



F= MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN

SERVING SIZE (OZ)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/ COCONUTS	SOY	WHEAT
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VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS.

BEVERAGES

COFFEE & BLENDED

BEV - COF - Brueggaccino (16 oz)	16.0	460	28.0	18.0	0	70	150	43	0	43	8				X			
BEV - COF - Brueggaccino (24 oz)	24.0	690	42.0	27.0	0	105	225	65	0	65	12				X			
BEV - COF - Café au Lait	12.0	150	8.0	4.5	0	25	8	11	0	11	8				X			
BEV - COF - Café au Lait	16.0	200	10.6	6.0	0	33	11	15	0	15	11				X			
BEV - COF - Café au Lait	20.0	249	13.3	7.5	0	42	14	18	0	18	13				X			
BEV - COF - Café Latte	12.0	170	9.0	5.0	0	25	8	13	0	13	9				X			
BEV - COF - Café Latte	16.0	226	12.0	6.7	0	33	11	17	0	17	12				X			
BEV - COF - Café Latte	20.0	283	15.0	8.3	0	42	14	22	0	22	15				X			
BEV - COF - Café Mocha	12.0	210	9.0	5.0	0	25	8	23	0	21	9				X			
BEV - COF - Café Mocha	16.0	279	12.0	6.7	0	33	11	31	0	28	12				X			
BEV - COF - Café Mocha	20.0	349	15.0	8.3	0	42	14	38	0	35	15				X			
BEV - COF - Cappuccino	12.0	130	7.0	4.0	0	20	8	11	0	11	7				X			
BEV - COF - Cappuccino	16.0	173	9.3	5.3	0	27	11	15	0	15	9				X			
BEV - COF - Cappuccino	20.0	216	11.7	6.7	0	33	14	18	0	18	12				X			
BEV - COF - Espresso	2.0	5	0.0	0.0	0	0	10	1	0	1	0							
BEV - COF - Espresso	3.0	8	0.0	0.0	0	0	15	2	0	2	0							
BEV - COF - Espresso	4.0	10	0.0	0.0	0	0	20	2	0	2	0							
BEV - COF - Flavored Coffee	12.0	4	0.0	0.0	0	0	8	0	0	0	0							
BEV - COF - Flavored Coffee	16.0	5	0.0	0.0	0	0	11	0	0	0	0							
BEV - COF - Flavored Coffee	20.0	6	0.0	0.0	0	0	14	0	0	0	0							
BEV - COF - French Roast Coffee	12.0	4	0.0	0.0	0	0	8	0	0	0	0							
BEV - COF - French Roast Coffee	16.0	5	0.0	0.0	0	0	11	0	0	0	0							
BEV - COF - French Roast Coffee	20.0	6	0.0	0.0	0	0	14	0	0	0	0							
BEV - COF - House Blend Coffee	12.0	4	0.0	0.0	0	0	8	0	0	0	0							
BEV - COF - House Blend Coffee	16.0	5	0.0	0.0	0	0	11	0	0	0	0							
BEV - COF - House Blend Coffee	20.0	6	0.0	0.0	0	0	14	0	0	0	0							
BEV - COF - House Decaf Coffee	12.0	4	0.0	0.0	0	0	8	0	0	0	0							
BEV - COF - House Decaf Coffee	16.0	5	0.0	0.0	0	0	11	0	0	0	0							
BEV - COF - House Decaf Coffee	20.0	6	0.0	0.0	0	0	14	0	0	0	0							
BEV - COF - Iced Coffee	12.0	4	0.0	0.0	0	0	8	0	0	0	0							
BEV - COF - Iced Coffee	16.0	5	0.0	0.0	0	0	11	0	0	0	0							
BEV - COF - Iced Coffee	20.0	6	0.0	0.0	0	0	14	0	0	0	0							

OTHER BEVERAGES

BEV - BOT - Bottled Water	See label																	
BEV - BOT - Chocolate Milk	See label																	
BEV - BOT - Honest Tea	See label																	
BEV - BOT - Milk	See label																	
BEV - BOT - Naked Juice	See label																	
BEV - BOT - Tropicana Orange Juice	See label																	



