



NUTRITIONAL INFORMATION

BAKERY • CAFÉ • COFFEE HOUSE

SALADS

BLT Salad

Nutrition Facts

Serving Size 1
Salad

Amount/Serving

Total Fat	13 g
Saturated Fat	4.6 g
Trans Fat	0 g
Cholesterol	28 mg
Sodium	456 mg

Calories 186
Calories from fat 112

Amount/Serving

Total Carb	0 g
Dietary Fiber	0
Sugars	0
Protein	9.5

Vitamin A 22
Vitamin C 23
Calcium 0
Iron 6

Caesar Salad

Nutrition Facts

Serving Size 1
Salad

Amount/Serving

Total Fat	28 g
Saturated Fat	8 g
Trans Fat	0 g
Cholesterol	15 mg
Sodium	783.5 mg

Calories 320
Calories from fat 85

Amount/Serving

Total Carb	7 g
Dietary Fiber	0
Sugars	0
Protein	11

Vitamin A 5
Vitamin C 10
Calcium 30
Iron 6

Café Salad

Nutrition Facts

Serving Size 1
Salad

Amount/Serving

Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	79 mg

Calories 64.1
Calories from fat 10

Amount/Serving

Total Carb	10 g
Dietary Fiber	1.3
Sugars	0
Protein	1.8

Vitamin A 19
Vitamin C 20
Calcium 1
Iron 6

Café Salad Supreme

Nutrition Facts

Serving Size 1
Salad

Amount/Serving

Total Fat	5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	37.5 mg
Sodium	1229 mg

Calories 174.1
Calories from fat 40

Amount/Serving

Total Carb	13 g
Dietary Fiber	1.3
Sugars	0.5
Protein	19

Vitamin A 19
Vitamin C 20
Calcium 1
Iron 9

Chinese Chicken Salad

Nutrition Facts

Serving Size 1
Salad

Amount/Serving

Total Fat	12.5 g
Saturated Fat	2.75 g
Trans Fat	0.75 g
Cholesterol	85 mg
Sodium	149.8 mg

Calories 310.8
Calories from fat 115

Amount/Serving

Total Carb	19 g
Dietary Fiber	3.3
Sugars	5
Protein	56

Vitamin A 17.5
Vitamin C 24
Calcium 3
Iron 20

Greek Salad

Nutrition Facts

Serving Size 1
Salad

Amount/Serving

Total Fat	10.5 g
Saturated Fat	5 g
Trans Fat	0 g
Cholesterol	25 mg
Sodium	813.5 mg

Calories 143.8
Calories from fat 100

Amount/Serving

Total Carb	5.4 g
Dietary Fiber	0.8
Sugars	0
Protein	6.3

Vitamin A 21
Vitamin C 20
Calcium 0
Iron 6

Salad on Salad

Nutrition Facts

Serving Size 1
Salad

Amount/Serving

Total Fat	3 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	85 mg
Sodium	36.8 mg

Calories 147
Calories from fat 25

Amount/Serving

Total Carb	2.7 g
Dietary Fiber	0.9
Sugars	0
Protein	51

Vitamin A 19
Vitamin C 21
Calcium 0
Iron 13

SANDWICHES

Choice Roast Beef

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	11.9 g
Saturated Fat	3.5 g
Trans Fat	0 g
Cholesterol	40 mg
Sodium	1318 mg

Calories 314.3
Calories from fat 106.6

Amount/Serving

Total Carb	30 g
Dietary Fiber	0
Sugars	2.5
Protein	19

Vitamin A 1
Vitamin C 10
Calcium 4.4
Iron 15.2

Chicken Florentine

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	19.55 g
Saturated Fat	5.5 g
Trans Fat	0 g
Cholesterol	106.5 mg
Sodium	1220 mg

Calories 664.2
Calories from fat 166.3

Amount/Serving

Total Carb	68 g
Dietary Fiber	2.5
Sugars	2.5
Protein	71

Vitamin A 10
Vitamin C 10.6
Calcium 22.4
Iron 29

Chicken Salad Croissant

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	19.3 g
Saturated Fat	7.5 g
Trans Fat	0 g
Cholesterol	87.5 mg
Sodium	595.8 mg

Calories 416.2
Calories from fat 174

Amount/Serving

Total Carb	27 g
Dietary Fiber	1
Sugars	2
Protein	55

Vitamin A 1
Vitamin C 2
Calcium 1.4
Iron 15.2

Chipotle Turkey

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	16.8 g
Saturated Fat	3.5 g
Trans Fat	0 g
Cholesterol	55 mg
Sodium	2050 mg

