| BREAKFAST ENTREES   | Calories   
  | <b>Calories from Fat</b>  | Total Fat  
  | Saturated Fat  
   | Trans Fat   | Carbs   
   | Fiber   | Sugar  | Protein  | Cholesterol   
  | Sodium  |
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---|---
---|--|--|--|---|
| For Total Nutritionals add Breakfast Sides  | Whole Egg  
  | Whole Egg   | Whole Egg  
  | Whole Egg  
   | Whole Egg   | Whole Egg   
   | Whole Egg   | Whole Egg  | Whole Egg  | Whole Egg   
  | Whole Egg   |
| All American Scrambler (with Bacon) - G   | Eggs         Whites           400         240  
  | Eggs         Whites           260         110   | Eggs         Whites           29         12  
  | Eggs         Whites           11         5   
   | <b>Eggs Whites</b> 0 0  | <b>Eggs Whites</b><br>4 3   
   | <b>Eggs Whites</b> 0 0  | Eggs         Whites           3         1  | <b>Eggs Whites</b> 29 27   | <b>Eggs Whites</b> 640 30   
  | <b>Eggs Whites</b> 1100 1160  |
| All American Scrambler (with Sausage) - G<br>Anaheim Scrambler - G  | 380 230<br>600 440   
  | 200 50<br>410 260   | 23 6<br>45 28  
  | 6 0<br>17 12   
   | 0 0 0 0.5 0.5   | 7 6<br>11 10  
   | 0 0 4 4   | 4 2<br>5 2   | 35 33<br>38 35   | 680 70<br>670 60  
  | 1020 1080<br>1270 1340  |
| Farmer's Scrambler - V, G   | 370 220  
  | 240 90  | 26 10  
  | 11 6   
   | 0 0   | 7 6   
   | 1 1   | 4 2  | 27 25  | 640 30  
  | 580 650   |
| Pancakes (Nutritionals include butter & 2 oz of<br>vanilla maple syrup)   | Whole Egg<br>Eggs Whites   
  | Whole Egg<br>Eggs Whites  | Whole Egg<br>Eggs Whites   
  | Whole Egg<br>Eggs Whites   
   | Whole Egg<br>Eggs Whites  | Whole Egg<br>Eggs Whites  
   | Whole Egg<br>Eggs Whites  | Whole Egg<br>Eggs Whites   | Whole Egg<br>Eggs Whites   | Whole Egg<br>Eggs Whites  
  | Whole Egg<br>Eggs Whites  |
| Pancakes with Bacon (4 stack)<br>Pancakes with Bacon & Eggs (4 stack)   | 770<br>1010 850  
  | 360<br>510 360  | 41<br>57 41  
  | 15<br>21 15  
   | 0.5<br>0.5 0  | 101<br>104 103  
   | 2 2 2   | 55<br>57 55  | 20<br>39 37  | 125<br>740 125  
  | 2200<br>2600 2660   |
| Subtract to customize - Vanilla Syrup - LF  | 60   
  | 0   | 0  
  | 0  
   | 0   | 39  
   | 0   | 39   | 0  | 0   
  | 10  |
| BREAKFAST SANDWICHES  | Calories<br>Whole Egg  
  | Calories from Fat<br>Whole Egg  | Total Fat<br>Whole Egg   
  | Saturated Fat<br>Whole Egg   
   | Trans Fat<br>Whole Egg  | Carbs<br>Whole Egg  
   | Fiber<br>Whole Egg  | Sugar<br>Whole Egg   | Protein<br>Whole Egg   | Cholesterol<br>Whole Egg  
  | Sodium<br>Whole Egg   |
| For Total Flat Nutritionals add Salsa   | Eggs Whites  
  | Eggs Whites   | Eggs Whites  
  | Eggs Whites  
   | Eggs Whites   | Eggs Whites   
   | Eggs Whites   | Eggs Whites  | Eggs Whites  | Eggs Whites   
  | Eggs Whites   |
| Anaheim Panini<br>Commuter Croissant  | 600 520<br>660 580   
  | 320 240<br>390 320  | 35 27<br>44 35   
  | 14 11<br>22 19   
   | 0.5* 0.5*<br>1* 1*  | 42 41<br>32 31  
   | 4 4<br>2 2  | 4 2<br>8 6   | 27 26<br>32 31   | 345         40           440         135  
  | 1180 1210<br>1460 1490  |
| Power Flatbread - Avocado & Spinach - V<br>Power Flatbread - Bacon  | 370 290<br>430 350   
  | 180 110<br>220 150  | 20 12<br>25 17   
  | 7 4.5<br>10 7  
   | 0 0   | 28 27<br>26 26  
   | 4 4<br>2 2  | 2 1<br>3 1   | 20 19<br>26 25   | 325 15<br>340 35  
  | 520 550<br>980 1010   |
| Power Flatbread - Chicken Apple Sausage   | 400 320  
  | 180 100   | 20 11  
  | 6 3.5  
   | 0 0   | 28 27   
   | 2 2   | 3 2  | 27 26  | 360 50  
  | 820 850   |
| Smoked Bacon & Cheddar Panini<br>BREAKFAST SIDES  | 630 550<br>Calories  
  | 340 270<br>Calories from Fat  | 38 30<br>Total Fat   
  | 16 13<br>Saturated Fat   
   | 0.5* 0.5*<br>Trans Fat  | 38 38<br>Carbs  
   | 1 1<br>Fiber  | 2 1<br>Sugar   | 32 30<br>Protein   | 360 55<br>Cholesterol   
  | 1530 1560<br>Sodium   |
| Bacon, 3-slices - G   | 160  
  | 110   | 12   
  | 5  
   | 0   | 1   
   | 0   | 1  | 10   | 30  
  | 700   |
| Breakfast Potatoes - VG, G<br>Chicken Apple Sausage, 2-patties - G  | 140<br>140   
  | 50<br>50  | 6<br>6   
  | 0  
   | 0   | 19<br>4   
   | 2   | 2  | 2<br>16  | 0<br>70   
  | 160<br>620  |
| Harvest Toast - LF, VG<br>Pancakes (2 stack w/Butter & Syrup) - V   | 170<br>390   
  | 50<br>180   | 6<br>20  
  | 1.5<br>9   
   | 0   | 27<br>70  
   | 3   | 3<br>47  | 6  | 5<br>65   
  | 290<br>800  |
| Salsa (Power Flatbreads) - LF, VG, G  | 15   
  | 0   | 0  
  | 0  
   | 0   | 3   
   | 0   | 1  | 1  | 0   
  | 150   |
| Seasonal Fruit Medley - LF, VG, G<br>Steel-cut Oatmeal w/Brown Sugar - LF, VG, G*   | 60   
  | 0   | 0  
  | 0  
   | 0   | 15  
   | 2   | 13   | 1  | 0   
  | 10  |
| (Breakfast Combo Portion)   | 130  
  | 10  | 1.5  
  | 0  
   | 0   | 29  
   | 2   | 15   | 3  | 0   
  | 75  |
| FRUITS AND GRAINS<br>Berry Almond Swiss Oatmeal - V, G*   | Calories   
  | Calories from Fat   | Total Fat  
  | Saturated Fat  
   | Trans Fat   | Carbs   
   | Fiber   | Sugar  | Protein  | Cholesterol   
  | Sodium  |
| (Sweet Crisp not included)  | 490  
  | 90  | 10   
  | 1.5  
   | 0   | 87  
   | 10  | 52   | 14   | 5   
  | 85  |
| Swiss Oatmeal - LF, V, G*<br>(Sweet Crisp not included)   | 360  
  | 20  | 2.5  
  | 0.5  
   | 0   | 75  
   | 6   | 45   | 10   | 5   
  | 85  |
| Crunchy Honey Banana Oatmeal - V  | 520  
  | 70  | 7  
  | 1.5  
   | 0   | 107   
   | 10  | 41   | 11   | 0   
  | 270   |
| (Sweet Crisp not included)<br>Steel-cut Oatmeal w/out toppings - LF, VG, G*   | 160  
  | 25  | 2.5  
  | 0.5  
   | 0   | 29  
   | 4   | 1  | 5  | 0   
  | 150   |
| (Sweet Crisp not included)<br>Steel-cut Oatmeal w/all toppings - LF, VG, G*   |  
  |   |  
  |  
   |   |   
   |   |  | -  | -   
  |   |
| (Sweet Crisp not included)  | 350  
  | 100   | 11   
  | 1.5  
   | 0   | 57  
   | 6   | 26   | 8  | 0   
  | 150   |
| Oatmeal Toppings<br>Brown Sugar - LF, VG, G   | 45   
  | 0   | 0  
  | 0  
   | 0   | 12  
   | 0   | 12   | 0  | 0   
  | 0   |
| Currants - LF, VG, G  | 35   
  | 0   | 0  
  | 0  
   | 0   | 8   
   | 1   | 7  | 0  | 0   
  | 0   |
| Dried Cranberries - LF, VG, G<br>Almonds - VG, G  | 25<br>35   
  | 0<br>30   | 0<br>3   
  | 0  
   | 0   | 6<br>1  
   | 0   | 5<br>0   | 0<br>1   | 0   
  | 0   |
| Walnuts - VG, G<br>Sweet Crisp, each - V  | 50<br>130  
  | 45<br>40  | 5<br>4.5   
  | 0<br>1   
   | 0   | 1<br>21   
   | 1   | 0  | 1  | 0   
  | 0<br>130  |
| Fresh Berry & Yogurt Parfait - V  | 370  
  | 70  | 8  
  | 2  
   | 0   | 68  
   | 5   | 37   | 10   | 10  
  | 170   |
| BAGELS, MUFFINS & PASTRIES<br>Cinnamon Raisin Bagel - LF, VG  | Calories<br>280  
  | Calories from Fat   | Total Fat<br>1.5   
  | Saturated Fat  
   | Trans Fat   | Carbs<br>60   
   | Fiber   | Sugar<br>11  | Protein<br>8   | Cholesterol   
  | Sodium<br>510   |
| Everything Bagel - VG   | 320  
  | 35  | 4  
  | 0  
   | 0   | 59  
   | 3   | 5  | 8<br>10  | 0   
  | 710   |
| Plain Bagel - LF, VG<br>Sesame Seed Bagel - VG  | 280<br>310   
  | 15<br>45  | 1.5<br>5   
  | 0  
   | 0   | 58<br>55  
   | 3   | 5  | 9<br>10  | 0   
  | 570<br>540  |
| Cream Cheese - V  | 130  
  | 120   | 13   
  | 8  
   | 0   | 2   
   | 0   | 2  | 2  | 45  
  | 200   |
| Peanut Butter - VG<br>Banana Muffin - V   | 240<br>520   
  | 190<br>230  | 21<br>26   
  | 4  
   | 0   | 9<br>67   
   | 2   | 4<br>36  | 9<br>7   | 0<br>50   
  | 190<br>500  |
| Blueberry Muffin - V  | 520  
  | 220   | 24   
  | 5  
   | 0   | 67  
   | 2   | 31   | 6  | 50  
  | 520   |
| Chocolate Muffin - V<br>Cinnamon Crumb Muffin - V   | 520<br>650   
  | 250<br>260  | 28<br>30   
  | 7<br>10  
   | 0   | 62<br>90  
   | 2<br>1  | 35<br>50   | 8<br>7   | 65<br>105   
  | 620<br>510  |
| Pumpkin Muffin - V<br>Apricot Walnut Rugalach - V   | 450<br>240   
  | 170<br>140  | 18<br>15   
  | 3  
   | 0   | 69<br>23  
   | 1   | 48<br>12   | 6  | 50<br>20  
  | 430<br>125  |
| Cinnamon Pecan Rugalach - V   | 250  
  | 140   | 16   
  | 7  
   | 0   | 24  
   | 1   | 15   | 3  | 20  
  | 120   |
| Croissant - V<br>Cinnamon Roll - V  | 280<br>640   
  | 140<br>220  | 15<br>25   
  | 9<br>10  
   | 0   | 29<br>94  
   | 1 4   | 5<br>46  | 7 11   | 70<br>70  
  | 320<br>490  |
| FRESH SALADS  | Calories   
  | Calories from Fat   | Total Fat  
  |  
   |   |   
   |   |  |  |   
  |   |
|   |  
  |   | rotarrat   
  | Saturated Fat  
   | Trans Fat   | Carbs   
   | Fiber   | Sugar  | Protein  | Cholesterol   
  | Sodium  |
| For Total Nutritionals add Focaccia Roll  | Café Entrée  
  | Café Entrée   | Café Entrée  
  | Café Entrée  
   | Café Entrée   | Café Entrée   
   | Café Entrée   | Café Entrée  | Café Entrée  | Café Entrée   
  | Café Entrée   |
| For Total Nutritionals add Focaccia Roll<br>Asian Wonton Salad<br>Caesar Salad  | Café         Entrée           250         510           310         620  
  | Café         Entrée           80         160           240         480  |  
  |  
   |   |   
   | Café         Entrée           3         7   |  |  |   
  | <b>Café Entrée</b><br>1370 2740   |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)   | 250 510<br>310 620<br>270 540  
  | 80         160           240         480           120         240  | Café         Entrée           9         17           27         54           13         27   
  | CaféEntrée11.55114.59  
   | Café         Entrée           0         0           0         0           0         0           0         0   | Café         Entrée           28         57           10         21           22         42   
   | Café         Entrée           3         7           2         4           3         6   | Café         Entrée           16         32           2         5           15         29  | Café         Entrée           18         36           8         15           17         33   | Café         Entrée           30         55           30         60           40         80   
  | CaféEntrée1370274061012307001390  |
| Asian Wonton Salad<br>Caesar Salad  | 250 510<br>310 620   
  | 80 160<br>240 480   | Café         Entrée           9         17           27         54   
  | Café         Entrée           1         1.5           5         11   
   | Café         Entrée           0         0           0         0   | Café         Entrée           28         57           10         21   
   | Café         Entrée           3         7           2         4   | Café         Entrée           16         32           2         5  | Café         Entrée           18         36           8         15   | Café         Entrée           30         55           30         60   
  | CaféEntrée137027406101230   |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad   | 250         510           310         620           270         540           420         840           400         800           360         720  
  | 80         160           240         480           120         240           270         540           180         370           200         390  | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43   
  | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         11  
   | Café         Entrée           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0.5*  | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50   
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8   | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12   | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38   | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110  | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870   |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br>Salad Dressings - Subtract to customize   | 250         510           310         620           270         540           420         840           400         800           360         720           260         510  
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200  | Café         Entrée           9         17           27         30           30         60           20         41           22         43           11         22   
  | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8  
   | Café         Entrée           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0.5*           0         0  | Café         Entrée           28         57           10         21           122         42           16         32           38         76           25         50           35         69  
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7   | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44   | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10  | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           20         40  | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810   |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V  | 250         510           310         620           270         540           420         840           400         800           360         720  
  | 80         160           240         480           120         240           270         540           180         370           200         390  | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43   
  | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         11  
   | Café         Entrée           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0.5*  | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50   
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8   | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12   | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38   | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110  | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870   |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G   | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160   
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           45         90   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         11   
  | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2  
   | Café         Entrée           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0.5**           0         0           0         0           0         0           0         0           0         0           0         0   | Café         Entrée           28         57           10         21           22         42           16         25           38         76           25         50           35         69           13         25           2         5           6         13  
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0   | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10  | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0  | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           20         40           0         0           10         25           0         0           0         0           0         0           0         0           0         0  | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420  |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -   | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370   
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           45         90           180         360   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         11           20         40   
  | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6  
   | Café         Entrée           0         0           0         0           0         0           0         0           0         0           0         0           0         0.5*           0         0           0         0           0         0           0         0           0         0           0         0  | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2  
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0   | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2  | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2  | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           20         40           0         0           10         25           0         0           20         35  | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670  |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G  | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160   
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           45         90   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         11   
  | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2  
   | Café         Entrée           0         0           0         0           0         0           0         0           0         0           0         0           0         0.5*           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0  | Café         Entrée           28         57           10         21           22         42           16         25           38         76           25         50           35         69           13         25           2         5           6         13  
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0   | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10  | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0  | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           20         40           0         0           10         25           0         0           20         35  | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420  |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b>   | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170  
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           45         90           130         270           45         90   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         21           5         11           20         40           15         30           5         10  
  | Café         Entrée           1         1.5           1         1.5           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           3         6           2         3.5           1         2   
   | Café         Entrée           0         0           0         0           0         0           0         0           0         0           0         0.5*           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0  | Café         Entrée           28         57           10         21           16         32           38         76           25         50           35         69           13         25           2         5           13         25           2         5           31         2           2         5           35         13           1         2           6         12           8         16  
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0   | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13  | Café         Entrée           18         36           15         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           0         0           0         0   | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           20         40           0         0           10         20           20         35           0         0           20         35           0         0           20         35           0         0           0         0  | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410   |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G   | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30   
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           45         90           130         270           45         90           5         10           0         0  | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         11           20         40           15         30           5         10           0         1           0         0  
  | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0  
   | Café         Entrée           0         0           0         0           0         0           0         0           0         0           0         0.5*           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0  | Café         Entrée           28         57           10         21           22         43           26         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9  
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1   | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8  | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           0         0           11         22           0         0  | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           0         0           30         55           0         0   | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0   |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF   | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110   
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           50         100           100         200           45         90           130         270           45         90           5         10   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         10           5         10           0         1  
  | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0  
   | Café         Entrée           0         0           0         0           0         0           0         0           0         0           0         0.5*           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0  | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         12           8         16           1         2           1         2           3         12  
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0   | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1  | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           1         2           1         2           1         2           1         2           1         2  | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           40         80           55         110           0         0           0         0           0         0           0         0           20         35           0         0           0         0           30         55   | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           200         410   |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Avocado - VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G  | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           40         80           150         35  
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           50         100           130         270           45         90           5         10           0         0           30         60           50         100  | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         10           15         30           5         10           0         1           0         0           3.5         7           6         12           0         0                             
  | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0.5         1           2.5         5           0         0  
   | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           2         4           0         1           9         19   
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2   | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           7         13           0         1           4         8           0         0           1         7   | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           0         1           2         0           0         0           11         22           0         0           0         1           5         10           0         1   | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           40         80           55         110           20         40           0         0           0         0           0         0           20         35           0         0           30         55           0         0           30         55           0         0           30         55           0         0           30         55           0         0           0         0           0         0           0         0           0         0   | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         660   |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Blue Cheese - V, G   | $\begin{array}{ccccc} 250 & 510 \\ 310 & 620 \\ 270 & 540 \\ 420 & 840 \\ 400 & 800 \\ 360 & 720 \\ 260 & 510 \\ \hline \\ 100 & 200 \\ 110 & 220 \\ 80 & 160 \\ 190 & 370 \\ 160 & 320 \\ 80 & 170 \\ \hline \\ 60 & 110 \\ 15 & 30 \\ 40 & 80 \\ 80 & 150 \\ 35 & 70 \\ 60 & 110 \\ \hline \end{array}$  
  | $\begin{array}{cccccccccccccccccccccccccccccccccccc$  | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         11           20         40           15         30           5         10           0         1           0         0           3.5         7           6         12           0         0     
     3.5         10           4.5         9   | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           3         6           3         6           3         6           3         6  
   | Café         Entrée           0         0           0         0           0         0           0         0           0         0           0         0           0         0.5*           0         0  | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           2         4           0         1           9         19           0         1           0         1   
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           0         0   | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         10   | Café         Entrée           18         36           8         15           17         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         1           2         1           3         7  | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         25           15         30  | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           0         0           340         680           340         680           350         0           210         410           200         410           200         0           340         680           0         0           230         460           90         180  |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Avocado - VG, G<br>Baerry Grape Mix - LF, VG, G<br>Blue Cheese - V, G  | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         170           160         320           80         170           60         110           15         30           40         80           80         170  
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           45         90           130         270           45         90           5         10           0         0           30         60           50         100   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         11           20         40           15         30           5         10           0         1           0         0           3.5         7           6         12           0         0     
     5         10   | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           0.3         6  
   | Café         Entrée           0         0           0         0           0         0           0         0           0         0           0         0.5*           0         0  | Café         Entrée           28         57           10         21           22         4           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           2         4           0         1           9         19           0         1  
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0   | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           7         15           0         0   | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           1         2           1         2           1         2           1  | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           30         55           0         0           30         55           0         0           30         55           0         0           15         30           55         0           0         0           15         25  | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           0         0           340         680   |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Cheddar Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Croutons - VG  | $\begin{array}{ccccc} 250 & 510 \\ 310 & 620 \\ 270 & 540 \\ 420 & 840 \\ 400 & 800 \\ 360 & 720 \\ 260 & 510 \\ \hline \\ 100 & 200 \\ 110 & 220 \\ 80 & 160 \\ 190 & 370 \\ \hline \\ 160 & 320 \\ 80 & 170 \\ \hline \\ 60 & 110 \\ 15 & 30 \\ 40 & 80 \\ 80 & 150 \\ 35 & 70 \\ 60 & 120 \\ 60 & 110 \\ 30 & 60 \\ 45 & 90 \\ 50 & 100 \\ \end{array}$   
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           50         100           100         200           55         10           0         0           55         10           0         0           50         110           0         0           45         90           5         10           0         0           300         60           50         110           0         0           445         90           450         90           100         15   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         11           20         40           15         30           5         10           0         1           0         0           3.5         7           6         12           0         0     
     3.5         7           6         12           0         0           3.5         7           6         12           0         0           2.5         10   | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           0         0           0         0           0         0           0.5         1           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           3         6           3         6           3         6           0         0           0         0           0         0           1         2  
   | Café         Entrée           0         0           0         0           0         0           0         0           0         0           0         0.5*           0         0           0 <t< td=""><td>Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         12           8         16           1         2           5         9           2         4           0         1           9         19           0         1           5         9           2         4           0         1           9         19           0         1           5         9           2         4           0         1           9         19           0         1           5         9           2         4           0         1           10         1           2         23           6         12</td><td>Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         1           2         0           0         0</td><td>Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           17         15           0         0           1         2           9         18           0         0</td><td>Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         1           2         0           1         2           0         1           1         2           0         1           1         2           0         1           1         1           0         1           1         1           1         1           1         1           1         2           1         1           1         2</td><td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           0         0           0         0           0         0           20         35           0         0           0         0           30         55           0         0           30         55           0         0           15         25           15         30           0         0           0         0           0         0           0         0</td><td>Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           340         670           340         670           210         410           0         0           2200         410           0         0           340         660           340         0           200         410           0         0           0         0           230         460           90         180           220         430           0         0           90         180           220         430           90         180</td></t<> | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         12           8         16           1         2           5         9           2         4           0         1           9         19           0         1           5         9           2         4           0         1           9         19           0         1           5         9           2         4           0         1           9         19           0         1           5         9           2         4           0         1           10         1           2         23           6         12   
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         1           2         0           0         0   | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           17         15           0         0           1         2           9         18           0         0   | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         1           2         0           1         2           0         1           1         2           0         1           1         2           0         1           1         1           0         1           1         1           1         1           1         1           1         2           1         1           1         2  | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           40         80           55         110           20         40           0         0           0         0           0         0           0         0           20         35           0         0           0         0           30         55           0         0           30         55           0         0           15         25           15         30           0         0           0         0           0         0           0         0   | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           340         670           340         670           210         410           0         0           2200         410           0         0           340         660           340         0           200         410           0         0           0         0           230         460           90         180           220         430           0         0           90         180           220         430           90         180  |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Blue Cheese - V, G<br>Cheddar Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Croutons - VG<br>Edamame Salad - VG<br>Goat Cheese - V   | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           40         80           80         150           35         70           60         110           30         60           445         90           50         100           35         70   
  | $\begin{array}{cccccccccccccccccccccccccccccccccccc$  | Café         Entrée           9         17           27         50           30         60           20         41           22         43           11         22           6         11           11         22           5         10           0         1           0         1           0         1           0         1           0         1           0         1           0         1           0         1           0         0           1.5 
       7           6         12           0         0           3.5         7           6         12           0         0           4.5         9           1         2           0         0           2.5         5           3         6  | Café         Entrée           1         1.5           1         1.5           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0.5         1           2.5         5           0         0           3         6           3         6           3         6           3         6           3         6           3         6           3         6           3         6           3         6           3         6           3         6           3         6           0         0           0         0           0         0           0         0           0         0 <td< td=""><td>Café         Entrée           0         0</td><td>Café         Entrée           28         57           10         21           16         32           38         76           25         50           35         69           13         25           2         5           13         25           2         6           13         2           6         13           1         2           6         12           8         16           1         2           4         0           9         19           0         1           5         9           12         23           6         12           3         1           5         9           12         23           6         12           36         12           17         1</td><td>Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         1           2         0           0         0           1         1           2         0           0         0</td><td>Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20     
     1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         2</td><td>Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         1           2         0           0         1           1         2           0         0           11         22           0         0           11         22           0         1           5         10           0         1           4         7           1         1           0         0           1         2           8         3</td><td>Café         Entrée           30         55           30         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         20           30         55           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           15         30           0         0           0         0           15         30           0         0           0         0           0         0           15         30           0         0           0         0           15         30           0         0           0         0           0         0</td><td>Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           0         0           220         410           0         0           2340         680           0         0           240         340           50         180           220         430           0         0           90         180           220         430           0         0           90         180           50         100</td></td<>  | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           16         32           38         76           25         50           35         69           13         25           2         5           13         25           2         6           13         2           6         13           1         2           6         12           8         16           1         2           4         0           9         19           0         1           5         9           12         23           6         12           3         1           5         9           12         23           6         12           36         12           17         1   
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         1           2         0           0         0           1         1           2         0           0         0   | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         2   | Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         1           2         0           0         1           1         2           0         0           11         22           0         0           11         22           0         1           5         10           0         1           4         7           1         1           0         0           1         2           8         3  | Café         Entrée           30         55           30         80           55         110           40         80           55   
     110           40         80           55         110           20         40           0         0           10         20           30         55           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           15         30           0         0           0         0           15         30           0         0           0         0           0         0           15         30           0         0           0         0           15         30           0         0           0         0           0         0   | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           0         0           220         410           0         0           2340         680           0         0           240         340           50         180           220         430           0         0           90         180           220         430           0         0           90         180           50         100  |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Croutons - VG<br>Edamame Salad - VG<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Parmesan Cheese - G   | $\begin{array}{ccccc} 250 & 510 \\ 310 & 620 \\ 270 & 540 \\ 420 & 840 \\ 400 & 800 \\ 360 & 720 \\ 260 & 510 \\ \hline \\ 100 & 200 \\ 110 & 220 \\ 80 & 160 \\ 190 & 370 \\ 160 & 320 \\ 80 & 160 \\ 190 & 370 \\ 160 & 320 \\ 80 & 170 \\ \hline \\ 60 & 110 \\ 15 & 30 \\ 40 & 80 \\ 80 & 150 \\ 35 & 70 \\ 60 & 120 \\ 60 & 110 \\ 30 & 60 \\ 45 & 90 \\ 55 & 100 \\ \hline \end{array}$  
  | $\begin{array}{cccccccccccccccccccccccccccccccccccc$  | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         11           20         40           15         30           5         10           0         1           0         0           3.5         7           6         12           0         1     
     0         1           0         1           0         1           0         1           0         1           0         1           0         5           1         2           0         5           1         2           0         2.5           5         5  | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0  
   | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           22         4           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           2         4           0         1           9         19           0         1           5         9           12         2           4         1           9         19           0         1           5         9           12         2           6         12           7         9           12         2           6         12           7         9           12         2           12         12           10         12           12         12           12         12   
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         8           4         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         1           2         0           0         0           1         2           0         0           1         1           1         2           0         0           1         1           1         2           0         0           1         1           1         2           0         0   | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           17         15           0         0           1         2           9         18           0         0           11         11   | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         1           0         0           1         1           0         0           1         2           8         3           5         1           4         9  | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           0         0           30         55           0         0           30         55           0         0           15         30           0         0           15         30           0         0           0         0           0         0      0         0  | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           0         0           2200         410           0         0           340         670           520         410           0         0           220         410           0         0           230         460           90         180           220         430           0         0           90         180           90         180   |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Blue Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Croutons - VG<br>Edamame Salad - VG<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Parmesan Cheese - V   | $\begin{array}{ccccc} 250 & 510 \\ 310 & 620 \\ 270 & 540 \\ 420 & 840 \\ 400 & 800 \\ 360 & 720 \\ 260 & 510 \\ \hline \end{array}$   
  | $\begin{array}{cccccccccccccccccccccccccccccccccccc$  | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         11           20         40           15         30           5         10           0         1           0         0           3.5         7           6         12           0         1     
     0         1           0         0           3.5         7           6         12           0         0           5         10           4.5         9           1         2           0         5           3         6           0         0           2.5         5           3         6           0         0           2.5         5           3         6 <t< td=""><td>Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0</td></t<> <td>Café         Entrée           0         0</td> <td>Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           2         4           0         1           9         19           0         1           5         9           12         4           0         1           9         19           0         1           5         9           12         23           6         12           12         23           6         12           11         1           3         6           11         1</td> <td>Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         8           4         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         1           2         0           0         0           1         2           0         0           1         2           0         0           1         1           2         0           0         0           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0</td> <td>Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           11         1           3         6           0         0           11         1</td> <td>Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         1           2         8           3         5           0         1           2         8           3         5           0         1           4         9           1         2</td> <td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           15         30           0         0           15         30           0         0           0         0           15         30           0         0           0         0           0         0           15         25           0         0           0         0           0         0           0         0           0         25           0         0  </td> <td>Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           0         0           2200         410           0         0           230         460           90         180           220         430           0         0           990         180           250         100           0         0           180         350           180         350           65         130</td>   | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0  
   | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           2         4           0         1           9         19           0         1           5         9           12         4           0         1           9         19           0         1           5         9           12         23           6         12           12         23           6         12           11         1           3         6           11         1   
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         8           4         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         1           2         0           0         0           1         2           0         0           1         2           0         0           1         1           2         0           0         0           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0 | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           11         1           3         6           0         0           11         1   | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         1           2         8           3         5           0         1           2         8           3         5           0         1           4         9           1         2  | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           40         80           55         110           20         40           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           15         30           0         0           15         30           0         0           0         0           15         30           0         0           0         0           0         0           15         25           0         0           0         0           0         0           0         0           0         25           0         0  | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           0         0           2200         410           0         0           230         460           90         180           220         430           0         0           990         180           250         100           0         0           180         350           180         350           65         130  |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Blue Cheese - V, G<br>Cheddar Cheese - V, G<br>Cheddar Cheese - V, G<br>Croutons - VG<br>Edamame Salad - VG<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Parmesan Cheese - G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G  | $\begin{array}{ccccc} 250 & 510 \\ 310 & 620 \\ 270 & 540 \\ 420 & 840 \\ 400 & 800 \\ 360 & 720 \\ 260 & 510 \\ \hline \end{array}$ $\begin{array}{cccc} 100 & 200 \\ 110 & 220 \\ 80 & 160 \\ 190 & 370 \\ 160 & 320 \\ 80 & 170 \\ \hline \end{array}$ $\begin{array}{cccc} 80 & 170 \\ 60 & 110 \\ 15 & 30 \\ 40 & 80 \\ 80 & 150 \\ 35 & 70 \\ 60 & 120 \\ 60 & 110 \\ 15 & 35 \\ 70 \\ 60 & 120 \\ 60 & 100 \\ 140 \\ 35 & 70 \\ 15 & 25 \\ 50 & 110 \\ 70 & 130 \\ 10 & 25 \\ 80 & 160 \\ \end{array}$  
  | $\begin{array}{cccccccccccccccccccccccccccccccccccc$  | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         10           5         10           0         1           0         0           3.5         7           6         12           0         0           3.5         7           6         12      
    0         0           3.5         7           6         12           0         0           3.5         7           6         12           0         0           2.5         5           3         6           0         0           2.5         5           3         6           0         0           4         8           2         4.5           0         0      <  | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0.5         1           2.5         5           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         0           0         0           2         3.5           0         0           0         0           0         0           0         0           0         0           0         0 <t< td=""><td>Café         Entrée           0         0</td><td>Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           2         4           0         1           9         199           0         1           5         9           12         23           6         12           3         6           12         23           6         12           1         1           3         6           0         1           13         6           0         1           13         5           11         22</td><td>Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         1           2         0           0         0           1         1           1         2           0         0           0         1           1         2           0         0           0         1           1         2           1         2 
         1         2           1         2</td><td>Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         1           3         6           0         0           11         1           3         6           0         0           0         0           12         9           18         0           0         0           1         1           3         6           0         0           1         1           3         6           0         0</td><td>Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         1           5         10           0         1           4         7           3         5           0         1           2         3           3         5           0         1           4         9           1         2           1         2           1         2           1         2           1         2           1&lt;</td><td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           0         0           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           15         30           0         0           15         25           15         30           0         0           0         0           15         25           0         0           15         25           0         0           0         0           0         0           0         0           0         0</td><td>Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           2200         410           0         0           340         680           0         0           2200         430           0         0           230         460           90         180           220         430           0         0           90         180           50         100           0         0           1380         350           550         10           350         51           350         510</td></t<>   | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           2         4           0         1           9         199           0         1           5         9           12         23           6         12           3         6           12         23           6         12           1         1           3         6           0         1           13         6           0         1           13         5           11         22  
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         1           2         0           0         0           1         1           1         2           0         0           0         1           1         2           0         0           0         1           1         2           1         2           1         2           1         2 | Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         1           3         6           0         0           11         1           3         6           0         0           0         0           12         9           18         0           0         0           1         1           3         6           0         0           1         1           3         6           0         0  | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         1           5         10           0         1           4         7           3         5           0         1           2         3           3         5           0         1           4         9           1         2           1         2           1         2           1         2           1         2           1<  | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           40         80           55         110           20         40           0         0           0         0           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           15         30           0         0           15         25           15         30           0         0           0         0           15         25           0         0           15         25           0         0           0         0           0         0           0         0           0         0   | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           2200         410           0         0           340         680           0         0           2200         430           0         0           230         460           90         180           220         430           0         0           90         180           50         100           0         0           1380         350           550         10           350         51           350         510   |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Buccado - VG, G<br>Bue Cheese - V, G<br>Cheddar Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Parmesan Cheese - Q<br>Tomatoes - Diced - LF, VG, G   | $\begin{array}{ccccc} 250 & 510 \\ 310 & 620 \\ 270 & 540 \\ 420 & 840 \\ 400 & 800 \\ 360 & 720 \\ 260 & 510 \\ \hline \end{array}$   
  | $\begin{array}{cccccccccccccccccccccccccccccccccccc$  | Café         Entrée           9         17           27         50           30         60           20         41           22         43           11         22           6         11           11         22           5         10           5         10           0         1           0         1           0         1           0         1           0         1           0         1           0         1           0         1           0  
      1           0         0           3.5         7           6         12           0         0           3.5         10           4.5         9           1         2           0         0           2.5         5           3         6           0         0           2.5         5           3         6           0         0           4         8   | Café         Entrée           1         1.5           1         1.5           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0.5         1           2.5         5           0         0           3         6           3         6           3         6           3         6           3         6           3         6           0         0           0         0           0         0           0         0           2         3.5           0         0           2         3.5           0         0           2         4.5           0         1           0         0 <td>Café         Entrée           0         0</td> <td>Café         Entrée           28         57           10         21           16         32           38         76           25         50           35         69           13         25           2         5           13         25           2         5           35         69           13         25           2         5           3         12           8         16           1         2           6         12           8         16           1         2           5         9           1         2           6         12           8         16           1         2           5         9           12         23           6         12           3         6           11         1           3         6           0         1           3         5</td> <td>Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         1           2         0           0         0           1         1           1         2           0         0           1         1           2         0           0         0           0         1           0         0     
     0         1           0         1</td> <td>Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         11           1         1           3         6           0         9           <td< td=""><td>Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           11         22           0         0           11         22           0         0           11         22           0         0           11         22           0         0           1         2           10         0           1         1           0         0           1         2           8         3           5         0           1         2           1         2</td><td>Café         Entrée           30         55           30         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         20           30         55           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           15         30           0         0           15         30           0         0           15         25           15         25           0         0           15         25           0         0           15         25           0         0           10         25           0         0           0         0     <!--</td--><td>Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         680           0         0           340         680           0         0           220         410           0         0           230         460           90         180           220         430           0         0           90         180           50         100           0         0           180         350           100         0           180         350           50         130</td></td></td<></td>   | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           16         32           38         76           25         50           35         69           13         25           2         5           13         25           2         5           35         69           13         25           2         5           3         12           8         16           1         2           6         12           8         16           1         2           5         9           1         2           6         12           8         16           1         2           5         9           12         23           6         12           3         6           11         1           3         6           0         1           3         5   
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         1           2         0           0         0           1         1           1         2           0         0           1         1           2         0           0         0           0         1           0         0           0         1           0         1 | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         11           1         1           3         6           0         9 <td< td=""><td>Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           11         22           0         0           11         22           0         0           11         22           0         0           11         22           0         0           1         2           10         0           1         1           0         0           1         2           8         3           5         0           1         2           1         2</td><td>Café         Entrée           30         55           30         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         20           30         55           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           15         30           0         0           15         30           0         0           15         25           15         25           0         0           15         25           0         0           15         25           0         0           10         25           0         0           0         0     <!--</td--><td>Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         680           0         0           340         680           0         0           220         410           0         0           230         460           90         180           220         430           0         0           90         180           50         100           0         0           180         350           100         0           180         350           50         130</td></td></td<>  | Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           11         22           0         0           11         22           0         0           11         22           0         0           11         22           0         0           1         2           10         0           1         1           0         0           1         2           8         3           5         0           1         2           1         2  | Café         Entrée           30         55           30         80           55         110           40         80           55   