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BEV - BOT - Vitamin Water	See label																			
BEV - BOT- Nantucket Nectars	See label																			
BEV - TEA - Hot Tea, Regular	8.0	0	0.0	0.0	0	0	0	0	0	0	0									
BEV - TEA - Hot Tea, Herbal	8.0	0	0.0	0.0	0	0	0	0	0	0	0									
BEV - TEA - Hot Tea, Decaf	8.0	0	0.0	0.0	0	0	0	0	0	0	0									
BEV - TEA - Iced Tea, Brewed	12.0	0	0.0	0.0	0	0	0	0	0	0	0									
BEV - TEA - Chai Tea, Bruegger's	12.0	240	5.0	5.0	0	0	85	45	0	39	2			X					X	
BEV - TEA - Chai Tea, Oregon	12.0	117	0.0	0.0	0	0	12	29	0	27	0									
BEV - Hot Chocolate	8.0	140	1.5	1.5	0	5	190	31	1	26	2			X					X	
BEV - Soft Drinks - Coke	16.0	198					12	54												
BEV - Soft Drinks - Coke	20.0	248					15	68												
BEV - Soft Drinks - Coke	32.0	396					24	108												
BEV - Soft Drinks - Diet Coke	16.0	1					20	0												
BEV - Soft Drinks - Diet Coke	20.0	2					25	0												
BEV - Soft Drinks - Diet Coke	32.0	2					40	0												
BEV - Soft Drinks - Sprite	16.0	194					44	52												
BEV - Soft Drinks - Sprite	20.0	243					55	65												
BEV - Soft Drinks - Sprite	32.0	388					88	104												
SYRUP FLAVORS																				
BEV - SYRUP - Almond Flavored Syrup	1.0	90	0.0	0.0	0	0	0	23	0	23	0							X		
BEV - SYRUP - Caramel Flavored Syrup	1.0	100	0.0	0.0	0	0	0	24	0	24	0									
BEV - SYRUP - Chocolate Syrup	1.0	88	0.7	0.5	0	0	12	20	<1	15	<1									
BEV - SYRUP - Hazelnut Flavored Syrup	1.0	90	0.0	0.0	0	0	7	22	0	21	0							X		
BEV - SYRUP - Vanilla Flavored Syrup	1.0	100	0.0	0.0	0	0	0	25	0	25	0									
CREAM CHEESE																				
CRM CH - Bacon Scallion	1.5	140	12	7	0	40	150	5	0	2	3			X		F				
LTO - Cucumber Dill (seasonal)	1.5	150	14.0	7.0	0	40	130	3	<1	1	3			X		F				
CRM CH - Garden Veggie	1.5	130	11	6	0	35	140	5	1	2	3			X		F				
CRM CH - Honey Walnut	1.5	150	12	6	0	35	125	8	<1	3	3			X		X				
CRM CH - Jalapeno	1.5	140	13	8	0	45	150	4	0	2	3			X		F				
CRM CH - Light Garden Veggie	1.5	90	6	4	0	25	105	3	0	2	6			X		F				
CRM CH - Light Herb Garlic	1.5	100	6	3.5	0	25	125	4	0	2	6			X		F				
CRM CH - Light Plain	1.5	100	6	3	0	25	130	4	<1	3	6			X		F				
CRM CH - Olive Pimiento	1.5	140	13	6	0	45	130	3	0	1	3			X		F				
CRM CH - Onion and Chive	1.5	140	13	8	0	35	105	3	0	2	3			X		F				
CRM CH - Plain	1.5	130	11	7	0	40	125	6	<1	2	3			X		F				
LTO - Pumpkin (seasonal)	1.5	120	11	7	0	45	135	4	0	3	3			X		F				
CRM CH - Smoked Salmon	1.5	150	13	6	0	40	150	3	<1	2	3	X		X		F				
CRM CH - Strawberry	1.5	140	13	7	0	30	100	4	0	2	3			X		F				
CRM CH - Vermont Maple (seasonal)	1.5	120	11	7	0	45	135	4	0	3	3			X		F				



