



NUTRITIONAL INFORMATION

NOVEMBER 2017



SANDWICHES

SERVING
SIZE

CALORIES

CALORIES
FROM FAT

TOTAL
FAT (g)

SATURATED
FAT (g)

TRANS
FAT (g)

CHOLESTEROL
(mg)

SODIUM
(mg)

TOTAL
CARBOHYDRATES (g)

DIETARY
FIBERS (g)

SUGAR
(g)

PROTEIN
(g)

FAMOUS SANDWICHES

Chicken, Cheese & Ham on Ciabatta	Sandwich	850	235	27	7	0	105	2255	105	5	9	46
Club - Turkey, Ham & Beef on French Country	Sandwich	705	235	25.5	9.5	0	125	2200	73	4	6	45
French Dip on Baguette	Sandwich	610	126	11	6	0	70	3103	91	4	4	37
Tuna on Hazelnut 12 Grain	Sandwich	540	325	39	5	0	60	1020	28	3	3	25
Turkey Bacon Avocado on Focaccia	Sandwich	845	335	36	11	0	85	2590	89	8	8	44

PANINI

Chicken Pesto on French Country	Sandwich	645	210	24.5	14	0	135	1890	65	4	5	40
Reuben on Rustic Rye	Sandwich	665	185	20	8	0	120	3330	75	8	11	48
Turkey & Artichoke on Focaccia	Sandwich	905	410	47	19.5	0	115	2700	95	9	9	47

CROISSANT SANDWICHES

Chicken Salad Croissant	Sandwich	655	350	40	4.5	0	90	1360	52	4	11	23
Turkey Cranberry Croissant	Sandwich	530	250	27.5	3.5	0	70	1490	51	3	13	20

CAFE CLASSIC SANDWICHES

Dave's BLT-Whole <i>(Add 2 slices of chosen bread)</i>	Sandwich	480	330	37	14	0	70	1920	8	2	5	27
Dave's BLT-Half <i>(Add 1 slice of chosen bread)</i>	Sandwich	240	115	18.5	7	0	35	960	4	1	2.5	13.5
Ham-Whole <i>(Add 2 slices of chosen bread)</i>	Sandwich	340	210	23	8.5	0	85	2040	7	2	4	26
Ham-Half <i>(Add 1 slice of chosen bread)</i>	Sandwich	170	105	11.5	4	0	42.5	1,020	3.5	1	2	13
Pastrami-Whole <i>(Add 2 slices of chosen bread)</i>	Sandwich	430	225	25	8	0	110	2040	12	2	7	40
Pastrami-Half <i>(Add 1 slice of chosen bread)</i>	Sandwich	215	112.5	12.5	4	0	55	1,020	6	1	3.5	20
Roast Beef-Whole <i>(Add 2 slices of chosen bread)</i>	Sandwich	360	205	23	9	0	80	1630	10	2	4	29
Roast Beef-Half <i>(Add 1 slice of chosen bread)</i>	Sandwich	180	102.5	11.5	4.5	0	40	815	5	1	2	14.5
Turkey-Whole <i>(Add 2 slices of chosen bread)</i>	Sandwich	360	230	25	9.5	0	75	1390	7	2	4	29
Turkey-Half <i>(Add 1 slice of chosen bread)</i>	Sandwich	180	115	13	5	0	38	695	3.5	1	2	14.5

SANDWICHES

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FAT (g)

TRANS
FAT (g)

CHOLESTEROL
(mg)

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(mg)

TOTAL
CARBOHYDRATES (g)

DIETARY
FIBERS (g)

SUGAR
(g)

PROTEIN
(g)

CAFE CLASSIC SANDWICHES *(Cont.)*

Veggie Avocado-Whole Sandwich <i>(Add 2 slices of chosen bread)</i>	410	310	35	10	0	35	965	16	9	5	14
Veggie Avocado-Half Sandwich <i>(Add 1 slice of chosen bread)</i>	205	155	17.5	5	0	17.5	482.5	8	4.5	2.5	7

CAFE RANCH SANDWICHES

Roast Beef Ranch-Whole Sandwich <i>(Add 2 slices of chosen bread)</i>	340	185	21	8.5	0	80	1535	11	2	4	27
Roast Beef Ranch-Half Sandwich <i>(Add 1 slice of chosen bread)</i>	170	92.5	10.5	4	0	40	767.5	5.5	1	2	13.5
Turkey Ranch-Whole Sandwich <i>(Add 2 slices of chosen bread)</i>	340	210	23	8.5	0	75	1295	8	2	4	27
Turkey Ranch-Half Sandwich <i>(Add 1 slice of chosen bread)</i>	170	105	11.5	4	0	37.5	647.5	4	1	2	13.5

