

**CAFÉ**  
**ZUPAS**<sup>®</sup>  
**NUTRITION FACTS**  
July 2019



The information contained here is based on our standard serving sizes. Our nutritional content may vary because of variations in portion size or recipes, changes in growing seasons, or differences in the source of our ingredients. We periodically will update this information. Occasionally we will also test new dishes, recipes, or suppliers and may not be able to reflect these changes within this guide. Nutrition facts provided about our standard menu items are based on Café Zupas' standardized recipes, representative values provided by suppliers, analysis using industry standard software, published resources, and are expressed in values based on federal rounding and other applicable regulations.

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



**ALLERGEN NOTICE**

**GLUTEN**

Even with strict adherence toward maintaining clean and organized kitchens, we have too much wheat and gluten present to be able to eliminate the cross-contamination on our equipment and food preparation areas. If you are highly allergic or intolerant to gluten, we ask you to exercise judgment regarding your individual needs.

**OTHER FOOD ALLERGIES**

Because we also offer many unique flavors, not every ingredient we use is listed in our menu descriptions. At any given time we may have peanuts, tree nuts, soy, milk, eggs, fish, shellfish, wheat, and gluten in our kitchens. There may be cross contact with your food because of shared cooking and preparation equipment with any of these products.

|  | Total Calories (cal) |       | Calories from Fat (fat cal) |       | Total Fat (g) |       | Saturated Fat (g) |       | Trans Fat (g) |       | Cholesterol (mg) |       | Sodium (mg) |       | Total Carbohydrate (g) |       | Dietary Fiber (g) |       | Sugars (g) |       | Protein (g) |       | Vitamin A (%DV) |       | Vitamin C (%DV) |       | Calcium (%DV) |       | Iron (%DV) |       |
|--|----------------------|-------|-----------------------------|-------|---------------|-------|-------------------|-------|---------------|-------|------------------|-------|-------------|-------|------------------------|-------|-------------------|-------|------------|-------|-------------|-------|-----------------|-------|-----------------|-------|---------------|-------|------------|-------|
|  | half                 | large | half                        | large | half          | large | half              | large | half          | large | half             | large | half        | large | half                   | large | half              | large | half       | large | half        | large | half            | large | half            | large | half          | large | half       | large |
| <b>PROTEIN BOWLS</b>                             |                      |       |                             |       |               |       |                   |       |               |       |                  |       |             |       |                        |       |                   |       |            |       |             |       |                 |       |                 |       |               |       |            |       |
| Asian Steak & Quinoa                             | 480                  | 670   | 260                         | 370   | 31            | 43    | 3.5               | 5     | 0             | 0     | 15               | 35    | 740         | 1070  | 39                     | 48    | 4                 | 5     | 15         | 20    | 17          | 27    | 20%             | 20%   | 80%             | 100%  | 15%           | 25%   | 25%        | 35%   |
| Asian Steak & Quinoa without dressing            | 320                  | 430   | 130                         | 170   | 15            | 20    | 2.5               | 3.5   | 0             | 0     | 15               | 35    | 640         | 920   | 32                     | 37    | 4                 | 5     | 9          | 11    | 17          | 27    | 10%             | 10%   | 80%             | 90%   | 10%           | 20%   | 25%        | 35%   |
| Garden Protein ☒                                 | 540                  | 820   | 410                         | 620   | 48            | 72    | 8                 | 11    | 0             | 0     | 125              | 230   | 570         | 780   | 11                     | 17    | 4                 | 7     | 5          | 6     | 19          | 29    | 15%             | 15%   | 45%             | 50%   | 15%           | 15%   | 15%        | 20%   |
| Garden Protein without dressing ☒                | 290                  | 450   | 170                         | 260   | 20            | 31    | 6                 | 8     | 0             | 0     | 125              | 230   | 510         | 680   | 10                     | 15    | 4                 | 7     | 3          | 4     | 19          | 29    | 15%             | 15%   | 45%             | 50%   | 15%           | 15%   | 15%        | 20%   |
