



Panera Bread® Nutrition Information - US

Effective: 11/13/2019 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	510	55	2	4	13
Blueberry Bagel	1 Bagel	330	10	1	0	0	0	430	68	2	11	11
Cherry Vanilla Bagel	1 Bagel	350	40	4.5	3	0	0	380	68	2	19	10
Chocolate Chip Bagel	1 Bagel	360	45	5	3	0	0	410	69	2	15	11
Cinnamon Crunch Bagel	1 Bagel	420	60	6	4.5	0	0	390	82	2	33	10
Cinnamon Swirl & Raisin Bagel	1 Bagel	310	15	1.5	1	0	0	410	65	3	12	10
Cranberry Walnut Bagel	1 Bagel	340	45	5	0.5	0	0	380	65	3	15	10
French Toast Bagel	1 Bagel	340	30	3.5	2.5	0	0	570	67	2	15	10
Jalapeno Cheddar Bagel	1 Bagel	300	25	2.5	1.5	0	5	750	56	2	4	13
Plain Bagel	1 Bagel	280	10	1	0	0	0	410	57	2	4	10
Poppyseed Bagel	1 Bagel	290	15	1.5	0	0	0	410	58	2	4	10
Everything Bagel	1 Bagel	290	15	1.5	0	0	0	560	58	2	4	10
Salt Bagel	1 Bagel	280	10	1	0	0	0	1740	57	2	4	10
Sesame Bagel	1 Bagel	290	25	2.5	0	0	0	410	57	2	4	11
Sprouted Grain Bagel Flat	1 Bagel Flat	180	20	2	0	0	0	410	34	3	4	7
Whole Grain Bagel	1 Bagel	330	20	2.5	0	0	0	460	66	7	6	13
BREADS												
Artisan Ciabatta	2 oz (about 3 1/2 inch slice/ 57g)	150	10	1.5	0	0	0	280	30	1	0	6
Asiago Cheese Loaf	2 ounce (57g / about 1" slice)	150	35	3.5	2.5	0	10	320	23	1	0	7
Black Pepper Focaccia	2 oz (about 1 1/4 inch slice / 57g)	150	25	3	0	0	0	390	26	1	0	5
Brioche Roll	1 Roll	210	60	7	4	0	50	300	31	1	6	7
Challah Bread	2 oz (57g / about 1 1/3 inch slice)	190	45	5	1	0	60	270	29	1	5	7



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Cinnamon Raisin Swirl Bread	2 oz (about 7/8 inch slice / 57g)	190	50	5	3	0	30	190	31	1	12	5
Classic White Bread	2 ounces (57g/about 7/8 inch slice)	150	20	2	1	0	5	280	27	1	3	5
Country Rustic XL Loaf	2 oz (about 2/3 inch slice / 57 g)	130	5	0	0	0	0	270	26	1	0	5
Cranberry Whole Grain Miche	2 oz (about 1/2 inch slice / 57g)	130	5	0.5	0	0	0	280	28	3	7	5
Farmstyle Loaf	2 oz (about 1/2 inch slice / 57 g)	90	5	0	0	0	0	240	18	2	0	4
Asiago Cheese Focaccia	2 oz (57g / about 4 inch slice)	150	25	3	1	0	5	300	24	1	0	6
French Baguette	2 oz (57g / about 2 3/4 inch slice)	140	5	0	0	0	0	360	29	1	1	5
Honey Wheat Loaf	2 oz (about 3/4 inch slice/57g)	140	25	3	1.5	0	0	240	24	1	4	4
New England Roll	1 Roll	250	40	4.5	1.5	0	10	440	44	1	5	9
Sea Salt Focaccia	2 oz (57g / about 4 7/8 inch slice)	160	20	2	0	0	0	410	29	1	0	6
Sourdough Bread Bowl	1 Bread Bowl	670	40	4.5	0	0	0	1160	130	4	2	27
Sourdough Loaf	2 oz (about 1 1/4 inch slice / 57 g)	150	5	0	0	0	0	320	31	1	0	6
Sourdough Loaf	1 loaf	1210	35	4	1	0	0	2550	248	8	4	45
Sourdough XL Loaf	2 oz (57g / about 2/3" slice)	130	5	0	0	0	0	290	28	1	0	5
Sprouted Grain Flatbread	1 flatbread	160	15	2	0	0	0	410	31	3	4	6
Sprouted Grain Roll	1 roll	170	20	2	0	0	0	410	32	3	4	6
Tomato Basil Loaf	2 oz (57 g / about 1/2 inch slice)	150	10	1	0	0	0	370	28	1	1	6
White Miche	2 ounces (57g / about 1/2 inch slice)	140	15	2	1	0	5	270	26	1	3	5
Whole Grain Lahvash	1 Lahvash	150	20	2.5	0	0	0	250	27	2	2	9
Whole Grain Pan Loaf	2 oz (57g / about 7/8 inch slice)	130	10	1	0	0	0	240	26	3	2	6
BREAKFAST												
Asiago Bacon, Egg & Cheese on Asiago Cheese Bagel	1 Sandwich	560	210	24	11	0.5	260	990	56	2	5	21
Avocado, Egg White & Spinach on Sprouted Grain Bagel Flat	1 Sandwich	360	130	15	6	0	25	690	39	5	5	19
Bacon, Egg & Cheese on Brioche	1 Sandwich	460	230	25	12	0.5	295	780	32	1	6	24



