	0	15	75	16	0	9	1	N/A
Mini Cookie - Oatmeal Raisin with Berries	1 Cookie	90	30	3	1.5	0	10	50	14	1	8	1	N/A
Mini Scone - Orange	1 mini scone	180	60	7	4.5	0	25	290	26	1	13	3	N/A
Cookie - Oatmeal Raisin with Berries	1 Cookie	340	110	12	6	0	40	190	55	3	33	4	N/A
Scone - Orange	1 Scone	550	190	21	13	1	80	860	77	2	39	8	N/A
Pastry - Almond	1 Pastry	470	220	24	11	0.5	60	280	54	3	21	10	N/A

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Pastry - Cherry	1 Pastry	330	100	11	6	0	35	300	53	2	24	6	N/A
Pastry - Pecan Braid	1 Pastry	450	220	25	9	0	25	160	51	3	23	7	N/A
Cookie - Petite Chocolate Chipper	1 Cookie	100	40	4.5	2.5	0	10	85	13	0	8	1	N/A
SALADS & STUFFERS													
Green Goddess Cobb with Chicken Salad Stuffer	1 Stuffer	600	240	26	4.5	0	140	1580	61	5	11	29	N/A
Asian Sesame Chicken - Half	1/2 Salad	260	140	15	2	0	35	950	17	3	5	15	N/A
Asian Sesame Chicken- Half (no nuts)	1/2 Salad	220	100	12	1.5	0	35	950	16	2	4	13	N/A
Asian Sesame Chicken - Whole	1 Salad	530	280	31	4	0	70	1900	35	6	9	29	N/A
Asian Sesame Chicken - Whole (no nuts)	1 Salad	440	210	23	3.5	0	70	1900	32	5	9	26	N/A
Balsamic Chicken Greens with Grains Salad - Half	1/2 Salad	350	170	19	4	0	45	1130	30	4	10	17	N/A
Balsamic Chicken Greens with Grains Salad - Whole	1 Salad	700	340	38	8	0	85	2260	59	9	20	34	N/A
Balsamic Greens with Grains Salad - Half	1/2 Salad	280	160	18	3.5	0	10	520	27	4	9	6	N/A
Balsamic Greens with Grains Salad - Whole	1 Salad	570	320	35	7	0	15	1040	54	9	18	12	N/A
Caesar Salad - Half	1/2 Salad	280	210	23	6	0	40	530	11	2	3	6	N/A
Caesar Salad - Whole	1 Salad	560	410	46	12	0.5	80	1060	21	4	7	12	N/A
Caesar with Chicken Salad - Half	1/2 Salad	350	220	24	6	0	75	1140	13	2	4	17	N/A
Caesar with Chicken Salad - Whole	1 Salad	700	430	48	13	0.5	150	2290	26	4	8	34	N/A
Fuji Apple Chicken Salad - Half	1/2 Salad	350	200	22	4	0	40	890	24	3	16	14	N/A
Fuji Apple Chicken Salad without pecans - Half	1/2 Salad	300	150	17	3.5	0	40	890	23	2	16	13	N/A
Fuji Apple Chicken Salad - Whole	1 Salad	710	400	44	8	0	85	1770	49	5	32	28	N/A



