



nutritional information

breakfast

egg sandwiches

	calories	fat (g)	carbs (g)	fiber (g)	protein (g)	cals from fat	sat. fat (g)	choles. (mg)	sodium (mg)	sugar (g)
two eggs on roll	383 - 413	17	40	1	23	159	5	430	682	6
two eggs on whole wheat wrap	280 - 310	13.5	29	4	17	123	4	430	450	1
two eggs on platter	140 - 160	9	2	0	12	83	3	430	130	0
two eggs on white	290 - 320	11	34	0	18	103	3	430	530	1
two eggs on whole wheat bread	249 - 279	11	28	4	17	101	3.5	430	426	3
two eggs on rye	214 - 244	10	21	2	15	94	3	430	394	2
egg whites on roll (157g)	320 - 350	12	39	1	21	105	4	430	470	4
hard boiled eggs (50g)	78	5	1	0	6	49	2	212	62	1

add ons:

side of turkey bacon	181 - 191	14	2	0	15	126	4	49	1142	0
side of beef sausage	146 - 156	13	1	0	7	123	6	34	566	0
side of turkey sausage	113 - 123	5	0	0	12	49	1	46	332	0
side of turkey	68 - 78	1	2	0	10	8	0.4	18	351	1
side of potatoes	145-155	3	31	3	3	21	1	0	9	2
american cheese (28g)	90	7	2	0	6	60	4.5	20	360	1
swiss cheese (28g)	106	8	2	0	8	70	5	26	54	0.3
cheddar cheese (28g)	113	9	0.4	0	7	84	6	29	174	0.1
mozzarella cheese (28g)	70	5	1	0	6	43	3	15	200	1
muenster cheese (21g)	80	6	0	0	5	58	4	20	135	0
feta cheese (28g)	75	6	1	0	4	54	4	25	316	1

nutritional information listed here is based on standard recipes and product formulations. however slight variations may occur due to seasonality, use of alternate suppliers, and/or small differences in assembly of each product. the addition of condiments and/or other food items may alter the nutritional information. we are continually trying new products in an effort to improve the quality of the items we offer. therefore nutritional content is subject to change.



nutritional information

	calories	fat (g)	carbs (g)	fiber (g)	protein (g)	cals from fat	sat. fat (g)	choles. (mg)	sodium (mg)	sugar (g)
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bakery

muffins

corn (142g)	480	20	66	3	7	180	4.5	60	20	1
orange cranberry (140g)	420	15	65	2	6	130	9	90	530	28
apple cinnamon (140g)	500	22	70	2	6	200	3.5	55	510	35
banana walnut (140g)	540	17	90	2	8	150	10	105	370	47
honey raisin bran (136g)	476	16	85	9	9	130	2	47	611	35
lemon blueberry (120g)	356	12	40	4	4	100	2	17	220	29
banana choc chip (110g)	403	21	53	4	6	178	8	58	171	32
fat free triple berry (142g)	350	0	84	6	5	0	0	0	840	54
fat free fiber bran (142g)	260	0	74	32	10	0	0	0	310	21
fat free cappuccino (126g)	350	0	49	4	8	0	0	0	305	15

croissants

plain croissant (81g)	280	18	28	3	4	154	10	77	128	10
chocolate croissant (104g)	307	7	55	6	6	56	1	19	384	26
almond croissant (136g)	497	29	47	2	12	259	13	0	0	12
ham & cheese croissant (165g)	328	10	28	2	25	91	5	59	1298	2

danish

cheese danish (71g)	266	16	26	1	6	139	5	11	320	5
blueberry danish (85g)	352	18	45	2	5	155	3	38	336	0
cinnamon bun (105g)	423	24	47	1	7	209	6	22	389	0
apple turnover (125g)	395	18	53	0	4	161	4	0	570	26
apple danish (114g)	340	15	45	3	3	131	5	24	66	28
cherry danish (74g)	302	9	29	2	4	74	2	22	31	15

pound cake

cranberry (130g)	451	219	52	0	7	403	24	0	127	0
carrot (136g)	414	9	78	2	4	84	2	27	245	49
marble (113g)	430	22	52	1	6	198	10	130	440	21
double choc (136g)	510	27	63	2	8	235	15	140	440	40
iced lemon (141g)	440	16	68	1	7	143	8	125	390	47
plain (113g)	420	21	52	1	68	119	11	135	370	38



nutritional information

bakery (cont'd)

bagels

	calories	fat (g)	carbs (g)	fiber (g)	protein (g)	cals from fat	sat. fat (g)	choles. (mg)	sodium (mg)	sugar (g)
plain (128g)	350	2	68	3	13	20	0	0	680	0
everything (132g)	370	2.5	70	3	14	25	0	0	680	1
poppyseed (130g)	360	2	68	3	13	20	0	0	680	1
cinnamon raisin (128g)	350	2	70	3	13	20	0	0	410	8
sesame seed (129g)	360	2.5	68	3	14	25	0	0	680	1
onion (130g)	360	2	70	3	14	20	0	0	680	1
whole wheat (128g)	290	3	54	12	12	25	0	0	320	2
pumpernickel (128g)	320	4	61	8	11	35	0.5	0	860	1



