



NUTRITIONAL FACTS

BOX LUNCHES

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	POLY UNSATURATED FAT (g)	MONO UNSATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	POTASSIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
Big Al's Club on Wheat Box Lunch	1170	490	56	20		0	1.0	140	2690	190	124	7	45	53
Caesar Salad Box Lunch	1500	960	109	27	2.5	5	11	115	2370	410	103	9	35	35
California Club on Ciabatta Box Lunch	1290	560	63	21		1.5	9	140	3110	520	124	9	41	62
Chicken Caesar Salad Box Lunch	1690	1010	114	28	2.5	6	13	210	2580	660	103	9	35	69
Chicken Salad on Ciabatta Box Lunch	1030	440	50	11		0.5	1.0	105	1160	230	113	6	34	35
Cobb Salad Box Lunch	1460	990	112	29		5	32	275	1280	550	86	7	38	34
Ham and Swiss on Black Russian Box Lunch	1260	490	56	20		0	2.5	155	2540	190	139	9	43	61
Ham on Pumpernickel Box Lunch	1030	350	39	9			2.5	95	2410		134	7	41	42
Mixed Green Salad Box Lunch	840	400	45	11	2.5	4.5	7	30	1080	440	102	8	36	13
Monterey Chicken Sandwich Box Lunch	1380	610	69	24		5	8	220	2320	790	119	9	39	71
Roast Chicken on Focaccia Box Lunch	1080	350	39	12		1.0	1.5	135	1440	280	130	5	34	53
Santa Barbara Turkey on Ciabatta Box Lunch	1200	500	56	20		0	4.5	140	3100	150	118	5	40	60
Turkey on Wheat Box Lunch	920	310	35	8				80	2300		119	5	43	38
Vegetarian on Focaccia Box Lunch	1260	530	60	27		0	0.5	120	1410	280	137	7	40	41



BREADS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	POLY UNSATURATED FAT (g)	MONO UNSATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	POTASSIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
Brioche Bun	330	80	9	3.5		2.5	2.5	15	870		55	2	11	9
Cheddar Jalapeno Bun	270	90	10	3.5		3.0	1.0	25	590		35	1	3	9
Onion-leek Focaccia	310	45	5.0	3.0				10	720		55	2	2	12
Plain Focaccia	290								770		60	2		10
Raisin Walnut Loaf	200	20	2.5			2.0			320		41	3	10	5

COLD BREAKFAST

Almond Croissant	360	230	26	14	1.0	1.5	7	45	370		28	3	8	6
Apple Danish	290	160	18	11				45	320		31		12	3
Assorted Pastries	510	140	16	8		0	1.5	45	540	160	76	3	32	9
Bagels and Muffins	390	40	4.5	1.5					500	150	71	4	28	9
Cheese Danish	290	160	18	11				45	320		31		12	4
Cherry Danish	290	160	18	11				45	320		31		12	3
Continental Breakfast	570	140	16	8		0.5	1.5	45	550	420	91	4	44	10
Fresh Fruit	90	0	0	0		0			10	340	22	2	18	1
Iced Lemon Sweet Loaf	520	220	25	4.0		11	4.0	110	520		66		39	8



COLD BREAKFAST

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Pistachio Oatmeal Bars	300	170	19	10		1.5	5.0	35	80	140	31	3	15	4
Pumpkin Nut Sweet Loaf	840	470	53	9		27	15	150	800		76	4	42	11
Yogurt Parfait	390	140	15	3.5		5	5	5	85	580	48	5	28	14
Sonoma Yogurt Bar—Full Portion	2420	140	16	4.0		6	6	70	1260	1570	425	37	227	165
Sonoma Yogurt Bar—Per Serving (Serves 12)	200	10	1.5	0		0	0	5	105	130	35	3	19	14

BREAKFAST SANDWICHES

Croissant Breakfast Sandwich—Bacon	570	290	33	17				100	1180	90	43		7	26
Croissant Breakfast Sandwich—Ham	550	240	27	15			1.5	110	1580	90	46		10	32
Croissant Breakfast Sandwich—Sausage	880	570	64	28		4.0	18	150	1560	90	43		7	30