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Fuji Apple Chicken Salad without pecans - Whole	1 Salad	600	310	34	7	0	85	1770	47	4	31	26	N/A
Greek Salad - Half	1/2 Salad	310	270	30	6	0	15	700	9	2	4	4	N/A
Greek Salad - Whole	1 Salad	630	540	59	12	0	30	1400	17	5	7	8	N/A
Greek Salad with Chicken - Half	1/2 Salad	380	280	31	6	0	50	1320	11	3	5	15	N/A
Greek Salad with Chicken - Whole	1 Salad	760	560	62	13	0	100	2630	22	5	9	30	N/A
Green Goddess Cobb Salad with Chicken - Half	1/2 Salad	290	150	17	3.5	0	140	990	15	4	8	20	N/A
Green Goddess Cobb Salad with Chicken - Whole	1 Salad	580	310	34	7	0	280	1980	30	7	15	40	N/A
Mediterranean Chicken Greens with Grains Salad - Half	1/2 Salad	450	290	32	5	0	40	1160	24	4	4	16	N/A
Mediterranean Chicken Greens with Grains Salad - Whole	1 Salad	900	580	64	11	0	85	2330	47	7	8	33	N/A
Mediterranean Greens with Grains Salad - Half	1/2 Salad	380	280	31	5	0	10	550	21	3	3	5	N/A
Mediterranean Greens with Grains Salad - Whole	1 Salad	760	560	62	10	0	15	1100	42	7	6	11	N/A
Ranch Parm BLT Salad- Half	1/2 Salad	380	270	30	9	0	45	950	14	2	6	12	N/A
Ranch Parm BLT Salad- Whole	1 Salad	750	550	61	17	0.5	85	1900	29	4	11	24	N/A
Mediterranean Chicken Greens with Grains Salad Stuffer	1 Stuffer	840	470	52	8	0	40	1810	66	5	6	24	N/A
Mediterranean Greens with Grains Salad Stuffer	1 Stuffer	770	460	51	8	0	10	1200	63	5	5	13	N/A
Ranch Parm BLT Salad Stuffer	1 Stuffer	770	460	51	12	0.5	60	1740	59	3	9	21	N/A
Santa Fe Chicken Salad Stuffer	1 Stuffer	740	390	43	8	0	75	1930	65	5	13	24	N/A



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Southwest Chicken Ranch Salad Stuffer	1 Stuffer	800	440	49	9	0	70	1820	65	6	11	24	N/A
Steakhouse Ranch Salad Stuffer	1 Stuffer	830	470	52	12	1	100	1890	60	4	10	30	N/A
Strawberry Poppyseed Chicken Salad Stuffer	1 Stuffer	450	90	10	1.5	0	35	1250	69	5	20	21	N/A
Strawberry Poppyseed Chicken Salad Stuffer - No Pecans	1 Stuffer	400	45	5	1	0	35	1250	68	5	19	20	N/A
Strawberry Poppyseed Salad Stuffer	1 Stuffer	380	80	9	1	0	0	640	66	5	19	10	N/A
Strawberry Poppyseed Salad Stuffer - No Pecans	1 Stuffer	330	35	4	0.5	0	0	640	65	5	19	10	N/A
Santa Fe Chicken Salad - Half	1/2 Salad	350	210	23	5	0	60	1150	21	3	9	16	N/A
Santa Fe Chicken Salad - Whole	1 Salad	700	410	46	10	0	115	2300	41	7	18	31	N/A
Southwest Chicken Ranch Salad - Half	1/2 Salad	400	260	29	5	0	55	1040	20	5	7	15	N/A
Southwest Chicken Ranch Salad - Whole	1 Salad	800	530	59	10	0	110	2080	41	10	14	30	N/A
Steakhouse Ranch Salad - Half	1/2 Salad	430	290	32	9	0.5	80	1110	15	3	7	21	N/A
Steakhouse Ranch Salad - Whole	1 Salad	860	570	64	18	1	165	2220	31	5	14	42	N/A
Strawberry Poppyseed Chicken Salad - Half	1/2 Salad	210	60	7	1	0	35	740	23	4	15	13	N/A
Strawberry Poppyseed Chicken Salad without pecans- Half	1/2 Salad	150	15	2	0	0	35	740	22	3	15	13	N/A
Strawberry Poppyseed Chicken Salad - Whole	1 Salad	410	130	14	1.5	0	70	1480	46	7	31	27	N/A
Strawberry Poppyseed Chicken Salad without pecans- Whole	1 Salad	310	35	4	0.5	0	70	1480	44	6	30	25	N/A



