NUTRITION GUIDE

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Tossed Specialty Salads	Serving Size	Calories (g)	Fat Calories (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Net Carbs (g)	Cholesterol (g)	Sodium (mg)	Protien (g)
APPLE WALNUT BLUES (vegetarian)	1 cup	112	10	2	0	5	2	3	4	4	94	3
AUNT MARY'S ALMOND CRAISIN DELIGHT (vegetarian)	1 cup	200	12	2	0	22	3	18	19	6	94	3
AUTUMN GREENS WITH ROASTED BEETS (vegetarian)	1 cup	244	11	1	0	36	4	17	32	0	43	3
AUTUMN KALE (vegan)	1 cup	140	-	-	-	-	-	-	-	-	-	-
BALSAMIC KALE W/ MARINATED TOFU (vegetarian)	1 cup	130	-	-	-	-	-	-	-	-	-	-
BARTLETT BLUE W/ CHAMPAGNE VINAGRETTE (vegetarian)	1 cup	165	14	3	0	7	2	4	5	6	137	4
CHINESE CHICKEN SALAD	1 cup	217	16	2	0	13	2	9	11	10	447	6
CAYLEY'S CLASSIC CAESAR	1 cup	62	4	1	0	3	1	1	3	3	164	2
CLASSIC SHRIMP LOUIE	1 cup	98	7	1	0	4	1	3	3	63	178	5
COOL NAPA CRUNCH (vegetarian)	1 cup	154	11	1	0	14	2	9	12	0	53	2
D'ANJOU BLUE W/ CHAMPAGNE VINAGRETTE (vegetarian)	1 cup	165	14	3	0	7	2	4	5	5	173	4
ENSALADA AZTECA (vegan)	1 cup	172	15	5	-	6	1	1	6	21	268	4
FARM FRESH PEACH & BERRY TOSS (vegan)	1 cup	77	4	1	0	10	2	7	7	0	25	1
FARM FRESH SPRING MIX	1 cup	-	-	-	-	-	-	-	-	-	-	-
FARMERS MARKET KALE & BEET SALAD (vegetarian)	1 cup	190	-	-	-	-	-	-	-	-	-	-
INSALATA CAPRESE (vegetarian)	1 cup	131	4	1	0	10	2	3	9	6	134	3
ITALIAN ANTIPASTO	1 cup	230	-	-	-	-	-	-	-	-	-	-
KALE W/ PIGNOLIS, CURRANTS & ROMANO (vegetarian)	1 cup	140	-	-	-	-	-	-	-	-	-	-
MANDARIN SPINACH W/ TOASTED ALMONDS (vegetarian)	1 cup	81	2	0	0	14	2	9	12	0	133	2
MONTEREY ARTICHOKE & TOMATO	1 cup	125	5	0	0	12	2	3	10	2	217	3
OCEAN MIST ASPARAGUS TOSS (vegetarian)	1 cup	103	8	1	0	7	1	2	6	1	40	2
PANZENELLA SALAD	1 cup	-	-	-	-	-	-	-	-	-	-	-
SOUTHWEST CHIPOTLE SALAD	1 cup	143	11	3	0	7	2	2	5	11	358	4
STRAWBERRY FIELDS SPINACH SALAD (vegan)	1 cup	200	12	2	0	22	3	18	19	6	104	3
SUMMER ENDIVES & APPLE MEDLEY (vegetarian)	1 cup	112	10	2	0	5	2	3	4	4	94	3
SWEET POTATO KALE W/ MAPLE VINAIGRETTE	1 cup	70	-	-	-	-	-	-	-	-	-	-
THE ATHENIAN GREEK SALAD (vegetarian)	1 cup	157	19	3	0	7	1	4	6	9	362	3
TUSCAN KALE (vegetarian)	1 cup	90	-	-	-	-	-	-	-	-	-	-
WINTER GREEN SALAD W/ APPLE & WHITE CHEDDAR (vegetarian)	1 cup	110	-	-	-	-	-	-	-	-	-	-

Peprared Salads

BULGAR SALAD W/ EDAMAME & CHERRY TOMATOES (vegan)	1/2 cup	170	-	-	-	-	-	-	-	-	-	-
BRUSCHETTA NICOISE (vegan)	1/2 cup	68	4	0	0	2	0	1	2	0	261	3
CALIFORNIA LOCAL (vegan)	1/2 cup	148	15	1	0	6	1	2	5	0	423	1
CHICKEN WALDORF	1/2 cup	230	-	-	-	-	-	-	-	-	-	-
CHILI LIME FIESTA BEAN (vegan)	2 Tbsp	120	0	0	0	5	2	2	3	0	26	0
CHIPOTLE HUMMUS (vegetarian)	2 Tbsp	88	6	1	0	7	2	1	5	0	188	3
CILANTRO, BLACK(vegetarian)	1/2 cup	111	6	1	0	14	2	6	12	4	140	3
CLASSIC CARROT RAISIN (vegetarian)	1/2 cup	137	12	2	0	6	1	4	5	10	105	0
CLASSIC PICNIC MACARONI SALAD	1/2 cup	-	-	-	-	-	-	-	-	-	-	-
CLASSIC PICNIC SLAW (vegetarian)	1/2 cup	82	8	1	0	3	1	2	3	7	61	0
COUNTRY PICNIC POTATO (vegetarian)	1/2 cup	216	15	3	0	17	2	2	15	40	240	3
CONFETTI ORZO (vegan)	1/2 cup	62	0	0	0	12	2	1	10	0	83	2
COUSCOUS W/ CHICKEN, DATES & ALMONDS (vegetarian)	1/2 cup	220	-	-	-	-	-	-	-	-	-	-
CRAVIN' BROCCOLI BACON RAISIN	1/2 cup	160	12	2	0	11	2	8	9	9	113	3
CREOLE POTATO SALAD (vegetarian)	1/2 cup	150	-	-	-	-	-	-	-	-	-	-
CRUNCHY QUINOA "KEEN WA" (vegan)	1/2 cup	168	11	1	0	14	2	1	12	0	195	4
ENGLISH PEAS W/ ROASTED MUSHROOM	1/2 cup	-	-	-	-	-	-	-	-	-	-	-
FRESH ITALIAN BRUSCHETTA (vegan)	1/2 cup	30	3	0	0	2	0	1	2	0	22	0
GERMAN POTATO SALAD WITH BACON	1/2 cup	174	7	2	0	17	2	2	15	5	357	3
GINGER SOY LONG NOODLES (vegan)	1/2 cup	143	5	1	0	21	1	2	20	0	118	3
GREEK ORZO, SPINACH & PINE NUTS (vegetarian)	1/2 cup	270	-	-	-	-	-	-	-	-	-	-
HOMESTYLE POTATO (vegetarian)	1/2 cup	119	1	0	0	25	2	4	23	2	278	3