DESSERTS

Apple Crumble	500	170	19	5	3.0	5.0	8	15	410	95	78	3	54	3
Apricot Ruggulach	130	70	8	3.0				10	65		12		5	2
Assorted Baked Ruggulach (4 Total)	530	300	34	12				45	250		47	2	20	8
Brownie Box	590	250	28	8				115	320		83	3	52	5
Chocolate Ruggulach	140	90	10	3.5				10	60		11		5	2



DESSERTS

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Cinnamon Apple Cake	820	280	32	13	3.0	6	12	85	680	160	127	3	83	7
Cinnamon Raisin Ruggulach	130	70	8	3.0				15	60		12		5	2
Cookie and Brownie Box	570	230	26	8				80	370	0	79	2	49	6
Cookie Box	470	190	21	8				30	380	10	64	2	39	6
Dulche De Leche	590	220	24	7				100	330		91	2	59	5
Marble Loaf	380	15	2.0						830		75	8	4	11
Pecan Cheesecake Bar	570	330	37	15		5.0	14	100	135	180	57	2	42	6
Premium Sweets Selection	720	290	33	12	0	0.5	2.5	75	370	115	103	4	60	9
Raspberry Cheese Cake Cups	570	320	36	19	2.0	4.0	6	50	400	75	55	2	40	6
Raspberry Ruggulach	130	70	8	3.0				10	65		12		5	2

DIPS

Guacamole	170	130	15	2.0		2.0	10		240	530	10	7	1	2
Hummus	80	50	6	0.5		1.0	3.5		140	65	5			2
Parmesan and Herb White Bean Dip	45	20	2.0	1.0		0	0	5	140	0	4	1		2
Roasted Red Peppers	130	60	7	1.0		1.0	4.5		10	500	16	5	10	3



DIPS

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Salsa	90	10	1.0	0		0	0		1130	1180	19	6	12	4
Vegetable Tapenade	50	40	4.5	0.5		0	1.5		190	15	1			0

HORS D' OEUVRE

Fresh Fruit	90	0	0	0		0			10	340	22	2	18	1
Kettle Chips	220	110	13	1.5					330		24	2	1	3
Mediterranean Medley	500	220	25	4.0		2.5	11	5	870	630	60	8	16	12
Tortilla Chips, Guacamole, and Salsa	370	170	19	2.5		8	7		520	480	47	6	3	6
Vegetable Crudites	50	0	0	0		0			50	470	11	3	5	2

HOT BREAKFAST

Americana Buffet	820	460	52	17	1.5	9	19	65	2500	870	62	4	13	28
Breakfast Tacos	580	310	35	16		2.0	6	85	1440	520	39	4	4	28
Brown Sugar and Cinnamon French Toast	1240	530	60	36	0	1.5	10	335	620	320	157	1	113	18
Ciabatta Breakfast Sandwiches	350	170	19	8		0	2.5	60	930	50	23		3	22
Fiesta Breakfast Combo	660	310	36	16		2.0	6	85	1450	860	61	5	22	30
Grilled Breakfast Burritos Platter with Salsa	370	130	15	5		3.0	3.0	30	1060	300	38	4	5	21



HOT BREAKFAST

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Ham And Swiss Florentine Breakfast Burrito	700	270	31	14		2.0	3.0	90	1770	320	64	4	6	44
Steak Grilled Breakfast Burrito	640	200	23	7		7	5	40	1890	380	65	7	7	40
Vegetarian Grilled Breakfast Burrito	550	210	24	5		7	9	10	1170	620	67	11	8	19