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Bacon, Scrambled Egg & Cheese on Artisan Ciabatta	1 Sandwich	450	190	21	9	0	275	860	40	2	1	25
Bacon, Scrambled Egg & Cheese on Brioche	1 Sandwich	470	240	27	13	0.5	325	800	32	1	6	25
Basil Pesto for Breakfast Sandwiches	1 Serving	30	25	3	0	0	0	30	0	0	0	0
Breakfast Portion - Artisan Ciabatta	1/4 Loaf	200	15	2	0	0	0	360	38	2	1	7
Breakfast Portion - Farmstyle Loaf	1 Slice	100	5	0	0	0	0	260	19	2	0	4
Chipotle Aioli Sauce for Breakfast Sandwiches	1 Serving	70	70	7	1	0	5	90	1	0	0	0
Chipotle Chicken, Scrambled Egg & Avocado Wrap	1 Wrap	460	230	25	9	0	285	760	32	4	4	29
Egg & Cheese on Brioche	1 Sandwich	390	190	21	10	0.5	280	550	32	1	6	19
Egg Whites	1 Portion	30	0	0	0	0	0	100	1	0	0	6
Seasonal Fruit Cup	1 Container	60	0	0	0	0	0	15	17	1	12	1
Ham, Egg & Cheese on Whole Grain Pan Loaf	1 Sandwich	360	150	16	7	0	245	710	29	3	3	24
Ham, Egg & Cheese on Whole Grain Farmstyle Bread	1 Sandwich	310	140	16	7	0	245	710	20	2	1	22
Ham, Egg, Cheese & Roasted Tomato on Whole Grain Farmstyle Bread	1 Sandwich	320	140	16	7	0	245	730	22	3	2	22
Ham, Scrambled Egg & Cheese on Whole Grain Pan Loaf	1 Sandwich	370	150	17	8	0	275	720	30	3	3	25
Ham, Scrambled Egg & Cheese on Whole Grain Farmstyle Bread	1 Sandwich	330	150	17	7	0	275	720	21	2	1	23
Ham, Scrambled Egg, Cheese & Roasted Tomato on Whole Grain Farmstyle Bread	1 Sandwich	330	150	17	7	0	275	740	22	3	2	23
Maple Glazed Bacon, Scrambled Egg & Cheese Wrap	1 Wrap	430	210	24	10	0	280	760	31	2	5	27
Mediterranean Egg White Wrap	1 Wrap	260	70	8	3	0	10	650	32	3	3	19
Over Easy Egg	1 Egg	80	50	6	2	0	210	80	0	0	0	7
Sausage, Egg & Cheese on Brioche	1 Sandwich	540	300	33	15	0.5	320	860	32	1	6	28
Sausage, Scrambled Egg & Cheese on Brioche	1 Sandwich	560	310	34	16	0.5	350	870	32	1	6	29
Scrambled Egg	1 egg	100	60	7	2	0	240	90	1	0	0	8
Scrambled Egg & Cheese on Brioche	1 Sandwich	400	190	22	11	0.5	310	560	32	1	6	20
Steak & Egg on Everything Bagel	1 Sandwich	530	160	18	8	0	260	910	59	2	5	34



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Steak & Scrambled Egg on Everything Bagel	1 Sandwich	550	170	19	9	0	290	920	59	2	5	35
Steel Cut Oatmeal with Almonds, Quinoa & Honey	1 Bowl	340	80	9	1.5	0	0	150	54	8	8	10
Steel Cut Oatmeal with Apple Chips, Pecans & Cinnamon Crunch Topping	1 Bowl	390	150	16	2	0	0	150	55	8	18	8
Steel Cut Oatmeal with Strawberries, Pecans & Cinnamon Crunch Topping	1 Bowl	360	130	15	1.5	0	0	150	52	8	17	8
Sweet Maple Sauce for Breakfast Sandwiches	1 Serving	60	45	5	1.5	0	5	35	4	0	4	0
Breakfast Portion - Whole Grain Pan Loaf	2 Slices	140	10	1	0	0	0	260	28	3	2	6
DRINKS												
Additional Shot of Bittersweet Chocolate Sauce	1 shot	50	5	0	0	0	0	15	12	0	7	0
Additional Shot of Cane Sugar Syrup	1 pump	20	0	0	0	0	0	0	5	0	5	0
Additional Shot of Caramel Syrup	1 Shot	60	10	1.5	1	0	5	35	11	0	9	0
Additional Shot of Espresso	1 fl oz (30 mL)	5	0	0	0	0	0	0	0	0	0	0
Additional Shot of Espresso Decaf	1 Shot	5	0	0	0	0	0	0	0	0	0	0
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)	160	0	0	0	0	0	10	43	0	41	0
Agave Lemonade - 32 fl oz	32 fl oz (946 mL)	250	0	0	0	0	0	15	67	0	64	0
Blackberry Sage Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Blood Orange Lemonade - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	25	42	0	39	1
Blood Orange Lemonade - 32 fl oz	32 fl oz (946 mL)	250	5	0	0	0	0	40	66	1	61	1
Bottled Agave Lemonade	1 Bottle	140	0	0	0	0	0	0	38	0	36	0
Bottled Passionfruit Papaya Green Tea	1 Bottle (500 mL)	120	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
Dark Roast Coffee - 12 fl oz	12 fl oz (355 mL)	15	0	0	0	0	0	10	3	0	0	1
Dark Roast Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	10	4	0	0	1
Dark Roast Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	15	5	0	0	1



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Light Roast Coffee - 16 fl oz	16 fl oz (473 mL)	20	0	0	0	0	0	10	3	0	0	1
Light Roast Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	15	4	0	0	1
Light Roast Coffee - 12 fl oz	12 fl oz (355 mL)	15	0	0	0	0	0	10	2	0	0	1
British Breakfast Decaf Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
British Breakfast Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Caffe Latte - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	110	13	0	12	8
Caffe Latte - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	140	16	0	14	10
Caffe Mocha - 16 fl oz	16 fl oz (473 mL)	370	100	11	6	0	35	170	56	2	40	11
Caffe Mocha - 20 fl oz	20 fl oz (591mL)	420	110	13	7	0	40	210	64	2	46	13
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 - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	150	0	0	0	0
Cappuccino - 16 fl oz	16 fl oz (473mL)	130	45	5	3	0	20	110	13	0	12	8
Cappuccino - 20 fl oz	20 fl oz (591mL)	160	60	6	4	0	25	140	16	0	14	10
Caramel Latte - 16 fl oz	16 fl oz (473 mL)	390	134	15	9	0	50	240	54	0	46	11
Caramel Latte - 20 fl oz	20 fl oz (591mL)	420	140	16	9	0	55	270	56	0	48	13
Chai Tea Latte - 20 fl oz	20 fl oz (591 mL)	370	67	7	4.5	0	30	150	63	1	62	12
Chai Tea Latte - 16 fl oz	16 fl oz (473 mL)	290	55	6	4	0	25	125	49	0	48	10
Cinnamon Plum Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Cinnamon Spice Cold Brew - 16 fl oz	16 fl oz (473 mL)	200	96	11	7	0	35	50	23	0	17	3
Cinnamon Spice Cold Brew - 20 fl oz	20 fl oz (591 mL)	270	127	14	9	0	45	65	32	0	24	4
Cinnamon Spice Hot Latte - 16 fl oz	16 fl oz (473 mL)	250	89	10	5	0	30	115	32	0	31	9
Cinnamon Spice Hot Latte - 20 fl oz	20 fl oz (591 mL)	310	99	11	6	0	35	140	41	0	40	11
Coke - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	60	67	0	67	0
Coke - 32 fl oz	32 fl oz (946 mL)	390	0	0	0	0	0	95	107	0	107	0