Prepared Salads Continued	Serving Size	Calories (g)	Fat Calories (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Net Carbs (g)	Cholesterol (g)	Sodium (mg)	Protien (g)
HUMMUS (vegan)	2 Tbsp	70	12	2	0	22	3	18	19	6	104	3
ITALIAN GARDEN POTATO SALAD	1/2 cup	80	3	0	0	13	2	3	11	0	210	2
JUMPIN' BEANS (vegan)	1/2 cup	76	1	0	0	15	3	3	12	0	271	4
KALE W/ PIGNOLIS, CURRANTS & PARMESAN CHEESE (vegetarian)	1/2 cup	35	-	-	-	-	-	-	-	-	-	-
LEMON GARLIC PASTA (vegan)	1/2 cup	157	19	3	0	7	1	4	6	9	362	3
LOCALLY GROWN ROASTED SQUASH MEDLEY (vegan)	1/2 cup	138	6	1	0	21	2	2	18	0	101	2
MARINATED CUCUMBER (vegan)	1/2 cup	19	0	0	0	4	1	3	4	0	4	1
MEDITERRANEAN CHOP SALAD (vegetarian)	1/2 cup	130	-	-	-	-	-	-	-	-	-	-
MOM'S MAC (vegetarian)	1/2 cup	224	15	3	-	19	1	0	18	40	259	4
NO FRY STIR FRY RICE (vegan)	1/2 cup	190	4	1	0	34	1	3	33	0	440	4
OLD FASHIONED POTATO WITH BACON	1/2 cup	229	18	3	0	14	2	1	12	43	392	4
ORZO PASTA W/ ROASTED BROCCOLI, PINE NUTS	1/2 cup	-	-	-	-	-	-	-	-	-	-	-
PALERMO PASTA (vegetarian)	1/2 cup	133	6	1	0	16	1	2	15	2	215	3
POPPIN' PEA AND ORZO W/BACON	1/2 cup	191	11	2	0	18	2	2	17	10	201	5
PICNIC MAC	1/2 cup	-	-	-	-	-	-	-	-	-	-	-
PRAWN COCKTAIL	1/2 cup	-	-	-	-	-	-	-	-	-	-	-
QUINOA & APPLE SALAD W/ CURRY (vegetarian)	1/2 cup	140	-	-	-	-	-	-	-	-	-	-
RADISH SLAW W/ NEW YORK DELI DRESSING (vegan)	1/2 cup	45	-	-	-	-	-	-	-	-	-	-
RAJIN CAJUN PENNE PASTA (vegetarian)	1/2 cup	132	2	0	0	23	2	2	21	1	213	5
RANCH STYLE POTATO (vegetarian)	1/2 cup	211	17	1	0	14	1	2	13	8	587	2
RED LENTIL SALAD W/ SPRING VEGETABLES	1/2 cup	-	-	-	-	-	-	-	-	-	-	-
RED, WHITE & BLUE POTATO SALAD	1/2 cup	125	5	2	0	16	1	2	15	9	370	3
ROASTED BEET SALAD W/ RED ONION, POBLANO & LIME (vegetarian)	1/2 cup	100	-	-	-	-	-	-	-	-	-	-
ROASTED MAPLE BUTTERNUT SQUASH W/ CIDER VINAIGRETTE (vegan)	1/2 cup	220	-	-	-	-	-	-	-	-	-	-
ROASTED BEET SALAD W/ RED ONION, POBLANO & LIME (vegetarian)	1/2 cup	180	-	-	-	-	-	-	-	-	-	-
ROASTED MAPLE BUTTERNUT SQUASH W/ AND CRANBERRIES (vegan)	1/2 cup	105	6	2	0	15	3	5	12	0	120	1
ROASTED GARLIC BASIL POTATO (vegan)	1/2 cup	168	6	1	0	19	3	4	17	0	384	3
ROASTED GARLIC HUMMUS (vegan)	1/2 cup	70	4	1	0	7	2	2	5	0	90	2
ROASTED LEEK AND POTATO SALAD (vegan)	1/2 cup	158	-	-	-	-	-	-	-	-	-	-
ROASTED POTATO & VEGETABLE BISTRO (vegan)	1/2 cup	138	6	1	0	21	2	2	18	0	101	2
ROASTED RED PEPPER HUMMUS (vegan)	1/2 cup	70	4	1	0	7	2	2	5	0	80	2
ROASTED RED POTATO (vegan)	1/2 cup	100	3	0	0	17	1	1	16	0	170	1
ROASTED SUMMER SUCCATACH	1/2 cup	-	-	-	-	-	-	-	-	-	-	-
ROASTED YAM & KALE SALAD (vegetarian)	1/2 cup	140	-	-	-	-	-	-	-	-	-	-
SAFARI QUINOA (vegan)	1/2 cup	140	8	1	0	16	2	1	14	0	260	4
SAIDA'S MEDITERRANEAN LENTILS (vegan)	1/2 cup	95	4	1	0	12	4	3	8	0	135	4
SALSA FRESCA (vegan)	2 Tbsp	4	0	0	0	1	0	1	1	0	133	0
SHAVED WINTER VEGETABLES W/ CIDER VINAIGRETTE (vegetarian)	1/2 cup	70	-	-	-	-	-	-	-	-	-	-
SHRIMP & KRAB LOUIE PASTA	1/2 cup	180	34	2	0	12	1	1	11	50	500	3
SMASHED POTATO (vegetarian)	1/2 cup	217	12	2	0	25	2	3	23	40	384	3
SOUTHERN CREAMY DILL POTATO (vegetarian)	1/2 cup	101	2	0	0	19	2	2	17	2	152	2
SOUTHERN POTATO SALAD	1/2 cup	-	-	-	-	-	-	-	-	-	-	-
SQUASHUMMUS (vegan)	2 Tbsp	70	4	2	0	7	2	2	5	0	80	2
STONE FRUIT & GOAT CHEESE SALAD W/ HONEY	1/2 cup	-	-	-	-	-	-	-	-	-	-	-
SUNDRIED TOMATO HUMMUS (vegan)	1/2 cup	70	4	1	0	7	2	2	5	0	80	2
SUNDRIED TOMATO & BASIL COUSCOUS (vegan)	1/2 cup	168	7	1	0	7	2	2	5	1	88	4
TABBOULEH (vegan)	1/2 cup	74	4	1	0	8	2	2	6	0	78	2