| Harvest Quinoa                                   | 580                  | 830   | 380                         | 570   | 44            | 66    | 6                 | 9     | 0             | 0     | 35               | 55    | 480         | 700   | 30                     | 36    | 7                 | 10    | 6          | 7     | 18          | 26    | 6%              | 6%    | 8%              | 15%   | 25%           | 30%   | 15%        | 20%   |
| Harvest Quinoa without dressing                  | 330                  | 460   | 150                         | 220   | 16            | 24    | 4.5               | 6     | 0             | 0     | 35               | 55    | 420         | 600   | 29                     | 34    | 7                 | 10    | 4          | 4     | 18          | 26    | 6%              | 6%    | 8%              | 15%   | 25%           | 30%   | 15%        | 20%   |
| Mediterranean Protein ☒                          | 280                  | 410   | 150                         | 220   | 17            | 25    | 4                 | 6     | 0             | 0     | 115              | 220   | 1040        | 1420  | 15                     | 18    | 4                 | 4     | 4          | 5     | 15          | 26    | 10%             | 15%   | 6%              | 10%   | 20%           | 30%   | 8%         | 15%   |
| Mediterranean Protein without dressing ☒         | 180                  | 270   | 70                          | 110   | 8             | 12    | 2.5               | 4     | 0             | 0     | 115              | 215   | 700         | 910   | 11                     | 13    | 3                 | 3     | 2          | 2     | 14          | 24    | 6%              | 8%    | 4%              | 4%    | 20%           | 25%   | 8%         | 15%   |
| Southwest Protein ☒                              | 450                  | 610   | 290                         | 410   | 34            | 47    | 9                 | 11    | 0             | 0     | 85               | 85    | 1020        | 1220  | 13                     | 19    | 4                 | 7     | 3          | 4     | 25          | 26    | 6%              | 6%    | 50%             | 60%   | 15%           | 15%   | 15%        | 25%   |
| Southwest Protein without dressing ☒             | 310                  | 390   | 160                         | 220   | 20            | 26    | 6                 | 7     | 0             | 0     | 75               | 75    | 680         | 710   | 10                     | 15    | 4                 | 7     | 2          | 3     | 24          | 25    | 6%              | 6%    | 50%             | 60%   | 10%           | 15%   | 15%        | 25%   |
| Steak Cobb with Blue Cheese Dressing ☒           | 380                  | 610   | 260                         | 410   | 29            | 46    | 8                 | 12    | 0             | 0     | 130              | 240   | 710         | 1050  | 11                     | 18    | 4                 | 7     | 3          | 4     | 18          | 29    | 8%              | 10%   | 10%             | 15%   | 15%           | 20%   | 15%        | 25%   |
| Steak Cobb with Ranch Dressing ☒                 | 390                  | 620   | 270                         | 430   | 30            | 48    | 6                 | 10    | 0             | 0     | 120              | 230   | 830         | 1230  | 11                     | 18    | 4                 | 7     | 3          | 4     | 16          | 27    | 6%              | 10%   | 10%             | 15%   | 10%           | 15%   | 15%        | 25%   |
| Steak Cobb without dressing ☒                    | 230                  | 390   | 130                         | 230   | 15            | 26    | 4                 | 6     | 0             | 0     | 115              | 215   | 480         | 710   | 9                      | 14    | 4                 | 7     | 2          | 3     | 16          | 25    | 4%              | 8%    | 10%             | 15%   | 8%            | 15%   | 15%        | 25%   |
| <b>SALADS</b>                                    |                      |       |                             |       |               |       |                   |       |               |       |                  |       |             |       |                        |       |                   |       |            |       |             |       |                 |       |                 |       |               |       |            |       |
