

Panera Bread® Nutrition Guide

Effective: 6/17/2026 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	350	80	9	4	0	15	660	55	3	5	14	N/A
Asiago Everything Bagel	1 Bagel	370	90	9	4	0	15	800	55	3	5	15	N/A
Blueberry Bagel	1 Bagel	290	10	1.5	0	0	0	570	60	3	11	10	N/A
Cinnamon Crunch Bagel	1 Bagel	430	60	7	4	0	0	460	78	3	25	13	N/A
Cinnamon Swirl Raisin Bagel	1 Bagel	300	10	1.5	0	0	0	590	65	3	14	8	N/A
Everything Bagel	1 Bagel	300	20	2.5	0.5	0	0	720	61	3	7	8	N/A
Multigrain Bagel Flat	1 Bagel	190	20	2.5	0	0	0	420	35	0	2	6	N/A
Plain Bagel	1 Bagel	280	10	1	0	0	0	590	59	3	8	7	N/A
Sesame Bagel	1 Bagel	310	30	3.5	0.5	0	0	600	61	3	8	8	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
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
BREADS													
Bread Portion - Croissant	1 Croissant	260	100	12	8	0	30	330	32	2	6	6	N/A
Bread Portion - Italian Style Roll	1/2 Roll	230	25	3	0	0	0	440	42	1	1	8	N/A
Artisan Ciabatta	2 oz (about 2 3/4 inch slice / 57g)	150	10	1.5	0	0	0	260	30	1	1	5	N/A
Black Pepper Focaccia	2 oz (about 1 3/4 inch slice / 57g)	160	25	2.5	0	0	0	350	30	1	1	5	N/A
Classic White Loaf	2.2 oz (about 3/4 inch slice / 62g)	190	35	3.5	2.5	0	10	290	32	3	6	6	N/A
Country Rustic Sourdough	2 oz (about 2/3 inch slice / 57g)	140	5	0.5	0	0	0	290	30	1	1	5	N/A
French Baguette	2 oz (about 2 3/4 inch slice / 57g)	150	5	0.5	0	0	0	320	32	1	1	5	N/A
Sourdough Soup Bowl	1 Bread Bowl	650	20	2.5	0	0	0	1340	136	5	4	21	N/A
Tomato Basil Miche	2 oz (about 1/2 inch slice / 57g)	150	5	0.5	0	0	0	320	30	2	3	5	N/A

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Italian Style Roll	2 oz (about 2.5 inch slice / 57g)	150	20	2	0	0	0	300	28	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													
Bacon, Egg & Cheese on Croissant	1 Sandwich	480	260	29	16	0.5	325	730	33	2	7	22	N/A
Frittata - Broccoli Cheddar	1 Crustless Frittata	280	180	19	9	0	195	1090	11	1	5	15	N/A
Asiago Bagel Stack - Sausage & Egg	1 Sandwich	810	450	50	19	0.5	350	1590	58	3	6	33	N/A
Bacon, Egg & Cheese on Artisan Ciabatta	1 Sandwich	470	180	20	9	0	295	830	51	2	2	23	N/A
Bacon Double Take on Black Pepper Focaccia	1 Sandwich	550	260	29	13	0.5	315	1380	43	1	3	28	N/A
Breakfast Portion - Artisan Ciabatta	1/3 Loaf	250	20	2	0	0	0	430	49	2	1	8	N/A
Breakfast Portion - Black Pepper Focaccia	1/4 loaf	210	30	3.5	0.5	0	0	460	40	1	1	6	N/A
Breakfast Portion - Classic White Miche	1 Slice	190	35	3.5	2.5	0	10	290	32	3	6	6	N/A
Breakfast Portion - Country Rustic Sourdough	1 Slice	130	5	0.5	0	0	0	270	27	1	1	4	N/A
Breakfast Portion - French Baguette	1/4 Baguette	290	10	1	0	0	0	620	61	2	2	9	N/A
Breakfast Portion - Tomato Basil Miche	1 Slice	160	5	0.5	0	0	0	350	33	2	3	6	N/A
Chipotle Chicken, Egg & Avo on Artisan Ciabatta	1 Sandwich	600	280	31	10	0	320	1090	55	4	4	26	N/A
Classic Avo Toast	1 Toast	260	100	11	1.5	0	0	320	33	5	1	6	N/A
Garden Avo & Egg White on Multigrain Bagel Flat	1 Sandwich	350	120	14	5	0	20	680	40	2	4	18	N/A