Prepared Salads Continued	Serving Size	Calories (g)	Fat Calories (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Net Carbs (g)	Cholesterol (g)	Sodium (mg)	Protien (g)
TEXAS CAVIAR (vegan)	1/2 cup	95	-	-	-	-	-	-	-	-	-	-
THREE BEAN SALAD W/ GIGANTE, KIDNEY & GREEN BEANS	1/2 cup	-	-	-	-	-	-	-	-	-	-	-
TOASTED COUSCOUS W/ GARDEN VEGETABLES (vegan)	1/2 cup	110	7	0	0	13	2	1	12	11	437	2
TRIO OF BEETS SALAD W/ PISTACHIO AND SHERRY VINAIGRETTE	1/2 cup	-	-	-	-	-	-	-	-	-	-	-
TUNA TARRAGON	1/2 cup	185	10	2	0	21	1	2	20	8	265	5
WHITE BEAN HUMMUS (vegan)	2 Tbsp	60	-	-	-	-	-	-	-	-	-	-
ZESTY CUCUMBER & TOMATO (vegan)	1/2 cup	148	15	1	0	4	1	2	3	0	423	1
ZESTY ITALIAN VERMICELLI (vegetarian)	1/2 cup	143	7	2	0	17	2	2	15	2	318	4

Dressings

ASIAN SESAME VINAGRETTE	2 Tbsp	-	-	-	-	-	-	-	-	-	-	-
ATHENIAN GREEK VINAIGRETTE (vegan)	2 Tbsp	126	14	2	0	1	0	1	1	0	346	0
AZTECA DRESSING (vegetarian)	2 Tbsp	72	6	2	0	4	0	1	4	8	124	1
BLUE CHEESE (vegetarian)	2 Tbsp	140	6	2	0	3	0	1	3	9	142	1
CAL- BISTRO BALSAMIC VINAIGRETTE (vegan)	2 Tbsp	148	14	1	0	5	0	1	5	0	61	0
CHAMPAGNE VINAIGRETTE (vegan)	2 Tbsp	174	19	1	0	2	0	2	2	2	35	0
CHINESE CHICKEN DRESSING	2 Tbsp	-	-	-	-	-	-	-	-	-	-	-
COOL CREAMY CUCUMBER (vegetarian)	2 Tbsp	154	17	3	0	1	0	1	1	9	153	0
CREAMY CAESAR	2 Tbsp	154	-	-	-	-	-	-	-	-	-	-
CREAMY FRENCH DRESSING (vegan)	2 Tbsp	120	-	-	-	-	-	-	-	-	-	-
FAT FREE HONEY MUSTARD	2 Tbsp	50	-	-	-	-	-	-	-	-	-	-
FAT FREE ITALIAN	2 Tbsp	15	-	-	-	-	-	-	-	-	-	-
FAT FREE RANCH (vegtarian)	2 Tbsp	35	-	-	-	-	-	-	-	-	-	-
HOUSE FRENCH (vegan)	2 Tbsp	136	10	1	0	11	0	11	11	0	232	0
ORANGE MAPLE VINAIGRETTE (vegan)	2 Tbsp	138	14	1	0	5	0	1	5	0	61	0
PARMESAN PEPPERCORN (vegetarian)	2 Tbsp	153	16	3	1	1	0	0	1	12	157	2
PESTO RANCH (vegetarian)	2 Tbsp	130	12	2	0	1	0	1	1	10	209	1
POPPY-SESAME SEED VINAIGRETTE (vegan)	2 Tbsp	126	10	1	0	9	0	8	9	0	20	1
RANCH	2 Tbsp	-	-	-	-	-	-	-	-	-	-	-
RASPBERRY VINAIGRETTE (vegetarian)	2 Tbsp	132	13	1	0	4	0	8	9	0	20	1
ROASTED GARLIC VINAIGRETTE (vegan)	2 Tbsp	105	10	1	0	3	0	1	3	0	111	1
ROASTED GARLIC BALSAMIC VINAIGRETTE (vegan)	2 Tbsp	105	10	1	0	3	0	1	3	0	111	1
SPICY THAI DRESSING	2 Tbsp	-	-	-	-	-	-	-	-	-	-	-
THOUSAND ISLAND (vegetarian)	2 Tbsp	130	13	2	0	3	0	-	-	-	-	-

