

Salads (w/ dressing w/ bread) -- CONTINUED															
Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrate	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron	
Mediterranean Salad with Roasted Salmon	910	560	62g	10g	0g	100mg	2070mg	43g	6g	4g	44g	270%	80%	15%	20%
Mediterranean Salad with Sautéed Shrimp	720	450	49g	9g	0g	145mg	1700mg	42g	6g	4g	29g	260%	80%	15%	25%
Pesto Chicken Salad	1110	670	73g	11g	0g	100mg	1190mg	76g	6g	41g	38g	60%	140%	8%	10%
Southwestern Salad	950	390	44g	9g	0g	120mg	2560mg	87g	13g	9g	53g	290%	80%	30%	25%
Spinach Salad	430	120	15g	3.5g	0g	10mg	760mg	65g	5g	18g	15g	180%	50%	15%	20%
Spinach Salad with Roasted Chicken	630	180	22g	4.5g	0g	105mg	990mg	66g	5g	18g	46g	180%	60%	15%	25%
Spinach Salad with Roasted Salmon	690	240	28g	5g	0g	95mg	1280mg	67g	6g	18g	47g	180%	50%	20%	30%
Spinach Salad with Sautéed Shrimp	500	130	16g	3.5g	0g	140mg	910mg	65g	5g	18g	32g	180%	50%	15%	35%
Sweet Thai Chicken Salad	860	300	33g	5g	0g	95mg	2190mg	93g	9g	46g	48g	440%	190%	10%	20%
Salad Bread															
Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrate	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron	
Focaccia Dough (Salad Bread)	80	20	2.5g	0g	0g	0mg	140mg	13g	< 1g	0g	3g	0%	0%	0%	0%
Salad Add Protein															
Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrate	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron	
Blackened Chicken	160	30	3.5g	1g	0g	90mg	820mg	0g	0g	0g	30g	20%	2%	0%	2%
Blackened Shrimp	120	50	5g	0.5g	0g	130mg	930mg	0g	0g	0g	16g	25%	0%	2%	10%
Roasted Chicken	45	15	1.5g	0g	0g	25mg	55mg	0g	0g	0g	8g	0%	0%	0%	0%
Salmon Marinated	280	120	14g	2g	0g	90mg	550mg	2g	< 1g	0g	34g	6%	2%	4%	10%
Sautéed Shrimp	120	50	5g	0.5g	0g	130mg	150mg	0g	0g	0g	16g	0%	0%	2%	10%
Dressings															
Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrate	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron	
Balsamic Vinaigrette	420	410	44g	6g	0g	0mg	60mg	2g	0g	2g	0g	0%	0%	0%	0%
Blue Cheese Dressing	360	300	34g	6g	0g	20mg	700mg	4g	0g	2g	2g	0%	0%	4%	0%
Caesar Dressing	360	360	40g	6g	0g	10mg	660mg	0g	0g	0g	2g	0%	0%	0%	0%
Chipotle-Honey Vinaigrette	60	0	0g	0g	0g	0mg	20mg	15g	0g	13g	0g	2%	0%	0%	0%
Creamy Chili Pepper Dressing	210	190	21g	3.5g	0g	15mg	520mg	5g	< 1g	2g	2g	8%	4%	6%	0%
Feta Dressing	350	340	37g	6g	0g	< 5mg	510mg	2g	0g	0g	1g	2%	2%	2%	2%
Honey Herb Vinaigrette	350	320	34g	5g	0g	0mg	110mg	9g	0g	9g	0g	2%	0%	0%	0%
Honey Mustard	170	60	7g	1g	0g	< 5mg	300mg	25g	0g	18g	8g	0%	8%	2%	2%
Peanut Satay Dressing	180	100	10g	2g	0g	0mg	960mg	16g	0g	12g	4g	0%	0%	0%	0%
Ranch Dressing	260	240	26g	4g	0g	20mg	460mg	6g	0g	2g	2g	0%	0%	4%	0%
Sandwiches															
Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrate	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron	
Chicken Club Sandwich	760	340	38g	10g	0g	125mg	3510mg	54g	3g	2g	49g	15%	15%	10%	6%
Fontina Pimento Cheese BLT	880	530	61g	19g	0g	90mg	3980mg	54g	3g	2g	34g	30%	15%	50%	4%
Hot Italian Beef Sandwich	570	190	21g	6g	0g	75mg	4180mg	59g	3g	4g	44g	10%	25%	10%	10%
