

# au bon pain. | Café Menu

## I Bagels

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asiago Cheese Bagel	4.4 oz (125 g)	370	8.0	4.5	0	20	650	56	2	4	17
	CONTAINS: WHEAT, MILK, SOY.										
Cinnamon Crisp Bagel	4.4 oz. (125 g)	410	7.0	3.5	0	0	410	77	4	25	11
	CONTAINS: WHEAT, MILK, SOY.										
Cinnamon Raisin Bagel	4.3 oz. (123g)	320	1.0	0.0	0	0	430	67	4	15	11
	CONTAINS: SOY, WHEAT.										
Everything Bagel	3.8 oz (109g)	300	2.0	0.0	0	0	480	58	3	5	11
	CONTAINS WHEAT, SOY, SESAME.										
Honey 9 Grain Bagel	4.1 oz. (115 g)	310	2.0	0.0	0	0	480	63	6	7	11
	CONTAINS: WHEAT, SOY. MAY CONTAIN MILK.										
Jalapeno Double Cheddar Bagel	4.2 oz (119g)	320	8.0	5.0	0	25	600	52	2	5	15
	CONTAINS: MILK, SOY, WHEAT.										
Onion Dill Bagel	3.9 oz. (112 g)	280	1.0	0.0	0	0	440	57	3	4	11
	CONTAINS WHEAT, SOY.										
Plain Bagel	3.7 oz. (106g)	280	1.0	0.0	0	0	440	57	2	4	11
	CONTAINS WHEAT, SOY.										
Sesame Seed Bagel	3.8 oz. (109g)	300	2.5	0.0	0	0	440	58	3	4	12
	CONTAINS WHEAT, SOY, SESAME.										
Whole Wheat Skinny Bagel	1.6 oz (45g)	90	1.0	0.0	0	0	230	21	6	1	5
	CONTAINS: SOY, WHEAT.										

## I Cookies & Desserts

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Brownie Bites	1.4 oz (39g)	160	7.0	2.0	0	25	75	22	1	15	1
	CONTAINS: EGGS, MILK, SOY, WHEAT. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING PEANUTS AND TREE NUTS.										
Chewy Marshmallow Bar	2.1 oz (60g)	250	5.0	3.0	0	15	240	40	0	26	2
	CONTAINS: MILK.										
Chocolate and Crème Torsade	2.1 oz (60g)	230	9.0	6.0	0	20	230	34	2	10	5
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (COCONUT), WHEAT, SULFITES.										
Chocolate Chip Brownie	4 oz (113 g)	440	21.0	6.0	0	85	240	62	2	39	4
	CONTAINS: EGGS, MILK, SOY, WHEAT. MADE IN A FACILITY THAT MANUFACTURES PRODUCTS CONTAINING WHEAT, EGGS, PEANUTS, TREE NUTS, SOYBEANS, MILK.										
Chocolate Dipped Cranberry Almond Coconut Macaroon	2.4 oz (69g)	290	16.0	13.0	0	0	110	34	2	25	4
	CONTAINS: EGG, MILK, SOY, TREE NUTS (ALMONDS, COCONUT), WHEAT, SULFITES.										

## I Cookies & Desserts (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate Dipped Shortbread Cookie	2.6 oz (75g)	390	23.0	15.0	0.5	75	140	43	1	19	4
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Chocolate Peppermint Krinkle Cookie	2.4 oz (68g)	290	12.0	7.0	0	60	310	45	3	32	4
	CONTAINS: EGGS, MILK, WHEAT.										
Cinnamon Swirl Roll	5.2 oz (147g)	550	26.0	13.0	0	70	330	76	4	40	6
	CONTAINS: EGGS, MILK, SOY, WHEAT, SULFITES.										
Classic Oatmeal Raisin Cookie	2.2 oz (63g)	290	11.0	6.0	0	40	150	46	2	24	4
	CONTAINS: EGGS, MILK, WHEAT.										
Double Chocolate Chunk Cookie	2.2 oz (64g)	320	18.0	11.0	0	40	150	42	2	25	3
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Double Chocolate Cupcake	3.2 oz. (90g)	320	13.0	6.0	0	30	250	49	2	34	4
	CONTAINS: EGG, MILK, SOY, WHEAT. THIS PRODUCT IS PROCESSED IN A PLANT THAT MANUFACTURES PRODUCTS WITH PEANUTS AND TREE NUTS (ALMONDS, COCONUT, HAZELNUTS, MACADAMIAS, PECANS, PISTACHIOS, WALNUTS).										
English Toffee Cookie	2.3 oz (65g)	320	16.0	9.0	0	50	240	42	1	25	4
	CONTAINS: EGG, MILK, SOY, TREE NUTS (ALMONDS, PECANS, WALNUTS), WHEAT.										
Gingerbread Cookie	1.7 oz (48g)	210	4.5	0.5	0	10	210	40	1	11	3
	CONTAINS: EGGS, SOY, WHEAT.										
Gluten Free Congo Bar	3 oz (85g)	350	16.0	10.0	0	45	160	47	4	36	5
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (ALMONDS, COCONUT, WALNUTS), SULFITES.										
Gluten Free Fudge Chunk Brownie	3.5 oz (100g)	430	24.0	15.0	0	95	110	53	5	45	5
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (COCONUT).										
Harvest Cookie	3 oz (85g)	370	18.0	9.0	0	55	190	47	3	26	7
	CONTAINS: EGGS, MILK, TREE NUTS (ALMONDS), WHEAT.										
Iced Lemon Pound Cake	4.5 oz (128g)	470	21.0	11.0	0	140	510	66	1	41	6
	CONTAINS: EGG, MILK, SOY, WHEAT. MAY CONTAIN TREE NUTS (WALNUTS).										
Marble Pound Cake	4 oz (114g)	450	24.0	13.0	0	150	560	54	1	30	7
	CONTAINS: EGG, MILK, SOY, WHEAT. MAY CONTAIN TREE NUTS (WALNUTS)										
Mini Double Chocolate Chunk Cookies	1.1 oz (32g)	160	9.0	5.0	0	20	75	21	1	13	1
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Mudslide Cookie	2.8 oz (80g)	360	19.0	9.0	0	60	170	48	4	33	6
	CONTAINS: EGG, MILK, SOY, TREE NUTS (WALNUTS), WHEAT.										
Palmier	2.6 oz (73g)	380	20.0	12.0	0	50	320	46	1	14	5
	CONTAINS: MILK, WHEAT. MAY CONTAIN EGGS, SOY.										
Pecan Roll	6 oz (175g)	740	43.0	18.0	0	75	370	85	5	48	8
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (PECANS), WHEAT.										

## I Cookies & Desserts (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Red Velvet Cupcake	3.1 oz. (89g)	400	22.0	7.0	0	35	290	46	1	36	3
	CONTAINS EGG, MILK, SOY, WHEAT. THIS PRODUCT IS PROCESSED IN A PLANT THAT MANUFACTURES PRODUCTS WITH PEANUTS AND TREE NUTS (ALMONDS, COCONUT, HAZELNUTS, MACADAMIAS, PECANS, PISTACHIOS, WALNUTS).										
Salted Caramel Banana Cupcake	3.1 oz (88g)	320	16.0	5.0	0	45	220	35	1	30	3
	CONTAINS: EGGS, MILK, SOY, WHEAT. THIS PRODUCT IS PROCESSED IN A PLANT THAT MANUFACTURES PRODUCTS WITH PEANUTS AND TREE NUTS (ALMONDS, COCONUT, HAZELNUTS, MACADAMIAS, PECANS, PISTACHIOS, WALNUTS).										
White Chocolate Macadamia Cookie	2.2 oz (64g)	330	19.0	8.0	0	40	190	40	1	24	4
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (MACADAMIA), WHEAT.										

## I Croissants

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Almond Croissant	4.1 oz (116g)	500	31.0	13.0	0.5	105	370	48	3	15	11
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (ALMONDS), WHEAT, SULFITES.										
Apple and Cinnamon Croissant	3.4 oz (96g)	240	8.0	5.0	0	30	290	38	2	15	5
	CONTAINS: EGGS, MILK, SOY, WHEAT, SULFITES.										
Chocolate Croissant	4 oz (112g)	470	25.0	13.0	0	45	240	57	3	27	7
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Double Chocolate CroisBun (TM)	5.4 oz (154g)	610	28.0	17.0	0.5	80	430	79	4	45	10
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Ham and Cheese Croissant	4.1 oz. (116g)	410	22.0	12.0	0	50	700	35	1	6	18
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Pain au Chocolat	3.8 oz (115g)	480	25.0	16.0	0	75	370	57	3	25	8
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Plain Croissant	2.4 oz (68g)	280	15.0	9.0	0	60	310	29	1	5	6
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Raspberry Cheese Croissant	4 oz (115g)	360	16.0	9.0	0	55	280	48	2	20	6
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Spinach and Cheese Croissant	3.1 oz (88g)	330	19.0	12.0	0	65	440	34	1	5	7
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Sweet Cheese CroisBun (TM)	5.1 oz (146g)	520	30.0	18.0	1	115	510	55	1	29	10
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Sweet Cheese Croissant	3.9 (112g)	430	23.0	14.0	0.5	95	420	48	1	23	8
	CONTAINS: EGGS, MILK, SOY, WHEAT.										

## I Danish

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cherry Danish	4.7 oz (135g)	370	15.0	9.0	0	60	340	51	3	19	7
	CONTAINS: EGGS, MILK, SOY, WHEAT, SULFITES.										
Sweet Cheese Danish	4.7 oz (133g)	450	21.0	13.0	0	90	400	56	2	25	9
	CONTAINS: EGGS, MILK, SOY, WHEAT, SULFITES.										