HOT PLATE MEALS

Asian Crispy Chicken (No Sides)	460	70	8	2.0		2.0	3.0	145	1140	630	33		15	61
Baked Potato Bar with Spicy Beef and BBQ Chicken	1370	770	87	33	6	8	26	290	2470	1590	65	5	21	76
Beef Brisket Enchiladas (No Sides)	920	520	59	31		5	11	185	2310	340	45	3	6	51
Beef Brisket with BBQ Sauce (No Sides)	1020	310	35	14		1.0	14	165	4080	1130	33		28	135
Buttermilk Baked Chicken with Honey Mustard Cream Sauce (No Sides)	1060	570	65	34		3.0	16	295	3320	760	74	4	17	49
Chicken Dijonnaise with Potatoes, Veg and Bread	1020	490	56	25		4.5	19	245	2500	1860	71	7	9	55
Chicken Enchiladas with Charro Beans and Rice	850	410	47	24		3.0	9	180	2440	590	67	12	5	41
Chicken Florentine with Roasted Red Pepper Sauce (No Sides)	710	320	36	15	0	2.0	6	180	2590	640	48	3	10	48
Chicken Parmigiana with Garlic Bread and Caesar	1560	600	68	15	0.5	3.0	8	315	2280	550	159	10	15	72
Chicken Primavera Over Cavatappi Pasta (No Sides)	680	260	29	13		2.0	8	100	1300	500	74	8	12	33
Chicken Tequila Pasta with Garlic Bread and Green Salad	1610	890	100	40	0	6	31	295	1620	810	103	7	9	75



HOT PLATE MEALS

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Chicken Verde Casserole (No Sides)	470	220	25	13		1.5	4.0	140	1320	490	22	4	4	38
Chinese Braised Brisket (No Sides)	1170	340	38	14		2.5	15	165	6270	1260	62		56	135
Mango BBQ Baked Chicken (No Sides)	360	60	7	1.5		1.0	2.0	125	730	440	24		20	46
Mrs. P's Beef Lasagna Meal with Garlic Bread and Caesar	1090	700	80	25	1.0	2.5	10	145	1970	500	44	5	11	49
Pecan Crusted Chicken	870	400	46	15	0	6	18	145	1950	1580	73	8	10	41
Stuffed Meatloaf	820	560	63	24	1.5	5	26	205	1760	450	23	3	9	36
Taco Salad Bar	1410	830	94	29	1.0	10	18	180	3290	1030	95	17	13	44
Turkey Lasagna with Garlic Bread and Caesar	1080	640	72	20	0.5	4.0	9	205	2210	700	54	6	10	50
Turkey Meatloaf	480	220	25	5	1.5	6	11	100	1870	430	32	2	15	31
Vegetarian Enchiladas	460	180	21	9		3.5	4.0	35	1340	420	55	6	8	15
Vegetarian Lasagna with Garlic Bread and Caesar	1050	640	73	23	0.5	2.0	6	125	1760	510	58	6	11	40
Southwest Chicken—Full Portion	4320	1670	189	67	0	16	57	1015	1594	5280	263	89	48	388
Southwest Chicken—Per Serving (Serves 10)	430	170	19	7		1.5	6	100	1590	530	26	9	5	39

HOT SIDES

Charro Beans	170	25	3.0	0		0	1.0		920	140	29	10	3	7
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HOT SIDES

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Corn Saute	100	15	2.0	0		0	0	4	390	260	20	3	5	4
Crushed Red Potatoes	500	300	34	20	0	1.0	6	105	840	1040	38	4	4	9
Green Beans with Roasted Red Peppers	90	45	5	0.5	0	0.5	3.5		660	220	8	3	3	2
Herb Roasted Red Potatoes	210	45	5	0		1.5	3.0		680	1000	36	3	3	4
Macaroni and Cheese	490	260	29	15	0.5	1.5	4.5	85	920	35	40	2	1	19
Mexican Rice	150	0	0.5	0		0	0		500	170	33	2	2	4
Potatoes Gratin with Parmesan and Cheddar	560	380	43	26	0	2.0	11	150	670	720	34	4	3	12
Roasted Vegetable Medley	100	50	6	1.0		0.5	4.0		420	390	11	3	4	2

PACKAGE DEALS

Deluxe Luncheon Package Deal	2420	1340	151	37	0	5.0	23	310	3940	800	184	10	79	79
Premium Sandwich Package Deal	1850	1120	127	33	0.5	7	33	250	3240	920	102	10	21	79
Pressata Sandwich Package Deal	2040	1140	129	32	0.5	6	30	280	3120	870	132	9	21	89
Traditional Sandwich Package Deal	2300	1240	141	34	0.5	6	30	255	3260	730	188	11	74	78

