



Panera Bread® Nutrition Information - US

Effective: 1/10/2024 Version 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)
BAGELS												
Asiago Cheese Bagel	1 Bagel	320	50	5	3	0	15	540	55	2	4	14
Blueberry Bagel	1 Bagel	290	10	1	0	0	0	390	61	2	10	10
Chocolate Chip Bagel	1 Bagel	330	50	5	3	0	5	370	60	2	12	10
Cinnamon Crunch Bagel	1 Bagel	430	60	7	5	0	0	380	82	2	32	9
Cinnamon Swirl & Raisin Bagel	1 Bagel	320	15	1.5	1	0	0	410	65	3	12	10
Everything Bagel	1 Bagel	290	15	1.5	0	0	0	560	58	2	4	10
Jalapeno Cheddar Bagel	1 Bagel	300	25	3	1.5	0	5	750	56	2	4	13
Multigrain Bagel Flat	1 Bagel Flat	180	25	3	0	0	0	460	32	3	1	7
Plain Bagel	1 Bagel	280	10	1	0	0	0	410	57	2	4	10
Poppysseed Bagel	1 Bagel	290	20	2	0	0	0	410	58	2	4	10
Salt Bagel	1 Bagel	280	10	1	0	0	0	1960	57	2	4	10
Sesame Bagel	1 Bagel	290	25	2.5	0	0	0	410	58	2	4	11
BREADS												
Artisan Ciabatta	2 oz (about 3 1/2 inch slice/ 57g)	150	10	1.5	0	0	0	280	30	1	0	6
Black Pepper Focaccia	2 oz (57g / about 4.75 inch slice)	140	15	2	0	0	0	370	26	1	0	5
Brioche Roll	1 Roll	210	60	7	4	0	40	310	31	2	5	8
Classic Sourdough	2 oz (about 1 1/4 inch slice / 57 g)	150	5	0	0	0	0	320	31	1	0	6
Classic White Miche	2 oz (about 2/3 inch slice / 57g)	160	35	4	2	0	10	260	27	1	4	6
Country Rustic Sourdough	2 oz (about 2/3 inch slice / 57 g)	130	5	0	0	0	0	240	28	1	0	5
Asiago Cheese Focaccia	2 oz (57g / about 4 inch slice)	150	25	3	1	0	5	320	24	1	0	6
French Baguette	2 oz (57g / about 2 3/4 inch slice)	150	5	0	0	0	0	370	30	1	1	5
New England Roll	1 Roll	250	40	4.5	1.5	0	10	440	44	1	5	9
Sourdough Bread Bowl	1 Bread Bowl	670	40	4.5	0	0	0	1160	130	4	2	27
Tomato Basil Miche	2 oz (57g / about 1/2 inch slice)	130	5	0	0	0	0	330	27	1	1	5
White Whole Grain	2 oz (57g / about 7/8 inch slice)	130	5	0.5	0	0	0	290	25	2	3	6
Whole Grain Lahvash	1 Lahvash	170	35	4	0.5	0	0	310	25	9	3	12



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BREAKFAST												
Avocado, Egg White, Spinach & Cheese on Multigrain Bagel Flat	1 Sandwich	340	130	14	5	0	20	730	36	6	3	19
Bacon, Egg & Cheese on Artisan Ciabatta	1 Sandwich	440	190	21	9	0	300	900	40	2	2	24
Bacon, Egg & Cheese on Brioche	1 Sandwich	450	230	26	13	0	345	840	33	2	6	24
Breakfast Portion - Artisan Ciabatta	1/4 Loaf	200	15	2	0	0	0	360	38	2	1	7
Chipotle Aioli Sauce for Breakfast Sandwiches	1 Serving	45	40	4.5	1	0	5	55	0	0	0	0
Chipotle Chicken, Egg & Avocado on Artisan Ciabatta	1 Sandwich	550	270	30	10	0.5	315	910	43	4	2	27
Egg Whites	1 Portion	30	5	0	0	0	0	100	1	0	0	6
Garlic Aioli Sauce for Breakfast Sandwiches	1 serving	50	50	5	1	0	5	30	0	0	0	0
Ham, Egg & Cheese on Cinnamon Crunch Bagel	1 Sandwich	640	190	22	12	0	300	870	84	2	33	27
Sausage, Egg & Cheese on Artisan Ciabatta	1 Sandwich	590	320	35	15	0	320	1010	40	2	1	27
Sausage, Egg & Cheese on Asiago Bagel	1 Sandwich	820	460	51	20	0.5	345	1410	57	2	5	33
Sausage, Egg & Cheese on Brioche	1 Sandwich	600	360	40	19	0	360	960	33	2	6	28
Scrambled Egg	1 egg	90	60	7	3	0	265	90	1	0	0	8
Egg & Cheese on Artisan Ciabatta	1 Sandwich	380	140	16	7	0	285	610	40	2	1	20
Egg & Cheese on Brioche	1 Sandwich	390	180	20	11	0	330	560	32	2	6	21
Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping	1 Bowl	360	130	15	2	0	0	170	52	7	17	8
Steel Cut Oatmeal with Strawberries & Cinnamon Crunch Topping without pecans	1 Bowl	260	35	4	1	0	0	170	50	6	16	7
DRESSINGS & SAUCES												
Apple Cider Vinegar BBQ Sauce	1 portion	20	0	0	0	0	0	90	4	0	4	0
Dressing - Asian Sesame Vinaigrette - Half	1 1/2 Tbsp	45	35	4	0.5	0	0	100	2	0	2	0
Dressing - Asian Sesame Vinaigrette - Whole	3 Tbsp	90	70	8	1	0	0	200	4	0	4	0
Buffalo Sauce	1 Portion	10	10	1	0	0	0	320	1	0	1	0



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Dressing - Caesar - Half	1 1/2 Tbsp	90	80	9	1.5	0	15	140	1	0	1	0
Dressing - Caesar - Whole	3 Tbsp	180	160	18	3	0	30	290	2	0	2	1
Chipotle Sauce	1 portion	100	90	10	1.5	0	10	105	2	0	1	0
Country Mustard	1 portion	60	35	4	0.5	0	5	200	5	1	1	1
Garlic Aioli - Sandwich Portion	1 portion	110	110	12	2	0	15	65	0	0	0	0
Dressing - Greek Dressing - Half	1 1/2 Tbsp	110	110	12	1.5	0	0	150	0	0	0	0
Dressing - Greek Dressing - Whole	3 Tbsp	230	220	25	3.5	0	0	290	1	0	0	0
Dressing - Green Goddess - Half	1 1/2 tbsp	40	30	3.5	0	0	0	80	2	0	1	1
Dressing - Green Goddess - Whole	3 tbsp	80	60	7	1	0	5	160	4	0	3	2
Horseradish Sauce	1 portion	100	100	11	2	0	10	85	1	0	0	0
Hummus	1 portion	60	40	4.5	0.5	0	0	150	4	1	1	2
Lemon Tahini Dressing	1 portion	70	60	7	1	0	0	210	2	1	0	1
Mayonnaise	1 portion	130	130	14	2	0	10	115	0	0	0	0
Salsa Verde	1 portion	90	90	10	1	0	0	170	1	0	0	0
Signature Sauce	1 portion	90	70	8	1	0	10	90	4	0	2	0
Teriyaki Sauce	1 portion	120	10	1	0	0	0	680	26	0	22	2
Dressing - White Balsamic Vinaigrette flavored with Apple - Half	1 1/2 Tbsp	80	60	6	1	0	0	85	5	0	5	0
Dressing - White Balsamic Vinaigrette flavored with Apple - Whole	3 Tbsp	160	120	13	2	0	0	170	11	0	10	0
DRINKS												
Additional Shot of Bittersweet Chocolate Sauce	1 shot	50	0	0	0	0	0	25	13	1	8	1
Additional Shot of Caramel Syrup	1 Shot	60	10	1.5	1	0	5	50	13	0	8	0
Additional Shot of Cinnamon Bark Flavored Syrup	1 shot	25	0	0	0	0	0	0	6	0	6	0
Additional Shot of Espresso	1 fl oz (30 mL)	5	0	0	0	0	0	0	1	0	0	0
Additional Shot of Espresso Decaf	1 Shot	5	0	0	0	0	0	0	1	0	0	0