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Ham, Egg & Cheese on Ciabatta	1 Sandwich	460	150	17	8	0	300	1000	51	2	2	25	N/A
Sausage, Egg & Cheese on Artisan Ciabatta	1 Sandwich	610	290	33	14	0	320	1080	51	2	2	28	N/A
Egg & Cheese on Artisan Ciabatta	1 Sandwich	430	140	16	7	0	285	680	51	2	2	20	N/A
Steak & Wake on Ciabatta	1 Sandwich	520	180	20	9	0	325	1000	53	2	2	32	N/A
Asiago Everything Bagel Stack Sandwich - Wake-Up BLT	1 Sandwich	570	220	24	11	0	310	1280	59	3	7	27	N/A
Breakfast Asiago Bagel Stack - Farmhouse Duo	1 Sandwich	730	360	40	18	0.5	345	1520	58	3	6	34	N/A
Green Goddess Avo Toast	1 Toast	310	140	15	3	0	10	550	36	5	3	8	N/A
Frittata - Five Cheese & Bacon	1 Crustless Frittata	300	200	22	10	0	205	1120	9	0	4	17	N/A
Egg Whites	1 Portion	30	5	0	0	0	0	100	1	0	0	6	N/A
Souffle - Four Cheese	1 Souffle	470	270	30	16	1	185	830	36	1	8	14	N/A
Ham Croissant Benny	1 Sandwich	430	220	24	14	0.5	325	970	34	2	7	21	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 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
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

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DRESSINGS/SAUCES/SPREADS													
Sauce - Apple Cider Vinegar BBQ Sauce - Sandwich Portion	1 portion	20	0	0	0	0	0	110	5	0	5	0	N/A
Asian Sesame Vinaigrette - Half Portion	1 dressing cup	80	70	7	1	0	0	250	5	0	2	0	N/A
Asian Sesame Vinaigrette - Whole Portion	2 dressing cups	170	130	15	2.5	0	0	500	9	0	5	0	N/A
Sauce - Balsamic Glaze - Sandwich Portion	1 Portion	20	0	0	0	0	0	10	5	0	4	0	N/A
Dressing - Caesar - Half	1 dressing cup	160	150	16	3	0	20	440	2	0	1	1	N/A
Dressing - Caesar - Whole	2 dressing cups	320	290	33	6	0	35	880	4	0	2	3	N/A
Sauce - Chipotle Aioli - Sandwich Portion	1 Portion	100	100	11	1.5	0	10	140	1	0	0	0	N/A
Creamy Garden Herb Dressing - Half Portion	1 dressing cup	160	150	17	2.5	0	10	270	2	0	1	1	N/A
Creamy Garden Herb Dressing - Whole Portion	2 dressing cups	330	310	34	5	0	20	530	4	0	2	1	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	160	17	3	0	15	340	3	0	2	1	N/A
Dressing - Farmhouse Ranch Dressing - Sandwich Portion	1 portion	110	100	11	2	0	10	210	2	0	1	1	N/A
Farmhouse Ranch Dressing - Whole Portion	2 dressing cups	340	310	35	6	0	30	670	5	0	4	2	N/A

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Sauce - Garlic Aioli - Sandwich Portion	1 portion	110	110	12	2	0	20	95	0	0	0	0	N/A
Dressing Greek - Half	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
Dressing Greek - Whole	2 dressing cups	440	430	48	7	0	0	560	1	0	0	0	N/A
Dressing - Green Goddess - 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 - 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	120	6	0	5	0	N/A
Dressing - Poppyseed - Whole	2 dressing cups	60	5	0	0	0	0	240	13	1	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
Sesame Ginger Dressing - Half Portion	1 dressing cup	170	140	16	2.5	0	0	390	6	0	5	1	N/A