## I Muffins

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Blueberry Muffin	5.2 oz (148g)	490	19.0	3.0	0	15	530	73	3	33	9
	CONTAINS: EGG, MILK, SOY, WHEAT. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO PEANUTS, TREE NUTS (COCONUT, PECAN, WALNUTS).										
Carrot Walnut Muffin	5.1 oz (145g)	540	25.0	5.0	0	55	810	73	3	40	9
	CONTAINS: EGGS, SOY, TREE NUTS (COCONUT, WALNUTS), WHEAT, SULFITES. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO MILK, PEANUTS, TREE NUTS (PECANS).										
Corn Muffin	5.2 oz (148g)	490	18.0	3.0	0	55	620	74	2	31	9
	CONTAINS: EGGS, MILK, SOY, WHEAT. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO PEANUTS, TREE NUTS (COCONUT, PECANS, WALNUTS).										
Cranberry Walnut Muffin	5.3 oz (151g)	520	24.0	3.5	0	15	520	67	4	29	10
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (WALNUTS), WHEAT. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO PEANUTS, TREE NUTS (COCONUT, PECANS).										
Double Chocolate Chunk Muffin	5.2 oz (148g)	580	24.0	7.0	0	15	500	86	5	49	10
	CONTAINS: EGGS, MILK, SOY, WHEAT. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO PEANUTS, TREE NUTS (COCONUT, PECANS, WALNUTS).										
Low Fat Berry Muffin with Whole Grains	4.5 oz (130g)	290	3.0	0.5	0	15	460	61	4	30	7
	CONTAINS: EGGS, MILK, SOY, WHEAT. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO PEANUTS AND TREE NUTS (COCONUTS, PECANS, WALNUTS).										
Raisin Bran Muffin	5.5 oz (155g)	420	11.0	2.0	0	25	610	78	8	29	10
	CONTAINS: EGGS, MILK, SOY, WHEAT. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO PEANUTS, TREE NUTS (COCONUT, PECANS, WALNUTS).										

## I Scones

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cinnamon Scone	4.0 oz (113g)	470	25.0	15.0	0.5	125	410	56	2	22	8
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Cranberry Orange Scone	5 oz (142g)	520	19.0	11.0	0	125	420	81	2	47	8
	CONTAINS: EGGS, MILK, WHEAT.										
Maple Walnut Scone	4.9 oz (139g)	560	27.0	12.0	0.5	130	430	71	2	36	10
	CONTAINS: EGGS, MILK, TREE NUTS (WALNUTS), WHEAT.										

## I Blasts & Smoothies

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Berry Pomegranate Smoothie	16 fl oz (480 mL)	270	0.0	0.0	0	5	30	62	3	52	6
	CONTAINS: MILK.										
Berry Sensation Yogurt Smoothie	16 fl oz (480 mL)	280	0.5	0.0	0	5	45	63	5	49	8
	CONTAINS: MILK.										
Coffee Blast (Medium)	16 fl oz (480 mL)	440	21.0	15.0	0	75	115	71	0	67	8
	CONTAINS MILK.										
Coffee Blast (Large)	24 fl oz (720 mL)	690	29.0	21.0	0	105	170	119	0	112	11
	CONTAINS MILK.										
Fresh Fruit Smoothie with Bananas, Pineapple and Grapes	16 fl oz (480 mL)	250	0.0	0.0	0	0	10	64	4	50	2
Fresh Fruit Smoothie with Bananas, Watermelon and Grapes	16 fl oz (480 mL)	230	0.0	0.0	0	0	10	59	3	47	2
Fresh Fruit Smoothie with Mixed Fruit	16 fl oz (480 mL)	210	0.0	0.0	0	0	20	54	4	42	2
Frozen Caramel Latte	16 fl oz (480 mL)	610	20.0	13.0	0.5	70	160	100	2	92	7
	CONTAINS: MILK.										
Frozen Mocha Latte	16 fl oz (480 mL)	590	21.0	13.0	0.5	65	135	94	2	90	8
	CONTAINS: MILK.										
Mango Smoothie	16 fl oz. (480 mL)	300	0.0	0.0	0	5	30	72	3	55	6
	CONTAINS: MILK.										
Mango Wave Fresh Fruit Smoothie	16 fl oz (480 mL)	230	0.0	0.0	0	0	10	59	5	47	1
Mocha Blast (Medium)	16 fl oz (480 mL)	440	17.0	12.0	0	60	95	80	2	74	7
	CONTAINS MILK.										
Mocha Blast (Large)	24 fl oz (720 mL)	700	22.0	15.0	0	75	130	137	3	126	10
	CONTAINS MILK.										
South Beach Yogurt Smoothie	16 fl oz (480 mL)	300	0.0	0.0	0	5	40	69	5	52	10
	CONTAINS: MILK.										
Strawberry Banana Yogurt Smoothie	16 fl oz (480 mL)	310	0.0	0.0	0	5	45	72	5	57	9
	CONTAINS: MILK.										
Strawberry Passion Fresh Fruit Smoothie	16 fl oz (480 mL)	190	0.0	0.0	0	0	0	48	4	34	3
Strawberry Smoothie	16 fl oz (480 mL)	290	0.0	0.0	0	5	30	68	3	54	6
	CONTAINS: MILK.										

## I Coffee & Espresso

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caffe Americano	16 fl oz (480 mL)	10	0.0	0.0	0	0	25	2	0	2	0
Caffe Latte	16 fl oz. (480 mL)	140	7.0	4.0	0	20	105	12	0	12	7
	CONTAINS MILK										
Caffe Milano	16 fl oz (480 mL)	280	8.0	4.5	0	20	115	45	0	44	8
	CONTAINS: MILK, TREE NUTS (HAZELNUT).										
Caffe Viennese	16 fl oz (480 mL)	270	7.0	4.0	0	20	105	44	1	42	7
	CONTAINS MILK.										
Cappuccino	16 fl oz. (480 mL)	120	6.0	3.5	0	20	90	10	0	10	6
	CONTAINS MILK.										
Caramel Macchiato	16 fl oz (480 mL)	280	7.0	4.0	0	25	140	45	0	41	7
	CONTAINS MILK.										
Chai Latte	16 fl oz (480 mL)	210	7.0	4.0	0	20	90	30	0	30	7
	CONTAINS MILK.										
Hot Chocolate	16 fl oz (480 mL)	360	14.0	8.0	0	40	125	50	0	46	9
	CONTAINS: MILK.										
Iced Caffe Americano	16 fl oz (480 mL)	10	0.0	0.0	0	0	30	2	0	2	0
Iced Caffe Latte	16 fl oz (480 mL)	140	7.0	4.0	0	20	110	12	0	12	7
	CONTAINS MILK.										
Iced Caffe Milano	16 fl oz (480 mL)	280	8.0	4.5	0	20	120	45	0	44	8
	CONTAINS: MILK, TREE NUTS (HAZELNUT).										
Iced Caffe Viennese	16 fl oz (480 mL)	270	7.0	4.0	0	20	110	44	1	42	7
	CONTAINS MILK.										
Iced Caramel Macchiato	16 fl oz (480 mL)	280	7.0	4.0	0	25	140	45	0	41	7
	CONTAINS MILK.										
Iced Chai Latte	16 fl oz (480 mL)	210	7.0	4.0	0	20	100	30	0	30	7
	CONTAINS MILK.										
Iced Decaf French Roast Coffee (Medium)	24 fl oz (720 mL)	10	0.0	0.0	0	0	20	2	0	2	0
Iced Decaf French Roast Coffee (Large)	28 fl oz (840 mL)	10	0.0	0.0	0	0	25	2	0	2	0
Iced French Roast Coffee (Medium)	24 fl oz (720 mL)	10	0.0	0.0	0	0	20	2	0	2	0

## I Coffee & Espresso (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Iced French Roast Coffee (Large)	28 fl oz (840 mL)	10	0.0	0.0	0	0	25	2	0	2	0
	CONTAINS MILK.										
Iced French Vanilla Coffee (Medium)	24 fl oz (720 mL)	10	0.0	0.0	0	0	20	2	0	0	1
	CONTAINS MILK.										
Iced French Vanilla Coffee (Large)	28 fl oz (840 mL)	15	0.0	0.0	0	0	25	3	0	0	1
	CONTAINS MILK.										
Iced Mocha Latte	16 fl oz (480 mL)	310	9.0	5.0	0	20	125	48	0	48	8
	CONTAINS MILK.										
Iced Peppermint Latte	16 fl oz (480 mL)	240	7.0	4.0	0	20	110	38	0	38	7
	CONTAINS: MILK.										
Iced Vanilla Latte	16 fl oz (480 mL)	240	7.0	4.0	0	20	110	37	0	36	7
	CONTAINS MILK.										
Mocha Latte	16 fl oz (480 mL)	310	9.0	5.0	0	20	120	48	0	48	8
	CONTAINS MILK										
Peppermint Hot Chocolate	16 fl oz (480 mL)	340	10.0	6.0	0	25	110	56	0	55	9
	CONTAINS MILK.										
Peppermint Latte	16 fl oz (480 mL)	240	7.0	4.0	0	20	105	38	0	38	13
	CONTAINS: MILK.										
Vanilla Latte	16 fl oz (480mL)	240	7.0	4.0	0	20	105	37	0	36	7
	CONTAINS MILK.										
Vanilla Latte with Sugar Free Syrup	16 fl oz (480 mL)	140	7.0	4.0	0	20	105	15	0	12	7
	CONTAINS: MILK.										
Whipped Cream Topping	2 Tablespoons (6g)	20	1.5	1.0	0	5	0	0	0	0	0
	CONTAINS MILK.										

## I Fountain and Other

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caffeine Free Pepsi (Medium)	24 fl oz. (720 mL)	300	0.0	0.0	0	0	60	84	0	84	0
	CONTAINS MILK.										
Caffeine Free Pepsi (Large)	32 fl oz (960 mL)	400	0.0	0.0	0	0	80	112	0	112	0
	CONTAINS MILK.										
Diet Pepsi (Medium)	24 fl oz (720 mL)	0	0.0	0.0	0	0	75	0	0	0	0
	CONTAINS MILK.										