     110           40         80           55         110           20         40           0         0           10         20           30         55           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           15         30           0         0           15         30           0         0           15         25           15         25           0         0           15         25           0         0           15         25           0         0           10         25           0         0           0         0 </td <td>Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         680           0         0           340         680           0         0           220         410           0         0           230         460           90         180           220         430           0         0           90         180           50         100           0         0           180         350           100         0           180         350           50         130</td>   | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         680           0         0           340         680           0         0           220         410           0         0           230         460           90         180           220         430           0         0           90         180           50         100           0         0           180         350           100         0           180         350           50         130   |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Fedamame Salad - VG<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Parmesan Cheese - G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Tortilla Strips - VG, G<br>Walnuts - VG, G<br>Wanton Strips - LF, VG   | $\begin{array}{ccccc} 250 & 510 \\ 310 & 620 \\ 270 & 540 \\ 420 & 840 \\ 400 & 800 \\ 360 & 720 \\ 260 & 510 \\ \hline \end{array}$ $\begin{array}{cccc} 100 & 200 \\ 110 & 200 \\ 80 & 160 \\ 190 & 370 \\ \hline 160 & 320 \\ 80 & 170 \\ \hline \end{array}$ $\begin{array}{cccc} 60 & 110 \\ 15 & 30 \\ 40 & 80 \\ 80 & 150 \\ 35 & 70 \\ 60 & 110 \\ 15 & 30 \\ 40 & 80 \\ 80 & 150 \\ 35 & 70 \\ 60 & 120 \\ 60 & 110 \\ 35 & 70 \\ 60 & 120 \\ 60 & 110 \\ 35 & 70 \\ 60 & 120 \\ 60 & 110 \\ 35 & 70 \\ 60 & 120 \\ 60 & 110 \\ 35 & 70 \\ 60 & 120 \\ 60 & 110 \\ 35 & 70 \\ 60 & 120 \\ 60 & 110 \\ 35 & 70 \\ 60 & 120 \\ 60 & 110 \\ 35 & 70 \\ 60 & 120 \\ 60 & 110 \\ 35 & 70 \\ 10 & 25 \\ 50 & 110 \\ 70 & 130 \\ 10 & 25 \\ 80 & 160 \\ 70 & 150 \\ \end{array}$   
  | $\begin{array}{cccccccccccccccccccccccccccccccccccc$  | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         10           15         30           5         10           0         1           0         0           35         7           6         12           0         0           35         10      
    0         1           0         0           30         5           10         0           30         5           10         0           20         0           2.5         5           3         6           0         0           2.5         5           3         6           0         0           2.5         5           3         6           0         0 <t< td=""><td>Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           12.5         5           0         0           0         0           0         0           0         0           0         0           2         3.5           0         0           2         3.5           0         0           2         4.5           0         0           0         0</td><td>Café         Entrée           0         0</td><td>Café         Entrée           28         57           10         22           16         32           38         76           25         50           35         69           13         25           2         5           13         25           2         5           36         13           1         2           6         12           8         16           1         2           5         9           2         4           0         1           9         19           0         1           5         9           12         23           6         12           3         6           12         23           6         12           7         1           3         6           11         1           3         5           11         22           2         3           5         9  </td><td>Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         0           0         0           1         2           0         0           1         2           0         0           1         1           2         0           0         1           1         2           0         0           1         2           1         2           1         2           1         2           1         2           1         2           1         2           1         2</td><td>Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           11         1           3         6           0         0           111         1           3         6           0         0           111         1           3         6           0         0           111         1           3         6           0         0           111         1           3         6           0         0           2         5</td><td>Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           11         22           0         0           11         22           0         0           11         22           0         0           14         7           15         10           0         1           2         3           3         5           0         1           2         3           1         2           1         2           1         2           1         2</td><td>Café         Entrée           30         55           30         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           15         25           0         0           0         0           0         0      0         0           15         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0           <t< td=""><td>Café         Entrée           1370         2740           1300         1330           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         680           0         0           220         430           0         0           340         680           0         0           220         430           0         0           230         460           180         350           0         0           90         180           50         100           0         0           130         350           101         355           102         103           135         70           0         0           555         105</td></t<></td></t<>  | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           12.5         5           0         0           0         0           0         0           0         0           0         0           2         3.5           0         0           2         3.5           0         0           2         4.5           0         0           0         0   
   | Café         Entrée           0         0   | Café         Entrée           28         57           10         22           16         32           38         76           25         50           35         69           13         25           2         5           13         25           2         5           36         13           1         2           6         12           8         16           1         2           5         9           2         4           0         1           9         19           0         1           5         9           12         23           6         12           3         6           12         23           6         12           7         1           3         6           11         1           3         5           11         22           2         3           5         9   
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         0           0         0           1         2           0         0           1         2           0         0           1         1           2         0           0         1           1         2           0         0           1         2           1         2           1         2           1         2           1         2           1         2           1         2           1         2 | Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           11         1           3         6           0         0           111         1           3         6           0         0           111         1           3         6           0         0           111         1           3         6           0         0           111         1           3         6           0         0           2         5  | Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           11         22           0         0           11         22           0         0           11         22           0         0           14         7           15         10           0         1           2         3           3         5           0         1           2         3           1         2           1         2           1         2           1         2  | Café         Entrée           30         55           30         80           55         110           40         80           55   
     110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           15         25           0         0           0         0           0         0      0         0           15         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0 <t< td=""><td>Café         Entrée           1370         2740           1300         1330           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         680           0         0           220         430           0         0           340         680           0         0           220         430           0         0           230         460           180         350           0         0           90         180           50         100           0         0           130         350           101         355           102         103           135         70           0         0           555         105</td></t<>             | Café         Entrée           1370         2740           1300         1330           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         680           0         0           220         430           0         0           340         680           0         0           220         430           0         0           230         460           180         350           0         0           90         180           50         100           0         0           130         350           101         355           102         103           135         70           0         0           555         105                |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Blue Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Corteddar Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Bacon - VG<br>Edamame Salad - VG<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Parmesan Cheese - G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Tortilla Strips - VG, G<br>Walnuts - VG, G<br><b>TRIO / TRIO SIDE SALADS</b><br>For Total Nutritionals add Focaccia Roll  | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           40         80           80         150           35         70           60         110           30         60           410         35           50         100           140         35           50         110           35         70           15         25           50         110           70         130           10         25           80         160           70         150           20         45   
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           50         100           130         270           45         90           130         270           45         90           5         10           0         0           30         60           50         110           0         0           45         90           44         80           10         15           0         0           25         50           0         0           35         70           20         40           0         0           35         70           0         0           35         70           0         0           35         70           30         0           0   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         10           0         40           15         30           5         10           0         1           0         0           3.5         7           6         12           0         0      
    3.5         7           6         12           0         0           2.5         5           3         6           0         0           2.5         5           3         6           0         0           4         8           2         4.5           0         0           4         8           7         15           0         0 <trt>15         0      <trtr></trtr></trt>  | Café         Entrée           1         1.5           1         1.5           1         1.5           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           0         0           0         0           0         0           0         0           2         3.5           0         0           0         0           2         4.5           0         0           0         0           0         0           0         0      0   
   | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         12           8         16           1         2           5         9           2         4           9         19           0         1           9         19           0         1           9         19           0         1           1         2           3         6           12         23           6         12           13         6           0         1           13         6           0         1           13         6           0         1           11         22           2         3  
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         1           2         0           0         0           1         2           0         0           0         1           0         0           0         1           0         0           0         1           1         2           1         2           1         2 | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           11         1           3         6           0         0           13         6           0         0           13         6           0         0           5         9           2         5           0         0           13         6           0         0           13         0           0         0           13         1   | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           11         22           0         0           1         2           0         0           11         22           0         0           15         10           0         1           2         3           7         1           1         1           0         0           1         2           3         7           1         1           0         1           2         8           1<   | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           40         80           55         110           20         40           0         0           0         0           0         0           20         35           0         0           0         0           30         55           0         0           30         55           0         0           15         30           0         0           15         25           15         30           0         0           0         0           0         0           15         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0 <t< td=""><td>Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           210         410           0         0           210         410           0         0           220         410           0         0           230         460           90         180           220         430           90         180           220         430           90         180           220         430           100         0           90         180           50         100           180         350           65         130           5         10           35         70           0         0           55         105</td></t<>    | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           210         410           0         0           210         410           0         0           220         410           0         0           230         460           90         180           220         430           90         180           220         430           90         180           220         430           100         0           90         180           50         100           180         350           65         130           5         10           35         70           0         0           55         105            |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Cheddar Cheese - V, G<br>Cheddar Cheese - V, G<br>Com Salsa<br>Dried Cranberries - LF, VG, G<br>Edamame Salad - VG<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Parmesan Cheese - G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Tartilla Strips - VG, G<br>Walnuts - VG, G<br>Walnuts - VG, G<br>Walnuts - VG, G<br>Walnuts - VG, G<br>Malnuts - VG, G<br>Walnuts - VG, G | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           60         120           60         120           60         120           60         100           30         60           445         90           50         100           15         25           50         110           70         15           25         160           70         150           20         45           20         45           25         170  
   | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           50         100           130         270           45         90           130         270           45         90           5         10           0         0           30         60           50         110           0         0           45         90           10         15           0         0           45         90           40         80           10         15           0         0           25         50           0         0           35         70           20         40           0         0           35         70           130         0           0         0           20   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           6         11           12         40           15         30           5         10           0         1           0         1           0         1           0         0           3.5         7           6         12           0         0           3.5         7           6         12           0         0           2.5         5           3         6           0         0           2.5         5           3         6           0         0           4         8           2         4.5           0         0           4         8           7         15 <t< td=""><td>Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         2           3         6           3         6           0         0           0         0           0         0           2         3.5           0         0           0         0           0         0           0         0           0         0           0         0           0&lt;</td><td>Café         Entrée           0         0           0         0           0         0           0         0           0         0
          0         0           0         0</td><td>Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           0         1           9         19           0         1           5         9           12         23           6         12           3         6           12         23           6         12           7         1           3         6           0         1           3         5           11         22           2         3           5         9           2         3           5         9           1         22</td><td>Café         Entrée           3         7           2         4           3         5           9         4         8           4         8           4         8           4         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           0         1           1         2           0         0           1         2           0         0           1         2           1         2           0         0           1         2           0</td><td>Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           11         1           3         6           0         0           11         1           3         6           0         0           11         1           3         6           0         0           13         6           0         0           11         1           3         6           0         0           1         1           0         0           <t< td=""><td>Café         Entrée           18         36           8         15           17         37           19         37           19         38           5         100           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         1           0         0           1         2           3         5           0         0           1         2           3         5           1         2           1         2           1         2           1         2           2</td><td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           30         55           0         0           15         30           0         0           15         30           0         0           0         0           0         0           15         25           0         0           15         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0</td><td>Café         Entrée           1370         2740           1300         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           230         460           0         0           230         460           90         180           220         430           0         0           230         460           90         180           220         430           0         0           90         180           250         100           0         0           180         350           50         100           5         10           35         70           0         0           55         105           350         105</td></t<></td></t<>     | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         2           3         6           3         6           0         0           0         0           0         0           2         3.5           0         0           0         0           0         0           0         0           0         0           0         0           0<  
  | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           0         1           9         19           0         1           5         9           12         23           6         12           3         6           12         23           6         12           7         1           3         6           0         1           3         5           11         22           2         3           5         9           2         3           5         9           1         22   
  | Café         Entrée           3         7           2         4           3         5           9         4         8           4         8           4         8           4         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           0         1           1         2           0         0           1         2           0         0           1         2           1         2           0         0           1         2           0 | Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           11         1           3         6           0         0           11         1           3         6           0         0           11         1           3         6           0         0           13         6           0         0           11         1           3         6           0         0           1         1           0         0 <t< td=""><td>Café         Entrée           18         36           8         15           17         37           19         37           19         38           5         100           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         1           0         0           1         2           3         5           0         0           1         2           3         5           1         2           1         2           1         2           1         2           2</td><td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           30         55           0         0           15         30           0         0           15         30           0         0           0         0           0         0           15         25           0         0           15         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0</td><td>Café         Entrée           1370         2740           1300         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           230         460           0         0           230         460           90         180           220         430           0         0           230         460           90         180           220         430           0         0           90         180           250         100           0         0           180         350           50         100           5         10           35         70           0         0           55         105           350         105</td></t<>                                      | Café         Entrée           18         36           8         15           17         37           19         37           19         38           5         100           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         1           0         0           1         2           3         5           0         0           1         2           3         5           1         2           1         2           1         2           1         2           2   | Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           30         55           0         0           15         30           0         0           15         30           0         0           0         0           0         0           15         25           0         0           15         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0   
   | Café         Entrée           1370         2740           1300         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           230         460           0         0           230         460           90         180           220         430           0         0           230         460           90         180           220         430           0         0           90         180           250         100           0         0           180         350           50         100           5         10           35         70           0         0           55         105           350         105               |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Blue Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Croutons - VG<br>Edamame Salad - VG<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Parmesan Cheese - Q<br>Tomatoes - Diced - LF, VG, G<br>Parmesan Cheese - V<br>Tomatoes - Diced - LF, VG, G<br>Parmesan Cheese - V<br>Tomatoes - Diced - LF, VG, G<br>Trottila Strips - VG, G<br>Wonton Strips - LF, VG  | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         35           70         60           60         110           35         70           60         110           35         70           60         110           35         70           60         110           35         70           15         25           50         160           70         130           10         25           80         160           70         150           20         45   
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           45         90           130         270           45         90           5         10           0         0           30         60           50         110           0         0           45         90           5         10           0         0           45         90           5         10           0         0           45         90           5         10           0         0           40         80           10         15           0         0           25         50           0         0           35         70           70         130           0         0           0 <t< td=""><td>Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           6         11           12         40           15         30           5         10           0         1           0         1           0         1           0         0           3.5         7           6         12           0         0           3.5         7           6         12           0         0           2.5         5           3         6           0         0           2.5         5           3         6           0         0           2         4.5           0         0           4         8           7         15      0         0           &lt;</td><td>Café         Entrée           1         1.5           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           0         0           0         0           0         0           2         3.5           0         0           2         4.5           0         0           0         0           0         0           0         0           0         0</td><td>Café         Entrée           0         0</td><td>Café         Entrée           28         57           10         21           16         32           38         76           25         50           35         69           13         25           2         5           13         25           2         5           35         69           13         25           2         5           3         16           1         2           6         12           8         16           1         2           4         0           1         2           5         9           12         23           6         12           3         6           12         23           6         12           13         6           12         23           6         12           1         1           3         5           11         22           2         3           5         9      <t< td=""><td>Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           1         2           1         2           1         2           1         2           1         2           1         2           1         2</td><td>Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           11         1           3         6           0         0           2         5           0         0           2         5           0         0</td><td>Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           11         22           0         0           11         22           0         1           2         10           0         1           4         9           1         2           1         2           1         2           1         2           1         2           1         2           1         2           1         2           1         2           2         3           5</td></t<><td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           15         30           0         0           15         25           0         0           15         25           0         0           10         25           0         0           0         0           0         0           0         0      0         0</td><td>Café         Entrée           1370         2740           1300         1330           1350         2710           750         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           220         410           0         0           340         680           0         0           220         430           0         0           90         180           220         430           0         0           90         180           50         100           0         0           180         350           180         350           180         350           1935         70           0         0           35         105&lt;</td></td></t<> | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           6         11           12         40           15         30           5         10           0         1           0         1           0         1           0         0           3.5         7      
    6         12           0         0           3.5         7           6         12           0         0           2.5         5           3         6           0         0           2.5         5           3         6           0         0           2         4.5           0         0           4         8           7         15      0         0           <   | Café         Entrée           1         1.5           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           0         0           0         0           0         0           2         3.5           0         0           2         4.5           0         0           0         0           0         0           0         0           0         0   
   | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           16         32           38         76           25         50           35         69           13         25           2         5           13         25           2         5           35         69           13         25           2         5           3         16           1         2           6         12           8         16           1         2           4         0           1         2           5         9           12         23           6         12           3         6           12         23           6         12           13         6           12         23           6         12           1         1           3         5           11         22           2         3           5         9 <t< td=""><td>Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           1         2           1         2           1         2           1         2           1         2           1         2           1         2</td><td>Café         Entrée           16         32           15         29    
      10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           11         1           3         6           0         0           2         5           0         0           2         5           0         0</td><td>Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           11         22           0         0           11         22           0         1           2         10           0         1           4         9           1         2           1         2           1         2           1         2           1         2           1         2           1         2           1         2           1         2           2         3           5</td></t<> <td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           15         30           0         0           15         25           0         0           15         25           0         0           10         25           0         0           0         0           0         0           0         0      0         0</td> <td>Café         Entrée           1370         2740           1300         1330           1350         2710           750         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           220         410           0         0           340         680           0         0           220         430           0         0           90         180           220         430           0         0           90         180           50         100           0         0           180         350           180         350           180         350           1935         70           0         0           35         105&lt;</td>  | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           1         2           1         2           1         2           1         2           1         2           1         2           1         2 | Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           11         1           3         6           0         0           2         5           0         0           2         5           0         0  | Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           11         22           0         0           11         22           0         1           2         10           0         1           4         9           1         2           1         2           1         2           1         2           1         2           1         2           1         2           1         2           1         2           2         3           5  | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           15         30           0         0           15         25           0         0           15         25           0         0           10         25           0         0           0         0           0         0           0         0      0         0   | Café         Entrée           1370         2740           1300         1330           1350         2710           750         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           220         410           0         0           340         680           0         0           220         430           0         0           90         180           220         430           0         0           90         180           50         100           0         0           180         350           180         350           180         350           1935         70           0         0           35         105<         |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Blue Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Goat Cheese - V, G<br>Coroutons - VG<br>Edamame Salad - VG<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Parmesan Cheese - G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Tortilla Strips - VG, G<br>Wonton Strips - LF, VG<br>TRIO / TRIO SIDE SALADS<br>For Total Nutritionals add Focaccia Roll<br>Mixed Greens w/dressing (garnish) - VG<br>Caesar Salad<br>Mixed Greens Salad w/dressing - V<br><b>Salad Dressings - Subtract to customize</b><br>Caesar - G   | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         35           70         60           60         110           35         70           60         110           35         70           60         110           35         70           60         110           35         70           15         25           50         160           70         130           10         25           80         160           70         150           20         45           25         170           100         25           107         100   
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           50         100           130         270           45         90           130         270           45         90           5         10           0         0           30         60           50         110           0         0           45         90           5         10           0         0           45         90           5         10           0         0           40         80           10         15           0         0           25         50           0         0           25         50           0         0           35         70           70         130           0   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           6         11           12         30           5         10           0         1           0         1           0         1           0         1           0         1           0         1          
0         1           0         0           3.5         7           6         12           0         0           2.5         5           3         6           0         0           2.5         5           3         6           0         0           4         8           7         15           0         0           4         8           7         15  | Café         Entrée           1         1.5           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0.55         1           2.5         5           0         0           0.5         1           2.5         5           0         0           0         0           0         0           0         0           0         0           1         0           0         0           0         0           1.5         0           0         0           2         4.5           0         0           0         0           0         0           0         0  
   | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           122         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           4         0           1         2           6         12           8         16           1         2           4         0           1         2           5         9           12         23           6         12           3         6           17         1           3         6           10         1           3         5           11         22           2         3           5         9           11         22           2         3  
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           1         2           1         2           0         0           1         2           1         2           1         2           1         2           1         2           1         2           1         2           1         2 | Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           111         1           3         6           0         0           11         1           3         6           0         0           1         1           3         6           0         0           0         0 <td< td=""><td>Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         1           2         3           1         1           0         1           2         3           1         2           3         5           0         1           2         3           1         2           3         5           0         1           2         3           1         2           2</td><td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           0         0           0         0           15         25           0         0           0         0           15         25           0         0           0         0           0         0           0         0           0         0           0         0      <tr< td=""><td>Café         Entrée           1370         2740           1300         1330           1350         2710           750         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           220         430           0         0           230         460           90         180           220         430           0         0           90         180           220         430           0         0           90         180           50         100           0         0           180         350           103         5           103         5           103         5           103         105           5         105</td></tr<></td></td<>            | Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         1           2         3           1         1           0         1           2         3           1         2           3         5           0         1           2         3           1         2           3         5           0         1           2         3           1         2           2   | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           0         0           0         0           15         25           0         0           0         0           15         25           0         0           0         0           0         0           0         0           0         0           0         0 <tr< td=""><td>Café         Entrée           1370         2740           1300         1330           1350         2710           750         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           220         430           0         0           230         460           90         180           220         430           0         0           90         180           220         430           0         0           90         180           50         100           0         0           180         350           103         5           103         5           103         5           103         105           5         105</td></tr<> | Café         Entrée           1370         2740           1300         1330           1350         2710           750         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           220         430           0         0           230         460           90         180           220         430           0         0           90         180           220         430           0         0           90         180           50         100           0         0           180         350           103         5           103         5           103         5           103         105           5         105          |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Cheddar Cheese - V, G<br>Cheddar Cheese - V, G<br>Cheddar Cheese - V, G<br>Croutons - VG<br>Edamame Salad - VG<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Wonton Strips - LF, VG<br>Wonton Strips - LF, VG<br><b>Total Nutritionals add Focaccia Roll</b><br>Mixed Greens Valdressing (v<br><b>Salad Dressings - Subtract to customize</b><br>Caesar - G<br>House Dressing (Carnish) - VG<br><b>Caesar Salad</b><br>Mixed Greens Salad w/dressing - V<br><b>Salad Dressings - Subtract to customize</b><br>Caesar - G<br>House Dressing (JG, G<br>Asian Edamame Salad - VG  | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           40         80           80         150           35         70           60         110           35         70           60         120           60         103           35         70           15         25           50         100           15         25           50         110           70         130           10         25           80         160           70         150           20         45           Calories           25         170      <   
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           50         100           130         270           45         90           130         270           45         90           5         10           0         0           30         60           50         110           0         0           30         60           50         110           0         0           45         90           40         80           10         15           0         0           25         50           0         0           35         70           20         40           0         0           35         70           130         0           140         70           10 <td>Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         10           15         30           5         10           0         1           0         0           35         7           6         12           0         0           35         70           4.5         9           1         2           0         0           2.5         5           3         6           0         0           2.5         5           3         6           0         0           4.8         7           15         7           15         7           12         6           2.5         5</td> <td>Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         0           0         0           0         0           0         0           0         0           0         0           0<td>Café         Entrée           0         0</td><td>Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         12           8         16           1         2           5         9           2         4           1         2           5         9           2         4           1         2           5         9           2         4           1         2           5         9           1         2           3         6           12         23           6         12           3         6           1         2           3         6           1         2           3         9           1         2           2         3           5         9           <td< td=""><td>Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           0         1           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           0         0</td><td>Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         3           6         0           1         3           6         0           0         0           1         3           6         0           0         0           1         3           6         0           10         0           11         1           1         1           4         1           1</td><td>Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         1           2         3           1         2           3         5           0         1           2         3           1         2           1         2           3         5           0         1           2         3           1         2           2</td><td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         25           15         30           0         0           0         0           0         0           0         0           10         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0</td><td>Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         660           90         180           0         0           340         630           0         0           90         180           90         180           90         180           90         180           90         180           90         180           90         180           90         130           5         100           35         70           0         0           55         105           340         290           340         290<!--</td--></td></td<></td></td>  | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         10           15         30           5         10           0         1           0         0           35         7           6         12           0         0           35         70      
    4.5         9           1         2           0         0           2.5         5           3         6           0         0           2.5         5           3         6           0         0           4.8         7           15         7           15         7           12         6           2.5         5  | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         0           0         0           0         0           0         0           0         0           0         0           0 <td>Café         Entrée           0         0</td> <td>Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         12           8         16           1         2           5         9           2         4           1         2           5         9           2         4           1         2           5         9           2         4           1         2           5         9           1         2           3         6           12         23           6         12           3         6           1         2           3         6           1         2           3         9           1         2           2         3           5         9           <td< td=""><td>Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           0         1           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           0         0</td><td>Café         Entrée           16
        32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         3           6         0           1         3           6         0           0         0           1         3           6         0           0         0           1         3           6         0           10         0           11         1           1         1           4         1           1</td><td>Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         1           2         3           1         2           3         5           0         1           2         3           1         2           1         2           3         5           0         1           2         3           1         2           2</td><td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         25           15         30           0         0           0         0           0         0           0         0           10         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0</td><td>Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         660           90         180           0         0           340         630           0         0           90         180           90         180           90         180           90         180           90         180           90         180           90         180           90         130           5         100           35         70           0         0           55         105           340         290           340         290<!--</td--></td></td<></td>  | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         12           8         16           1         2           5         9           2         4           1         2           5         9           2         4           1         2           5         9           2         4           1         2           5         9           1         2           3         6           12         23           6         12           3         6           1         2           3         6           1         2           3         9           1         2           2         3           5         9 <td< td=""><td>Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           0         1           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           0         0</td><td>Café         Entrée           16         32           2         5           15      
  29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         3           6         0           1         3           6         0           0         0           1         3           6         0           0         0           1         3           6         0           10         0           11         1           1         1           4         1           1</td><td>Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         1           2         3           1         2           3         5           0         1           2         3           1         2           1         2           3         5           0         1           2         3           1         2           2</td><td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         25           15         30           0         0           0         0           0         0           0         0           10         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0</td><td>Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         660           90         180           0         0           340         630           0         0           90         180           90         180           90         180           90         180           90         180           90         180           90         180           90         130           5         100           35         70           0         0           55         105           340         290           340         290<!--</td--></td></td<>                                       | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           0         1           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           0         0 | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         3           6         0           1         3           6         0           0         0           1         3           6         0           0         0           1         3           6         0           10         0           11         1           1         1           4         1           1   | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         1           2         3           1         2           3         5           0         1           2         3           1         2           1         2           3         5           0         1           2         3           1         2           2  | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         25           15         30           0         0           0         0           0         0           0         0           10         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0   | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         660           90         180           0         0           340         630           0         0           90         180           90         180           90         180           90         180           90         180           90         180           90         180           90         130           5         100           35         70           0         0           55         105           340         290           340         290 </td      |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Blue Cheese - V, G<br>Cheddar Cheese - V, G<br>Cheddar Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Edamame Salad - VG<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Tartilla Strips - VG, G<br>Walnuts -   | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           40         80           80         150           35         70           60         120           60         120           60         120           60         100           315         70           15         25           50         100           15         25           50         110           70         150           20         45           25         170           100         25           110         60   
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           50         100           130         270           45         90           130         270           45         90           5         10           0         0           30         60           50         110           0         0           45         90           10         15           0         0           45         90           40         80           10         15           0         0           25         50           0         0           35         70           20         40           0         0           35         70           130         0           0         0           20   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           6         11           12         40           15         30           5         10           0         1           0         1           0         0           3.5         7           6         12           0         0           3.5         7           6         12           0         0           3.5         7           6         12           0         0           2.5         5           3         6           0         0           2.5         5           3         6           0         0           4.8         7           15         7           7         15   
  | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         0           0         0           0         0           0         0           0         0           0         0           0 </td <td>Café         Entrée           0         0</td> <td>Café         Entrée           28         57           10         221           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           0         1           9         19           0         1           9         19           0         1           5         9           12         23           6         12           3         6           12         23           6         12           1         1           3         6           1         2           3         5           11         22           2         3           5         9           1         22</td> <td>Café         Entrée           3         7           2         4           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         1           2         0           0         1           1         2           0         0           1         2           1         2           1         2           1         2           1         2           1         2           1         2           1         2</td> <td>Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           1         1           4         1           2         1</td> <td>Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1    
    2           0         0           11         2           0         0           1         1           0         0           1         1           0         1           1         2           3         5           0         1           2         3           1         2           1         2           1         2           1         2           1         2           1         2           2</td> <td>Café         Entrée           30         55           30         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           0         0           0         0           15         25           0         0           0         0           15         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0      <t< td=""><td>Café         Entrée           1370         2740           1300         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         680           0         0           340         680           0         0           210         410           0         0           230         460           90         180           220         430           0         0           90         180           220         430           0         0           180         350           50         100           0         0           180         350           55         10           35         70           0         0     &lt;</td></t<></td>   | Café         Entrée           0         0   | Café         Entrée           28         57           10         221           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           0         1           9         19           0         1           9         19           0         1           5         9           12         23           6         12           3         6           12         23           6         12           1         1           3         6           1         2           3         5           11         22           2         3           5         9           1         22  
   | Café         Entrée           3         7           2         4           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         1           2         0           0         1           1         2           0         0           1         2           1         2           1         2           1         2           1         2           1         2           1         2           1         2 | Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           1         1           4         1           2         1   | Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           11         2           0         0           1         1           0         0           1         1           0         1           1         2           3         5           0         1           2         3           1         2           1         2           1         2           1         2           1         2           1         2           2  | Café         Entrée           30         55           30         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           0         0           0         0           15         25           0         0           0         0           15         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0 <t< td=""><td>Café         Entrée           1370         2740           1300         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         680           0         0           340         680           0         0           210         410           0         0           230         460           90         180           220         430           0         0 