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Sesame Ginger Dressing - Whole Portion	2 dressing cups	340	280	32	5	0	0	770	13	1	10	1	N/A
Sauce - Signature Sauce - Sandwich Portion	1 portion	90	70	8	1	0	10	95	4	0	2	0	N/A
White Balsamic with Apple Vinaigrette - Half Portion	1 dressing cup	150	110	12	2	0	0	160	10	0	10	0	N/A
White Balsamic with Apple Vinaigrette - Whole Portion	2 dressing cups	300	220	24	4	0	0	330	21	0	19	0	N/A
Zesty Smoky Lemon Vinaigrette - Half Portion	1 dressing cup	180	160	18	2.5	0	0	210	4	0	3	0	N/A
Zesty Smoky Lemon Vinaigrette - Whole Portion	2 dressing cups	350	320	36	5	0.5	0	420	7	0	6	0	N/A
DRINKS													
1 Pump Chocolatey Hazelnut Flavored Syrup	1 pump	25	0	0	0	0	0	20	6	0	5	0	0
1 Pump Rocky Road Syrup	1 Pump	25	0	0	0	0	0	20	6	0	4	0	0
1 Pump Snickerdoodle Syrup	1 pump	20	0	0	0	0	0	20	5	0	4	0	0
Sweet Cream Cold Foam	3 swirls	80	25	3	2	0	10	10	13	0	13	1	0
1 Pump Caramel Syrup	1 Pump	45	0	0	0	0	0	45	11	0	10	0	0
1 Pump Chocolate Flavored Sauce	1 Pump	50	5	0	0	0	0	15	13	1	7	0	3
Additional Shot of Espresso	1 fl oz (30 mL)	5	0	0	0	0	0	0	0	0	0	0	63
1 Pump Madagascar Vanilla Syrup	1 Pump	20	0	0	0	0	0	0	5	0	5	0	0
Sweet Cream Cold Foam	3 swirls	80	25	3	2	0	10	10	13	0	13	1	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

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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
Bottled Passionfruit Papaya Naturally Flavored Iced Green Tea	1 Bottle (500 mL)	130	0	0	0	0	0	0	31		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

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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
Cafe Frozen Java - 20 fl oz	20 fl oz (591 mL)	440	120	13	9	0	50	190	73	0	65	8	217
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
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

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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
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

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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)	190	0	0	0	0	0	25	44	1	41	1	35
Dragonfruit Sunset Energy Refresher - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	270	0	0	0	0	0	40	64	1	61	1	53
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 - 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



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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
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

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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
Drive Thru - Blackberry Hibiscus Iced Tea - Naturally Flavored Herbal Tea - 20 fl oz with Ice	20 fl oz with ice	0	0	0	0	0	0	0	0	0	0	0	0
Drive Thru - Blackberry Hibiscus Iced Tea - Naturally Flavored Herbal Tea - 30 fl oz with Ice	30 fl oz with ice	0	0	0	0	0	0	5	0	0	0	0	0
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

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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 - 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
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

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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
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
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
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

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Drive Thru - Wild Cherry Pepsi 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	610	240	26	16	1	80	180	87	4	48	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
Hazelnut Flavored Mocha Frozen Coffee - Naturally Flavored - 20 fl oz	20 fl oz (591 mL)	460	130	14	9	0	50	270	74	0	60	8	217
Hazelnut Flavored Mocha Iced Coffee - 20 fl oz	20 fl oz (591 mL)	210	35	4	2.5	0	10	100	42	0	36	1	92
Hazelnut Flavored Mocha Iced Coffee - 30 fl oz	30 fl oz (887 mL)	240	35	4	2.5	0	10	125	48	0	41	1	147

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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
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)	340	90	10	6	0	35	160	53	2	37	10	9
Signature Hot Chocolate - 20 fl oz	20 fl oz (591 mL)	420	100	11	7	0	40	200	68	2	48	13	11
Signature Hot Chocolate - Group	1 Container	3530	1650	183	113	5	590	990	426	15	257	54	74
Hot Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0	100
Cafe Blend Iced Coffee - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	0	92
Cafe Blend Iced Coffee - 20 fl oz - no ice	20 fl oz (591 mL)	5	0	0	0	0	0	10	0	0	0	1	186
Cafe Blend Iced Coffee - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	15	0	0	0	0	147
Café Blend Iced 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
Café Blend Iced Coffee - Serves 4 - Group	1 Container	20	5	0	0	0	0	40	0	0	0	2	595
Café Blend Iced Coffee - Serves 8 - Group	2 Containers	40	5	1	0	0	0	75	0	0	0	3	1190
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)	380	100	11	7	0	40	190	57	2	40	13	134
Island Mango Energy Refresher - Naturally Flavored - 20 fl oz with ice	20 fl oz (591mL)	190	0	0	0	0	0	20	45	1	41	0	48

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Island Mango Energy Refresher - Naturally Flavored - 30 fl oz with ice	30 fl oz (887mL)	270	0	0	0	0	0	30	65	1	60	0	72
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
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	170	54	2	37	10	134
Mocha Latte - 20 fl oz	20 fl oz (591mL)	430	100	11	7	0	40	210	69	2	48	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



