



Nutritional Information

Menu Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary	Total Sugars (g)	Protein (g)
Bacon Egg & Cheese Croissant	580	330	36	18	0	490	870	29	1	5	32
Baked Asparagus Casserole Catering - Serves 10. Analysis for one serving.	120	90	10	2	0	5	370	4	2	2	4
Banana Nut Oatmeal - Large	600	100	11	2.5	0	20	160	98	11	33	29
Banana Nut Oatmeal - Medium	470	80	9	2	0	15	120	78	8	28	22
Banana Nut Oatmeal - Small	350	60	6	1.5	0	10	80	59	6	23	15
Basil Pesto Chicken Catering - Serves 10. Analysis for one serving.	480	280	31	4.5	0	95	280	10	1	1	38
BBLT Sandwich	1120	650	72	20	0	125	2900	58	4	3	57
Brown Sugar & Raisin Oatmeal - Large	540	80	9	2.5	0	20	160	87	9	28	28
Brown Sugar & Raisin Oatmeal - Medium	410	60	7	1.5	0	15	120	67	7	23	21
Brown Sugar & Raisin Oatmeal - Small	290	40	4.5	1	0	10	80	47	5	18	14
Buffalo Wrap	640	200	22	10	0	125	1510	63	4	2	50
Cadillac Chicken	790	270	30	11	0	135	1650	71	4	14	59
Caesar Salad Catering - Serves 10. Analysis for one serving. Does not include dressing.	120	70	8	2	0	5	170	8	2	2	5
California Turkey Sandwich	780	370	41	11	0	90	2080	63	5	6	43
Cheddar Cheese Grits - Large	570	200	22	13	0.5	65	240	72	2	17	20
Cheddar Cheese Grits - Medium	460	170	19	11	0	55	210	58	2	13	17
Cheddar Cheese Grits - Small	330	130	14	8	0	40	170	39	1	9	12
Chef Salad Does not include dressing.	440	230	26	14	0	215	1310	10	4	6	43
Chicken & Apples Sandwich	890	440	48	11	0	130	1920	58	4	3	54
Chicken Caesar Salad Does not include dressing.	290	50	6	1.5	0	65	170	28	5	3	30
Chicken Enchiladas Red Sauce Catering - Serves 10. Analysis for one serving.	490	130	15	4.5	0	90	520	48	6	5	40
Chicken Enchiladas Salsa Verde Catering - Serves 10. Analysis for one serving.	380	90	10	2.5	0	85	1120	35	2	0	34
Chicken Melt Sandwich	790	360	40	8	0	110	1610	59	4	3	49
Chicken Mexicano Panini	950	300	34	14	0	155	1410	83	6	10	72
Chicken Mexicano Panini - Half	470	150	17	7	0	80	710	41	3	5	36

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Chicken Milano Panini	1070	470	53	16	0	135	1770	80	5	10	61
Chicken Milano Panini - Half	530	240	26	8	0	70	890	40	2	5	31
Chunky Chicken Salad Sandwich	710	300	34	6	0	95	1340	59	4	3	43
Chunky Chicken Salad Sliders	610	290	32	6	0	100	990	47	3	8	32
Cobb Salad Does not include dressing.	730	410	45	19	0	190	1770	9	4	4	64
Colossal Turkey Sandwich	700	250	28	10	0	100	2220	61	4	5	48
Crumbled Blue Cheese Grits - Large	560	200	22	12	0.5	60	300	72	2	17	18
Crumbled Blue Cheese Grits - Medium	460	160	18	11	0	50	270	58	2	13	15
Crumbled Blue Cheese Grits - Small	320	120	14	8	0	35	230	39	1	9	10
Crumbled Hickory Smoked Bacon Grits - Large	660	260	29	14	0.5	80	660	72	2	17	28
Crumbled Hickory Smoked Bacon Grits - Medium	560	230	26	12	0	70	630	58	2	13	25
Crumbled Hickory Smoked Bacon Grits - Small	420	190	21	9	0	55	590	38	1	9	20
Don't Tell Charlie Sandwich	760	410	45	8	0	50	1300	59	4	3	30
Durango Chicken	750	260	29	11	0	140	1400	61	5	5	58
Egg & Cheese Croissant	500	270	30	16	0	475	600	29	1	5	26
Eggomania Sandwich	640	300	33	8	0	450	1290	60	4	5	27
Eggomania Sliders	550	280	31	7	0	380	950	47	2	9	18
Extra Ordinary Oatmeal - Large	510	80	9	2.5	0	20	160	78	9	20	28
Extra Ordinary Oatmeal - Medium	380	60	7	1.5	0	15	120	59	7	15	21
Extra Ordinary Oatmeal - Small	250	40	4.5	1	0	10	80	39	4	10	14
Firecracker Chicken	710	250	27	10	0	135	1370	62	3	6	52
Firecracker Roast Beef	630	220	25	10	0	100	1810	62	3	6	42
Firecracker Roast Beef Sliders	540	250	28	6	0	70	1420	56	2	15	18
French Dip	580	160	18	10	0	90	2250	63	4	5	43
Garden Salad Does not include dressing.	300	200	22	13	0	155	400	7	4	4	19
Gourmet Cinnamon Roll	700	260	29	16	0	0	1280	100	2	55	8
Grilled Asparagus Veggie Wrap	570	240	27	9	0	30	1040	64	4	7	18
Grilled Italian Beef Panini	670	150	17	7	0	70	1520	79	4	9	47
Grilled Italian Beef Panini - Half	340	80	9	3.5	0	35	760	39	2	5	23

