



# Interactive Nutrition Menu

Last Updated: 06/16/2016

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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## Specialty Sandwiches

Amy's Turkey-O - Half	240	80	8	3	0	35	630	28	2	5	14
Amy's Turkey-O - Whole	480	150	17	6	0	65	1,260	56	3	11	29
MeataBalla - Half	560	310	35	14	0	120	1,220	31	1	3	29
MeataBalla - Whole	1,120	620	69	29	0	240	2,450	63	3	6	59
Santa Fe Chicken Sandwich - Half	330	150	17	6	0	65	820	21	4	5	26
Santa Fe Chicken Sandwich - Whole	670	310	34	12	0	125	1,630	41	7	9	51
The Papa Joe - Half	280	130	14	2.5	0	30	720	24	2	2	13
The Papa Joe - Whole	550	260	29	5	0	60	1,430	47	3	4	26
Tuna Melt - Half	420	240	26	6	0	90	550	25	4	8	27
Tuna Melt - Whole	840	470	52	13	0	180	1,090	50	8	16	53

## Clubs

California Club - Half	310	170	19	7	0	55	650	20	2	3	15
California Club - Whole	690	400	44	18	0	125	1,380	39	3	6	36
Carolina Club - Half	310	110	12	4	0	55	500	26	<1	4	23
Carolina Club - Whole	620	220	24	8	0	115	1,000	53	1	9	46
Chicago Club - Half	290	140	15	4	0	40	760	23	1	2	15
Chicago Club - Whole	570	270	30	8	0	80	1,520	46	3	4	30
Club Royale - Half	340	160	18	9	0	75	930	21	<1	4	24
Club Royale - Whole	670	320	36	17	0	150	1,850	42	2	9	48
Deli Club - Half	340	170	19	6	0	65	920	20	3	4	26
Deli Club - Whole	780	350	40	12	0	130	1,970	59	9	12	57

## Famous Favorites

Beefeater - Half	410	170	19	8	0	90	1,610	23	<1	3	34
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Beefeater - Lighter Portion	660	290	32	13	0	110	2,680	47	2	5	45
Beefeater - Whole	820	350	39	16	0	180	3,220	47	2	5	68
Deli Cowboy	950	510	57	23	0	150	2,380	70	2	22	44
Deli Cowboy - Half	480	260	28	12	0	75	1,190	35	1	11	22
Deli Cowboy - Lighter Portion	670	290	32	13	0	85	1,680	70	2	22	29
New York Yankee - Half	500	230	25	11	0	125	850	21	2	0	45
New York Yankee - Lighter Portion	620	250	27	11	0	125	1,140	43	3	<1	49
New York Yankee - Whole	1,010	460	51	22	0	250	1,700	43	3	<1	90
Rueben The Great - Half	380	140	15	6	0	90	1,130	25	3	<1	35
Rueben The Great - Lighter Portion	530	180	20	6	0	95	1,450	46	5	1	39
Rueben The Great - Whole	770	280	30	11	0	185	2,260	49	6	2	71
Wild Salmonwich - Half	320	150	17	2.5	0	40	450	24	3	2	16
Wild Salmonwich - Whole	640	310	35	5	0	85	910	49	6	4	33

## Paninis

Caprese Panini	740	440	49	22	0.5	90	1,210	48	4	3	35
Chicken Panini - Half	350	160	18	4	0	45	850	25	2	4	22
Chicken Panini - Whole	700	330	37	8	0	95	1,710	50	3	7	43
Cuban Press - Half	300	120	14	3	0	45	810	24	1	2	20
Cuban Press - Whole	590	250	27	6	0	90	1,610	47	2	4	41
Smokey Jack Panini - Half	380	180	21	4.5	0	60	1,020	27	2	3	23
Smokey Jack Panini - Whole	750	370	41	9	0	120	2,040	54	4	7	46

## Wraps

Mediterranean Wrap	340	90	10	1	0	40	1,170	45	7	6	23
Mediterranean Wrap - Half	170	45	5	0	0	20	590	23	3	3	12
Ranchero	530	210	23	7	0	115	1,760	44	6	6	42
Ranchero Wrap - Half	270	100	11	3.5	0	55	880	22	3	3	21
Turkey Wrap	390	150	17	2.5	0	45	1,080	42	8	5	23
Turkey Wrap - Half	200	80	8	1	0	20	540	21	4	3	11