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SALADS & DRESSINGS

SAL - CAFÉ - Build Your Own Base	3.0	20	0.0	0.0	0	0	0	1	1	2	1								
SAL - ENTRÉE - Build Your Own Base	5.0	30	5.0	0.0	0	0	0	2	2	3	2								
SAL - CAFÉ - Chicken Caesar / No Dressing	6.0	190	7.0	2.0	0	35	590	11	1	2	17				X			X	X
SAL - CAFÉ - Chicken Caesar / Caesar Dressing	7.0	260	14.0	3.5	0	45	910	13	1	3	18	X	X		X			X	X
SAL - ENTRÉE - Chicken Caesar / No Dressing	9.2	260	11.0	4.0	0	55	840	12	2	3	26				X			X	X
SAL - ENTRÉE - Chicken Caesar / Caesar Dressing	11.3	410	24.0	7.0	0	75	1460	16	2	5	28	X	X		X			X	X
SAL - CAFÉ - Garden Salad / No Dressing	6.2	80	2.0	0.0	0	0	90	9	2	4	2							X	X
SAL - CAFÉ - Harvest Chicken / No Dressing	7.6	220	6.0	1.0	0	30	350	24	5	20	15							X	X
SAL - CAFÉ - Harvest Chicken / Strawberry Vinaigrette	8.6	260	9.0	1.5	0	30	470	30	5	24	15							X	X
SAL - ENTRÉE - Harvest Chicken / No Dressing	10.8	300	11.0	1.5	0	45	530	26	6	22	24							X	X
SAL - ENTRÉE - Harvest Chicken / Strawberry Vinaigrette	12.8	400	17.0	2.5	0	45	760	38	7	31	24							X	X
SAL - CAFÉ - Mandarin Medley / No Dressing	6.8	200	9.0	3.5	0	40	530	8	3	7	18				X			X	X
SAL - CAFÉ - Mandarin Medley / Balsamic Vinaigrette	7.8	260	14.0	4.0	0	40	710	12	3	10	18				X			X	X
SAL - ENTRÉE - Mandarin Medley / No Dressing	11.0	340	16.0	5.0	0	65	800	16	5	13	28				X			X	X
SAL - ENTRÉE - Mandarin Medley / Balsamic Vinaigrette	13.0	450	24.0	6.0	0	65	1160	24	5	19	28				X			X	X
SAL - CAFÉ - Mediterranean Mozzarella / No Dressing	8.5	350	22.0	12.0	0	90	530	3	2	3	18				X			X	
SAL - CAFÉ - Mediterranean Mozzarella / Romesco Red Pepper Dressing	9.5	390	25.0	13.0	0	90	670	7	2	4	19	X			X			X	X
SAL - ENTRÉE - Mediterranean Mozzarella / No Dressing	11.5	450	28.0	16.0	0	120	660	4	3	4	24				X			X	
SAL - ENTRÉE - Mediterranean Mozzarella / Romesco Red Pepper Dressing	13.5	540	34.0	17.0	0	125	940	13	3	6	25	X			X			X	X
SAL - CAFÉ - Spicy Thai Peanut Chicken / No Dressing	6.5	140	6.0	1.5	0	30	400	3	2	2	16						X	X	X
SAL - CAFÉ - Spicy Thai Peanut Chicken / Spicy Peanut Dressing	7.5	250	15.0	2.0	0	30	550	10	2	7	16	X			X	X		X	X
SAL - ENTRÉE - Spicy Thai Peanut Chicken / No Dressing	10.5	220	8.0	2.0	0	60	760	5	3	4	29						X	X	X
SAL - ENTRÉE - Spicy Thai Peanut Chicken / Spicy Peanut Dressing	12.5	450	27.0	4.0	0	65	1040	17	3	13	30	X			X	X		X	X

SALAD DRESSINGS

Café Salads have 1oz dressing, Entrée Salads 2oz

DRES - Asian Sesame Ginger	1.0	130	10.0	1.0	0	0	95	8	0	7	0							X	X
DRES - Balsamic Vinaigrette	1.0	60	6.0	1.0	0	0	230	3	0	2	0							X	
DRES - Caesar	1.0	80	7.0	1.5	0	10	310	2	0	1	1	X	X		X			X	X
DRES - Ranch	1.0	90	10.0	1.5	0	10	250	1	0	1	0	X			X			X	
DRES - Red Wine Vinaigrette	1.0	140	14.0	2.0	2	0	340	3	0	3	0							X	
DRES - Romesco Red Pepper	1.0	45	2.5	0.5	0	0	140	4	0	1	1	X			X			X	X



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DRES - Spicy Peanut	1.0	110	9.0	1.0	0	0	140	6	0	5	0	X				X	X		X
DRES - Strawberry Vinaigrette	1.0	45	3.0	0.0	0	0	115	6	0	4	0						X		