HAM & SWISS SANDWICHES

Ham & Swiss-Whole Sandwich <i>(Add 2 slices of chosen bread)</i>	385	250	29	8.5	0	80	1865	10	2	6	23
Ham & Swiss-Half Sandwich <i>(Add 1 slice of chosen bread)</i>	192.5	125	14.5	4	0	40	932.5	5	1	3	11.5

PROVOLONE & MUENSTER MELT SANDWICHES

Provolone & Muenster Cheese Melt-Whole Sandwich	840	290	34	21	0	125	1660	97	3	3	35
Provolone & Muenster Cheese Melt-Half Sandwich	420	145	17	10.5	0	62.5	830	48.5	1.5	1.5	17.5

SANDWICHES

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BREAD SLICES

100% Whole Wheat	Slice	160	0	0	0	0	350	37	6	4	6
Apricot Almond Wreath	Slice	90	10	1	0	0	90	18	1	5	2
Asiago Cheese	Slice	170	25	3	1.5	0	410	30	1	0	7
Baguette	6" Slice	410	15	2	0	0	910	85	1	1	13
Chunky Cinnamon	Slice	180	10	1	0	0	250	40	1	16	4
Ciabatta	4" Slice	470	20	2	0	0	1120	99	1	1	15
Country Wheat	Slice	160	5	0.5	0	0	340	33	1	2	5
Cranberry Pistachio	Slice	150	30	3	0	0	230	28	1	7	4
Focaccia	4"x 5" Slice	440	30	3	1	0	1040	89	1	1	15
French Country	Slice	150	5	0.5	0	0	370	32	1	0	5
Garlic Cheddar	Slice	150	15	2	1	0	230	27	2	0	6
Hazelnut 12 Grain	Slice	170	45	5	0	0	200	27	3	3	5
Honey Wheat	Slice	150	5	0	0	0	350	33	3	3	5
Irish Soda Bread	Slice	120	25	2.5	1.5	0	280	20	0	2	4
Jalapeno Cheddar	Slice	120	25	3	1.5	0	280	19	0	0	5
Paesano	Slice	100	5	0	0	0	240	21	0	0	3
Potato Rosemary	Slice	90	5	0	0	0	190	20	1	0	3
Raisin Walnut	Slice	130	30	3.5	0	0	200	23	1	4	4
Rosemary Focaccia	Slice	100	5	0.5	0	0	250	21	0	0	3
Rustic Rye	Slice	150	5	0.5	0	0	280	32	1	0	5
Seeded Baguette	6" Slice	450	50	5	0	0	910	87	2	1	14

SALADS

SERVING
SIZE

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CHOLESTEROL
(mg)

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FIBERS (g)

SUGAR
(g)

PROTEIN
(g)

SALADS

Chicken Chop Salad-Whole	Salad	320	105	11.5	7	0	90	1640	16	5	7	36
Chicken Chop Salad-Half	Salad	162.5	50	5.7	3.5	0	45	820	8.5	3	3.5	18.5
Chicken Ala Mondo Salad-Whole	Salad	430	425	46.5	16.5	0	140	2665	18	6	5	60
Chicken Ala Mondo Salad-Half	Salad	220	210	23.7	8.25	0	70.5	1335	10	3.5	3	30.5
Chicken Raspberry Nut Salad-Whole	Salad	465	255	27.5	8	0	90	1665	28	6	18	37
Chicken Raspberry Nut Salad-Half	Salad	240	125	13.7	4	0	45	835	15	3.5	9.5	19
Large Green Avocado Salad-Whole	Salad	320	235	26	9	0	35	1010	24	12	6	18
Large Green Avocado Salad-Half	Salad	162.5	85	9	4	0	17.5	505	10.5	4.5	3	8.5
Southwest BBQ Chicken Salad-Whole	Salad	470	145	14.5	2	0	60	1270	54	13	14	30
Southwest BBQ Chicken Salad-Half	Salad	225	67.75	7.2	1	0	30	580.5	25	7	4	15.5
Thai Chicken Salad-Whole	Salad	385	190	20	3.5	0	40	1150	30	8	9	24
Thai Chicken Salad-Half	Salad	195	97.5	10.45	2	0	30	637.5	16	5	5	16
Turkey Bacon Avocado Salad-Whole	Salad	285	335	35	10.5	0	85	2,310	16	8	6	41
Turkey Bacon Avocado Salad-Half	Salad	152.5	165	18	5.5	0	43	1150	8.5	4.5	3	20
Turkey Cranberry Sunflower Salad-Whole	Salad	415	235	25	9.25	0	75	1440	29.5	7.5	14.5	36.5
Turkey Cranberry Sunflower Salad-Half	Salad	222	115	12.5	4.8	0	37.5	717.5	15.7	4.25	7.75	16.75
Turkey Feta Salad-Whole	Salad	240	125	13	7.5	0	70	1700	15	5	7	32
Turkey Feta Salad-Half	Salad	130	60	6.5	4	0	35	845	8.5	3	3.5	15.5