## Muffalettas

Ham Muffaletta - Half	1,170	650	74	13	0	115	3,410	74	2	7	39
Ham Muffaletta - Whole	2,340	1,300	149	26	0	230	6,820	147	5	13	79
Quarter Ham Muffaletta	590	320	37	7	0	55	1,710	37	1	3	20
Quarter Tunaletta	680	400	45	7	0	85	1,470	42	2	7	22
Quarter Turkey Muffaletta	570	300	34	6	0	55	1,770	37	1	4	21
Tunaletta - Half	1,370	800	91	15	0	165	2,940	84	4	15	44
Tunaletta - Whole	2,730	1,600	181	30	0	335	5,870	168	8	29	87
Turkey Muffaletta - Half	1,150	600	68	11	0	110	3,540	73	2	8	42
Turkey Muffaletta - Whole	2,290	1,200	137	23	0	220	7,080	147	5	16	84

## Meatless Eats

Black Bean Taco Salad (Lite)	830	390	43	8	0	25	1,510	96	19	7	22
Black Bean Taco Salad (Orig)	1,160	570	63	14	0	50	1,780	127	26	11	31
Creamy Fruit Dip	150	70	8	5	0	30	25	17	0	17	2
Cup Of Fruit	60	0	0	0	0	0	0	15	2	11	<1
Fruit Bowl	230	10	1	0	0	0	10	60	8	46	3
Spinach Veggie Wrap	390	160	17	6	0	20	970	50	11	7	18
Spinach Veggie Wrap - Half	200	80	9	3	0	10	480	25	6	3	9
Zucchini Grillini	550	300	35	6	0	20	680	50	10	12	19
Zucchini Grillini - Half	280	150	18	3	0	10	340	25	5	6	9

## Sides

American Potato Salad	510	330	36	5	0	130	690	40	4	4	7
Baked Lays (Individual Bags)	100	15	1.5	0	0	0	115	20	2	2	2
Caprese Pasta Insalata	140	80	9	2.5	0	10	270	9	<1	1	5
Corn and Black Bean Salad	250	100	11	1.5	0	0	550	31	6	0	7
Creamy Fruit Dip (Side)	150	70	8	5	0	30	25	17	0	17	2
Cup of Fruit (Side)	60	0	0	0	0	0	0	14	2	11	<1
Green Chili Potato Salad	350	220	25	4	0	25	270	28	2	4	5
Guacamole	260	200	22	3	0	0	380	17	11	3	4
House Chips (Ruffles)	160	90	10	1	0	0	160	15	0	0	2
Italian Pasta Salad	350	170	19	3	0	0	990	38	3	1	9
Kettle Chips (Individual Bags)	160	80	9	1.5	0	0	90	16	1	0	2
Organic Blue Chips (Individual Bag)	220	100	11	1	0	0	90	27	3	0	3
Pickle Spear	5	0	0	0	0	0	410	1	1	0	0
Quinoa & Kale Super Slaw	220	45	5	1.5	0	5	400	38	4	17	6
Quinoa Mango Salad	110	10	1	0	0	0	120	21	3	3	3
Roasted Red Pepper Hummus	220	120	13	0	0	0	610	22	6	4	6
Salsa	25	0	0	0	0	0	270	6	2	3	1
Steamed Veggies	60	5	0	0	0	0	55	11	4	5	3
Three Bean Salad	300	50	5	0	0	0	620	43	17	7	20

## Potatoes

Pollo Mexicano	1,270	400	44	27	0	170	1,090	181	14	19	41
Pollo Mexicano - Lighter Portion	800	210	23	14	0	105	890	121	10	12	30
The Plain Jane	1,610	740	81	49	0	260	1,190	177	12	16	40
The Plain Jane - Lighter Portion	930	370	41	25	0	130	600	117	8	10	23

## Soups

Broccoli Cheese Soup - Bowl	390	210	23	15	0	85	1,180	23	1	16	17
Broccoli Cheese Soup - Cup	290	160	18	11	0	65	880	17	<1	12	13
Chicken Noodle Soup - Bowl	260	80	9	1.5	0	60	1,470	27	2	2	17
Chicken Noodle Soup - Cup	190	60	7	1.5	0	45	1,120	21	1	1	13
Chicken Pot Pie Soup - Bowl	460	210	23	19	0	100	1,690	40	3	5	20