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SANDWICHES BUILT WITH COMPONENTS INDICATED ON MENU BOARD

BREAKFAST SANDWICHES

BRK - Breakfast Bagel - Egg / Cheese	6.8	430	18.0	6.0	0	180	970	63	4	8	22	X			X			X	X
BRK - Breakfast Bagel - Egg / Cheese / Bacon	7.3	500	24.0	8.0	0	195	1190	64	4	9	26	X			X			X	X
BRK - Breakfast Bagel - Egg / Cheese / Ham	8.3	510	16.0	5.0	0	210	1280	65	4	10	28	X			X			X	X
BRK - Breakfast Bagel - Egg / Cheese / Sausage	8.8	650	38.0	14.0	0	220	1280	64	4	8	30	X			X			X	X
BRK - Breakfast Bagel - Egg White / Sundried Tomato	7.2	480	13.0	5.0	0	30	870	66	4	8	22	X			X				X
BRK - Classic Wrap w/Bacon	9.2	770	50.0	18.0	0	435	1670	39	3	6	38	X			X			X	X
BRK - Classic Wrap w/Ham	9.5	610	32.0	12.0	0	410	1550	38	3	5	33	X			X			X	X
BRK - Classic Wrap w/Sausage	9.2	730	47.0	18.0	0	420	1240	37	3	3	32	X			X			X	X
BRK - Rio Grande w/Bacon / Wrap	8.9	680	44.0	10.0	0	420	1530	41	3	7	30	X			X			X	X
BRK - Rio Grande w/Ham / Wrap	9.1	520	27.0	5.0	0	390	1410	40	3	6	25	X			X			X	X
BRK - Rio Grande w/Sausage / Wrap	8.9	640	41.0	11.0	0	405	1100	39	3	4	24	X			X			X	X
BRK - Smoked Salmon / Plain Bagel	8.4	460	10.0	4.5	0	45	1520	66	4	10	26		X		X				X
BRK - Spinach & Cheddar Omelet / Plain Bagel	7.2	500	16.0	6.0	0	210	990	63	4	7	24	X			X			X	X
BRK - Spinach Cheddar Omelet / Bacon / Plain Bagel	7.7	570	22.0	8.0	0	225	1210	64	4	8	29	X			X			X	X
BRK - Spinach Cheddar Omelet / Ham / Plain Bagel	9.0	550	17.0	6.0	0	230	1540	65	4	9	32	X			X			X	X
BRK - Spinach, Cheddar & Sausage Omelet / Plain Bagel	8.7	670	31.0	12.0	0	240	1230	63	4	7	31	X			X			X	X
BRK - Western / Plain Bagel	9.2	670	34.0	9.0	0	215	1210	66	4	11	26	X			X			X	X

DELI SANDWICHES

SAN - DELI - BLT / Plain Bagel	7.6	530	23.0	5.0	0	35	1000	64	4	10	19	X						X	X
SAN - DELI - BLT / Hearty White	11.1	720	42.0	10.0	0	70	1550	62	0	8	23	X						X	X
SAN - DELI - Chicken Breast / Plain Bagel	11.3	550	6.0	1.5	0	60	1330	81	4	27	37	X						X	X
SAN - DELI - Chicken Breast / Hearty White	14.5	610	4.0	1.5	0	60	1520	94	0	41	35	X						X	X
SAN - DELI - Garden Veggie / Plain Bagel	12.3	360	2.0	0.0	0	0	550	72	5	13	12								X
SAN - DELI - Garden Veggie / Wheat Bread	14.5	360	3.0	0.0	0	0	540	67	4	13	13							X	X
SAN - DELI - Ham / Plain Bagel	9.4	430	8.0	3.5	0	40	1310	64	4	10	24							X	X
SAN - DELI - Ham / Honey Wheat	14.6	540	16.0	6.0	0	70	2430	64	2	12	38				X			X	X
SAN - DELI - Roast Beef / Plain Bagel	9.1	410	8.0	3.0	0	40	1000	63	4	9	27							X	X
SAN - DELI - Roast Beef / Hearty White	14.0	480	14.0	6.0	0	80	1560	58	0	5	40				X			X	X
SAN - DELI - Tuna Salad / Plain Bagel	8.8	550	21.0	2.5	0	40	870	65	4	9	22	X	X					X	X
SAN - DELI - Tuna Salad / Hearty White	12.3	640	30.0	4.0	0	60	1130	61	0	5	26	X	X					X	X
SAN - DELI - Turkey / Plain Bagel	9.2	440	8.0	3.5	0	35	1270	63	4	9	25				X			X	X
SAN - DELI - Turkey / Honey Wheat	14.4	550	16.0	7.0	0	75	1990	60	2	10	39				X			X	X