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Mug Root Beer - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	140	96	0	95	0	0
Blackberry Hibiscus Iced Tea - Naturally Flavored Herbal Tea - 20 fl oz	20 fl oz	0	0	0	0	0	0	0	0	0	0	0	0
Blackberry Hibiscus Iced Tea - Naturally Flavored Herbal Tea - 30 fl oz	30 fl oz	0	0	0	0	0	0	0	0	0	0	0	0
Blackberry Hibiscus Iced Tea - Naturally Flavored Herbal Tea - Serves 4 - Group	1 container	0	0	0	0	0	0	0	0	0	0	0	0
Blackberry Hibiscus Iced Tea - Naturally Flavored Herbal Tea - Serves 8 - Group	2 containers	0	0	0	0	0	0	0	0	0	0	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)	130	0	0	0	0	0	10	31	0	30	0	35

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Passionfruit Paradise Energy Refresher - Naturally Flavored - 30 fl oz with ice	30 fl oz (887 mL)	210	0	0	0	0	0	15	47	0	46	0	55
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
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
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
Rocky Road Frozen Coffee - 20 fl oz	20 fl oz (591 mL)	450	130	14	9	0	50	270	72	0	58	8	221
Rocky Road Iced Coffee - 20 fl oz	20 fl oz (591 mL)	210	35	4	2.5	0	10	105	41	0	34	1	96
Rocky Road Iced Coffee - 30 fl oz	30 fl oz (887 mL)	230	35	4	2.5	0	10	125	46	0	39	1	151
Snickerdoodle Frozen Coffee - 20 fl oz	20 fl oz (591 mL)	440	120	13	9	0	50	280	71	0	56	8	217
Snickerdoodle Iced Coffee - 20 fl oz	20 fl oz (591 mL)	190	25	3	2	0	10	110	40	0	32	1	92

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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
Snickerdoodle Iced Coffee - 30 fl oz	30 fl oz (887 mL)	220	25	3	2	0	10	130	45	0	36	1	147
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 - 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
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

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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													
Grilled Cheese on Classic White Loaf - Whole	1 Sandwich	810	380	42	26	1.5	120	2540	74	5	16	32	N/A
Kids Ham & American Cheese on Classic White Loaf - Whole	1 Sandwich	640	210	24	14	0	110	2490	69	5	14	38	N/A
Kids Turkey & American Cheese on Classic White Loaf - Whole	1 Sandwich	640	200	22	13	0	115	2250	69	5	15	40	N/A
Mac & Cheese- Cup	About 1 Cup	490	290	32	16	1	85	1150	34	0	7	16	N/A
Broccoli Cheddar - Cup	1 Cup	280	180	20	13	1.5	60	1010	17	1	6	8	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
Muffin - Blueberry	1 Muffin	530	200	22	5	0	55	410	75	2	42	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

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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 - 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	370	130	14	2.5	0	35	240	53	1	30	5	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 Scone - Orange	1 mini scone	180	60	7	4.5	0	25	280	25	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	540	190	21	13	1	80	850	77	2	39	8	N/A
Pastry - Almond	1 Pastry	470	220	24	11	0.5	60	280	54	3	21	10	N/A
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													
Salad Stuffer - Green Goddess Cobb with Chicken	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

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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
Caesar Salad - Half	1/2 Salad	270	200	22	6	0	30	700	11	2	3	7	N/A
Caesar Salad - Whole	1 Salad	530	400	44	13	0.5	55	1390	22	4	6	14	N/A
Caesar with Chicken Salad - Half	1/2 Salad	340	210	23	7	0	60	1310	14	2	4	18	N/A
Caesar with Chicken Salad - Whole	1 Salad	670	420	47	13	0.5	125	2620	27	4	7	35	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
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
Ranch Parm BLT Salad- Half	1/2 Salad	380	280	31	9	0	45	950	14	2	5	12	N/A
Ranch Parm BLT Salad- Whole	1 Salad	750	550	62	18	0.5	85	1900	28	4	11	23	N/A
Salad Stuffer - Farmhouse Crunch Salad - No Almonds	1 Stuffer	750	440	49	10	0	40	1350	62	6	11	17	N/A