Meatball Sub	880	400	46g	16g	2g	185mg	1660mg	74g	4g	13g	44g	35%	60%	30%	45%
Mozzarella Sandwich	790	460	51g	15g	0g	40mg	4180mg	56g	3g	5g	26g	20%	10%	90%	4%
Mozzarella Sandwich with Prosciutto	910	540	59g	18g	0g	75mg	4980mg	56g	3g	5g	37g	20%	10%	90%	6%
Muffelatta	920	540	59g	16g	0g	100mg	5330mg	58g	4g	2g	37g	15%	10%	25%	10%
Pesto Chicken Salad Sandwich	890	480	54g	8g	0g	105mg	3720mg	63g	4g	9g	42g	10%	30%	6%	8%
Turkey Bacon Piadina	820	380	43g	11g	0g	85mg	2460mg	69g	6g	4g	44g	8%	4%	20%	20%
Turkey and Cranberry Pecan Pesto Sandwich	810	370	40g	5g	0g	50mg	4000mg	79g	6g	22g	34g	6%	15%	4%	6%
Tuscan Veggie Piadina	650	300	33g	7g	0g	15mg	1640mg	71g	9g	10g	13g	25%	50%	15%	35%
Sides															
Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrate	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron	
Corn and Black Bean Salad	140	10	1g	0g	0g	0mg	500mg	26g	7g	3g	7g	4%	6%	2%	10%
Fruit Mix	70	0	0g	0g	**	0mg	15mg	18g	2g	16g	1g	35%	80%	2%	2%
Kettle Chip Side Item	300	160	18g	2g	0g	0mg	320mg	32g	2g	0g	4g	0%	20%	0%	4%
Pasta Salad	450	230	25g	5g	0g	15mg	750mg	44g	5g	6g	9g	4%	8%	4%	15%
Three Bean Salad	160	60	6g	1.5g	0g	< 5mg	630mg	18g	6g	3g	7g	8%	40%	10%	15%
Pastas															
Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrate	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron	
Chicken and Bacon Alfredo Pasta	1840	1080	122g	56g	0g	400mg	3050mg	117g	6g	7g	70g	60%	6%	60%	25%
Chicken Penne Pasta	1630	970	108g	53g	0g	360mg	3460mg	108g	5g	7g	49g	110%	40%	35%	20%
Meatball Pasta	1500	580	67g	18g	2g	210mg	4070mg	162g	12g	37g	66g	60%	90%	35%	70%
Pomodoro Pasta	750	160	17g	1g	0g	0mg	2400mg	125g	9g	26g	22g	35%	60%	10%	30%
Pomodoro Pasta with Roasted Chicken	940	220	25g	2.5g	0g	90mg	2620mg	126g	9g	26g	52g	35%	60%	10%	35%
Pomodoro Pasta with Sautéed Shrimp	1140	430	46g	5g	0g	130mg	3050mg	138g	11g	33g	40g	60%	90%	15%	45%
Salmon Pasta	1090	540	62g	24g	0g	200mg	2380mg	81g	8g	13g	54g	60%	80%	50%	30%
Sausage and Peppers Pasta	2140	1320	144g	38g	0g	180mg	4300mg	144g	11g	29g	61g	60%	130%	15%	60%
Shrimp Carbonara	1350	670	76g	46g	0g	400mg	2800mg	120g	13g	13g	41g	50%	20%	35%	45%
Desserts															
Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrate	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron	
Salted Caramel Cookie	1200	480	55g	28g	1g	95mg	2170mg	179g	1g	111g	12g	35%	0%	10%	10%
Smores Pizza	930	250	29g	14g	0g	0mg	870mg	165g	8g	80g	15g	0%	0%	6%	25%
Kids Menu															
Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrate	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron	
Kids Cheese Pizza	370	100	12g	6g	0g	30mg	950mg	49g	3g	3g	17g	15%	6%	15%	4%
Kids Penne with Alfredo Sauce	1120	610	70g	43g	0g	240mg	1780mg	103g	4g	5g	19g	50%	0%	35%	15%
Kids Penne with Butter	610	180	20g	3.5g	2.5g	0mg	1270mg	91g	4g	5g	16g	10%	0%	0%	15%
Kids Penne with Tomato Sauce	560	80	9g	1g	0g	0mg	1430mg	101g	6g	10g	18g	25%	25%	4%	20%
Kids Pepperoni Pizza	420	140	16g	8g	0g	45mg	1100mg	49g	3g	3g	19g	15%	6%	15%	4%