PREMIUM ENTREES

Beef Brisket	1710	660	75	35	0	2.5	20	270	5150	2430	100	7	29	151
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PREMIUM ENTREES

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Chicken Enchiladas Verdes	880	240	28	4.0		8	11	75	3070	1630	118	16	20	42
Chicken Provencal	1240	720	81	17		6	18	310	2840	1500	55	9	8	73
Chicken Siena	1030	630	71	36	2.0	7	20	220	3140	1180	56	6	11	44
Pork Loin	1350	640	73	29	0.5	5.0	22	280	4150	1420	88	5	35	88
Portuguese BBQ Chicken	1280	740	84	24	1.0	6	13	330	2380	1570	62	9	11	74

SALAD BOWLS

Caesar Salad Bowl with Dressing	580	510	57	11	0.5	2.0	6	55	860	150	8	2	1	10
Chicken Caesar Salad Bowl with Dressing	730	540	61	12	0.5	2.5	7	125	1020	370	9	2	1	35
Chicken Cranberry Kale Salad with Lime Vinaigrette	730	390	44	10		4.0	3.5	85	950	920	54	6	27	35
Cobb Salad Bowl with Ranch	660	550	62	16		4.0	24	185	580	420	8	3	4	20
Green Salad Bowl with Ranch	490	440	50	11	0.5	4.0	21	15	380	250	10	2	4	3
Harissa Chicken Salad with Curry Yogurt Dressing	500	280	32	9		2.5	15	65	540	660	25	5	11	28
Mediterranean Chicken Salad (No Dressing)	320	130	14	5		1.0	4.5	50	760	910	26	8	9	22
Mix Green Salad with Balsamic Vinaigrette	690	620	70	10	0	7	41		390	390	13	3	6	3
Pecan Crusted Chicken Salad (Without Dressing)	370	140	16	4.0		2.5	5.0	80	590	820	25	5	4	34



SALAD BOWLS

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Pesto Chicken Salad (Without Dressing)	540	320	36	9		4.0	18	85	710	570	19	6	6	37
Pesto Pasta Salad Bowl	440	260	30	4.0		3.0	14	10	300	45	38	3	2	7
Red Potato Salad Bowl	300	130	14	3.0		0	0	20	360	1050	36	4	4	8
Spinach and Spring Mix Salad Bowl with Balsamic Vinaigrette	490	390	44	11		3.5	18	10	510	95	20	1	12	3
Tomato Basil Pasta Salad Bowl	330	170	19	2.5		2.0	14		260	95	34	2	3	6
Trio Salad (Without Dressing)	890	520	59	9		1.5	2.0	125	1050	740	47	6	11	43

SANDWICHES AND PRESSATAS

Beef Brisket on Jalapeño Cornbread	600	190	22	8		3.5	6	80	1800	570	45	2	11	54
Buttermilk Baked Chicken Sandwich	1090	400	45	13		6	4.0	180	3470	800	107	6	18	65
Capri Chicken Sandwich	790	360	41	8		3.0	13	140	910	490	49	4	11	56
Curry Chicken Sandwich	560	90	10	1.5		1.5	3.0	125	650	670	59	5	19	58
Harissa Beef with Tomato Jam	990	450	51	16		5	23	100	2370	690	72	4	23	62
Mediterranean Vegetarian Sandwich	530	250	28	5		2.5	9	20	710	400	53	6	8	17
Monterey Chicken Sandwich	800	350	40	16		5	8	190	1810	790	45	5	6	64
New England Chicken Salad Sandwich	520	200	22	2.5		3.5	1.0	30	600	380	66	5	14	16