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Salad Stuffer - Ranch Parm BLT	1 Stuffer	780	460	51	12	0.5	60	1740	59	3	9	21	N/A
Salad Stuffer - Southwest Chicken Ranch	1 Stuffer	800	450	50	9	0	70	1820	65	6	10	24	N/A
Salad Stuffer - Strawberry Poppyseed Chicken	1 Stuffer	450	90	10	1.5	0	35	1260	69	5	20	21	N/A
Salad Stuffer - Strawberry Poppyseed Chicken - No Pecans	1 Stuffer	400	45	5	1	0	35	1260	68	5	19	20	N/A
Salad Stuffer - Strawberry Poppyseed	1 Stuffer	380	80	9	1	0	0	640	66	5	19	10	N/A
Salad Stuffer - Strawberry Poppyseed - No Pecans	1 Stuffer	330	35	4	0.5	0	0	640	65	5	19	10	N/A
Southwest Chicken Ranch Salad - Half	1/2 Salad	400	270	30	5	0	55	1040	20	5	7	15	N/A
Southwest Chicken Ranch Salad - Whole	1 Salad	810	530	59	10	0	110	2080	40	10	14	30	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	8	31	27	N/A
Strawberry Poppyseed Chicken Salad without pecans- Whole	1 Salad	310	35	4	0.5	0	70	1480	44	7	30	25	N/A
Strawberry Poppyseed Salad without pecans- Half	1/2 Salad	80	5	0.5	0	0	0	130	19	3	14	2	N/A
Strawberry Poppyseed Salad without pecans- Whole	1 Salad	170	10	1.5	0	0	0	260	39	7	28	4	N/A



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Strawberry Poppseed Salad - Half	1/2 Salad	140	50	6	0.5	0	0	130	20	4	14	2	N/A
Strawberry Poppseed Salad - Whole	1 Salad	270	100	12	1	0	0	260	41	8	29	5	N/A
Salad Stuffer - Farmhouse Crunch Salad	1 Stuffer	790	460	51	11	0	40	1380	69	7	16	18	N/A
Salad Stuffer - Shrimply Baja Salad	1 Stuffer	850	510	56	10	0.5	115	1470	61	7	9	22	N/A
Salad Stuffer - Ultimate Garden Steak Salad	1 Stuffer	790	410	46	8	0.5	60	1560	70	5	13	25	N/A
Salad Stuffer - Asian Sesame Chicken Salad	1 Stuffer	580	230	26	3.5	0	35	1640	64	5	9	22	N/A
Salad Stuffer - Asian Sesame Chicken - No Almonds	1 Stuffer	540	200	22	3.5	0	35	1640	62	4	8	21	N/A
Salad Stuffer - Caesar	1 Stuffer	650	370	41	10	0.5	45	1570	55	4	5	16	N/A
Salad Stuffer - Caesar with Chicken	1 Stuffer	720	380	42	10	0.5	80	2190	57	4	6	27	N/A
Salad Stuffer - Fuji Apple Chicken	1 Stuffer	700	310	34	6	0	40	1450	74	4	25	21	N/A
Salad Stuffer - Fuji Apple Chicken - No Pecans	1 Stuffer	640	260	29	5	0	40	1450	73	3	24	21	N/A
Salad Stuffer - Greek	1 Stuffer	700	450	50	9	0	15	1350	51	4	5	12	N/A
Salad Stuffer - Greek with Chicken	1 Stuffer	770	460	51	9	0	50	1960	53	4	6	23	N/A
Farmhouse Crunch Salad - Half	1/2 Salad	400	270	31	7	0	25	600	25	5	13	9	N/A
Farmhouse Crunch Salad - Whole	1 Salad	790	550	61	14	0	50	1190	49	11	26	18	N/A
Farmhouse Crunch Salad - Half - No Almonds	1/2 Salad	350	250	28	7	0	25	570	18	5	7	8	N/A
Farmhouse Crunch Salad - Whole - No Almonds	1 Salad	700	510	57	13	0	50	1140	36	10	15	17	N/A
Shrimply Baja Salad - Half	1/2 Salad	440	310	35	6	0	100	740	17	5	6	13	N/A

