



Nutritional Information

Baked Goods	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Croissants											
Almond	5.5 oz	575	30	15	0	85	413	67	3	17	12
Blueberry Cream Cheese	4.6 oz	369	20	12	0	60	375	38	2	21	12
Chocolate	5.5 oz	575	30	18	0	55	382	74	4	25	10
Cinnamon Nut	5.0 oz	526	28	14	0	56	416	64	2	14	9
Fruit	6.0 oz	510	24	15	0	61	437	69	2	16	8
Plain	5.0 oz	481	24	15	0	61	425	62	2	10	8
Raisin Custard	5.0 oz	488	21	13	0	53	395	71	2	22	8
Ham & Cheese	6.0 oz	665	34	21	0	106	959	74	2	12	19
Turkey & Cheese	6.0 oz	605	31	19	0	91	733	66	2	11	19
Muffins											
Low-Fat Blueberry Bran	5.5 oz	459	8	1	0	0	332	92	4	41	6
Low-Fat Mixed Berry	5.5 oz	455	8	1	0	0	333	92	2	40	6
Low-Fat Raspberry Lemon	5.5 oz	453	8	1	0	0	333	91	2	40	6
Apple Cinnamon	7.0 oz	470	15	2	0	15	318	86	8	42	7
Banana Nut	6.0 oz	498	20	3	0	15	284	81	8	36	8
Pumpkin	6.0 oz	570	16	3	0	16	344	103	4	47	7
Warm Oatmeal Cereal											
Cinnamon, Raisin & Brown Sugar	12.4 oz	266	3	1	0	0	338	56	6	27	6
Creamy Carmel & Walnut	11.6 oz	279	8	1	0	0	367	47	5	18	6
Scones											
Apricot	5.0 oz	567	20	7	4	14	532	89	2	29	8
Blueberry	5.0 oz	582	20	7	4	14	544	91	3	30	8
Cranberry Almond	5.0 oz	656	23	8	4	13	491	104	4	39	10
Cranberry Almond - Mini	2.5 oz	328	11	4	2	6	246	52	2	20	5
Raspberry	5.0 oz	564	20	7	4	14	532	88	3	29	8
Wheat Raisin	5.0 oz	604	20	7	4	14	534	98	5	37	9
	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)

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Nutritional Information

Baked Goods (continued)	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Breads											
Baguette	1.0 oz slice	47	0	0	0	0	78	10	0	0	2
Ciabatta	5.7 oz	326	4	1	0	0	461	62	5	2	12
Focaccia	3.5 oz	231	4	0	0	0	278	43	1	2	8
Garlic Cheese	3.3 oz	301	17	11	0	44	408	31	1	1	6
Olive	2.5 oz slice	159	1	1	0	0	205	32	2	1	6
Sourdough Round	9.4 oz	575	3	1	0	0	6	123	9	1	19
Walnut	2.3 oz slice	177	6	1	0	0	187	26	3	2	6
Wheat	2.0 oz slice	189	4	1	0	0	227	35	4	4	7
Bagels											
Cinnamon Raisin	4.0 oz	300	2	0	0	0	400	56	4	26	10
Plain	4.0 oz	292	2	0	0	0	400	54	4	24	10
Sesame	4.0 oz	304	3	0	0	0	404	54	4	24	10
Egg, Bacon & Cheddar Cheese	9.9 oz	684	33	14	0	477	1122	56	4	25	35
Egg, Tomato, Basil & Cheddar Cheese	10.9 oz	612	26	12	0	467	899	58	5	26	32
Pastries											
Apple Cake	7.5 oz	666	32	4	0	88	206	88	3	48	8
Apple Strudel	5.0 oz	580	37	19	2	69	369	58	2	12	7
Lemon Bar	2.75 oz	300	16	9	0	97	120	36	0	24	3
Mini Cherry Strudel	2.5 oz	294	19	10	1	36	184	28	1	5	3
Cookies											
Chocolate Chip	2.0 oz	240	11	7	0	21	164	36	1	23	3
Ginger	2.0 oz	242	10	4	0	16	200	36	1	17	2
Oatmeal Raisin	2.0 oz	230	10	6	0	26	135	32	2	16	3
Peanut Butter	2.0 oz	269	15	7	0	26	146	29	1	16	5
Snickerdoodle	1.5 oz	184	8	4	0	10	180	27	0	16	2
	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)