SANDWICHES AND PRESSATAS

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Premium Sandwiches	680	270	31	14		1.0	4.0	125	2020	350	52	4	9	51
Pressata—Chipotle Beef Sandwich	860	350	40	13		2.0	6	85	2440	470	64	3	11	59
Pressata—Honey Mustard BBQ Beef	1120	410	47	15		2.0	6	95	3040	470	107	4	28	66
Pressata—Turkey Provencal	770	270	30	8		0	0	85	2640	20	84	3	9	43
Pressata—Vegetarian	610	200	23	5.0		0	0.5	20	1020	260	84	4	10	16
Pressata Sandwiches	870	290	33	13		1.0	1.5	150	1910	300	82	3	8	61
Roast Chicken on Focaccia	500	90	10	4.0		1.0	1.5	105	930	280	55	2	2	46
Stacker—Ham, Turkey, and Swiss Sandwich	580	250	28	7		0.5	4.5	85	1760	150	50	3	13	36
Tiger Thai Beef Sandwich on Brioche	870	390	39	11		3.5	9	80	2270	530	73	4	23	54
Traditional Sandwiches	510	140	16	4.5		0	1.0	85	1530	150	52	3	9	41
Turkey with Tomato Confit	870	390	44	10		3.0	10	100	2680	300	70	4	5	43
Tuscan Turkey Sandwich	820	390	45	9		5.0	17	70	2320	390	68	7	6	39
Vegetarian Sandwich on Focaccia	680	270	30	19		0	0.5	90	900	280	62	4	7	34

SIDES

Braised Kale	170	70	8	2.0		0		20	2220	480	15	2	2	11
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SIDES

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Lemon Scented Rice	80	0	0						230	25	17			1
Mexican Creamed Corn	290	150	17	11	0	1.5	1.5	45	500	350	28	4	5	6
Ranch Style Baked Beans	250	25	2.5	1.0		0	0	3	1370	100	49	11	21	8
Roasted Squash Casserole	320	210	23	10	1.0	2.0	5	50	660	570	19	3	7	12
Roasted Sweet Potatoes	340	100	11	1.5		1.0	8		470	780	60	7	23	4
Roasted Tomato, Green Beans, and Carrot Medley	110	50	6	1.0		1.0	4.0		490	400	13	3	4	2
Stewed Black Beans	150	20	2.5	0					900	50	24	11	3	8
Tortilla Chips, Guacamole, and Salsa	370	170	19	2.5		8	7		520	480	47	6	3	6

SPREADS (1 OZ)

Curry Spread	20	0	0						55	20	3		2	2
Harissa Spread	150	150	17	2.5		2.0	12		75	60	1			0
Tomato Confit	50	50	6	1.0		0.5	4.0		120	50	1			0
Tomato Jam	10	0	0						10	60	3		2	0

WRAPS

Ancho BBQ Beef Wrap	1090	500	57	16		8	12	95	3100	800	81	10	18	60
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WRAPS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	POLY UNSATURATED FAT (g)	MONO UNSATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	POTASSIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
Asian Crispy Chicken Wrap	940	230	25	6		2.5	4.0	150	2070	790	104	4	30	71
Chicken Caesar Wrap	910	440	50	10		6	7	160	1210	550	52	6	5	60
Honey Wheat Vegetarian Wrap	610	280	31	4.5		8	14	2	1090	390	70	7	13	13
Santa Fe Chicken Wrap	1070	430	48	12		7	9	160	2510	890	94	11	26	62
Tuscan Turkey Wrap	1010	580	65	14		3.5	25	85	3250	380	63	5	5	41

POWERBOWL

Powerbowl (No Dressing)—Vegan	430	150	17	2.5		3.5	10		300	790	59	14	4	14
Powerbowl (No Dressing)—with Chicken (2 oz)	530	170	20	3.0		4.0	11	45	400	930	59	14	4	31
Powerbowl (No Dressing)—with Falafel (1 Piece)	570	200	22	5.0		3.5	10	15	1390	850	75	19	5	21
Powerbowl—Add Dressing (3 oz)	180	160	18	2.5		2.0	13		640	100	5		3	0

DISCLAIMER LANGUAGE FOR POSTED NUTRITIONAL INFORMATION:

The nutritional information seen here was prepared by MenuTrinfo®, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.