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Coke Zero - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	65	0	0	0	0
Coke Zero - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	105	0	0	0	0
Cold Brew Coffee - 16 fl oz	16 fl oz (473 mL)	25	0	0	0	0	0	20	4	0	0	1
Cold Brew Coffee - 20 fl oz	20 fl oz (591 mL)	25	0	0	0	0	0	20	5	0	0	1
Decaf Coffee - 12 fl oz	12 fl oz (355 mL)	10	0	0	0	0	0	5	2	0	0	1
Decaf Coffee - 16 fl oz	16 fl oz (473 mL)	15	0	0	0	0	0	10	2	0	0	1
Decaf Coffee - 20 fl oz	20 fl oz (591 mL)	20	0	0	0	0	0	10	3	0	0	2
Diet Coke - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	85	1	0	0	0
Diet Coke - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	85	1	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 - 32 fl oz	32 fl oz (946 mL)	15	0	0	0	0	0	150	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	60	0	0	0	0
Diet Pepsi - 20 fl oz bottle	1 Bottle (591 mL)	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	90	0	0	0	0
Dr Pepper - 20 fl oz bottle	1 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 - 32 fl oz	32 fl oz (946 mL)	380	0	0	0	0	0	115	104	0	102	0
Drive Thru - Agave Lemonade - 20 fl oz	20 fl oz (591 mL)	110	0	0	0	0	0	10	29	0	28	0
Drive Thru - Agave Lemonade - 32 fl oz	32 fl oz (946 mL)	170	0	0	0	0	0	15	47	0	44	0
Drive Thru - Blood Orange Lemonade - 20 fl oz	20 fl oz (591 mL)	110	0	0	0	0	0	20	29	0	26	0
Drive Thru - Blood Orange Lemonade - 32 fl oz	32 fl oz (946 mL)	170	0	0	0	0	0	30	46	0	42	1
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



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Drive Thru - Caffeine Free Diet Pepsi - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	95	0	0	0	0
Drive Thru - Coke - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	35	42	0	42	0
Drive Thru - Coke - 32 fl oz	32 fl oz (946 mL)	250	0	0	0	0	0	60	67	0	67	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 - 32 fl oz	32 fl oz (946 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 - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	85	1	0	0	0
Drive Thru - Diet Mountain Dew - 20 fl oz	20 fl oz (591 mL)	5	0	0	0	0	0	60	1	0	0	0
Drive Thru - Diet Mountain Dew - 32 fl oz	32 fl oz (946 mL)	10	0	0	0	0	0	90	1	0	1	0
Drive Thru - Diet Pepsi - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	60	0	0	0	0.2
Drive Thru - Diet Pepsi - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	70	0	0	0	0.2
Drive Thru - Dr. Pepper - 20 fl oz	20 fl oz (591 mL)	60	0	0	0	0	0	20	16	0	16	0
Drive Thru - Dr. Pepper - 32 fl oz	32 fl oz (946 mL)	100	0	0	0	0	0	30	26	0	26	0
Drive Thru - Fanta Orange - 20 fl oz	20 fl oz (591 mL)	170	0	0	0	0	0	40	46	0	45	0
Drive Thru - Fanta Orange - 32 fl oz	32 fl oz (946 mL)	270	0	0	0	0	0	70	73	0	72	0
Drive Thru - Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	100	0	0	0	0	0	45	26	0	26	0
Drive Thru - Lipton Brisk Raspberry Tea - 32 fl oz	32 fl oz (946 mL)	160	0	0	0	0	0	70	41	0	41	0
Drive Thru - Mango Passionfruit Tea - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	0	0	0	0	0
Drive Thru - Mango Passionfruit Tea - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	0	0	0	0	0
Drive Thru - Mist Twist - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	35	42	0	42	0
Drive Thru - Mist Twist - 32 fl oz	32 fl oz (946 mL)	260	0	0	0	0	0	55	68	0	68	0
Drive Thru - Mountain Dew - 20 fl oz	20 fl oz (591 mL)	210	0	0	0	0	0	45	58	0	58	0
Drive Thru - Mountain Dew - 32 fl oz	32 fl oz (946 mL)	270	0	0	0	0	0	85	73	0	73	0
Drive Thru - Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	180	0	0	0	0	0	45	49	0	49	0



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Drive Thru - Mug Root Beer - 32 fl oz	32 fl oz (946 mL)	240	0	0	0	0	0	75	65	0	65	0
Drive Thru - Passion Papaya Green Tea - 20 fl oz	20 fl oz (591 mL)	90	0	0	0	0	0	10	22	0	22	0
Drive Thru - Passion Papaya Green Tea - 32 fl oz	32 fl oz (946 mL)	140	0	0	0	0	0	15	32	0	32	0
Drive Thru - Pepsi - 20 fl oz	20 fl oz (591 mL)	190	0	0	0	0	0	45	52	0	52	0
Drive Thru - Pepsi - 32 fl oz	32 fl oz (946 mL)	300	0	0	0	0	0	70	83	0	83	0
Drive Thru - Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	150	0	0	0	0	0	55	40	0	40	0
Drive Thru - Pibb Xtra - 32 fl oz	32 fl oz (946 mL)	230	0	0	0	0	0	90	64	0	64	0
Drive Thru - Plum Ginger Hibiscus Tea - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	0	0	0	0	0
Drive Thru - Plum Ginger Hibiscus Tea - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	5	0	0	0	0
Drive Thru - Prickly Pear Hibiscus Fresca - 20 fl oz	20 fl oz (591 mL)	60	0	0	0	0	0	15	15	1	12	1
Drive Thru - Prickly Pear Hibiscus Fresca - 32 fl oz	32 fl oz (946 mL)	100	0	0	0	0	0	20	24	1	20	1
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 - 32 fl oz	32 fl oz (946 mL)	5	0	0	0	0	0	80	1	0	0	0
Drive Thru - Sprite - 20 fl oz	20 fl oz (591 mL)	140	0	0	0	0	0	70	39	0	38	0
Drive Thru - Sprite - 32 fl oz	32 fl oz (946 mL)	240	0	0	0	0	0	115	65	0	64	0
Drive Thru - Sweet Tea - 20 fl oz	20 fl oz (591 mL)	70	0	0	0	0	0	15	19	0	18	0
Drive Thru - Sweet Tea - 32 fl oz	32 fl oz (946 mL)	110	0	0	0	0	0	25	29	0	27	0
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 - 32 fl oz	32 fl oz (946 mL)	280	0	0	0	0	0	60	75	0	75	0
Drive Thru - Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	160	0	0	0	0	0	160	42	0	42	0
Drive Thru - Tropicana Lemonade - 32 fl oz	32 fl oz (946 mL)	260	0	0	0	0	0	260	67	0	67	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
Drive Thru - Tropicana Light Lemonade - 32 fl oz	32 fl oz (946 mL)	10	0	0	0	0	0	240	0	0	0	0
Drive Thru - Unsweetened Black Tea - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	15	1	0	0	0