Chicken Pot Pie Soup - Cup	250	110	12	7	0	60	1,250	20	2	4	14
Chili Soup - Bowl	490	270	30	11	1	115	1,750	19	4	5	37
Chili Soup - Cup	350	200	22	8	0.5	80	1,290	14	3	3	27
Fire Roasted Tortilla Soup - Bowl	200	80	9	1.5	0	25	1,260	20	4	5	7
Fire Roasted Tortilla Soup - Cup	150	60	7	1.5	0	20	920	15	3	4	5
French Onion Soup - Bowl	350	200	23	6	0	15	1,920	28	3	8	9
French Onion Soup - Cup	230	140	15	5	0	15	1,300	17	2	6	8
Maine Lobster Chowder - Bowl	390	240	27	17	1	155	1,380	235	2	9	13
Maine Lobster Chowder - Cup	290	180	20	13	0.5	115	1,010	16	1	7	9
Organic Vegetable Soup - Bowl	160	60	7	0	0	0	760	25	5	5	5
Organic Vegetable Soup - Cup	120	45	5	0	0	0	550	18	3	3	3
Potato Soup - Bowl	730	480	48	26	0	155	1,890	36	4	4	19
Potato Soup - Cup	470	310	34	17	0	95	1,220	25	3	3	13
Southwest Chicken Chili Soup - Bowl	310	90	11	4	0	75	1,270	29	7	4	27
Southwest Chicken Chili Soup - Cup	230	70	7	2.5	0	55	960	22	5	3	20
Spicy Seafood Gumbo Soup - Bowl	320	100	11	6	0	35	2,170	35	4	4	16
Spicy Seafood Gumbo Soup - Cup	210	70	7	4.5	0	25	1,520	22	3	2	11
Tomato Basil Soup - Bowl	440	300	33	15	0	90	1,290	27	3	14	8
Tomato Basil Soup - Cup	300	300	187	11	0	60	890	19	2	10	5

## Pastas

Chicken Alfredo	1,430	620	69	32	0	240	2,600	128	6	8	64
Chicken Alfredo - Lighter Portion	830	350	39	18	0	130	1,410	78	4	4	37
Chicken Pasta Primo	1,290	490	55	20	0	170	2,440	138	9	18	56
Chicken Pasta Primo - Lighter Portion	760	290	32	12	0	95	1,330	83	6	9	33
Penne Pasta & Meatballs	1,300	550	61	20	0	150	2,030	134	9	11	51
Penne Pasta & Meatballs - Lighter Portion	830	350	39	13	0	100	1,340	84	6	7	34
Zucchini Garden Pasta	1,200	520	59	15	0	50	1,350	136	18	6	37
Zucchini Garden Pasta - Lighter Portion	750	320	37	10	0	35	790	84	10	4	24

## Salads

Black Bean Taco Salad (Lighter)	830	390	43	8	0	25	1,510	96	19	7	22
Black Bean Taco Salad (Original)	1,160	570	63	14	0	50	1,780	127	26	11	31
Chicken Caesar Salad	910	510	58	11	0	115	2,240	54	5	8	42
Chicken Caesar Salad - Lighter Portion	450	260	29	6	0	55	1,120	26	2	4	21
Chicken Club Salad	510	280	32	11	0	120	1,410	18	7	8	41
Chicken Club Salad - Lighter Portion	300	170	19	6	0	65	810	12	5	6	23
Nutty Mixed-Up Salad	500	160	17	5	0	100	1,180	57	8	44	35
Nutty Mixed-Up Salad - Lighter Portion	290	80	9	2.5	0	50	590	39	5	31	18
Super Slaw Salmon Salad	490	170	19	3.5	0	75	560	48	5	24	31
Taco Salad	1,200	610	68	18	0.5	115	2,210	112	25	21	48
Taco Salad - Lighter Portion	830	430	47	13	0.5	90	1,920	73	16	12	36
Taco Salad - Southwest	1,090	500	55	14	0	95	1,930	119	26	20	42
Taco Salad - Southwest Lighter Portion	730	310	35	8	0	70	1,640	80	17	11	30

The Chef Salad	430	210	24	9	0	340	1,580	15	3	7	46
The Chef Salad - Lighter Portion	230	110	12	4.5	0	170	790	10	2	5	24