Soups

3-BEAN CHILI (vegan)	1 cup	210	-	-	-	-	-	-	-	-	-	-
BAKED POTATO SOUP	1 cup	306	21	11	-	21	2	1	20	51	959	9
BLACK BEANS SANTA FE (vegan)	1 cup	243	1	0	0	45	15	3	31	0	570	15
BLACK-EYED PEA & TOMATO (vegan)	1 cup	168	3	1	0	25	4	2	21	0	10	11
BROCCOLI CHEESE SOUP (vegetarian)	1 cup	152	9	4	0	13	3	2	10	16	215	6
BUTTERNUT SQUASH AND APPLE SOUP (vegan)	1 cup	90	2	0	0	17	4	15	13	0	34	2
BUTTERNUT SQUASH BISQUE (vegetarian)	1 cup	240	15	7	0	23	3	4	20	36	136	3
CARROT GINGER WITH ROASTED LEEKS (vegan)	1 cup	69	0	0	0	16	3	7	13	0	1061	1
CHICKEN POZOLE	1 cup	110	5	1	0	9	1	2	8	19	813	7
CHIPOTLE WINTER SQUASH STEW (vegan)	1 cup	117	3	0	0	21	2	3	19	0	148	3
CONFETTI BEAN CHILI (vegan)	1 cup	160	1	0	0	31	9	5	22	0	700	8

Soups Continued	Serving Size	Calories (g)	Fat Calories (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Net Carbs (g)	Cholesterol (g)	Sodium (mg)	Protien (g)
CORN CHOWDER W/ ROASTED POBLANOS & TOMATILLOS	1 cup	90	-	-	-	-	-	-	-	-	-	-
CREAM OF ZUCCHINI, KALE & CILANTRO PESTO (vegetarian)	1 cup	160	-	-	-	-	-	-	-	-	-	-
CREAMY IRISH POTATO LEEK (vegetarian)	1 cup	268	17	8	0	27	2	3	25	38	201	4
CREAMY THAI VEGETABLE (vegetarian)	1 cup	255	17	12	0	25	2	3	23	19	1190	4
CREAMY TOMATO BISQUE (vegetarian)	1 cup	234	18	8	0	17	1	7	16	40	789	2
CREAM OF BROCCOLI (vegetarian)	1 cup	199	17	7	0	11	1	1	10	34	139	2
CREAM OF SPINACH (vegetarian)	1 cup	199	17	7	0	11	1	1	10	34	139	2
CHIPOTLE VEGGIE STEW (vegan)	1 cup	50	-	-	-	-	-	-	-	-	-	-
CREAM OF KHOLRABI (vegetarian)	1 cup	160	-	-	-	-	-	-	-	-	-	-
CURRIED SQUASH SOUP (vegetarian)	1 cup	60	-	-	-	-	-	-	-	-	-	-
FALL HARVEST BUTTERNUT SQUASH SOUP (vegetarian)	1 cup	243	18	7	0	20	3	4	17	40	638	2
FETTUCCINE CHICKEN NOODLE	1 cup	145	2	1	0	23	2	3	21	19	747	7
FIERY TOFU & COCONUT CURRY SOUP (vegan)	1 cup	210	-	-	-	-	-	-	-	-	-	-
FIREHOUSE CHILI (vegetarian)	1 cup	289	11	3	0	32	8	5	25	27	881	16
FRENCH ONION W/FRESH BAKED CROUTONS	1 cup	118	5	1	0	16	2	7	14	1	1216	2
FRESH HARVEST VEGETABLE SOUP (vegetarian)	1 cup	74	1	0	0	16	3	5	13	0	102	3
GARDEN BEAN STEW (vegan)	1 cup	119	1	3	0	17	1	2	16	21	1171	7
GARDEN PATCH LENTIL & BARLEY (vegan)	1 cup	65	0	0	0	17	4	2	13	0	118	3
GRANDMA'S CHICKEN AND DUMPLIN'	1 cup	191	11	3	0	17	1	2	15	21	1171	7
GREEK ARTICHOKE AND LEMON RICE (vegan)	1 cup	101	3	1	0	17	2	4	15	2	1247	2
GREEN CHILI AND CORN CHOWDER (vegan)	1 cup	108	1	0	0	26	2	5	24	0	849	3
HARVEST VEGETABLE (vegan)	1 cup	93	0	0	0	21	2	8	19	0	924	3
HEARTY GARDEN VEGETABLE (vegan)	1 cup	110	-	-	-	-	-	-	-	-	-	-
HEARTY GARDEN VEGETABLE BARLEY (vegan)	1 cup	79	1	0	0	17	4	2	13	0	122	3
ITALIAN RATATOUILLE STEW	1 cup	148	5	1	0	22	3	10	19	0	872	5
ITALIAN WEDDING SOUP (MINESTRA MARITATA)	1 cup	208	9	3	0	28	3	7	25	16	1010	10
KALE, SAUSAGE & CANNELLINI BEANS	1 cup	350	-	-	-	-	-	-	-	-	-	-
MAZATLAN VEGETABLE TORTILLA SOUP (vegan)	1 cup	215	10	3	0	26	5	4	21	14	480	9
MUSHROOM BEAN AND BARLEY (vegan)	1 cup	135	1	0	0	27	7	4	21	0	531	7
NAVY BEAN AND HAM	1 cup	202	1	0	0	36	13	1	23	7	647	13
NEW ENGLAND CLAM CHOWDER	1 cup	272	18	7	0	26	1	1	24	48	846	5
NEW ORLEANS VEGETABLE GUMBO (vegan)	1 cup	83	1	0	0	18	2	8	16	0	675	3
O'BENTLEY'S CORNED BEEF AND CABBAGE	1 cup	175	9	2	0	19	3	3	16	18	994	6
OLD WORLD VEGETABLE MINESTRONE (vegan)	1 cup	55	0	0	0	12	2	4	9	0	98	3
PHO NOODLE BOWL (CHICKEN)	1 cup	134	2	0	0	27	2	3	25	3	1211	2
PHO NOODLE BOWL (VEGETARIAN)	1 cup	118	0	0	0	26	1	3	25	0	733	2
RATATOUILLE STEW (vegan)	1 cup	102	0	0	0	22	3	10	19	0	800	3
RED BEAN CHILI (vegan)	1 cup	208	1	0	0	39	10	8	29	0	768	11
ROASTED CORN & PABLANO	1 cup	-	-	-	-	-	-	-	-	-	-	-
ROASTED RED PEPPER & TOMATO BISQUE (vegan)	1 cup	95	0	0	0	20	3	10	16	1	800	4
ROASTED VEGETABLE & BUTTERNUT SQUASH MEDLEY (vegan)	1 cup	117	3	0	0	21	2	3	19	0	148	3
ROSEMARY POTATO (vegetarian)	1 cup	276	17	7	0	29	2	5	26	39	1261	4
RUSTIC COUNTRY VEGETABLE (vegan)	1 cup	90	0	0	0	20	3	4	17	0	174	3
SAN JOSE CHICKEN CHILI	1 cup	181	2	0	0	30	6	4	23	10	787	2
SOUTHERN LENTIL (vegan)	1 cup	150	2	0	0	25	5	5	19	0	788	8
SOUTHWEST BLACK BEAN CHILI W/ ANDOUILLE	1 cup	130	4	1	0	20	5	2	15	11	841	8
SOUTHWEST CORN CHOWDER	1 cup	274	20	7	0	24	2	3	23	48	931	6