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Drive Thru - Unsweetened Black Tea - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	25	2	0	0	0
Earl Greyer Decaf Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Earl Greyer Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	10	0	0	0	0
Fanta Orange - 20 fl oz	20 fl oz (591 mL)	270	0	0	0	0	0	65	73	0	71	0
Fanta Orange - 32 fl oz	32 fl oz (946 mL)	420	0	0	0	0	0	105	116	0	114	0
Frozen Caramel Cold Brew - 16 fl oz	16 fl oz (473 mL)	480	163	18	11	0	55	170	74	0	63	5
Frozen Mocha Cold Brew - 16 fl oz	16 fl oz (473 mL)	450	130	14	8	0	40	105	76	2	56	5
Ginger Peach Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	10	0	0	0	0
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
Honey Ginseng Green Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Iced Caffè Latte - 20 fl oz	20 fl oz (591 mL)	160	60	6	4	0	25	140	16	0	15	10
Iced Caffè Mocha - 20 fl oz	20 fl oz (591 mL)	400	110	13	7	0	40	200	59	2	43	13
Iced Caramel Latte - 20 fl oz	20 fl oz (591 mL)	430	150	16	9	0	55	270	57	0	49	13
Iced Chai Tea Latte - 16 fl oz	16 fl oz (473 mL)	290	55	6	4	0	25	130	49	0	48	10
Iced Cinnamon Spice Latte - 20 fl oz	20 fl oz (591 mL)	290	103	11	6	0	40	150	36	0	35	12
Iced Madagascar Vanilla Latte - 20 fl oz	20 fl oz (591 mL)	290	103	11	6	0	40	150	35	0	35	12
Iced Coffee - 20 fl oz	20 fl oz (591 mL)	15	0	0	0	0	0	15	3	0	0	1
Iced Coffee - 32 fl oz	32 fl oz (946 mL)	25	0	0	0	0	0	20	5	0	0	1
Kids Organic Apple juice	8 fl oz (237 mL)	120	0	0	0	0	0	25	29	0	26	0
Kids Organic Chocolate Milk	8 fluid ounces (237 MI)	150	20	2.5	1.5	0	15	180	23	0	22	8
Kids Organic White Milk	8 fluid ounces (237 MI)	110	20	2.5	1.5	0	10	130	13	0	12	8
Lipton Brisk Raspberry Tea - 20 fl oz	20 fl oz (591 mL)	130	0	0	0	0	0	70	35	0	34	0



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Lipton Brisk Raspberry Tea - 32 fl oz	32 fl oz (946 mL)	210	0	0	0	0	0	90	55	0	55	0
Madagascar Vanilla Almond Cold Brew Coffee - 16 fl oz	16 fl oz (473 mL)	100	10	1.5	0	0	0	50	20	0	17	1
Madagascar Vanilla Almond Cold Brew Coffee - 20 fl oz	20 fl oz (591 mL)	130	15	1.5	0	0	0	65	27	0	23	2
Madagascar Vanilla Cream Cold Brew Coffee - 16 fl oz	16 fl oz (473 mL)	200	100	11	7	0	35	50	23	0	17	3
Madagascar Vanilla Cream Cold Brew Coffee - 20 fl oz	20 fl oz (591 mL)	270	130	14	9	0	45	65	31	0	23	4
Madagascar Vanilla Latte - 16 fl oz	16 fl oz (473 mL)	260	92	10	6	0	35	120	32	0	31	9
Mango Ceylon Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Mist Twist - 20 fl oz	20 fl oz (591 mL)	260	0	0	0	0	0	55	68	0	68	0
Mist Twist - 32 fl oz	32 fl oz (946 mL)	410	0	0	0	0	0	90	108	0	108	0
Mountain Dew - 12 fl oz can	12 fl oz (355 mL)	170	0	0	0	0	0	60	46	0	46	0
Mountain Dew - 20 fl oz	20 fl oz (591 mL)	290	0	0	0	0	0	60	77	0	77	0
Mountain Dew - 20 fl oz bottle	1 Bottle (591 mL)	290	0	0	0	0	0	105	77	0	77	0
Mountain Dew - 32 fl oz	32 fl oz (946 mL)	460	0	0	0	0	0	90	123	0	123	0
Mug Root Beer - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	60	66	0	65	0
Mug Root Beer - 32 fl oz	32 fl oz (946 mL)	380	0	0	0	0	0	90	105	0	104	0
Orange Ginger Mint Tea - 8 fl oz	8 fl oz (240 mL)	0	0	0	0	0	0	0	0	0	0	0
Panera Bottled Black Tea	16.9 fl oz (500 mL)	0	0	0	0	0	0	0	0	0	0	0
Passion Papaya Green Tea - 20 fl oz	20 fl oz (591 mL)	130	0	0	0	0	0	10	31	0	31	0
Passion Papaya Green Tea - 32 fl oz	32 fl oz (946 mL)	210	0	0	0	0	0	15	49	0	49	0
Pepsi - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	55	69	0	69	0
Pepsi - 20 fl oz bottle	1 Bottle (591 mL)	250	0	0	0	0	0	55	69	0	69	0
Pepsi - 32 fl oz	32 fl oz (946 mL)	410	0	0	0	0	0	85	110	0	110	0
Pepsi 12 fl oz can	12 fl oz Can (355 mL)	150	0	0	0	0	0	30	41	0	41	0
Pibb Xtra - 20 fl oz	20 fl oz (591 mL)	230	0	0	0	0	0	90	63	0	63	0