         90         180           220         430           0         0           180         350           50         100           0         0           180         350           55         10           35         70           0         0     &lt;</td></t<>   | Café         Entrée           1370         2740           1300         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         680           0         0           340         680           0         0           210         410           0         0           230         460           90         180           220         430           0         0           90         180           220         430           0         0           180         350           50         100           0         0           180         350           55         10           35         70           0         0     <              |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Berry Grape Mix - LF, VG, G<br>Berry Grape Mix - LF, VG, G<br>Com Salsa<br>Dried Cranberries - LF, VG, G<br>Com Salsa<br>Dried Cranberries - LF, VG, G<br>Goat Cheese - V, G<br>Com Salsa<br>Dried Cranberries - LF, VG, G<br>Parmesan Cheese - G<br>Sweet Crisp Pieces - V<br>Mandarin Oranges - LF, VG, G<br>Tortilla Strips - VG, G<br>Wonton Strips - LF, VG, G<br>Wonton Strips - LF, VG<br><b>TRIO / TRIO SIDE SALADS</b><br><b>For Total Nutritionals add Focaccia Roll</b><br>Mixed Greens Salad w/dressing (agrnish) - VG<br>Caesar Salad<br>Mixed Greens Salad w/dressing - V<br><b>Salad Dressings - Subtract to customize</b><br>Caesar - G<br>House Dressing - VG, G<br>Valanuts - VG, G<br>Valanuts - VG, G<br>Wanton Strips - LF, VG  | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           40         80           80         150           35         70           60         120           60         110           35         70           15         25           50         100           15         25           50         110           70         150           20         45           20         45           20         45           2170         100           110         60           70         150           20         45           25         170   
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           5         100           130         270           45         90           130         270           45         90           5         10           0         0           30         60           50         110           0         0           45         90           30         60           50         110           0         0           45         90           40         80           10         15           0         0           25         50           0         0           35         70           20         40           0         0           35         70           0         0           20   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           6         11           12         40           15         30           5         10           0         1           0         1           0         0           3.5         7           6         12     
     0         0           3.5         7           6         12           0         0           3.5         7           6         12           0         0           2.5         5           3         6           0         0           4         8           2         4.5           0         0           4         8           7         15           0         0      <  | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         0           0         0           0         0           0         0           0         0           0         0           0 </td <td>Café         Entrée           0         0</td> <td>Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           0         1           9         19           0         1           9         199           0         1           5         9           12         23           6         12           3         6           12         23           6         12           13         6           0         1           1         1           3         5           11         22           2         3           5         9           1         2</td> <td>Café         Entrée           3         7           2         4           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         1           2         1           1         2           1         2           1         2           1         2           1        
2           1         2           1         2           1         2           1         2</td> <td>Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           11         1           3         6           0         0           11         1           3         6           0         0           1         1           3         6           0         0           1         1</td> <td>Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           11         2           0         0           1         1           0         0           1         1           0         1           2         3           5         0           1         2           3         5           0         1           2         3           1         2           1         2           2         3           1         2           2</td> <td>Café         Entrée           30         55           30         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           15         30           0         0           0         0           0         0      0         0      15         0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0</td> <td>Café         Entrée           1370         2740           1230         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         680           0         0           340         680           0         0           340         680           0         0           340         680           0         0           135         100           0         0           180         350           100         0           135         70           0         0           135         70           0         0           135         70           0         0           100         200     &lt;</td>  | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           0         1           9         19           0         1           9         199           0         1           5         9           12         23           6         12           3         6           12         23           6         12           13         6           0         1           1         1           3         5           11         22           2         3           5         9           1         2  
   | Café         Entrée           3         7           2         4           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         1           2         1           1         2           1         2           1         2           1         2           1         2           1         2           1         2           1         2           1         2 | Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           11         1           3         6           0         0           11         1           3         6           0         0           1         1           3         6           0         0           1         1  | Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           11         2           0         0           1         1           0         0           1         1           0         1           2         3           5         0           1         2           3         5           0         1           2         3           1         2           1         2           2         3           1         2           2  | Café         Entrée           30         55           30         80           55         110           40         80           55   
     110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           15         30           0         0           0         0           0         0      0         0      15         0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0  | Café         Entrée           1370         2740           1230         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           340         680           0         0           340         680           0         0           340         680           0         0           340         680           0         0           135         100           0         0           180         350           100         0           135         70           0         0           135         70           0         0           135         70           0         0           100         200     <               |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br>Salad Dressings - Subtract to customize<br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br>Salad Toppings - Subtract to customize<br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Blue Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Courdons - VG<br>Edamame Salad - VG<br>Goat Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Parmesan Cheese - G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Tortilla Strips - VG, G<br>Walnuts - VG, G<br>Walnuts - VG, G<br>Wanton Strips - LF, VG<br>TRIO / TRIO SIDE SALADS<br>For Total Nutritionals add Focaccia Roll<br>Mixed Greens Salad w/dressing - V<br>Salad Dressing - VG, G<br>Asian Edamame Salad - VG<br>Caesar - G<br>House Dressing - VG, G<br>Asian Edamame Salad - VG<br>Cavatappi Pasta Salad - V<br>D.C. Chicken Salad - G<br>Hummus - VG<br>Seasonal Fruit Medley - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G   | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           40         80           80         150           35         70           60         110           30         60           45         90           50         100           70         130           10         25           80         160           70         150           20         45           Calories           25         170           100         25           100         70           110         60           70         150           20         45   
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           45         90           130         270           45         90           5         10           0         0           30         60           50         110           0         0           30         60           50         110           0         0           45         90           40         80           10         15           0         0           25         50           0         0           35         70           20         40           0         0           35         70           110         50           25         50           0         0           110         50           25   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         22           5         11           20         40           15         30           5         10           0         1           0         0           3.5         7           6         12           0         0     
     3.5         7           6         12           0         0           2.5         5           3         6           0         0           2.5         5           3         6           0         0           4         8           7         15           0         0           4         8           7         15           0         0           2         15 <t< td=""><td>Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         0           0         0           0         0           0         0           0         0           3         1           2         0.5           0.5&lt;</td><td>Café         Entrée           0         0</td><td>Café         Entrée           28         57           10         21           22         21           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           5         9           2         4           1         2           5         9           2         4           9         19           0         1           9         19           0         1           9         19           0         1           1         2           3         6           0         1           1         2           3         5           9         1           2         3           5         9           1         2           3         5           9         16           14         36           &lt;</td><td>Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         1           1         2           1         2           0         1           1         2           0         0           1         2           0         0           1         2           0         0           1         2</td><td>Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           1         1           1         1           2         5           3         3           3</td></t<> <td>Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           0         0           1         22           0         0           1         22           0         0           1         22           0         0           1         22           0         0           1         2           3         7           1         2           3         7           1         2           8         3           1         2           3         1           2         3           1         2           2         3           1         2           2<td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           15         25           15         30           0         0           0         0           0         0           0         0           0         0           110         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0</td><td>Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           940         1870           940         1870           940         1680           370         750           210         420           340         670           340         670           560         1120           210         410           0         0           200         410           0         0           130         680           0         0           90         180           220         430           0         0           90         180      90         180           90         180           90         180           90         180           90         100           0         0           180         350           65         130           55         105     <!--</td--></td></td> | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         0           0         0           0         0           0         0           0         0           3         1           2         0.5           0.5<   
   | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           22         21           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           5         9           2         4           1         2           5         9           2         4           9         19           0         1           9         19           0         1           9         19           0         1           1         2           3         6           0         1           1         2           3         5           9         1           2         3           5         9           1         2           3         5           9         16           14         36           <  
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         1           1         2           1         2           0         1           1         2           0         0           1         2           0         0           1         2           0         0           1         2 | Café         Entrée           16         32           2         5           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           1         1           1         1           2         5           3         3           3  | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           0         0           1         22           0         0           1         22           0         0           1         22           0         0           1         22           0         0           1         2           3         7           1         2           3         7           1         2           8         3           1         2           3         1           2         3           1         2           2         3           1         2           2 <td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           15         25           15         30           0         0           0         0           0         0           0         0           0         0           110         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0</td> <td>Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           940         1870           940         1870           940         1680           370         750           210         420           340         670           340         670           560         1120           210         410           0         0           200         410           0         0           130         680           0         0           90         180           220         430           0         0           90         180      90         180           90         180           90         180           90         180           90         100           0         0           180         350           65         130           55         105     <!--</td--></td>                  | Café         Entrée           30         55           30         60           40         80           55         110           40   
     80           55         110           40         80           55         110           20         40           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           15         25           15         30           0         0           0         0           0         0           0         0           0         0           110         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0  | Café         Entrée           1370         2740           610         1230           700         1390           1350         2710           750         1500           940         1870           940         1870           940         1870           940         1680           370         750           210         420           340         670           340         670           560         1120           210         410           0         0           200         410           0         0           130         680           0         0           90         180           220         430           0         0           90         180      90         180           90         180           90         180           90         180           90         100           0         0           180         350           65         130           55         105 </td        |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Coutons - VG<br>Coutons - VG<br>Edamame Salad - VG<br>Goat Cheese - V, G<br>Croutons - VG<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Tomatoes - Diced - LF, VG, G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Trotill Strips - VG, G<br>Walnuts - VG, G<br>Walnuts - VG, G<br>Wanton Strips - LF, VG<br><b>TRIO / TRIO SIDE SALADS</b><br><b>For Total Nutritionals add Focaccia Roll</b><br>Mixed Greens w/dressing (garnish) - VG<br>Caesar Salad<br>Mixed Greens Salad v/G<br>Caesar - G<br>House Dressing - Subtract to customize<br>Caesar - G<br>House Dressing - VG, G<br>Salad Dressing - VG, G<br>Asian Edamame Salad - VG<br>Cavatapi Pasta Salad - VG<br>Cavatapi Pas  | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           40         80           80         150           35         70           60         110           30         60           45         90           50         100           140         35           35         70           15         25           50         110           70         130           10         25           80         160           70         150           20         45           25         170           100         25           170         100   
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           50         100           130         270           45         90           130         270           45         90           5         10           0         0           30         60           50         110           0         0           45         90           45         90           5         10           0         0           45         90           40         80           10         15           0         0           25         50           0         0           35         70           20         40           0         0           35         70           0         0           20  | Café         Entrée           9         17           27         50           30         60           20         41           22         43           11         22           6         11           11         22           6         11           11         22           6         11           12         30           5         10           0         1           00         1           0         1           0         1           0         1           0         0           3.5         7           6         12           0         0           3.5         7           6         12           0         0           2.5         5           3         6           0         0           2         4.5           0         0           4         8           7         15           7         12           6         2.5      <   
  | Café         Entrée           1         1.5           1         1.5           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           0         0           2         3.5           0         0           2         3.5           0         0           2         3.5           0         0           2         3.5           0         0           3         1           0         0   
   | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           122         42           16         32           38         76           25         50           35         69           13         25           2         5           2         5           35         69           13         25           2         5           6         12           8         16           1         2           6         12           8         16           1         2           5         9           12         23           6         12           3         6           10         1           5         9           12         23           6         12           13         6           14         3           5         9           1         2           3         5           9         1           16           14 </td <td>Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           0         0           2         &lt;</td> <td>Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           1         1           3         6           0         0           5         9           2         5           0         0           1         1           2         5           0         0           0         0           1&lt;</td> <td>Café         Entrée           18         36           17         33           22         44           19         37           19
        38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           11         22           0         0           1         1           0         0           1         1           0         1           1         2           3         5           0         1           2         8           3         5           0         1           2         2           1         2           1         2           2         3           1&lt;</td> <td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           15         30           0         0           15         30           0         0           15         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0</td> <td>Café         Entrée           1370         2740           1300         1330           1350         2710           750         1500           940         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           510         410           0         0           210         410           0         0           210         410           0         0           340         680           0         0           220         430           0         0           90         180           220         430           0         0           90         180           250         100           0         0           180         350           65         130           5         10           35         70           0         0           55         105     </td>                                    | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           0         0           2         < | Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           1         1           3         6           0         0           5         9           2         5           0         0           1         1           2         5           0         0           0         0           1<   | Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           11         22           0         0           1         1           0         0           1         1           0         1           1         2           3         5           0         1           2         8           3         5           0         1           2         2           1         2           1         2           2         3           1<  | Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           15         30           0         0           15         30           0         0           15         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0  
  | Café         Entrée           1370         2740           1300         1330           1350         2710           750         1500           940         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           510         410           0         0           210         410           0         0           210         410           0         0           340         680           0         0           220         430           0         0           90         180           220         430           0         0           90         180           250         100           0         0           180         350           65         130           5         10           35         70           0         0           55         105                      |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br>Salad Dressings - Subtract to customize<br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br>Salad Toppings - Subtract to customize<br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Blue Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Courdons - VG<br>Edamame Salad - VG<br>Goat Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Parmesan Cheese - G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Tortilla Strips - VG, G<br>Walnuts - VG, G<br>Walnuts - VG, G<br>Wanton Strips - LF, VG<br>TRIO / TRIO SIDE SALADS<br>For Total Nutritionals add Focaccia Roll<br>Mixed Greens Salad w/dressing - V<br>Salad Dressing - VG, G<br>Asian Edamame Salad - VG<br>Caesar - G<br>House Dressing - VG, G<br>Asian Edamame Salad - VG<br>Cavatappi Pasta Salad - V<br>D.C. Chicken Salad - G<br>Hummus - VG<br>Seasonal Fruit Medley - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G   | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           40         80           80         150           35         70           60         110           30         60           45         90           50         100           140         35           35         70           15         25           50         110           70         130           10         25           80         160           70         150           20         45           25         170           100         10           20         45   
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           45         90           180         360           130         270           45         90           5         10           0         0           30         60           50         110           0         0           45         90           45         90           5         10           0         0           45         90           40         80           10         15           0         0           25         50           0         0           35         70           20         40           0         0           35         70           0         0           20         140           70  | Café         Entrée           9         17           27         50           30         60           20         41           22         43           11         22           6         11           11         21           5         10           0         40           15         30           5         10           0         1           0         1           0         1           0         1           0         1           0         1          
0         1           0         0           3.5         7           6         12           0         0           2.5         5           3         6           0         0           2         4.5           0         0           4         8           7         15           0         0           4         8           7         15           0         0   | Café         Entrée           1         1.5           1         1.5           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           2         3.5           0         0           2         3.5           0         0           2         3.5           0         0           3         1           0         0           3         1           0         0      <   
  | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           122         42           16         32           38         76           25         50           35         69           13         25           2         5           2         5           35         69           13         25           2         5           6         12           8         16           1         2           6         12           8         16           1         2           5         9           12         23           6         12           3         6           10         1           5         9           12         23           6         12           3         5           11         21           3         5           11         21           3         5           9         1           1         2      <   
  | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0 | Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           11         1           3         6           0         0           1         1           3         6           0         0           1         1           4         1           2         5           0         0           1   | Café         Entrée           18         36           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           11         22           0         1           2         3           3         7           1         1           0         0           1         2           3         5           0         1           2         8           3         5           0         1           1         2           1         2           1         2           1         2           1<  | Café         Entrée           30         55           30         60           40         80           55         110           40  
      80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         355           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           0         0           0         0           15         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0  | Café         Entrée           1370         2740           1230         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           220         410           0         0           340         680           0         0           90         180           220         430           0         0           90         180           220         430           0         0           150         100           0         0           180         350           65         130           55         105           35         70           0         0           250         105           200         200              |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressing s - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Blue Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Goat Cheese - V, G<br>Cortadar Cheese - V, G<br>Coroutons - VG<br>Edamame Salad - VG<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Tortilla Strips - VG, G<br>Wonton Strips - LF, VG, G<br>Wonton Strips - LF, VG<br><b>TRIO / TRIO SIDE SALADS</b><br><b>For Total Nutritionals add Focaccia Roll</b><br>Mixed Greens w/dressing (garnish) - VG<br>Caesar Salad<br>Mixed Greens Salad - VG<br>Caesar - G<br>House Dressing - VG, G<br>Xalad Dressing - UF, VG, G<br>Tortila Strips - VG, G<br>Wonton Strips - LF, VG, G<br>Tortila Strips - VG, G<br>Wonton Strips - LF, VG<br><b>TRIO / TRIO SIDE SALADS</b><br><b>For Total Nutritionals add Focaccia Roll</b><br>Mixed Greens W/dressing (garnish) - VG<br>Caesar Salad<br>Mixed Greens Salad - VG<br>Cavatappi Pasta Salad - V<br>D.C. Chicken Salad - VG<br>Cavatappi Pasta Salad - V<br>D.C. Chicken Salad - VG<br>Seasonal Fruit Medley - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Reisonal Fruit Medley - LF, VG, G<br>Pico Reisonal Fruit Medley - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Reisonal Fruit Medley - LF, VG, G<br>Pico Reisonal Fruit Medley - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Reisonal Fruit Medley - LF, VG, G<br>Pico Reiso  | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           60         100           35         70           60         110           35         70           60         110           30         60           445         90           50         110           35         70           15         25           50         110           70         130           10         25           80         160           70         150           20         45           210         25           170         100           100         20  
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           50         100           130         270           45         90           130         270           45         90           5         10           0         0           30         60           50         110           0         0           45         90           5         10           0         0           45         90           50         110           0         0           45         90           45         90           25         50           0         0           25         50           0         0           35         70           30         0           0         0           25  | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           11         21           5         10           15         30           5         10           0         1           0         1           0         1           0         1           0         1           0         1          
0         1           0         0           3.5         7           6         12           0         0           2.5         5           3         6           0         0           2.5         5           3         6           0         0           4         8           7         15           0         0           4         8           7         15  | Café         Entrée           1         1.5           1         1.5           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           0         0           2         3.5           0         0           2         4.5           0         0           10         0           0         0           3         1           2         0.5           0         3           1.5  
   | Café         Entrée           0         0           0   | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           35         69           13         25           2         5           6         12           8         16           1         2           6         12           8         16           1         2           9         19           0         1           9         19           0         1           5         9           12         23           6         12           3         6           11         21           3         5           11         22           2         3           5         9           16         14           36         15           15         2   
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         8           4         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         1           2         3           0         0           1         2           0         0           1         2           1         2           1         2           1         2           1         2           1         2           2         2           2         2           2         2           2         3           0         3           0           | Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           7         13           0         1           4         8           0         0           7         15           0         0           1         2           5         10           7         13           0         1           2         9           18         0           0         0           1         1           3         6           0         0           11         1           3         6           0         0           11         1           3         6           0         0           1         1           3         8           3         8 <t< td=""><td>Café         Entrée           18         36           18         15           17         33           22         44           19         37           19         38           5         10           1         3           1         20           0         0           1         21           0         0           1         22           0         0           1         22           0         0           1         21           0         0           1         1           0         0           1         21           2         3           1         2           3         5           0         1           4         9           1         2           1         2           3         5           0         1           2         3           1         2           1         2           1         2           1</td><td>Café         Entrée           30         55           30         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           0         0           0         0           10         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      &lt;</td><td>Café         Entrée           1370         2740           1320         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           210         420           340         670           560         1120           210         410           0         0           340         680           0         0           340         680           0         0           340         680           0         0           350         100           0         0           180         350           103         350           135         70           0         0           250         105           340         290           220         240           680         500           380         <t< td=""></t<></td></t<> | Café         Entrée           18         36           18         15           17         33           22         44           19         37           19         38           5         10           1         3           1         20           0         0           1         21           0         0           1         22           0         0           1         22           0         0           1         21           0         0           1         1           0         0           1         21           2         3           1         2           3         5           0         1           4         9           1         2           1         2           3         5           0         1           2         3           1         2           1         2           1         2           1   | Café         Entrée           30         55           30         80           55         110           40         80           55   
     110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           0         0           0         0           10         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      <  | Café         Entrée           1370         2740           1320         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           210         420           340         670           560         1120           210         410           0         0           340         680           0         0           340         680           0         0           340         680           0         0           350         100           0         0           180         350           103         350           135         70           0         0           250         105           340         290           220         240           680         500           380 <t< td=""></t<> |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br>Salad Dressings - Subtract to customize<br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br>Salad Toppings - Subtract to customize<br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Blue Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Coutons - VG<br>Edamame Salad - VG<br>Goat Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Parmesan Cheese - G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Tortilla Strips - VG, G<br>Walnuts - VG, G<br>Caesar Salad<br>Mixed Greens Suldar (J<br>Mixed Greens Salad - VG<br>Caesar - G<br>House Dressing - VG, G<br>Asian Edamame Salad - VG<br>Cavatappi Pasta Salad - V<br>D.C. Chicken Salad - VG<br>Cavatappi Pasta Salad - V<br>D.C. Chicken Salad - G<br>Hummus - VG<br>Seasonal Fruit Medley - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Tuna Salad - G<br>SOUPS<br>For Total Nutritionals add Focaccia Roll<br>Big Al's Chili w/Cheddar Cheese<br>Cheddar Broccoli<br>Mom's Chicken Noodle  | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           40         80           80         150           35         70           60         110           35         70           60         120           60         120           60         120           60         120           60         120           60         120           15         25           50         110           70         130           10         25           80         160           70         150           20         45           25         170  
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           50         100           130         270           45         90           130         270           45         90           5         10           0         0           30         60           50         110           0         0           45         90           45         90           40         80           10         15           0         0           25         50           0         0           35         70           20         40           0         0           25         50           0         0           35         70           10         0           20         140           70   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           12         40           15         10           0         1           20         40           15         30           5         10           0         1           0         1           0         1           0         1           0         1           0         1           0         1           11         2           0         0           3.5         7           6         12           0         0           2.5         5           3         6         
 0         0           4         8           7         15           0         0           2         15           7         12   | Café         Entrée           1         1.5           1         1.5           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           2         3.5           0         0           2         3.5           0         1           0         0           2         3.5           0         1.5           0.5         1.5           0.5         0           0         1.5 </td <td>Café         Entrée           0         0</td> <td>Café         Entrée           28         57           10         221           16         32           38         76           25         50           35         69           13         25           2         5           2         5           35         69           13         25           2         5           35         10           1         2           6         12           8         16           1         2           6         12           8         16           1         2           9         19           0         1           5         9           12         23           6         12           1         1           3         6           12         23           6         12           1         1           3         5           11         22           3         5           1         2      <t< td=""><td>Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         8           4         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           0         0</td><td>Café         Entrée           16         32           15         29           10         19        
  23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           11         1           3         6           0         1           1         1           3         6           0         1           1         1           3         1           2         5           0         0           1</td><td>Café         Entrée           18         36           18         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           11         22           0         0           11         22           0         1           15         100           0         1           1         1           0         0           1         2           3         5           0         1           2         3           3         5           0         1           2         3           1         2           2         3           <td< td=""><td>Café         Entrée           30         55           30         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         351           0         0           20         355           0         0           30         555           0         0           30         55           0         0           15         30           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      0          0         0</td><td>Café         Entrée           1370         2740           1300         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           220         410           0         0           340         680           0         0           90         180           220         430           0         0           90         180           220         430           0         0           90         180           220         430           0         0           180         350           101         35           102         0           180         350           195         105           200         200           220         240<!--</td--></td></td<></td></t<></td> | Café         Entrée           0         0   | Café         Entrée           28         57           10         221           16         32           38         76           25         50           35         69           13         25           2         5           2         5           35         69           13         25           2         5           35         10           1         2           6         12           8         16           1         2           6         12           8         16           1         2           9         19           0         1           5         9           12         23           6         12           1         1           3         6           12         23           6         12           1         1           3         5           11         22           3         5           1         2 <t< td=""><td>Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         8           4         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           0         0</td><td>Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13 
         0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           11         1           3         6           0         1           1         1           3         6           0         1           1         1           3         1           2         5           0         0           1</td><td>Café         Entrée           18         36           18         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           11         22           0         0           11         22           0         1           15         100           0         1           1         1           0         0           1         2           3         5           0         1           2         3           3         5           0         1           2         3           1         2           2         3           <td< td=""><td>Café         Entrée           30         55           30         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         351           0         0           20         355           0         0           30         555           0         0           30         55           0         0           15         30           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      0          0         0</td><td>Café         Entrée           1370         2740           1300         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           220         410           0         0           340         680           0         0           90         180           220         430           0         0           90         180           220         430           0         0           90         180           220         430           0         0           180         350           101         35           102         0           180         350           195         105           200         200           220         240<!--</td--></td></td<></td></t<> | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         8           4         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           0         0 | Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           11         1           3         6           0         1           1         1           3         6           0         1           1         1           3         1           2         5           0         0           1   | Café         Entrée           18         36           18         15           17         33           22         44           19         37           19         38           5         10           1         3           1         2           0         0           1         3           1         2           0         0           1         2           0         0           1         2           0         0           11         22           0         0           11         22           0         1           15         100           0         1           1         1           0         0           1         2           3         5           0         1           2         3           3         5           0         1           2         3           1         2           2         3 <td< td=""><td>Café         Entrée           30         55           30         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         351           0         0           20         355           0         0           30         555           0         0           30         55           0         0           15         30           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      0          0         0</td><td>Café         Entrée           1370         2740           1300         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           220         410           0         0           340         680           0         0           90         180           220         430           0         0           90         180           220         430           0         0           90         180           220         430           0         0           180         350           101         35           102         0           180         350           195         105           200         200           220         240<!--</td--></td></td<> | Café         Entrée           30         55           30         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         351           0         0           20         355      
    0         0           30         555           0         0           30         55           0         0           15         30           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      0          0         0  | Café         Entrée           1370         2740           1300         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           560         1120           210         410           0         0           220         410           0         0           340         680           0         0           90         180           220         430           0         0           90         180           220         430           0         0           90         180           220         430           0         0           180         350           101         35           102         0           180         350           195         105           200         200           220         240 </td      |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br>Salad Dressing s - Subtract to customize<br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br>Salad Toppings - Subtract to customize<br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Coroutons - VG<br>Edamame Salad - VG<br>Goat Cheese - V, G<br>Croutons - VG<br>Edamame Salad - VG<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Parmesan Cheese - G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Walnuts - VG, G<br>Wanton Strips - LF, VG<br>Caesar Salad<br>Mixed Greens w/dressing (garnish) - VG<br>Caesar Salad<br>Mixed Greens Salad v/G<br>Gaesar - G<br>House Dressing - Subtract to customize<br>Caesar - G<br>House Dressing - Subtract to customize<br>Caesar - G<br>House Dressing - VG, G<br>Salad Dressing - Subtract to Customize<br>Caesar - G<br>House Dressing - VG, G<br>Mixed Greens Salad w/dressing - V<br>Salad Dressing - Subtract to Customize<br>Caesar - G<br>House Dressing - VG, G<br>Hummus - VG<br>Seasonal Fruit Medley - LF, VG, G<br>Fico Quinoa & Black Bean Salad - LF, VG, G<br>Tuna Salad - G<br>SOUPS<br>For Total Nutritionals add Focaccia Roll<br>Big Al's Chili w/Cheddar Cheese<br>Cheddar Broccoli<br>Mom's Chicken Noodle<br>Zesty Chicken Tortilla w/Tortilla Strips - G   | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           40         80           80         150           35         70           60         110           30         60           445         90           50         110           70         130           10         25           50         110           70         150           20         45           Calories           25         170           100         20           110         60           70         150           20         45           270         60   
   | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           45         90           180         360           130         270           45         90           5         10           0         0           30         60           50         110           0         0           45         90           45         90           5         10           0         0           30         60           50         110           0         0           25         50           0         0           25         50           0         0           35         70           20         40           0         0           20         130           0         0           20   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           122         43           11         22           5         30           5         10           0         1           0         1           0         0           35         7           6         12           0         0           30         5           7         6           20         0           25         5          
36         0           0         0           2.5         5           3         6           0         0           4         8           7         15           0         0           4         8           7         15           7         13           11         0 <tr< td=""><td>Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         0           0         0           1         0           0         0           0         0           0         0           0         0           1.5</td><td>Café         Entrée           0         0</td><td>Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         12           8         16           1         2           5         9           2         4           0         12           5         9           2         4           0         1           9         199           0         1           5         9           12         23           6         12           3         6           12         23           6         12           3         6           1         22           3         6           1         22           3         9           16         14           1         2           9         16</td><td>Café         Entrée           3         7           2         4           5         9           4         8           4         8           4         8           4         8           4         9           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         1           2         3           0         1           1         2           0         0           1         1           2         0           1         2           1         2           1         2           1         2           0         0           1         2           1         2           1         2           0         0           1         2           2         &lt;</td><td>Café         Entrée           16         32           2         59           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         133           0         1           4         8           0         0           1         2           5         10           7         15           0         0           0         1           2         9           18         0           0         0           1         2           9         18           0         0           1         2           9         1           1         3           10         0           1         1           2         5           0         0           &lt;</td><td>Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         100           1         3           1         20           0         0           1         21           0         0           1         22           0         0           1         22           0         0           1         22           0         0           11         22           0         0           15         10           0         1           15         10           0         1           1         1           0         1           1         2           3         5           0         1           2         3           1         2           1         2           1         2           1         2</td><td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           20         35           0         0           10         25           0         0           30         55           0         0           15         30           0         0           110         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      0          0         0</td><td>Café         Entrée           1370         2740           1370         2740           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           210         410           0         0           210         410           0         0           340         670           340         670           340         670           340         680           0         0           340         680           0         0           130         350           65         130           55         105           50         105           50         105           50         105           50         105           50         105           50         105           50         105           200</td></tr<>           | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         0           0         0           1         0           0         0           0         0           0         0           0         0           1.5  
   | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         12           8         16           1         2           5         9           2         4           0         12           5         9           2         4           0         1           9         199           0         1           5         9           12         23           6         12           3         6           12         23           6         12           3         6           1         22           3         6           1         22           3         9           16         14           1         2           9         16   
   | Café         Entrée           3         7           2         4           5         9           4         8           4         8           4         8           4         8           4         9           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         1           2         3           0         1           1         2           0         0           1         1           2         0           1         2           1         2           1         2           1         2           0         0           1         2           1         2           1         2           0         0           1         2           2         < | Café         Entrée           16         32           2         59           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         133           0         1           4         8           0         0           1         2           5         10           7         15           0         0           0         1           2         9           18         0           0         0           1         2           9         18           0         0           1         2           9         1           1         3           10         0           1         1           2         5           0         0           <   | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         100           1         3           1         20           0         0           1         21           0         0           1         22           0         0           1         22           0         0           1         22           0         0           11         22           0         0           15         10           0         1           15         10           0         1           1         1           0         1           1         2           3         5           0         1           2         3           1         2           1         2           1         2           1         2  | Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           20         40           0         0           10  