## Salad Bar

American Potato Salad	260	160	18	2.5	0	65	350	20	2	2	4
Artichoke Hearts	10	0	0	0	0	0	125	2	1	0	<1
Bacon Bits	60	40	4	2	0	20	210	0	0	0	4
Banana Pudding	160	45	5	3	0	15	140	24	0	19	4
Broccoli Florets	15	0	0	0	0	0	15	3	1	<1	1
Chocolate Mousse	190	150	18	10	0	50	50	9	<1	7	<1
Corn And Black Bean	80	30	3.5	0	0	0	170	10	2	0	2
Cornbread Muffins	70	35	3.5	0.5	0	15	60	7	0	3	<1
Cottage Cheese	45	10	1.5	1	0	10	230	3	0	2	6
Cranberry Walnut Mix	80	40	4.5	0.5	0	0	0	9	<1	7	2
Croutons	140	30	3.5	0	0	0	210	22	0	0	2
Diced Almonds	120	90	10	0.5	0	0	0	3	2	<1	4
Garlic Toast	80	60	6	0.5	0	0	40	6	0	0	0
Gingerbread Muffins	90	30	3.5	0.5	0	15	20	14	0	8	1
Grape Tomatoes	10	0	0	0	0	0	0	2	0	<1	0
Green Chili Potato Salad (Seasonal)	180	110	12	2	0	15	135	14	1	2	2
Green Peas	35	0	0	0	0	0	50	6	2	2	2
Hard Boiled Egg	70	45	5	1.5	0	235	70	1	0	0	8
Italian Pasta Salad	170	80	10	1.5	0	0	500	19	1	<1	4
Jalapenos	5	0	0	0	0	0	95	<1	0	0	0
Kalamata Olives	5	0	0.5	0	0	0	30	0	0	0	0
Mixed Berry Granola	140	45	5	0.5	0	0	110	22	3	9	3
Mixed Fruit and Yogurt	70	5	0.5	0	0	0	20	17	2	13	2
Mixed Salad Greens	25	0	0	0	0	0	15	6	2	4	2
Organic Baby Carrots	10	0	0	0	0	0	15	2	<1	<1	0
Organic Red Apples	30	0	0	0	0	0	0	8	1	6	0
Pico De Gallo	10	0	0	0	0	0	0	3	<1	2	3
Quinoa & Kale Super Slaw	110	25	2.5	0.5	0	<5	200	19	2	8	3
Red Bell Pepper	5	0	0	0	0	0	0	0	<1	0	<1
Sliced Mushrooms	5	0	0	0	0	0	0	<1	0	0	<1
Spicy Cajun Mix	90	70	8	1.5	0	0	55	4	2	<1	4
Spicy Giardinera	130	110	13	0.5	0	0	680	4	0	2	0
Stuffed Green Olives	5	5	0.5	0	0	0	125	0	0	0	0
Sunflower Seeds	120	100	11	1	0	0	0	4	2	<1	4
Three Bean Salad	70	10	1.5	0	0	0	160	11	4	2	5
Whole Beets	5	0	0	0	0	0	35	1	0	<1	0
Yellow Bell Pepper	0	0	0	0	0	0	0	1	0	0	0

## Desserts

Carrot Cake	530	290	33	11	0	75	420	57	4	40	7
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Chocolate Caramel Bite	100	50	5	3.5	0	10	80	15	<1	9	1
Chocolate Chip Cookie	270	110	12	5	0	35	180	41	2	27	3
Chocolate Coffee Cake	370	180	20	7	0	60	400	44	2	30	4
Chocolate Syrup	100	10	1	0.5	0	0	15	22	1	21	1
Cranberry Walnut Cookie	300	130	15	4	0	35	190	38	2	21	4
Cream Cheese Pecan Bite	150	80	9	5	0	30	35	15	<1	10	2
Fudge Nut Brownie	410	200	22	12	0	125	140	53	3	42	5
Ice Cream - Chocolate	220	50	5	3.5	0	15	150	34	<1	32	6
Ice Cream - Vanilla	210	50	6	3.5	0	20	110	33	0	33	5
Ice Cream Cone	20	0	0	0	0	0	5	4	0	0	0
Peanut Butter Cookie	330	140	16	7	0	40	200	40	1	26	5
Plain Cheesecake	530	310	36	22	1	120	400	48	1	39	6
Pumpkin Coffee Cake	400	180	19	7	0	65	470	53	2	35	4
Strawberry Shortcake	670	230	28	14	0	90	830	99	2	58	8
Strawberry-Topped Cheesecake	550	310	36	22	1	120	400	52	2	41	6
Sugar Cookie	240	140	15	5	0	40	80	43	2	22	3
Udi's Gluten Free Snickerdoodle	220	80	8	5	0	40	160	35	1	18	2
White Chocolate Macadamia Nut	330	160	18	7	0	45	190	39	0	25	4
White Chocolate Raspberry Bite	130	45	5	2.5	0	10	60	20	<1	15	15

## Kids Menu

Bowtie Pasta & Chicken Alfredo	640	220	24	13	0	110	1,080	70	4	4	31
Bowtie Pasta & Meatballs	640	220	24	8	0	75	1,010	76	6	7	27
Cheese Pizza	470	180	20	7	0	40	820	53	4	3	20
Chicken Nuggetz (nuggets)	170	50	6	1.5	0	40	480	13	0	0	15
Grilled Cheese - Wheat	460	260	29	15	0	65	1,020	38	6	8	17
Grilled Cheese - White	520	260	28	15	0	65	1,280	54	2	10	15
Ham & Cheese - Wheat	350	120	14	4.5	0	50	1,060	39	6	8	26
Ham & Cheese - White	410	120	13	4.5	0	50	1,320	55	2	10	24
Ham & Cheese - Wrap	240	100	11	5	0	50	940	19	2	2	19
Hot Dog	310	160	18	7	0	35	470	27	<1	4	11
Hot Dog with Chili	500	260	29	11	0	80	1,190	35	2	5	26
Kid's Baked Potato	540	190	21	12	0	65	310	75	5	6	14
Mac & Cheese	420	210	23	14	1	65	820	37	2	4	17
Peanut Butter & Jelly - Wheat	430	170	19	2.5	0	0	320	55	8	20	17
Peanut Butter & Jelly - White	490	170	18	2.5	0	0	580	71	4	22	15
Pepperoni Pizza	520	220	24	9	0	50	1,010	53	4	3	22
Turkey & Cheese - Wheat	360	110	12	4	0	55	1,200	39	6	9	28
Turkey & Cheese - White	420	110	11	4	0	55	1,460	55	2	11	26
Turkey & Cheese - Wrap	250	90	10	4.5	0	55	1,080	19	2	3	21