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Pibb Xtra - 32 fl oz	32 fl oz (946 mL)	370	0	0	0	0	0	140	101	0	101	0
Plum Ginger Hibiscus Tea - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	0	0	0	0	0
Plum Ginger Hibiscus Tea - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	0	0	0	0	0
Premium OJ 11.5 fl oz	1 Bottle (11.5 fl oz)	160	0	0	0	0	0	0	37	0	30	3
Prickly Pear Hibiscus Fresca - 20 fl oz	20 fl oz (591 mL)	90	0	0	0	0	0	15	22	1	18	1
Prickly Pear Hibiscus Fresca - 32 fl oz	32 fl oz (946 mL)	140	0	0	0	0	0	25	35	2	29	1
San Pellegrino® Sparkling Orange Fruit Beverage	1 Can	140	0	0	0	0	0	0	34	0	32	0
San Pellegrino® Sparkling Water	1 Bottle	0	0	0	0	0	0	10	0	0	0	0
Sierra mist 12 fl oz Can	12 fl oz can	150	0	0	0	0	0	30	40	0	40	0
Signature Hot Chocolate with Chocolate Chip Marshmallows - 16 fl oz	16 fl oz (473 mL)	510	110	12	7	0	40	270	88	2	65	12
Skinny Caffe Mocha - 16 fl oz	16 fl oz (473mL)	250	11	1.5	0.5	0	5	160	49	1	34	10
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 - 32 fl oz	32 fl oz (946 mL)	5	0	0	0	0	0	125	1	0	0	0
Spindrift® Seltzer - Lemon	1 Can (355 mL)	0	0	0	0	0	0	0	1	0	0	0
Spindrift® Seltzer - Orange Mango	1 Can (355 mL)	10	0	0	0	0	0	0	3	0	1	0
Spindrift® Seltzer - Raspberry Lime	1 Can (355 mL)	10	0	0	0	0	0	0	2	0	2	0
Sprite - 20 fl oz	20 fl oz (591 mL)	240	0	0	0	0	0	115	64	0	64	0
Sprite - 32 fl oz	32 fl oz (946 mL)	380	0	0	0	0	0	180	103	0	102	0
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 - 8 fl oz	8 fl oz (237 mL)	80	0	0	0	0	5	105	12	0	12	8
Sweet Tea 20 fl oz	20 fl oz (591 mL)	110	0	0	0	0	0	10	28	0	27	0
Sweet Tea 32 fl oz	32 fl oz (946 mL)	150	0	0	0	0	0	15	40	0	39	0
Tropicana Fruit Punch - 20 fl oz	20 fl oz (591 mL)	280	0	0	0	0	0	65	75	0	75	0
Tropicana Fruit Punch - 32 fl oz	32 fl oz (946 mL)	450	0	0	0	0	0	100	120	0	120	0



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Tropicana Lemonade - 20 fl oz	20 fl oz (591 mL)	250	0	0	0	0	0	270	68	0	68	0
Tropicana Lemonade - 32 fl oz	32 fl oz (946 mL)	400	0	0	0	0	0	420	108	0	108	0
Tropicana Light Lemonade - 20 fl oz	20 fl oz (591 mL)	15	0	0	0	0	0	240	0	0	0	0
Tropicana Light Lemonade - 32 fl oz	32 fl oz (946 mL)	20	0	0	0	0	0	380	1	0	0	0
Unsweetened Black Tea - 20 fl oz	20 fl oz (591 mL)	0	0	0	0	0	0	20	2	0	0	0
Unsweetened Black Tea - 32 fl oz	32 fl oz (946 mL)	0	0	0	0	0	0	30	3	0	0	0
KIDS												
Kids Grilled Cheese on Classic White Bread	1 Sandwich	440	150	17	10	0.5	50	1080	53	2	6	19
Kids Ham on Whole Grain	1 Sandwich	260	80	9	5	0	35	740	30	3	3	17
Kids Peanut Butter & Jelly on Whole Grain	1 Sandwich	360	130	15	2.5	0	0	350	50	6	19	12
Kids Peanut Butter & Jelly on Whole Grain - Franchise Variance	1 Sandwich	440	190	21	4	0	0	400	53	7	21	16
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
Kids Turkey on Whole Grain	1 Sandwich	280	80	9	5	0	45	760	29	3	3	22
PARFAIT												
Greek Yogurt with Mixed Berries	1 Parfait	300	90	10	5	0	30	80	40	3	29	14
PASTRIES & SWEETS												
Pastry - Almond Croissant	1 Pastry	550	320	35	17	0	105	260	48	6	17	11
Scone- Apple Cinnamon Crunch	1 scone	340	110	12	7	0	40	610	55	1	26	4
Pastry - Pastry Ring	1/12 pastry	210	80	9	5	0	35	170	29	1	14	3
Muffin - Blueberry with Fresh Blueberries	1 Muffin	460	160	18	3	0	60	380	69	1	40	6
Brownie	1 Brownie	390	120	13	8	0	95	380	69	3	48	6



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Cookie - Candy	1 Cookie	420	170	19	11	0.5	70	260	58	1	30	5
Pastry - Cheese Brittany	1 Pastry	330	150	17	10	0	45	260	41	1	22	5
Pastry - Cherry Cheese Brittany	1 Pastry	310	120	13	8	0	35	220	44	1	24	5
Muffie - Chocolate Chip	1 Muffie	320	130	14	3.5	0	35	210	46	2	28	4
Muffin - Chocolate Chip	1 Muffin	640	250	28	7	0	75	410	91	3	55	8
Pastry - Chocolate Croissant	1 Croissant	380	200	22	13	0	50	240	39	4	11	7
Cookie - Cinnamon Apple Almond Thumbprint	1 Cookie	240	130	14	8	0.5	35	95	26	1	12	2
Pastry - Cinnamon Crumb Coffee Cake	1 Slice	520	250	28	10	0.5	115	340	61	1	33	7
Cookie - Cocoa & Creme	1 Cookie	170	90	10	6	0	20	85	20	1	12	2
Cookie - Coconut Macaroon	1 Cookie	140	70	7	7	0	0	65	17	2	14	1
Muffin - Cranberry Orange	1 Muffin	480	170	19	3	0	65	360	71	2	40	6
Pastry - Bear Claw	1 Pastry	500	200	23	9	0	60	390	65	3	30	9
Pastry - Gooney Butter	1 Pastry	430	210	23	15	0.5	50	290	48	1	14	7
Cookie - Homestyle Chocolate Chunk	1 Cookie	630	290	33	20	1	75	380	85	4	47	7
Cookie - Kitchen Sink	1 Cookie	800	390	44	28	1	90	770	97	3	54	8
Cookie - Lemon Drop	1 Cookie	440	180	20	13	0.5	70	270	61	1	33	5
Seasonal Cookie- Mitten Shaped	1 Cookie	420	190	21	13	1	65	190	55	1	29	4
Scone - Blueberry	1 Scone	300	110	13	7	0	40	610	42	1	13	5
Mini Scone - Blueberry	1 Mini Scone	110	40	4.5	2.5	0	15	220	15	1	5	2
Cookie - Chocolate Chipper	1 Cookie	380	170	19	11	0	50	290	51	2	30	4
Cookie - Petite Chocolate Chipper	1 Cookie	100	40	4.5	3	0	10	75	13	0	8	1
Cookie - Oatmeal Raisin with Berries	1 Cookie	350	110	13	7	0	50	170	54	2	33	4
Pastry - Pecan Braid	1 Pastry	500	260	29	13	0	45	280	53	3	23	8
Muffie - Pumpkin	1 Muffie	280	100	11	2	0	15	230	44	1	26	3