      25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           20         35           0         0           10         25           0         0           30         55           0         0           15         30           0         0           110         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      0          0         0   | Café         Entrée           1370         2740           1370         2740           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           210         410           0         0           210         410           0         0           340         670           340         670           340         670           340         680           0         0           340         680           0         0           130         350           65         130           55         105           50         105           50         105           50         105           50         105           50         105           50         105           50         105           200                  |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br>Salad Toppings - Subtract to customize<br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Blue Cheese - V, G<br>Cheddar Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Goat Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Sweet Crisp Pieces - V<br>Mandarin Oranges - LF, VG, G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Parmesan Cheese - G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Tortilla Strips - VG, G<br>Wonton Strips - LF, VG<br>Caesar Salad W/dressing (garnish) - VG<br>Caesar Salad<br>Mixed Greens Salad w/dressing - V<br>Salad Dressings - Subtract to customize<br>Caesar - G<br>House Dressing - VG, G<br>Xaian Edamame Salad - VG<br>Cavatappi Pasta Salad - V<br>D.C. Chicken Salad - VG<br>Seasonal Fruit Medley - LF, VG, G<br>Fico Quinoa & Black Bean Salad - LF, VG, G<br>Tuna Salad - G<br>SOUPS<br>For Total Nutritionals add Focaccia Roll<br>Big Al's Chili w/Cheddar Cheese<br>Cheddar Broccoli<br>Mom's Chicken Noodle<br>Zesty Chicken Tortilla W/Tortilla Strips - G<br>Loaded Baked Potato w/Cheddar Cheese & Green<br>Onion   | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           40         80           80         150           35         70           60         120           60         120           60         120           60         120           60         120           60         120           60         120           60         120           10         25           80         160           70         150           20         45           2170         100           100         25           80         160           70         150 </td <td>80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           5         100           130         270           45         90           130         270           45         90           5         10           0         0           30         60           50         110           0         0           30         60           50         110           0         0           45         90           40         80           10         15           0         0           35         70           20         40           0         0           35         70           130         0           140         70           150         25           60         120           100</td> <td>Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           122         43           11         22           6         11           120         40           15         30           5         10           0         1           0         1           20         0           35         10           40         1           20         0           5         10           4         8           7         5           3         6           0         0      4         8           7         15           0         0           4         8           7         15           0         0           4         8           7         15           7         15</td> <td>Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         0           0         0           1.5         0           0         0           1         1           10         0           0         0           1.5         0           0.5         0</td> <td>Café         Entrée           0         0</td> <td>Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           2         41           9         19           0         1           9         19           0         1           9         19           0         1           1         2           3         5           11         22           3         5           11         22           2         3           5         9           1         2           3         5           1         22           3         5           1         2</td> <td>Café         Entrée           3         7           2         46           5         9           4         8           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         0           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           1         2           1         2           1         2           2         3           0         0           1         2           2         3           0         0           2</td> <td>Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           11         1           3         6           0         0           1         1           3         6           0         0           1         1           3         1           4         7           5         8           3</td> <td>Café         Entrée           18         36           18         15           17         33           22         44           19         37           19         38           5         10           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           11         2           0         0           11         2           0         1           15         10           0         1           15         10           0         1           1         2           3         5           0         1           1         2           1         2           1         2           1         2           1         2           1         1           1</td> <td>Café         Entrée           30         55           30         80           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           10         25           0         0           30         55           0         0           15         30         
 0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      &lt;</td> <td>Café         Entrée           1370         2740           1320         1330           700         1330           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           210         410           0         0           200         410           0         0           340         680           0         0           220         430           0         0           230         460           90         180           220         430           0         0           180         350           50         100           0         0           180         350           50         100           55         100           35         70           0         0           220         220           220         20</td> | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           5         100           130         270           45         90           130         270           45         90           5         10           0         0           30         60           50         110           0         0           30         60           50         110           0         0           45         90           40         80           10         15           0         0           35         70           20         40           0         0           35         70           130         0           140         70           150         25           60         120           100   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           122         43           11         22           6         11           120         40           15         30           5         10           0         1           0         1           20         0           35         10           40         1           20         0           5         10           4         8           7         5           3         6           0         0      4         8           7         15           0         0           4         8           7         15       
   0         0           4         8           7         15           7         15  | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         0           0         0           1.5         0           0         0           1         1           10         0           0         0           1.5         0           0.5         0   
   | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           2         41           9         19           0         1           9         19           0         1           9         19           0         1           1         2           3         5           11         22           3         5           11         22           2         3           5         9           1         2           3         5           1         22           3         5           1         2   
   | Café         Entrée           3         7           2         46           5         9           4         8           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         0           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           1         2           1         2           1         2           2         3           0         0           1         2           2         3           0         0           2          | Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           4         8           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           11         1           3         6           0         0           1         1           3         6           0         0           1         1           3         1           4         7           5         8           3   | Café         Entrée           18         36           18         15           17         33           22         44           19         37           19         38           5         10           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           0         0           11         2           0         0           11         2           0         1           15         10           0         1           15         10           0         1           1         2           3         5           0         1           1         2           1         2           1         2           1         2           1         2           1         1           1   | Café         Entrée           30         55           30         80           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0    
      20         35           0         0           10         25           0         0           30         55           0         0           15         30           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      <  | Café         Entrée           1370         2740           1320         1330           700         1330           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           210         410           0         0           200         410           0         0           340         680           0         0           220         430           0         0           230         460           90         180           220         430           0         0           180         350           50         100           0         0           180         350           50         100           55         100           35         70           0         0           220         220           220         20                |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br>Salad Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br>Salad Toppings - Subtract to customize<br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Blue Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Goat Cheese - V, G<br>Coroutons - VG<br>Edamae Salad - VG<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Parmesan Cheese - V<br>Tomatoes - Diced - LF, VG, G<br>Trottila Strips - VG, G<br>Wonton Strips - LF, VG, G<br>TRIO / TRIO SIDE SALADS<br>For Total Nutritionals add Focaccia Roll<br>Mixed Greens w/dressing (garnish) - VG<br>Caesar Salad<br>Mixed Greens Salad - VG<br>Gasar Salad - VG<br>Caesar Salad - VG<br>Caesar Salad Mixed Gerens J<br>House Dressing - UF, VG, G<br>TRIO / TRIO SIDE SALADS<br>For Total Nutritionals add Focaccia Roll<br>Mixed Greens Salad w/dressing - V<br>Salad Dressing - VG, G<br>Asian Edamame Salad - VG<br>Cavatappi Pasta Salad - VG<br>Seasonal Fruit Medley - LF, VG, G<br>Fico Quinoa & Black Bean Salad - LF, VG, G<br>Fico Al Nutritionals add Focaccia Roll<br>Big Al's Chili w/Cheddar Cheese<br>Cheddar Broccoli<br>Mom's Chicken Noodle<br>Zesty Chicken Tortilla W/Tortilla Strips - G<br>Loaded Baked Potato w/Cheddar Cheese & Green  | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           40         80           80         150           35         70           60         110           30         60           445         90           50         110           70         130           10         25           50         110           70         150           20         45           Calories           25         170           100         20           110         60           70         150           20         45           270         60  
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           45         90           180         360           130         270           45         90           5         10           0         0           30         60           50         110           0         0           45         90           45         90           5         10           0         0           30         60           50         110           0         0           25         50           0         0           25         50           0         0           35         70           20         40           0         0           20         130           0         0           20   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           122         43           11         22           5         30           5         10           0         1           0         1           0         0           35         7           6         12           0         0           30         5           7         6           20         0           25         5           36         0           0 
       0           2.5         5           3         6           0         0           4         8           7         15           0         0           4         8           7         15           7         13           11         0 <tr< td=""><td>Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         0           1         0           0         0           1         0           0         0           0         0           0         0           1.5</td><td>Café         Entrée           0         0</td><td>Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         12           8         16           1         2           5         9           2         4           0         12           5         9           2         4           0         1           9         199           0         1           5         9           12         23           6         12           3         6           12         23           6         12           3         6           1         22           3         6           1         22           3         9           16         14           1         2           9         16</td><td>Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         8           4         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         1           2         0           0         0           1         1           2         0           0         1           1         2           1         2           1         2           0         0           1         2           1         2           1         2           2         2           2         2           2         3           0         &lt;</td><td>Café         Entrée           16         32           2         59           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         133           0         1           4         8           0         0           1         2           5         10           7         15           0         0           0         1           2         9           18         0           0         0           1         2           9         18           0         0           1         2           9         1           1         3           10         0           1         1           2         5           0         0           &lt;</td><td>Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         100           1         3           1         20           0         0           1         21           0         0           1         22           0         0           1         22           0         0           1         22           0         0           11         22           0         0           15         10           0         1           15         10           0         1           1         1           0         1           1         2           3         5           0         1           2         3           1         2           1         2           1         2           1         2</td><td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           20         35           0         0           10         25           0         0           30         55           0         0           15         30           0         0           110         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      0          0         0</td><td>Café         Entrée           1370         2740           1300         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           210         410           0         0           210         410           0         0           220         410           0         0           340         680           0         0           340         680           0         0           340         50           130         350           50         100           0         0           180         350           50         100           50         100           50         100           50         100           50         100           50         100           200         220</td></tr<>      | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         0           1         0           0         0           1         0           0         0           0         0           0         0           1.5  
   | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         12           8         16           1         2           5         9           2         4           0         12           5         9           2         4           0         1           9         199           0         1           5         9           12         23           6         12           3         6           12         23           6         12           3         6           1         22           3         6           1         22           3         9           16         14           1         2           9         16   
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         8           4         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         1           2         0           0         0           1         1           2         0           0         1           1         2           1         2           1         2           0         0           1         2           1         2           1         2           2         2           2         2           2         3           0         < | Café         Entrée           16         32           2         59           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         133           0         1           4         8           0         0           1         2           5         10           7         15           0         0           0         1           2         9           18         0           0         0           1         2           9         18           0         0           1         2           9         1           1         3           10         0           1         1           2         5           0         0           <   | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         100           1         3           1         20           0         0           1         21           0         0           1         22           0         0           1         22           0         0           1         22           0         0           11         22           0         0           15         10           0         1           15         10           0         1           1         1           0         1           1         2           3         5           0         1           2         3           1         2           1         2           1         2           1         2  | Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0     
   0           20         35           0         0           20         35           0         0           20         35           0         0           20         35           0         0           10         25           0         0           30         55           0         0           15         30           0         0           110         25           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      0          0         0   | Café         Entrée           1370         2740           1300         1230           700         1390           1350         2710           750         1500           940         1870           420         810           840         1680           370         750           210         420           340         670           210         410           0         0           210         410           0         0           220         410           0         0           340         680           0         0           340         680           0         0           340         50           130         350           50         100           0         0           180         350           50         100           50         100           50         100           50         100           50         100           50         100           200         220             |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressing s - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Blue Cheese - V, G<br>Cont Salsa<br>Dried Cranberries - LF, VG, G<br>Goat Cheese - V, G<br>Cortudons - VG<br>Edamame Salad - VG<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Tortilla Strips - VG, G<br>Wonton Strips - LF, VG, G<br>Tortilla Strips - VG, G<br>Wonton Strips - LF, VG<br>Tato J <b>TRIO SIDE SALADS</b><br><b>For Total Nutritionals add Focaccia Roll</b><br>Mixed Greens w/dressing (garnish) - VG<br>Caesar Salad<br>Mixed Greens Salad - VG<br>Caesar - G<br>House Dressing - VG, G<br>Salad Dressing - VG, G<br>Wonton Strips - LF, VG, G<br>Tortilla Strips - VG, G<br>Wonton Strips - LF, VG, G<br>Tortilla Strips - VG, G<br>Wonton Strips - LF, VG<br>Caesar Salad<br>Mixed Greens W/dressing (garnish) - VG<br>Caesar Salad<br>Mixed Greens Salad w/dressing - V<br>Salad Dressing - VG, G<br>House Dressing - VG, G<br>Asian Edamame Salad - VG<br>Cavatappi Pasta Salad - V<br>D.C. Chicken Salad - VG<br>Cavatappi Pasta Salad - V<br>D.C. Chicken Salad - G<br>Hummus - VG<br>Seasonal Fruit Medley - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Tuna Salad - G<br>SOUPS<br><b>For Total Nutritionals add Focaccia Roll</b><br>Big Al's Chili w/Cheddar Cheese<br>Cheddar Broccoli<br>Mom's Chicken Noodle<br>Zesty Chicken Tortilla W/Tortilla Strips - G<br>Loaded Baked Potato w/Cheddar Cheese & Green<br>Onion<br>Roasted Tomato Basil w/Croutons - VG<br>Soup Toppings - Subtract to customize  | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           60         100           30         60           445         90           50         100           35         70           10         25           80         160           70         130           10         25           80         160           70         130           10         25           80         160           70         150           20         45           210         45           220         45           230         270           60         90  
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           45         90           130         270           45         90           130         270           45         90           5         10           0         0           30         60           50         110           0         0           45         90           5         10           0         0           45         90           5         10           0         0           40         80           10         15           0         0           25         50           0         0           35         70           10         50           25         60           120         100           100   | Café         Entrée           9         17           27         54           13         27           30         60           20         41           22         43           11         22           6         11           122         43           11         22           6         11           120         40           15         30           5         10           0         1           0         1           0         1           0         0    
      3.5         7           6         12           0         0           3.5         7           6         12           0         0           2.5         5           3         6           0         0           2.5         5           3         6           0         0           4         8           7         15           0         0           2.5         7  | Café         Entrée           1         1.5           1         1.5           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           0.5         1           2.5         5           0         0           2         3.5           0         0           2         4.5           0         0           2         4.5           0         0           10         0           2         0.5           0         3           1.5         1.5           0         3  
   | Café         Entrée           0         0           0   | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           35         69           13         25           2         5           6         12           8         16           1         2           6         12           8         16           1         2           9         1           0         1           9         19           0         1           5         9           12         23           6         12           3         5           9         1           1         2           2         3           5         9           1         2           9         16           14         36           15         15  
   | Café         Entrée           3         7           2         4           3         6           5         9           4         8           4         8           4         8           4         7           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           1         2           1         2           1         2           0         0           1         2           1         2           2         2           4         2           3         0           1           | Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           7         13           0         1           4         8           0         0           7         15           0         0           1         2           5         10           7         13           0         1           2         9           18         0           0         0           1         2           9         18           0         0           11         1           3         6           0         0           11         1           3         6           0         0           1         1           1         1           2         5 <t< td=""><td>Café         Entrée           18         36           18         15           17         33           22         44           19         37           19         38           5         10           1         3           1         20           0         0           1         21           0         0           11         22           0         0           1         2           0         0           1         2           0         0           11         22           0         0           11         22           0         1           1         1           0         0           1         2           3         5           0         1           2         3           1         2           1         2           2         3           1         2           1         2           2         3           <td< td=""><td>Café         Entrée           30         55           30         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           15         30           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0</td><td>CaféEntrée1370274013001390135027107501500940150094015009401680370750120420340670210410210410210410200112034068000201410003406800034068000200480501000018035050100001803505110355105551053402902002202406803801026050010715502320101170015502320126021001410211014002150</td></td<></td></t<>  | Café         Entrée           18         36           18         15           17         33           22         44           19         37           19         38           5         10           1         3           1         20           0         0           1         21           0         0           11         22           0         0           1         2           0         0           1         2           0         0           11         22           0         0           11         22           0         1           1         1           0         0           1         2           3         5           0         1           2         3           1         2           1         2           2         3           1         2           1         2           2         3 <td< td=""><td>Café         Entrée           30         55           30         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           15         30           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0</td><td>CaféEntrée1370274013001390135027107501500940150094015009401680370750120420340670210410210410210410200112034068000201410003406800034068000200480501000018035050100001803505110355105551053402902002202406803801026050010715502320101170015502320126021001410211014002150</td></td<>  | Café         Entrée           30         55           30         80           55         110           40         80           55   
     110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           15         30           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0   | CaféEntrée1370274013001390135027107501500940150094015009401680370750120420340670210410210410210410200112034068000201410003406800034068000200480501000018035050100001803505110355105551053402902002202406803801026050010715502320101170015502320126021001410211014002150   |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Spinach Sweet Crisp Salad - V<br>Salad Dressings - Subtract to customize<br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br>Salad Toppings - Subtract to customize<br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Bacon - G<br>Berry Grape Mix - LF, VG, G<br>Cheddar Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Edamame Salad - VG<br>Goat Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Edamame Salad - VG<br>Goat Cheese - V<br>Mandarin Oranges - LF, VG, G<br>Darmesan Cheese - G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Tortilla Strips - VG, G<br>Walnuts - VG, G<br>Walnuts - VG, G<br>Walnuts - VG, G<br>Walnuts - VG, G<br>Wanton Strips - LF, VG<br>TRIO / TRIO SIDE SALADS<br>For Total Nutritionals add Focaccia Roll<br>Mixed Greens Salad - VG<br>Caesar - G<br>House Dressing - VG, G<br>Asian Edamame Salad - VG<br>Caesar - G<br>House Dressing - VG, G<br>Walnuts - VG, G<br>Cavatappi Pasta Salad - VG<br>Caesar - G<br>House Dressing - VG, G<br>Asian Edamame Salad - VG<br>Cavatappi Pasta Salad - V<br>D.C. Chicken Salad - G<br>Hummus - VG<br>Seasonal Fruit Medley - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG<br>Country Bread Boule - Bowl Option - LF, VG  | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           40         80           80         150           35         70           60         110           35         70           160         20           60         100           45         90           10         25           50         110           70         130           10         25           80         160           70         150           20         45           210         45           220         45           25         170           100         20   
  | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           180         360           130         270           45         90           180         360           130         270           45         90           5         10           0         0           30         60           50         110           0         0           45         90           40         80           10         15           0         0           25         50           0         0           35         70           20         40           0         0           35         70           110         50           25         60           120         100           15         180           Calories from Fat           Cup </td <td>Café     Entrée       9     17       27     54       13     27       30     60       20     41       22     43       11     22       6     11       11     22       5     30       5     10       0     1       0     0       35     7       0     0       35     10       0     1       0     0       35     72       0     0       20     0       25     5       30     5       10     0       31     2       0     0       2     32       4.5     9       1     2       0     0       4.5     7       15     7       15     7       12     6       2.5     7       13     11       0     2       2.5     7       13     11       0     2       2.5     7       13     13       48     7</td> <td>CaféEntrée11.55114.59816511510480.51.523.5123623.512001.51.50000.5001.5201.51.5201.51.520.501.521.521.521.521.521.520.501.521.521.521.53001.531.531.531.531.621.721.8<t< td=""><td>Café         Entrée           0         0</td><td>Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         12           8         16           1         2           5         9           2         4           1         2           5         9           2         4           1         2           9         19           0         1           9         19           0         1           3         6           12         23           6         12           3         6           1         21           3         6           1         22           3         9           1         2           9         16           14         36           15         1</td><td>Café         Entrée           3         7           2         4           5         9           4         8           4         8           4         8           4         8           4         9           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         1           1         2           1         2           0         1           1         2           1         2           1         2           0         0           1         2           1         2           0         0           1         2           2         3</td><td>Café         Entrée           16         32           2         59           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         133           0         1           4         8           0         0           1         2           5         10           7         15           0         0           0         1           2         9           18         0           0         0           1         2           5         9           1         3           3         6           0         0           1         2           5         3           1         1           2         5           3         3           <td< td=""><td>Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         100           1         3           1         20           0         0           1         21           0         0           1         22           0         0           1         22           0         0           1         22           0         0           1         22           0         0           1         22           0         1           1         1           0         1           1         2           3         5           0         1           2         3           1         2           3         7           1         2           3         1           1         1           1         1           <td< td=""><td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      0          0         0</td><td>CaféEntrée1370274061013901350271075015009401870420810370750370750370750340670340670560112021041000340680003406800034068000340680003401000035010000180350551305513055130551003570001803505510550380102501550232025015715502320155023201550232015502320155023201550232015502501550232015502320155023201550232015502320155023201550232015502320155023201550232015502320155023201550232015502320150</td></td<></td></td<></td></t<></td>   | Café     Entrée       9     17       27     54       13     27       30     60       20     41       22     43       11     22       6     11       11     22       5     30       5     10       0     1       0     0       35     7       0     0       35     10       0     1       0     0       35     72       0     0       20     0       25     5       30     5       10     0       31     2       0     0       2     32       4.5     9       1     2       0     0       4.5     7       15     7       15     7       12
    6       2.5     7       13     11       0     2       2.5     7       13     11       0     2       2.5     7       13     13       48     7  | CaféEntrée11.55114.59816511510480.51.523.5123623.512001.51.50000.5001.5201.51.5201.51.520.501.521.521.521.521.521.520.501.521.521.521.53001.531.531.531.531.621.721.8 <t< td=""><td>Café         Entrée           0         0</td><td>Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         12           8         16           1         2           5         9           2         4           1         2           5         9           2         4           1         2           9         19           0         1           9         19           0         1           3         6           12         23           6         12           3         6           1         21           3         6           1         22           3         9           1         2           9         16           14         36           15         1</td><td>Café         Entrée           3         7           2         4           5         9           4         8           4         8           4         8           4         8           4         9           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         1           1         2           1         2           0         1           1         2           1         2           1         2           0         0           1         2           1         2           0         0           1         2           2         3</td><td>Café         Entrée           16         32           2         59           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         133           0         1           4         8           0         0           1         2           5         10           7         15           0         0           0         1           2         9           18         0           0
        0           1         2           5         9           1         3           3         6           0         0           1         2           5         3           1         1           2         5           3         3           <td< td=""><td>Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         100           1         3           1         20           0         0           1         21           0         0           1         22           0         0           1         22           0         0           1         22           0         0           1         22           0         0           1         22           0         1           1         1           0         1           1         2           3         5           0         1           2         3           1         2           3         7           1         2           3         1           1         1           1         1           <td< td=""><td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      0          0         0</td><td>CaféEntrée1370274061013901350271075015009401870420810370750370750370750340670340670560112021041000340680003406800034068000340680003401000035010000180350551305513055130551003570001803505510550380102501550232025015715502320155023201550232015502320155023201550232015502501550232015502320155023201550232015502320155023201550232015502320155023201550232015502320155023201550232015502320150</td></td<></td></td<></td></t<>   | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         12           8         16           1         2           5         9           2         4           1         2           5         9           2         4           1         2           9         19           0         1           9         19           0         1           3         6           12         23           6         12           3         6           1         21           3         6           1         22           3         9           1         2           9         16           14         36           15         1  
   | Café         Entrée           3         7           2         4           5         9           4         8           4         8           4         8           4         8           4         9           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         1           1         2           1         2           0         1           1         2           1         2           1         2           0         0           1         2           1         2           0         0           1         2           2         3 | Café         Entrée           16         32           2         59           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         133           0         1           4         8           0         0           1         2           5         10           7         15           0         0           0         1           2         9           18         0           0         0           1         2           5         9           1         3           3         6           0         0           1         2           5         3           1         1           2         5           3         3 <td< td=""><td>Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         100           1         3           1         20           0         0           1         21           0         0           1         22           0         0           1         22           0         0           1         22           0         0           1         22           0         0           1         22           0         1           1         1           0         1           1         2           3         5           0         1           2         3           1         2           3         7           1         2           3         1           1         1           1         1           <td< td=""><td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      0          0         0</td><td>CaféEntrée1370274061013901350271075015009401870420810370750370750370750340670340670560112021041000340680003406800034068000340680003401000035010000180350551305513055130551003570001803505510550380102501550232025015715502320155023201550232015502320155023201550232015502501550232015502320155023201550232015502320155023201550232015502320155023201550232015502320155023201550232015502320150</td></td<></td></td<>  | Café         Entrée           18         36           8         15           17         33           22         44           19         37           19         38           5         100           1         3           1         20           0         0           1         21           0         0           1         22           0         0           1         22           0         0           1         22           0         0           1         22           0         0           1         22           0         1           1         1           0         1           1         2           3         5           0         1           2         3           1         2           3         7           1         2           3         1           1         1           1         1 <td< td=""><td>Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      0          0         0</td><td>CaféEntrée1370274061013901350271075015009401870420810370750370750370750340670340670560112021041000340680003406800034068000340680003401000035010000180350551305513055130551003570001803505510550380102501550232025015715502320155023201550232015502320155023201550232015502501550232015502320155023201550232015502320155023201550232015502320155023201550232015502320155023201550232015502320150</td></td<>   | Café         Entrée           30         55           30         60           40         80           55         110           40         80           55         110           40         80           55      
  110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           30         55           0         0           30         55           0         0           15         30           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      0          0         0   | CaféEntrée1370274061013901350271075015009401870420810370750370750370750340670340670560112021041000340680003406800034068000340680003401000035010000180350551305513055130551003570001803505510550380102501550232025015715502320155023201550232015502320155023201550232015502501550232015502320155023201550232015502320155023201550232015502320155023201550232015502320155023201550232015502320150   |
| Asian Wonton Salad<br>Caesar Salad<br>Chicken Berry Pecan Salad (Seaonal)<br>Chopped Salad - G<br>Harvest Salad<br>Santa Fe Ranch Salad<br>Spinach Sweet Crisp Salad - V<br><b>Salad Dressings - Subtract to customize</b><br>Asian Dressing (Asian Wonton) - VG<br>Avocado Ranch (Santa Fe Ranch) - V, G<br>Balsamic Vinaigrette (Harvest) - VG, G<br>Caesar (Caesar Salad) - G<br>House Dressing (Chopped & Mixed Greens) -<br>VG, G<br>Strawberry Vinaigrette (Spinach) - VG, G<br><b>Salad Toppings - Subtract to customize</b><br>All-Natural Chicken - LF<br>Apples - Diced - LF, VG, G<br>Avocado - VG, G<br>Berry Grape Mix - LF, VG, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Goat Cheese - V, G<br>Corn Salsa<br>Dried Cranberries - LF, VG, G<br>Farmesan Cheese - G<br>Sweet Crisp Pieces - V<br>Tomatoes - Diced - LF, VG, G<br>Tortilla Strips - VG, G<br>Wonton Strips - LF, VG, G<br>TRIO / TRIO SIDE SALADS<br>For Total Nutritionals add Focaccia Roll<br>Mixed Greens Salad w/dressing (garnish) - VG<br>Caesar Salad<br>Mixed Greens Salad w/dressing - V<br>Salad Dressings - Subtract to customize<br>Caesar - G<br>House Dressing - VG, G<br>Valnuts - VG, G<br>Wanton Strips - LF, VG, G<br>TRIO / TRIO SIDE SALADS<br>For Total Nutritionals add Focaccia Roll<br>Mixed Greens Salad w/dressing - V<br>Salad Dressings - Subtract to customize<br>Caesar - G<br>House Dressing - VG, G<br>Vaixad Dressing - VG, G<br>Seasonal Fruit Medley - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Pico Quinoa & Black Bean Salad - LF, VG, G<br>Dico Chicken Noodle<br>Zesty Chicken Tortilla W/Tortilla Strips - G<br>Loaded Baked Potato w/Cheddar Cheese<br>Cheddar Broccoli<br>Mom's Chicken Noodle<br>Zesty Chicken Tortilla W/Tortilla Strips - G<br>Loaded Baked Potato w/Cheddar Cheese & Green<br>Onion<br>Roasted Tomato Basil w/Croutons - VG  | 250         510           310         620           270         540           420         840           400         800           360         720           260         510           100         200           110         220           80         160           190         370           160         320           80         170           60         110           15         30           40         80           80         150           35         70           60         120           60         120           60         120           60         120           60         120           60         120           60         120           60         110           30         60           420         45           90         50           100         25           80         160           70         150           20         45           2170         60 <td>80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           5         100           130         270           45         90           130         270           45         90           5         10           0         0           30         60           50         110           0         0           330         60           50         110           0         0           325         50           0         0           35         70           20         40           35         70           20         140           70         130           0         0           110         50           25         60           120         100           120         100           &lt;</td> <td>Café     Entrée       9     17       27     54       13     27       30     60       20     41       22     43       11     22       6     11       11     21       5     10       15     30       5     10       0     1       0     1       0     1       0     0       15     10       0     1       0     0       15     10       4     8       2     5       3     6       0     0       2.5     5       3     6       0     0       4     8       7     15       0     0       4     8       7     15       7     15       7     13       11     0       2     32       4     8       7     13       11     0       2     32       15     7       13     11    0     2    17     27<!--</td--><td>Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           1         2           0         0           0         0           0         0           0         0           1         2           0         0           0         0           0         0           1         0           0         0           1.5         0           0         0           1         1           2         0.5           0         0           1.5         0           0.5         0</td><td>Café         Entrée           0         0</td><td>Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           0         1           9         19           0         1           9         19           0         1           9         19           0         1           3         6           12         23           6         12           3         5           9         1           3         5           9         1           1         2           3         5           9         16           14         36           15         15</td><td>Café         Entrée           3         7           2         4           5         9           4         8           4         8           4         8           4         8           4         9           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           1         2           1         2           1         2           2         3           0         0           1         2           2         3           0         0           2         &lt;</td><td>Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           2         9           0         1           7         15           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           2         5           3</td><td>Café         Entrée           18         36           18         15           17         33           22         44           19         37           19         38           5         10           1         3           1         20           0         0           1         21           0         0           1         22           0         0           1         22           0         0           1         22           0         0           11         22           0         0           1         1           0         1           1         1           0         1           1         2           3         5           0         1           1         2           1         2           3         5           0         1           1         2           1         2           1         2</td><td>Café         Entrée           30         55           30         80           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35       
   0         0           10         25           0         0           15         30           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      <tr< td=""><td>CaféEntrée13702740610123070013901350271075015009401870420810370750210420340670560112021041000340680003406800034068000340680002304609018022043000501000050100551055510555105551055035055105551055510555105551055510555105503801026050038010210155023201250187014102110155015901400215014002150</td></tr<></td></td>   | 80         160           240         480           120         240           270         540           180         370           200         390           100         200           50         100           100         200           5         100           130         270           45         90           130         270           45         90           5         10           0         0           30         60           50         110           0         0           330         60           50         110           0         0           325         50           0         0           35         70           20         40           35         70           20         140           70         130           0         0           110         50           25         60           120         100           120         100           <   | Café     Entrée       9     17       27     54       13     27       30     60       20     41       22     43       11     22       6     11       11     21       5     10       15     30       5     10       0     1       0     1       0     1       0     0       15     10       0     1       0     0       15     10       4     8       2     5       3     6       0     0       2.5     5       3     6       0     0       4     8       7    
15       0     0       4     8       7     15       7     15       7     13       11     0       2     32       4     8       7     13       11     0       2     32       15     7       13     11    0     2    17     27 </td <td>Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           1         2           0         0           0         0           0         0           0         0           1         2           0         0           0         0           0         0           1         0           0         0           1.5         0           0         0           1         1           2         0.5           0         0           1.5         0           0.5         0</td> <td>Café         Entrée           0         0</td> <td>Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           0         1           9         19           0         1           9         19           0         1           9         19           0         1           3         6           12         23           6         12           3         5           9         1           3         5           9         1           1         2           3         5           9         16           14         36           15         15</td> <td>Café         Entrée           3         7           2         4           5         9           4         8           4         8           4         8           4         8           4         9           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           1         2           1         2           1         2           2         3           0         0           1         2           2         3           0         0           2         &lt;</td> <td>Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           2         9           0         1           7         15           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           2         5           3</td> <td>Café         Entrée           18         36           18         15           17         33           22         44           19         37           19         38           5         10           1         3           1         20           0         0           1         21           0         0           1         22           0         0           1         22           0         0           1         22           0         0           11         22           0         0           1         1           0         1           1         1           0         1           1         2           3         5           0         1           1         2           1         2           3         5           0         1           1         2           1         2           1         2</td> <td>Café         Entrée           30         55           30         80           40         80           55         110           40         80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           10         25           0         0           15         30           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0      <tr< td=""><td>CaféEntrée13702740610123070013901350271075015009401870420810370750210420340670560112021041000340680003406800034068000340680002304609018022043000501000050100551055510555105551055035055105551055510555105551055510555105503801026050038010210155023201250187014102110155015901400215014002150</td></tr<></td>   | Café         Entrée           1         1.5           5         11           4.5         9           8         16           5         11           5         10           4         8           0.5         1.5           2         3.5           1         2           3         6           2         3.5           1         2           0         0           0         0           0         0           1         2           0         0           0         0           0         0           0         0           1         2           0         0           0         0           0         0           1         0           0         0           1.5         0           0         0           1         1           2         0.5           0         0           1.5         0           0.5         0  
   | Café         Entrée           0         0   | Café         Entrée           28         57           10         21           22         42           16         32           38         76           25         50           35         69           13         25           2         5           6         13           1         2           6         12           8         16           1         2           5         9           0         1           9         19           0         1           9         19           0         1           9         19           0         1           3         6           12         23           6         12           3         5           9         1           3         5           9         1           1         2           3         5           9         16           14         36           15         15   
   | Café         Entrée           3         7           2         4           5         9           4         8           4         8           4         8           4         8           4         9           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           1         1           2         3           0         0           1         2           0         0           1         2           0         0           1         2           0         0           1         2           1         2           1         2           1         2           2         3           0         0           1         2           2         3           0         0           2         < | Café         Entrée           16         32           15         29           10         19           23         47           6         12           22         44           10         20           1         2           5         10           1         2           5         10           7         13           0         1           2         9           0         1           7         15           0         0           1         2           9         18           0         0           1         2           9         18           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           3         6           0         0           1         1           2         5           3   | Café         Entrée           18         36           18         15           17         33           22         44           19         37           19         38           5         10           1         3           1         20           0         0           1         21           0         0           1         22           0         0           1         22           0         0           1         22           0         0           11         22           0         0           1         1           0         1           1         1           0         1           1         2           3         5           0         1           1         2           1         2           3         5           0         1           1         2           1         2           1         2  | Café         Entrée           30         55           30         80           40         80           55         110           40   
     80           55         110           40         80           55         110           20         40           0         0           10         25           0         0           20         35           0         0           20         35           0         0           20         35           0         0           10         25           0         0           15         30           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0           0         0 <tr< td=""><td>CaféEntrée13702740610123070013901350271075015009401870420810370750210420340670560112021041000340680003406800034068000340680002304609018022043000501000050100551055510555105551055035055105551055510555105551055510555105503801026050038010210155023201250187014102110155015901400215014002150</td></tr<>   | CaféEntrée13702740610123070013901350271075015009401870420810370750210420340670560112021041000340680003406800034068000340680002304609018022043000501000050100551055510555105551055035055105551055510555105551055510555105503801026050038010210155023201250187014102110155015901400215014002150   |