| Avocado Chicken Chop with Ranch Dressing ☒       | 420                  | 620   | 280                         | 420   | 33            | 48    | 8                 | 10    | 0             | 0     | 50               | 70    | 830         | 1140  | 14                     | 20    | 4                 | 7     | 5          | 6     | 17          | 25    | 15%             | 15%   | 60%             | 70%   | 15%           | 20%   | 15%        | 20%   |
| Avocado Chicken Chop with Blue Cheese Dressing ☒ | 410                  | 610   | 270                         | 400   | 32            | 47    | 9                 | 12    | 0             | 0     | 60               | 85    | 700         | 960   | 14                     | 20    | 4                 | 7     | 5          | 6     | 19          | 27    | 15%             | 20%   | 60%             | 70%   | 20%           | 25%   | 15%        | 20%   |
| Avocado Chicken Chop without dressing ☒          | 270                  | 390   | 150                         | 220   | 18            | 26    | 5                 | 7     | 0             | 0     | 40               | 60    | 480         | 620   | 11                     | 16    | 4                 | 7     | 4          | 4     | 16          | 24    | 15%             | 15%   | 60%             | 70%   | 15%           | 15%   | 15%        | 20%   |
| BBQ Chicken                                      | 400                  | 540   | 210                         | 290   | 23            | 31    | 3.5               | 5     | 0             | 0     | 30               | 55    | 770         | 1140  | 33                     | 38    | 4                 | 5     | 14         | 18    | 11          | 19    | 100%            | 150%  | 15%             | 20%   | 6%            | 8%    | 10%        | 15%   |
| BBQ Chicken without dressing                     | 250                  | 310   | 70                          | 90    | 8             | 10    | 1                 | 1.5   | 0             | 0     | 20               | 40    | 420         | 610   | 30                     | 34    | 4                 | 5     | 13         | 16    | 11          | 18    | 100%            | 150%  | 15%             | 20%   | 4%            | 6%    | 10%        | 15%   |
| California Cobb with Ranch Dressing ☒            | 410                  | 610   | 280                         | 410   | 31            | 45    | 7                 | 11    | 0             | 0     | 135              | 255   | 800         | 1300  | 11                     | 13    | 3                 | 4     | 3          | 4     | 19          | 33    | 120%            | 170%  | 25%             | 30%   | 10%           | 15%   | 15%        | 25%   |
| California Cobb with Fresh Herb Vinaigrette ☒    | 480                  | 720   | 340                         | 490   | 39            | 56    | 7                 | 10    | 0             | 0     | 125              | 240   | 590         | 990   | 16                     | 22    | 3                 | 4     | 10         | 15    | 19          | 33    | 120%            | 170%  | 25%             | 35%   | 8%            | 10%   | 15%        | 25%   |
| California Cobb without dressing ☒               | 260                  | 380   | 150                         | 210   | 17            | 23    | 5                 | 7     | 0             | 0     | 125              | 240   | 450         | 780   | 8                      | 9     | 3                 | 4     | 2          | 2     | 19          | 32    | 120%            | 170%  | 25%             | 30%   | 8%            | 10%   | 15%        | 25%   |
| Chipotle Chicken                                 | 480                  | 620   | 260                         | 340   | 29            | 38    | 6                 | 8     | 0             | 0     | 40               | 65    | 930         | 1330  | 38                     | 45    | 6                 | 7     | 17         | 21    | 16          | 23    | 110%            | 160%  | 40%             | 45%   | 15%           | 20%   | 15%        | 15%   |
| Chipotle Chicken without dressing                | 330                  | 400   | 130                         | 150   | 15            | 17    | 4                 | 4.5   | 0             | 0     | 30               | 55    | 580         | 820   | 36                     | 41    | 6                 | 6     | 16         | 20    | 15          | 22    | 110%            | 160%  | 40%             | 45%   | 15%           | 15%   | 15%        | 15%   |
| Chipotle Pork                                    | 560                  | 780   | 290                         | 400   | 33            | 46    | 8                 | 11    | 0             | 0     | 75               | 130   | 1150        | 1770  | 40                     | 48    | 6                 | 7     | 17         | 21    | 24          | 40    | 110%            | 160%  | 60%             | 80%   | 15%           | 20%   | 20%        | 30%   |