HOT PANINI

SAN - PAN - Four Cheese & Tomato / Hearty White	8.8	630	29.0	16.0	0	75	1280	56	0	4	36				X			X	X
SAN - PAN - Ham & Cheddar / Honey Wheat	9.6	600	17.0	8.0	0	80	1930	72	2	23	36	X			X			X	X
SAN - PAN - Primo Pesto Chicken / Hearty White	11.0	630	24.0	9.0	0	70	1860	57	0	3	49	X			X			X	X
SAN - PAN - Roast Beef Cheddar Melt / Honey Wheat	10.6	680	29.0	10.0	0	95	1670	70	2	11	44	X			X			X	X



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SAN - PAN - Tomato Basil Mozzarella / Heart White	11.5	630	27.0	12.0	0	65	1670	62	0	6	34			X			X	X	
SAN - PAN - Tuna & Cheddar Melt / Honey Wheat	10.6	800	44.0	11.0	0	100	1260	60	2	8	38	X	X	X			X	X	
SIGNATURE & CLASSIC SANDWICHES																			
SAN - SIG - Herby Turkey / Sesame Bagel	11.0	570	15.0	4.5	0	55	1580	75	4	11	34	X		X			X	X	
SAN - SIG - Leonardo da Veggie / Plain Softwich	12.2	560	15.0	8.0	0	45	1170	76	4	17	25	X		X			X	X	
SAN - SIG - Tarragon Chicken Salad / Hearty White	12.3	640	29.0	4.0	0	50	1150	68	2	14	24	X		X		X	X	X	
SAN - SIG - Thai Peanut Chicken / Plain Bagel	10.5	580	11.0	3.5	0	25	1190	91	7	17	28			X	X		X	X	
SAN - SIG - Turkey Chipotle Club / Honey Wheat	12.8	530	18.0	2.5	0	45	1620	60	2	10	31	X					X	X	
SAN - SIGN - Roma Roast Beef / Hearty White	13.8	750	39.0	14.0	0	90	1820	63	0	7	51	X		X			X	X	
SIDES & DESSERTS																			
COOKIES																			
SIDE - Cookies - Chocolate Chip	3.0	390	17.0	8.0	0	30	150	52	2	32	5	X		X	F	F	X	X	
SIDE - Cookies - Double Chocolate	3.0	390	19.0	9.0	0	30	160	51	3	33	5	X		X	F	F	X	X	
SIDE - Cookies - Everything	3.0	380	18.0	9.0	0	20	260	49	2	29	5	X		X	F	X	X	X	
SIDE - Cookies - Sugar	3.0	370	15.0	9.0	0	60	210	52	1	26	4	X		X	F			X	
DESSERT BARS																			
SIDE - Bars - Chocolate Chunk Brownies	2.5	310	18.0	9.0	0	65	25	38	2	26	4	X		X			X	X	
SIDE - Bars - Marshmallow Chew	2.4	280	6.0	3.0	0	10	330	55	0	29	2			X	F	F	X		
SIDE - Bars - Seven Layer Bar	4.7	650	43.0	23.0	0	10	280	58	5	42	10	X		X		X	X	X	
SIDE - Bars - Toffee Almond Bar	3.1	400	19.0	8.0	0	50	340	53	1	34	4	X		X		X	X	X	
MUFFINS																			
SIDE - Muffins - Blueberry (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT, RHODE ISLAND	4.5	430	21.0	3.5	0	80	270	55	0	30	5	X		X	F	F	F	X	
SIDE - Muffins - Blueberry (Main Street Gourmet)	4.5	440	26.0	4.5	0	115	210	51	2	28	7	X		X	F	F	X	X	
SIDE - Muffins - Cappuccino (Bake N Joy) BOSTON, VERMONT, CONNECTICUT, RHODE ISLAND	4.5	490	26.0	5.0	0	100	340	60	1	34	6	X		X	F	F	X	X	
SIDE - Muffins - Cinnamon Coffee Cake (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT, RHODE ISLAND	4.5	500	27.0	7.0	0	90	280	62	0	36	5	X		X	F	F	X	X	
SIDE - Muffins - Cinnamon (Main Street Gourmet)	4.5	440	23.0	3.5	0	60	390	49	2	30	7	X		X	F	F	X	X	
SIDE - Muffins - Corn (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT, RHODE ISLAND	4.5	480	23.0	3.5	0	90	280	64	0	30	7	X		X	F	F	F	X	
SIDE - Muffins - Cranberry Nut (Main Street Gourmet)	4.5	440	23.0	3.5	0	60	390	49	2	30	7	X		X	F	X	X	X	
SIDE - Muffins - Cranberry Nut (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT, RHODE ISLAND	4.5	430	23.0	3.5	0	85	300	53	1	29	5	X		X	F	X	F	X	