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Additional Shot of Madagascar Vanilla Syrup	1 Shot	20	0	0	0	0	0	0	5	0	5	0
Agave Lemonade - 20 fl oz	20 fl oz (591 mL)	210	0	0	0	0	0	15	52	0	48	0
Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	320	5	0	0	0	0	20	78	0	72	0
Agave Lemonade - Serves 10 - Group	2 containers	1350	15	1.5	0	0	0	80	331	0	307	2
Agave Lemonade - Serves 5 - Group	1 container	670	5	1	0	0	0	40	165	0	153	1
AHA Blueberry Pomegranate Sparkling Water- 12 fl oz can	12 fl oz can	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
Americano - 16 fl oz	16 fl oz (473 mL)	10	0	0	0	0	0	5	2	0	0	1
Unsweetened Iced Tea - Serves 10 - Group	2 Containers	80	0	0	0	0	0	80	0	0	0	15
Unsweetened Iced Tea - Serves 5 - Group	1 Container	40	0	0	0	0	0	40	0	0	0	8
Blackberry Sage Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Blood Orange Naturally Flavored Charged Splash - 20 fl oz	20 fl oz (591 mL)	15	0	0	0	0	0	40	20	0	0	0
Blood Orange Naturally Flavored Charged Splash - Serves 10 - Group	1 container	170	0	0	0	0	0	380	209	0	0	0
Blood Orange Naturally Flavored Charged Splash - Serves 5 - Group	1 container	80	0	0	0	0	0	170	96	0	0	0
Blood Orange Naturally Flavored Charged Splash- 30 fl oz	30 fl oz (887 mL)	25	0	0	0	0	0	60	29	0	0	0
Bottled Passionfruit Papaya Naturally Flavored Iced Green Tea	1 Bottle (500 mL)	130	0	0	0	0	0	0	31	0	28	0
Bottled Water	16.9 fl oz (500mL)	0	0	0	0	0	0	10	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
Bubly Sparkling Water 12 fl oz Can- Lemon	12 fl oz (355 mL)	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



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Cafe Blend Dark Roast Coffee - 16 fl oz	16 fl oz (473 mL)	15	0	0	0	0	0	10	3	0	0	1
Cafe Blend Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	15	0	0	0	0	0	15	3	0	0	1
Cafe blend Dark Roast Coffee - Group	1 Container	100	0	0	0	0	0	90	20	0	0	7
Cafe Blend Dark Roast Coffee - 12 fl oz	12 fl oz (355 mL)	10	0	0	0	0	0	10	2	0	0	1
Cafe Blend Light Roast Coffee - Group	1 Container	140	0	0	0	0	0	90	25	0	0	7
Cafe Blend Light Roast Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	10	3	0	0	1
Cafe Blend Light Roast Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	15	4	0	0	1
Cafe Blend Light Roast Coffee- 12 fl oz	12 fl oz (355 mL)	15	0	0	0	0	0	10	2	0	0	1
Caffe Latte - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	100	13	0	11	9
Caffe Latte - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	125	16	0	14	11
Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	95	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
Canada Dry Ginger Ale - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	85	60	0	59	0
Canada Dry Ginger Ale - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	125	90	0	89	0
Cappuccino - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	100	13	0	11	9
Cappuccino - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	125	16	0	14	11
Caramel Latte - 16 fl oz	16 fl oz (473 mL)	410	120	13	8	0	45	290	60	0	42	11
Caramel Latte - 20 fl oz	20 fl oz (591mL)	500	140	16	10	0	50	360	76	0	53	13
Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	370	70	7	4.5	0	30	150	63	0	62	12
Chai Tea Latte - 16 fl oz	16 fl oz (473 mL)	290	60	6	4	0	25	130	49	0	48	10
Chocolate Latte - 16 fl oz	16 fl oz (473 mL)	370	90	10	6	0	35	190	60	2	43	12
Chocolate Latte - 20 fl oz	20 fl oz (591mL)	420	100	11	7	0	40	230	67	3	49	14
Cinnamon Crunch Latte - 16 fl oz	16 fl oz (473 mL)	270	80	9	6	0	35	115	37	0	35	10
Cinnamon Crunch Latte - 20 fl oz	20 fl oz (591mL)	330	90	10	7	0	40	140	46	0	44	12
Cinnamon Plum Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Coke - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	65	67	0	67	0
Coke - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	95	100	0	100	0



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Coke 20 fl oz Bottle	20 fl oz bottle (591 mL)	240	0	0	0	0	0	75	65	0	65	0
Coke Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Coke Zero - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Coke Zero - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	100	0	0	0	0
Cold Brew Coffee - 16 fl oz	16 fl oz (473 mL)	10	0	0	0	0	0	15	2	0	0	1
Cold Brew Coffee - 20 fl oz	20 fl oz (591 mL)	15	0	0	0	0	0	15	3	0	0	1
Dasani Lemon - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	35	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
Decaf Coffee - 12 fl oz	12 fl oz (355 mL)	15	0	0	0	0	0	0	3	0	0	0
Decaf Coffee - Group	1 Container	140	0	0	0	0	0	40	32	0	0	4
Decaf Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	5	4	0	0	0
Decaf Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	5	5	0	0	1
Diet Coke - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	0	0	0	0
Diet Coke - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	120	0	0	0	0
20 oz Diet Coke Bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	70	0	0	0	0
Diet Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	120	0	0	0	0
Diet Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	180	0	0	0	0
Diet Mountain Dew - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	90	1	0	1	0
Diet Mountain Dew - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	140	1	0	1	0
Diet Mountain Dew - 12 fl oz can	12 fl oz Can (355 mL)	0	0	0	0	0	0	50	0	0	0	0
Diet Pepsi - 12 fl oz can	12 fl oz can (355 mL)	0	0	0	0	0	0	40	0	0	0	0
Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	95	0	0	0	0
Diet Pepsi - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	140	0	0	0	0
Dr Pepper - 20 fl oz bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	100	66	0	64	0
Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	75	65	0	64	0
Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	110	98	0	96	0