| Chipotle Pork without dressing                   | 410                  | 560   | 170                         | 210   | 19            | 25    | 6                 | 8     | 0             | 0     | 65               | 115   | 800         | 1250  | 38                     | 44    | 6                 | 6     | 16         | 20    | 23          | 39    | 110%            | 160%  | 60%             | 80%   | 15%           | 15%   | 20%        | 30%   |
| Mango Berry 🌿                                    | 240                  | 330   | 110                         | 160   | 13            | 18    | 1                 | 1.5   | 0             | 0     | 0                | 0     | 90          | 130   | 28                     | 39    | 3                 | 4     | 25         | 34    | 3           | 3     | 110%            | 170%  | 60%             | 80%   | 6%            | 8%    | 6%         | 8%    |
| Mango Berry without dressing 🌿                   | 100                  | 120   | 20                          | 20    | 2.5           | 2.5   | 0                 | 0     | 0             | 0     | 0                | 0     | 35          | 45    | 17                     | 22    | 3                 | 4     | 13         | 17    | 2           | 2     | 110%            | 160%  | 50%             | 70%   | 4%            | 6%    | 6%         | 8%    |
| Nuts About Berries 🌿                             | 310                  | 450   | 190                         | 280   | 21            | 30    | 1.5               | 2     | 0             | 0     | 0                | 0     | 80          | 110   | 28                     | 42    | 4                 | 7     | 23         | 33    | 2           | 3     | 100%            | 150%  | 45%             | 80%   | 4%            | 8%    | 6%         | 10%   |
| Nuts About Berries without dressing 🌿            | 90                   | 120   | 20                          | 25    | 3             | 3     | 0                 | 0     | 0             | 0     | 0                | 0     | 35          | 45    | 14                     | 22    | 4                 | 7     | 9          | 13    | 2           | 3     | 100%            | 150%  | 45%             | 80%   | 4%            | 6%    | 6%         | 10%   |
| Strawberry Harvest                               | 390                  | 530   | 210                         | 290   | 24            | 32    | 4                 | 5     | 0             | 0     | 30               | 50    | 300         | 470   | 34                     | 42    | 3                 | 3     | 28         | 36    | 11          | 19    | 100%            | 150%  | 40%             | 50%   | 10%           | 10%   | 6%         | 10%   |
| Strawberry Harvest without dressing              | 210                  | 260   | 90                          | 110   | 11            | 12    | 3                 | 3.5   | 0             | 0     | 30               | 50    | 220         | 360   | 18                     | 19    | 3                 | 3     | 13         | 13    | 11          | 18    | 100%            | 150%  | 30%             | 35%   | 10%           | 10%   | 6%         | 10%   |
| Thai Steak                                       | 320                  | 450   | 210                         | 300   | 25            | 35    | 2.5               | 4     | 0             | 0     | 15               | 35    | 390         | 630   | 18                     | 23    | 2                 | 2     | 11         | 14    | 10          | 16    | 25%             | 25%   | 80%             | 80%   | 8%            | 15%   | 15%        | 20%   |
| Thai Steak without dressing                      | 160                  | 210   | 80                          | 100   | 9             | 11    | 1.5               | 2.5   | 0             | 0     | 15               | 35    | 290         | 490   | 11                     | 12    | 2                 | 2     | 5          | 5     | 10          | 16    | 15%             | 15%   | 80%             | 80%   | 8%            | 10%   | 15%        | 20%   |
| <b>PROTEIN</b>                                   |                      |       |                             |       |               |       |                   |       |               |       |                  |       |             |       |                        |       |                   |       |            |       |             |       |                 |       |                 |       |               |       |            |       |
| Avocado [fresh]                                  | 70                   | 140   | 60                          | 120   | 7             | 14    | 1                 | 2     | 0             | 0     | 0                | 0     | 0           | 0     | 4                      | 8     | 3                 | 6     | 0          | 0     | 1           | 2     | 2%              | 4%    | 6%              | 12%   | 0%            | 0%    | 2%         | 4%    |