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Grilled Pesto Chicken Sandwich	760	320	36	11	0	120	1350	58	2	8	51
Grilled Pesto Portabella Sandwich	470	180	20	7	0	15	880	59	3	7	16
Grilled Reuben Panini	520	220	25	9	0	90	2210	42	3	9	30
Grilled Ruben Panini - Half	260	110	12	4.5	0	45	1100	21	1	4	15
Ham & Brie	720	310	35	11	0	95	2030	59	3	5	39
Ham Cheezer Sandwich	700	270	30	11	0	90	1940	62	4	6	42
Ham Cheezer Sliders	370	110	12	3.5	0	55	940	47	2	9	17
Ham Egg & Cheese Croissant	580	300	33	17	0	505	1080	30	1	6	37
Harvest Salad Does not include dressing.	400	70	8	1.5	0	60	870	62	8	48	27
Homemade Mac & Cheese Catering - Serves 10. Analysis for one serving.	330	110	12	8	0	30	930	42	2	3	13
Key West Crab Cake Sandwich	810	430	47	13	0	100	1510	69	4	4	26
Kids Chicken Analysis does not include choice of sides or drink.	190	80	9	1.5	0	50	380	12	0	11	17
Kids Grilled Cheese Sandwich Analysis does not include choice of sides or drink.	590	210	24	13	0	60	990	69	4	12	26
Kids PB&J Sandwich Analysis does not include choice of sides or drink.	600	170	19	4	0	0	770	92	6	32	19
Kids Turkey Sandwich Analysis does not include choice of sides or drink.	480	100	11	4.5	0	45	1150	69	4	13	28
Killer Bleu Sandwich	650	220	24	9	0	95	2260	65	3	9	43
Killer Blue Turkey Sandwich	690	260	29	10	0	85	2160	64	3	9	43
Mad Italian Sandwich	1090	630	70	27	0	170	3780	62	4	6	52
Mango Pineapple Chicken Catering - Serves 10. Analysis for one serving.	470	180	20	4.5	0	95	730	36	0	29	35
Maui Salad Does not include dressing.	500	240	27	12	0	130	750	16	5	9	42
Muffaletta Panini	1030	480	54	22	0	130	2700	81	5	10	52
Muffaletta Panini - Half	520	240	27	11	0	65	1350	40	2	5	26
Muffin - Banana Nut	550	230	26	4.5	0	70	630	70	2	37	9
Muffin - Blueberry	520	190	21	4	0	75	860	75	2	34	8
Muffin - Cranberry Nut	520	190	21	3	0	45	490	76	3	41	10