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Muffin - Pumpkin	1 Muffin	570	190	21	3.5	0	30	470	87	3	51	7
Cookie - Pumpkin Shaped Shortbread	1 Cookie	470	200	22	13	1	70	230	65	1	37	4
Pastry - Croissant	1 Croissant	260	130	15	11	0	50	230	27	3	1	6
Scone - Cinnamon Crunch	1 Scone	430	150	17	11	0	40	700	66	1	34	6
Mini Scone - Orange	1 Mini Scone	120	35	4	2	0	10	220	20	0	9	2
Scone - Orange	1 Scone	410	130	14	8	0	45	840	67	2	27	6
Cookie - Triple Chocolate with Walnuts	1 Cookie	320	120	13	6	0	10	125	53	6	44	5
Pastry - Vanilla Cinnamon Roll	1 Roll	620	160	18	8	0	65	490	109	3	72	8
SALADS												
Asian Sesame with Chicken - Half	1/2 Salad	210	100	11	1.5	0	40	270	13	2	3	16
Asian Sesame with Chicken - Whole	1 Salad	410	190	21	3	0	80	540	25	4	5	32
Caesar - Half	1/2 Salad	160	110	13	3	0	25	310	7	1	1	5
Caesar - Whole	1 Salad	320	230	26	6	0	45	610	15	2	1	9
Caesar with Chicken - Whole	1 Salad	450	250	28	7	0	125	780	17	2	1	34
Caesar with Chicken - Half	1/2 Salad	220	120	14	3.5	0	60	390	8	1	1	17
Fuji Apple with Chicken - Half	1/2 Salad	290	150	17	3.5	0	45	300	18	3	11	17
Fuji Apple with Chicken - Whole	1 Salad	570	310	34	7	0	95	610	36	6	21	33
Greek - Half	1/2 Salad	200	160	18	4	0	10	590	6	2	2	4
Greek - Whole	1 Salad	400	320	36	8	0	25	1180	11	4	4	5
Green Goddess Cobb with Chicken - Half	1/2 Salad	280	150	16	3.5	0	145	370	12	4	6	21
Green Goddess Cobb with Chicken - Whole	1 Salad	550	290	32	7	0	290	730	25	7	12	43
Modern Greek with Quinoa - Half	1/2 Salad	270	200	22	4	0	5	410	15	3	2	6
Modern Greek with Quinoa - Whole	1 Salad	550	400	44	8	0	15	820	29	7	5	12
Seasonal Greens - Half	1/2 Salad	90	50	5	1	0	0	70	10	2	6	2



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Seasonal Greens - Whole	1 Salad	190	100	11	1.5	0	0	140	20	3	13	4
Southwest Chile Lime Ranch with Chicken - Half	1/2 Salad	340	160	17	3.5	0	50	370	28	5	4	19
Southwest Chile Lime Ranch with Chicken - Whole	1 Salad	670	310	35	7	0	100	740	56	9	9	38
Spicy Thai with Chicken - Half	1/2 Salad	240	100	11	1.5	0	40	490	21	3	7	19
Spicy Thai with Chicken - Whole	1 Salad	490	190	21	3	0	80	970	41	6	13	38
SANDWICHES												
Bacon Tomato Grilled Cheese on Country Rustic - Half	1/2 Sandwich	380	170	19	11	0	65	840	32	2	2	21
Bacon Tomato Grilled Cheese on Country Rustic - Whole	1 Sandwich	760	340	38	21	0.5	125	1670	64	4	4	41
Bacon Turkey Bravo on Tomato Basil - Half	1/2 Sandwich	310	100	11	4.5	0	50	830	29	2	3	23
Bacon Turkey Bravo on Tomato Basil - Whole	1 Sandwich	620	210	23	9	0	100	1650	58	4	6	46
BBQ Chicken Flatbread -1	1 Flatbread	370	120	14	6	0	55	1030	39	3	9	24
BBQ Chicken Flatbread - 2	2 Flatbreads	750	240	27	12	0	115	2050	77	6	17	49
Chipotle Chicken Avocado Melt on Black Pepper Focaccia -Half	1/2 Sandwich	380	190	21	7	0	65	880	27	3	2	21
Chipotle Chicken Avocado Melt on Black Pepper Focaccia - Whole	1 Sandwich	760	380	42	14	0	130	1750	54	7	4	43
Classic Grilled Cheese on White Miche - Half	1/2 Sandwich	310	110	13	8	0	40	780	37	1	4	14
Classic Grilled Cheese on White Miche - Whole	1 Sandwich	630	230	25	16	1	75	1560	74	2	8	28
Four Cheese Grilled Cheese on Country Rustic - Half	1/2 Sandwich	310	130	14	9	0	50	580	30	1	1	16
Four Cheese Grilled Cheese on Country Rustic - Whole	1 Sandwich	620	250	28	18	0.5	95	1170	60	3	2	32
Frontega Chicken Panini on Sea Salt Focaccia - Half	1/2 Panini	390	130	14	4.5	0	50	1030	42	2	3	23
Frontega Chicken Panini on Sea Salt Focaccia - Whole	1 Panini	770	260	29	9	0	105	2060	84	4	5	46
Heritage Ham & Swiss on Country Rustic - Half	1/2 Sandwich	300	120	13	5	0	50	740	25	1	3	21
Heritage Ham & Swiss on Country Rustic - Whole	1 Sandwich	600	230	26	11	0	100	1480	50	3	7	41
Lobster Roll	1 Sandwich	480	150	17	4	0	220	1570	45	2	6	35
Mediterranean Veggie on Tomato Basil - Half	1/2 Sandwich	220	60	6	1.5	0	5	630	33	3	4	9



