

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT(g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDATES (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
HOT PANINI-FULL											
Chicken Cordon Bleu Panini	920	400	44	14	44	135	1600	74	2	8	56
Four Cheese Panini	910	480	53	23	53	100	1530	68	1	2	40
Spicy Chicken & Cheese Panini	1070	600	66	19	66	130	1380	69	2	4	49
Roast Beef & Asiago Panini	700	220	24	13	24	110	1700	71	2	1	50
HOT PANINI-HALF											
Chicken Cordon Bleu Panini	460	200	22	7	22	70	800	37	< 1g	4	28
Four Cheese Panini	450	240	27	12	27	50	770	34	< 1g	1	20
Spicy Chicken & Cheese Panini	530	300	33	10	33	65	690	35	< 1g	2	25
Roast Beef & Asiago Panini	430	190	21	7	21	55	850	36	< 1g	< 1g	25
SIGNATURE SANDWICHES-FULL											
Hummus & Feta Ciabatta	640	280	31	7	31	25	1260	72	10	7	19
Portobello Florentine Baguette	640	230	26	7	26	25	1200	81	4	1	21
Chicken & Pepper Jack Ciabatta	700	340	39	10	39	100	880	48	3	2	38
SIGNATURE SANDWICHES-HALF											
Hummus & Feta Ciabatta	290	120	13	3	13	10	570	35	5	3	9
Portobello Florentine Baguette	370	150	17	4	17	10	730	42	3	1	11
Chicken & Pepper Jack Ciabatta	340	170	19	5	19	45	430	25	1	1	17
CAFÉ SANDWICHES-FULL											
Tarragon Roast Beef Sandwich	450	250	27	6	27	55	810	29	5	6	26
California Turkey Sandwich	530	180	20	3.5	20	40	1570	67	8	13	27
Cashew Chicken Salad Sandwich	560	220	25	4.5	25	40	530	59	7	5	26
Ham & Swiss Baguette	720	220	25	8	25	85	1970	91	4	11	34
Tuna Salad Ciabatta	540	220	24	3.5	24	30	710	54	7	3	24
CAFÉ SANDWICHES-HALF											
Tarragon Roast Beef Sandwich	230	120	14	3	14	25	410	14	2	3	13
California Turkey Sandwich	270	90	10	1.5	10	20	780	34	4	7	13
Cashew Chicken Ciabatta	270	100	12	2	12	20	260	29	3	2	12
Ham & Swiss Baguette	360	110	12	4	12	40	980	46	2	6	17
Tuna Salad Ciabatta	270	110	12	2	12	15	360	27	3	2	12
SALADS-FULL											
Chicken Caesar Salad	540	320	36	7	36	65	870	26	3	5	30
Buffalo Chicken Salad	610	340	38	11	38	100	1430	36	6	9	35
Grilled Chicken Cobb Salad	530	310	35	11	35	255	1180	16	6	8	39
Greek Salad	410	330	36	6	36	15	1160	17	5	7	6
SALADS-HALF											
Chicken Caesar Salad	310	190	22	4	22	35	500	13	2	2	15
Buffalo Chicken Salad	330	200	22	6	22	55	820	18	3	5	18
Grilled Chicken Cobb Salad	300	190	21	6	21	130	670	10	4	5	20
Greek Salad	240	200	22	3.5	22	5	550	8	3	4	3

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BREAKFAST SPECIALTIES											
Egg & Cheddar Panini	550	270	30	9	30	125	770	51	3	3	18
Bacon-Egg Panini	620	320	36	11	36	140	1010	51	3	3	23
Egg & Ham Panini	560	270	30	9	30	155	1330	47	2	3	26
Bacon-Egg Croissant	550	320	34	18	34	145	860	40	1	5	21
Egg & Sausage Croissant	710	450	50	24	50	205	910	41	1	6	22
BREADS & SWEETS											
Iced Cinnamon Roll	590	230	25	8	25	35	860	81	2	38	9
Devil's Food Cupcake	380	120	13	7	13	< 5mg	450	64	2	48	3
Vanilla Cupcake	380	110	12	6	12	5	390	67	0	49	3
Chocolate Chunk Cookie	390	160	18	11	18	45	230	53	2	32	4
Blueberry Scone	430	200	22	14	22	125	330	50	2	18	6
Cinnamon Scone	470	230	25	16	25	130	350	52	2	21	6
Maple Pecan Danish	530	310	34	20	34	25	300	53	< 1g	23	5
Cheese Danish	310	170	19	12	19	25	190	30	< 1g	6	4
Raspberry Danish	340	180	20	11	20	15	185	38	1	16	3
Blueberry Crumb Muffin	410	150	17	5	17	45	410	60	1	34	5
Banana Bread Muffin	460	230	25	3.5	25	40	330	53	2	29	6
Whole Grain Berry Muffin	400	150	17	4.5	17	50	430	55	5	30	7
Chocolate Chip Muffin	420	190	21	5	21	55	330	54	2	33	6
Blueberry Muffin	340	90	10	4.5	10	15	460	60	1	33	4
Banana Nut Muffin	340	120	13	4	13	10	360	53	2	29	4
Bran Muffin	340	90	10	5	10	0	640	61	3	30	4
Double Chocolate Chip Muffin	420	130	14	7	14	15	430	73	3	44	5
Croissant	320	140	15	9	15	45	380	39	1	5	7
SIDES AND ADD ON'S											
Red Skin Potato Salad	190	110	12	2	12	10	210	19	2	4	2
Caesar Pasta Salad	210	110	12	2.5	12	5	250	20	1	2	5
Fresh Fruit Cup	100	0	0	0	0	0	550	25	3	20	1
Sun-Dried Tomato Flatbread	240	50	5	1	5	< 5mg	570	40	2	6	9
Rosemary Flatbread	200	35	4	0.5	4	0	650	35	1	2	7
Berry Yogurt Parfait	280	25	2.5	1	2.5	5	150	58	3	35	8
Bleecker Street Chips	240	130	15	3.5	15	0	600	25	2	< 1g	3