## I Fountain and Other (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Diet Pepsi (Large)	32 fl oz (960 mL)	0	0.0	0.0	0	0	100	0	0	0	0
Diet Sierra Mist (Medium)	24 fl oz (720 mL)	0	0.0	0.0	0	0	75	0	0	0	0
Diet Sierra Mist (Large)	32 fl oz (960 mL)	0	0.0	0.0	0	0	100	0	0	0	0
Gogi Berry Green Iced Tea (Medium)	24 fl oz (720 mL)	0	0.0	0.0	0	0	30	0	0	0	0
Gogi Berry Green Iced Tea (Large)	32 fl oz (960 mL)	0	0.0	0.0	0	0	40	0	0	0	0
Homestyle Lemonade (Medium)	24 fl oz (720 mL)	290	0.0	0.0	0	0	0	78	0	72	0
Homestyle Lemonade (Large)	32 fl oz (960 mL)	390	0.0	0.0	0	0	0	103	0	97	0
Iced Black Tea (Medium)	24 fl oz (720 mL)	5	0.0	0.0	0	0	20	2	0	0	0
Iced Black Tea (Large)	32 fl oz (960 mL)	10	0.0	0.0	0	0	30	3	0	0	0
Mountain Dew (Medium)	24 fl oz (720 mL)	330	0.0	0.0	0	0	105	87	0	87	0
Mountain Dew (Large)	32 fl oz (960 mL)	440	0.0	0.0	0	0	140	116	0	116	0
Mug Root Beer (Medium)	24 fl oz (720 mL)	300	0.0	0.0	0	0	45	78	0	78	0
Mug Root Beer (Large)	32 fl oz (960 mL)	400	0.0	0.0	0	0	60	104	0	104	0
Orange Juice (Small)	8 fl oz (240 mL)	110	0.0	0.0	0	0	0	26	0	26	2
Orange Juice (Large)	16 fl oz (480 mL)	220	0.0	0.0	0	0	5	52	1	50	3
Peach Iced Tea (Medium)	24 fl oz (720 mL)	270	0.0	0.0	0	0	0	67	0	66	0
Peach Iced Tea (Large)	32 fl oz (960 mL)	350	0.0	0.0	0	0	0	89	0	88	0



## I All Breads (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Honey Multigrain Baguette (Sandwich Size)	4.7 oz (133 g)	340	4.5	0.0	0	0	670	66	6	1	11
	CONTAINS: WHEAT, SESAME SEEDS, SOY.										
Improved Artisan Baguette (Salad Size)	3.1 oz (89g)	220	1.0	0.0	0	0	460	46	2	1	8
	CONTAINS: SOY, WHEAT.										
Improved Artisan Baguette (Sandwich Size)	4.2 oz (118g)	300	1.0	0.0	0	0	610	62	2	1	10
	CONTAINS: SOY, WHEAT.										
Rosemary Focaccia	4 oz (84g)	240	4.0	0.5	0	0	410	43	2	2	7
	CONTAINS: SOY, WHEAT.										
Southwest Jalapeno Cornbread	4.1 oz. (116g)	400	15.0	3.0	0	50	630	61	2	27	8
	CONTAINS: EGGS, MILK, SOY, WHEAT. THIS PRODUCT IS MANUFACTURED ON EQUIPMENT EXPOSED TO PEANUTS, TREE NUTS (COCONUT, PECAN, WALNUTS).										
Tortilla Wrap	3.5 oz. (100g)	280	7.0	3.5	0	0	240	45	2	1	7
	CONTAINS: SOY, WHEAT.										
Whole Wheat Multigrain Bread	4 oz (114g)	280	3.5	0.0	0	0	650	55	9	4	13
	CONTAINS: WHEAT, SOY, SESAME.										
Whole Wheat Tortilla Wrap	3.5 oz. (100g)	260	8.0	1.5	0	0	270	43	6	1	8
	CONTAINS: SOY, WHEAT.										

## I Breakfast Sandwiches

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
2 Eggs on a Bagel	7 oz. (197 g)	430	12.0	4.0	0	375	580	58	2	5	22
	CONTAINS: EGGS, WHEAT, SOY, MILK.										
2 Eggs on a Bagel with Bacon	7.5 oz (214g)	510	17.0	6.0	0	350	880	58	2	5	28
	CONTAINS EGG, WHEAT, MILK, SOY.										
2 Eggs on a Bagel with Bacon and Cheese	8 oz (228g)	560	22.0	9.0	0	365	970	58	2	5	32
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
2 Eggs on a Bagel with Cheese	7.4 oz (211g)	480	16.0	7.0	0	390	670	58	2	5	26
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
2 Eggs on a Bagel with Ham	8.6 (245g)	470	12.0	4.5	0	355	1000	59	2	5	29
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
2 Eggs, Bacon and Cheddar on Ciabatta	7.0 oz (198g)	470	22.0	9.0	0	365	1030	39	2	2	27
	CONTAINS: EGG, MILK, SOY, WHEAT.										
2 Eggs, Sausage & Cheddar on Asiago Bagel	9.8 oz (280g)	730	36.0	17.0	0	410	1210	58	2	5	40
	CONTAINS: EGGS, MILK, SOY, WHEAT.										

## I Breakfast Sandwiches (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
2 Eggs, Sausage & Cheddar on Ciabatta	8.2 oz (232g)	550	29.0	12.0	0	390	1060	41	2	2	30
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Egg Whites and Cheddar Breakfast Sandwich	5.8 oz (164g)	230	9.0	6.0	0	25	510	22	6	1	19
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Egg Whites, Cheddar and Avocado Breakfast Sandwich	7.3 oz (207g)	310	17.0	6.0	0	40	610	26	9	2	20
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Smoked Salmon Wasabi on Onion Dill Bagel	7.1 oz. (202g)	410	10.0	4.5	0	35	970	62	3	8	20
	CONTAINS: EGGS, FISH (SALMON), MILK, SOY, WHEAT.										

## I Café Sandwiches

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Black Angus Roast Beef and Cheddar Sandwich	10.2 oz (290g)	510	18.0	8.0	0	70	1740	53	3	4	34
	CONTAINS: EGG, MILK, SOY, WHEAT.										
Black Forest Ham and Cheddar Sandwich	11.2 oz (319g)	640	17.0	7.0	0	65	1720	92	7	24	32
	CONTAINS: MILK, SOY, WHEAT, SESAME SEEDS.										
BLT on Country White	6.8 oz (193g)	420	16.0	4.0	0	35	1180	52	2	4	17
	CONTAINS: EGGS, SOY, WHEAT.										
Classic Chicken Salad Sandwich (Whole Sandwich)	9 oz (254g)	450	12.0	2.0	0	55	990	58	3	8	25
	CONTAINS: EGGS, SOY, TREE NUTS (ALMONDS), WHEAT.										
Classic Chicken Salad Sandwich (Half Sandwich)	4.7 oz (134g)	230	6.0	1.0	0	25	500	30	2	4	13
	CONTAINS: EGGS, SOY, TREE NUTS (ALMONDS), WHEAT.										
Grilled Chicken Sandwich	10.2 oz (290g)	480	15.0	2.0	0	115	1230	53	3	4	33
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Tuna Salad Sandwich	9.6 oz (271g)	470	14.0	2.5	0	45	1130	60	11	7	30
	CONTAINS: EGGS, FISH (TUNA), SOY, WHEAT.										
Turkey and Swiss Sandwich (Whole Sandwich)	11.9 oz (339g)	740	30.0	16.0	0.5	110	1490	79	7	12	42
	CONTAINS: MILK, SOY, TREENUTS (PECANS), WHEAT, SESAME. MAY CONTAIN PEANUTS AND/OR OTHER TREENUTS.										
Turkey and Swiss Sandwich (Half Sandwich)	6.2 oz (175g)	370	15.0	8.0	0	55	740	40	3	6	21
	CONTAINS: MILK, SOY, TREENUTS (PECANS), WHEAT, SESAME. MAY CONTAIN PEANUTS AND/OR OTHER TREENUTS.										

## I Hot Sandwiches

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BBQ Chicken and Black Bean Wrap	14.3 oz (408g)	730	26.0	12.0	0	110	1290	75	9	13	45
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Black Angus Steak and Cheese Sandwich	11.7 oz (333g)	840	46.0	19.0	0	145	1560	63	6	8	44
	CONTAINS: EGGS, MILK, SOY, WHEAT, SESAME, SULFITES.										
Chicken Pomodoro Sandwich	12.5 oz (355g)	670	26.0	13.0	0.5	115	1420	57	4	4	51
	CONTAINS: MILK, SOY, WHEAT.										
Moroccan Lemon Chicken Wrap	12.1 oz (343g)	600	25.0	6.0	0	110	920	62	4	10	33
	CONTAINS: EGGS, MILK, SOY, WHEAT, SULFITES.										
Newport Turkey Sandwich	11.3 oz (321g)	770	34.0	14.0	0	115	1790	75	4	22	44
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Turkey Cubano on Ciabatta	10.1 oz (288g)	580	20.0	11.0	0	90	2050	62	3	8	41
	CONTAINS: MILK, SOY, WHEAT.										
Tuscan Grilled Cheese Sandwich	7.6 oz (217g)	620	32.0	20.0	0	100	1300	52	2	2	32
	CONTAINS: MILK, SOY, WHEAT.										

## I Signature Sandwiches

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Black Angus Roast Beef & Goat Cheese on Rosemary Focaccia	9.2 oz (262g)	510	22.0	7.0	0	85	1060	49	2	4	28
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Black Angus Roast Beef and Herb Cheese Sandwich (Half Sandwich)	5.4 oz (153g)	260	7.0	2.5	0	30	620	36	4	2	16
	CONTAINS: MILK, SOY, WHEAT, SESAME.										
Black Angus Roast Beef and Herb Cheese Sandwich (Whole Sandwich)	10.3 oz (292g)	520	14.0	6.0	0	55	1250	71	7	3	31
	CONTAINS: MILK, SOY, WHEAT, SESAME.										
Caprese Sandwich (Whole Sandwich)	9.1 oz (259g)	550	27.0	13.0	0	30	870	53	3	3	25
	CONTAINS: MILK, SOY, WHEAT. MAY CONTAIN EGGS.										
Caprese Sandwich (Half Sandwich)	4.9 oz (140g)	310	14.0	6.0	0	45	620	27	2	2	13
	CONTAINS: MILK, SOY, WHEAT. MAY CONTAIN EGGS.										
Caprese with Chicken Sandwich	13.1 oz (372g)	680	30.0	14.0	0	100	1230	53	3	3	49
	CONTAINS: MILK, SOY, WHEAT.										
Chipotle Black Bean Burger with Avocado Sandwich	11.8 oz. (334g)	700	33.0	8.0	0.5	70	1560	77	11	8	32
	CONTAINS: EGGS, MILK, SOY, WHEAT, SULFITES.										
Chipotle Turkey and Avocado Sandwich	11.2 oz (318g)	670	32.0	8.0	0	110	1750	60	6	4	39
	CONTAINS: EGGS, MILK, SOY, WHEAT.										