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Drive Thru - Agave Lemonade - 20 fl oz	20 fl oz (591 mL)	130	0	0	0	0	0	10	32	0	29	0
Drive Thru - Agave Lemonade - 30 fl oz	30 fl oz (887 mL)	190	0	0	0	0	0	15	48	0	44	0
Drive Thru - Caffeine Free Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Drive Thru - Caffeine Free Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0
Drive Thru - Canada Dry Ginger Ale - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	50	38	0	37	0
Drive Thru - Canada Dry Ginger Ale - 30 fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	80	57	0	56	0
Drive Thru - Coke - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	40	42	0	42	0
Drive Thru - Coke - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	60	63	0	63	0
Drive Thru - Coke Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	40	0	0	0	0
Drive Thru - Coke Zero - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive Thru - Diet Coke - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0
Drive Thru - Diet Coke - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Diet Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Diet Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	110	0	0	0	0
Drive Thru - Diet Mountain Dew - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0
Drive Thru - Diet Mountain Dew - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	85	1	0	0	0
Drive Thru - Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Drive Thru - Diet Pepsi - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	90	0	0	0	0
Drive Thru - Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	45	41	0	40	0
Drive Thru - Dr. Pepper - 30 fl oz	30 fl oz (887 mL)	220	0	0	0	0	0	70	61	0	60	0
Drive Thru - Fanta Orange - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	40	42	0	42	0
Drive Thru - Fanta Orange - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	65	63	0	63	0
Drive Thru - Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	70	0	0	0	0	0	50	19	0	19	0
Drive Thru - Lipton Brisk Raspberry Tea - 30 fl oz	30 fl oz (887 mL)	110	0	0	0	0	0	75	28	0	28	0
Drive Thru - Mountain Dew - 20 fl oz	20 fl oz (591 mL)	180	0	0	0	0	0	55	46	0	46	0
Drive Thru - Mountain Dew - 30 fl oz	30 fl oz (887 mL)	260	0	0	0	0	0	80	69	0	69	0
Drive Thru - Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	60	40	0	40	0



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Drive Thru - Mug Root Beer - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	90	60	0	59	0
Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 20 fl oz	20 fl oz (591 mL)	100	0	0	0	0	0	15	25	0	25	0
Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz	30 fl oz (887 mL)	140	0	0	0	0	0	20	35	0	35	0
Drive Thru - Pepsi - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	43	0	43	0
Drive Thru - Pepsi - 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	50	65	0	64	0
Drive Thru - Pepsi Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	40	0	0	0	0
Drive Thru - Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	55	39	0	39	0
Drive Thru - Pibb Xtra - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	85	58	0	58	0
Drive Thru - Powerade Mountain Blast - 20 fl oz	20 fl oz (591 mL)	90	0	0	0	0	0	120	23	0	23	0
Drive Thru - Powerade Mountain Blast - 30 fl oz	30 fl oz (887 mL)	130	0	0	0	0	0	180	35	0	34	0
Drive Thru - SoBe Life Water Yumberry Pomegranate - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	50	0	0	0	0
Drive Thru - SoBe Life Water Yumberry Pomegranate - 30 fl oz	30 fl oz (887 mL)	0	0	0	0	0	0	75	0	0	0	0
Drive Thru - Sprite - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	70	38	0	38	0
Drive Thru - Sprite - 30 fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	105	57	0	57	0
Drive Thru - Starry Lemon Lime - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	35	41	0	41	0
Drive Thru - Starry Lemon Lime - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	50	61	0	61	0
Drive Thru - Sweet Iced Tea - 20 fl oz	20 fl oz (591 mL)	80	0	0	0	0	0	10	18	0	18	2
Drive Thru - Sweet Iced Tea - 30 fl oz	30 fl oz (887 mL)	110	0	0	0	0	0	15	25	0	25	2
Drive Thru - Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	180	0	0	0	0	0	35	47	0	47	0
Drive Thru - Tropicana Fruit Punch - 30 fl oz	30 fl oz (887 mL)	270	0	0	0	0	0	50	71	0	70	0
Drive Thru - Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	160	42	0	41	0
Drive Thru - Tropicana Lemonade - 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	240	62	0	62	0
Drive Thru - Tropicana Light Lemonade - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	150	0	0	0	0



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Drive Thru - Tropicana Light Lemonade - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	220	0	0	0	0
Drive Thru - Unsweetened Iced Tea - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	10	0	0	0	2
Drive Thru - Unsweetened Iced Tea - 30 fl oz	30 fl oz (887 mL)	10	0	0	0	0	0	15	0	0	0	2
Drive Thru - Wild Cherry Pepsi 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	44	0	44	0
Drive Thru - Wild Cherry Pepsi 30 fl oz	30 fl oz (887 mL)	240	0	0	0	0	0	50	66	0	66	0
Drive-Thru - Lime Bubly Sparkling Water - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Drive-Thru - Lime Bubly Sparkling Water - 30 fl oz	30 fl oz (887 mL)	5	0	0	0	0	0	95	0	0	0	0
Earl Greyer Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	20	0	0	0	0
Espresso	2 fl oz (59 mL)	10	0	0	0	0	0	0	2	0	0	1
Fanta Orange - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	65	66	0	66	0
Fanta Orange - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	100	99	0	99	0
Frozen Caramel Cold Brew - 16 fl oz	16 fl oz (473 mL)	490	150	17	10	0.5	50	230	80	0	58	5
Frozen Chocolate Cold Brew - 16 fl oz	16 fl oz (473 mL)	450	120	13	8	0	45	130	79	2	59	6
Ginger Peach Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	20	0	0	0	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
Hazelnut Coffee - Group	1 Container	140	0	0	0	0	0	60	24	0	0	10
Hazelnut Flavored Coffee - 12 fl oz	12 fl oz (355 mL)	15	0	0	0	0	0	5	2	0	0	1
Hazelnut Flavored Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	10	3	0	0	1
Hazelnut Flavored Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	10	4	0	0	2
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
Honey Ginseng Green Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Signature Hot Chocolate - 16 fl oz	16 fl oz (473 mL)	430	100	11	7	0	35	230	73	3	53	12
Signature Hot Chocolate - 20 fl oz	20 fl oz (591 mL)	550	110	12	8	0	45	300	96	4	69	15
Iced Cafe Blend Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	15	2	0	0	1



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Iced Cafe Blend Dark Roast Coffee - 20 fl oz - no ice	20 fl oz (591 mL)	15	0	0	0	0	0	15	3	0	0	1
Iced Cafe Blend Dark Roast Coffee - 30 fl oz	30 fl oz (887 mL)	15	0	0	0	0	0	20	3	0	0	1
Iced Cafe Blend Dark Roast Coffee - 30 fl oz - no ice	30 fl oz (887 mL)	25	0	0	0	0	0	20	5	0	0	2
Iced Cafe Blend Dark Roast Coffee- 16 fl oz	16 fl oz (473 mL)	10	0	0	0	0	0	10	2	0	0	1
Iced Caffe Latte - 20 fl oz	20 fl oz (591 mL)	160	60	6	4	0	25	130	16	0	14	11
Iced Caramel Latte - 20 fl oz	20 fl oz (591 mL)	440	130	15	9	0	50	320	63	0	45	13
Iced Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	290	60	6	4	0	25	130	49	0	48	10
Iced Chocolate Latte - 20 fl oz	20 fl oz (591 mL)	400	100	11	7	0	40	220	62	2	46	14
Iced Cinnamon Crunch Latte - 20 fl oz	20 fl oz (591 mL)	300	90	10	7	0	40	140	40	0	38	12
Iced Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	290	90	10	7	0	40	140	36	0	34	12
Kids Organic Apple juice	6.75 fl oz (200 mL)	100	0	0	0	0	0	10	24	0	23	0
Kids Organic Chocolate Milk	8 fl oz (237 mL)	150	20	2.5	1.5	0	15	180	23	0	22	8
Kids Organic White Milk	8 fl oz (237 mL)	110	20	2.5	1.5	0	10	130	13	0	12	8
Lime Bubly Sparkling Water - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	105	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
Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	120	0	0	0	0	0	80	30	0	30	0
Lipton Brisk Raspberry Tea - 30 fl oz	30 fl oz (887 mL)	170	0	0	0	0	0	120	45	0	45	0
Madagascar Vanilla Almond Cold Brew Coffee - 16 fl oz	16 fl oz (473 mL)	90	10	1.5	0	0	0	45	18	0	17	1
Madagascar Vanilla Almond Cold Brew Coffee - 20 fl oz	20 fl oz (591 mL)	120	15	1.5	0	0	0	60	24	0	22	1
Madagascar Vanilla Cream Cold Brew Coffee - 16 fl oz	16 fl oz (473 mL)	190	100	11	7	0	35	50	22	0	17	3
Madagascar Vanilla Cream Cold Brew Coffee - 20 fl oz	20 fl oz (591 mL)	260	130	14	9	0	45	60	29	0	22	4