SALAD DRESSINGS

Balsamic Vinaigrette	1 fl oz	60	50	6	0	0	0	270	3	0	3	0
Blue Cheese	2 fl oz	270	250	28	5	0.5	30	550	2	0	0	2
Cojito Cilantro	2 fl oz	220	200	22	2	0	29	440	6	0	2	2
Poppy Seed	2 fl oz	260	200	22	2	0	0	90	20	0	18	0
Ranch	2 fl oz	280	250	28	6	0	30	680	2	0	2	2
Raspberry Walnut	2 fl oz	260	220	24	4	0	0	180	10	0	10	0
Spicy Oriental	2 fl oz	240	240	38	3	0	10	660	18	0	16	0
Thousand Island	2 fl oz	185	160	16	0	0	25	720	10	0	10	0

SOUPS

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
Artichoke Portabella	8 oz	80	50	5	3	0	15	650	340	5	1	2
	12 oz	130	70	8	4.5	0	20	980	509	8	2	3
	32 oz	340	190	22	12	0.5	50	2610	1358	22	5	7
Asiago Bisque	8 oz	260	170	19	10	0.5	55	730	17	1	3	6
	12 oz	390	260	29	15	1	85	1100	26	2	5	9
	32 oz	1040	680	76	40	2	220	2920	68	4	12	24
Chicken Pot Pie	8 oz	130	50	5	2	0	20	1000	919	12	1	7
	12 oz	190	70	8	3	0	25	1500	1379	18	2	10
	32 oz	520	190	21	8	0	70	4010	3677	49	5	28
Chicken Tortilla	8 oz	120	50	6	0.5	0	35	990	9	2	3	10
	12 oz	180	80	9	1	0	55	1490	14	3	5	15
	32 oz	480	220	24	2	0	140	3960	36	8	12	40
Cream of Broccoli	8 oz	170	90	10	2	0	15	870	14	3	5	6
	12 oz	260	140	15	3	0	20	1300	21	4	7	8
	32 oz	700	360	40	7	0	55	3470	55	11	18	22
Homemade Chicken Noodle	8 oz	100	20	2	0	0	20	760	14	1	2	5
	12 oz	150	30	3.5	0.5	0	25	1140	21	1	3	8
	32 oz	390	80	9	2	0	70	3040	57	4	7	21
Thai Coconut Curry	8 oz	270	190	21	13	1	20	1130	14	2	8	10
	12 oz	410	280	32	20	1.5	30	1700	21	3	12	15
	32 oz	1080	760	84	52	4	80	4520	56	8	32	40
Three Cheese Cauliflower	8 oz	330	220	25	13	1	65	690	13	1	3	13
	12oz	490	330	37	20	1	95	1030	20	1	5	19
	32 oz	1310	880	99	53	3	255	2730	53	4	14	51
White Cheddar & Poblano	8 oz	370	300	33	20	0	110	2300	13	1	2	6
	12 oz	550	440	49	30	0.5	165	3450	20	2	3	9
	32 oz	1470	1180	131	80	1.5	435	9210	53	6	9	24

KIDS MEALS

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
Grilled Cheese on Wheat	Sandwich	260	120	14	7	0	30	490	26	3	2	11
Grilled Cheese on White	Sandwich	260	120	14	7	0	30	470	24	0	2	11
Ham & Cheese on Wheat	Sandwich	320	160	19	6	0	45	970	26	3	2	14
Ham & Cheese on White	Sandwich	310	160	19	6	0	45	970	26	0	2	14
Kids Green Salad	Salad	150	50	6	3.5	0	20	290	15	2	4	9
Peanut Butter & Jam on Wheat	Sandwich	350	120	14	2	0	10	390	47	4	20	10
Peanut Butter & Jam on White	Sandwich	340	120	14	2	0	15	370	45	2	20	10