### I Signature Sandwiches (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Grilled Chicken Avocado Sandwich	12.5 oz (354g)	670	24.0	5.0	0	95	1830	67	5	3	42
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Turkey Club Sandwich	10.5 oz (299g)	600	24.0	10.0	0	95	1860	52	2	5	41
	CONTAINS: EGG, MILK, SOY, WHEAT.										

### I Wraps

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Caesar Wrap	10 oz (285g)	600	31.0	11.0	0.5	75	890	50	3	4	31
	CONTAINS: EGGS, FISH (ANCHOVY), MILK, SOY, WHEAT.										
Napa Chicken with Avocado Wrap	12.4 oz. (353g)	500	21.0	6.0	0	65	700	55	6	5	24
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Thai Peanut Chicken Wrap	12.5 oz (354g)	540	17.0	5.0	0	45	1020	72	5	15	26
	CONTAINS: PEANUTS, SOY, TREE NUTS (HAZELNUTS), WHEAT, SESAME.										
Veggie & Hummus Wrap	12.8 oz (362g)	670	38.0	9.0	0.5	30	1170	66	14	5	24
	CONTAINS: MILK, SOY, WHEAT, SESAME.										
Waldorf Turkey Wrap	11.5 oz (327g)	650	32.0	10.0	0	65	1300	63	9	18	32
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (WALNUTS), WHEAT.										

### I Harvest Rice Bowls

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Roasted Angus Steak Teriyaki Harvest Rice Bowl	17.7 oz (503g)	610	14.0	3.5	0	40	1510	91	5	13	30
	CONTAINS: MILK, SOY, SESAME.										
Roasted Mayan Chicken Harvest Rice Bowl	17.7 oz (503g)	580	17.0	4.0	0	80	1010	80	5	5	28
	CONTAINS: SOY.										

### I Hot & Cold Lunch Bar

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Alfredo Sauce	1 oz (28g)	80	7.0	3.0	0	25	160	1	0	1	2
	CONTAINS: MILK.										
Chicken Parmesan	1 oz. (28g)	30	1.5	0.5	0	10	75	1	0	0	4
	CONTAINS: MILK.										
Chicken Wings in BBQ Sauce	1 oz (28g)	70	4.0	1.0	0	15	180	3	0	2	5

### I Hot & Cold Lunch Bar (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Wings in Teriyaki Sauce	1 oz (28g)	70	4.0	1.0	0	15	210	2	0	1	5
	CONTAINS: SOY, SESAME.										
Eggplant Parmesan	1 oz. (28 g)	50	3.0	1.5	0	5	135	4	1	1	2
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Macaroni and Cheese	1 oz. (28g)	45	3.0	2.0	0	10	100	3	0	1	2
	CONTAINS: MILK, WHEAT, SOY, EGGS.										
Marinara Sauce	1 oz (28g)	20	1.0	0.0	0	0	80	2	0	1	1
	CONTAINS: MILK.										
Meatballs and Marinara Sauce	1 oz. (28 g)	40	3.0	1.0	0	5	110	2	1	1	2
	CONTAINS: MILK, SOY, WHEAT.										
Pearl Barley with Vegetables	1 oz. (28 g)	40	1.5	1.0	0	5	45	6	1	0	1
	CONTAINS: MILK, WHEAT, SULFITES.										
Penne Rigate	1 oz (28g)	40	1.0	0.0	0	0	0	7	0	0	1
	CONTAINS: WHEAT.										
Roasted Chicken and Thyme	1 oz. (28 g)	50	2.5	0.5	0	20	50	0	0	0	6
Sausage and Peppers with Tomato Sauce	1 oz. (28g)	35	2.0	0.5	0	5	100	1	0	0	2
	CONTAINS: MILK.										
Shahi Paneer (Indian Curry)	1 oz (28g)	60	4.0	2.0	0	10	125	2	0	2	3
	CONTAINS: MILK, TREE NUTS (CASHEWS), PEANUTS, SULFITES.										
Shrimp and Chorizo Gumbo	1 oz. (28g)	25	0.5	0.0	0	5	90	3	0	0	1
	CONTAINS: SHELLFISH (SHRIMP), SOY, WHEAT.										
Spinach and Ricotta Lasagna	1 oz. (28 g)	45	3.0	1.5	0	10	75	3	0	1	3
	CONTAINS: EGG, MILK, SOY, WHEAT.										
Vodka Sauce	1 oz (28g)	40	3.0	1.0	0	10	110	2	0	1	1
	CONTAINS: MILK.										

### I Hot Breakfast Bar

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Roasted Potatoes	1 oz. (28g)	35	1.0	0.0	0	0	110	6	1	0	1
Sausage with Peppers and Onions	1 oz. (28g)	40	2.5	0.5	0	5	110	1	0	0	3
	CONTAINS: SOY, WHEAT.										

### I Hot Breakfast Bar (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Scrambled Eggs	1 oz. (28g)	35	3.0	1.0	0	85	90	1	0	1	3
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Scrambled Eggs, Ham & Cheese	1 oz. (28g)	40	2.5	1.0	0	75	115	1	0	1	3
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Warm Apple Bake	1 oz. (28g)	80	3.0	2.0	0	10	90	11	0	3	1
	CONTAINS: EGGS, MILK, SOY, WHEAT, SULFITES.										

### I Hot Entrees

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Meat Lasagna	10.7 oz. (304g)	470	24.0	11.0	0	100	1080	41	5	7	22
	CONTAINS MILK, WHEAT, EGGS, SOY.										
Roasted Angus Steak Teriyaki Harvest Rice Bowl	17.7 oz (503g)	610	14.0	3.5	0	40	1510	91	5	13	30
	CONTAINS: MILK, SOY, SESAME.										
Roasted Mayan Chicken Harvest Rice Bowl	17.7 oz (503g)	580	17.0	4.0	0	80	1010	80	5	5	28
	CONTAINS: SOY.										

### I Oatmeal

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Cinnamon Oatmeal (Small)	8 oz (227g)	190	3.0	0.0	0	0	5	37	4	10	6
Apple Cinnamon Oatmeal (Large)	16 oz. (454g)	370	6.0	1.0	0	0	15	75	9	19	11
Apple Cinnamon Oatmeal (Medium)	12 oz. (340g)	280	4.0	0.5	0	0	10	56	7	14	8
Classic Oatmeal (Small)	8 oz (227g)	170	3.0	0.0	0	0	5	32	4	1	6
Classic Oatmeal (Large)	16 oz (454 g)	340	6.0	1.0	0	0	15	63	9	1	13
Classic Oatmeal (Medium)	12 oz (340 g)	260	5.0	0.5	0	0	10	47	6	1	10

## I Snacks

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Baked! Lay's® Original Potato Crisps	1.125 oz (32g)	130	2.0	0.0	0	0	200	26	2	2	2
	CONTAINS: SOY										
Brie, Cheddar & Fruit with Crackers Petit Plate	4.2 oz (118g)	310	19.0	10.0	0.5	50	490	25	1	10	10
	CONTAINS: MILK, SOY, WHEAT, SESAME.										
Cape Cod® Kettle Cooked Potato Chips	1.5 oz (42.5g)	220	12.0	1.0	0	0	160	25	2	0	3
Chicken, Chickpea & Tomato Salad Petit Plate	6 oz (170g)	200	9.0	1.0	0	20	700	19	6	3	12
	CONTAINS: MILK, SOY.										
Chocolate Covered Almonds	1.4 oz (40g)	230	15.0	5.0	0	5	10	20	2	17	4
	CONTAINS: MILK, SOY, TREE NUTS (ALMONDS). MAY CONTAIN TRACES OF PEANUTS, TREE NUTS (BRAZIL NUTS, CASHEWS, FILBERTS (HAZELNUTS), MACADAMIAS, PECANS, PISTACHIOS, PINE NUTS AND WALNUTS).										
Food Should Taste Good® All Natural Multigrain Chips	1.5 oz (43g)	210	9.0	1.0	0	0	120	27	5	2	4
	CONTAINS: SOY, SESAME.										
Fresh Grapes	8 oz. (227g)	160	0.0	0.0	0	0	0	41	2	35	2
Fresh Watermelon	8 oz. (227g)	70	0.0	0.0	0	0	0	17	1	14	1
Fruit Cup (Small)	6 oz (170g)	70	0.0	0.0	0	0	15	18	1	15	1
	CONTAINS NONE.										
Fruit Cup (Large)	12 oz (340g)	140	0.5	0.0	0	0	30	36	3	31	2
	CONTAINS NONE.										
Hard-Boiled Eggs	3.5 oz (100g)	150	11.0	3.5	0	425	125	1	0	1	13
	CONTAINS EGGS.										
Hummus & Pita Chip Snack Pack	3.5 oz (99g)	340	21.0	1.5	0	0	400	31	6	2	9
	CONTAINS: WHEAT, SESAME SEEDS.										
Kind Bar® Fruit & Nut Delight	1.4 oz (40g)	180	11.0	1.5	0	0	15	20	4	11	5
	CONTAINS: PEANUTS, SOY, TREE NUTS (ALMONDS, BRAZIL NUTS, WALNUTS).										
Kind Bar® Maple Glazed Pecan & Sea Salt	1.4 oz (40g)	210	16.0	1.5	0	0	140	13	5	5	6
	CONTAINS: PEANUTS, SOY, TREE NUTS (ALMONDS, PECANS).										
Kind Bar® Peanut Butter Dark Chocolate	1.4 oz (40g)	200	13.0	3.5	0	0	50	17	3	10	7
	CONTAINS: MILK, PEANUTS, SOY, TREE NUTS (ALMONDS, BRAZIL NUTS, CASHEWS, MACADAMIAS, WALNUTS)										
Mediterranean Power Pack	13 oz (369g)	1020	75.0	8.0	0	0	840	73	17	16	28
	CONTAINS: SOY, TREE NUTS (ALMONDS, CASHEWS, WALNUTS), WHEAT, SESAME.										