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Madagascar Vanilla Latte - 16 fl oz	16 fl oz (473 mL)	260	80	9	6	0	35	115	33	0	31	10
Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	310	90	10	7	0	40	140	41	0	40	12
Mango Ceylon Tea - 16 fl oz	16 fl oz (473 mL)	0	0	0	0	0	0	0	0	0	0	0
Mango Yuzu Citrus Naturally Flavored Charged Lemonade - 30 fl oz	30 fl oz (887 mL)	280	5	0	0	0	0	15	67	0	64	0
Mango Yuzu Citrus Naturally Flavored Charged Lemonade - 20 fl oz	20 fl oz (591 mL)	210	0	0	0	0	0	10	51	0	49	0
Mango Yuzu Citrus Naturally Flavored Charged Lemonade - Serves 10 - Group	2 Containers	2420	25	2.5	0	0	0	80	587	2	565	3
Mango Yuzu Citrus Naturally Flavored Charged Lemonade - Serves 5 - Group	1 Container	1210	10	1.5	0	0	0	40	294	1	282	2
Minute Maid Orange Juice - 12 fl oz bottle	12 fl oz (355 mL)	220	0	0	0	0	0	30	51	0	45	0
Mountain Dew - 12 fl oz can	1 can (355 mL)	170	0	0	0	0	0	60	46	0	46	0
Mountain Dew - 20 fl oz	20 fl oz (591 mL)	280	0	0	0	0	0	85	73	0	73	0
Mountain Dew- 20 fl oz bottle	20 fl oz bottle (591 mL)	290	0	0	0	0	0	105	77	0	77	0
Mountain Dew - 30 fl oz	30 fl oz (887 mL)	420	0	0	0	0	0	130	110	0	110	0
Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	95	64	0	63	0
Mug Root Beer - 30 fl oz	30 fl oz (887 mL)	360	0	0	0	0	0	140	96	0	95	0
Orange Ginger Mint Tea - 16 fl oz	16 fl oz (473 mL)	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)	150	0	0	0	0	0	15	38	0	38	0
Passion Papaya Naturally Flavored Iced Green Tea - 30 fl oz	30 fl oz (887 mL)	230	0	0	0	0	0	20	58	0	58	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 10 - Group	2 Containers	980	0	0	0.5	0	0	90	246	0	246	0
Passion Papaya Naturally Flavored Iced Green Tea - Serves 5 - Group	1 Container	490	0	0	0	0	0	45	123	0	123	0



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Pepsi - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	50	69	0	69	0
Pepsi - 20 fl oz bottle	20 fl oz bottle (591 mL)	250	0	0	0	0	0	55	69	0	69	0
Pepsi - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	80	103	0	103	0
Pepsi 12 fl oz can	12 fl oz can (355 mL)	150	0	0	0	0	0	30	41	0	41	0
Pepsi Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Pepsi Zero - 20 fl oz bottle	20 fl oz bottle (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	90	61	0	61	0
Pibb Xtra - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	135	92	0	92	0
Powerade Mountain Blast - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	190	37	0	36	0
Powerade Mountain Blast - 30 Fl oz	30 fl oz (887 mL)	210	0	0	0	0	0	280	55	0	55	0
Premium Orange Juice - Serves 10 - Group	2 Containers	1800	0	0	3	0	0	60	408	0	360	33
Premium Orange Juice - Serves 5 - Group	2 Containers	900	0	0	1.5	0	0	30	204	0	180	17
Premium OJ 11.5 fl oz	1 Bottle	160	0	0	0	0	0	5	37	0	32	2
SoBe Life Water Yumberry Pomegranate - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	80	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
Sprite - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	115	61	0	61	0
Sprite - 30 fl oz	30 fl oz (887 mL)	340	0	0	0	0	0	170	91	0	91	0
Sprite 20 fl oz Bottle	20 fl oz bottle (591 mL)	230	0	0	0	0	0	110	64	0	64	0
Sprite Zero - 20 fl oz bottle	20 fl oz (591 mL)	0	0	0	0	0	0	60	1	0	0	0
Starry Lemon Lime - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	55	65	0	65	0
Starry Lemon Lime - 30 fl oz	30 fl oz (887 mL)	370	0	0	0	0	0	85	97	0	97	0
Starry Lemon Lime 12 fl oz Can	1 Can (355 mL)	150	0	0	0	0	0	35	39	0	39	0
Starry Lemon Lime 20 fl oz bottle	20 fl oz bottle (591mL)	240	0	0	0	0	0	55	65	0	65	0
Strawberry Lemon Mint Naturally Flavored Charged Lemonade - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	10	38	0	36	0



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Strawberry Lemon Mint Naturally Flavored Charged Lemonade - 30 fl oz	30 fl oz (887 mL)	220	0	0	0	0	0	15	54	0	51	0
Strawberry Lemon Mint Naturally Flavored Charged Lemonade - Serves 10 - Group	2 Containers	1790	15	1.5	0	0	0	75	435	1	409	3
Strawberry Lemon Mint Naturally Flavored Charged Lemonade - Serves 5 - Group	1 Container	890	10	1	0	0	0	40	218	1	205	1
Substitute Almond Milk - 8 fl oz	8 fl oz (237 mL)	40	30	3.5	0	0	0	100	2	1	0	1
Substitute Skim Milk - 4 fl oz	4 fl oz (118 mL)	40	0	0	0	0	0	50	6	0	6	4
Substitute Skim Milk - 8 fl oz	8 fl oz (237 mL)	80	0	0	0	0	5	105	12	0	12	8
Sweet Iced Tea - Serves 10 - Group	2 Containers	730	1	0	0	0	0	75	164	0	163	14
Sweet Iced Tea - Serves 5- Group	1 Container	360	0	0	0	0	0	35	82	0	81	7
Sweet Iced Tea 20 fl oz	20 fl oz (591 mL)	110	0	0	0	0	0	10	27	0	27	1
Sweet Iced Tea 30 fl oz	30 fl oz (887 mL)	150	0	0	0	0	0	10	36	0	36	2
Tropical Hibiscus Tea - Serves 10 - Group	2 Containers	0	0	0	0	0	0	0	0	0	0	0
Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	280	0	0	0	0	0	55	75	0	75	0
Tropicana Fruit Punch - 30 fl oz	30 fl oz (887 mL)	420	0	0	0	0	0	85	113	0	112	0
Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	260	67	0	66	0
Tropicana Lemonade - 30 fl oz	30 fl oz (887 mL)	380	0	0	0	0	0	390	100	0	99	0
Tropicana Light Lemonade - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	230	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
Unsweetened Iced Tea - 20 fl oz	20 fl oz (591 mL)	10	0	0	0	0	0	10	0	0	0	2
Unsweetened Iced Tea - 30 fl oz	30 fl oz (887 mL)	20	0	0	0	0	0	20	0	0	0	4
Wild Cherry Pepsi 20 fl oz	20 fl oz (591 mL)	260	0	0	0	0	0	55	70	0	70	0
Wild Cherry Pepsi 30 fl oz	30 fl oz (887 mL)	390	0	0	0	0	0	80	106	0	105	0
ENTRÉE												
Baja Bowl	1 Bowl	620	290	33	6	0	20	1280	69	13	12	17
Baja Bowl with Chicken	1 Bowl	680	300	34	6	0.5	60	1480	70	13	12	27