BREAKFAST

SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
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FRENCH TOAST & PANCAKES

Caramel Syrup	2oz	220	70	8	5	0	35	30	37	0	23	0
	4oz	450	150	16	11	0	65	60	75	0	45	0
Chunky Cinnamon French Toast	2 slices & 2 oz syrup	1050	420	47	34	0	230	640	148	3	79	12
Homemade Pancake	3 cakes & 4oz syrup	970	310	34	27	0	70	910	158	3	78	7
Kids Pancakes	3 cakes & 2oz syrup	460	90	10	6	0	35	560	88	3	36	5
Pecan Pancakes	3 cakes & 4oz syrup	1070	410	46	13	0	65	860	154	3	76	10

OATMEALS

Steel Cut Oatmeal	Bowl	170	30	3.5	0.5	0	0	10	28	4	1	6
	Cup	80	15	2	0	0	0	0	14	2	0	3
Steel Cut Oatmeal, Banana Walnut	Bowl	560	370	41	4	0	0	10	43	9	6	15
	Cup	280	180	20	2	0	0	5	21	4	3	7
Steel Cut Oatmeal, Cranberry Coconut	Bowl	680	280	31	24	0	0	35	100	11	63	9
	Cup	340	140	15	12	0	0	15	50	5	32	5
Steel Cut Oatmeal, Fresh Fruit	Bowl	180	35	3.5	0.5	0	0	10	31	5	2	6
	Cup	90	15	2	0	0	0	0	15	2	1	3

OMELETS

American	Omelet	750	400	45	23	1	500	2100	39	7	7	49
American with Egg Whites	Omelet	660	320	35	20	1	135	2110	38	7	7	47
Greek	Omelet	570	260	29	15	0	425	1620	43	8	9	36
Greek with Egg Whites	Omelet	480	170	19	11	0	60	1640	43	8	9	34
Italian	Omelet	870	500	56	24	0.5	495	1710	46	8	11	47
Italian with Egg Whites	Omelet	780	420	47	21	0.5	125	1730	45	8	10	45
Mexican	Omelet	620	330	37	19	0.5	450	1090	39	7	8	32
Mexican with Egg Whites	Omelet	530	250	28	16	0.5	80	1110	38	7	7	31

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BREAKFAST SANDWICHES

Bacon & Cheese Breakfast Sandwich	Sandwich	560	310	34	9.5	0	85	1020	41	1	6	22
Bacon, Egg & Cheese Breakfast Sandwich	Sandwich	750	450	49	10	0	455	1390	41	1	6	35
Bacon, Egg & Cheese with Egg Whites	Sandwich	650	350	38.5	10	0	85	1410	41	1	6	33
Egg & Cheese Breakfast Sandwich	Sandwich	660	390	42	7.5	0	440	1000	41	1	6	29
Egg & Cheese with Egg Whites	Sandwich	560	290	31.5	7.5	0	70	1020	41	1	6	27
Ham & Cheese Breakfast Sandwich	Sandwich	515	265	28.5	7.5	0	95	1170	41	1	6	23
Ham, Egg & Cheese Breakfast Sandwich	Sandwich	705	405	43.5	8	0	465	1540	41	1	6	36
Ham, Egg & Cheese with Egg Whites	Sandwich	605	305	33	8	0	95	1560	41	1	6	34
Sausage & Cheese Breakfast Sandwich	Sandwich	720	460	50	16	0	130	1140	42	1	7	26
Sausage, Egg & Cheese Breakfast Sandwich	Sandwich	910	600	65	16.5	0	500	1510	42	1	7	39
Sausage, Egg & Cheese with Egg Whites	Sandwich	810	500	54.5	16.5	0	130	1530	42	1	7	37

BEVERAGES

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SOFT DRINKS

Barq's Root Beer	12 fl oz	180	0	0	0	0	75	49	0	49	0
Caffeine-Free Diet Coke	12 fl oz	0	0	0	0	0	50	0	0	0	0
Coca-Cola	12 fl oz	160	0	0	0	0	35	44	0	44	0
Coca-Cola Zero	12 fl oz	0	0	0	0	0	40	0	0	0	0
Diet Coke	12 fl oz	0	0	0	0	0	50	0	0	0	0
Dr Pepper	12 fl oz	140	0	0	0	0	45	39	0	38	0
Hi-C Poppin' Pink Lemonade	12 fl oz	160	0	0	0	0	105	43	0	41	0
Minute Maid Light Lemonade	12 fl oz	10	0	0	0	0	45	0	0	0	0
Powerade Mountain Blast	12 fl oz	90	0	0	0	0	120	24	0	24	0
Sprite	12 fl oz	160	0	0	0	0	70	42	0	42	0