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Strawberry Poppseed Salad without pecans- Half	1/2 Salad	80	5	0.5	0	0	0	125	19	3	14	2	N/A
Strawberry Poppseed Salad without pecans- Whole	1 Salad	170	10	1.5	0	0	0	250	39	6	28	4	N/A
Strawberry Poppseed Salad - Half	1/2 Salad	140	50	6	0.5	0	0	125	20	4	14	2	N/A
Strawberry Poppseed Salad - Whole	1 Salad	270	100	12	1	0	0	250	41	7	29	5	N/A
Asian Sesame Chicken Salad Stuffer	1 Stuffer	580	230	26	3.5	0	35	1640	64	5	9	22	N/A
Asian Sesame Chicken Salad Stuffer - No Almonds	1 Stuffer	540	200	22	3.5	0	35	1640	62	4	8	21	N/A
Balsamic Chicken Greens with Grains Salad Stuffer	1 Stuffer	680	270	30	5	0	45	1860	79	6	19	25	N/A
Balsamic Greens with Grains Salad Stuffer	1 Stuffer	610	260	28	5	0	10	1240	77	6	18	14	N/A
Caesar Salad Stuffer	1 Stuffer	650	350	39	9	0.5	65	1190	53	3	6	14	N/A
Caesar with Chicken Salad Stuffer	1 Stuffer	710	360	40	9	0.5	100	1800	56	3	7	25	N/A
Fuji Apple Chicken Salad Stuffer	1 Stuffer	700	310	34	6	0	40	1450	74	4	25	21	N/A
Fuji Apple Chicken Salad Stuffer - No Pecans	1 Stuffer	640	260	29	5	0	40	1450	73	3	24	21	N/A
Greek Salad Stuffer	1 Stuffer	700	450	50	9	0	15	1350	51	4	5	12	N/A
Greek with Chicken Salad Stuffer	1 Stuffer	770	460	51	9	0	50	1960	53	4	6	23	N/A
SANDWICHES													
Chicken Bacon Rancher on Black Pepper Focaccia Round - Half	1/2 Sandwich	470	220	24	8	0	85	1200	37	2	2	26	N/A
Chicken Bacon Rancher on Black Pepper Focaccia Round - Whole	1 Sandwich	940	430	48	16	0.5	175	2390	74	4	5	52	N/A
Mediterranean Veggie on Tomato Basil - Half	1/2 Sandwich	250	60	7	2	0	10	650	39	3	5	9	N/A



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Mediterranean Veggie on Tomato Basil - Whole	1 Sandwich	500	130	14	3.5	0	15	1300	77	6	9	18	N/A
Toasted Italiano on Baguette - Half	1/2 Sandwich	640	290	32	10	0	80	2110	58	2	2	30	N/A
Toasted Italiano on Baguette - Whole	1 Sandwich	1280	580	64	20	0	160	4230	116	5	5	60	N/A
Asiago Bagel Stack Sandwich - Chicken Roma	1 Sandwich	570	220	24	9	0	90	1000	59	3	6	30	N/A
Asiago Bagel Stack Sandwich - Spicy Steak	1 Sandwich	600	200	22	12	0.5	95	1350	61	3	6	38	N/A
Bacon Turkey Bravo on Tomato Basil - Half	1/2 Sandwich	420	180	20	7	0	70	1230	37	2	5	23	N/A
Bacon Turkey Bravo on Tomato Basil - Whole	1 Sandwich	840	350	39	13	0.5	140	2470	75	3	10	47	N/A
Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Half	1/2 Sandwich	460	220	25	7	0	80	1250	38	3	2	22	N/A
Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Whole	1 Sandwich	920	450	50	14	0.5	160	2490	76	7	5	43	N/A
Ciabatta Cheesesteak - Half	1/2 Sandwich	530	240	27	8	0	70	970	47	2	6	26	N/A
Ciabatta Cheesesteak - Whole	1 Sandwich	1070	480	53	15	0	145	1950	95	4	11	51	N/A
Cranberry Walnut Chicken Salad on Country Rustic - Half	1/2 Sandwich	320	150	16	2	0	40	410	29	2	6	16	N/A
Cranberry Walnut Chicken Salad on Country Rustic - Whole	1 Sandwich	640	290	33	3.5	0	80	830	57	4	11	32	N/A
Grilled Cheese on Classic White Miche - Half	1/2 Sandwich	410	200	22	13	1	65	1280	36	1	6	16	N/A
Grilled Cheese on Classic White Miche - Whole	1 Sandwich	810	390	44	26	1.5	130	2570	72	2	13	33	N/A