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Broccoli Cheddar Mac & Cheese - Bread Bowl	1 Bread bowl with Broccoli Cheddar Mac	1040	250	28	12	0.5	40	2120	157	7	7	39
Broccoli Cheddar Mac & Cheese - Large	1 Bowl	740	430	48	23	1	85	1930	53	5	10	25
Broccoli Cheddar Mac & Cheese - Small	1 Cup	370	210	24	11	0.5	40	960	26	3	5	12
Broccoli Cheddar Mac & Cheese - Group	1 Container	1480	860	95	45	2	170	3850	106	10	20	50
Cheese Flatbread Pizza	1 flatbread pizza	920	370	41	19	1	100	2100	95	3	8	40
Teriyaki Chicken & Broccoli Bowl	1 Bowl	610	160	17	4	0	150	1630	69	5	27	46
Mac & Cheese - Bread Bowl	1 Bread bowl with mac & cheese	1150	330	36	18	1	85	2310	164	4	9	43
Mac & Cheese - Group	1 Container	1930	1160	128	70	4	335	4590	134	0	29	65
Mac & Cheese - Large	About 2 Cups	960	580	64	35	2	165	2300	67	0	15	32
Mac & Cheese- Small	About 1 Cup	480	290	32	17	1	85	1150	34	0	7	16
Margherita Flatbread Pizza	1 flatbread pizza	860	320	35	16	1	75	1840	98	4	10	35
Mediterranean Bowl	1 Bowl	520	250	28	6	0	20	1100	53	8	8	15
Mediterranean Bowl with Chicken	1 Bowl	570	260	29	6	0.5	60	1310	54	8	8	26
Pepperoni Flatbread Pizza	1 flatbread pizza	1060	500	55	24	1	115	2580	95	3	8	43
KIDS												
Kids Deli Turkey on White Whole Grain	1 Sandwich	290	80	9	4.5	0	45	970	30	3	3	21
Kids Grilled Cheese on White Whole Grain	1 Sandwich	230	70	8	4	0	20	620	29	3	3	11
Kids Stonyfield Organic Low Fat Mixed Berry Yogurt Squeezers	1 Tube	50	10	1	0.5	0	5	40	8	0	6	2
Kids Stonyfield Organic Low Fat Strawberry Yogurt Squeezers	1 Tube	50	10	1	0.5	0	5	35	8	0	6	2
PASTRIES & SWEETS												
Pastry - Pastry Ring	1/12 pastry	210	90	9	5	0	35	170	29	1	14	3
Muffin - Blueberry	1 Muffin	510	160	18	3.5	0	65	390	79	8	35	7
Scone - Blueberry	1 Scone	460	170	19	12	0.5	25	900	65	2	26	8
Brownie	1 Brownie	470	160	18	6	0	115	95	69	4	50	7
Cookie - Candy	1 Cookie	480	200	22	13	0.5	80	310	68	1	37	4



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Muffie - Chocolate Chip	1 Muffie	340	120	13	4.5	0	35	200	51	3	22	5
Cookie - Chocolate Chipper	1 Cookie	390	170	19	11	0	50	290	52	2	31	4
Pastry - Chocolate Croissant	1 Croissant	410	190	21	13	0.5	45	300	49	2	16	7
Muffin - Cranberry Orange	1 Muffin	530	180	20	3.5	0	50	340	82	4	42	7
Dozen Chocolate Chipper Cookies	1 cookie	390	170	19	11	0	50	290	52	2	31	4
Dozen Mixed Cookies	1 container	4850	1940	216	130	6	685	3200	684	20	397	46
Pastry - Bear Claw	1 Pastry	500	210	23	10	0.5	60	350	65	3	30	10
Cookie - Heart Shaped Shortbread	1 Cookie	440	190	21	13	1	65	200	57	1	32	4
Cookie - Tulip Shaped Shortbread	1 Cookie	440	190	21	13	1	65	210	57	1	32	4
Cookie - Kitchen Sink	1 Cookie	820	400	44	29	1	95	760	99	2	56	8
Cookie - Lemon Drop Flavored	1 Cookie	440	180	20	13	0.5	75	260	60	1	34	5
Mini Bear Claw	1 Pastry	160	70	8	3.5	0	20	115	20	1	8	3
Mini Scone -Blueberry	1 mini scone	150	60	6	4	0	10	300	21	1	9	3
Mini - Brownie	1 Mini Brownie	120	40	4.5	1.5	0	30	25	17	1	12	2
Mini Cookie - Candy	1 Mini Cookie	130	50	6	3.5	0	20	75	18	0	10	1
Mini Muffin - Cranberry Orange	1 Mini Muffin	80	30	3	0.5	0	10	55	13	1	7	1
Mini Cookie - Lemon Drop Flavored	1 Mini Cookie	110	45	5	3.5	0	20	65	15	0	9	1
Mini Cookie - Oatmeal Raisin with Berries	1 Cookie	90	30	3	2	0	15	45	14	1	8	1
Mini Scone - Orange	1 mini scone	180	60	7	4.5	0	25	290	26	1	13	3
Mini Pastry Duet	1 Piece	420	170	19	11	0.5	65	340	58	1	28	7
Cookie - Oatmeal Raisin with Berries	1 Cookie	350	110	13	7	0	55	170	55	2	33	4
Scone - Orange	1 Scone	550	190	21	13	1	80	860	77	2	39	8
Pastry - Pecan Braid	1 Pastry	450	220	24	8	0	30	180	52	3	25	6
Cookie - Petite Chocolate Chipper	1 Cookie	100	40	4.5	3	0	10	75	13	0	8	1
Muffin - Pumpkin	1 Muffin	570	220	24	4.5	0	30	430	78	5	40	8
Cookie - Pumpkin Shaped Shortbread	1 Cookie	450	190	21	13	1	65	210	62	1	37	4
Pastry - Croissant	1 Croissant	270	130	15	11	0	50	240	28	1	4	5