PASTA ENTREES	Cal	ories	Calorie	s from Fat	Tota	al Fat	Satura	ted Fat	Tran	s Fat	Ca	rbs	Fil	ber	Su	gar	Pro	otein	Chole	esterol	Sod	ium
For Total Nutritionals add Garlic Bread (See sides)	Café	Entrée	Café	Entrée	Café	Entrée	Café	Entrée	Café	Entrée	Café	Entrée	Café	Entrée	Café	Entrée	Café	Entrée	Café	Entrée	Café	Entrée
Chicken Carbonara	570	1140	260	520	29	58	15	31	0.5*	1*	43	86	3	6	3	6	32	65	115	225	950	1900
Mac & Three Cheese - V Bacon Tomato Mac & Three Cheese	500 580	840 1010	260 310	390 500	28 35	43 56	16 19	24 29	0	0	42 44	81 84	2	5 6	2	3 6	21 26	35 46	90 105	135 165	710 1050	1060 1750
Cavatappi with Marinara - V	270	550	60	120	6	13	1.5	2.5	0	0	43	86	4	8	5	9	11	22	5	10	460	910
Pesto Cavatappi Linguini with Meatballs	550 590	1100 930	270 240	540 310	30 26	60 35	13 9	27 12	0	1* 0	42 57	83 109	3	6 11	2	4 12	26 35	52 49	95 50	195 65	670 2230	1340 2770
Pasta Toppings - Subtract to customize																						
Parmesan Cheese (Carbonara & Marinara) - G SANDWICHES	25 Cal	50 ories	20 Calorie	35 s from Fat	2 Tota	4 al Fat	1 Satura	2 ted Fat	0 Tran	0 s Fat	0 C7	0 Irbs	0	0 ber	0 <b>Su</b>	0 Mar	2 Pro	4 otein	5 Chole	10 sterol	90 <b>Sod</b> i	180 ium
For Total Nutritionals add Bakery Chips or Baby	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole
Carrots & Pickle BBLT	370	740	190	370	21	42	8	16	0	0	29	58	2	5	5	10	15	30	55	110	1220	2430
Chicken Bacon Club Sandwich (Seasonal)	430	860	190	390	21	43	7	13	0	0	33	66	5	10	5	11	28	56	70	140	1050	2100
Chicken Pesto on Baguette D.C. Chicken Salad on Steakhouse Rye Bread	380 310	750 610	80 90	150 180	8 10	17 20	1 1.5	2.5 3.5	0 0	0	47 40	95 81	3	5 9	4 12	8 24	24 12	48 23	45 30	90 55	930 620	1860 1240
Ham & Swiss on Pretzel Bread	300 330	610 670	60 130	120 270	7 15	14 30	2.5 5	5 10	0	0 0.5*	39 30	79 60	2	3 6	7 5	14 10	20 20	41 40	30 50	65 105	1150 820	2310 1640
Roast Beef & Cheddar on Sesame Tomato Mozzarella on Baguette - V	380	760	100	210	12	23	7	10	0	0.5**	47	94	4	7	5	10	17	33	30	60	790	1580
Tuna Salad on Harvest Bread	300	610	140	280 330	16 18	32 36	3 4.5	6	0	0	29 32	59 64	3	7 10	5	10 10	16 23	31 46	25 45	55 85	620	1240 2200
Uptown Turkey Avocado on Harvest Bread GRILLED FLATS	370 Cal	730 ories	160 Calorie	s from Fat	-	al Fat	-	9 ted Fat	0	s Fat	-	o4 Irbs	-	ber	ວ Su		-	40 Dtein		esterol	1100 Sodi	
For Total Nutritionals add Baby Carrots		hole		/hole		hole	W	nole		ole		hole		ole		ole		nole		nole	Wh	
Caprese - V Chicken Caesar		10 30		140 140		16 15		6 3		) )		28 28		2		3 4		13 19		25 10	50 70	
Southwest Chicken		130 180		70		8		5				20 34		2		5		19		30	86	
PANINI & HOT SANDWICHES	Cal	ories	Calorie	s from Fat	Tota	al Fat	Satura	ted Fat	Tran	s Fat	Ca	rbs	Fil	ber	Su	gar	Pro	otein	Chole	esterol	Sod	ium
For Total Nutritionals add Bakery Chips or Baby Carrots & Pickle	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole
California Grille - V Chickon Romodori	360	710	190	390	22	43	8	15	0	0.5*	31	62	4	8	5	10	13	26	20	40 105	660	1320
Chicken Pomodori Club Panini	390 420	780 850	170 200	340 400	19 22	38 45	7 10	15 19	0 0.5*	0.5* 1*	31 30	62 60	1	3 3	1	3 3	22 24	45 49	50 55	105 115	890 1360	1780 2710
Sliced Meatball Panini	410	830	200	400	22	44	9	18	0	0.5*	33	66	3	5	3	5	21	42	35	75	1480	2950
Steak & Cheese Dipping Sauce - Subtract to customize	470	950	160	320	18	36	8	16	0.5*	1*	46	92	3	6	3	6	31	62	60	120	1000	2000
Marinara Sauce - Side (Meatball Panini)		40		20		2		0		-		5		1		-		1		0	24	
SPREADS & DRESSINGS		ories		s from Fat		al Fat		ted Fat		s Fat		irbs		ber	Su			otein		sterol	Sodi	
Subtract to customize	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole	Half	Whole
Balsamic Cracked Pepper Mayonnaise (BBLT) Balsamic Vinaigrette Dressing	60	120	45	90	5	10	0.5	1.5	0	0	2	3	0	0	0	1	0	0	15	25	200	400
(Tomato Mozzarella) - VG, G	25	50	15	30	1.5	3	0.5	0.5	0	0	2	4	0	0	2	3	0	0	0	0	60	120
CBC Mayonnaise (Uptown Turkey) - V CBC Mayonnaise (Club Panini) - V	45 20	90 45	35 20	70 35	4	8 4	0.5 0	1 0.5	0 0	0	0	2 1	0	0	0	0	0	0	10 5	20 10	150 75	300 150
House Dressing (Chicken Pesto) - VG, G	30 45	60 80	25 35	50 80	2.5 4	5 8	0 0.5	0.5 1	0 0	0	1	2	0	0	1	2	0	0	0 10	0 15	105 150	210 280
Pesto Mayonnaise (Chicken Pesto) - V Pesto Mayonnaise (Chicken Pomodori) - V	20	45	20	35	2	4	0.5	0.5	0	0	0	1	0	0	0	0	0	0	5	10	75	150
Stoneground Mustard (Ham on Pretzel) - LF, V	15	30	0	0	0	0	0	0	0	0	3	6	0	0	0	0	0	0	0	0	360	720
SIDES Baby Carrots - LF, VG, G		ories 35	Calorie	s from Fat		al Fat 0	Satura	ted Fat	Tran	s Fat		rbs 8	FI	per 2	Su		Pro	tein 1	Chole	esterol 0	Sod	
Bakery Chips - VG, G	1	.50		70		8		.5		5	1	17		1		D		2		0	14	10
Banana - Whole (Kids' Menu) - LF, VG, G Focaccia Roll - LF, VG		.10 .00		0 15		0 1.5		0 0		) )		27 19		3 1		.4 0		1 2		0 0	28	
Garlic Bread (Pasta Entrées Only) - V	1	.60		50		6		2		0	2	22		-		1		4		5	23	30
Grapes - Small Bunch (Kids' Menu) - LF, VG, G Pickle Spear - LF, VG, G		40 5		0		0		0		) )		11 1		1 0		9 D		0		0 0	33	
Seasonal Fruit Medley - LF, VG, G		60		0		0		0		5		15		2		.3		1		0	1	
KIDS' MENU Kids' Cheesy Scrambler w/Toast & Bacon		ories 130		s from Fat 220	-	al Fat 25	-	ted Fat		s Fat		1 <b>rbs</b> 27		per 2	Su			otein 24		esterol 55	<b>Sod</b> 10	
Kids' Cheesy Scrambler w/Toast & Fresh Fruit - V	3	80		150	:	17		8		)	4	43		3	1	.6	1	18	3	35	56	50
Kids' Scrambler w/Toast & Bacon Kids' Scrambler w/Toast & Fresh Fruit - V		70 30		180 110		20 12		8 5		) )		27 41		2		4 .6		20 14		40 20	93 47	
Kids' Chocolate Chip Pancakes w/Bacon (2 stack		70		320		35		17		)		50		3		3		14		35	12	
w/butter) Kids' Pancakes w/Bacon (2 stack w/butter)		30		250		28		12		2 D		31		1		8		12		35	12	
Add to customize - Vanilla Syrup - LF	(	60		0		0		0			3	39		0	3	9		0		0	1	0
Macaroni & Cheese - V Pasta Marinara - LF, V		90 190		240																35	89	
Pasta Marinara w/ Meatball	3			40	4	27 4.5		L7 0	1	*		41 43		3 4		3 5		22 9		0		
Pasta w/ Cream Sauce - V For Total Nutritionals add a Side, Pickle, Cookie and		60		120	:	4.5 13	3	0 5		) )	2	43 14		4 5		5	1	9 19	2	0 20	37 11	50
		100		120 190		4.5 13 21	3	0 1.5 12	0.	) ) 5*	2	43 44 39		4 5 3		5 5 2	1	9 19 13	2	0 20 70	37 11 23	50 30
a Drink	Half	Whole	Half	120 190 Whole	Half	4.5 13 21 Whole	3 Half	0 3.5 12 <b>Whole</b>	0. Half	) ) 5* Whole	4 2 3 Half	43 44 39 <b>Whole</b>	Half	4 5 3 Whole	Half	5 5 2 Whole	i Half	9 19 13 <b>Whole</b>	2 7 Half	0 20 70 <b>Whole</b>	37 11 23 Half	50 30 <b>Whole</b>
		100		120 190		4.5 13 21	3	0 1.5 12	0.	) ) 5*	2	43 44 39		4 5 3		5 5 2	1	9 19 13	2	0 20 70	37 11 23	50 30
a Drink Grilled Cheese Sandwich on Mom's White - V Grilled Cheese Sandwich on Harvest - V Ham Sandwich on Mom's White	Half 280 300 150	Whole 560 610 310	Half 140 160 30	120 190 Whole 280 320 60	Half 16 18 3.5	4.5 13 21 Whole 31 36 7	3 Half 8 8 2	0 3.5 12 Whole 16 16 4	0. Half 0 0 0	0 5* Whole 1* 1* 0	2 Half 25 27 22	43 44 39 <b>Whole</b> 50 54 44	Half 2 3 1	4 5 3 <b>Whole</b> 3 5 3	<b>Half</b> 3 3 3	5 5 2 <b>Whole</b> 6 7 6	1 Half 10 12 9	9 19 13 <b>Whole</b> 19 23 17	2 7 Half 40 30 25	0 20 70 <b>Whole</b> 75 55 50	37 111 23 <b>Half</b> 440 470 480	50 30 <b>Whole</b> 880 940 970
a Drink Grilled Cheese Sandwich on Mom's White - V Grilled Cheese Sandwich on Harvest - V	Half 280 300	Whole 560 610	Half 140 160	120 190 Whole 280 320	Half 16 18	4.5 13 21 <b>Whole</b> 31 36	3 Half 8 8	0 3.5 12 Whole 16 16	0. Half 0 0	0 5* Whole 1* 1*	2 3 Half 25 27	43 44 39 <b>Whole</b> 50 54	<b>Half</b> 2 3	4 5 3 <b>Whole</b> 3 5	<b>Half</b> 3 3	5 5 2 <b>Whole</b> 6 7	1 Half 10 12	9 19 13 <b>Whole</b> 19 23	2 7 Half 40 30	0 20 70 <b>Whole</b> 75 55	37 111 23 <b>Half</b> 440 470	50 30 <b>Whole</b> 880 940
a Drink Grilled Cheese Sandwich on Mom's White - V Grilled Cheese Sandwich on Harvest - V Ham Sandwich on Mom's White Ham Sandwich on Harvest Peanut Butter & Jelly Sandwich on Mom's White - V Peanut Butter & Jelly Sandwich on Harvest - VG	Half 280 300 150 200 360 400	Whole 560 610 310 400 720 800	Half 140 160 30 60 150 170	120 190 Whole 280 320 60 120 290 350	Half 16 18 3.5 6 16 19	4.5 13 21 <b>Whole</b> 31 36 7 13 32 38	<b>Half</b> 8 8 2 2 4.5 4.5 4.5	0 3.5 12 <b>Whole</b> 16 16 4 4 9 9 9	0. Half 0 0 0 0 0 0 0 0 0 0	0 5* Whole 1* 1* 0 0 0 0 0	25 27 22 27 47 53	43 44 39 <b>Whole</b> 50 54 44 55 95 105	Half 2 3 1 3 3 5	4 5 3 <b>Whole</b> 3 5 3 5 7 9	Half 3 3 4 23 24	5 5 2 <b>Whole</b> 6 7 6 8 46 46 47	10 12 9 11 9 12	9 19 13 <b>Whole</b> 19 23 17 22 18 23	2 7 Half 40 30 25 15 10 5	0 20 70 <b>Whole</b> 75 55 50 30 25 5	37 111 23 Half 440 470 480 550 360 420	50 30 Whole 880 940 970 1100 720 850
a Drink Grilled Cheese Sandwich on Mom's White - V Grilled Cheese Sandwich on Harvest - V Ham Sandwich on Mom's White Ham Sandwich on Harvest Peanut Butter & Jelly Sandwich on Mom's White - V	Half 280 300 150 200 360	00 Whole 560 610 310 400 720	Half 140 160 30 60 150	120 190 <b>Whole</b> 280 320 60 120 290	Half 16 18 3.5 6 16	4.5 13 21 <b>Whole</b> 31 36 7 13 32	3 Half 8 8 2 2 4.5	0 3.5 12 <b>Whole</b> 16 16 4 4 4 9	0. Half 0 0 0 0 0	0 5* Whole 1* 1* 0 0 0	25 27 22 27 47	43 44 39 <b>Whole</b> 50 54 44 55 95	Half 2 3 1 3 3	4 5 3 <b>Whole</b> 3 5 3 5 7	Half 3 3 4 23	5 5 2 <b>Whole</b> 6 7 6 8 46	10 12 9 11 9	9 19 13 <b>Whole</b> 19 23 17 22 18	2 7 Half 40 30 25 15 10	0 20 70 <b>Whole</b> 75 55 50 30 25	37 111 23 Half 440 470 480 550 360	50 30 Whole 880 940 970 1100 720
a Drink Grilled Cheese Sandwich on Mom's White - V Grilled Cheese Sandwich on Harvest - V Ham Sandwich on Mom's White Ham Sandwich on Harvest Peanut Butter & Jelly Sandwich on Mom's White - V Peanut Butter & Jelly Sandwich on Harvest - VG Turkey Sandwich on Mom's White Turkey Sandwich on Harvest Add Spread - Mayo - V	Half 280 300 150 200 360 400 160 200 45	Whole 560 610 310 400 720 800 300 390 90	Half 140 160 30 60 150 170 40 60 35	120 190 Whole 280 320 60 120 290 350 60 110 70	Half 16 18 3.5 6 16 19 4 6 4	4.5 13 21 <b>Whole</b> 31 36 7 13 32 38 7 12 8	3 Half 8 8 2 2 4.5 4.5 2 2 2 0.5	0 .5 .2 <b>Whole</b> 16 16 4 4 9 9 9 3.5 3.5 3.5 1	0. Half 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 5* <b>Whole</b> 1* 1* 0 0 0 0 0 0 0 0 0 0 0	25 27 22 27 47 53 21 28 1	43 44 39 <b>Whole</b> 50 54 44 55 95 105 44 55 2	Half 2 3 1 3 3 3 5 1 3 3 0	4 5 3 <b>Whole</b> 3 5 3 5 7 9 3 5 7 9 3 5 0	Half 3 3 4 23 24 2 2 4 0	5 5 2 <b>Whole</b> 6 7 6 8 46 47 6 8 46 47 6 8 0	10 12 9 11 9 12 9 11 9 12 9 11 0	9 19 13 <b>Whole</b> 19 23 17 22 18 23 17 22 18 23 17 22 0	Half 40 30 25 15 10 5 20 15 10	0 20 70 <b>Whole</b> 75 55 50 30 25 5 50 30 25 50 30 20	37 111 23 Half 440 470 480 550 360 420 640 600 150	50 30 <b>Whole</b> 880 940 970 1100 720 850 1070 1200 300
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a Drink Grilled Cheese Sandwich on Mom's White - V Grilled Cheese Sandwich on Harvest - V Ham Sandwich on Mom's White Ham Sandwich on Harvest Peanut Butter & Jelly Sandwich on Mom's White - V Peanut Butter & Jelly Sandwich on Harvest - VG Turkey Sandwich on Harvest Add Spread - Mayo - V Add Spread - Mayo - V Add Spread - Stoneground Mustard - LF, V Soups for Kids' Combo Cheddar Broccoli Mom's Chicken Noodle - LF Zesty Chicken Tortilla Loaded Baked Potato Roasted Tomato Basil - LF, V Drinks for Kids' Menu Kids' Apple Juice (may vary by Cafe) - LF Kids' Free Pour Milk Whole Milk Skim Milk - LF Chocolate Milk - Whole Chocolate Milk - Skim - LF Kids' Soda Coca Cola Cherry Coca Cola Diet Coca Cola Diet Coca Cola Caffeine Free Coca Cola Zero Fresca	Half 280 300 150 200 360 400 45 15 1 1 2 2 2 3 80 90 12 2 1 3 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Whole           560           610           310           400           720           800           300           390           90           300           50           90           300           50           90           90           300           50           90	Half 140 160 30 60 150 40 60 35 0	120 190 Whole 280 320 60 120 290 350 60 110 70 0 100 20 35 130 15 0 0 0 20 25 130 15 20 20 35 130 15 20 20 35 130 15 20 20 35 130 15 20 20 35 130 15 20 20 20 20 20 20 20 20 20 20	Half 16 18 3.5 6 16 19 4 6 4 0 	4.5 13 21 Whole 31 36 7 13 32 38 7 12 38 7 12 8 0 11 2 2 4 4 15 2 0 0 2 0 2 0 2 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0	3 Haif 8 8 2 4.5 4.5 2 2 0.5 0 0 0 0 0 0	0 .5 12 Whole 16 16 4 9 9 3.5 3.5 1 0 7 5 0 7 0 2 02 7 0 2 02 7 0 2 02 0 0 0 0 0 0 0 0 0 0 0 0 0	0. Half 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 5* Whole 1* 1* 0 0 0 0 0 0 0 0 0 0 0 0 0	Half 25 27 22 27 47 53 21 28 1 3 3 1 28 1 3 21 28 1 3 21 28 1 3 21 28 1 3 21 28 27 27 27 27 27 27 27 27 27 27 27 27 27	43 44 44 39 50 54 44 45 55 95 105 44 55 2 6 9 13 111 11 12 24 26 20 20 20 20 20 20 20 20 20 20	Half 2 3 1 3 5 1 0 0 0 1 1 2 1 2 1 1 1 1 1 1 1 1 1 1 1	4 4 5 3 Whole 3 5 3 5 7 9 3 5 7 9 3 5 0 0 0 1 1 3 1 1 1 0 0 0 0 1 1 5 3 5 7 9 3 5 0 0 0 0 1 1 5 5 3 5 7 9 3 5 7 9 3 5 7 9 3 5 0 0 0 0 0 1 1 1 5 5 0 0 0 0 0 1 1 5 5 0 0 0 0 0 0 0 0 0 0 0 0 0	Half 3 3 4 23 24 2 4 0 0 0 0 2 2 2 2 2 2 12 11 1 3 3 3 12 12 12 12 12 12 12 12 12 12	5 5 2 <b>Whole</b> 6 7 6 8 46 47 6 8 0 0 0 3 1 2 2 3 7 7 3 3 4 4 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	10 Half 10 12 9 11 9 12 9 11 0 0 0 12 12 9 11 0 0 0 12 12 9 11 10 0 0 0 0 0 12 12 12 12 12 12 12 12 12 12	9 9 19 13 Whole 19 23 17 22 18 23 17 22 18 23 17 22 0 0 0 0 5 5 5 5 5 6 1 1 0 0 0 2 0 0 0 2 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 1 2 2 0 0 0 0 1 2 2 1 2 2 0 0 0 0 2 2 1 2 2 1 2 2 0 0 0 0 2 2 1 2 2 0 0 0 2 2 2 0 0 0 2 2 2 0 0 0 2 2 2 0 0 0 2 2 2 2 2 0 0 0 2 2 2 2 2 2 0 0 0 2 2 2 2 2 0 0 0 2 2 2 2 2 2 2 2 2 2 2 2 2	Half 40 30 25 10 5 20 15 10 0 3 2 4 15 10 0 3 2 4 15 10 0 15 10 0 15 10 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 10 15 10 0 15 10 0 15 10 10 15 10 10 10 10 10 10 15 10 10 10 10 10 10 10 10 10 10	0 20 70 Whole 75 55 50 30 25 5 50 30 20 0 0 20 0 0 20 0 0 20 0 0 20 0 0 20 0 0 20 0 0 20 2	37 11 23 Half 440 470 480 550 360 420 640 640 600 150 360 777 63 360 22 22 12 12 15 220 12 12 11 55 20 12 11 11 33 0 0 15 15 15 15 15 15 15 15 15 15	50 30 Whole 880 940 970 1100 720 850 1070 1200 720 850 1070 1200 850 850 1070 1200 850 1070 1200 800 720 800 800 800 800 800 800 800 8
a Drink Grilled Cheese Sandwich on Mom's White - V Grilled Cheese Sandwich on Harvest - V Ham Sandwich on Mom's White Ham Sandwich on Marvest Peanut Butter & Jelly Sandwich on Mom's White - V Peanut Butter & Jelly Sandwich on Harvest - VG Turkey Sandwich on Harvest Add Spread - Mayo - V Add Spread - Mayo - V Add Spread - Stoneground Mustard - LF, V Soups for Kids' Combo Cheddar Broccoli Mom's Chicken Noodle - LF Zesty Chicken Tortilla Loaded Baked Potato Roasted Tomato Basil - LF, V Drinks for Kids' Menu Kids' Apple Juice (may vary by Cafe) - LF Kids' Free Pour Milk Whole Milk Skim Milk - LF Chocolate Milk - Whole Chocolate Milk - Skim - LF Kids' Soda Coca Cola Cherry Coca Cola Diet Coca Cola Diet Coca Cola Diet Coca Cola Coca Cola Zero	Half 280 300 150 200 360 400 400 45 15 1 1 2 2 2 2 3 80 90 12 2 1 3 2 1 1 3 2 1 1 1 3 2 1 1 1 1 1	Whole           560           610           310           400           720           800           300           390           90           300           390           90           300           90           30           50           90           90           30           50           90           90           30           50           90           90           30           50           90           30           50           90           100           20           20           20           20           20           20           20           20           30           0           0	Half 140 160 30 60 150 40 60 35 0	120 190 Whole 280 320 60 120 290 350 60 110 70 0 100 20 35 130 15 0 0 0 20 25 130 15 0 0 0 20 20 35 10 20 350 60 110 20 350 60 110 20 350 60 110 20 350 60 110 20 350 60 110 20 350 60 110 20 350 60 110 20 350 60 110 20 350 60 110 20 350 60 110 70 0 10 20 35 10 20 35 10 20 20 35 10 20 20 35 10 20 20 35 10 20 20 20 35 10 20 20 20 20 20 20 35 10 20 20 20 20 20 20 20 20 20 2	Half 16 18 3.5 6 16 19 4 6 4 0	4.5 13 21 Whole 31 36 7 13 32 38 7 12 8 0 11 2 4 4 15 2 0 0 2 0 2 0 2 0 2 0 2 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0	3 Half 8 8 2 4.5 4.5 2 2 0.5 0 0 0 0 0	0 .5 12 Whole 16 16 4 9 9 3.5 1 0 7 .5 0 7 0 2 0 0 2 0 0 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0	0. Half 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 5* Whole 1* 1* 0 0 0 0 0 0 0 0 0 0 0 0 0	4         25         27         22         27         47         53         21         28         1         3         1         2         2         1         2         1         2         2         2         1         2         1         2         1         2         1         2         1         2         1         2         2         2         2         2         2         2         2         2         1         2         2         2         2         2         2         2         2         2         2         2         2         3         3         3	43 44 44 59 50 54 44 45 55 95 105 44 55 2 6 9 105 44 40 55 2 6 9 13 11 11 12 22 6 9 13 11 11 12 22 6 9 13 11 11 12 22 6 9 9 13 11 11 12 22 6 9 9 13 11 11 12 22 6 9 9 13 11 11 12 22 6 9 9 13 11 11 11 12 20 6 9 13 11 11 11 11 11 11 11 11 11 11 11 11	Half 2 3 1 3 3 5 1 3 0 0 0 1 1 2 1 2 1 2 1 2 1 2 1 1 2 1 1 2 1 1 2 1	4 5 3 Whole 3 5 7 9 3 5 7 9 3 5 0 0 0 1 1 3 1 1 2 0 0 0 0 1 1 5 0 0 0 0 1 1 5 5 0 0 0 0 0 0 0 0 0 0 0 0 0	Haif 3 3 4 23 24 2 4 0 0 0 2 2 12 11 3 3 12 3 3 12 3 3 12 3 3 12 3 3 12 3 3 3 12 12 12 12 12 12 12 12 12 12	5 5 2 <b>Whole</b> 6 7 6 8 4 4 4 7 6 8 0 0 0 3 1 2 2 3 7 7 5 2 3 7 7 6 8 8 0 0 0 8 1 2 2 3 7 7 6 8 8 0 0 0 0 8 1 1 2 9 9 9 4 4 4 6 9 9 9 9 9 9 9 9 4 4 4 6 9 9 9 9	10 Half 10 12 9 11 9 12 9 11 0 0 0 12 12 9 11 0 0 0 12 12 9 11 0 0 0 11 12 12 11 10 12 12 12 12 11 10 12 12 11 10 12 11 10 12 11 10 12 11 10 12 11 10 12 11 10 11 11	9 9 19 19 13 17 22 18 23 17 22 18 23 17 22 0 0 0 0 5 5 5 6 1 1 0 0 0 2 2 2 18 17 22 0 0 0 0 0 0 19 23 17 22 18 23 17 22 18 23 17 22 0 0 0 0 0 0 0 19 23 17 22 18 23 17 22 0 0 0 0 0 0 0 0 0 0 0 0 0	Haif 40 30 25 15 10 5 20 15 5 20 15 10 0 3 2 2 4 4 4 10 0 3 2 2 4 4 10 10 10 10 10 10 10 10 10 10 10 10 10	0 20 75 55 50 30 25 5 50 30 20 0 0 20 0 0 0 0 0 0 0 0 0 0 0 0 0	37 11: 23 Half 440 470 480 550 360 420 640 640 640 640 655 360 77 63 70 555 666 22 22 12 15 20 15 20 15 20 15 20 15 15 20 15 15 15 20 15 15 15 15 15 15 15 15 15 15	50 30 Whole 880 940 970 1100 720 850 1070 1200 300 720 850 1070 1200 300 720 55 5 5 5 5 5 5 5 5 5 5 5 5
a Drink Grilled Cheese Sandwich on Mom's White - V Grilled Cheese Sandwich on Harvest - V Ham Sandwich on Mom's White Ham Sandwich on Harvest Peanut Butter & Jelly Sandwich on Mom's White - V Peanut Butter & Jelly Sandwich on Harvest - VG Turkey Sandwich on Mom's White Turkey Sandwich on Harvest Add Spread - Mayo - V Add Spread - Stoneground Mustard - LF, V Soups for Kids' Combo Cheddar Broccoli Mom's Chicken Noodle - LF Zesty Chicken Tortilla Loaded Baked Potato Roasted Tomato Basil - LF, V Drinks for Kids' Menu Kids' Apple Juice (may vary by Cafe) - LF Kids' Free Pour Milk Skim Milk - LF Chocolate Milk - Whole Checolate Milk - Skim - LF Kids' Soda Coca Cola Cherry Coca Cola Diet Coca Cola Caffeine Free Coca Cola Zero Fresca Fanta	Half 280 300 150 200 360 400 160 200 45 15 1 1 9 9 2 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Whole           560           610           310           400           720           800           300           390           90           300           50           90           300           50           90           90           300           50           90           300           50           90	Half 140 160 30 60 150 40 60 35 0	120 190 Whole 280 320 60 120 290 350 60 110 70 0 100 20 20 20 20 20 20 20 20 20	Half 16 18 3.5 6 16 19 4 6 4 0 0  12  12 	4.5 13 21 Whole 31 36 7 13 32 38 7 12 8 0 0 11 2 4 15 2 0 0 0 2 0 2 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0	3 Haif 8 8 2 4.5 4.5 2 2 0.5 0 0 0 0	0 .5 12 Whole 16 16 4 9 9 3.5 3.5 1 0 7 7 5 0 7 7 5 0 8 0 0 7 7 5 0 8 0 0 7 7 7 0 7 7 0 7 7 0 0 7 7 0 0 0 0 0 0 0 0 0 0 0 0 0	0. Half 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 5* Whole 1* 1* 0 0 0 0 0 0 0 0 0 0 0 0 0	Half 25 27 27 47 53 21 28 1 3 1 28 1 3 28 1 3 28 1 3 28 1 3 28 1 3 28 1 3 20 27 27 27 27 27 27 27 27 27 27	<ul> <li>43</li> <li>44</li> <li>39</li> <li>50</li> <li>54</li> <li>44</li> <li>55</li> <li>95</li> <li>105</li> <li>44</li> <li>55</li> <li>2</li> <li>6</li> <li>9</li> <li>105</li> <li>44</li> <li>55</li> <li>2</li> <li>6</li> <li>9</li> <li>105</li> <li>44</li> <li>55</li> <li>2</li> <li>2</li> <li>6</li> <li>9</li> <li>9</li> <li>2</li> <li>3</li> <li>3</li> <li>4</li> <li>4</li> <li>4</li> <li>5</li> <li>5</li> <li>4</li> <li>4</li> <li>4</li> <li>4</li> <li>5</li> <li>4</li> <li>4</li> <li>4</li> <li>4</li> <li>5</li> <li>4</li> <li>4</li> <li>4</li> <li>5</li> <li>4</li> <li>4</li> <li>4</li> <li>4</li> <li>5</li> <li>4</li> <li>4</li> <li>4</li> <li>4</li> <li>4</li> <li>4</li> <li>5</li> <li>5</li> <li>6</li> <li>7</li> <li>4</li> <li>4<td>Half 2 3 1 3 3 5 1 0 0 0</td><td>4 5 3 Whole 3 5 3 5 7 9 3 5 7 9 3 5 0 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1</td><td>Half 3 3 4 23 24 2 4 0 0 0 2 2 2 2 2 2 2 2 2 2 2 2 2</td><td>5 5 2 <b>Whole</b> 6 7 6 8 4 6 8 4 6 8 0 0 0 0 3 1 2 2 3 7 7 3 4 4 9 9 9 4 4 4 9 9 9 4 4 4 5 5 0 0 0 0 8 8 7 7 6 8 8 0 0 0 0 8 8 10 7 6 8 8 0 0 0 0 8 8 10 7 6 8 8 0 0 0 0 8 8 10 10 10 10 10 10 10 10 10 10 10 10 10</td><td>10 12 9 11 9 12 9 11 0 0 0</td><td>9 9 19 13 Whole 19 23 17 22 18 23 17 22 0 0 0 0 5 5 5 5 5 5 5 6 1 0 0 0 0 2 2 2 0 0 0 0 5 5 5 5 5 5 5 5 5 5 5 5 5</td><td>Half 40 30 25 10 5 20 15 10 0 3 2 2 4 15 10 0 3 2 2 4 15 10 0 15 10 0 15 10 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 10 15 10 10 15 10 10 15 10 10 15 10 10 15 10 10 15 10 10 10 10 15 10 10 10 15 10 10 10 10 10 10 10 10 10 10</td><td>0 20 20 75 55 50 30 25 5 50 30 20 0 0 85 5 5 5 5 5 0 30 20 0 0 85 5 5 5 5 5 5 5 5 5 5 5 5 5</td><td>37 11 23 Half 440 470 480 550 360 420 640 600 150 360 777 63 360 22 22 12 15 200 640 150 360 150 150 150 150 150 150 150 15</td><td>50 30 Whole 880 940 970 1100 720 850 1070 1200 300 720 720 720 720 720 720 720 7</td></li></ul>	Half 2 3 1 3 3 5 1 0 0 0	4 5 3 Whole 3 5 3 5 7 9 3 5 7 9 3 5 0 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1	Half 3 3 4 23 24 2 4 0 0 0 2 2 2 2 2 2 2 2 2 2 2 2 2	5 5 2 <b>Whole</b> 6 7 6 8 4 6 8 4 6 8 0 0 0 0 3 1 2 2 3 7 7 3 4 4 9 9 9 4 4 4 9 9 9 4 4 4 5 5 0 0 0 0 8 8 7 7 6 8 8 0 0 0 0 8 8 10 7 6 8 8 0 0 0 0 8 8 10 7 6 8 8 0 0 0 0 8 8 10 10 10 10 10 10 10 10 10 10 10 10 10	10 12 9 11 9 12 9 11 0 0 0	9 9 19 13 Whole 19 23 17 22 18 23 17 22 0 0 0 0 5 5 5 5 5 5 5 6 1 0 0 0 0 2 2 2 0 0 0 0 5 5 5 5 5 5 5 5 5 5 5 5 5	Half 40 30 25 10 5 20 15 10 0 3 2 2 4 15 10 0 3 2 2 4 15 10 0 15 10 0 15 10 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 0 15 10 10 15 10 10 15 10 10 15 10 10 15 10 10 15 10 10 15 10 10 10 10 15 10 10 10 15 10 10 10 10 10 10 10 10 10 10	0 20 20 75 55 50 30 25 5 50 30 20 0 0 85 5 5 5 5 5 0 30 20 0 0 85 5 5 5 5 5 5 5 5 5 5 5 5 5	37 11 23 Half 440 470 480 550 360 420 640 600 150 360 777 63 360 22 22 12 15 200 640 150 360 150 150 150 150 150 150 150 15	50 30 Whole 880 940 970 1100 720 850 1070 1200 300 720 720 720 720 720 720 720 7