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Grilled Chicken & Avo BLT on Country Rustic Sourdough - Half	1/2 Sandwich	440	240	27	8	0	90	800	28	3	2	24	N/A
Grilled Chicken & Avo BLT on Country Rustic Sourdough - Whole	1 Sandwich	890	490	54	16	0	185	1600	55	7	3	47	N/A
Smokehouse BBQ Chicken on Artisan Ciabatta - Half	1/2 Sandwich	360	90	10	5	0	70	1130	46	2	6	22	N/A
Smokehouse BBQ Chicken on Artisan Ciabatta - Whole	1 Sandwich	730	180	21	10	0	140	2250	91	4	12	44	N/A
Spicy Fiesta Chicken on Ciabatta - Half	1/2 Sandwich	420	140	16	8	0	80	910	45	3	3	25	N/A
Spicy Fiesta Chicken on Ciabatta - Whole	1 Sandwich	840	280	31	15	0.5	160	1830	90	6	6	51	N/A
Toasted Caprese Focaccia - Half	1/2 sandwich	330	110	12	7	0	30	710	42	2	7	15	N/A
Toasted Caprese Focaccia - Whole	1 sandwich	670	210	24	14	0.5	60	1430	83	4	14	31	N/A
Toasted Frontega Chicken® on Black Pepper Focaccia - Half	1/2 Sandwich	390	160	18	5	0	70	1190	37	2	3	20	N/A
Toasted Frontega Chicken® on Black Pepper Focaccia - Whole	1 Sandwich	780	330	36	10	0.5	145	2380	74	4	5	41	N/A
Tomato Basil BLT on Tomato Basil Miche - Half	1/2 Sandwich	380	200	22	4.5	0	30	800	33	2	3	11	N/A
Tomato Basil BLT on Tomato Basil Miche - Whole	1 Sandwich	750	400	45	9	0	55	1600	65	3	6	23	N/A
Tuna Salad on Country Rustic Sourdough - Half	1/2 Sandwich	270	130	14	2.5	0	25	530	25	2	2	12	N/A
Tuna Salad on Country Rustic Sourdough - Whole	1 Sandwich	550	260	28	4.5	0	50	1060	49	4	4	24	N/A



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Turkey & Cheddar on Country Rustic Sourdough - Half	1/2 Sandwich	390	210	24	6	0	60	980	26	1	3	20	N/A
Turkey & Cheddar on Country Rustic Sourdough - Whole	1 Sandwich	790	420	47	12	0	125	1970	52	3	6	40	N/A
SIDES													
Side - Apple	1 Apple	80	0	0	0	0	0	0	22	5	16	0	N/A
Banana	1 Banana	90	5	0	0	0	0	0	23	3	12	1	N/A
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	N/A
Greek Yogurt with Berries	1 Parfait	250	80	9	4.5	0	25	80	29	2	17	16	N/A
Kettle Cooked Potato Chips	1 package	150	80	9	1	0	0	75	17		<1	2	N/A
Side - Pickle Spear	1 Spear	5	0	0	0	0	0	240	1	0	0	0	N/A
Summer Fruit Cup	1 container	60	0	0	0	0	0	15	15	2	12	1	N/A
SOUPS & MAC													
Bistro French Onion Soup - Group	1 Container	810	360	40	21	0.5	80	4490	88	2	40	26	N/A
Bistro French Onion - Bread Bowl	1 Bread bowl with soup	870	130	14	6	0	20	2370	153	5	13	33	N/A
Bistro French Onion - Bowl	1 1/2 Cups	300	130	14	8	0	30	1820	33	1	16	10	N/A
Bistro French Onion - Cup	1 Cup	200	90	10	5	0	20	1210	22	1	11	6	N/A
Vegetarian Creamy Tomato Soup with Croissant Croutons - Bowl	1 1/2 Cups	340	210	23	14	0	40	1110	30	1	17	4	N/A
Vegetarian Creamy Tomato Soup with Croissant Croutons - Cup	1 Cup	240	140	16	9	0	30	760	21	1	11	3	N/A
Vegetarian Creamy Tomato Soup with Croissant Croutons - Group	1 Container	840	500	56	34	1	100	2690	75	2	40	10	N/A
Vegetarian Creamy Tomato with Croissant Croutons - Bread Bowl	1 Bread bowl with soup	910	180	20	10	0	30	1920	151	5	13	30	N/A
Bacon Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1200	360	40	17	1	90	2470	165	4	10	45	N/A
Bacon Mac & Cheese - Group	1 Container	2110	1270	141	68	4.5	370	5240	137	0	31	73	N/A