## Breads

All Butter Croissant	260	100	11	7	0	30	300	34	1	4	5
Focaccia Bread	210	20	2	0	0	0	420	41	2	1	7

French Bread	230	25	2.5	0	0	0	500	43	2	2	9
Gluten-Free Bread	240	60	7	0.5	0	0	390	37	1	5	5
Muffaletta Bun	170	10	1.5	0	0	0	370	34	1	1	<1
Onion Bun	240	25	3	1	0	<5	350	47	0	7	7
Organic Wheat Wrap	180	30	3.5	1	0	0	320	34	4	1	6
Rye Bread	230	30	3	0	0	0	580	43	3	<1	7
Telera Bread	240	35	3.5	0	0	0	450	45	1	3	7
White Bread	260	30	3	0	0	0	540	52	2	8	8
Whole Grain Wheat Bread	200	30	4	0	0	0	280	36	6	6	10

## Cheeses

American Cheese	80	60	7	4	0	15	320	1	0	1	3
Asiago	90	70	8	4.5	0	20	220	0	0	0	5
Cheddar	90	60	7	4	0	25	140	<1	0	0	6
Feta	60	45	5	3.5	0	20	260	2	<1	<1	3
Jalapeno Pepper Jack	90	60	7	4	0	25	135	<1	0	0	6
Mozzerella Cheese	340	260	28	20	0.5	90	710	2	0	0	25
Muenster	90	70	8	4	0	20	115	0	0	0	5
Shredded Cheddar	60	40	4.5	2.5	0	15	85	<1	0	0	4
Smoked Provolone	80	60	6	4	0	15	190	0	0	<1	6
Swiss	80	60	6	4	0	20	85	0	0	0	6

## Meats

Brisket	280	220	25	10	0	70	700	0	0	0	16
Hard Salami	40	30	3	1	0	20	140	0	0	0	2
Homemade Chicken Salad with almonds and pineapple	160	110	12	1.5	0	25	280	6	<1	5	7
Homemade Tuna Salad with eggs	190	110	13	2	0	70	280	6	<1	5	16
Hot Corned Beef	140	35	4	1	0	70	290	0	0	0	25
Hot Pastrami	320	240	27	12	0	70	380	0	0	0	21
Meatballs	90	60	7	2.5	0	25	160	2	0	0	5
Natural, Grilled Chicken Breast	80	15	1.5	0	0	40	440	1	0	1	13
Pecan-Smoked Pork Loin	80	20	2	0.5	0	40	30	0	0	0	15
Pot Roast	240	60	6	3	0	125	430	2	0	<1	43
Premium Ham	70	25	3	0	0	30	460	1	0	<1	13
Roast Beef	100	35	4	2	0	45	350	0	0	0	15
Roasted Turkey Breast	80	15	1.5	0	0	40	590	1	0	1	15
Sliced Bacon	60	45	5	2	0	10	200	0	0	0	3
Smoked Turkey Breast	80	20	2	0	0	40	550	3	0	1	14
Wild Alaskan Sockeye Salmon	220	110	13	2	0	70	240	<1	0	<1	24