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Nutritional Information

Sandwiches											
	Serving Size (oz)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Fast and Fresh											
American Turkey	9.5 oz	559	22	4	0	28	1121	67	7	3	25
Avocado Club	8.8 oz	723	44	10	0	18	576	69	14	9	20
California Turkey	10.0 oz	625	32	5	0	26	1110	62	10	6	26
Herb Roasted Chicken	8.5 oz	650	33	4	0	92	826	48	3	5	40
La Bou® Club	9.5 oz	572	21	5	0	35	1346	67	7	4	29
Mediterranean Turkey	9.6 oz	515	13	6	0	41	1305	68	6	4	32
Roast Beef & Caramelized Onions	8.7 oz	530	16	6	0	36	1242	63	5	4	34
Tuna	11.0 oz	640	29	5	0	35	1007	66	7	4	32
Vegetarian Eggplant	10.0 oz	598	26	4	0	16	1048	75	10	8	17
Panini											
Basil Chicken	8.5 oz	693	28	7	0	95	1060	69	6	2	42
Ham & Swiss	8.0 oz	558	17	7	0	76	1279	67	6	5	35
Roasted Eggplant	8.5 oz	557	23	3	0	17	725	74	9	4	18
Tuna Melt	10.7 oz	620	26	10	0	63	1165	65	5	3	33
Turkey, Cranberry & Cream Cheese	12.9 oz	489	6	1	0	19	1160	85	7	19	27
Tuscan Turkey	8.5 oz	554	18	5	0	39	1287	70	5	3	31
Hot Sandwiches											
Grilled Cheese	6.9 oz	550	22	10	0	45	717	70	7	9	24
Warm Roast Beef & Cheddar	16 oz	1028	37	15	0	83	988	127	9	3	49
Roasted Chicken Club with Avocado	11.5 oz	721	37	9	0	125	1082	49	3	4	49
Wrap n Roll											
BBQ Beef with Cheese	11.7 oz	817	38	14	0	79	1692	81	4	18	39
Chicken Caesar	10.8 oz	940	56	8	0	121	1246	59	4	4	51
Chinese Chicken	10.1 oz	855	36	5	0	66	1133	101	4	41	36
Roasted Vegetable	12.7 oz	782	51	11	0	36	1073	62	8	5	20
	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)

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Nutritional Information

Salads	Serving Size (oz)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salads (without dressing unless noted with *)											
Asian Noodle*	10.0 oz	420	17	2	0	0	1915	57	4	10	13
	15.0 oz	631	25	3	0	0	2872	86	6	15	20
Caesar	5.0 oz	118	7	3	0	13	259	10	3	2	6
	10.0 oz	264	14	5	0	20	541	26	6	5	11
Chicken Caesar	15.0 oz	512	27	6	0	105	955	27	7	5	42
Chinese Chicken	7.0 oz	170	8	1	0	36	63	9	4	4	18
	12.0 oz	270	11	2	0	66	114	15	6	7	31
House	6.0 oz	98	6	3	0	15	27	5	3	2	6
	10.0 oz	124	8	3	0	18	36	7	4	3	9
La Bou® Chicken	15.8 oz	452	13	1	0	96	1033	38	4	10	44
Spinach	5.0 oz	115	7	2	0	94	336	4	2	1	9
	8.0 oz	222	14	5	0	109	757	7	3	2	17
Sweet Basil Pasta*	10.0 oz	425	21	2	0	38	674	51	7	12	12
	15.0 oz	626	31	2	0	55	993	75	11	18	18
Dressings											
Caesar	1.5 oz	230	25	3	0	8	327	1	0	0	1
Chinese Chicken	1.5 oz	228	16	2	0	0	530	23	0	19	0
Creamy Dill	1.5 oz	180	20	4	0	9	369	0	0	0	0
Herb Vinaigrette	1.5 oz	225	23	2	0	0	364	3	0	1	0
Kens' Fat Free Honey Dijon	1.5 oz	60	0	0	0	0	400	13	1	8	1
La Bou® Chicken	1.5 oz	123	9	0	0	0	363	12	0	12	0
	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)

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Nutritional Information

Soups	Serving Size (oz)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beef Chili	10 oz	278	9	4	0	22	1000	26	4	9	16
Broccoli Cheddar	10 oz	241	14	7	0	42	1131	18	2	8	11
Creamy Chicken with Wild Rice	10 oz	324	21	10	1	87	1261	21	1	2	13
Chicken Noodle	10 oz	107	5	2	.5	15	754	13	2	2	9
Clam Chowder	10 oz	235	10	6	0	37	620	26	2	8	10
Country Potato w/Bacon	10 oz	238	12	6	0	38	570	23	1	8	10
Creamy Tomato Bisque	10 oz	313	26	14	0	81	1127	16	1	10	4
Butternut Squash	10 oz	198	9	2	0	9	921	31	2	10	3
Spicy Thai Chicken	10 oz	170	5	1	0	27	784	20	0	7	12
Tomato Florentine	10 oz	91	2	1	0	3	875	16	2	5	4

Beverages	Serving Size (oz)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Hot											
Cafe Latte	12 oz	148	7	5	0	32	123	12	0	11	7
Cappuccino	8 oz	67	3	2	0	14	60	5	0	5	3
Chai Tea Latte	12 oz	198	5	3	0	22	88	32	0	30	5
Cherry Kissed Mocha	12 oz	366	8	5	0	33	144	100	0	94	8
Hot Chocolate	12 oz	272	11	7	0	42	146	33	1	29	10
Mocha	12 oz	222	9	6	0	34	135	27	1	24	9
White Mocha	12 oz	255	11	8	0	35	146	31	0	28	8
Cool											
Caramel Mocha Freeze	18 oz	375	12	9	0	19	252	61	2	48	6
Cherry Kissed Mocha Freeze	18 oz	322	12	10	0	19	204	50	2	39	7
Iced Cafe Latte	18 oz	136	7	4	0	29	113	11	0	10	7
Iced Mocha	18 oz	231	9	6	0	36	142	28	1	25	
Mocha Freeze	18 oz	323	12	10	0	19	204	50	2	39	7
Praline Cream Freeze	18 oz	422	15	11	0	33	307	67	1	53	8
Praline Latte Freeze	18 oz	377	12	9	0	22	277	64	1	51	6
Vanilla Chai Tea Latte Freeze	18 oz	344	11	9	0	23	211	62	1	51	6
White Mocha Freeze	18 oz	341	14	12	0	23	222	54	1	43	6
	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)

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