| Chicken Breast [cage-free]                       | 45                   | 90    | 15                          | 30    | 1.5           | 3     | 0                 | 0     | 0             | 0     | 20               | 40    | 115         | 130   | 0                      | 0     | 0                 | 0     | 0          | 0     | 7           | 14    | 0%              | 0%    | 0%              | 0%    | 0%            | 0%    | 2%         | 4%    |
| Egg [cage-free]                                  | 35                   | 70    | 20                          | 40    | 2.5           | 5     | 1                 | 2     | 0             | 0     | 85               | 170   | 30          | 60    | 0                      | 0     | 0                 | 0     | 0          | 0     | 3           | 6     | 2%              | 4%    | 0%              | 0%    | 2%            | 4%    | 2%         | 4%    |
| Pork [all-natural braised]                       | 120                  | 240   | 45                          | 90    | 6             | 12    | 2                 | 4     | 0             | 0     | 50               | 100   | 340         | 680   | 2                      | 4     | 0                 | 0     | 0          | 0     | 15          | 30    | 0%              | 0%    | 15%             | 30%   | 0%            | 0%    | 8%         | 16%   |
| Quinoa [organic tri-color]                       | 80                   | 160   | 5                           | 10    | .5            | 1     | 0                 | 0     | 0             | 0     | 0                | 0     | 130         | 260   | 16                     | 32    | 1                 | 2     | 2          | 4     | 3           | 6     | 0%              | 0%    | 0%              | 0%    | 0%            | 0%    | 8%         | 16%   |
| Steak [all-natural]                              | 45                   | 90    | 20                          | 40    | 2             | 4     | .5                | 1     | 0             | 0     | 15               | 30    | 170         | 340   | 1                      | 2     | 0                 | 0     | 0          | 0     | 6           | 12    | 0%              | 0%    | 0%              | 0%    | 2%            | 4%    | 2%         | 4%    |
| Tofu [organic]                                   | 60                   | 120   | 30                          | 60    | 3             | 6     | .5                | 1     | 0             | 0     | 0                | 0     | 35          | 70    | 2                      | 4     | 1                 | 2     | 0          | 0     | 6           | 12    | 0%              | 0%    | 0%              | 0%    | 4%            | 8%    | 6%         | 12%   |

|                                 | Total Calories (cal) |       | Calories from Fat (fat cal) |       | Total Fat (g) |       | Saturated Fat (g) |       | Trans Fat (g) |       | Cholesterol (mg) |       | Sodium (mg) |       | Total Carbohydrate (g) |       | Dietary Fiber (g) |       | Sugars (g) |       | Protein (g) |       | Vitamin A (%DV) |       | Vitamin C (%DV) |       | Calcium (%DV) |       | Iron (%DV) |       |  |
|---------------------------------|----------------------|-------|-----------------------------|-------|---------------|-------|-------------------|-------|---------------|-------|------------------|-------|-------------|-------|------------------------|-------|-------------------|-------|------------|-------|-------------|-------|-----------------|-------|-----------------|-------|---------------|-------|------------|-------|--|
|                                 | half                 | large | half                        | large | half          | large | half              | large | half          | large | half             | large | half        | large | half                   | large | half              | large | half       | large | half        | large | half            | large | half            | large | half          | large | half       | large |  |
| <b>SOUPS</b>                    |                      |       |                             |       |               |       |                   |       |               |       |                  |       |             |       |                        |       |                   |       |            |       |             |       |                 |       |                 |       |               |       |            |       |  |
| Chicken Enchilada Chili 🌶️      | 180                  | 360   | 90                          | 180   | 12            | 23    | 4.5               | 9     | 0             | 0     | 50               | 95    | 910         | 1820  | 11                     | 22    | 2                 | 3     | 2          | 5     | 6           | 13    | 30%             | 60%   | 30%             | 60%   | 10%           | 25%   | 10%        | 25%   |  |