## I Snacks (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mixed Nuts	1.1 oz (30g)	180	16.0	2.0	0	0	110	7	2	2	6
	CONTAINS: ALMONDS, CASHEWS. PROCESSED IN A FACILITY THAT PROCESSES PEANUTS, TREE NUTS [BRAZIL NUTS, FILBERTS (HAZELNUTS), MACADAMIAS, PECANS, PISTACHIOS, PINE NUTS, WALNUTS], SOY, MILK, WHEAT, EGGS.										
Muesli	8 oz (227g)	370	6.0	0.5	0	0	40	74	7	39	10
	CONTAINS: MILK, TREE NUTS (ALMONDS).										
Snyder's of Hanover @ Mini Pretzels	1 oz (30g)	110	0.0	0.0	0	0	250	25	0	0	3
	CONTAINS: WHEAT. PRODUCED IN A FACILITY THAT HANDLES PEANUT BUTTER.										
Wheatberry Waldorf Salad Petit Plate	5.3 oz (150g)	310	14.0	1.5	0	0	320	45	7	12	6
	CONTAINS: SOY, TREE NUTS (WALNUTS), WHEAT.										

## I Yogurt

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Blueberry Yogurt & Wild Blueberry Parfait	10.3 oz (292g)	410	8.0	3.0	0	10	220	76	4	53	12
	CONTAINS: MILK, SOY, WHEAT.										
Greek Vanilla Yogurt & Wild Blueberry Parfait	10.3 oz (292g)	340	6.0	1.0	0	15	160	51	5	34	24
	CONTAINS: MILK, SOY, WHEAT.										

## I All Specialty Salads

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caesar Asiago Salad	6.7 oz (190g)	180	8.0	3.5	0	15	310	19	4	3	10
	CONTAINS: MILK, SOY, WHEAT.										
Chicken Caesar Asiago	9.1 oz (258g)	250	10.0	4.0	0	60	530	19	4	3	24
	CONTAINS: MILK, SOY, WHEAT.										
Chicken Cobb with Avocado Salad	13.9 oz (393g)	410	24.0	10.0	0	260	1020	13	6	5	33
	CONTAINS: EGGS, MILK.										
Garden Salad	8.6 (244g)	90	1.5	0.0	0	0	115	17	4	5	4
	CONTAINS: MILK, SOY, WHEAT.										
Side Garden Salad	7.5 oz (213g)	45	0.0	0.0	0	0	35	10	3	5	2
Southwest Chicken Salad	16.5 (468g)	350	12.0	2.0	0	40	390	40	11	9	22
	CONTAINS: SOY, WHEAT.										
Thai Peanut Chicken Salad	11 oz (312g)	190	5.0	1.0	0	40	330	19	4	5	18
	CONTAINS: SOY, WHEAT.										
Tuna Garden Salad	12.6 oz (357g)	270	12.0	2.0	0	45	590	20	5	7	21
	CONTAINS: EGGS, FISH (TUNA), SOY, MILK, WHEAT.										

## I All Specialty Salads (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Turkey, Apple, Brie Salad	9.2 oz (261g)	430	25.0	10.0	1	80	870	30	8	15	24
	CONTAINS: MILK, SOY, TREE NUTS (WALNUTS).										
Vegetarian Deluxe Salad	16.3 oz (463g)	280	13.0	5.0	0	25	720	30	10	9	13
	CONTAINS: MILK.										

## I Dressings

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Balsamic Vinaigrette Dressing	2 oz (57g)	110	9.0	1.5	0	0	360	7	0	6	0
	CONTAINS SOY.										
Bleu Cheese Dressing	2 oz (57g)	310	33.0	6.0	0	15	460	2	0	2	2
	CONTAINS MILK, EGGS, SOY.										
Caesar Dressing	2 oz (57g)	270	28.0	4.5	0	15	370	4	0	2	1
	CONTAINS: MILK, EGGS, FISH (ANCHOVY), SOY, WHEAT										
Fat Free Raspberry Vinaigrette	2 oz (57g)	50	0.0	0.0	0	0	190	12	0	12	0
Lite Lemon Shallot Vinaigrette	2 oz (57g)	80	6.0	1.0	0	0	380	6	0	4	0
	CONTAINS: SOY.										
Lite Olive Oil Vinaigrette	2 oz (57g)	110	10.0	1.5	0	0	420	6	0	5	0
	CONTAINS SOY.										
Lite Ranch Dressing	2 oz (57g)	120	11.0	2.0	0	15	410	3	0	2	2
	CONTAINS: MILK, EGGS, SOY.										
Maple Walnut Vinaigrette	2 oz (57g)	170	11.0	21.5	0	0	430	16	0	15	0
	CONTAINS: SOY, TREE NUTS (WALNUTS).										
Sesame Ginger Dressing	2 oz (57g)	230	20.0	2.5	0	0	680	12	0	11	1
	CONTAINS WHEAT, SOY, SESAME.										
Southwest Vinaigrette	2 oz (57g)	160	17.0	2.5	0	0	480	3	0	2	0
	CONTAINS: SOY.										
Thai Peanut Dressing	2 oz (57g)	160	8.0	1.0	0	0	740	20	0	17	2
	CONTAINS: WHEAT, SOY, TREE NUTS (HAZELNUTS), PEANUTS, SESAME.										

# I Soups

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
12 Veggies Soup (Small)	8 fl oz (240 mL)	120	4.0	0.0	0	0	600	18	2	7	3
	CONTAINS: SOY										
12 Veggies Soup (Large)	16 fl oz (480 mL)	240	8.0	0.5	0	0	1200	36	5	14	6
	CONTAINS: SOY										
12 Veggies Soup (Medium)	12 fl oz (360 mL)	180	6.0	0.0	0	0	900	27	4	11	4
	CONTAINS: SOY										
Asparagus & Pea Soup (Small)	8 fl oz (240 mL)	190	13.0	6.0	0	35	750	13	2	2	5
	CONTAINS: MILK, SOY, WHEAT.										
Asparagus & Pea Soup (Large)	16 fl oz (480 mL)	370	26.0	12.0	0.5	65	1490	27	5	4	10
	CONTAINS: MILK, SOY, WHEAT.										
Asparagus & Pea Soup (Medium)	12 fl oz (360 mL)	280	20.0	9.0	0.5	50	1120	20	4	3	7
	CONTAINS: MILK, SOY, WHEAT.										
Baked Stuffed Potato Soup (Small)	8 fl oz (240 mL)	250	16.0	7.0	0	40	710	22	2	4	7
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Baked Stuffed Potato Soup (Large)	16 fl oz (480 mL)	510	31.0	14.0	1	80	1410	43	3	8	13
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Baked Stuffed Potato Soup (Medium)	12 fl oz (360 mL)	380	24.0	11.0	0.5	60	1060	33	2	6	10
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Barley and Creamy Lentil Soup (Small)	8 fl oz (240 mL)	140	2.5	0.0	0	0	460	24	5	2	6
	CONTAINS: WHEAT.										
Barley and Creamy Lentil Soup (Large)	16 fl oz (480 mL)	280	5.0	0.5	0	0	930	47	9	4	12
	CONTAINS: WHEAT.										
Barley and Creamy Lentil Soup (Medium)	12 fl oz (360 mL)	210	4.0	0.0	0	0	700	35	7	3	9
	CONTAINS: WHEAT.										
Black Bean Soup (Small)	8 fl oz (240 mL)	180	1.0	0.0	0	0	710	32	18	2	11
	CONTAINS: SOY.										
Black Bean Soup (Large)	16 fl oz (480 mL)	360	2.0	0.0	0	0	1420	64	37	4	22
	CONTAINS: SOY.										
Black Bean Soup (Medium)	12 fl oz (360 mL)	270	1.5	0.0	0	0	1060	48	28	3	17
	CONTAINS: SOY.										
Broccoli Cheddar Soup (Small)	8 fl oz (240 mL)	220	16.0	7.0	0	40	690	13	2	4	7
	CONTAINS: MILK, WHEAT, SULFITES.										
Broccoli Cheddar Soup (Large)	16 fl oz (480 mL)	450	32.0	15.0	1	80	1390	27	4	7	14
	CONTAINS: MILK, WHEAT, SULFITES.										

I Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Broccoli Cheddar Soup (Medium)	12 fl oz (360 mL)	340	24.0	11.0	0.5	60	1040	20	3	6	10
	CONTAINS: MILK, WHEAT, SULFITES.										
Butternut Squash and Apple Soup (Small)	8 fl oz (240 mL)	140	5.0	1.5	0	10	530	25	2	10	2
	CONTAINS: MILK, SOY, WHEAT.										
Butternut Squash and Apple Soup (Large)	16 fl oz (480 mL)	280	10.0	3.5	0	15	1060	49	4	19	5
	CONTAINS: MILK, SOY, WHEAT.										
Butternut Squash and Apple Soup (Medium)	12 fl oz (360 mL)	210	7.0	2.5	0	15	790	37	3	14	4
	CONTAINS: MILK, SOY, WHEAT.										
Carrot Ginger Soup (Small)	8 fl oz (240 mL)	100	3.5	0.0	0	0	700	16	2	9	1
	CONTAINS: WHEAT.										
Carrot Ginger Soup (Large)	16 fl oz (480 mL)	190	7.0	0.5	0	0	1410	32	5	18	2
	CONTAINS: WHEAT.										
Carrot Ginger Soup (Medium)	12 fl oz (360 mL)	150	5.0	0.0	0	0	1060	24	4	13	1
	CONTAINS: WHEAT.										
Chicken and Dumpling Soup (Small)	8 fl oz (240 mL)	170	6.0	2.0	0	40	850	22	2	4	8
	CONTAINS: EGG, MILK, SOY, WHEAT.										
Chicken and Dumpling Soup (Large)	16 fl oz (480 mL)	340	12.0	4.5	0	80	1700	43	3	8	17
	CONTAINS: EGG, MILK, SOY, WHEAT.										
Chicken and Dumpling Soup (Medium)	12 fl oz (360 mL)	260	9.0	3.5	0	60	1270	32	3	6	13
	CONTAINS: EGG, MILK, SOY, WHEAT.										
Chicken Florentine Soup (Small)	8 fl oz (240 mL)	190	10.0	4.0	0	40	750	18	1	3	6
	CONTAINS: EGG, MILK, SOY, WHEAT.										
Chicken Florentine Soup (Large)	16 fl oz (480 mL)	380	20.0	8.0	0	75	1490	36	2	6	13
	CONTAINS: EGG, MILK, SOY, WHEAT.										
Chicken Florentine Soup (Medium)	12 fl oz (360 mL)	280	15.0	6.0	0	60	1120	27	2	4	10
	CONTAINS: EGG, MILK, SOY, WHEAT.										
Chicken Gumbo Soup (Small)	8 fl oz (240mL)	130	6.0	1.0	0	10	620	15	1	1	4
	CONTAINS: SOY, WHEAT.										
Chicken Gumbo Soup (Large)	16 fl oz (480 mL)	260	12.0	1.5	0	15	1240	30	2	2	8
	CONTAINS: SOY, WHEAT.										
Chicken Gumbo Soup (Medium)	12 fl oz (360 mL)	190	9.0	1.0	0	10	930	22	2	2	6
	CONTAINS: SOY, WHEAT.										
Chicken Noodle Soup (Small)	8 fl oz (240 mL)	70	1.5	0.0	0	15	650	11	1	2	5
	CONTAINS: EGGS, SOY, WHEAT.										

I Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Noodle Soup (Large)	16 fl oz (480 mL)	150	2.5	1.0	0	35	1290	21	2	4	9
	CONTAINS: EGGS, SOY, WHEAT.										
Chicken Noodle Soup (Medium)	12 fl oz (360 mL)	110	2.0	0.5	0	25	970	16	1	3	7
	CONTAINS: EGGS, SOY, WHEAT.										
Chicken Tortellini Soup (Small)	8 fl oz (240 mL)	110	3.0	1.0	0	25	690	15	1	3	6
	CONTAINS: EGGS, MILK, WHEAT, SOY.										
Chicken Tortellini Soup (Large)	16 fl oz (480 mL)	220	6.0	2.5	0	50	1390	31	3	5	11
	CONTAINS: EGGS, MILK, WHEAT, SOY.										
Chicken Tortellini Soup (Medium)	12 fl oz (360 mL)	170	4.0	2.0	0	35	1040	23	2	4	9
	CONTAINS: EGGS, MILK, WHEAT, SOY.										
Clam Chowder (Small)	8 fl oz (240 mL)	220	13.0	5.0	0	30	750	19	1	6	7
	CONTAINS: FISH (COD), MILK, SHELLFISH (CLAMS), SOY, WHEAT.										
Clam Chowder (Large)	16 fl oz (480 mL)	430	25.0	10.0	0.5	60	1490	38	2	11	14
	CONTAINS: FISH (COD), MILK, SHELLFISH (CLAMS), SOY, WHEAT.										
Clam Chowder (Medium)	12 fl oz (360 mL)	320	19.0	7.0	0	45	1120	28	2	8	10
	CONTAINS: FISH (COD), MILK, SHELLFISH (CLAMS), SOY, WHEAT.										
Corn and Green Chili Bisque (Small)	8 fl oz (240 mL)	180	10.0	5.0	0	25	880	18	2	3	4
	CONTAINS MILK, SOY, WHEAT.										
Corn and Green Chili Bisque (Large)	16 fl oz (480 mL)	360	21.0	11.0	0.5	55	1760	35	4	7	7
	CONTAINS MILK, SOY, WHEAT.										
Corn and Green Chili Bisque (Medium)	12 fl oz (360 mL)	270	16.0	8.0	0	40	1320	26	3	5	5
	CONTAINS MILK, SOY, WHEAT.										
Corn Chowder (Small)	8 fl oz (240 mL)	230	11.0	5.0	0	30	750	27	2	8	6
	CONTAINS: MILK, SOY, WHEAT.										
Corn Chowder (Large)	16 fl oz (480 mL)	460	23.0	11.0	0.5	55	1500	54	4	16	11
	CONTAINS: MILK, SOY, WHEAT.										
Corn Chowder (Medium)	12 fl oz (360 mL)	350	17.0	8.0	0	40	1120	41	3	12	8
	CONTAINS: MILK, SOY, WHEAT.										
Cream of Chicken and Wild Rice Soup (Small)	8 fl oz (240 mL)	180	10.0	3.5	0	25	660	17	1	2	5
	CONTAINS: MILK, SOY, WHEAT.										
Cream of Chicken and Wild Rice Soup (Large)	16 fl oz (480 mL)	360	20.0	7.0	0	50	1320	34	2	4	9
	CONTAINS: MILK, SOY, WHEAT.										
Cream of Chicken and Wild Rice Soup (Medium)	12 fl oz (360 mL)	270	15.0	5.0	0	35	990	26	2	3	7
	CONTAINS: MILK, SOY, WHEAT.										

**I Soups (cont)**

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Curried Rice and Lentil Soup (Small)	8 fl oz (240 mL)	120	1.5	0.0	0	0	900	22	6	2	6
	CONTAINS SOY.										
Curried Rice and Lentil Soup (Large)	16 fl oz (480 mL)	240	2.5	0.0	0	0	1800	44	12	3	12
	CONTAINS SOY.										
Curried Rice and Lentil Soup (Medium)	12 fl oz (360 mL)	180	2.0	0.0	0	0	1350	33	9	2	9
	CONTAINS SOY.										
French Moroccan Tomato Lentil Soup (Small)	8 fl oz (240 mL)	130	1.5	0.0	0	0	710	22	9	4	7
French Moroccan Tomato Lentil Soup (Large)	16 fl oz (480 mL)	260	3.0	0.0	0	0	1430	44	17	8	13
French Moroccan Tomato Lentil Soup (Medium)	12 fl oz (360 mL)	190	2.5	0.0	0	0	1070	33	13	6	10
French Onion Soup (Small)	8 fl oz (240 mL)	70	3.0	1.5	0	10	910	10	1	4	2
	CONTAINS: MILK, SOY, WHEAT.										
French Onion Soup (Large)	16 fl oz (480 mL)	150	6.0	3.0	0	15	1830	20	2	9	4
	CONTAINS: MILK, SOY, WHEAT.										
French Onion Soup (Medium)	12 fl oz (360 mL)	110	5.0	2.5	0	10	1370	15	1	6	3
	CONTAINS: MILK, SOY, WHEAT.										
Garden Vegetable Soup (Small)	8 fl oz (240 mL)	50	1.0	0.0	0	0	740	9	2	3	2
	CONTAINS: MILK, SOY, SULFITES.										
Garden Vegetable Soup (Large)	16 fl oz (480 mL)	110	2.5	0.0	0	0	1490	18	4	6	4
	CONTAINS: MILK, SOY, SULFITES.										
Garden Vegetable Soup (Medium)	12 fl oz (360 mL)	80	2.0	0.0	0	0	1120	14	3	4	3
	CONTAINS: MILK, SOY, SULFITES.										
Harvest Mushroom and Wheatberries Soup (Small)	8 fl oz (240 mL)	140	4.5	0.5	0	0	600	21	4	5	4
	CONTAINS: SOY, WHEAT.										
Harvest Mushroom and Wheatberries Soup (Large)	16 fl oz (480 mL)	270	9.0	1.5	0	0	1210	41	7	10	8
	CONTAINS: SOY, WHEAT.										
Harvest Mushroom and Wheatberries Soup (Medium)	12 fl oz (360 mL)	210	7.0	1.0	0	0	910	31	5	8	6
	CONTAINS: SOY, WHEAT.										
Harvest Pumpkin Soup (Small)	8 fl oz (240 mL)	140	9.0	4.5	0	20	710	16	2	6	2
	CONTAINS: MILK, WHEAT.										
Harvest Pumpkin Soup (Large)	16 fl oz (480 mL)	290	17.0	9.0	0	45	1430	32	3	12	4
	CONTAINS: MILK, WHEAT.										

## I Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Harvest Pumpkin Soup (Medium)	12 fl oz (360 mL)	220	13.0	7.0	0	35	1070	24	3	9	3
	CONTAINS: MILK, WHEAT.										
Italian Wedding Soup (Small)	8 fl oz (240 mL)	120	7.0	2.0	0	10	640	10	1	2	5
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Italian Wedding Soup (Large)	16 fl oz (480 mL)	240	13.0	4.5	0	20	1280	20	2	4	11
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Italian Wedding Soup (Medium)	12 fl oz (360 mL)	180	10.0	3.5	0	15	960	15	2	3	8
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Lemon Orzo Chicken Soup (Small)	8 fl oz (240 mL)	150	8.0	3.5	0	30	780	13	1	2	8
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Lemon Orzo Chicken Soup (Large)	16 fl oz (480 mL)	310	15.0	7.0	0	65	1570	26	2	4	15
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Lemon Orzo Chicken Soup (Medium)	12 fl oz (360 mL)	230	12.0	6.0	0	45	1170	20	2	3	12
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Lobster & Corn Bisque (Small)	8 fl oz (240 mL)	190	11.0	6.0	0	45	740	17	1	3	5
	CONTAINS: MILK, SHELLFISH (LOBSTER, SHRIMP), SOY, WHEAT, SULFITES.										
Lobster & Corn Bisque (Large)	16 fl oz (480 mL)	370	22.0	12.0	0.5	90	1480	33	3	6	11
	CONTAINS: MILK, SHELLFISH (LOBSTER, SHRIMP), SOY, WHEAT, SULFITES.										
Lobster & Corn Bisque (Medium)	12 fl oz (360 mL)	280	16.0	9.0	0	70	1110	25	2	5	8
	CONTAINS: MILK, SHELLFISH (LOBSTER, SHRIMP), SOY, WHEAT, SULFITES.										
Pasta e Fagioli Soup (Small)	8 fl oz (240 mL)	180	6.0	1.0	0	5	660	24	5	2	8
	CONTAINS: EGG, MILK, SOY, WHEAT.										
Pasta e Fagioli Soup (Large)	16 fl oz (480 mL)	360	11.0	2.0	0	15	1320	47	9	4	15
	CONTAINS: EGG, MILK, SOY, WHEAT.										
Pasta e Fagioli Soup (Medium)	12 fl oz (360 mL)	270	9.0	1.5	0	10	990	35	7	3	11
	CONTAINS: EGG, MILK, SOY, WHEAT.										
Portuguese Kale Soup (Small)	8 fl oz (240 mL)	130	4.0	1.0	0	5	800	18	4	1	5
	CONTAINS: SOY.										
Portuguese Kale Soup (Large)	16 fl oz (480 mL)	260	8.0	2.0	0	10	1590	36	8	3	10
	CONTAINS: SOY.										
Portuguese Kale Soup (Medium)	12 fl oz (360 mL)	190	6.0	1.5	0	10	1200	27	6	2	7
	CONTAINS: SOY.										
Potato Leek Soup (Small)	8 fl oz (240 mL)	200	13.0	7.0	0	40	700	18	2	2	3
	CONTAINS: MILK, SOY, WHEAT.										