Soups Continued	Serving Size	Calories (g)	Fat Calories (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Net Carbs (g)	Cholesterol (g)	Sodium (mg)	Protien (g)
SOPA DE ALBONDIGAS (SPICY MEATBALL SOUP)	1 cup	216	9	3	0	28	3	8	25	16	1010	10
SOUPE AU PISTAU (vegetarian)	1 cup	200	-	-	-	-	-	-	-	-	-	-
SPINACH RED LENTIL AND BEAN CURRY (vegan)	1 cup	164	-	-	-	-	-	-	-	-	-	-
SPLIT PEA AND HAM	1 cup	185	1	0	0	31	11	4	20	8	870	14
SPLIT PEA SOUP	1 cup	-	-	-	-	-	-	-	-	-	-	-
SUMMER SQUASH SOUP (vegan)	1 cup	86	1	0	0	16	3	5	13	0	102	3
SWEET POTATO CORN CHOWDER (vegan)	1 cup	103	0	103	0	25	3	6	22	0	124	2
TEXAS CHICKEN TORTILLA	1 cup	164	6	3	0	19	3	2	16	25	1174	9
TOMATO BASIL W/ SHAFT BLUE CHEESE (vegetarian)	1 cup	130	-	-	-	-	-	-	-	-	-	-
TOMATO BASIL AND ROASTED LEEK BISQUE (vegetarian)	1 cup	234	18	8	0	17	1	7	16	40	789	2
TOMATO BASIL FLORENTINE (vegan)	1 cup	90	0	0	0	19	2	8	17	0	595	3
TOM GA KAI	1 cup	-	-	-	-	-	-	-	-	-	-	-
TURKEY CHILI	1 cup	227	5	0	0	31	8	4	23	29	977	15
TURKEY POT PIE	1 cup	191	11	3	0	17	1	2	15	21	1171	7
TUSCAN VEGETABLE PEA SOUP (vegan)	1 cup	155	1	0	0	29	12	6	17	0	776	10
TUSCAN WHITE BEANS AND VEGETABLE (vegan)	1 cup	197	1	0	0	21	8	10	13	0	128	7
VEGETABLES & DUMPLINGS (vegetarian)	1 cup	102	1	0	0	16	3	5	13	0	102	3
WILD RICE & CHICKEN SOUP	1 cup	240	-	-	-	-	-	-	-	-	-	-
ZUPPA DE ITALIAN COURGETTE e PESTO (Italian Squash with Pesto) - (vegetarian)	1 cup	-	-	-	-	-	-	-	-	-	-	-