## Toppings

Cucumber Slice	5	0	0	0	0	0	0	1	0	<1	0
Diced Red Onions	0	0	0	0	0	0	0	1	0	<1	0

Fresh Cilantro	5	0	0	0	0	0	0	1	0	0	0
Grapes	70	0	0	0	0	0	0	18	<1	16	<1
Green Chiles	5	0	0	0	0	0	0	1	1	1	0
Italian Peppers	5	0	0	0	0	0	400	1	0	1	0
Jalapenos	5	0	0	0	0	0	95	<1	0	0	0
Kalamata Olives	5	0	0.5	0	0	0	30	0	0	0	0
Leafy Lettuce	0	0	0	0	0	0	0	0	0	0	0
Marinated Red Onions	100	0	0	0	0	0	0	23	0	22	0
Muffaletta Mix	250	220	25	2	0	0	610	2	0	<1	0
Organic Field Greens	0	0	0	0	0	0	0	<1	0	0	0
Organic Red Apples	30	0	0	0	0	0	0	8	1	6	0
Organic Spinach	5	0	0	0	0	0	20	<1	<1	0	<1
Pickle Spear	5	0	0	0	0	0	410	1	1	0	0
Pico De Gallo	10	0	0	0	0	0	0	3	<1	2	3
Red Onion Rings	0	0	0	0	0	0	0	1	0	<1	0
Roasted Herb Tomatoes	30	20	2.5	0	0	0	90	2	<1	<1	0
Roasted Zucchini	5	0	0	0	0	0	0	1	0	<1	0
Roma Tomato Slice	0	0	0	0	0	0	0	<1	0	<1	0
Salsa	25	0	0	0	0	0	270	6	2	3	1
Sauerkraut	25	0	0	0	0	0	890	6	3	1	1
Sauteed Onions	50	20	2	0	0	0	0	7	2	1	<1
Sliced Avocado - 1/2 of whole	120	100	11	1.5	0	0	5	6	5	0	2
Sliced Avocado - 1/4 of whole	60	50	5	1	0	0	0	3	2	0	<1
Sliced Mushrooms	5	0	0	0	0	0	0	<1	0	0	<1
Southwest Spices	15	5	0.5	0	0	0	230	2	1	0	<1
Strawberry	15	0	0	0	0	0	0	4	1	2	0
Tomato Slice	0	0	0	0	0	0	0	<1	0	0	0

## Spreads & Dressings

Ajus	20	0	0	0	0	0	1,170	4	0	2	2
BBQ Sauce	100	0	0	0	0	0	390	25	<1	19	<1
Balsamic Vinaigrette Dressing	60	50	6	1	0	0	180	2	0	2	0
Basil Pesto	130	110	12	2	0	0	120	2	<1	0	3
Bleu Cheese Dressing	80	70	8	1.5	0	5	190	1	0	<1	<1
Cashew Butter	140	110	12	2	0	0	0	6	0	0	4
Chipotle Aioli	130	130	14	2	0	15	150	0	0	0	0
Cranberry Relish	150	0	0	0	0	0	0	37	3	33	0
Cream Cheese	210	170	19	13	0	55	160	6	0	4	2
Creamy Ceasar Dressing	35	30	3.5	0.5	0	<5	90	0	0	0	0
Extra Virgin Olive Oil (bottle)	110	110	13	1.5	0	0	0	0	0	0	0
Garlic Horseradish Sauce	35	25	3	1	0	<5	100	1	0	0	0
Homemade Guacamole	30	25	3	0	0	0	45	2	1	0	0
Homemade Ranch Dressing	60	60	7	1	0	5	60	0	0	0	0
Honey Mustard	35	20	2	0	0	0	75	3	0	3	0
Italian Dressing	45	45	4.5	1	0	0	95	<1	0	0	<1



Jalapeno Pepper Jelly	45	0	0	0	0	0	25	11	0	10	0
Leo's Fat Free Italian Dressing (bottle)	0	0	0	0	0	0	50	<1	0	0	0
Light Raspberry Cabernet Vinaigrette (bottle)	15	10	1	0	0	0	50	2	0	2	0
Lo Fat Ranch Dressing	40	30	3.5	0	0	<5	115	<1	0	0	0
Marinara Sauce	30	10	1	0	0	0	260	5	1	3	<1
Mayonnaise	100	100	11	1.5	0	10	75	0	0	0	0
Olive Oil Blend - Bread	110	110	13	1.5	0	0	0	0	0	0	0
Olive Oil Blend - Zucchini	40	40	4.5	0.5	0	0	0	0	0	0	0
Organic Balsamic Vinegar (bottle)	15	0	0	0	0	0	0	3	0	3	0
Red Wine Vinegar (bottle)	0	0	0	0	0	0	0	0	0	0	0
Roasted Red Pepper Hummus	30	15	1.5	0	0	0	75	3	<1	<1	<1
Stone Ground Mustard	0	0	0	0	0	0	180	0	0	0	0
Thousand Island Dressing	60	60	7	1	0	5	60	0	0	0	0
Yellow Mustard	0	0	0	0	0	0	170	0	0	0	0