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Naked Chicken Wrap	570	160	18	5	0	95	920	55	3	2	43
Ole Smokey Sandwich	820	390	43	13	0	110	2040	62	4	6	50
Original Cuban	660	220	24	13	0	130	2190	59	3	4	52
Original Veggie Sandwich	670	350	39	10	0	30	1250	62	5	5	19
Pasta Carbonara Catering - Serves 10. Analysis for one serving.	850	480	53	28	1	200	1350	53	4	6	37
Peach Praline Oatmeal - Large	580	100	11	2.5	0	20	160	94	10	35	29
Peach Praline Oatmeal - Medium	460	80	8	2	0	15	125	75	8	30	22
Peach Praline Oatmeal - Small	330	60	6	1.5	0	10	85	55	6	25	15
Peruvian Pork	570	190	21	10	0	95	1860	58	3	2	39
Pimento Cheese B.L.A. Sandwich	820	450	50	18	0	80	1710	62	4	6	31
Ranchero Wrap	630	210	23	6	0	90	1520	60	4	2	42
Rhythm & Blues Sandwich	890	430	48	13	0	130	1910	60	4	3	52
Roast Beef & More	630	210	24	6	0	75	1880	71	5	14	36
Roast Beef Cheezer Sandwich	660	250	28	11	0	95	1670	59	4	3	43
Roast Pork Caliente Panini	960	390	43	17	0	125	2460	82	4	12	57
Roast Pork Caliente Panini - Half	480	190	21	8	0	65	1230	41	2	6	29
Roasted Herb Potatoes Catering - Serves 10. Analysis for one serving.	290	100	12	1	0	0	600	42	4	3	5
Salad Platter - Chicken Salad Does not include dressing.	610	410	45	16	0	230	920	6	3	3	44
Salad Platter - Egg Salad Does not include dressing.	550	400	44	18	0	510	880	6	2	4	31
Salad Platter - Grilled Chicken Does not include dressing.	610	410	45	16	0	230	920	6	3	3	44
Salad Platter - Tuna Salad Does not include dressing.	650	490	54	18	0	195	890	5	2	3	34
Smokey Mountain Beef	820	390	44	13	0	110	1770	60	4	4	50
Smokin' Turkey Sandwich	640	230	25	9	0	85	2030	60	3	5	43
Spanish Rice Catering - Serves 10. Analysis for one serving.	200	40	4.5	2	0	10	420	34	0	2	6
Spicy Crab Sandwich	750	330	37	11	0	100	1860	78	4	12	25
Spicy Cuban	670	230	26	14	0	140	2450	57	3	4	50

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The Breakfast Panini	1090	510	57	24	0	380	2110	77	4	9	62
The Grande Stuffer - Large	890	480	53	24	0	525	1630	55	2	2	47
The Grande Stuffer - Small	440	240	26	12	0	265	810	27	1	1	23
The New Yorker	580	170	19	7	0	75	2270	67	4	12	30
The Spicy Breakfast Panini	1090	520	57	24	0	380	2110	78	4	9	62
The Spicy Grande Stuffer - Large	890	480	53	24	0	525	1630	55	3	2	47
The Spicy Grande Stuffer - Small	450	240	26	12	0	265	810	28	1	1	23
Tuna Melt	840	460	51	10	0	65	1570	59	4	3	36
Tuna Salad Sliders	650	370	41	7	0	65	960	47	2	8	21
Turkey & More	630	200	23	6	0	75	2140	73	5	16	36
Turkey & More Sliders	510	190	22	5	0	65	1590	55	2	16	18
Turkey & Pear Sandwich	600	180	21	7	0	80	1740	68	3	15	38
Turkey Cheezer Sandwich	730	330	36	11	0	90	1960	61	4	5	43
Turkey Cheezer Sliders	350	90	10	3	0	55	880	47	2	9	18
Turkey Club Sandwich	810	380	42	13	0	105	2230	61	4	5	49
Turkey Lurkey Sandwich	650	230	25	9	0	85	2030	60	4	5	43
Tuscan Wrap	1040	520	58	15	0	140	1830	66	7	5	62
Vegetarian Pasta Catering - Serves 10. Analysis for one serving.	650	380	42	25	1	140	880	53	4	5	15
Veggie Stuffer - Large	710	330	37	19	0	480	1250	55	2	2	37
Veggie Stuffer - Small	350	160	18	9	0	240	630	27	1	1	18
Yeast Roll Analysis for one roll.	140	40	4.5	1.5	0	10	230	23	1	4	3
Yogurt Parfait	360	60	6	2.5	0	15	160	66	6	47	13

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