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OTHER SIDES

SIDE - Crackers	See label																	
SIDE - Potato Chips	See label																	
SIDE - Yogurt	See label																	

SOUPS

SOUP - Beef Chili	8.0	190	8	3	0	25	880	18	6	3	10				X		X	X
SOUP - Black Bean	8.0	130	2.0	0.0	0	0	720	23	6	5	5						X	
SOUP - Butternut Squash	8.0	240	17.0	9.0	0	40	650	21	1	2	4				X		X	
SOUP - Chicken Spaetzle	8.0	140	5.0	2.5	0	35	1200	15	1	3	8	X			X		X	X
SOUP - Chicken Wild Rice	8.0	280	22.0	10.0	0	45	840	12	1	2	8				X		X	X
SOUP - Fire Roasted Tomato	8.0	130	6	3	0	<5	920	17	2	10	2				X		X	
SOUP - Four Cheese Broccoli	8.0	260	20	10	0	45	1240	12	1	2	9	X	X		X		X	X
SOUP - New England Clam Chowder	8.0	230	14	4.5	0	50	600	16	<1	12	23		X		X		X	X
SOUP - Spinach & Lentil	8.0	110	3.5	1	0	0	570	16	7	2	7				X		X	X
SOUP - White Chicken Chili	8.0	240	9.0	0	0	10	630	26	7	2	14				X		X	

TOPPINGS

CHEESE

ADD - CHS - American Cheese	1.5	40.0	14.0	8.0	0.0	15.0	530.0	0.0	0.0	0.0	10.0				X			
ADD - CHS - Asiago Cheese, Shredded	0.5	50	4.0	2.5	0	15	135	0	0	0	4				X			
ADD - CHS - Blue Cheese	0.8	80	5.0	4.0	0	20	290	0	0	0	5				X			
ADD - CHS - Cheddar Cheese	1.3	160.0	12.0	7.0	0.0	40.0	240.0	0.0	0.0	0.0	10.0				X			
ADD - CHS - Mozzarella	1.0	90.0	6.0	4.0	0.0	30.0	130.0	0.0	0.0	0.0	5.0				X			
ADD - CHS - Muenster Cheese	1.5	120.0	9.0	6.0	0.0	30.0	230.0	0.0	0.0	0.0	8.0				X			
ADD - CHS - Provolone Cheese	1.0	100.0	8.0	4.0	0.0	20.0	250.0	0.0	0.0	0.0	8.0				X			
ADD - CHS - Swiss Cheese	1.0	100.0	8.0	4.0	0.0	30.0	60.0	0.0	0.0	0.0	8.0				X			