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Shrimply Baja Salad - Whole	1 Salad	880	630	70	12	1	205	1490	34	10	11	27	N/A
Ultimate Garden Steak Salad - Half	1/2 Salad	400	230	26	4.5	0	50	840	26	4	10	16	N/A
Ultimate Garden Steak Salad - Whole	1 Salad	800	460	52	9	1	100	1690	53	7	21	33	N/A
MARKET BOWLS													
Market Bowl - All-In Veggie - Half	1/2 Bowl	450	220	24	4.5	0	10	850	50	5	12	7	N/A
Market Bowl -All-In Veggie - Whole	1 Bowl	910	440	49	9	0.5	15	1700	101	10	24	14	N/A
Market Bowl - Carnitas Elote - Half	1/2 Bowl	550	280	32	7	0	65	1320	43	6	7	22	N/A
Market Bowl - Carnitas Elote - Whole	1 Bowl	1100	570	63	13	1	125	2650	86	11	13	44	N/A
Market Bowl - Sesame Ginger Chicken - Half	1/2 Bowl	470	200	22	3	0	35	1600	47	5	14	19	N/A
Market Bowl - Sesame Ginger Chicken - Whole	1 Bowl	930	400	44	6	0	70	3200	95	11	28	38	N/A
Market Bowl - Sesame Ginger Chicken - Half - No Almonds	1/2 Bowl	420	180	20	2.5	0	35	1580	41	5	8	18	N/A
Market Bowl - Sesame Ginger Chicken - Whole - No Almonds	1 Bowl	840	360	40	5	0	70	3160	82	10	17	36	N/A
SANDWICHES													
Chicken Bacon Rancher on Black Pepper Focaccia - Half	1/2 Sandwich	510	230	26	8	0	85	1220	44	2	3	26	N/A
Chicken Bacon Rancher on Black Pepper Focaccia - Whole	1 Sandwich	1010	460	51	16	1	175	2440	87	3	6	52	N/A
Mediterranean Veggie on Tomato Basil - Half	1/2 Sandwich	260	60	7	2	0	10	630	41	4	6	9	N/A



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Mediterranean Veggie on Tomato Basil - Whole	1 Sandwich	520	130	14	4	0	15	1260	83	8	13	18	N/A
Toasted Italiano on Baguette - Half	1/2 Sandwich	670	290	32	10	0	80	2060	65	3	3	29	N/A
Toasted Italiano on Baguette - Whole	1 Sandwich	1330	580	64	20	0	160	4110	130	5	6	58	N/A
Bacon Turkey Bravo® Sandwich on Tomato Basil - Half	1/2 Sandwich	430	180	20	7	0	70	1210	40	3	7	24	N/A
Bacon Turkey Bravo® Sandwich on Tomato Basil - Whole	1 Sandwich	860	360	39	13	0.5	140	2430	80	6	14	47	N/A
Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Half	1/2 Sandwich	500	240	26	7	0	80	1270	45	3	3	21	N/A
Chipotle Chicken Avo Melt on Black Pepper Focaccia Round - Whole	1 Sandwich	1000	470	52	15	1	160	2550	90	7	6	43	N/A
Ciabatta Cheesesteak on Ciabatta- Half	1/2 Sandwich	580	240	27	8	0	70	1040	58	3	7	26	N/A
Ciabatta Cheesesteak on Ciabatta- Whole	1 Sandwich	1160	490	54	16	0	145	2090	117	5	13	52	N/A
Cranberry Walnut Chicken Salad on Country Rustic - Half	1/2 Sandwich	350	150	16	2	0	40	490	34	2	6	16	N/A
Cranberry Walnut Chicken Salad on Country Rustic - Whole	1 Sandwich	690	300	33	3.5	0	80	970	68	5	12	32	N/A
Grilled Cheese on Classic White Loaf - Half	1/2 Sandwich	400	190	21	13	0.5	60	1270	37	3	8	16	N/A
Grilled Cheese on Classic White Loaf - Whole	1 Sandwich	810	380	42	26	1.5	120	2540	74	5	16	32	N/A

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Grilled Chicken & Avo BLT on Country Rustic Sourdough - Half	1/2 Sandwich	470	250	27	8	0	90	870	33	3	2	24	N/A
Grilled Chicken & Avo BLT on Country Rustic Sourdough - Whole	1 Sandwich	940	490	55	16	0	185	1750	66	7	4	48	N/A
Smokehouse BBQ Chicken on Artisan Ciabatta - Half	1/2 Sandwich	410	100	11	5	0	70	1200	56	2	7	22	N/A
Smokehouse BBQ Chicken on Artisan Ciabatta - Whole	1 Sandwich	820	190	21	10	0	140	2390	113	4	14	45	N/A
Spicy Fiesta Chicken on Ciabatta - Half	1/2 Sandwich	470	140	16	8	0	80	990	56	3	4	26	N/A
Spicy Fiesta Chicken on Ciabatta - Whole	1 Sandwich	940	290	32	16	0.5	160	1970	112	6	8	51	N/A
Toasted Frontega Chicken on Black Pepper Focaccia - Half	1/2 Sandwich	430	170	19	5	0	70	1220	43	2	3	20	N/A
Toasted Frontega Chicken on Black Pepper Focaccia - Whole	1 Sandwich	860	350	39	11	0.5	145	2430	87	4	7	40	N/A
Tomato Basil BLT on Tomato Basil Miche - Half	1/2 Sandwich	390	200	22	4.5	0	30	780	35	3	5	12	N/A
Tomato Basil BLT on Tomato Basil Miche - Whole	1 Sandwich	780	400	45	9	0	55	1560	71	6	10	23	N/A
Tuna Salad on Country Rustic Sourdough - Half	1/2 Sandwich	300	130	14	2.5	0	25	600	30	2	2	12	N/A
Tuna Salad on Country Rustic Sourdough - Whole	1 Sandwich	590	260	29	4.5	0	50	1200	60	4	5	24	N/A
Turkey & Cheddar on Country Rustic Sourdough - Half	1/2 Sandwich	420	210	24	6	0	60	1060	31	2	3	20	N/A