Calories 556.7
Calories from fat 146

Amount/Serving

Total Carb	70 g
Dietary Fiber	2.5
Sugars	2.5
Protein	29

Vitamin A 3
Vitamin C 14
Calcium 6.4
Iron 28.2

Southwest Chicken Bacon

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	27.55 g
Saturated Fat	10.5 g
Trans Fat	0 g
Cholesterol	128 mg
Sodium	1915 mg

Calories 750.1
Calories from fat 248

Amount/Serving

Total Carb	77 g
Dietary Fiber	2.5
Sugars	2.5
Protein	74

Vitamin A 5
Vitamin C 10.1
Calcium 22
Iron 29.4

Frisco Style

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	18.28 g
Saturated Fat	8 g
Trans Fat	0 g
Cholesterol	84 mg
Sodium	2118 mg

Calories 453.3
Calories from fat 149.4

Amount/Serving

Total Carb	32 g
Dietary Fiber	0
Sugars	2.3
Protein	34

Vitamin A 7
Vitamin C 12
Calcium 18.9
Iron 17.2

Ham Sandwich

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	10.4 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	77.5 mg
Sodium	1483 mg

Calories 359.3
Calories from fat 99.1

Amount/Serving

Total Carb	31 g
Dietary Fiber	0
Sugars	2.5
Protein	29

Vitamin A 1
Vitamin C 10
Calcium 1.4
Iron 12.2

Marinated Chicken Basil

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	20.25 g
Saturated Fat	5.5 g
Trans Fat	0 g
Cholesterol	100 mg
Sodium	1281 mg

Calories 629
Calories from fat 177

Amount/Serving

Total Carb	66 g
Dietary Fiber	2.5
Sugars	2.5
Protein	66

Vitamin A 2
Vitamin C 12
Calcium 7
Iron 30.2

Portabella Club

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	27.75 g
Saturated Fat	6.9 g
Trans Fat	0 g
Cholesterol	19 mg
Sodium	1276 mg

Calories 633
Calories from fat 233

Amount/Serving

Total Carb	70 g
Dietary Fiber	3.9
Sugars	2.5
Protein	21

Vitamin A 15
Vitamin C 12
Calcium 23
Iron 27.2

Reuben

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	26.5 g
Saturated Fat	8.5 g
Trans Fat	0 g
Cholesterol	66 mg
Sodium	2050 mg

Calories 483.5
Calories from fat 161

Amount/Serving

Total Carb	35 g
Dietary Fiber	2
Sugars	1
Protein	25

Vitamin A 6
Vitamin C 6
Calcium 23.2
Iron 17

Turkey Sandwich

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	6.65 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	40 mg
Sodium	1173 mg

Calories 264.3
Calories from fat 54.1

Amount/Serving

Total Carb	31 g
Dietary Fiber	0
Sugars	1
Protein	19

Vitamin A 1
Vitamin C 12
Calcium 1.4
Iron 13.2

SFBC Club

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	29.93 g
Saturated Fat	12.5 g
Trans Fat	0 g
Cholesterol	108.3 mg
Sodium	2683 mg

Calories 615.7
Calories from fat 268.5

Amount/Serving

Total Carb	36 g
Dietary Fiber	4
Sugars	2.5
Protein	35

Vitamin A 6
Vitamin C 6
Calcium 19.4
Iron 12.2

Tuna Salad Sandwich

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	6 g
Saturated Fat	0.6 g
Trans Fat	0 g
Cholesterol	24.5 mg
Sodium	959.8 mg

Calories 371.7
Calories from fat 58

Amount/Serving

Total Carb	49 g
Dietary Fiber	1.6
Sugars	4.8
Protein	27

Vitamin A 1
Vitamin C 14
Calcium 2.4
Iron 29.2

Turkey Club Panini

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	23.5 g
Saturated Fat	6.5 g
Trans Fat	0 g
Cholesterol	78.5 mg
Sodium	2296 mg

Calories 727
Calories from fat 193

Amount/Serving

Total Carb	74 g
Dietary Fiber	2.5
Sugars	3.5
Protein	38

Vitamin A 6
Vitamin C 10
Calcium 21
Iron 27

WRAPS

Chicken Caesar Wrap

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	29 g
Saturated Fat	6 g
Trans Fat	1 g
Cholesterol	116.2 mg
Sodium	615.7 mg