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Cinnamon Roll	1 Roll	520	160	18	10	0	40	400	84	2	48	7
SALADS												
Asian Sesame with Chicken - Half	1/2 Salad	200	100	11	1.5	0	40	390	13	3	3	14
Asian Sesame with Chicken - Whole	1 Salad	410	200	22	3	0.5	80	780	26	6	7	29
Caesar Salad with Black Pepper Croutons - Half	1/2 Salad	200	120	14	3.5	0	25	380	12	2	2	5
Caesar Salad with Black Pepper Croutons - Whole	1 Salad	390	250	28	7	0.5	45	760	24	4	4	10
Chicken Caesar Salad with Black Pepper Croutons - Half	1/2 Salad	250	130	15	3.5	0.5	60	590	13	2	2	16
Chicken Caesar Salad with Black Pepper Croutons - Whole	1 Salad	500	270	30	7	1	125	1180	25	4	5	32
Fuji Apple with Chicken - Half	1/2 Salad	270	150	17	3.5	0	45	410	18	3	11	14
Fuji Apple with Chicken - Whole	1 Salad	550	300	34	7	1	95	830	35	6	21	29
Fuji Apple with Chicken without pecans - Half	1/2 Salad	220	100	12	3	0	45	410	17	2	10	14
Fuji Apple with Chicken without pecans - Whole	1 Salad	450	210	23	6	1	95	830	33	4	21	27
Greek - Half	1/2 Salad	200	160	18	4.5	0	15	540	8	2	3	4
Greek - Whole	1 Salad	400	320	35	9	0.5	30	1080	15	5	7	8
Green Goddess Cobb with Chicken - Half	1/2 Salad	240	120	13	3	0	140	510	12	3	6	18
Green Goddess Cobb with Chicken - Whole	1 Salad	480	240	27	6	0.5	285	1020	25	7	13	37
Southwest Caesar Salad - Half	1/2 Salad	260	200	23	4.5	0	25	330	10	4	2	5
Southwest Caesar Salad - Whole	1 Salad	520	410	45	9	1	55	650	19	8	4	10
Southwest Caesar Salad with Chicken- Whole	1 Salad	630	420	47	10	1	130	1070	21	8	5	32
Southwest Caesar with Chicken Salad - Half	1/2 Salad	310	210	23	5	0.5	65	530	10	4	2	16
SANDWICHES												
Avocado Sandwich - Whole	1 Sandwich	400	80	9	1.5	0	0	610	71	7	3	13
Avocado Sandwich - Half	1/2 sandwich	200	40	4.5	0.5	0	0	300	36	4	2	7



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Bacon Avocado Melt on Country Rustic Sourdough - Half	1/2 Sandwich	420	230	25	8	0	40	740	35	3	2	14
Bacon Avocado Melt on Country Rustic Sourdough - Whole	1 Sandwich	840	460	51	16	1	80	1480	71	7	3	27
Bacon Turkey Bravo on Tomato Basil - Half	1/2 Sandwich	500	190	21	8	0	70	1330	52	2	6	27
Bacon Turkey Bravo on Tomato Basil - Whole	1 Sandwich	1000	370	41	15	0.5	135	2660	104	4	11	54
Black Forest Ham & Gouda Melt on Baguette	1 Sandwich	940	250	28	12	1	100	2990	121	5	6	52
Chicken & Pepperoni Mozzarella Melt on Baguette	1 Sandwich	1110	370	41	20	1	170	3120	115	4	6	69
Chicken Cordon Bleu Melt on Baguette	1 Sandwich	1040	270	30	13	1	165	3510	121	5	6	73
Chicken Green Goddess Caprese Melt on Baguette	1 Sandwich	1070	380	42	13	0	130	2420	118	5	7	56
Chipotle Chicken Avocado Melt on Black Pepper Focaccia Round - Half	1/2 Sandwich	470	220	24	7	0	65	1010	40	4	2	23
Chipotle Chicken Avocado Melt on Black Pepper Focaccia - Whole	1 Sandwich	930	440	48	15	0.5	130	2020	80	7	5	46
Classic Grilled Cheese on Classic White Miche - Half	1/2 Sandwich	440	230	26	15	1	75	1190	34	1	5	19
Classic Grilled Cheese on Classic White Miche - Whole	1 Sandwich	880	460	51	31	1.5	150	2370	69	2	10	37
Deli Ham on Country Rustic Sourdough - Half	1/2 Sandwich	280	60	7	1.5	0	25	980	39	2	4	17
Deli Ham on Country Rustic Sourdough - Whole	1 Sandwich	570	130	14	3	0	55	1960	78	5	8	34
Deli Turkey on Country Rustic Sourdough - Half	1/2 Sandwich	280	60	6	1	0	30	840	40	2	4	17
Deli Turkey on Country Rustic Sourdough - Whole	1 Sandwich	560	110	12	2	0	55	1690	79	5	7	35
Green Goddess Caprese Melt on Baguette	1 Sandwich	970	360	40	13	0	65	1900	118	5	7	35
Mediterranean Veggie on Tomato Basil - Half	1/2 Sandwich	320	70	7	2	0	10	830	53	4	5	11



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Mediterranean Veggie on Tomato Basil - Whole	1 Sandwich	630	130	14	4	0	15	1650	105	7	11	23
Napa Almond Chicken Salad on Country Rustic Sourdough - Half	1/2 Sandwich	320	110	13	2	0	35	490	39	2	6	14
Napa Almond Chicken Salad on Country Rustic Sourdough - Whole	1 Sandwich	630	230	25	4.5	0.5	70	970	77	4	12	27
Pepperoni Mozzarella Melt on Baguette	1 Sandwich	1000	350	39	20	1	105	2600	115	4	6	48
Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Half	1/2 Sandwich	460	230	26	5	0	50	890	36	3	3	22
Roasted Turkey & Avocado BLT on Country Rustic Sourdough - Whole	1 Sandwich	920	470	52	10	0.5	100	1780	72	7	5	44
Toasted Smokehouse BBQ Chicken on Classic White Miche - Half	1/2 Sandwich	380	130	14	7	0	65	820	40	2	9	22
Toasted Smokehouse BBQ Chicken on Classic White Miche - Whole	1 Sandwich	750	260	29	14	0.5	135	1640	80	3	17	45
Smoky Buffalo Chicken Melt on Baguette	1 Sandwich	830	170	19	10	0	110	3010	114	4	4	50
Southwest Chicken Melt on Country Rustic Sourdough - Half	1/2 Sandwich	400	180	20	7	0	65	820	33	2	1	22
Southwest Chicken Melt on Country Rustic Sourdough - Whole	1 Sandwich	790	360	40	14	1	130	1640	67	3	2	43
The Chef's Chicken Sandwich - The Signature Take on Brioche	1 sandwich	560	260	29	10	0	160	1140	41	2	7	36
Toasted Frontega Chicken on Black Pepper Focaccia - Half	1/2 Panini	400	160	18	5	0	55	940	39	2	3	22
Toasted Frontega Chicken on Black Pepper Focaccia - Whole	1 Panini	800	320	36	10	0	110	1890	78	4	5	43
Toasted Steak & White Cheddar on Artisan Ciabatta - Half	1/2 Panini	480	210	24	7	0	65	780	44	2	4	22



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SANDWICHES												
Toasted Steak & White Cheddar on Artisan Ciabatta - Whole	1 Panini	950	420	47	15	1	125	1550	87	4	7	44
Tuna Salad on Black Pepper Focaccia - Half	1/2 Sandwich	360	150	17	2.5	0	25	830	38	3	2	15
Tuna Salad on Black Pepper Focaccia - Whole	1 Sandwich	720	300	33	5	0	50	1670	76	5	5	29
SIDES												
Side - Apple	1 Apple	80	0	0	0	0	0	0	22	5	16	0
Banana	1 Banana	90	5	0	0	0	0	0	23	3	12	1
Side Portion - French Baguette	2.4 oz (69g / about 3 1/3 inch slice)	180	5	0.5	0	0	0	450	36	1	1	7
Greek Yogurt with Mixed Berries	1 Parfait	250	80	9	4.5	0	25	80	29	2	18	16
Kettle Cooked Potato Chips	1 package	150	80	9	1	0	0	75	17		<1	2
Side - Pickle Spear	1 Spear	5	0	0	0	0	0	240	1	0	0	0
Seasonal Fruit Cup	1 Container	60	0	0	0	0	0	15	17	1	12	1
SMOOTHIES												
Green Passion Smoothie - 16 fl oz	16 fl oz (473 mL)	230	10	1.5	0	0	0	45	59	2	50	2
Mango Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	300	45	5	3	0	20	75	51	1	42	13
Peach & Blueberry Smoothie with Almond Milk - 16 fl oz	16 fl oz (473 mL)	200	15	2	0	0	0	45	49	3	41	2
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
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
SOUFFLES												
Souffle - Four Cheese	1 Souffle	470	270	30	16	1	185	830	36	1	8	14
Souffle - Spinach & Artichoke	1 Souffle	530	320	35	19	1	180	930	37	3	8	18
Souffle - Spinach & Bacon	1 Souffle	550	330	37	19	1	195	970	36	1	8	19