CONDIMENTS

COND - Artichoke Pesto	0.5	45	4.0	0.5	0	0	95	1	1	0	1				X			
COND - Basil Pesto	0.5	45	4.5	0.5	0	0	100	0	0	0	1					X		
COND - Butter	0.5	100	11.0	7.0	0	30	90	0	0	0	0				X			
COND - Chipotle Sauce	0.5	100	11.0	1.5	0	5	120	0	0	0	0	X						X
COND - Dijon Mustard	0.5	0	0.0	0.0	0	0	180	0	0	0	0							
COND - Honey Mustard	0.5	45	0.0	0.0	0	0	45	9	0	9	0							X
COND - Honey	0.7	64	0.0	0.0	0	0	1	17	0	17	0							
COND - Horseradish Mayo	1.1	140	13.0	2.0	0	10	280	6	0	5	0	X						X
COND - Hummus	1.9	110	6.0	1.0	0	0	120	10	0	0	5					F	F	
COND - Jelly/Jam - Grape	0.7	50	0.0	0.0	0	0	5	13	0	12	0							
COND - Jelly/Jam - Strawberry	0.7	50	0.0	0.0	0	0	0	13	0	0	0							
COND - Mayo	0.5	100	11.0	1.5	0	10	75	0	0	0	0	X						X
COND - Peanut Butter	1.1	190	16.0	3.0	0	0	150	7	2	3	7				X			
COND - Sundried Tomato Mayo	0.7	140	15.0	2.5	0	15	130	1	0	0	2	X			X			X
COND - Sundried Tomato Spread	0.6	79	6.0	2.0	0	6	46	5	0	1	1				X			
COND - Thai Peanut Sauce	0.6	45	2.5	0.0	0	0	240	4	0	3	1				X		X	X



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EGG PATTIES & OMELETS

BRK - Eggs - Egg White Patty	2.0	40	0.0	0.0	0	0	190	2	0	0	6	X						X	
BRK - Eggs - Spinach & Cheddar Omelet	2.5	120	8.0	2.5	0	190	340	2	0	0	8	X		X				X	
BRK - Eggs - Whole Egg Patty	2.0	110	9.0	2.0	0	175	170	2	0	1	5	X		X				X	

MEAT

MEAT - Bacon	0.5	70	6	2	0	15	220	1	0	1	4								
MEAT - Chicken Breast	4.0	140	4	1.5	0	60	700	1	0	0	25	X						X	X
MEAT - Ham	1.8	45	1.0	0.0	0	20	550	2	0	2	7								
MEAT - Roast Beef	1.8	50	2.5	0.5	0	25	250	1	0	0	11								
MEAT - Salmon	1.8	80	2.5	1	0	25	737	0	0	0	13		X						
MEAT - Sausage	2.0	220	20.0	8	0	40	310	1	0	0	8			X					
MEAT - Tarragon Chicken Salad	2.5	230	18.0	2.5	0	35	340	8	1	6	9	X				X	X	X	X
MEAT - Tuna Salad	2.5	230	19.0	2.5	0	40	330	3	0	0	11	X	X					X	X
MEAT - Turkey	1.8	45	0.0	0.0	0	15	430	2	0	1	9			X				X	
MEAT - Turkey Sausage	1.5	80	5.0	1.5	0	40	270	0	0	0	8								

NUTS/OTHER

ADD - Almonds (Sliced)	0.2	25	2.5	0.0	0	0	0	1	0	0	1					X			
ADD - Chow Mein Noodles	0.3	40	1.5	0.0	0	0	70	6	0	0	1								X
ADD - Croutons	0.5	70	3.0	0.0	0	0	170	8	0	0	1			X				X	X
ADD - Sesame Seeds	0.2	40	3.5	0.0	0	0	0	2	1	0	1								

VEGETABLES & FRUIT

ADD - VEG - Capers	0.1	0	0	0	0	0	65	0	0	0	0								
ADD - VEG - Cucumbers	0.7	5	0	0	0	0	0	0	0	0	0								
ADD - VEG - Green Peppers	1.0	6	0.0	0.0	0	0	1	1	0	1	0								
ADD - VEG - Jalapenos	1.1	5	0.0	0.0	0	0	290	1	1	0	0								
ADD - VEG - Lettuce	0.1	1	0	0	0	0	1	0	0	0	0								
ADD - VEG - Pickles	1.0	0	0.0	0.0	0	0	330	1	0	0	0								
ADD - VEG - Red Onions	0.1	0	0	0	0	0	0	0	0	0	0								
ADD - VEG - Roasted Red Peppers	1.9	15	0	0	0	0	200	3	0	2	1								
ADD - VEG - Sprouts	0.1	1	0.0	0.0	0	0	0	0	0	0	0								
ADD - VEG - Tomatoes	0.2	0	0	0	0	0	0	2	0	1	0								
ADD - Cranberries (Dried)	0.7	60	0.0	0.0	0	0	0	15	2	13	0								
ADD - Mandarin Oranges	1.4	20	0.0	0.0	0	0	0	5	1	4	0								