CAKES & SWEETS	Calor	rios	Calorie	s from Fat	Tota	l Fat	Satura	ted Fat	Trans	e Eat	Ca	rbs	Fibe		Sug	iar.	Dro	tein	Chole	storol	Sodi	ium
CARES & SWEETS Chocolate Baby Bundt Cake - V	Calor 560		1	S from Fac 280		li Fac		ited Fair 8	l litelui (			0	2		5ug 4	-	Pro		Chole 5		<b>5</b> 00 59	
Chocolate Baby Bundt Cake - V Chocolate Baby Bundt Cake w/White Icing - V	540			230		26		o 7			7		2					6	6	-	53	
								9					4									
Cinnamon Creme Cake - Slice (12 slices/cake) - V	780			330		37		-			10		•		5.			-	7		79	
Lemon Pound Cake - Slice - V	510			140		.6		.5	0		8		0		4	-			3	-	68	
Chocolate Chip Cookie - V	290	-		110		.2		6	0		4		2		2			_	2	-	20	
Monster Cookie - V	320			120		.3		7	C	•	4	-	2		3				2		20	
Oatmeal Raisin Cookie - V	280			90		.0		.5	C			5	2		2				4		39	
Snickerdoodle Cookie - V	290			90		.0		.5	C		4		0		2				4		31	
Sugar Cookie - V	290			90		.0		.5	C		4		0		2				4		31	
Toffee Cookie - V	310	-		130		.4		6	C	)	4		1		2			3	2		19	
Twisted Lemon Hand Pie - V	520	20	1	220	2	25	-	13	C	)	6	7	1		2	8		6	4	5	49	<del>)</del> 0
Blueberry Hand Pie w/Lemon Glaze - V	520	.0		210	2	23		13	C	)	7	2	1		3	1		6	4	5	46	50
Lemon Bar - V	660	0	1 7	310	3	34		19	1	*	8	3	1		5	7		7	17	75	39	€0
Maple Pecan Bar - V	690	0	1	330	3	37		.4	0.5	5*	8	3	2		5	1		6	9	0	43	30
Cream Cheese Brownie - V	560	0	1	310	3	34		19	1	*	5	6	2		4	2		9	19	90	39	<del>)</del> 0
Fudge Brownie	600	0		280	3	81		19	0.5	5*	7	9	4		5	6		8	14	10	16	50
HOT BEVERAGES	Calor		Calorie	s from Fat		l Fat	Satura	ted Fat	Trans		Car		Fibe	er	Sug		Pro	tein	Chole		Sodi	
HOT BEVERAGED																						
		Nonfat	Whole	Nonfat	Whole	Nonfat	Whole	Nonfat	Whole	Nonfat	Whole	Nonfat	Whole	Nonfat	Whole	Nonfat	Whole		Whole	Nonfat	Whole	Nonfat
12 oz. Cappuccino	100	60	45	0	5	0	3	0	0	0	8	9	0	0	9	9	5	5	15	0	70	90
16 oz. Cappuccino	140	90	60	0	7	0	4	0	0	0	11	12	0	0	13	12	7	8	20	0	100	125
20 oz. Cappuccino	190	120	90	0	10	0	6	0	0	0	15	17	0	0	17	17	10	11	30	5	135	180
12 oz. Latte	190	120	90	0	10	0	6	0	0	0	15	16	0	0	17	16	10	11	30	5	130	170
16 oz. Latte	250	160	120	0	13	0	8	0	0	0	19	22	0	0	22	22	13	14	40	10	170	230
	300	190	120	0		0	9	0	0	0	23	22	0	0	22	22	15	14	50	10	210	230
20 oz. Latte				-	16	-	-	-			-			-								
12 oz. Caramel Latte	380	320	100	15	11	2	7	1	0	0	61	63	0	0	45	44	10	11	10	10	210	210
16 oz. Caramel Latte	490	410	120	15	13	2	8	1	0	0	81	84	0	0	57	57	12	13	40	15	220	260
20 oz. Caramel Latte	650	540	160	25	17	3	10	2	0	0	108	111	0	0	76	76	16	17	55	20	280	340
12 oz. Truffle Mocha	270	210	90	5	10	0.5	6	0	0	0	46	48	1	1	45	45	10	11	30	5	150	190
16 oz. Truffle Mocha	380	300	110	10	12	1	7	0	0	0	70	72	2	2	67	67	13	14	35	10	200	240
20 oz. Truffle Mocha	510	400	140	10	16	1	9	0	0	0	95	98	2	2	91	90	17	18	45	10	260	320
12 oz. Truffle Hot Chocolate w/Whipped Cream	350	280	150	60	17	7	10	4	0	0	50	51	1	1	47	47	12	13	55	30	190	230
16 oz. Truffle Hot Chocolate w/Whipped Cream	480	390	190	65	21	7	12	4	0	0	75	78	2	2	72	71	16	17	65	30	250	300
20 oz. Truffle Hot Chocolate w/Whipped Cream	610	490	220	70	24	7	14	4	0	0	100	103	2	2	95	94	20	21	75	30	300	370
	010	490	220	70	24	/	14	4	0	0	100	105	2	2	95	94	20	21	75	30	300	370
Topping - Add/Subtract to Customize	I		L																			
Whipped Cream - 1 oz - V	90	0		50		6		3	C	)	e	5	0		3	1		0	2	5	0	)
12 oz. Chai Latte	200	130	100	0	11	0	6	0	0	0	15	17	0	0	18	17	11	12	35	10	135	180
16 oz. Chai Latte	270	170	130	0	15	0	8	0	0	0	20	23	0	0	24	23	15	16	45	10	180	240
20 oz. Chai Latte	340	210	160	0	18	0	11	0	0	0	25	29	0	0	29	29	18	20	55	10	230	300
COLD BEVERAGES	Calor			s from Fat		l Fat		ted Fat	Trans	e Eat		rbs	Fibe	-	Suc			tein	Chole	-	Sodi	
					_																	
Bubblers		32 oz	20 oz	32 oz	20 oz	32 oz	20 oz	32 oz	20 oz	32 oz	20 oz	32 oz		32 oz	20 oz	32 oz	20 oz	32 oz	20 oz	32 oz	20 oz	32 oz
Hibiscus Lemonade - LF, VG	120	200	0	0	0	0	0	0	0	0	32	53	0	0	29	49	0	0	0	0	0	0
Old Fashioned Lemonade - LF, VG	160	260	0	0	0	0	0	0	0	0	41	69	0	0	38	63	0	0	0	0	10	15
Soda	20 oz	32 oz	20 oz	32 oz	20 oz	32 oz	20 oz	32 oz	20 oz	32 oz	20 oz	32 oz	20 oz	32 oz	20 oz	32 oz	20 oz	32 oz	20 oz	32 oz	20 oz	32 oz
Coca Cola	200	300	0	0	0	0		0	0	0	56	84	0	0	56	84	0	0	0	0	10	20
			•	-	•	-	0	-	•	•			•	-		-	•	-	•	•		
Cherry Coca Cola	210	310	0	0	0	0	0	0	0	0	54	81	0	0	54	81	0	0	0	0	10	10
Diet Coca Cola	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20	30
Diet Coca Cola Caffeine Free	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20	30
Coca Cola Zero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	55	85
Fresca	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fanta	220	340	0	0	0	0	0	0	0	0	60	90	0	0	60	90	0	0	0	0	15	25
Sprite	200	290	0	0	0	0	0	0	0	0	52	78	0	0	52	78	0	0	0	0	45	65
Dr. Pepper	200	300	0	0	0	0	0	0	0	0	54	81	0	0	54	81	0	0	0	0	70	105
Diet Dr. Pepper	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	70	105
IBC Root Beer - Bottle (12oz)	160	0		0		0		0	C	)	(	)	0		0	1	- (	0	(	)		40
FROZEN BEVERAGES	Calor		Calarie	s from Fat		l Fat		ted Fat	Trans			rbs	Fibe		Suc			tein		sterol		lium
16 oz. Caramel Frappe w/Whipped Cream - V	480			70		8		.5	0		9		0		8			6		0		10
16 oz. Mocha Frappe w/Whipped Cream - V	470			70		8		5	0		9		1		8			6	3		27	
16 oz. Vanilla Frappe w/Whipped Cream - V	380	0		70		8	4	.5	0	)	6	8	0		6	5		5	3	0	26	60
Topping - Add/Subtract to Customize	I																					
Whipped Cream - 1 oz - V	90	D		50		6		3	C	)	6	5	0		3		(	D	2	5	0	D
16 oz. Four Berry Smoothie - LF, VG, G	310	.0	1	0		0		0	C	)	7	7	1		7	0		2	(	)	21	25
16 oz. Pinapple Orange Smoothie - LF, VG, G	300			0		0		0	0		7		5		6			2	(		5	
				-				-	-				-							-		
16 oz. Strawberry Smoothie - LF, VG, G	310			0		0		0		)	7		0		7				(		0	-
16 oz. Strawberry Banana Smoothie - LF, VG, G	360	0		0		0		0	C	)	8	7	2		7	9		1	(	)	0	0
Protein Boost - Add to Customize	1																					
Yogurt Protein Boost (12 grams)	45	5		0	(	0		0	C	)	6	5	0		3			5	5	5	60	0
BREADS	Calor	ries	Calorie	s from Fat	Tota	l Fat	Satura	ted Fat	Trans	s Fat	Ca	rbs	Fibe	er	Sug	ar	Pro	tein	Chole	sterol	Sodi	ium
		Whole	Slice	Whole		Whole	Slice	Whole	Slice	Whole	Slice	Whole		Whole	Slice			Whole	Slice	Whole	Slice	Whole
	Slice		Since		Slice		Slice		Slice		Slice		Silce		Slice		Slice		Slice		Slice	
Country Boule - LF, VG		640		20		2		0		0		128		4		1		21		0		1510
Country Small Oblong - VG	90	2040	0	60	0	6	0	1	0	0	18	410	1	14	0	3	3	68	0	0	210	4820
Country Large Oblong - VG	140	3310	5	90	0	10	0	2	0	0	28	666	1	22	0	4	5	111	0	0	330	7830
Harvest - VG	170	2180	50	680	6	76	1.5	21	0	0	27	344	3	34	3	42	6	76	5	40	290	3780
Mom's White - V	150	1770	30	370	3.5	41	2	24	0	0	25	299	2	20	3	34	4	48	15	170	260	3200
Steakhouse Rye - VG	180	2290	30	380	3.5	42	1	13	0	0	32	399	3	34	7	85	5	59	5	85	320	3990
Focaccia Loaf - VG	100	730	15	90	1.5	10	0	0.5	0	0	19	133	1	7	0	0	2	11	0	0	280	1970
	100	730	15	90	1.5	10	0	0.5	0	0	19	133	1	/	0	0	2	11	0	0	200	1970
Additional Bakery Breads/Rolls		20		25		1		1	C			70	0		5		_	2	(		1.4	20
Baguette	880			35		4		-			17		8		-			3	(		143	
Gluten-Friendly Wrap - V, G	150			45		5		1	-		3		3		4			5	(	-		70
				25	2	.5	0	.5	0	)	2	5	1		2			5				/11
Flatbread - V	140								-				-									20
Flatbread - V Pretzel Demi - V	350	0		35		4		0	C		6	6	2		9		1	.3	(	)	64	40
Flatbread - V		0								)	6		-				1			)	64	