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SOUPS												
Bistro French Onion Soup with Black Pepper Croutons - Group	1 Container	710	280	31	13	1	75	4650	82	7	37	26
Bistro French Onion - Bread Bowl	1 Bread bowl with soup	860	110	12	4	0	20	2460	153	6	13	34
Bistro French Onion with Black Pepper Croutons - Bowl	1 1/2 Cups	280	110	12	5	0	30	1950	33	3	16	10
Bistro French Onion with Black Pepper Croutons - Cup	1 Cup	190	70	8	3.5	0	20	1300	22	2	11	7
Broccoli Cheddar - Bowl	1 1/2 Cups	370	220	24	19	2.5	70	1560	25	1	9	13
Broccoli Cheddar - Cup	1 Cup	230	140	15	12	1.5	45	980	16	1	6	8
Broccoli Cheddar - Bread Bowl	1 Bread bowl with soup	900	180	20	13	1.5	45	2140	146	5	8	35
Broccoli Cheddar Soup - Group	1 Container	820	480	53	43	5	150	3430	56	3	20	28
Chicken Tikka Masala Soup - Bowl	1 1/2 cups	360	160	18	10	0	65	1000	37	5	8	16
Chicken Tikka Masala Soup - Bread Bowl	1 Bread bowl with soup	900	140	16	7	0	45	1820	154	8	8	37
Chicken Tikka Masala Soup - Cup	1 cup	230	100	12	6	0	45	650	23	3	5	10
Chicken Tikka Masala Soup - Group	1 container	820	370	41	22	1	155	2300	84	11	19	37
Cream of Chicken & Wild Rice - Bowl	1 1/2 Cups	280	140	16	8	0.5	40	1410	27	3	7	8
Cream of Chicken & Wild Rice - Bread Bowl	1 Bread bowl with soup	860	130	15	6	0	30	2100	149	6	7	32
Cream of Chicken & Wild Rice - Cup	1 Cup	190	90	10	5	0	30	940	18	2	5	5
Cream of Chicken and Wild Rice - Group	1 Container	650	330	36	19	1.5	100	3280	64	6	17	18
Homestyle Chicken Noodle Soup - Bowl	1 bowl	150	25	3	1	0	45	1560	17	0	4	14
Homestyle Chicken Noodle Soup - Bread Bowl	1 bread bowl with soup	770	60	6	1	0	30	2200	142	4	5	36
Homestyle Chicken Noodle Soup - Cup	1 cup	100	15	2	0.5	0	30	1040	11	0	3	10
Homestyle Chicken Noodle Soup - Group	1 container	350	60	7	2	0.5	105	3640	40	0	10	33
Turkey Chili with Beans - Bowl	1 Bowl	300	90	10	4.5	0	35	690	31	14	8	21
Turkey Chili with Beans - Bread Bowl	1 bread bowl with soup	870	100	11	3.5	0	25	1620	151	14	8	41



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Turkey Chili with Beans - Cup	1 Cup	200	60	7	3	0	25	460	20	9	6	14
Turkey Chili - Group	1 Container	700	220	24	11	1	80	1620	72	32	19	49
Ten Vegetable Soup - Bowl	1 1/2 Cups	100	15	2	0	0	0	1090	15	4	6	5
Ten Vegetable Soup - Bread Bowl	1 Bread bowl with soup	730	50	6	0.5	0	0	1890	140	7	6	30
Ten Vegetable Soup - Cup	1 Cup	60	10	1	0	0	0	730	10	3	4	3
Ten Vegetable Soup - Group	1 Container	220	40	4.5	1	0	0	2550	36	9	13	11
Vegetarian Autumn Squash Soup - Bowl	1 1/2 Cups	330	150	16	7	0	50	1210	41	5	33	8
Vegetarian Autumn Squash Soup - Bread Bowl	1 Bread bowl with soup	880	140	15	5	0	35	1960	158	8	24	32
Vegetarian Autumn Squash Soup - Cup	1 Cup	210	100	11	5	0	35	800	27	3	22	5
Vegetarian Autumn Squash Soup - Group	1 Container	760	340	38	17	0	120	2810	96	11	77	19
Vegetarian Creamy Tomato Soup with Black Pepper Croutons - Bowl	1 1/2 Cups	370	210	23	13	0.5	55	1100	35	0	17	6
Vegetarian Creamy Tomato Soup with Black Pepper Croutons - Cup	1 Cup	260	140	16	9	0	35	760	25	0	11	4
Vegetarian Creamy Tomato Soup - Group	1 Container	910	500	56	30	1.5	130	2690	88	1	40	14
Vegetarian Creamy Tomato - Bread Bowl	1 Bread bowl with soup	920	180	20	9	0	35	1920	155	5	13	31
SPREADS												
Plain Cream Cheese Spread - 1.75 oz	1 Container	180	150	17	11	0	50	135	4	0	2	2
Plain Cream Cheese Spread - 8 oz	2 Tbsp	110	90	10	7	0	30	85	3	0	1	1
Reduced Fat Chive & Onion Cream Cheese Spread - 1.75 oz	1 Container	130	90	10	7	0	35	190	2	0	2	6
Reduced Fat Chive & Onion Cream Cheese Spread - 8 oz	2 Tbsp (30g)	80	50	6	4	0	20	115	1	0	1	3
Reduced Fat Honey Walnut Cream Cheese Spread - 1.75 oz	1 Container	140	90	10	6	0	30	170	8	0	8	3
Reduced Fat Honey Walnut Cream Cheese Spread - 8 oz	2 Tbsp (30g)	80	50	6	3.5	0	20	105	5	0	5	2