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Bacon Mac & Cheese - Bowl	About 2 Cups	1050	640	71	34	2	185	2620	68	0	15	36	N/A
Bacon Mac & Cheese - Cup	About 1 Cup	530	320	35	17	1	90	1310	34	0	8	18	N/A
Broccoli Cheddar - Bowl	1 1/2 Cups	420	280	31	19	2.5	90	1520	25	1	9	12	N/A
Broccoli Cheddar - Cup	1 Cup	280	180	20	13	1.5	60	1010	17	1	6	8	N/A
Broccoli Cheddar - Bread Bowl	1 Bread bowl with soup	950	220	25	13	1.5	60	2170	147	5	8	35	N/A
Broccoli Cheddar Soup - Group	1 Container	990	640	72	44	6	205	3540	58	3	20	28	N/A
Cream of Chicken & Wild Rice - Bowl	1 1/2 Cups	300	150	16	9	0.5	50	1400	29	3	6	9	N/A
Cream of Chicken & Wild Rice - Bread Bowl	1 Bread bowl with soup	870	140	15	6	0	30	2090	149	6	6	33	N/A
Cream of Chicken & Wild Rice - Cup	1 Cup	200	100	11	6	0	30	930	19	2	4	6	N/A
Cream of Chicken and Wild Rice - Group	1 Container	700	340	38	21	1.5	115	3260	67	7	14	22	N/A
Homestyle Chicken Noodle Soup - Bowl	1 bowl	180	40	4.5	1.5	0	50	1570	21	0	3	14	N/A
Homestyle Chicken Noodle Soup - Bread Bowl	1 bread bowl with soup	790	70	7	1.5	0	35	2210	144	4	4	36	N/A
Homestyle Chicken Noodle Soup - Cup	1 cup	120	25	3	1	0	35	1050	14	0	2	10	N/A
Homestyle Chicken Noodle Soup - Group	1 container	420	90	10	3	0	120	3660	49	0	6	33	N/A
Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1160	330	36	16	1	85	2310	164	4	9	43	N/A
Mac & Cheese - Group	1 Container	1950	1160	128	63	4	335	4590	135	0	29	63	N/A
Mac & Cheese - Bowl	About 2 Cups	980	580	64	32	2	165	2300	68	0	15	32	N/A
Mac & Cheese- Cup	About 1 Cup	490	290	32	16	1	85	1150	34	0	7	16	N/A
Mexican Style Street Corn Chowder - Bowl	1 bowl	340	160	18	9	0.5	45	1340	42	4	7	7	N/A



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Mexican Style Street Corn Chowder - Bread Bowl	1 bread bowl with soup	890	140	16	6	0	30	2050	157	7	7	31	N/A
Mexican Style Street Corn Chowder - Cup	1 cup	220	100	11	6	0	30	890	27	2	5	5	N/A
Mexican Style Street Corn Chowder - Group	1 container	780	370	41	21	1	100	3120	95	9	16	17	N/A
CATERING													
Catering Asian Sesame Chicken Salad - serves 10	2 Containers	2530	1270	142	18	1	345	9080	172	34	45	148	N/A
Catering Asian Sesame Chicken Salad - serves 10 (no nuts)	2 Containers	2100	940	104	16	1	345	9080	157	26	42	134	N/A
Catering Asian Sesame Chicken Salad - serves 5	1 Container	1260	640	71	9	0	175	4540	86	17	23	74	N/A
Catering Asian Sesame Chicken Salad - serves 5 (no nuts)	1 Container	1050	470	52	8	0	175	4540	79	13	21	67	N/A
Catering Asian Sesame Salad - serves 10	2 Containers	1840	1160	129	16	0.5	0	2940	146	34	36	40	N/A
Catering Asian Sesame Salad - serves 5	1 Container	920	580	65	8	0	0	1470	73	17	18	20	N/A
Catering Asian Sesame Salad - Half (no nuts and no chicken)	1/2 Salad	150	90	10	1.5	0	0	340	13	2	3	2	N/A
Catering Asian Sesame Salad - Whole (no nuts and no chicken)	1 Salad	310	190	21	3	0	0	670	27	4	7	5	N/A
Catering Asian Sesame Salad - Half	1/2 Salad	200	130	14	2	0	0	340	15	3	4	4	N/A
Catering Asian Sesame Salad - serves 10 (no nuts and no chicken)	2 Containers	1420	830	92	13	0.5	0	2930	131	26	33	25	N/A



