

	NUTRITIONAL INFORMATION									
	Serving Size (g)	Calories	Carbohydrate (g)	Protein (g)	Total Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)
<i>2,000 calories a day is used for general nutrition advice, but calorie needs vary.</i>										
<b>Sandwich 12"</b>										
EGG BUN	118	218	22	12	14	0	204	290	1.2	3.5
GRILLED CHICKEN SANDWICH	225	396	38	19	19	0	35	720	2.5	7.3
MEXICAN GRILLED CHICKEN SANDWICH	225	653	44	21	44	0	35	1448	7.5	6.8
BRIOCHE SMOKED TURKEY	210	466	50	20	21	0	73	991	2.2	6.8
EGG BUN WITH TURKEY	147	242	23	15	16	0	212	588	1.2	4.1
EGG BUN WITH ROAST BEEF	147	263	27	15	17	0	207	434	1.7	4.3
EGG BUN WITH AVOCADO	135	284	26	11	15	0	194	359	2.4	3.5
PESTO AND HONEY EGG SANDWICH	243	573	54	24	29	0	414	517	1.8	11
BRIOCHE HALLOUMI	229	746	57	32	43	0	138	886	2	3
BRIOCHE ROAST BEEF	193	495	56	19	21	0	63	720	2.9	7
BRIOCHE SPICY TUNA	143	605	52	34	29	0	31	1828	2.7	5.3
CIABATTA TERIYAKI CHICKEN SANDWICH	229	479	63	23	15	0.1	28	1485	7.2	8.3
CIABATTA BUFFALO CHICKEN SANDWICH	258	493	64	24	16	0.1	35	1479	7.5	12
CIABATTA SPICY TUNA SANDWICH	241	484	57	30	15	0	0.2	1983	8.3	2.3
CIABATTA HALLOUMI SANDWICH	268	677	62	35	32	0	107	1345	8.4	1.8
CIABATTA SMOKED TURKEY SANDWICH	244	532	61	26	20	0	63	1729	7.3	6.2
CIABATTA SMOKED ROAST BEEF SANDWICH	239	540	68	26	18	0	52	1322	8.6	5.4
CIABATTA CHEESY GRILLED SANDWICH	187	608	54	29	31	0.1	88	1349	7.1	1.2

<b>Snacks</b>										
GRANOLA WITH BANANA	265	503	38	51	16	0	72	141	3.1	25
GRANOLA WITH RASPBERRY	235	600	86	20	19	0	72	144	35	39
GRANOLA WITH STRABERY(WALLNUT)	241	366	31	15	20	0	72	144	2.8	18

<b>Mexican Bowls</b>										
MEXICAN BOWL W/ HONEY SESAME	412	651	90	24	22					

<b>Meatball Bowls</b>										
MEATBALL BOWL W/ RANCH SAUCE	405	967	117	32	41					

<b>Shrmp Bowls</b>										
SHRIMP BOWL W/ ITALIAN SAUCE	452	303	18	28	13					

<b>Vietnamese Spring Bowls</b>										
CHICKEN VIETNAMESE SPRING ROLL	228	330	61	11	4.7	0	24	385	2.7	5.7
VEGAN VIETNAMESE SPRING ROLL	237	321	62	3.9	6.4	0	17	276	3.6	3.7
SHRIMP VIETNAMESE SPRING ROLL	213	273	57	10	0.4	0	72	112	1.9	3.4

<b>SOUP</b>										
CHICKEN CREAM SOUP	355	309	552	791	811	0	1232	28671	52	124
PUMPKIN SOUP	355	255	604	111	846	0.4	87	25623	47	306

HARIRA SOUP	355	2211	843	440	436	0.5	830	28537	232	231
LENTIL SOUP	355	141	179	70	22	0.3	9.7	3238	65	26

Salad										
CAESAR SALAD	320	443	21	22	30	0.1	57	1097	2.1	3.5
QUINOA SALAD	381	690	102	26	20	0	20	857	12	19

2OZ Dressing										
AVOCADO SAUCE	40	111	42	9.1	315	0	0	1972	27	4.7
RANCH SAUCE	40	233	5	1	62	0	45	810	0	4
CRANBERRY SAUCE	40	89	317	0.3	105	0.3	3	2500	10	258
HONEY MUSTARD SAUCE	40	144	#####	102	#####	3.5	35	28071	48	890
CAESAR SAUCE	40	220	2	1	17	0	10	290	0	1
PEANUT BUTTER SAUCE	40	119	120	50	89	0	0	7137	13	83
HONEY & SOY SAUCE SAUCE	40	110	63	1.9	8	0	0	1400	0.4	58
ITALIAN DRESSING	40	105	1	0	8	0	0	250	0	1
YOGURT & MUSTARD SAUCE	40	23	49	23	19	0	52	3129	0.8	39