SMOOTHIES

Blueberry #5	Each	510	25	2.5	1.5	0	5	140	118	3	85	7
Goin' Guava	Each	570	40	4.5	3	0	15	60	136	5	99	4
Mango Tango	Each	530	40	4.5	3	0	15	65	124	3	99	4
Mornin' Sunshine	Each	490	5	1	0	0	0	180	107	2	75	12
No Dairy Berry	Each	220	5	0	0	0	0	20	58	5	44	1
Pink Pina Colada	Each	830	150	17	13	0	15	90	172	5	133	4
Planet Peaches	Each	470	0	0	0	0	0	200	106	1	80	10
Razzleberry	Each	520	25	2.5	1.5	0	5	125	118	4	87	8
Strawberry Tsunami	Each	470	40	4.5	3	0	15	45	111	1	86	3

FRAPPÉS

Caramel Frappé	Each	500	150	17	13	0	35	340	74	0	65	15
Double Chocolate	Each	450	100	12	8	0	30	290	76	2	69	16
Frozen Chai	Each	550	110	12	9	0	35	320	95	0	89	16
Frozen Hot Chocolate	Each	440	70	8	4.5	0	30	260	79	3	72	17
White Chocolate with Strawberries	Each	830	110	12	9	0	35	330	165	0	157	16
White Chocolate with Raspberries	Each	830	110	12	9	0	35	320	163	0	156	16

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HOT OR ICED

Caffé Latte <i>(Espresso & Milk, No Syrup)</i>	16 fl oz	210	70	7	4.5	0	35	220	23	0	21	15
Caffé Mocha	16 fl oz	310	70	7	4.5	0	35	220	47	0	43	15
Caramel Macchiato	16 fl oz	700	70	7	4.5	0	35	220	145	0	141	15
Chai Tea Latte	16 fl oz	440	70	7	4.5	0	35	220	80	0	74	15
Coffee <i>(Coffee Only)</i>	16 fl oz	5	0	0	0	0	0	10	0	0	0	1
Ivory Mocha <i>(Espresso & Milk, No Syrup)</i>	16 fl oz	210	70	7	4.5	0	35	220	23	0	21	15
Tea	16 fl oz	5	0	0	0	0	0	15	1	0	0	0

HOT

Americano <i>(Espresso & Water, No Syrup)</i>	16 fl oz	5	0	0	0	0	0	20	1	0	0	0
Cappuccino <i>(Espresso & Milk, No Syrup)</i>	16 fl oz	240	110	12	7	0	50	190	20	0	18	12
Hot Chocolate	16 fl oz	390	110	13	7	0	50	250	55	3	49	15
Mexican Spice Hot Chocolate	16 fl oz	380	160	18	12	0	50	330	90	4	88	16
Steamer <i>(Zero Fat Milk, No Syrup)</i>	16 fl oz	210	70	7	4.5	0	35	210	22	0	21	15
Steamer <i>(Whole Milk, No Syrup)</i>	16 fl oz	240	110	12	7	0	50	180	19	0	18	12

BUILD YOUR OWN

2% Milk	12 fl oz	210	70	7	4.5	0	35	210	22	0	21	15
Coffee	16 fl oz	5	0	0	0	0	0	10	0	0	0	1
Espresso	2 fl oz	5	0	0	0	0	0	10	1	0	0	0
Black Raspberry Syrup	1 fl oz	100	0	0	0	0	0	0	24	0	24	0
Blood Orange Syrup	1 fl oz	80	0	0	0	0	0	0	19	0	19	0
Almond Syrup	1 fl oz	100	0	0	0	0	0	0	25	0	25	0
Caramel Syrup	1 fl oz	100	0	0	0	0	0	0	24	0	24	0
Caramel Sauce Syrup	1 fl oz	120	15	1.5	1	0	5	60	24	0	24	2
Cherry Syrup	1 fl oz	100	0	0	0	0	0	0	24	0	24	0
Dark Chocolate Syrup	1 fl oz	110	10	1	0.5	0	0	10	24	0	24	1
Hazelnut Syrup	1 fl oz	80	0	0	0	0	0	5	19	0	19	0
Irish Crème Syrup	1 fl oz	100	0	0	0	0	0	0	25	0	25	0
Peppermint Syrup	1 fl oz	100	0	0	0	0	0	0	24	0	24	0