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Catering Asian Sesame Salad - serves 5 (no nuts and no chicken)	1 Container	710	410	46	6	0	0	1470	66	13	16	12	N/A
Catering Asian Sesame Salad - Whole	1 Salad	390	250	28	3.5	0	0	670	30	6	8	8	N/A
Catering Balsamic Chicken Greens with Grains Salad - Serves 10	2 Containers	3300	1540	171	36	0.5	425	10690	282	46	85	168	N/A
Catering Balsamic Chicken Greens with Grains Salad - Serves 5	1 Container	1650	770	85	18	0	215	5350	141	23	42	84	N/A
Catering Balsamic Greens with Grains Salad - Serves 10	2 Containers	2610	1420	158	33	0.5	80	4550	255	46	76	59	N/A
Catering Balsamic Greens with Grains Salad - Serves 5	1 Container	1300	710	79	17	0	40	2280	128	23	38	30	N/A
Catering Caesar Salad - Serves 10	2 Containers	2600	1850	206	57	3	355	4940	109	24	34	63	N/A
Catering Caesar Salad - Serves 5	1 Container	1300	930	103	29	1.5	180	2470	55	12	17	31	N/A
Catering Caesar Salad with Chicken - Serves 10	2 Containers	3280	1960	218	60	3	700	11080	135	25	43	171	N/A
Catering Caesar Salad with Chicken - Serves 5	1 Container	1640	980	109	30	1.5	350	5540	68	12	21	86	N/A
Catering Fuji Apple Salad - Half	1/2 Salad	280	190	21	3.5	0	10	270	22	3	15	3	N/A
Catering Fuji Apple Salad - serves 10	2 Containers	2630	1700	189	34	2	75	2470	206	27	136	31	N/A
Catering Fuji Apple Salad - serves 5	1 Container	1310	850	95	17	1	40	1240	103	14	68	15	N/A
Catering Fuji Apple Salad - Whole	1 Salad	570	380	42	7	0	15	540	44	5	30	6	N/A
Catering Fuji Apple without pecans - Half	1/2 Salad	230	140	16	3	0	10	270	21	2	15	2	N/A
Catering Fuji Apple Salad without pecans - serves 10	2 Containers	2090	1240	138	29	2	75	2470	195	22	133	24	N/A
Catering Fuji Apple Salad without pecans - serves 5	1 Container	1050	620	69	15	1	40	1240	98	11	67	12	N/A



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Catering Fuji Apple without pecans - Whole	1 Salad	460	280	31	6	0	15	540	42	4	30	4	N/A
Catering Fuji Apple with Chicken Salad without Pecans- Serves 5	1 Container	1390	680	75	16	1	210	4310	111	11	71	66	N/A
Catering Fuji Apple with Chicken Salad - Serves 10	2 Containers	3310	1810	202	37	2	420	8610	232	28	145	140	N/A
Catering Fuji Apple with Chicken Salad - Serves 5	1 Container	1660	910	101	18	1	210	4310	116	14	72	70	N/A
Catering Fuji Apple with Chicken Salad without Pecans- Serves 10	2 Containers	2780	1350	150	32	2	420	8610	221	23	142	133	N/A
Catering Greek Salad - Serves 10	2 Containers	2780	2310	257	54	1.5	150	6660	91	28	38	42	N/A
Catering Greek Salad - Serves 5	1 Container	1390	1160	128	27	1	75	3330	45	14	19	21	N/A
Catering Greek Salad with Chicken - Serves 10	2 Containers	3470	2420	269	57	1.5	500	12800	117	29	47	151	N/A
Catering Greek Salad with Chicken - Serves 5	1 Container	1740	1210	135	28	1	250	6400	59	14	24	75	N/A
Catering Green Goddess Cobb Salad with Chicken - Serves 10	2 Containers	2840	1470	163	34	1	1390	9750	151	38	74	197	N/A
Catering Green Goddess Cobb Salad with Chicken - Serves 5	1 Container	1420	730	82	17	0.5	695	4880	76	19	37	98	N/A
Catering Mediterranean Chicken Greens with Grains Salad- Serves 10	2 Containers	4020	2460	273	48	1	420	10900	231	36	38	162	N/A
Catering Mediterranean Chicken Greens with Grains Salad- Serves 5	1 Container	2010	1230	137	24	0.5	210	5450	115	18	19	81	N/A
Catering Mediterranean Greens with Grains Salad- Serves 10	2 Containers	3330	2350	261	46	1	75	4760	205	35	29	53	N/A