## Regional Items

Balsamic Vinaigrette Dressing (East of the Mississippi)	70	60	6	1	0	0	180	2	0	2	0
Balsamic Vinaigrette Dressing (West of the Mississippi)	60	50	6	1	0	0	180	2	0	2	0
Chili - Bowl (East of the Mississippi)	440	250	27	10	0	100	1,740	17	3	3	34
Chili - Bowl (West of the Mississippi)	470	260	29	10	1.5	110	1,680	19	5	5	36
Chili - Cup (East of the Mississippi)	330	180	20	8	0	75	1,290	13	3	3	25
Chili - Cup (West of the Mississippi)	350	190	21	8	1.5	80	1,240	14	4	4	26
Chocolate Ice Cream (East of the Mississippi)	230	50	6	4	0	15	105	33	0	32	6
Chocolate Ice Cream (West of the Mississippi)	200	40	4.5	3	0	15	190	35	1	33	7
Chocolate Mousse (East of the Mississippi)	200	150	17	11	1	40	50	9	<1	7	1
Chocolate Mousse (West of the Mississippi)	190	150	19	10	0	60	50	8	<1	6	<1
Cottage Cheese (East of the Mississippi)	45	10	1.5	1	0	10	240	3	0	2	6
Cottage Cheese (West of the Mississippi)	45	10	1.5	1	0	10	230	2	0	2	7
Croutons (East of the Mississippi)	130	20	2	0	0	0	220	22	0	0	2
Croutons (West of the Mississippi)	140	40	4.5	0	0	0	200	23	<1	0	2
French Bread (East of the Mississippi)	210	25	3	0	0	0	450	40	1	2	7
French Bread (West of the Mississippi)	240	20	2	0.5	0	0	550	46	2	2	10
Gingerbread Muffins (East of the Mississippi)	90	30	3.5	0.5	0	15	0	14	<1	7	1
Gingerbread Muffins (West of the Mississippi)	90	30	3.5	0.5	0	15	35	14	0	9	1
Green Chili Potato Salad (East of the Mississippi)	180	110	12	2	0	15	130	14	1	2	2
Green Chili Potato Salad (West of the Mississippi)	180	110	12	2	0	15	135	14	1	2	2
Homemade Ranch Dressing (East of the Mississippi)	60	60	7	1	0	5	60	0	0	0	0
Homemade Ranch Dressing (West of the Mississippi)	60	60	7	1	0	5	60	0	0	0	0
Hot Dog Bun (East of the Mississippi)	150	25	2.5	1	0	0	230	26	1	2	4
Hot Dog Bun (West of the Mississippi)	140	25	2.5	0	0	0	270	26	0	3	4
Old Fashion White Bread (IL, IN, OH, KY, MN)	260	40	4	0	0	0	500	48	2	2	8
Old Fashion White Bread (TX, LA, AR, OK, NM, CO)	260	30	3	0	0	0	540	52	2	8	8
Old Fashion White Bread (VA, NC, SC, GA, FL, AL, TN, MS, MD)	220	20	3	0	0	0	400	44	0	6	6
Organic Wheat Wrap (East of the Mississippi)	170	30	3.5	0	0	0	380	33	5	1	6
Organic Wheat Wrap (West of the Mississippi)	180	30	3	1.5	0	0	260	34	3	1	6

Premium Ham (East of the Mississippi)	70	20	3	0	0	35	420	1	0	1	13
Premium Ham (West of the Mississippi)	70	25	3	0.5	0	30	490	1	0	0	13
Roasted Red Pepper Hummus (East of the Mississippi)	25	15	2	0	0	0	70	2	<1	<1	<1
Roasted Red Pepper Hummus (West of the Mississippi)	30	15	1.5	0	0	0	85	4	1	<1	1
Roasted Turkey Breast (East of the Mississippi)	80	15	1.5	0	0	40	590	1	0	1	16
Roasted Turkey Breast (West of the Mississippi)	70	15	1.5	0	0	35	590	1	0	1	14
Rye Bread (IL, IN, OH, KY, MN)	260	40	4	0	0	0	860	46	4	0	8
Rye Bread (VA, NC, SC, GA, FL, AL, TN, MS, MD)	240	20	2	0	0	0	460	46	2	0	8
Smoked Turkey Breast (East of the Mississippi)	80	15	1.5	0	0	40	550	1	0	1	16
Smoked Turkey Breast (West of the Mississippi)	80	20	2	0	0	40	550	3	0	1	14
Swiss (East of the Mississippi)	80	60	6	4	0	20	105	0	0	0	6
Swiss (West of the Mississippi)	90	60	6	4	0	15	65	0	0	0	6
Vanilla Ice Cream (East of the Mississippi)	210	50	6	4	0	15	100	32	0	32	5
Vanilla Ice Cream (West of the Mississippi)	210	50	5	3.5	0	20	120	34	0	34	6
Whipped Topping (East of the Mississippi)	130	110	14	7	0	45	10	4	0	4	0
Whipped Topping (West of the Mississippi)	130	110	14	7	0	45	10	4	0	4	0
Whole Grain Wheat Bread (IL, IN, OH, KY, MN)	240	20	2	0	0	0	460	48	8	8	12
Whole Grain Wheat Bread (TX, LA, AR, OK, NM, CO)	200	30	4	0	0	0	280	36	6	6	10
Whole Grain Wheat Bread (VA, NC, SC, GA, FL, AL, TN, MS, MD)	220	30	4	0	0	0	300	44	4	8	6