BEVERAGES

SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
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BUILD YOUR OWN *(Cont.)*

Raspberry Syrup	1 fl oz	90	0	0	0	0	0	22	0	21	0
Strawberry Syrup	1 fl oz	90	0	0	0	0	0	22	0	21	0
Sugar Free Caramel Syrup	1 fl oz	5	0	0	0	0	0	4	0	0	0
Sugar Free Raspberry Syrup	1 fl oz	5	0	0	0	0	0	5	0	0	0
Sugar Free Vanilla Syrup	1 fl oz	0	0	0	0	0	0	0	0	0	0
Vanilla Syrup	1 fl oz	100	0	0	0	0	0	24	0	24	0
White Chocolate Syrup	1 fl oz	110	15	1.5	1	0	5	23	0	23	1
Tea	16 fl oz	5	0	0	0	0	15	1	0	0	0
Whole Milk	12 fl oz	240	110	12	7	0	50	19	0	18	12
Zero Fat Milk	12 fl oz	130	0	0	0	0	5	20	0	18	13

PASTRIES

SERVING
SIZE

CALORIES

CALORIES
FROM FAT

TOTAL
FAT (g)

SATURATED
FAT (g)

TRANS
FAT (g)

CHOLESTEROL
(mg)

SODIUM
(mg)

TOTAL
CARBOHYDRATES (g)

DIETARY
FIBERS (g)

SUGAR
(g)

PROTEIN
(g)

BROWNIES

Cream Cheese Brownie	Brownie	390	180	21	7	0	20	130	51	2	38	4
Double Fudge Brownie	Brownie	400	170	19	4.5	1	0	120	57	2	42	3
German Chocolate Brownie	Brownie	470	230	26	9	0	30	125	57	3	42	5
Mint Brownie	Brownie	480	230	26	8	1.5	0	140	61	2	47	4

COOKIES

Chocolate Chunk	Cookie	310	120	13	8	0	40	440	44	1	24	4
Chocolate Salted Caramel	Cookie	380	140	16	10	0	40	480	55	1	32	4
Ginger Bread with Milk & White Chocolate	Cookie	560	260	29	16	4	0	290	71	2	47	5
Ginger Bread with White Chocolate	Cookie	420	200	22	9	4	0	260	54	0	30	4
Kids Sugar	Cookie	320	90	11	6	0	45	150	56	1	34	3
Mexican Wedding	Cookie	290	200	22	9	0	40	80	24	2	8	2
Oatmeal Raisin	Cookie	280	100	11	6	0	40	200	44	2	21	5
Peanut Butter	Cookie	320	160	18	8	0	40	280	37	1	24	6
Pumpkin Chocolate Chip	Cookie	300	140	16	3.5	0	20	380	44	2	27	4
Sugar	Cookie	460	130	15	9	0.5	60	210	80	1	49	4
White Chocolate Macadamia Nut	Cookie	320	140	15	9	0	40	490	43	1	26	3

MUFFIN TOPS

Almond Poppy Muffin	Muffin	590	260	29	8	0	175	180	72	1	44	10
Blueberry Lemon	Muffin	510	210	24	8	0	150	150	66	1	40	8
Chocolate Zucchini Walnut/Coconut	Muffin	580	250	28	6	0	40	440	79	3	49	8
Lemon Kolache	Muffin	600	270	30	12	0	180	180	72	0	46	9
Pumpkin	Muffin	470	170	19	2.5	0	55	340	70	2	43	6
Raspberry Kolache	Muffin	560	240	27	10	0	165	190	72	1	46	8

BREAKFAST PASTRIES

Butter Croissant	Each	330	140	15	9	0.5	40	390	41	1	6	7
Chocolate Croissant	Each	380	160	18	12	0	35	0	48	2	18	7
Cinnamon Rolls	Each	530	120	13	5	2.5	15	600	90	3	36	10
Coconut Citrus Scone	Each	690	270	30	21	0.5	75	490	99	3	56	8
Cranberry White Chocolate Scone	Each	540	200	22	14	0.5	75	450	81	2	40	8
Raspberry Cream Croissant	Each	340	140	15	9	0	40	390	45	1	14	6
Twice-Baked Almond Croissant	Each	430	190	22	13	0.5	70	430	50	1	13	8