| Chicken Noodle                  | 130                  | 260   | 25                          | 50    | 3             | 6     | .5                | 1     | 0             | 0     | 35               | 70    | 950         | 1900  | 16                     | 33    | 1                 | 3     | 1          | 3     | 9           | 19    | 45%             | 90%   | 4%              | 6%    | 2%            | 4%    | 6%         | 10%   |  |
| Chickpea & Vegetable 🌱🌶️        | 60                   | 120   | 15                          | 30    | 1.5           | 3.5   | 0                 | 0     | 0             | 0     | 0                | 0     | 830         | 1650  | 9                      | 18    | 2                 | 3     | 3          | 6     | 2           | 4     | 10%             | 25%   | 30%             | 60%   | 4%            | 8%    | 4%         | 8%    |  |
| Lobster Bisque 🌶️               | 350                  | 700   | 290                         | 590   | 35            | 69    | 23                | 45    | 0             | 0     | 135              | 270   | 730         | 1470  | 10                     | 21    | 1                 | 3     | 3          | 5     | 3           | 5     | 60%             | 130%  | 10%             | 20%   | 4%            | 6%    | 4%         | 10%   |  |
| Mushroom Bisque 🌱🌶️             | 250                  | 500   | 200                         | 390   | 23            | 46    | 15                | 30    | 0             | 0     | 85               | 165   | 760         | 1530  | 10                     | 20    | 1                 | 2     | 3          | 7     | 2           | 4     | 20%             | 40%   | 4%              | 8%    | 2%            | 4%    | 4%         | 8%    |  |
| New England Clam Chowder        | 370                  | 740   | 300                         | 600   | 35            | 70    | 23                | 46    | 0             | 0     | 135              | 270   | 1540        | 3090  | 12                     | 24    | 1                 | 2     | 1          | 3     | 4           | 7     | 25%             | 50%   | 20%             | 40%   | 2%            | 4%    | 6%         | 10%   |  |
| Roasted Red Pepper & Lobster 🌶️ | 360                  | 720   | 310                         | 610   | 36            | 73    | 24                | 48    | 0             | 0     | 155              | 305   | 710         | 1430  | 9                      | 19    | 1                 | 2     | 3          | 6     | 3           | 6     | 45%             | 90%   | 40%             | 80%   | 6%            | 10%   | 4%         | 8%    |  |
| Southwest Potato & Green Chili  | 280                  | 560   | 210                         | 420   | 25            | 49    | 15                | 30    | 0             | 0     | 90               | 185   | 760         | 1520  | 15                     | 30    | 2                 | 3     | 2          | 4     | 3           | 6     | 20%             | 35%   | 20%             | 40%   | 2%            | 6%    | 4%         | 8%    |  |
| Tomato Basil 🌱                  | 280                  | 560   | 200                         | 400   | 23            | 47    | 10                | 20    | 0             | 0     | 55               | 110   | 1090        | 2180  | 18                     | 37    | 2                 | 3     | 12         | 23    | 2           | 4     | 30%             | 60%   | 20%             | 45%   | 6%            | 10%   | 8%         | 15%   |  |
| Wisconsin Cauliflower 🌱🌶️       | 430                  | 860   | 360                         | 720   | 43            | 86    | 26                | 53    | 0             | 0     | 170              | 340   | 520         | 1040  | 6                      | 13    | 0                 | 1     | 1          | 1     | 6           | 12    | 35%             | 70%   | 15%             | 25%   | 25%           | 50%   | 2%         | 2%    |  |

|                           | wheat |       | white |       | wheat |       | white |       | wheat |       | white |       | wheat |       | white |       | wheat |       | white |       | wheat |       | white |       | wheat |       | white |       | wheat |       | white |       |
|---------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|                           | half  | large | half  | large | half  | large | half  | large | half  | large | half  | large | half  | large | half  | large | half  | large | half  | large | half  | large | half  | large | half  | large | half  | large | half  | large | half  | large |
| <b>SANDWICHES</b>         |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