## Bottled Drinks

Citrus Sweet Leaf Green Tea	140	0	0	0	0	0	0	38	0	38	0
Jason's Deli Bottled Black Cherry	170	0	0	0	0	0	0	42	0	42	0
Jason's Deli Bottled Cream Soda	170	0	0	0	0	0	0	42	0	42	0
Jason's Deli Bottled Ginger Ale	140	0	0	0	0	0	0	36	0	36	0
Jason's Deli Bottled Root Beer	170	0	0	0	0	0	0	42	0	42	0
Kids Horizon Organic Chocolate Milk	180	45	5	3	0	20	160	27	0	27	8
Kids Horizon Organic Lowfat Milk	110	20	2.5	1.5	0	10	130	13	0	12	8
Kids Tree Top Apple Juice	100	0	0	0	0	0	20	25	0	22	0
Peach Sweet Leaf Tea	160	0	0	0	0	0	0	40	0	38	0
Raspberry Sweet Leaf Tea	160	0	0	0	0	0	0	58	0	36	0

## Breakfast Sandwiches

Breakfast Club	680	340	37	13	0	285	1,560	50	1	5	41
Southwest Breakfast Wrap	430	220	24	8	0	235	720	38	4	3	21
Sunshine Bagel	490	190	21	6	0	230	750	54	2	5	21
Sunshine Croissant	480	270	30	13	0	260	670	37	1	5	18
Veggie Scramble Wrap	510	280	31	10	0	235	1,020	43	7	3	22

## Breakfast Breads & Spreads

All Butter Croissant	260	100	11	7	0	30	300	34	1	4	5
Bagel - Plain	260	15	2	0	0	0	380	51	2	4	8
Cream Cheese	210	170	19	13	0	55	160	6	0	4	2

Item	Calories	Total Fat	Total Carb	Total Protein	Sodium	Fiber	Sugar	Saturated Fat	Trans Fat	Cholesterol	Vitamin A	Vitamin C
Organic Grape Jelly	50	0	0	0	0	0	0	0	13	0	13	0
Real Butter	100	100	11	7	0	30	90	0	0	0	0	0

## Breakfast Pastries & Yogurt

Apricot Pecan Toga	200	130	15	8	0	50	170	17	1	12	2
Banana Nut Muffin	220	90	10	1.5	0	25	170	29	1	14	5
Blueberry Muffin	190	45	5	1	0	30	180	34	1	19	3
Cappuccino Coffee Cake (Seasonal)	380	180	19	6	0	55	380	46	0	31	5
Cherry Rhubarb Cereal Bar	230	35	4	2	0	25	160	46	2	25	3
Chocolate Coffee Cake (Seasonal)	370	180	20	7	0	60	400	44	2	30	4
Cinnamon Apple Turnover	350	180	20	10	0	0	330	40	2	9	4
Cinnamon Walnut Coffee Cake (Seasonal)	430	210	23	7	0	65	450	51	1	35	5
Cranberry Lemon Zest Toga	180	110	12	8	0	50	170	21	1	16	2
Lemon Poppy Seed Coffee Cake (Seasonal)	400	180	20	7	0	65	450	50	1	34	4
Oatmeal Toffee Breakfast Bar	410	160	18	10	0	55	410	60	3	34	5
Pumpkin Coffee Cake (Seasonal)	400	180	19	7	0	65	470	53	2	35	4
Red White And Blue Coffee Cake	340	150	16	7	0	60	390	44	1	29	4
Yogurt Parfait	280	40	4.5	2	0	15	160	52	3	43	11

## Salad Greens

Romaine Lettuce	25	0	0	0	0	0	15	5	3	2	2
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## Fountain Drinks and Brewed Teas

Barq's Olde Style Root Beer	330	0	0	0	0	0	35	87	0	87	0
Black Currant Tea	0	0	0	0	0	0	0	0	0	0	0
Coca-Cola Classic	300	0	0	0	0	0	20	81	0	81	0
Coca-Cola Zero	0	0	0	0	0	0	85	0	0	0	0
Diet Coke	0	0	0	0	0	0	30	0	0	0	0
Diet Dr. Pepper	0	0	0	0	0	0	150	0	0	0	0
Hot Organic Green Tea	0	0	0	0	0	0	0	0	0	0	0
Jason's Deli Pomegranate Blueberry Sports Drink	200	0	0	0	0	0	260	30	0	30	0
Minute Maid Lemonade	300	0	0	0	0	0	135	78	0	75	0
Sprite	290	0	0	0	0	0	65	78	0	78	0
Sweet Tea	210	0	0	0	0	0	0	56	0	56	0
Tea (Black)	0	0	0	0	0	0	0	0	0	0	0

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Please note that while menu item nutrition and ingredients are based upon standard product recipes and portions, variations may and do occur based upon ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. These differences may affect the nutrition and ingredient values for each menu item. [\[Full Disclaimer\]](#)