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CATERING												
Catering Butter Pat	1 pat	35	35	4	2.5	0	10	35	0	0	0	0
Catering Asian Sesame Chicken Salad - serves 10	2 Containers	2160	1080	120	16	4	400	4160	138	32	40	148
Catering Asian Sesame Chicken Salad - serves 5	1 Container	1080	540	60	8	2	200	2080	69	16	20	74
Catering Asian Sesame - Half	1/2 Salad	150	90	10	1	0	0	180	12	3	3	4
Catering Asian Sesame Salad - serves 10	2 Containers	1600	1000	111	13	2	0	2030	130	32	38	38
Catering Asian Sesame Salad - serves 5	1 Container	800	500	55	6	1	0	1010	65	16	19	19
Catering Asian Sesame Salad - Whole	1 Salad	300	190	21	2.5	0	0	360	24	6	7	7
Catering Caesar Salad - serves 10	2 Containers	2060	1370	153	35	4	260	3840	110	24	24	53
Catering Caesar Salad - serves 5	1 Container	1030	690	76	18	2	130	1920	55	12	12	26
Catering Caesar with Chicken Salad - serves 10	2 Containers	2620	1460	162	39	6	660	5980	118	24	26	163
Catering Caesar with Chicken Salad - serves 5	1 Container	1310	730	81	19	3	330	2990	59	12	13	82
Catering Chipotle Aioli for Breakfast Sandwiches	about 0.5 oz	90	90	10	1.5	0	10	125	1	0	0	0
Catering French Baguette	1 Baguette	1060	35	3.5	1	0	0	2700	217	8	4	40
Catering Fuji Apple - Half	1/2 Salad	220	140	16	3.5	0	10	210	17	3	10	4
Catering Fuji Apple Salad - serves 10	2 Containers	2230	1500	166	35	3	85	2230	162	28	105	37
Catering Fuji Apple Salad - serves 5	1 Container	1120	750	83	18	1.5	45	1110	81	14	52	18
Catering Fuji Apple - Whole	1 Salad	440	290	32	7	0.5	15	410	34	6	21	7
Catering Fuji Apple without pecans - Half	1/2 Salad	170	100	11	3	0	10	210	16	2	10	3
Catering Fuji Apple Salad without pecans - serves 10	2 Containers	1730	1020	113	30	3	85	2230	153	21	102	30
Catering Fuji Apple Salad without pecans - serves 5	1 Container	860	510	56	15	1.5	45	1110	76	11	51	15
Catering Fuji Apple without pecans - Whole	1 Salad	340	190	21	6	0.5	15	410	32	4	20	6



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Catering Fuji Apple with Chicken Salad - serves 10	2 Containers	2800	1580	176	38	4.5	485	4360	170	28	106	147
Catering Fuji Apple with Chicken Salad - serves 5	1 Container	1400	790	88	19	2.5	245	2180	85	14	53	74
Catering Fuji Apple with Chicken Salad without pecans - serves 10	2 Containers	2290	1100	122	33	4.5	485	4360	161	21	103	141
Catering Fuji Apple with Chicken Salad without pecans - serves 5	1 Container	1140	550	61	17	2.5	245	2180	80	11	52	70
Catering Fruit Salad - serves 10	2 Containers	790	20	2.5	0.5	0	0	160	203	14	150	11
Catering Fruit Salad - serves 5	1 Container	390	10	1	0	0	0	80	101	7	75	5
Catering Garlic Aioli for Breakfast Sandwiches	about 0.5 oz	110	110	12	2	0	10	65	0	0	0	0
Catering Greek Salad - serves 10	2 Containers	2250	1810	201	46	3	150	5910	84	28	37	41
Catering Greek Salad - serve 5	1 Container	1130	900	100	23	1.5	75	2960	42	14	18	20
Catering Green Goddess Cobb Salad with Chicken - serves 5	1 Container	1250	640	71	16	1.5	715	2650	66	19	34	96
Catering Green Goddess Cobb Salad with Chicken - serves 10	1 Container	2510	1270	142	32	3	1425	5310	131	37	67	191
Catering Pastry Ring	1 Pastry Ring	2550	1030	114	65	4	400	2020	346	9	171	41
Catering Seasonal Greens Salad - serves 10	2 Containers	1640	1350	150	21	1.5	0	1860	63	18	28	14
Catering Seasonal Greens Salad - serves 5	1 Container	820	680	75	11	0.5	0	930	31	9	14	7
Catering Seasonal Greens Salad with Chicken - serves 10	2 Containers	2200	1440	160	24	3	400	3990	71	18	30	125
Catering Seasonal Greens Salad with Chicken- serves 5	1 Container	1100	720	80	12	1.5	200	2000	36	9	15	62
Catering Southwest Caesar Salad - serves 10	2 containers	2760	2140	238	49	4.5	300	3500	103	43	26	54
Catering Southwest Caesar Salad - serves 5	1 container	1380	1070	119	24	2	150	1750	52	22	13	27



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Catering Southwest Caesar with Chicken Salad - serves 10	2 containers	3320	2230	247	52	6	700	5630	112	43	27	164
Catering Southwest Caesar with Chicken Salad - serves 5	1 container	1660	1110	124	26	3	350	2820	56	22	14	82
Signature Hot Chocolate - Group	1 Container	5340	2090	232	147	6	745	2060	755	33	483	81
Seasonal Greens - Half	1/2 Salad	140	110	13	2	0	0	150	6	2	3	1
Seasonal Greens - Whole	1 Salad	280	230	25	3.5	0	0	310	12	3	5	3
Seasonal Greens with Chicken- Half	1/2 Salad	190	120	13	2	0	40	360	7	2	3	12
Seasonal Greens with Chicken - Whole	1 Salad	390	240	27	4	0.5	80	720	13	3	6	24
Sierra Turkey Sandwich on Asiago Cheese Focaccia - Half	1/2 Sandwich	400	150	17	4	0	40	940	42	2	2	20
Sierra Turkey Sandwich on Asiago Cheese Focaccia - Whole	1 Sandwich	790	300	33	8	0	80	1890	84	3	4	40
Steak & Garlic Aioli on Country Rustic Sourdough - Half	1/2 Sandwich	360	150	17	3.5	0	45	560	37	2	4	16
Steak & Garlic Aioli on Country Rustic Sourdough - Whole	1 Sandwich	720	300	33	7	0	85	1110	73	4	7	32
NON-TRADITIONAL GRAB N GO												
Chicken Caesar Wrap	1 Wrap	460	190	21	4.5	0.5	65	920	38	14	6	31
Deli Turkey Wrap	1 Wrap	340	80	9	1.5	0	25	880	40	13	6	28
Grape Cup	1 Container	120	0	0	0	0	0	0	31	2	26	1
Green Goddess Chicken Wrap	1 Wrap	430	150	16	3	0	50	890	44	14	9	31
Hard Boiled Eggs	1 Container	150	100	11	3.5	0	375	125	1	0	1	13
Frontega Chicken Wrap	1 Wrap	420	160	18	5	0	50	840	38	12	5	31
Large Fruit cup	1 Container	130	5	0	0	0	0	30	33	2	24	2
PARADISE												
Black and White Chipper	1 Chipper	60	25	3	1.5	0	5	40	9	0	6	1



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Chocolate Chip Cookie	1 Cookie	280	120	13	6	0	15	170	40	2	27	3
Ginger Molasses Cookie	1 Cookie	270	90	10	5	0	15	230	42	1	23	3
Oatmeal Chocolate Chip Chipper	1 Chipper	60	25	3	1.5	0	5	45	9	0	5	1
Oatmeal Raisin Cookie	1 Cookie	270	90	11	4.5	0	10	230	41	2	23	3
Snickerdoodle Cookie	1 Cookie	340	190	21	10	0	10	105	37	1	18	2
Sugar Cookie	1 Cookie	340	190	21	10	0	10	105	37	1	18	2
Zucchini Nut Muffin	1 Muffin	620	320	37	5	0	70	350	65	3	37	9
Chicken Walnut Salad on Molasses Bread - Half	1/2 Sandwich	280	120	13	2	0	30	430	28	2	7	13
Chicken Walnut Salad on Molasses Bread - Whole	1 Sandwich	550	240	26	4	0	60	870	55	4	14	26
Chipper Box Pack of 15	1 Box	760	310	35	16	0	45	500	107	6	68	10
6 Pack Oatmeal Chocolate & Black and White Chippers	1 Box	310	130	14	7	0	20	200	43	2	27	4
Dark Wheat Molasses Bread	2 oz (57g / about 2/3 inch slice)	150	5	0	0	0	0	230	32	2	8	5
Paradise Dozen Cookie Box	1 Box	3510	1540	173	78	1.5	145	2020	475	16	281	34