## I Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Potato Leek Soup (Large)	16 fl oz (480 mL)	410	26.0	15.0	1	85	1390	36	3	4	7
	CONTAINS: MILK, SOY, WHEAT.										
Potato Leek Soup (Medium)	12 fl oz (360 mL)	310	20.0	11.0	0.5	60	1050	27	2	3	5
	CONTAINS: MILK, SOY, WHEAT.										
Red Beans, Italian Sausage and Rice Soup (Small)	8 fl oz (240 mL)	200	4.5	1.5	0	10	830	30	13	37	11
	CONTAINS: SOY, WHEAT.										
Red Beans, Italian Sausage and Rice Soup (Large)	16 fl oz (480 mL)	410	9.0	3.0	0	15	1660	60	26	5	21
	CONTAINS: SOY, WHEAT.										
Red Beans, Italian Sausage and Rice Soup (Medium)	12 fl oz (360 mL)	310	7.0	2.0	0	10	1250	45	19	4	16
	CONTAINS: SOY, WHEAT.										
Roasted Eggplant Soup (Small)	8 fl oz (240 mL)	130	4.0	1.5	0	5	450	17	3	7	6
	CONTAINS: MILK.										
Roasted Eggplant Soup (Large)	16 fl oz (480 mL)	250	8.0	3.0	0	15	890	33	5	14	11
	CONTAINS: MILK.										
Roasted Eggplant Soup (Medium)	12 fl oz (360 mL)	190	6.0	2.0	0	10	670	25	4	11	8
	CONTAINS: MILK.										
Southwest Tortilla Soup (Small)	8 fl oz (240 mL)	130	7.0	2.0	0	10	650	15	3	3	3
	CONTAINS MILK, SOY.										
Southwest Tortilla Soup (Large)	16 fl oz (480 mL)	260	14.0	4.0	0	15	1310	31	6	5	5
	CONTAINS MILK, SOY.										
Southwest Tortilla Soup (Medium)	12 fl oz (360 mL)	200	10.0	3.0	0	10	980	23	4	4	4
	CONTAINS MILK, SOY.										
Split Pea with Ham Soup (Small)	8 fl oz (240 mL)	180	1.0	0.0	0	5	860	29	11	4	13
	CONTAINS SOY, WHEAT.										
Split Pea with Ham Soup (Large)	16 fl oz (480 mL)	360	3.0	1.0	0	10	1710	59	22	8	26
	CONTAINS SOY, WHEAT.										
Split Pea with Ham Soup (Medium)	12 fl oz (360 mL)	270	2.0	0.0	0	10	1280	44	16	6	19
	CONTAINS SOY, WHEAT.										
Swiss Chard and Three Bean Soup (Small)	8 fl oz (240 mL)	140	3.0	0.0	0	0	470	23	7	2	5
	CONTAINS SOY.										
Swiss Chard and Three Bean Soup (Large)	16 fl oz (480 mL)	270	6.0	1.0	0	0	950	46	13	5	10
	CONTAINS SOY.										
Swiss Chard and Three Bean Soup (Medium)	12 fl oz (360 mL)	210	4.5	0.5	0	0	710	35	10	3	7
	CONTAINS SOY.										

I Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Thai Coconut Shrimp Soup (Small)	8 fl oz (240 mL)	110	7.0	3.0	0	35	680	11	1	3	3
	CONTAINS: MILK, SHELLFISH (SHRIMP), SOY, TREE NUTS (COCONUT).										
Thai Coconut Shrimp Soup (Large)	16 fl oz (480 mL)	230	13.0	6.0	0	65	1370	22	2	7	6
	CONTAINS: MILK, SHELLFISH (SHRIMP), SOY, TREE NUTS (COCONUT).										
Thai Coconut Shrimp Soup (Medium)	12 fl oz (360 mL)	170	10.0	4.5	0	50	1020	16	2	5	5
	CONTAINS: MILK, SHELLFISH (SHRIMP), SOY, TREE NUTS (COCONUT).										
Tomato Basil Bisque (Small)	8 fl oz (240 mL)	160	7.0	4.0	0	20	310	20	1	11	4
	CONTAINS: MILK, WHEAT.										
Tomato Basil Bisque (Large)	16 fl oz (480 mL)	310	13.0	8.0	0	45	620	40	3	22	9
	CONTAINS: MILK, WHEAT.										
Tomato Basil Bisque (Medium)	12 fl oz (360 mL)	240	10.0	6.0	0	35	470	30	2	17	6
	CONTAINS: MILK, WHEAT.										
Turkey, Kale & Wild Rice Soup (Small)	8 fl oz (240 mL)	210	11.0	5.0	0	30	780	18	2	2	8
	CONTAINS: MILK, WHEAT, SULFITES.										
Turkey, Kale & Wild Rice Soup (Large)	16 fl oz (480 mL)	420	23.0	10.0	0.5	60	1550	36	3	4	16
	CONTAINS: MILK, WHEAT, SULFITES.										
Turkey, Kale & Wild Rice Soup (Medium)	12 fl oz (360 mL)	310	17.0	7.0	0	45	1160	27	2	3	12
	CONTAINS: MILK, WHEAT, SULFITES.										
Tuscan White Bean Soup (Small)	8 fl oz (240 mL)	150	3.0	0.0	0	0	630	24	10	4	7
	CONTAINS: SOY.										
Tuscan White Bean Soup (Large)	16 fl oz (480 mL)	310	6.0	0.0	0	0	1270	48	21	8	15
	CONTAINS: SOY.										
Tuscan White Bean Soup (Medium)	12 fl oz (360 mL)	230	4.5	0.0	0	0	950	36	15	6	11
	CONTAINS: SOY.										
Vegetable Beef Barley Soup (Small)	8 fl oz (240 mL)	110	2.5	1.0	0	20	620	15	3	2	8
	CONTAINS: MILK, SOY, WHEAT.										
Vegetable Beef Barley Soup (Large)	16 fl oz (480 mL)	230	5.0	2.0	0	35	1230	29	6	4	16
	CONTAINS: MILK, SOY, WHEAT.										
Vegetable Beef Barley Soup (Medium)	12 fl oz (360 mL)	170	4.0	1.5	0	30	920	22	5	3	12
	CONTAINS: MILK, SOY, WHEAT.										
Vegetarian Chili (Small)	8 fl oz (240 mL)	180	2.0	0.0	0	0	740	32	17	5	10
Vegetarian Chili (Large)	16 fl oz (480 mL)	360	3.5	0.5	0	0	1480	63	34	9	19

## I Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Vegetarian Chili (Medium)	12 fl oz (360 mL)	270	2.5	0.0	0	0	1110	47	25	7	14
Vegetarian Minestrone Soup (Small)	8 fl oz (240 mL)	80	1.0	0.0	0	0	760	14	3	4	3
	CONTAINS: EGG, WHEAT.										
Vegetarian Minestrone Soup (Large)	16 fl oz (480 mL)	160	2.5	0.0	0	0	1520	28	6	7	6
	CONTAINS: EGG, WHEAT.										
Vegetarian Minestrone Soup (Medium)	12 fl oz (360 mL)	120	2.0	0.0	0	0	1140	21	5	5	5
	CONTAINS: EGG, WHEAT.										
Wild Mushroom Bisque (Small)	8 fl oz (240mL)	130	6.0	1.0	0	5	710	15	2	4	4
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Wild Mushroom Bisque (Large)	16 fl oz (480 mL)	250	12.0	2.0	0	10	1420	30	4	8	7
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Wild Mushroom Bisque (Medium)	12 fl oz (360 mL)	190	9.0	1.5	0	5	1070	23	3	6	5
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										

## I Specialty Soups

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Beef and Vegetable Stew (Small)	8 fl oz (240 mL)	230	13.0	2.0	0	30	780	17	2	2	12
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Beef and Vegetable Stew (Large)	16 fl oz (480 mL)	460	25.0	4.5	0	55	1560	34	4	5	25
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Beef and Vegetable Stew (Medium)	12 fl oz (360 mL)	340	19.0	3.0	0	45	1170	26	3	4	18
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Chicken and Vegetable Stew (Small)	8 fl oz (240 mL)	220	13.0	3.0	0	30	700	19	2	3	8
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Chicken and Vegetable Stew (Large)	16 fl oz (480 mL)	450	25.0	6.0	0	60	1390	37	5	5	17
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Chicken and Vegetable Stew (Medium)	12 fl oz (360 mL)	340	19.0	5.0	0	45	1040	28	4	4	12
	CONTAINS: MILK, SOY, WHEAT, SULFITES.										
Macaroni and Cheese (Small)	8 fl oz (240 mL)	350	19.0	12.0	1	60	780	30	1	3	14
	CONTAINS: EGGS, MILK, WHEAT										
Macaroni and Cheese (Large)	16 fl oz (480 mL)	710	39.0	24.0	1.5	125	1560	61	3	7	29
	CONTAINS: EGGS, MILK, WHEAT										

## I Specialty Soups (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Macaroni and Cheese (Medium)	12 fl oz (360 mL)	530	29.0	18.0	1.5	95	1170	46	2	5	22
	CONTAINS: EGGS, MILK, WHEAT										
Turkey Chili (Small)	8 fl oz (240 mL)	220	6.0	1.0	0	20	540	29	11	4	13
	CONTAINS: SOY, WHEAT.										
Turkey Chili (Large)	16 fl oz (480 mL)	450	12.0	2.0	0	40	1090	58	22	7	26
	CONTAINS: SOY, WHEAT.										
Turkey Chili (Medium)	12 fl oz (360 mL)	340	9.0	1.5	0	30	810	44	16	5	19
	CONTAINS: SOY, WHEAT.										