Pastas & Farm Fav's

AEGEAN CHICKEN CAVATAPPI	1 cup	184	8	4	0	20	2	3	18	28	397	8
AMERICANA	1/2 cup	180	-	-	-	-	-	-	-	-	-	-
ARTICHOKE, SPINACH & MUSHROOM (vegetarian)	1/2 cup	220	-	-	-	-	-	-	-	-	-	-
ASIAN EDAMAME PASTA W/CHICKEN (vegan)	1 cup	245	10	2	0	36	2	6	34	0	321	8
BROCCOLI & BACON CHEESE	1/2 cup	220	-	-	-	-	-	-	-	-	-	-
BROCCOLI & CHEESE TOSS (vegetarian)	1/2 cup	140	-	-	-	-	-	-	-	-	-	-
CAJUN CREAM (vegetarian)	1/2 cup	190	-	-	-	-	-	-	-	-	-	-
CHICKEN PICCATA PASTAMORE	1/2 cup	220	-	-	-	-	-	-	-	-	-	-
CHEESY CHICKEN & VEGETABLE RICE	1 cup	246	8	3	0	33	2	4	31	24	847	10
CHICKEN & BOWTIE PRIMAVERA	1 cup	180	10	6	0	16	2	2	14	37	250	7
CHICKEN PICCATA PASTAMORE	1 cup	130	-	-	-	-	-	-	-	-	-	-
CHICKEN MARINARA	1 cup	158	5	3	0	15	2	3	13	28	197	5
CHICKEN PESTO PENNE	1 cup	205	13	5	0	16	2	2	14	35	340	6
CREAMY BASIL PESTO	1/2 cup	280	-	-	-	-	-	-	-	-	-	-
CREAMY LEMON CAPER CHICKEN	1 cup	207	14	3	0	16	3	2	13	16	298	7
CREAMY TOMATO & PARMESAN (vegetarian)	1/2 cup	180	-	-	-	-	-	-	-	-	-	-
GARDEN MARINARA (vegan)	1/2 cup	80	-	-	-	-	-	-	-	-	-	-
GARDEN PICCATA (vegetarian)	1/2 cup	210	-	-	-	-	-	-	-	-	-	-
GREEK LEMON ORZO WITH FETA (vegetarian)	1 cup	345	18	3	0	38	4	3	34	5	490	8
HERB RICE	1/2 cup	126	2	0	0	24	0	0	23	0	294	2
ITALIAN SAUSAGE & PEPPER	1/2 cup	150	-	-	-	-	-	-	-	-	-	-
MAC 'N CHEESE (vegetarian)	1/2 cup	131	4	1	0	21	1	1	20	3	305	4
MEDITERRANEAN (vegetarian)	1/2 cup	150	-	-	-	-	-	-	-	-	-	-
NEPTUNES SEAFOOD ALFREDO	1 cup	210	14	6	0	16	2	2	14	37	250	7
PASTA PRIMAVERA (vegetarian)	1/2 cup	200	-	-	-	-	-	-	-	-	-	-
PLAIN PASTA	1/2 cup	110	1	0	0	22	1	0	20	0	1	4
PUTTANESCA (vegan)	1/2 cup	140	-	-	-	-	-	-	-	-	-	-

Pastas & Farm Fav's Continued	Serving Size	Calories (g)	Fat Calories (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Net Carbs (g)	Cholesterol (g)	Sodium (mg)	Protien (g)
ROASTED FARM FRESH VEGETABLES (vegan)	1/2 cup	138	6	1	0	21	2	2	18	0	101	2
ROASTED FINGERLING POTATOES (vegan)	1/2 cup	74	2	0	0	14	1	1	13	0	31	2
ROASTED GARLIC (vegan)	1/2 cup	210	-	-	-	-	-	-	-	-	-	-
ROASTED SQUASH MEDLEY (vegan)	1/2 cup	138	6	1	0	21	2	2	18	0	101	2
SHELL & CHEESE (vegetarian)	1/2 cup	190	-	-	-	-	-	-	-	-	-	-
SHRIMP SAUSAGE GUMBOLAYA AND RICE	1 cup	234	6	0	0	40	2	2	38	16	716	6
SOUTH-OF-THE-BORDER CHICKEN PASTA	1 cup	218	16	3	0	16	3	2	13	16	302	7
SOUTHWEST BLACK BEAN & CORN (vegan)	1/2 cup	140	-	-	-	-	-	-	-	-	-	-
SPICY THAI NOODLE W/ MARINATED TOFU (vegan)	1 cup	210	3	0	0	41	3	21	37	0	452	6
SPRINGTIME VEGETABLES (vegan)	1 cup	41	25	1	0	4	1	1	3	0	32	1
SQUASH MARINARA W/ ROASTED LEEKS (vegetarian)	1 cup	68	-	-	-	-	-	-	-	-	-	-
SQUASH RATATOUILLE (vegan)	1 cup	45	3	0	0	4	1	2	3	0	51	1
SUNDRIED TOMATO ALFREDO (vegan)	1/2 cup	270	-	-	-	-	-	-	-	-	-	-
TANGY WHOLE WHEAT PENNE PRIMAVERA W/ CHICKEN	1 cup	223	16	3	0	16	3	2	13	16	302	7
WHITE RICE (vegan)	1/2 cup	116	0	0	0	25	0	0	25	0	4	2

Pizzas

ALOHA PIZZA	1 slice	140	-	-	-	-	-	-	-	-	-	-
BASIL PESTO	1 slice	140	-	-	-	-	-	-	-	-	-	-
BBQ TOMATO PIZZA	1 slice	140	-	-	-	-	-	-	-	-	-	-
CALIFORNIA FRESH VEGGIE PIZZA (vegetarian)	1 slice	140	4	1	0	21	1	2	20	6	267	5
CHEESE PIZZA(vegetarian)	1 slice	140	5	2	0	14	1	1	14	8	212	4
CHEDDAR BACON PEPPERCORN RANCH	1 slice	140	9	3	0	15	1	1	14	12	322	5
CHICKEN PESTO W/ SUNDRIED TOMATOES	1 slice	140	-	-	-	-	-	-	-	-	-	-
COUNTRY SAUSAGE & MUSHROOM	1 slice	140	6.23	2	0	15	1	1	14	11	245	5
DOUBLE PEPPERONI PIZZA	1 slice	140	-	-	-	-	-	-	-	-	-	-
ELENA'S GRILLED ONION FOCACCIA (vegetarian)	1 slice	140	3	1	0	15	1	1	14	1	180	2
FRESH TOMATO & BASIL PIZZA (vegetarian)	1 slice	140	5	2	0	15	1	1	14	9	218	4
GARDEN PESTO PIZZA (vegetarian)	1 slice	140	6	1	0	15	2	2	13	8	315	6
GREEK GODDESS PIZZA (vegetarian)	1 slice	140	6	1	0	15	2	2	13	8	320	6
MATEO'S AZTECA CHICKEN PIZZA	1 slice	140	-	-	-	-	-	-	-	-	-	-
NATALIA'S PARMESAN SPICY CHICKEN	1 slice	140	-	-	-	-	-	-	-	-	-	-
MYSHEL'S ROASTED GARLIC CHICKEN	1 slice	140	-	-	-	-	-	-	-	-	-	-
PEPPERONI PIZZA	1 slice	140	4.32	2	0	14	0	1	13	10	219	4
PEPPERONI & MUSHROOM	1 slice	140	-	-	-	-	-	-	-	-	-	-
PEPPERY ONIONS & SAUSAGE	1 slice	140	6.24	2	0	16	1	1	15	11	245	5
PESTO SPINACH W/ FET & SUNDRIED TOMATOES (vegetarian)	1 slice	140	-	-	-	-	-	-	-	-	-	-
PIZZA FRESCA (vegetarian)	1 slice	140	-	-	-	-	-	-	-	-	-	-