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Turkey & Cheddar on Country Rustic Sourdough - Whole	1 Sandwich	840	430	47	12	0	125	2110	63	3	7	40	N/A
Asiago Bagel Stack Sandwich - Chicken Roma	1 Sandwich	610	250	27	10	0	95	1120	59	3	6	31	N/A
Asiago Bagel Stack Sandwich - Spicy Steak	1 Sandwich	630	230	26	13	0	100	1480	62	4	7	39	N/A
Toasted Caprese Focaccia - Half	1/2 sandwich	370	120	13	7	0	30	740	48	2	7	15	N/A
Toasted Caprese Focaccia - Whole	1 sandwich	740	240	27	15	0.5	60	1480	97	4	15	30	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
French Baguette - Side Portion	3 1/2 inch slice	190	5	0.5	0	0	0	410	41	1	1	6	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 - 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
Bistro French Onion - Bread Bowl	1 Bread bowl with soup	850	110	12	6	0	20	2550	158	5	15	27	N/A
Vegetarian Creamy Tomato with Croissant Croutons - Bread Bowl	1 Bread bowl with soup	880	160	18	10	0	30	2100	157	6	15	24	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

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Vegetarian Creamy Tomato Soup with Croissant Croutons - Group	1 Container	840	500	56	34	1	100	2690	75	2	40	10	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 Soup - Group	1 Container	990	640	72	44	6	205	3540	58	3	20	28	N/A
Broccoli Cheddar Soup - Bread Bowl	1 Bread bowl with soup	930	210	23	13	1.5	60	2350	152	6	10	29	N/A
Bacon Mac & Cheese - Group	1 Container	2110	1270	141	68	4.5	370	5240	137	0	31	73	N/A
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 Soup - Group	1 Container	990	640	72	44	6	205	3540	58	3	20	28	N/A
Bacon Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1170	340	38	17	1	90	2650	170	5	11	39	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 - Cup	1 Cup	200	100	11	6	0	30	930	19	2	4	6	N/A
Cream of Chicken & Wild Rice Soup - Bread Bowl	1 Bread bowl with soup	850	120	13	6	0	30	2270	155	7	8	27	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 - Cup	1 cup	120	25	3	1	0	35	1050	14	0	2	10	N/A



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Homestyle Chicken Noodle Soup - Bread Bowl	1 bread bowl with soup	770	45	5	1.5	0	35	2380	150	5	6	30	N/A
Homestyle Chicken Noodle Soup - Group	1 container	420	90	10	3	0	120	3660	49	0	6	33	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
Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1140	310	34	16	1	85	2490	170	5	11	37	N/A
Mac & Cheese - Group	1 Container	1950	1160	128	63	4	335	4590	135	0	29	63	N/A
Mexican Style Street Corn Chowder - Bowl	1 bowl	340	160	18	9	0.5	45	1340	42	4	7	7	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 - Bread Bowl	1 bread bowl with soup	870	120	14	6	0	30	2230	163	7	8	25	N/A
Mexican Style Street Corn Chowder - Group	1 container	780	370	41	21	1	100	3120	95	9	16	17	N/A
Vegetarian Black Bean Soup - Bowl	1 1/2 Cups	140	15	2	0	0	0	1120	41	18	2	8	N/A
Vegetarian Black Bean Soup - Cup	1 Cup	90	10	1	0	0	0	750	27	12	1	5	N/A
Vegetarian Black Bean Soup - Bread Bowl	1 Bread bowl with soup	740	30	3.5	0.5	0	0	2080	163	17	5	26	N/A
Vegetarian Black Bean Soup - Group	1 Container	330	40	4	0.5	0	0	2610	95	41	5	18	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