## I Dressings

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Balsamic Vinaigrette Dressing	2 oz (57g)	110	9.0	1.5	0	0	360	7	0	6	0
	CONTAINS SOY.										
Bleu Cheese Dressing	2 oz (57g)	310	33.0	6.0	0	15	460	2	0	2	2
	CONTAINS MILK, EGGS, SOY.										
Caesar Dressing	2 oz (57g)	270	28.0	4.5	0	15	370	4	0	2	1
	CONTAINS: MILK, EGGS, FISH (ANCHOVY), SOY, WHEAT										
Fat Free Raspberry Vinaigrette	2 oz (57g)	50	0.0	0.0	0	0	190	12	0	12	0
Lite Lemon Shallot Vinaigrette	2 oz (57g)	80	6.0	1.0	0	0	380	6	0	4	0
	CONTAINS: SOY.										
Lite Olive Oil Vinaigrette	2 oz (57g)	110	10.0	1.5	0	0	420	6	0	5	0
	CONTAINS SOY.										
Lite Ranch Dressing	2 oz (57g)	120	11.0	2.0	0	15	410	3	0	2	2
	CONTAINS: MILK, EGGS, SOY.										
Maple Walnut Vinaigrette	2 oz (57g)	170	11.0	21.5	0	0	430	16	0	15	0
	CONTAINS: SOY, TREE NUTS (WALNUTS).										
Sesame Ginger Dressing	2 oz (57g)	230	20.0	2.5	0	0	680	12	0	11	1
	CONTAINS WHEAT, SOY, SESAME.										
Southwest Vinaigrette	2 oz (57g)	160	17.0	2.5	0	0	480	3	0	2	0
	CONTAINS: SOY.										
Thai Peanut Dressing	2 oz (57g)	160	8.0	1.0	0	0	740	20	0	17	2
	CONTAINS: WHEAT, SOY, TREE NUTS (HAZELNUTS), PEANUTS, SESAME.										

## I Spreads

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Garden Vegetable Cream Cheese Spread Made with Philadelphia® Cream Cheese	1.5 oz (43g)	100	10.0	6.0	0	30	230	2	0	2	2
	CONTAINS: MILK.										
Herb Bagel Spread	2 oz (57 g)	130	12.0	7.0	0	40	350	4	0	3	5
	CONTAINS MILK.										
Honey Pecan Cream Cheese	2 oz. (57 g)	200	16.0	10.0	0.5	50	135	10	0	9	2
	CONTAINS MILK, TREE NUTS (PECANS), MAY CONTAIN PEANUTS AND/OR OTHER TREE NUTS										
Reduced Fat Philadelphia® Cream Cheese	1.5 oz (43g)	90	8.0	4.5	0	30	190	3	0	2	3
	CONTAINS: MILK.										

## I New Items

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Black Angus Roast Beef & Goat Cheese on Rosemary Focaccia	9.2 oz (262g)	510	22.0	7.0	0	85	1060	49	2	4	28
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Brie, Cheddar & Fruit with Crackers Petit Plate	4.2 oz (118g)	310	19.0	10.0	0.5	50	490	25	1	10	10
	CONTAINS: MILK, SOY, WHEAT, SESAME.										
Chewy Marshmallow Bar	2.1 oz (60g)	250	5.0	3.0	0	15	240	40	0	26	2
	CONTAINS: MILK.										
Chicken, Chickpea & Tomato Salad Petit Plate	6 oz (170g)	200	9.0	1.0	0	20	700	19	6	3	12
	CONTAINS: MILK, SOY.										
Chocolate Peppermint Krinkle Cookie	2.4 oz (68g)	290	12.0	7.0	0	60	310	45	3	32	4
	CONTAINS: EGGS, MILK, WHEAT.										
Cranberry Orange Scone	5 oz (142g)	520	19.0	11.0	0	125	420	81	2	47	8
	CONTAINS: EGGS, MILK, WHEAT.										
Double Chocolate CroisBun (TM)	5.4 oz (154g)	610	28.0	17.0	0.5	80	430	79	4	45	10
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Garden Vegetable Cream Cheese Spread Made with Philadelphia® Cream Cheese	1.5 oz (43g)	100	10.0	6.0	0	30	230	2	0	2	2
	CONTAINS: MILK.										
Gingerbread Cookie	1.7 oz (48g)	210	4.5	0.5	0	10	210	40	1	11	3
	CONTAINS: EGGS, SOY, WHEAT.										
Hummus & Pita Chip Snack Pack	3.5 oz (99g)	340	21.0	1.5	0	0	400	31	6	2	9
	CONTAINS: WHEAT, SESAME SEEDS.										
Iced Peppermint Latte	16 fl oz (480 mL)	240	7.0	4.0	0	20	110	38	0	38	7
	CONTAINS: MILK.										

I New Items (cont)

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kind Bar ® Maple Glazed Pecan & Sea Salt	1.4 oz (40g)	210	16.0	1.5	0	0	140	13	5	5	6
	CONTAINS: PEANUTS, SOY, TREE NUTS (ALMONDS, PECANS).										
Lemon Orzo Chicken Soup (Small)	8 fl oz (240 mL)	150	8.0	3.5	0	30	780	13	1	2	8
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Lemon Orzo Chicken Soup (Large)	16 fl oz (480 mL)	310	15.0	7.0	0	65	1570	26	2	4	15
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Lemon Orzo Chicken Soup (Medium)	12 fl oz (360 mL)	230	12.0	6.0	0	45	1170	20	2	3	12
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Lobster & Corn Bisque (Small)	8 fl oz (240 mL)	190	11.0	6.0	0	45	740	17	1	3	5
	CONTAINS: MILK, SHELLFISH (LOBSTER, SHRIMP), SOY, WHEAT, SULFITES.										
Lobster & Corn Bisque (Large)	16 fl oz (480 mL)	370	22.0	12.0	0.5	90	1480	33	3	6	11
	CONTAINS: MILK, SHELLFISH (LOBSTER, SHRIMP), SOY, WHEAT, SULFITES.										
Lobster & Corn Bisque (Medium)	12 fl oz (360 mL)	280	16.0	9.0	0	70	1110	25	2	5	8
	CONTAINS: MILK, SHELLFISH (LOBSTER, SHRIMP), SOY, WHEAT, SULFITES.										
Mediterranean Power Pack	13 oz (369g)	1020	75.0	8.0	0	0	840	73	17	16	28
	CONTAINS: SOY, TREE NUTS (ALMONDS, CASHEWS, WALNUTS), WHEAT, SESAME.										
Mini Double Chocolate Chunk Cookies	1.1 oz (32g)	160	9.0	5.0	0	20	75	21	1	13	1
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Pain au Chocolat	3.8 oz (115g)	480	25.0	16.0	0	75	370	57	3	25	8
	CONTAINS: EGGS, MILK, SOY, WHEAT.										
Peppermint Hot Chocolate	16 fl oz (480 mL)	340	10.0	6.0	0	25	110	56	0	55	9
	CONTAINS MILK.										
Peppermint Latte	16 fl oz (480 mL)	240	7.0	4.0	0	20	105	38	0	38	13
	CONTAINS: MILK.										
Reduced Fat Philadelphia® Cream Cheese	1.5 oz (43g)	90	8.0	4.5	0	30	190	3	0	2	3
	CONTAINS: MILK.										
Rosemary Focaccia	4 oz (84g)	240	4.0	0.5	0	0	410	43	2	2	7
	CONTAINS: SOY, WHEAT.										
Salted Caramel Banana Cupcake	3.1 oz (88g)	320	16.0	5.0	0	45	220	35	1	30	3
	CONTAINS: EGGS, MILK, SOY, WHEAT. THIS PRODUCT IS PROCESSED IN A PLANT THAT MANUFACTURES PRODUCTS WITH PEANUTS AND TREE NUTS (ALMONDS, COCONUT, HAZELNUTS, MACADAMIAS, PECANS, PISTACHIOS, WALNUTS).										
Turkey, Kale & Wild Rice Soup (Small)	8 fl oz (240 mL)	210	11.0	5.0	0	30	780	18	2	2	8
	CONTAINS: MILK, WHEAT, SULFITES.										

**I New Items (cont)**

	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Turkey, Kale & Wild Rice Soup (Large)	16 fl oz (480 mL)	420	23.0	10.0	0.5	60	1550	36	3	4	16
	CONTAINS: MILK, WHEAT, SULFITES.										
Turkey, Kale & Wild Rice Soup (Medium)	12 fl oz (360 mL)	310	17.0	7.0	0	45	1160	27	2	3	12
	CONTAINS: MILK, WHEAT, SULFITES.										
Veggie & Hummus Wrap	12.8 oz (362g)	670	38.0	9.0	0.5	30	1170	66	14	5	24
	CONTAINS: MILK, SOY, WHEAT, SESAME.										
Waldorf Turkey Wrap	11.5 oz (327g)	650	32.0	10.0	0	65	1300	63	9	18	32
	CONTAINS: EGGS, MILK, SOY, TREE NUTS (WALNUTS), WHEAT.										
Wheatberry Waldorf Salad Petit Plate	5.3 oz (150g)	310	14.0	1.5	0	0	320	45	7	12	6
	CONTAINS: SOY, TREE NUTS (WALNUTS), WHEAT.										