Pizzas Continued	Serving Size	Calories (g)	Fat Calories (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Net Carbs (g)	Cholesterol (g)	Sodium (mg)	Protien (g)
ROASTED EGGPLANT & RED PEPPER W/ FET CHEESE (vegetarian)	1 slice	140	-	-	-	-	-	-	-	-	-	-
ROASTED ELEPHANT GARLIC PIZZA (Vegetarian)	1 slice	140	-	-	-	-	-	-	-	-	-	-
ROASTED GARLIC PIZZA (vegatarian)	1 slice	140	-	-	-	-	-	-	-	-	-	-
SOUTHWEST BBQ CHICKEN	1 slice	140	-	-	-	-	-	-	-	-	-	-
SPICY BLEU BUFFALO CHICKEN	1 slice	140	-	-	-	-	-	-	-	-	-	-
SPINACH ARTICHOKE & MUSHROOMS	1 slice	140	-	-	-	-	-	-	-	-	-	-
THEADORE'S CHICKEN & BACON SPECIALE	1 slice	140	-	-	-	-	-	-	-	-	-	-

Bakery

APRICOT ALMOND MUFFIN (vegetarian)	1 each	221	12	2	0	28	3	11	25	13	197	4
APRICOT NUT MUFFIN (vegetarian)	1 each	221	12	2	0	28	3	11	25	13	197	4
APPLE RAISIN HONEY BRAN LOAF (vegetarian)	1 slice	131	1	0	0	30	3	14	27	11	190	3
BANANA NUT MUFFIN (vegetarian)	1 each	131	1	0	0	30	2	14	27	11	190	3
BANANA NUT BRAN LOAF (vegetarian)	1 slice	221	12	0	0	28	3	11	25	13	197	4
BANANA SQUASH BRAN BREAD (vegetarian)	1 slice	187	9	2	0	26	3	9	24	13	199	3
BROWNIE CHIP	1 each	271	9	3	0	44	3	23	41	16	416	5
BLUEBERRY MUFFIN	1 each	-	-	-	-	-	-	-	-	-	-	-
CARIBBEAN BANANA NUT BREAD (vegetarian)	1 slice	251	12	2	0	32	2	17	31	18	121	3
CHERRY VANILLA CHIP (vegetarian)	1 slice	205	9	2	0	30	2	17	27	15	99	2
CITRUS CARROT RAISIN BREAD (vegetarian)	1 slice	210	11	2	0	28	1	14	26	16	120	2
CITRUS CARROT RAISIN MUFFIN (vegetarian)	1 each	210	12	2	0	34	2	17	33	23	159	3
CORN BREAD	1 each	140	-	-	-	-	-	-	-	-	-	-
COUNTRY HERBED BISCUIT (vegetarian)	1 each	250	10	4	0	33	1	4	31	9	696	6
CRANBERRY MUFFIN (vegetarian)	1 each	201	5	1	0	36	3	16	33	16	419	4
CRANBERRY CITRUS LOAF (vegetarian)	1 slice	210	12	2	0	34	2	17	33	23	159	3
CRANBERRY CITRUS SQUASH BREAD (vegetarian)	1 slice	210	12	2	0	34	2	17	33	23	159	3
CRANBERRY CITRUS SQUASH MUFFIN (vegetarian)	1 each	210	12	2	0	34	2	17	33	23	159	3
GINGERBREAD MUFFIN (vegetarian)	1 each	202	9	2	0	31	3	15	28	12	216	3
GRANDMA'S MAPLE MOLASSES BREAD (vegetarian)	1 slice	202	9	2	0	31	3	15	28	12	216	3
ITALIAN STYLE DINNER ROLL (vegan)	1 roll	133	2	0	0	26	1	0	25	0	166	4
KIWI STRAWBERRY BRAN LOAF (vegetarian)	1 slice	164	4	1	0	30	2	15	28	15	110	3
LEMON RASPBERRY LOAF (vegetarian)	1 slice	204	9	1	0	29	2	15	27	18	130	3
LEMON POPPY SEED MUFFIN (vegetarian)	1 each	275	-	-	-	-	-	-	-	-	-	-
LOUISIANA SWEET POTATO BRAN LOAF (vegetarian)	1 slice	208	9	1	0	32	3	14	29	12	207	3
MEYER LEMON POPPY SEED LOAF (vegetarian)	1 slice	204	9	1	0	29	2	15	27	18	130	3
PEAH CARDAMON LOAF (vegetarian)	1 slice	202	9	1	0	29	1	15	28	17	125	2
PEACH CINNAMON CRUNCH MUFFIN (vegetarian)	1 each	275	-	-	-	-	-	-	-	-	-	-
PEACH CINNAMON (vegetarian)	1 each	195	5	1	0	34	3	14	31	16	421	4
PUMPKIN CHOCOLATE CHIP BREAD (vegetarian)	1 slice	205	9	2	0	30	2	17	27	15	99	2
PUMPKIN SPICE MUFFIN (vegetarian)	1 each	202	9	1	0	29	1	15	28	17	125	2
RASPBERRY ORANGE MUFFIN (vegetarian)	1 each	275	-	-	-	-	-	-	-	-	-	-
RASPBERRY PEACH MUFFIN (vegetarian)	1 each	195	5	1	0	34	3	14	31	16	421	4
SANTA BARBARA LEMON ALMOND LOAF (vegetarian)	1 slice	254	12	2	0	34	2	17	33	23	169	3
SOUR CREAM & ONION BISCUIT (vegetarian)	1 each	181	8	3	0	33	1	3	32	8	5	3
SPICED PEAR MUFFIN (vegetarian)	1 each	170	1	1	0	24	2	7	22	5	260	3
WHEAT ROLL (vegan)	1 roll	133	2	0	0	26	1	0	25	0	166	4
ZUCCHINI & CARROT NUT SPICE BREAD (vgeetarian)	1 slice	221	13	2	0	25	1	12	23	18	121	3