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Catering Mediterranean Greens with Grains Salad- Serves 5	1 Container	1660	1170	130	23	0.5	40	2380	102	18	15	27	N/A
Catering Ranch Parm BLT Salad - Serves 10	2 Containers	3470	2470	274	82	3.5	410	8910	140	20	52	116	N/A
Catering Ranch Parm BLT Salad - Serves 5	1 Container	1730	1230	137	41	1.5	205	4450	70	10	26	58	N/A
Catering Santa Fe Chicken Salad - Serves 10	2 Containers	3240	1820	202	44	2	550	10980	207	37	90	156	N/A
Catering Santa Fe Chicken Salad - Serves 5	1 Container	1620	910	101	22	1	275	5490	104	19	45	78	N/A
Catering Southwest Chicken Ranch Salad - Serves 10	2 Containers	3760	2400	266	45	2	520	9860	204	53	71	152	N/A
Catering Southwest Chicken Ranch Salad - Serves 5	1 Container	1880	1200	133	23	1	260	4930	102	26	36	76	N/A
Catering Steakhouse Ranch Salad - Serves 10	2 Containers	4050	2630	292	83	5	800	10560	154	28	66	212	N/A
Catering Steakhouse Ranch Salad - Serves 5	1 Container	2020	1310	146	42	2.5	400	5280	77	14	33	106	N/A
Catering Strawberry Poppyseed Salad without Pecans- Serves 10	2 Containers	800	60	6	0.5	0	0	980	185	34	132	19	N/A
Catering Strawberry Poppyseed Salad without Pecans - Serves 5	1 Container	400	30	3	0	0	0	490	92	17	66	10	N/A
Catering Strawberry Poppyseed Salad - Serves 10	2 Containers	1340	520	58	5	0	0	990	195	39	135	26	N/A
Catering Strawberry Poppyseed Salad - Serves 5	1 Container	670	260	29	2.5	0	0	490	98	20	68	13	N/A

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Catering Strawberry Poppyseed with Chicken Salad without Pecans- Serves 10	2 Containers	1490	170	19	3.5	0	345	7130	211	35	141	128	N/A
Catering Strawberry Poppyseed with Chicken Salad without Pecans - Serves 5	1 Container	740	80	9	1.5	0	175	3560	105	18	71	64	N/A
Catering Strawberry Poppyseed with Chicken Salad - Serves 10	2 Containers	2020	630	70	8	0	345	7130	222	40	144	135	N/A
Catering Strawberry Poppyseed with Chicken Salad - Serves 5	1 Container	1010	320	35	4	0	175	3560	111	20	72	67	N/A
Catering Butter Pat	1 pat	35	35	4	2.5	0	10	35	0	0	0	0	N/A
Pastry - Asiago Croissant Twist single	1 Twist	100	60	7	4	0	20	125	8	0	1	3	N/A
Catering Chipotle Aioli for Breakfast Sandwiches	about 0.5 oz	90	90	10	1.5	0	10	135	1	0	0	0	N/A
Catering French Baguette	1 Baguette	1060	35	3.5	1	0	0	2700	217	8	4	40	N/A
Catering Garlic Aioli for Breakfast Sandwiches	about 0.5 oz	110	110	12	2	0	15	90	0	0	0	0	N/A
Catering Ham & Cheddar on Country Rustic Sourdough - Whole	1 Sandwich	790	430	48	13	0	120	2200	52	3	5	38	N/A
Catering Summer Fruit Bowl - Serves 10	2 containers	680	30	3.5	0	0	0	95	169	26	126	10	N/A
Catering Summer Fruit Bowl - Serves 5	1 container	340	15	1.5	0	0	0	50	85	13	63	5	N/A
GRAB N GO													
Chicken Caesar Wrap	1 Wrap	490	200	22	5	0	65	1380	40	14	6	32	N/A
Green Goddess Chicken Wrap	1 Wrap	460	160	18	3	0	45	1340	46	14	10	32	N/A
Frontega Chicken Wrap	1 Wrap	450	190	22	6	0	70	1170	37	12	6	30	N/A



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Hard Boiled Eggs	1 Container	150	100	11	3.5	0	375	125	1	0	1	13	N/A
Turkey & Cheddar Wrap	1 wrap	460	190	22	6	0	55	1160	38	12	6	32	N/A