Available Only at Select Cafes																						
BREAKFAST SANDWICHES	Calc	ries	Calories	from Fat	Tota	l Fat	Satura	ted Fat	Tran	s Fat	Ca	rbs	Fil	ber	Su	gar	Prot	tein	Chole	sterol	Sod	ium
	Whole	Egg	Whole	Egg	Whole	Egg	Whole	Egg	Whole	Egg	Whole	Egg	Whole	Egg	Whole	Egg	Whole	Egg	Whole	Egg	Whole	Egg
	Eggs	Whites	Eggs	Whites	Eggs	Whites	Eggs	Whites	Eggs	Whites	Eggs	Whites	Eggs	Whites	Eggs	Whites	Eggs	Whites	Eggs	Whites	Eggs	Whites
Chicken Apple Sausage Panini	610	530	280	210	31	23	10	8	0	0	42	41	1	1	3	2	37	36	385	95	1450	1480
Ham & Swiss Panini	520	440	230	150	25	17	10	7	0	0	39	38	1	1	3	1	32	31	335	45	1240	1280
FRUITS AND GRAINS	Calc	ries	Calories	from Fat	Tota	l Fat	Satura	ted Fat	Tran	s Fat	Ca	rbs	Fi	ber	Su	gar	Prot	tein	Chole	sterol	Sod	ium
Cinnamon Roll French Toast (Includes 2 oz of	Whole	Egg	Whole	Egg	Whole	Egg	Whole	Egg	Whole	Egg	Whole	Egg	Whole	Egg	Whole	Egg	Whole	Egg	Whole	Egg	Whole	Egg
vanilla maple syrup & powdered sugar )	Eggs	Whites	Eggs	Whites	Eggs	Whites	Eggs	Whites	Eggs	Whites	Eggs	Whites	Eggs	Whites	Eggs	Whites	Eggs	Whites	Eggs	Whites	Eggs	Whites
Cinammon Roll French Toast - V	7:	LO	2	80	3	1	1	3	(	)	1	19		3	7	'1	1	6	24	40	56	50
Cinnamon Roll French Toast w/Bacon	87	70	3	90	4	3	1	8	0.	5*	1	20		3	7	'1	2	6	2	70	12	60
CR French Toast w/Bacon & Scrambled Eggs	1110	960	540	390	60	43	24	18	0.5*	0.5*	122	121	4	4	74	71	46	43	880	270	1660	1720
Subtract to customize - Vanilla Syrup - LF	6	0		0	(	)	(	)	(	)	3	9		0	3	9	(	)		D	1	0
SANDWICHES / PANINI / HOT SANDWICHES	Calc	ories	Calories	from Fat	Tota	l Fat	Satura	ted Fat	Tran	s Fat	Ca	rbs	Fi	ber	Su	gar	Pro	tein	Chole	sterol	Sod	ium
For Total Nutritionals add Bakery Chips or Baby Carrots & Pickle	Half / Combo	Whole	Half / Combo	Whole	Half / Combo	Whole	Half / Combo	Whole	Half / Combo	Whole	Half / Combo	Whole	Half / Combo	Whole	Half / Combo	Whole	Half / Combo	Whole	Half / Combo	Whole	Half / Combo	Whole
Mom's Corned Beef	240	480	20	40	2	4	0.5	1	0	0	37	75	3	7	5	11	17	34	25	50	1200	2400
Mom's Roast Beef	210	410	20	40	2	4.5	0.5	1.5	0	0	30	61	1	3	2	4	16	32	25	50	740	1490
Mom's Add Spread - Mayo - V	45	90	35	70	4	8	0.5	1	0	0	1	2	0	0	0	0	0	0	10	20	150	300
Mom's Add Spread - Stoneground Mustard -	15	30	0	0	0	0	0	0	0	0	3	6	0	0	0	0	0	0	0	0	360	720
Smoked Ham & Swiss	390	770	120	240	14	27	6	12	0	0.5*	43	87	2	3	2	5	21	42	40	80	1370	2740
Chicken & Green Chile Panini	380	760	150	300	17	34	7	14	0	0	33	65	2	5	2	3	22	44	55	115	990	1980