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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
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 Caesar Salad - Serves 10	2 Containers	2500	1820	202	59	3	255	6430	114	25	29	69	N/A
Catering Caesar Salad - Serves 5	1 Container	1250	910	101	30	1.5	125	3210	57	13	14	34	N/A
Catering Caesar Salad with Chicken - Serves 10	2 Containers	3190	1930	214	62	3	600	12570	140	26	38	178	N/A
Catering Caesar Salad with Chicken - Serves 5	1 Container	1590	960	107	31	1.5	300	6280	70	13	19	89	N/A
Catering Fuji Apple Salad - Half	1/2 Salad	280	190	21	3.5	0	10	270	22	3	15	3	N/A

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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
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

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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 Ranch Parm BLT Salad - Serves 10	2 Containers	3490	2500	277	82	3.5	405	8910	139	20	50	116	N/A
Catering Ranch Parm BLT Salad - Serves 5	1 Container	1740	1250	139	41	1.5	205	4450	70	10	25	58	N/A
Catering Southwest Chicken Ranch Salad - Serves 10	2 Containers	3780	2420	269	45	2	515	9860	203	52	69	151	N/A
Catering Southwest Chicken Ranch Salad - Serves 5	1 Container	1890	1210	135	23	1	260	4930	101	26	35	76	N/A
Catering Strawberry Poppyseed Salad without Pecans- Serves 10	2 Containers	800	60	6	0.5	0	0	1020	184	35	132	19	N/A
Catering Strawberry Poppyseed Salad without Pecans - Serves 5	1 Container	400	30	3	0	0	0	510	92	18	66	10	N/A
Catering Strawberry Poppyseed Salad - Serves 10	2 Containers	1340	520	58	5	0	0	1020	195	40	135	26	N/A
Catering Strawberry Poppyseed Salad - Serves 5	1 Container	670	260	29	2.5	0	0	510	98	20	68	13	N/A
Catering Strawberry Poppyseed with Chicken Salad without Pecans- Serves 10	2 Containers	1490	170	19	3.5	0	345	7160	211	36	141	128	N/A
Catering Strawberry Poppyseed with Chicken Salad without Pecans - Serves 5	1 Container	740	80	9	1.5	0	175	3580	105	18	71	64	N/A

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Catering Strawberry Poppyseed with Chicken Salad - Serves 10	2 Containers	2020	630	70	8	0	345	7160	221	41	144	135	N/A
Catering Strawberry Poppyseed with Chicken Salad - Serves 5	1 Container	1010	320	35	4	0	175	3580	111	20	72	67	N/A
Catering French Baguette	1 Baguette	1160	40	4.5	1	0	0	2470	244	9	7	37	N/A
Catering Ham & Cheddar on Country Rustic Sourdough - Whole	1 Sandwich	840	440	49	13	0	120	2350	63	3	6	38	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	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 Farmhouse Crunch Salad - Serves 10	2 Containers	3720	2500	278	65	2	225	5440	246	58	130	91	N/A
Catering Farmhouse Crunch Salad - Serves 5	1 Container	1860	1250	139	32	1	115	2720	123	29	65	45	N/A
Catering Farmhouse Crunch Salad - Serves 10 - No Almonds	2 Containers	3250	2300	256	62	2	225	5200	182	54	74	83	N/A
Catering Farmhouse Crunch Salad - Serves 5 - No Almonds	1 Container	1630	1150	128	31	1	115	2600	91	27	37	42	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 Shrimply Baja Salad - Serves 10	2 Containers	3840	2610	290	53	3.5	1005	6630	163	53	52	134	N/A
Catering Shrimply Baja Salad - Serves 5	1 Container	1920	1300	145	27	1.5	505	3320	82	27	26	67	N/A
Catering Summer Fruit Bowl - Serves 10	2 containers	680	30	3.5	0	0	0	95	169	26	126	10	N/A

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Catering Summer Fruit Bowl - Serves 5	1 container	340	15	1.5	0	0	0	50	85	13	63	5	N/A
Catering Ultimate Garden Steak Salad - Serves 10	2 Containers	3760	2090	232	41	4	490	8050	264	38	102	163	N/A
Catering Ultimate Garden Steak Salad - Serves 5	1 Container	1880	1040	116	21	2	245	4030	132	19	51	82	N/A
GRAB N GO													
Chicken Caesar Wrap	1 Wrap	480	200	22	6	0	55	1510	41	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
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