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Mediterranean Veggie on Tomato Basil - Whole	1 Sandwich	440	110	13	3	0	10	1250	66	7	8	18
Modern Caprese on Black Pepper Focaccia - Half	1/2 Sandwich	380	180	20	10	0	35	870	32	2	5	19
Modern Caprese on Black Pepper Focaccia - Whole	1 Sandwich	760	360	40	19	1	65	1740	63	5	11	38
Napa Almond Chicken Salad on Country Rustic - Half	1/2 Sandwich	310	140	16	2.5	0	35	340	30	2	6	14
Napa Almond Chicken Salad on Country Rustic - Whole	1 Sandwich	620	280	31	4.5	0	70	680	59	5	12	28
Roasted Turkey & Avocado BLT on Country Rustic - Half	1/2 Sandwich	340	160	17	3.5	0	40	670	26	3	2	21
Roasted Turkey & Avocado BLT on Country Rustic - Whole	1 Sandwich	680	310	35	7	0	80	1340	52	6	5	42
Roasted Turkey, Apple & Cheddar on Cranberry Miche - Half	1/2 Sandwich	330	130	14	6	0	50	680	30	4	11	21
Roasted Turkey, Apple & Cheddar on Cranberry Miche - Whole	1 Sandwich	660	250	28	12	1	100	1360	60	8	21	42
Steak & Arugula on Sourdough - Half	1/2 Sandwich	240	70	8	3.5	0	45	440	25	1	4	16
Steak & Arugula on Sourdough - Whole	1 Sandwich	470	150	16	7	0	90	880	50	3	8	33
Steak & White Cheddar Panini on Artisan Ciabatta - Half	1/2 Panini	440	170	19	7	0.5	60	700	42	2	4	24
Steak & White Cheddar Panini on Artisan Ciabatta - Whole	1 Panini	880	350	38	15	1	120	1400	85	4	7	49
The Cuban Panini on Artisan Ciabatta - Half	1/2 Sandwich	440	150	17	6	0	65	820	44	2	5	28
The Cuban Panini on Artisan Ciabatta - Whole	1 Sandwich	880	300	34	13	0	135	1640	87	4	9	56
Toasted Tuscan Grilled Chicken on Artisan Ciabatta - Half	1/2 Sandwich	450	180	20	7	0	50	750	42	2	2	26
Toasted Tuscan Grilled Chicken on Artisan Ciabatta - Whole	1 Sandwich	910	360	40	13	0	105	1490	85	5	3	53
Tuna Salad on Black Pepper Focaccia - Half	1/2 Sandwich	320	150	17	2.5	0	20	680	29	2	3	14
Tuna Salad on Black Pepper Focaccia - Whole	1 Sandwich	640	310	34	5	0	40	1350	58	4	5	28
Turkey on Whole Grain - Half	1/2 Sandwich	270	80	9	1.5	0	25	590	32	4	4	18
Turkey on Whole Grain - Whole	1 Sandwich	540	150	17	3	0	55	1180	64	9	8	37
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



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Side Portion - French Baguette	2.4 oz (69g / about 3 1/3 inch slice)	180	5	0.5	0	0	0	440	36	1	1	7
Side - Chips	1 package	150	80	9	1	0	0	75	17	1	1	2
Side - Pickle Spear	1 Spear	5	0	0	0	0	0	240	1	0	0	0
Sprouted Grain Roll	1 Roll	160	10	1	0	0	0	360	33	3	3	6
SMOOTHIES												
Green Passion Smoothie - 16 fl oz	16 fl oz (473 mL)	200	5	0	0	0	0	30	51	2	47	2
Mango Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	290	45	5	3	0	25	55	51	2	43	12
Peach & Blueberry Smoothie with Almond Milk - 16 fl oz	16 fl oz (473 mL)	180	10	1	0	0	0	35	43	2	39	2
Strawberry Banana Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	250	25	3	1.5	0	10	30	53	4	38	7
Strawberry Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	280	45	5	3	0	25	55	47	3	41	12
Superfruit Smoothie with Greek Yogurt - 16 fl oz	16 fl oz (473 mL)	240	50	5	3	0	25	50	38	4	29	11
SOUFFLES												
Souffle - Four Cheese	1 Souffle	490	270	30	17	0.5	180	860	37	1	8	16
Souffle - Ham & Swiss	1 Souffle	500	280	31	18	0.5	165	830	36	1	8	19
Souffle - Spinach & Artichoke	1 Souffle	540	310	35	20	1	170	960	37	2	8	20
Souffle - Spinach & Bacon	1 Souffle	560	330	36	20	1	180	1000	37	2	8	20
SOUP												
Baked Potato - Bowl	1 1/2 Cups	390	190	21	13	0.5	70	1410	43	3	7	9
Baked Potato Soup - Bread Bowl	1 Bread bowl with soup	930	160	18	9	0	45	2100	159	6	6	33
Baked Potato - Cup	1 Cup	260	120	14	9	0	45	940	29	2	4	6
Broccoli Cheddar - Bowl	1 1/2 Cups	360	190	21	13	1	55	1330	30	6	6	14
Broccoli Cheddar - Cup	1 Cup	230	120	13	8	0.5	35	840	19	4	4	9



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Broccoli Cheddar - Bread Bowl	1 Bread bowl with soup	900	160	18	8	0.5	35	2000	149	8	6	35
Cream of Chicken & Wild Rice - Bowl	1 1/2 Cups	310	150	17	9	0	55	1470	32	2	7	10
Cream of Chicken & Wild Rice - Bread Bowl	1 Bread bowl with soup	880	140	16	6	0	35	2140	151	6	6	33
Cream of Chicken & Wild Rice - Cup	1 Cup	210	100	11	6	0	35	980	21	1	4	6
Chicken Noodle - Bread Bowl	1 Bread bowl with soup	780	60	7	1	0	25	2150	145	7	4	35
Chicken Noodle - Bowl	1 1/2 cups	170	35	4	1	0	40	1490	21	3	3	13
Chicken Noodle - Cup	1 Cup	120	25	2.5	0.5	0	25	990	14	2	2	9
New England Clam Chowder - Bowl	1 1/2 Cups	570	350	39	24	1.5	145	1040	42	3	6	14
New England Clam Chowder - Bread Bowl	1 Bread bowl with soup	1040	270	30	16	1	95	1840	157	7	6	36
New England Clam Chowder - Cup	1 Cup	370	230	25	16	1	95	680	27	2	4	9
Turkey Chili with Beans - Bowl	1 Bowl	310	100	11	2	0	50	880	35	1	7	23
Turkey Chili with Beans - Bread Bowl	1 bread bowl with soup	880	100	12	1.5	0	35	1750	154	5	7	42
Turkey Chili with Beans - Cup	1 Cup	210	70	7	1.5	0	35	580	24	1	5	15
Ten Vegetable Soup - Bowl	1 Bowl	100	15	2	0	0	0	1090	16	4	6	5
Ten Vegetable Soup - Bread Bowl	1 cup in bread bowl	730	50	6	0.5	0	0	1890	141	7	6	30
Ten Vegetable Soup - Cup	1 Cup	70	10	1.5	0	0	0	730	11	3	4	3
Vegetarian Autumn Squash Soup - Bowl	1 1/2 Cups	340	150	17	9	0.5	45	1260	46	4	29	6
Vegetarian Autumn Squash Soup - Bread Bowl	1 Bread bowl with soup	890	140	15	7	0	30	2000	161	7	21	31
Vegetarian Autumn Squash Soup - Cup	1 Cup	230	100	11	6	0	30	840	31	2	19	4
Vegetarian Creamy Tomato - Bread Bowl	1 Bread bowl with soup	900	170	19	8	0	40	1740	154	5	13	31
Vegetarian Creamy Tomato - Bowl	1 1/2 Cups	340	190	21	11	0.5	60	840	34	1	17	5
Vegetarian Creamy Tomato - Cup	1 Cup	230	130	15	8	0	40	580	24	1	11	4
SPREADS												
Plain Cream Cheese Spread - 1.75 oz	1 Container	180	150	17	11	0	50	135	4	0	2	2