Calories 501
Calories from fat 211

Amount/Serving

Total Carb	18 g
Dietary Fiber	1
Sugars	0
Protein	59

Vitamin A 2
Vitamin C 2
Calcium 6
Iron 15.2

Chicken Salad Wrap

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	10.3 g
Saturated Fat	2.5 g
Trans Fat	1 g
Cholesterol	103.7 mg
Sodium	545.1 mg

Calories 322.2
Calories from fat 90

Amount/Serving

Total Carb	19 g
Dietary Fiber	1
Sugars	0
Protein	55

Vitamin A 1
Vitamin C 0
Calcium 1.4
Iron 14

Honey Pecan Wrap

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	24.85 g
Saturated Fat	12.2 g
Trans Fat	1 g
Cholesterol	108.7 mg
Sodium	1521 mg

Calories 440
Calories from fat 174

Amount/Serving

Total Carb	21 g
Dietary Fiber	1
Sugars	0
Protein	26

Vitamin A 11
Vitamin C 2
Calcium 17
Iron 13.3

Mediterranean Wrap

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	26.5 g
Saturated Fat	8.5 g
Trans Fat	1 g
Cholesterol	126.2 mg
Sodium	961.8 mg

Calories 498
Calories from fat 231

Amount/Serving

Total Carb	20 g
Dietary Fiber	1
Sugars	0
Protein	60

Vitamin A 6
Vitamin C 2
Calcium 1.4
Iron 15.2

Tuna Salad Wrap

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	8 g
Saturated Fat	1.6 g
Trans Fat	1 g
Cholesterol	40.7 mg
Sodium	726 mg

Calories 276.7
Calories from fat 70

Amount/Serving

Total Carb	19 g
Dietary Fiber	1
Sugars	0
Protein	24

Vitamin A 1
Vitamin C 0
Calcium 2.4
Iron 22

Turkey Club Wrap

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	24.55 g
Saturated Fat	10.5 g
Trans Fat	1 g
Cholesterol	96.7 mg
Sodium	1998 mg

Calories 471.6
Calories from fat 212

Amount/Serving

Total Carb	31 g
Dietary Fiber	1
Sugars	0
Protein	29

Vitamin A 7
Vitamin C 2.1
Calcium 17
Iron 13.6

BAKED POTATOES

Basic Potato

Nutrition Facts

Serving Size 1
Potato

Amount/Serving

Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	3.5 mg

Calories 440
Calories from fat 0

Amount/Serving

Total Carb	102 g
Dietary Fiber	8
Sugars	0
Protein	10

Vitamin A 0
Vitamin C 49
Calcium 4
Iron 47

Classic Potato

Nutrition Facts

Serving Size 1
Potato

Amount/Serving

Total Fat	18 g
Saturated Fat	17.5 g
Trans Fat	0 g
Cholesterol	105 mg
Sodium	783.5 mg

Calories 868
Calories from fat 300

Amount/Serving

Total Carb	105 g
Dietary Fiber	8
Sugars	0
Protein	36

Vitamin A 6
Vitamin C 49
Calcium 64
Iron 47

The Boss

Nutrition Facts

Serving Size 1
Potato

Amount/Serving

Total Fat	14.13 g
Saturated Fat	15.5 g
Trans Fat	0 g
Cholesterol	133.8 mg
Sodium	1564 mg

Calories 875.5
Calories from fat 267.5

Amount/Serving

Total Carb	108 g
Dietary Fiber	8
Sugars	0.5
Protein	46

Vitamin A 6
Vitamin C 49
Calcium 64
Iron 50

The Chicken

Nutrition Facts

Serving Size 1
Potato

Amount/Serving

Total Fat	14 g
Saturated Fat	16 g
Trans Fat	0 g
Cholesterol	175 mg
Sodium	573.5 mg

Calories 900
Calories from fat 265

Amount/Serving

Total Carb	103 g
Dietary Fiber	8
Sugars	0
Protein	81

Vitamin A 6
Vitamin C 49
Calcium 64
Iron 51

The Garden

Nutrition Facts

Serving Size 1
Sandwich

Amount/Serving

Total Fat	12.8 g
Saturated Fat	4.5 g
Trans Fat	0 g
Cholesterol	21.5 mg
Sodium	1209 mg

Calories	407.7
Calories from fat	102.5

Amount/Serving

Total Carb	51 g
Dietary Fiber	1.7
Sugars	4.8
Protein	15

Vitamin A	8
Vitamin C	14.6
Calcium	18.5
Iron	17.2