					-				-													
White Rye Oblong - VG	120	2050	10	130	1	15	0	2.5	0	0	34	407	2	28	1	19	4	61	0	0	190	3250
	Slice	Whole	Slice	Whole	Slice	Whole	Slice	Whole	Slice	Whole	Slice	Whole	Slice	Whole	Slice	Whole	Slice	Whole	Slice	Whole	Slice	Whole
BREADS	Cal	ories	Calories	from Fat	Tota	al Fat	Satura	ted Fat	Tran	ıs Fat	Ca	rbs	Fi	ber	Su	ıgar	Pro	otein	Chole	sterol	Sod	ium
Thousand Island (Reuben) - V	80	150	65	130	7	15	1	2	0	0	2	5	0	0	2	5	0	0	10	20	125	250
SPREADS & DRESSINGS - Subtract to customic	ze																					
Corned Beef Reuben	390	780	210	430	24	48	8	16	0.5*	1*	25	51	2	4	4	8	17	35	50	105	1050	2100

\*This item contains naturally occurring trans fat from full fat dairy products and/or meats.

VG - Vegan V - Vegetarian

GC - This item does not contain gluten, however it is made in a facility where gluten is present and therefore cannot be guaranteed gluten free.

LF - Low fat: no more than 30% of calories from fat / no more than 3g of fat per 100g

GC\* - Oats as an ingredient are gluten free although there could be a trace of gluten from other grains due to transportation, storage & processing.

#### Create your own Corner Combo or Trio:

Sandwich or Panini Combo - Pick 1/2 (Combo Size) Sandwich or Panini with a side of Caesar Salad or Mixed Greens, Mac & Cheese or Cup of Soup. Salad Combo - Pick Cafe sized Signature Hand-Tossed Salad with Cup of Soup and Focaccia Roll. Pasta Combo - Pick Cafe/Combo Size Pasta with a side of Caesar Salad or Mixed Greens, or Cup of Soup.

The Trio  $\,$  - Add three Trio Salads plus Mixed Greens garnish and Focaccia Roll.

#### For total plate nutritionals, add bread and/or side items.

Corner Bakery Cafe's nutritional analysis is comprised of data from Analytical Food Laboratories (an independent testing facility commissioned by Corner Bakery Cafe) combined with data from our suppliers and computer analysis of recipes using Food Processor SQL nutrition analysis program from ESHA Research in Salem, Oregon. Nutrition information for trans fat is provided for the full menu item listed. Corner Bakery Cafe attempts to provide nutrition and ingredient information regarding its products that is as complete as possible. There may be variations in nutritional content across servings, based on variations in overall size and quantities of ingredients, and based on special ordering. Some menu items may not be available at all restaurants; test products, test formulations or regional items may not be included. As many of our products are prepared by hand, serving sizes may vary. This listing is continuously updated in an attempt to reflect the current status of our products. Based on the FDA Code of Federal Regulations, when a serving of a menu item contains less than 0.5 grams of trans fat, the content, when declared, will be expressed as "0 g".

A 2,000 calorie daily diet is used as the basis for general nutrition advice. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

For additional nutrition and allergen information, please visit www.cornerbakerycafe.com



X = CONTAINS ALLERGEN/PRESERVATIVE ✓ = VEGAN	£99	Fish	Mill	Dairy Peanute	shelfish	504	Treenuts	wheat	Jten Sultitos	Vegan
CORNER BAKERY BREADS	Í.	Í.	Í	Í.	/	, 			Í	Í.
Whole Loafs & By The Slice										
Country Boule & Oblong								×		$\checkmark$
Harvest			×			0		×		
Mom's White Sandwich Loaf	×		×			0		×		
Steakhouse Rye	×		×			0		×	×	
Bakery Rolls										
Baguette								×		$\checkmark$
Croissant	×		×					×		
Focaccia Roll								×		$\checkmark$
Pretzel Demi			×					×		
Sesame Bread								×		$\checkmark$
Additional Bakery Breads										
Flatbread - Multigrain						×		×		$\checkmark$
Flatbread - White						0		×		$\checkmark$
Gluten-Friendly Bread Option (Wrap)						×				$\checkmark$
Crisps & Croutons										
Sweet Crisp			×			0	×	×	×	
Croutons						*		×		$\checkmark$

**O** = This product contains an oil and/or lecithin that may contain the corresponding category allergen.

Valid starting 05/2017 mls/jj

\* Croutons may be prepared with Country, Baguette or Focaccia breads and may contain sesame seeds and/or soy oil.



X = CONTAINS ALLERGEN/PRESERVATIVE ✓ = VEGAN

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49 <sup>9</sup>	rish	MilW Dairy 282	nuts shelfist	SON	Treenuts	wheat uten su	ittes vegan
/	/ `	/ * * / <b>?</b> °	SI		110	/ X G. / S	

#### CORNER BAKERY BREAKFAST

Sides							
Bacon							
Breakfast Potatoes							$\checkmark$
Chicken Apple Sausage							
Harvest Toast		×	0		×		
Pancakes (2-Stack) - (At Most Locations)	×	×	0		×		
Seasonal Fruit Medley							$\checkmark$
Sweet Crisp		×	0	×	×	×	
Vanilla Maple Syrup							$\checkmark$
Breakfast Scramblers (without Harvest Toast)							
All American Scrambler	×	×					
w/ Egg Whites	×						
Anaheim Scrambler	×	×					
w/ Egg Whites	×	×					
Farmer's Scrambler	×	×					
w/ Egg Whites	×	×					
Cinnamon Roll French Toast (with Vanilla Maple Syrup	<b>b)</b> - (Limited	Locations)					
Cinnamon Roll French Toast	×	×	0		×		
w/ Bacon & Seasonal Fruit Medley	×	×	0		×		
w/ Scrambled Eggs & Bacon	×	×	0		×		
w/ Egg Whites & Bacon	×	*	0		×		
w/ Chicken Apple Sausage & Seasonal Fruit Medley	×	×	0		×		
w/ Scrambled Eggs & Chicken Apple Sausage	×	×	0		×		
w/ Egg Whites & Chicken Apple Sausage	×	×	0		×		
Pancakes (with Vanilla Maple Syrup) - (At Most Locations)							
w/ Crunchy Honey Banana Topping (Seasonal)	×	×			×		
w/ Scrambled Eggs & Bacon	×	×	0		×		
w/ Egg Whites & Bacon	×	×	0		×		
w/ Scrambled Eggs & Chicken Apple Sausage	×	×	0		×		
w/ Egg Whites & Chicken Apple Sausage	×	×	0		×		
w/ Bacon	×	×	0		×		
w/ Chicken Apple Sausage	×	× (	0		×		
w/ Scrambled Eggs	×	×	0		×		
w/ Egg Whites	×	×	0		×		
Pancakes (4-Stack)	×	*	0		×		



**CORNER BAKERY ALLERGENS & FOOD SENSITIVITIES** 

X = CONTAINS ALLERGEN/PRESERVATIVE ✓ = VEGAN	£99	Fish	Wilk	airy Peanuts	Shelfish	504	Treenuts	Wheat	uten Suffres	Vegan
CORNER BAKERY BREAKFAST	<i>,</i>			/ /			1	/	<i>.</i>	Í.
Breakfast Sandwiches										
Anaheim Panini	×		×	ſ		0		×		
w/ Egg Whites	×		×			0		×		
Smoked Bacon & Cheddar Panini	×		×			0		×		
w/ Egg Whites	×		×			0		×		
Commuter Croissant w/Bacon	×		×					×		
w/ Egg Whites	×		×					×		
Commuter Croissant w/Sausage	×		×					×		
w/ Egg Whites	×		×					×		
Power Flats									-	
Bacon & Egg Power Flat	×		×			×		×		
w/ Egg Whites	×		×			×		×		
Chicken Apple Sausage & Egg Power Flat	×		×			×		×		
w/ Egg Whites	×		×			×		×		
Ham, Spinach & Egg Power Flat	×		×			×		×	×	
w/ Egg Whites	×		×			×		×	×	
Avocado, Spinach & Egg Power Flat	×		×			×		×		
w/ Egg Whites	×		×			×		×		
CBC Salsa - Served with Power Flats										$\checkmark$
Grits				``						
Buckhead Cheese Grits - (Limited Locations)			×			0				
Yogurt										
Fresh Berry Parfait			×					*		
Oatmeal (without Sweet Crisp)	-	•					•	•	•	
Steel-cut Oatmeal w/out Toppings								*		$\checkmark$
Crunchy Honey Banana Steel-cut Oatmeal (Seasonal)								*		
Loaded Steel-cut Oatmeal w/ Toppings							×	*		
Brown Sugar										
Dried Currants										
Dried Cranberries										$\checkmark$
Almonds							×			
Walnuts							×			$\checkmark$
Swiss Oatmeal			X					*		
Berry Almond Swiss Oatmeal (Seasonal)			×				×	*		

**O** = This product contains an oil and/or lecithin that may contain the corresponding category allergen.

Valid starting 05/2017 mls/jj

\* = Oats may contain gluten.

Note: The following CBC Spec cheeses are made from microbial/vegetable rennet (enzymes): Yellow Cheddar, Provolone, Mozzarella, Goat Cheese, Parmesan & Blue Cheese.



X = CONTAINS ALLERGEN/PRESERVATIVE ✓ = VEGAN

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## CORNER BAKERY BREAKFAST PASTRIES

Muffins								
Banana Muffin	×	×		0		×	×	
Blueberry Muffin	×	×		0		×		
Chocolate Muffin	×	×		0		×	×	
Cinnamon Crumb Muffin	×	×		0		×		
Pumpkin Muffin	×	×		0		×		
Pastries, Rolls & Cakes								
Apricot Walnut Rugelach		×		0	×	×		
Cinnamon Pecan Rugelach		×		0	×	×		
Croissant	×	×				×		
Cinnamon Roll	×	×		0		×		
Cinnamon Creme Cake	×	×		0		×		
Bagels								
Cinnamon Raisin Bagel				0		×	×	$\checkmark$
Everything Bagel				0		×		$\checkmark$
Plain Bagel				0		×		$\checkmark$
Sesame Seed Bagel				0		×		$\checkmark$
Bagel Spreads			•	÷			-	-
Peanut Butter			×	0				$\checkmark$
Whipped Plain Cream Cheese		×						

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#### Valid starting 05/2017 mls/jj



#### **CORNER BAKERY ALLERGENS & FOOD SENSITIVITIES**

	//	· · · /	· /			, ,	/	/	/
X = CONTAINS ALLERGEN/PRESERVATIVE ✓ = VEGAN	£99	Fish	Milkin	airy peanuts	Shelfish Soy	Treenut	Wheat	sufficer Sufficer	Vegan
CORNER BAKERY SALADS									
Bread	1	-	-			-		•	
Focaccia Roll							×		<ul> <li>✓</li> </ul>
Signature Salads		1	1 40			1	1	L 44	
Chopped Salads (Chicken & dressing included)			×		0			×	
Asian Wonton Salads (Chicken & dressing included)					×		×	×	
Caesar Salads (Dressing included)	×	×	×		×		×	×	
Chicken Berry Pecan Salads (Dressing included) Seasonal			×	×	0	×		×	
Harvest Salads (Chicken & dressing included)			×		0	×	×	×	
Santa Fe Salads (Chicken & dressing included)	×		×		0				
Spinach Sweet Crisp Salads (Dressing included)			×		0	×	×	×	
Mixed Greens Salad (Dressing included) - Cafe Size Only					O*		×	×	$\checkmark$
Salad Toppings									
All-Natural Chicken									
Apples - Diced									$\checkmark$
Avocado									$\checkmark$
Bacon									
Blue Cheese			×						
Candied Pecans (Seasonal)			×	×	0	×		×	
Cheddar Cheese - Shredded			×						
Corn Salsa									$\checkmark$
Croutons							×		$\checkmark$
Dried Cranberries									$\checkmark$
Fresh Berry Grape Mix									$\checkmark$
Goat Cheese			×						
Mandarin Oranges									$\checkmark$
Parmesan Cheese			×				1		
Sweet Crisp Pieces			×		0	×	×	×	
Tomatoes - Diced			1			1			$\checkmark$
Tortilla Strips									$\checkmark$
Walnuts						×	1		$\checkmark$
Wonton Strips			1		0	1	×		$\checkmark$



X = CONTAINS ALLERGEN/PRESERVATIVE ✓ = VEGAN	£99	Fish	Mill	airy peanuts	Shellfish	504	Treenuts	Wheat	ten suffres	Vegan
CORNER BAKERY SALADS										
Salad Dressings										
Asian Dressing (Asian Wonton Salad)						×		×	×	$\checkmark$
Avocado Ranch Dressing (Santa Fe Salad)	×		×			0				
Balsamic Vinaigrette Dressing (Harvest Salad)						0			×	$\checkmark$
Caesar Dressing (Caesar Salad)	×	×	×			×			×	
House Dressing (Chopped Salad & Mixed Greens)						0			×	$\checkmark$
Strawberry Vinaigrette Dressing (Spinach Sweet Crisp Salad)						ο			×	$\checkmark$

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Valid starting 05/2017 mls/jj

\* Croutons may be prepared with Country, Baguette or Focaccia breads and may contain sesame seeds and/or soy oil.

Note: The following CBC Spec cheeses are made from microbial/vegetable rennet (enzymes): Yellow Cheddar, Provolone, Mozzarella, Goat Cheese, Parmesan & Blue Cheese.



MIN Dairy Peanuts

Shelfish

SON

Treenuts

Wheat uten Suffres

Vegan

X = CONTAINS ALLERGEN/PRESERVATIVE

✓ = VEGAN

#### CORNER BAKERY TRIO & TRIO SIDE SALADS

Bread & Garnish								
Focaccia Roll						×		$\checkmark$
Mixed Greens Salad w/ House Dressing (Garnish)				0			×	$\checkmark$
Current Trio/Trio Side Salad Offerings								
Asian Edamame Salad				×		×	×	$\checkmark$
Caesar Salad w/ Caesar Dressing	×	×	×	×		×	×	
Dressing - Caesar	×	×	×	×			×	
Cavatappi Pasta Salad	<b></b>		×	0		×	×	
D.C. Chicken Salad	×			0	×			
Hummus				0		×		$\checkmark$
Mixed Greens Salad w/ House Dressing				O*		×	×	$\checkmark$
Dressing - House				0			×	$\checkmark$
Pico Quinoa & Black Bean Salad								$\checkmark$
Seasonal Fruit Salad Medley								$\checkmark$
Tuna Salad	×	×		×			×	

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Valid starting 05/2017 mls/jj

 $\mathbf{0}$  = Processed in a facility that contains Egg.

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Note: The following CBC Spec cheeses are made from microbial/vegetable rennet (enzymes): Yellow Cheddar, Provolone, Mozzarella, Goat Cheese, Parmesan & Blue Cheese.

FISH

4.9<sup>9</sup>



X = CONTAINS ALLERGEN/PRESERVATIVE ✓ = VEGAN	£99	Fish Mill Dairy Peanuts	Shellish Soy The	enuts wheat the	n Suffres	Vegan
CORNER BAKERY SOUPS						
Bowl & Cup of Soup						
Big Al's Chili w/ Cheddar Cheese		×	×	×	×	
Topping - Cheddar Cheese		×				
Cheddar Broccoli		×	×	×	×	
Chicken Noodle	×		0	×		
Chicken Tortilla w/ Tortilla Strips						
Topping - Tortilla Strips						$\checkmark$
Loaded Baked Potato w/ Cheddar Cheese & Green Onion		×	×	×		
Topping - Cheddar Cheese		×				
Topping - Green Onions						$\checkmark$
Roasted Tomato Basil w/ Croutons				×		$\checkmark$
Topping - Croutons			*	×		$\checkmark$

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Note: The following CBC Spec cheeses are made from microbial/vegetable rennet (enzymes): Yellow Cheddar, Provolone, Mozzarella, Goat Cheese, Parmesan & Blue Cheese.



X = CONTAINS ALLERGEN/PRESERVATIVE ✓ = VEGAN	E99	Fish	WIN Dairy Pe	anuts Shelfish	504	Treenus	Wheat	uten sutites	Vegan
CORNER BAKERY PANINIS									
Sides									
Baby Carrots									$\checkmark$
Bakery Chips					0				$\checkmark$
Pickle Spear									$\checkmark$
Grilled Flats									
Caprese			×		0		×	×	
Chicken Caesar	×	×	×		×		×	×	
Southwest Chicken	×		×		0		×	×	
Hot Toasted Sandwiches			·						
Steak & Cheese (At Most Locations)			×		×		×	×	
Paninis									
California Grille			×		0	×	×		
Chicken & Green Chile (Limited Locations)	×		×		0		×		
Chicken Pomodori	×		×		0	×	×		
Corned Beef Reuben (Limited Locations)	×		×		0		×	×	
Meatball	×		×		×		×	×	
Turkey Bacon Club	×		×		0		×		
Spreads / Dressing / Sauces						-			
Avocado Ranch Dressing (Southwest Chicken Flat)			×		0				
Caesar Dressing (Chicken Caesar Flat)	X	×	×		×			×	
Mayonnaise (Turkey Bacon Club)	×				0				
Pesto Mayonnaise (Chicken Pomodori)	×		×		0	×			
Roasted Garlic Mayo (Chicken & Green Chile)	×				0				
Thousand Island (Reuben)	×				0			<u> </u>	

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Note: The following CBC Spec cheeses are made from microbial/vegetable rennet (enzymes): Yellow Cheddar, Provolone, Mozzarella, Goat Cheese, Parmesan & Blue Cheese.



X = CONTAINS ALLERGEN/PRESERVATIVE

✓ = VEGAN

Shelfish Treenuts NIN Dairy Peanuts wheat uten Suffices Vegan Fish (H99 1 gor

#### CORNER BAKERY SANDWICHES

Sides									
Baby Carrots									$\checkmark$
Bakery Chips									$\checkmark$
Pickle Spear									$\checkmark$
Signature Sandwiches									
BBLT on Mom's White Bread	×		×		0		×	×	
Chicken Bacon Avocado Club on Harvest Bread (Seasonal)	×		×		0		×		
Chicken Pesto on Baguette Bread	×		×		0	×	×	×	
D.C. Chicken on Steakhouse Rye Bread	×		×		0	×	×	×	
Ham & Swiss on Pretzel Bread			×				×	×	
Roast Beef & Cheddar on Sesame Bread	×		×		×		×	×	
Tomato Mozzarella on Baguette Bread			×		0		×	×	
Tuna Salad on Harvest Bread	×	×	×		0		×	×	
Uptown Turkey Avocado on Harvest Bread	×		×		0		×		
Signature Spreads & Dressings									
Balsamic Cracked Pepper Mayonnaise (BBLT)	×				0			×	
Balsamic Vinaigrette Dressing (Tomato Mozzarella)					0			×	$\checkmark$
Mayonnaise (Uptown Turkey Avocado & Seasonal Sandwich)	×				0				
House Dressing (Chicken Pesto)					0			×	$\checkmark$
Pesto Mayonnaise (Chicken Pesto)	×		×		0	×			
Stoneground Mustard (Ham)								×	$\checkmark$
Mom's Sandwiches - Limited Locations									
Mom's Ham on White Bread	×		×		0		×	×	
Mom's Grilled Herb Chicken on Harvest Bread			×		0		×		
Mom's Turkey on Harvest Bread			×		0		×		



X = CONTAINS ALLERGEN/PRESERVATIVE

✓ = VEGAN

Fish WINDOIN PEONIES Shellish 504 Treenuts Wheaturen Suffres 49<sup>9</sup>

	×					
	×					
	×					
ndwiches)						
X			0			
					×	$\checkmark$
	¥					

**O** = This product contains an oil and/or lecithin that may contain the corresponding category allergen.

Valid starting 05/2017 mls/jj

Note: The following CBC Spec cheeses are made from microbial/vegetable rennet (enzymes): Yellow Cheddar, Provolone, Mozzarella, Goat Cheese, Parmesan & Blue Cheese.



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Shelfish Peanuts Treenuts Wheat uter Suffres Vegan Fish Mill Dairy SON 4.9<sup>9</sup>

#### CORNER BAKERY PASTAS

Bread							
Garlic Bread		×	0		×		
Pasta Entrees (without Bread)							
Chicken Carbonara	<b>♦</b>	×			×		
Linguini w/ Meatballs	×	×	×		×	×	
Mac & Three Cheese	<b>♦</b>	×			×		
Mac & Three Cheese w/ Bacon & Tomato	<b>♦</b>	×			×		
Pasta Marinara	♦	×			×	×	
Pesto Cavatappi	<b>♦</b>	×		×	×		
Pasta Toppings							
Breadcrumbs (Mac & Cheeses)			*		×		$\checkmark$
Parmesan Cheese (Pasta Marinara & Linguini w/Meatballs)		×					

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\* Breadcrumbs may be prepared with Country, Baguette or Focaccia breads and may contain sesame seeds and/or soy oil.

 $\mathbf{0}$  = Processed in a facility that contains Egg.

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X = CONTAINS ALLERGEN/PRESERVATIVE ✓ = VEGAN	£99	Fish Wild Dairy Dearns	s shellish 504	Treenuts Wheat	uten Sutite	Vegan
CORNER BAKERY COOKIES, BARS, CAKES & BI	ROWNIES					
Cookies						
Chocolate Chip Cookie	×	×	0	×		
Monster Cookie	×	×	0	×		
Oatmeal Raisin Cookie	×	×	0	×		
Snickerdoodle Cookie	×	×	0	×		
Sugar Cookie	×	*	0	×		
Toffee Cookie (Seasonal)	×	×	0	x x		
Bars & Brownies						
Lemon Bar	×	×	0	×		
Maple Pecan Bar	×	×	0	x x	×	
Cream Cheese Brownie	×	× (	0	×	×	
Fudge Brownie	×	×	0	×		
Baby & Medium Bundt Cakes						
Chocolate Bundt Cake w/Chocolate Icing	×	×	0	×	×	
Gingerbread Pumpkin Bundt (Seasonal)	×	*	0	×	×	
Creme Cake						
Cinnamon Creme Cake	×	×	0	×		
Pound Cakes						
Lemon Pound Cake	×	×	0	×		
Hand Pies						
Blueberry Hand Pie	×	*		×		
Twisted Lemon Hand Pie	×	*		×	×	

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CORNER BAKERY KIDS										
Breakfast										
Kid's Egg Scrambler	×		×			0		×		
Kid's Cheesy Egg Scrambler	×		×			0		×		
Pancakes with Bacon - (At Most Locations)	×		×			0		×		
Chocolate Chip Pancakes w/Bacon - (At Most Locations)	×		×			0		×		
Sides										
Bacon										
Bakery Chips										$\checkmark$
Banana (whole)										$\checkmark$
Grapes (bunch)										$\checkmark$
Pickle Spear										$\checkmark$
Seasonal Fruit Medley										$\checkmark$
Sandwiches										
Grilled Cheese Sandwich on Country Bread			×			0		×		
Grilled Cheese Sandwich on Harvest Bread			×			0		×		
Grilled Cheese Sandwich on Mom's White Bread	×		×			0		×		
Ham Sandwich on Country Bread								×	×	
Ham Sandwich on Harvest Bread			×			0		×	×	
Ham Sandwich on Mom's White Bread	×		×			0		×	×	
Peanut Butter & Jelly Sandwich on Country Bread				×		0		×		$\checkmark$
Peanut Butter & Jelly Sandwich on Harvest Bread			×	×		0		×		
Peanut Butter & Jelly Sandwich on Mom's White Bread	×		×	×		0		X		
Turkey Sandwich on Country Bread								×		
Turkey Sandwich on Harvest Bread			×			0		X		
Turkey Sandwich on Mom's White Bread	×		×			0		×		



X = CONTAINS ALLERGEN/PRESERVATIVE ✓ = VEGAN ESS Fish MIN Dairy peanuts Shellish Soy Treenuts Muestimen Suffer Vegan

**CORNER BAKERY KIDS** 

Entrees							
Macaroni & Cheese	♦	×			×		
Pasta Marinara	<b></b>				×	×	
Pasta Marinara with Meatball	×	×		×	×	×	
Pasta with Garlic Cream Sauce	<b></b>	×			×		
Add On - Parmesan Cheese		×					

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X = CONTAINS ALLERGEN/PRESERVATIVE ✓ = VEGAN ESS FIST WINDOW PERMIS SHEWST SOV TREAMS WHEATHER SUFER VERS

#### CORNER BAKERY FROZEN BEVERAGES

Beverages						
Hibiscus Lemonade						$\checkmark$
Old Fashioned Lemonade						$\checkmark$
Frozen Beverages						
Caramel Frappe		×				
Mocha Frappe		×				
Vanilla Frappe		×				
Pineapple Orange Smoothie (Seasonal)						$\checkmark$
Four Berry Smoothie (Seasonal)						$\checkmark$
Strawberry Smoothie						$\checkmark$
Strawberry Banana Smoothie						$\checkmark$
Add-on: Yogurt Protein Boost		×				

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