PASTRIES

SERVING
SIZE

CALORIES

CALORIES
FROM FAT

TOTAL
FAT (g)

SATURATED
FAT (g)

TRANS
FAT (g)

CHOLESTEROL
(mg)

SODIUM
(mg)

TOTAL
CARBOHYDRATES (g)

DIETARY
FIBERS (g)

SUGAR
(g)

PROTEIN
(g)

BARS

Almond Citrus	Bar	290	110	13	5	0	100	85	42	1	29	5
Caramel Oat	Bar	310	140	15	8	0	25	160	41	2	23	4
Holiday Nut	Bar	380	210	23	9	0	20	240	39	2	18	6
Ooey Goey Goodness	Bar	430	190	21	10	0	60	125	56	2	44	6
Ultimate Cookie	Bar	450	190	21	9	0	25	350	53	2	40	5

INDIVIDUAL PASTRIES

Caramel Apple with Dark Chocolate & Butterfinger	Apple	650	220	25	18	0	20	140	107	7	76	5
Caramel Apple with Oreo	Apple	540	180	20	16	0	20	115	89	5	68	3
Caramel Apple with White Chocolate & Cinnamon	Apple	550	180	20	16	0	20	105	92	5	71	3
Caramel Apple with White Chocolate & Walnuts	Apple	570	220	25	16	0	20	75	88	7	64	4
Chocolate Dipped Strawberries	Strawberry	60	35	4	2	0	0	5	5	1	4	1
Chocolate Dipped Strawberries with Chocolate Curls	Strawberry	80	45	5	3	0	0	10	8	1	7	1
Chocolate Dipped Strawberry with Pecans	Strawberry	90	60	7	2.5	0	0	5	6	1	4	1
Chocolate Dome	Dome	840	550	61	36	0	175	470	70	4	47	5
Éclair	Éclair	250	140	15	9	0	40	220	24	1	15	3
Fruit Tart	Tart	430	260	29	18	0	90	125	39	1	18	2
Key Lime Tart	Tart	390	140	15	10	0	45	90	56	1	12	7
Peach Tart	Tart	370	200	23	15	0	50	80	39	1	21	2
Pecan Tassie	Each	570	290	32	11	0	55	120	66	3	31	6

PETITE CAKES

Carrot	Petite Cake	750	330	37	9	0	95	1040	100	3	73	8
Chocolate Mousse	Petite Cake	530	250	28	13	0	80	650	64	2	39	7
Chocolate Peppermint	Petite Cake	540	240	27	14	0	40	620	70	2	46	7
Lemon Cream	Petite Cake	510	220	25	12	0	60	540	68	1	44	6
Pineapple Coconut Cream	Petite Cake	530	210	23	11	0	50	550	74	1	50	6
Pumpkin Chocolate Chip	Petite Cake	730	280	31	9	0	90	520	108	2	77	8
Raspberry Cream	Petite Cake	500	210	23	10	0	60	560	68	1	44	7
Tres Leches	Petite Cake	670	300	33	18	0	85	610	85	1	58	9

PASTRIES

SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
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SHEET CAKES

Carrot	Piece	560	250	28	7	0	75	780	75	2	54	6
Chocolate Mousse	Piece	400	190	21	9	0	60	490	48	2	30	5
Chocolate Peppermint	Piece	400	180	20	10	0	30	470	52	1	34	5
Lemon Cream	Piece	380	170	19	9	0	45	410	51	1	33	5
Pineapple Coconut Cream	Piece	400	160	18	9	0	35	410	56	1	38	5
Pumpkin Chocolate Chip	Piece	550	210	23	6	0	65	390	81	2	58	6
Raspberry Cream	Piece	370	150	17	8	0	45	420	51	1	33	5
Tres Leches	Piece	500	220	25	13	0	65	460	64	1	44	7

CHEESECAKES

Berry Cheesecake	Piece	590	360	40	25	1.5	135	340	50	1	40	7
Burnt Almond Fudge Cheesecake	Piece	580	370	41	24	1.5	115	280	48	1	40	7
Chocolate Cherry Cheesecake	Piece	650	400	44	27	1.5	135	340	55	1	45	8
Peppermint Cheesecake	Piece	630	400	44	27	1.5	135	330	49	1	41	8
Pumpkin Cheesecake	Piece	630	370	41	25	1.5	135	330	56	4	41	8
Salted Caramel Pecan Cheesecake	Piece	600	360	40	24	1.5	135	320	53	0	43	7
Turtle Cheesecake	Piece	630	400	44	25	1.5	135	340	50	0	40	8