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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	6	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
Reduced Fat Plain Cream Cheese Spread- 1.75 oz	1 Container	120	100	11	7	0	35	210	2	0	2	3
Reduced Fat Plain Cream Cheese Spread - 8 oz	2 Tbsp (30g)	70	60	6	4	0	20	125	1	0	1	2
peanut butter	1.5 oz	250	180	20	3.5	0	0	135	11	3	4	9
Reduced Fat Garden Vegetable Cream Cheese Spread - 1.75 oz	1 Container	110	80	9	6	0	30	370	2	0	2	3
Reduced Fat Garden Vegetable Cream Cheese Spread - 8 oz	2 Tbsp	70	50	6	3.5	0	20	220	1	0	1	2
Reduced Fat Strawberry Cream Cheese Spread - 1.75 OZ	1 Container	140	90	10	6	0	35	125	11	0	11	3
Reduced Fat Strawberry Cream Cheese Spread - 8 OZ	2 Tbsp (33g)	100	60	7	4	0	25	80	8	0	7	2
Strawberry Fruit Spread	About 2 Tbsp	90	0	0	0	0	0	0	23	1	22	0
DRESSINGS												
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
Dressing - Balsamic Vinaigrette - Half	1 1/2 Tbsp	60	45	5	1	0	0	60	4	0	4	0
Dressing - Balsamic Vinaigrette - Whole	3 Tbsp	130	90	10	1.5	0	0	115	8	0	8	0
Dressing - Caesar - Half	1 1/2 Tbsp	90	80	9	1.5	0	15	135	1	0	0	0
Dressing - Caesar - Whole	3 Tbsp	170	160	18	3	0	30	270	2	0	1	1
Dressing - Chile Lime Rojo Ranch - Half	1 1/2 tbsp	40	30	3.5	0.5	0	5	60	2	0	1	1
Dressing - Chile Lime Rojo Ranch - Whole	3 tbsp	80	60	7	1.5	0	10	115	3	0	2	2
Dressing - Greek Dressing - Half	1 1/2 Tbsp	120	110	13	2	0	0	160	0	0	0	0
Dressing - Greek Dressing - Whole	3 Tbsp	230	230	25	3.5	0	0	310	1	0	0	0



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Dressing - Green Goddess - Half	1 1/2 Tbsp	60	50	5	1	0	5	65	1	0	1	1
Dressing - Green Goddess - Whole	3 Tbsp	120	100	11	2	0	10	135	3	0	2	2
Dressing - Thai Chili Vinaigrette - Half	1 1/2 Tbsp	25	5	1	0	0	0	95	5	0	4	0
Dressing - Thai Chili Vinaigrette - Whole	3 Tbsp	50	15	1.5	0	0	0	190	9	0	7	1
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	110	13	2	0	0	170	11	0	10	0
ENTREES												
Bacon Mac & Cheese - Bread Bowl	1 Bread Bowl with Mac & Cheese	1220	370	41	20	1	95	2490	164	6	10	49
Bacon Mac & Cheese - Large	About 2 Cups	1090	650	72	39	1.5	195	2660	67	2	16	44
Bacon Mac & Cheese - Small	About 1 Cup	550	330	36	19	1	95	1330	34	1	8	22
Baja Grain Bowl	1 Bowl	680	310	34	7	0	15	1260	81	13	19	18
Baja Grain Bowl with Chicken	1 Bowl	740	320	35	7	0	55	1340	82	13	10	31
Baja Mac & Cheese - Bread Bowl	1 Bread Bowl with Mac & Cheese	1190	350	39	18	1	80	2270	167	8	10	44
Baja Mac & Cheese - Large	About 2 Cups	1050	630	70	36	1.5	155	2210	73	7	17	35
Baja Mac & Cheese - Small	About 1 Cup	520	310	35	18	1	80	1100	37	3	8	17
BBQ Chicken Mac & Cheese - Bread Bowl	1 Bread Bowl with Mac & Cheese	1230	340	38	18	1	100	2550	172	6	16	50
BBQ Chicken Mac & Cheese - Small	1 Small Bowl	570	310	34	18	1	100	1390	42	2	14	23
BBQ Chicken Mac & Cheese - Large	1 Large Bowl	1130	610	68	36	1.5	200	2790	84	3	27	47
Chicken Tortellini Alfredo	1 Bowl	750	350	39	21	1	135	1680	68	3	2	31
Mac & Cheese - Bread Bowl	1 Bread Bowl with Mac & Cheese	1140	320	35	18	1	80	2210	163	6	9	43
Mac & Cheese - Large	About 2 Cups	950	550	62	35	1.5	155	2090	66	2	15	33
Mac & Cheese - Small	About 1 Cup	470	280	31	17	1	80	1040	33	1	7	17
Mediterranean Grain Bowl	1 Bowl	590	260	29	6	0	20	1250	65	7	6	16
Mediterranean Grain Bowl with Chicken	1 Bowl	650	270	30	7	0	55	1340	66	7	6	29



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Soba Noodle Broth Bowl with Edamame Blend	1 Bowl	330	100	11	1.5	0	0	1030	46	6	6	12
Soba Noodle Broth Bowl with Chicken	1 Bowl	360	80	9	1.5	0	60	890	43	4	4	28
GRAB N GO												
Hard Boiled Eggs	1 Container	160	100	11	3.5	0	375	130	1	0	1	13