Desserts	Serving Size	Calories (g)	Fat Calories (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Net Carbs (g)	Cholesterol (g)	Sodium (mg)	Protien (g)
PIZZA FRESCA (vegetarian)	1 slice	140	-	-	-	-	-	-	-	-	-	-
ROASTED EGGPLANT & RED PEPPER W/ FET CHEESE (vegetarian)	1 slice	140	-	-	-	-	-	-	-	-	-	-
ROASTED ELEPHANT GARLIC PIZZA (Vegetarian)	1 slice	140	-	-	-	-	-	-	-	-	-	-
ROASTED GARLIC PIZZA (vegatarian)	1 slice	140	-	-	-	-	-	-	-	-	-	-
SOUTHWEST BBQ CHICKEN	1 slice	140	-	-	-	-	-	-	-	-	-	-
SPICY BLEU BUFFALO CHICKEN	1 slice	140	-	-	-	-	-	-	-	-	-	-
SPINACH ARTICHOKE & MUSHROOMS	1 slice	140	-	-	-	-	-	-	-	-	-	-
THEADORE'S CHICKEN & BACON SPECIALE	1 slice	140	-	-	-	-	-	-	-	-	-	-

Bakery

APRICOT ALMOND MUFFIN (vegetarian)	1 each	221	12	2	0	28	3	11	25	13	197	4
APRICOT NUT MUFFIN (vegetarian)	1 each	221	12	2	0	28	3	11	25	13	197	4
APPLE RAISIN HONEY BRAN LOAF (vegetarian)	1 slice	131	1	0	0	30	3	14	27	11	190	3
BANANA NUT MUFFIN (vegetarian)	1 each	131	1	0	0	30	2	14	27	11	190	3
BANANA NUT BRAN LOAF (vegetarian)	1 slice	221	12	0	0	28	3	11	25	13	197	4
BANANA SQUASH BRAN BREAD (vegetarian)	1 slice	187	9	2	0	26	3	9	24	13	199	3
BROWNIE CHIP	1 each	271	9	3	0	44	3	23	41	16	416	5
BLUEBERRY MUFFIN	1 each	-	-	-	-	-	-	-	-	-	-	-
CARIBBEAN BANANA NUT BREAD (vegetarian)	1 slice	251	12	2	0	32	2	17	31	18	121	3
CHERRY VANILLA CHIP (vegetarian)	1 slice	205	9	2	0	30	2	17	27	15	99	2
CITRUS CARROT RAISIN BREAD (vegetarian)	1 slice	210	11	2	0	28	1	14	26	16	120	2
CITRUS CARROT RAISIN MUFFIN (vegetarian)	1 each	210	12	2	0	34	2	17	33	23	159	3
CORN BREAD	1 each	140	-	-	-	-	-	-	-	-	-	-
COUNTRY HERBED BISCUIT (vegetarian)	1 each	250	10	4	0	33	1	4	31	9	696	6
CRANBERRY MUFFIN (vegetarian)	1 each	201	5	1	0	36	3	16	33	16	419	4
CRANBERRY CITRUS LOAF (vegetarian)	1 slice	210	12	2	0	34	2	17	33	23	159	3
CRANBERRY CITRUS SQUASH BREAD (vegetarian)	1 slice	210	12	2	0	34	2	17	33	23	159	3
CRANBERRY CITRUS SQUASH MUFFIN (vegetarian)	1 each	210	12	2	0	34	2	17	33	23	159	3
GINGERBREAD MUFFIN (vegetarian)	1 each	202	9	2	0	31	3	15	28	12	216	3
GRANDMA'S MAPLE MOLASSES BREAD (vegetarian)	1 slice	202	9	2	0	31	3	15	28	12	216	3
ITALIAN STYLE DINNER ROLL (vegan)	1 roll	133	2	0	0	26	1	0	25	0	166	4
KIWI STRAWBERRY BRAN LOAF (vegetarian)	1 slice	164	4	1	0	30	2	15	28	15	110	3
LEMON RASPBERRY LOAF (vegetarian)	1 slice	204	9	1	0	29	2	15	27	18	130	3
LEMON POPPY SEED MUFFIN (vegetarian)	1 each	275	-	-	-	-	-	-	-	-	-	-
LOUISIANA SWEET POTATO BRAN LOAF (vegetarian)	1 slice	208	9	1	0	32	3	14	29	12	207	3
MEYER LEMON POPPY SEED LOAF (vegetarian)	1 slice	204	9	1	0	29	2	15	27	18	130	3
PEAH CARDAMON LOAF (vegetarian)	1 slice	202	9	1	0	29	1	15	28	17	125	2
PEACH CINNAMON CRUNCH MUFFIN (vegetarian)	1 each	275	-	-	-	-	-	-	-	-	-	-
PEACH CINNAMON (vegetarian)	1 each	195	5	1	0	34	3	14	31	16	421	4
PUMPKIN CHOCOLATE CHIP BREAD (vegetarian)	1 slice	205	9	2	0	30	2	17	27	15	99	2

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