nutritional information

breakfast (cont'd)

griddle originals

	calories	fat (g)	carbs (g)	fiber (g)	protein (g)	sugar (g)
buttermilk pancakes	204 - 234	6	29	3	6	12
buttermilk whole wheat pancakes	172 - 202	6	22	3	6	3
challah french toast	155 - 185	7	19	3	7	6

hot cereal bar

	calories	fat (g)	carbs (g)	fiber (g)	protein (g)	cals from fat	sat. fat (g)	choles. (mg)	sodium (mg)	sugar (g)
hearty oatmeal										
oatmeal w/ whole milk (8 oz)	263	9	35	3	11	82	5	25	104	0
oatmeal w/ water (8 oz)	118	1	25	1	4	4	0	0	7	0
oatmeal w/ skim milk (8 oz)	143	2	25	4	6	21	0	0	2	1
oatmeal w/ whole milk (12 oz)	395	14	52	4	17	423	8	37	156	0
oatmeal w/ water (12 oz)	177	1	37	2	5	7	0	0	10	0
oatmeal w/ skim milk (12 oz)	214	3	37	6	9	31	1	0	3	1

yogurt

	calories	fat (g)	carbs (g)	fiber (g)	protein (g)	cals from fat	sat. fat (g)	choles. (mg)	sodium (mg)	sugar (g)
dannon yogurt										
regular dannon (6 oz.)	100	2.5	12	0	8	25	1.5	10	110	12
light n fit blueberry (6 oz.)	60	0	10	0	5	0	0	5	80	7
light n fit strawberry (6 oz.)	60	0	11	0	5	0	0	5	90	7
light n fit straw/ban (6 oz.)	60	0	11	0	5	0	0	5	90	7
light n fit vanilla (6 oz.)	60	0	10	0	5	0	0	5	80	7
light n fit peach (6 oz.)	60	0	11	0	5	0	0	5	85	7
light n fit raspberry (6 oz.)	60	0	11	0	5	0	0	5	95	7

yogurt parfaits

plain parfait (9 oz.)	210	7	28	1	12	60	2.5	10	130	22
strawberry parfait (9 oz.)	210	6	27	2	12	60	2.5	10	125	22
blueberry parfait (9 oz.)	210	6	28	2	12	60	2.5	10	125	23
plain parfait (12 oz.)	400	12	52	3	22	110	4.5	20	250	42
strawberry parfait (12 oz.)	400	12	53	3	22	110	4.5	20	240	42
blueberry parfait (12 oz.)	410	12	55	3	22	110	4.5	20	240	44



nutritional information

breakfast (cont'd)

fresh fruit salads

	calories	fat (g)	carbs (g)	fiber (g)	protein (g)	cals from fat	sat. fat (g)	choles. (mg)	sodium (mg)	sugar (g)
regular mixed bowl (10 oz.)	90	0	28	4	1	0	0	0	20	19
medium mixed bowl (16 oz.)	180	1	45	8	3	8	0	0	390	36

cereal

kelloggs corn flakes	150	0	37	1	2	0	0	0	310	3
kelloggs rice krispies	120	0	29	3	2	0	0	0	320	3
kelloggs smart start	190	0.5	43	3	3	50	0	0	280	14
kashis heart to heart	230	3	50	9	8	25	0.5	0	200	10
kelloggs special k	140	0.5	26	0.8	8	5	0	0	260	0.5
kelloggs frosted flakes	220	0	54	1	2	0	0	0	290	23
kelloggs raisin bran crunch	280	1.5	67	6	5	15	0	0	310	30



nutritional information

lunch

sandwiches

	calories	fat (g)	carbs (g)	fiber (g)	protein (g)
egg salad	457 - 487	24	42	5	22
cranberry turkey salad	591 - 621	37	56	5	23
coconut curry chicken salad	456 - 476	19	49	6	23
lemon grill chicken	455 - 485	23	42	4	23
organic tuna salad	377 - 407	12	41	5	18
fresh & co. vegetarian	324 - 354	11	46	7	13
turkey blt	588 - 618	28	43	5	39
roast beef & white cheddar	636 - 666	42	43	5	23
white cheddar	479 - 509	33	43	5	29
turkey & hummus	438 - 468	13	51	7	31
tomato & mozzarella	541 - 571	28	54	18	29
chicken cobb	559 - 589	29	43	7	31
monterey grilled chicken	485 - 515	28	41	9	22