BUNDT CAKES

Banana Nut	Each	620	250	28	6	0	55	390	89	3	58	7
Lemon Ginger	Each	540	200	22	4.5	0	50	200	83	0	60	5
Red Velvet	Each	500	190	22	10	0	50	520	70	2	49	8
Triple Chocolate Pudding	Each	500	240	27	11	0.5	105	370	59	3	45	7

BREAD PUDDING

Apple Cinnamon Pecan	Serving	1010	480	53	28	2	235	440	121	4	79	10
Cranberry Apple	Serving	1010	480	53	28	2	235	440	121	4	78	10
German Chocolate	Serving	900	520	58	38	0	245	95	83	3	49	10
Raspberry	Serving	890	320	36	21	0	215	650	132	5	73	11

PASTRIES

SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
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PIES

Apple Cobbler	Slice	490	160	18	6	3.5	15	230	81	2	56	4
Banana Cream	Slice	680	300	34	20	3.5	80	390	91	2	60	7
Berry Patch	Slice	570	230	25	6	7	0	300	82	6	41	6
Chocolate Peanut Butter	Slice	750	420	47	28	0.5	70	360	77	4	55	11
Coconut Cream	Slice	660	340	38	24	3.5	70	410	77	2	52	6
Key Lime	Slice	500	200	22	14	0.5	95	350	69	1	53	10
Nana's Pumpkin	Slice	460	200	23	10	4	80	440	55	2	34	9
Pecan	Slice	880	490	55	10	3.5	90	300	94	1	35	9
Raspberry Cream	Slice	490	250	28	15	3.5	30	310	56	3	37	5
Fresh Strawberry & Vanilla Mousse	Slice	390	230	26	13	3.5	40	210	37	2	15	3
Triple Chocolate Cream	Slice	660	320	36	26	0.5	100	320	84	2	62	7

CUPCAKES

Boston Cream	Each	290	110	13	6	0.5	20	270	41	1	29	3
Chocolate Cherry Cheesecake	Each	300	130	14	7	0	35	320	41	1	29	4
Chocolate Mint	Each	600	290	32	12	4	20	380	75	1	61	5
Chocolate Peanut Butter	Each	430	220	25	14	0	25	370	50	2	36	6
Devil's Food, No Icing	Each	190	70	8	2.5	0	20	280	26	1	16	3
Easter Cupcake	Each	540	240	27	10	4	20	380	74	1	61	4
Raspberry Lemon	Each	380	170	19	10	0	35	290	47	1	33	4
Red Velvet	Each	470	180	20	11	0	55	370	70	2	55	6
Salted Caramel Praline	Each	510	260	29	11	3.5	45	360	60	0	47	4
White, No Icing	Each	190	70	8	2.5	0	20	240	27	0	16	3

SWEET BREAD & ROLLS

SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
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ROLLS

Dollar Rolls <i>(1.5 oz)</i>	Roll	170	50	5	1	1	15	190	27	0	5	4
French Country Soup Bun <i>(0.75 lbs)</i>	Bun	760	35	3.5	0	0	0	1850	159	5	2	24
Multi Grain <i>(3 oz)</i>	Roll	170	50	5	1	1	15	190	27	0	5	4
Orange <i>(0.14 lbs, 3.35 lbs)</i>	Roll	230	60	7	1.5	1.5	15	380	38	0	14	5
Petit Pain <i>(6 Per 1.5 lbs)</i>	Roll	230	10	1	0	0	0	530	49	1	1	7
Raspberry <i>(0.14 lbs Each 3.35)</i>	Roll	230	60	7	1.5	1.5	15	380	38	0	14	5
Soft <i>(3 oz by Dozen)</i>	Roll	250	70	7	1.5	1.5	20	370	39	1	8	6

SWEET BREADS

Banana Crumb	Slice	210	80	9	1.5	0	25	140	31	1	18	3
Blueberry Lemon	Slice	220	90	10	3	0	65	70	28	0	17	4
Cranberry Orange	Slice	220	90	10	3	0	65	65	30	1	18	3
Pumpkin	Slice	220	80	9	1	0	30	180	32	1	20	3
Snickerdoodle	Slice	230	80	9	5	0	40	220	34	0	18	4
Triple Chocolate	Slice	240	110	13	7	0	65	200	31	2	20	5
Zucchini Walnut	Slice	230	100	11	2	0	20	170	31	1	19	3