baguettes

greek feta & tomato	441 - 471	18	46	3	14
grilled chicken mozzarella	449 - 479	14	51	3	28
roast beef & shaved romano	534 - 574	28	44	3	32
smoked turkey	531 - 561	33	43	3	31
panini melts					
smoked turkey croque monsieur	492 - 522	15	66	3	30
grilled chicken funghi	540 - 570	26	66	3	30
smoked turkey & cheddar	529 - 559	22	66	4	35
grilled steak & fontina	563 - 583	25	65	4	20
chicken fresco	541 - 571	26	67	4	38
crispy chicken & mozzarella	669 - 699	35	83	7	27
falafel burger	641 - 671	27	67	4	27
buffalo chicken	582 - 612	22	72	4	22



nutritional information

	calories	fat (g)	carbs (g)	fiber (g)	protein (g)
side salads					
organic grilled corn & barley	171	6	23	6	5
organic lemon chic pea	220	6	28	7	7
organic penne w/ sundried tomato pesto	313	16	34	5	8
organic spicy sesame ginger noodles	229	2	31	3	5
santorini salad	276	22	8	1	6
spicy southwestern pasta	357	21	32	4	7
moroccan spiced orzo	343	9	54	3	9
organic tuscan white bean	239	21	23	6	8
organic quinoa salad	280	9	32	9	12
skinny dip	155	3	6	6	4

chef design salad

santa fe	385 - 415	24	24	8	20
aegean	342 - 372	11	19	8	14
asian chop chop	314 - 339	6	30	14	20
w/ shrimp	369 - 399	7	33	10	24
w/ raw tofu	359 - 389	17	35	13	24
steak house	552 - 582	32	29	8	38
california cobb	629 - 659	37	10	8	66
jumbo grilled shrimp	362 - 392	12	19	10	25
classic caesar	340 - 370	22	43	4	25
w/ grilled chicken	395 - 425	24	43	4	35
w/ grilled steak	415 - 490	26	46	6	34
fiesta chicken	456 - 486	21	25	8	33
w/ grilled chicken	511 - 541	23	25	8	43
w/ grilled steak	531 - 561	25	29	10	42
middle eastern falafel	386 - 416	20	9	5	30
south beach	607 - 637	29	13	9	35



nutritional information

	calories	fat (g)	carbs (g)	fiber (g)	protein (g)
dressings 1oz (30g)					
5 spice asian	97	7	0	0	1
blue cheese	110	18	1	0	41
smokey chipotle	120	19	1	0	1
caesar	121	16	1	0	1
low fat spicy tex mex	43	5	0	0	13
low fat peppercorn ranch	62	5	5	0	0
organic sesame ginger	110	11	5	0	1
thousand island	104	10	5	0	0
balsamic vinaigrette	111	14	8	0	0
spicy thai basil	22	5	0	0	0
fat free lemon herb	46	0	4	0	0
fat free raspberry vinaigrette	34	0	9	0	0
carb free tomato basil	11	0	3	0	0



nutritional information

	calories	fat (g)	carbs (g)	fiber (g)	protein (g)	sat. fat (g)	sodium (mg)	sugar (g)	est net carbs (g)	trans fat (g)
soup										
all soup nutritional data based on 8oz serving size										
5 star mushroom soup	131	1	28	10	5	0	100	8	23	0
beef barley	111	1	20	4	4	1	91	3	16	0
beef stroganoff	248	15	35	1	12	9	297	1	34	0
black bean & chorizo	153	9	8	2	7	3	532	2	6	0
black bean soup	84	3	12	3	3	0	310	1	8	0
butternut squash cream	199	11	21	2	1	8	215	14	19	0
carrot ginger	130	6	18	2	1	4	68	11	16	0
chicken barley soup	76	0	11	1	1	0	73	1	10	0
chicken cacciatore soup	101	1	11	2	7	0	287	4	9	0
chicken cordon bleu soup	246	19	4	0	9	13	197	1	4	0
chicken gumbo soup	203	9	18	3	13	3	466	7	14	0
chicken masala soup	112	1	8	1	8	0	60	1	7	0
chicken noodle soup	106	2	10	1	12	0	69	2	9	0
coconut chicken soup	224	32	22	1	7	22	87	3	21	0
coconut salmon soup	211	27	10	1	1	20	202	2	9	0
corn & chicken poblano bisque	226	25	8	1	12	13	117	1	8	1
corn chowder soup	138	4	23	2	2	2	132	5	21	0
cream of broccoli	191	16	6	1	1	11	26	2	5	0
cream of mushroom soup	246	32	11	1	5	20	462	1	10	0
cream of spinach & wild rice soup	180	17	5	0	2	11	123	0	3	0
cream of tomato florentine soup	174	12	14	4	5	7	110	5	10	0
cream of tomato soup	165	22	17	1	3	13	104	7	15	0
cream of turkey & mushroom	121	9	8	2	2	6	346	3	6	0
curry chicken masalar	204	11	19	3	4	7	167	2	16	0
curry chicken soup	154	21	11	1	8	15	191	1	10	0
diablo tequila shrimp chowder soup	124	1	9	1	10	0	322	2	8	0
garden veg curry	69	1	11	3	3	0	121	3	8	0
gazpacho	125	10	15	3	4	6	939	10	11	0
jalapeno crab & corn chowder soup	113	0	13	2	4	0	590	6	11	0
lobster bisque	239	5	54	4	11	3	52	2	50	0
manhattan clam chowder soup	121	3	17	2	7	1	406	5	15	0



nutritional information

	calories	fat (g)	carbs (g)	fiber (g)	protein (g)	sat. fat (g)	sodium (mg)	sugar (g)	est net carbs (g)	trans fat (g)
soup (continued)										
minestrone soup	90	0	8	4	2	0	170	4	4	0
moroccan tomato & chick pea soup	76	0	12	2	2	0	69	7	10	0
mushroom barley soup	124	3	17	2	3	1	30	2	14	0
new england clam chowder soup	239	16	18	1	5	10	299	1	17	0
organic split pea soup	139	2	20	3	9	0	29	1	17	0
pot roast with vegetables soup	169	8	10	2	13	3	619	4	8	0
pumpkin soup	175	3	36	3	1	2	11	31	32	0
seafood jambalaya soup	197	13	16	1	16	5	562	2	14	0
she crab soup	211	21	14	1	4	13	261	3	13	0
shrimp & corn chowder soup	157	2	26	3	9	0	296	7	24	0
tomato orzo roasted garlic	119	1	26	3	4	0	245	5	22	0
turkey chili soup	194	9	15	4	20	2	497	5	10	0
turkey pot pie soup	197	16	12	2	14	9	133	3	10	0
turkey veg barley	114	3	16	3	7	1	176	2	13	0
tuscan vegetable soup	85	0	13	3	2	0	298	9	11	0
white bean & sausage soup	222	14	34	8	17	4	527	2	26	0
asiago cheese bisque soup	203	19	15	1	7	11	707	1	13	0
broccoli cheddar soup	190	17	13	1	8	11	1000	4	12	0
cajun black bean soup	187	1	33	19	12	0	920	1	15	0
cream of carrot soup	160	11	12	1	3	7	933	1	11	0
cream of tomato florentine soup	189	20	14	1	2	12	51	5	13	0
curried rice & lentil soup	147	2	24	1	7	0	1120	3	23	0
french onion soup	80	3	11	1	3	1	1320	3	9	0
italian wedding soup	147	5	19	1	7	1	893	1	17	0
pasta e fagioli soup	203	7	36	8	11	1	800	3	28	0
potato leek	152	13	17	1	4	8	1080	1	16	0
roasted garlic & tomato soup	163	15	16	1	4	9	36	4	15	0
santa fe tortilla soup	147	7	19	3	3	3	1093	3	16	0
vegetarian chili soup	173	1	32	15	9	0	960	4	17	0



nutritional information

calories fat (g) carbs (g) fiber (g) protein (g) cals from fat sat. fat (g) choles. (mg)

desserts

signature sweets

fruit jello (8oz)	18	0	0	0	3	0	0	0
rice pudding (60oz)	277	13	37	0	4	115	2	2
chocolate pudding (6oz)	172	2	40	2	2	15	2	0
ny cheesecake (127g)	540	32	33	1	7	280	0	135
carrot cake (180g)	570	41	92	3	9	370	7	135
tiramisu (118g)	499	21	69	1	6	190	11	43

giant cookies

chocolate chunk (2.8g)	440	22	62	2	6	200	12	60
honey oatmeal raisin (2.8g)	420	12	24	1	3	120	6	50
black & white (2.2oz)	400	9	30	1	1	77	4	46
peanut butter (2.8oz)	460	26	48	2	10	240	10	50

brownies

oreo cookie (5.3oz)	539	37.1	79.5	0	5.3	318	21.2	79.5
peanut butter (2.8oz)	564	46	81	4	12	405	11	109
fluffer nutter bar (5.3oz)	499	44	76	6	10	398	12	111
chocolate marshmallow (5.3oz)	473	35	85	1	7	309	21	90
chocolate decadence (5.3oz)	486	37.1	79.5	5.3	10.6	318	21.2	159

squares

raspberry cheese (5.3oz)	593	43	48	0	5	382	23	148
lemon (5.3oz)	613	33	52	4	8	283	17	215
apricot cheese (5.3oz)	566	27	82	6	5	44	15	120

krispy treats

rice krispy treat (518oz)	390	5	37	0	2	45	3.5	15
chocolate rice krispy (520g)	495	18	86	5	5	158	11	45