| BBQ Pulled Pork           | 610   | 670   | 250   | 270   | 29    | 31    | 5     | 5     | 0     | 0     | 60    | 60    | 1290  | 1420  | 65    | 73    | 3     | 3     | 20    | 20    | 23    | 24    | 8%    | 8%    | 70%   | 80%   | 20%   | 25%   | 25%   | 30%   |       |       |
| Chipotle Steak Club       | 520   | 580   | 240   | 260   | 27    | 29    | 6     | 6     | 0     | 0     | 45    | 45    | 1120  | 1250  | 49    | 57    | 6     | 6     | 4     | 4     | 22    | 23    | 8%    | 8%    | 25%   | 30%   | 20%   | 25%   | 20%   | 25%   |       |       |
| Crab Avocado Melt         | 580   | 640   | 290   | 310   | 33    | 35    | 9     | 9     | 0     | 0     | 35    | 35    | 1440  | 1570  | 51    | 59    | 5     | 5     | 5     | 5     | 19    | 20    | 10%   | 10%   | 15%   | 25%   | 40%   | 45%   | 20%   | 25%   |       |       |
| Cuban Pork                | 660   | 720   | 300   | 320   | 34    | 36    | 9     | 10    | 0     | 0     | 90    | 90    | 1850  | 1980  | 54    | 62    | 3     | 3     | 10    | 10    | 32    | 33    | 10%   | 10%   | 50%   | 60%   | 35%   | 40%   | 30%   | 35%   |       |       |
| Honey Bacon Club          | 590   | 650   | 270   | 290   | 30    | 32    | 8     | 9     | 0     | 0     | 50    | 50    | 1520  | 1650  | 53    | 61    | 2     | 2     | 12    | 12    | 22    | 23    | 10%   | 10%   | 15%   | 25%   | 25%   | 30%   | 15%   | 20%   |       |       |
| Italian Club              | 630   | 690   | 350   | 370   | 39    | 41    | 10    | 11    | 0     | 0     | 65    | 65    | 1560  | 1690  | 46    | 54    | 3     | 3     | 5     | 5     | 20    | 21    | 20%   | 20%   | 15%   | 25%   | 25%   | 30%   | 20%   | 25%   |       |       |
| Pesto Chicken             | 670   | 730   | 370   | 390   | 40    | 42    | 9     | 10    | 0     | 0     | 70    | 70    | 1140  | 1270  | 46    | 54    | 3     | 3     | 3     | 3     | 26    | 27    | 15%   | 15%   | 25%   | 30%   | 25%   | 30%   | 20%   | 25%   |       |       |
| Steak & Cheese            | 530   | 590   | 250   | 270   | 27    | 29    | 8     | 8     | 0     | 0     | 55    | 55    | 1130  | 1260  | 47    | 55    | 3     |       | 4     | 4     | 22    | 23    | 15%   | 15%   | 30%   | 35%   | 30%   | 35%   | 20%   | 25%   |       |       |
| Turkey Avocado Club       | 590   | 650   | 260   | 280   | 30    | 32    | 8     | 8     | 0     | 0     | 55    | 55    | 1490  | 1620  | 52    | 60    | 5     | 5     | 7     | 7     | 25    | 26    | 20%   | 20%   | 20%   | 30%   | 30%   | 35%   | 20%   | 25%   |       |       |
| Turkey Bacon Avocado      | 580   | 640   | 260   | 280   | 29    | 31    | 8     | 9     | 0     | 0     | 55    | 55    | 1490  | 1620  | 51    | 59    | 5     | 5     | 7     | 7     | 25    | 26    | 10%   | 10%   | 15%   | 25%   | 30%   | 35%   | 20%   | 25%   |       |       |
| Ultimate Grilled Cheese 🌱 | 610   | 670   | 360   | 380   | 39    | 41    | 12    | 12    | 0     | 0     | 50    | 50    | 880   | 1010  | 44    | 52    | 2     | 2     | 3     | 3     | 16    | 17    | 15%   | 15%   | 15%   | 25%   | 40%   | 45%   | 15%   | 20%   |       |       |
| Vegetarian 🌱              | 680   | 740   | 380   | 400   | 42    | 44    | 10    | 10    | 0     | 0     | 30    | 30    | 910   | 1040  | 52    | 60    | 7     | 7     | 4     | 4     | 20    | 21    | 30%   | 30%   | 35%   | 45%   | 35%   | 40%   | 25%   | 30%   |       |       |

|                           | half |       | large |       | half |       | large |       | half |       | large |       | half |       | large |       | half |       | large |       | half |       | large |       | half |       | large |       |      |       |
|---------------------------|------|-------|-------|-------|------|-------|-------|-------|------|-------|-------|-------|------|-------|-------|-------|------|-------|-------|-------|------|-------|-------|-------|------|-------|-------|-------|------|-------|
|                           | half | large | half  | large | half | large | half  | large | half | large | half  | large | half | large | half  | large | half | large | half  | large | half | large | half  | large | half | large | half  | large | half | large |
| <b>GREENS</b>             |      |       |       |       |      |       |       |       |      |       |       |       |      |       |       |       |      |       |       |       |      |       |       |       |      |       |       |       |      |       |
| Baby Butter Lettuce Blend | 10   | 15    | 0     | 0     | 0    | 0     | 0     | 0     | 0    | 0     | 0     | 0     | 40   | 65    | 2     | 2     | 0    | 0     | 1     | 1     | 1    | 1     | 0%    | 0%    | 0%   | 0%    | 2%    | 4%    | 8%   | 10%   |
| Baby Kale & Greens        | 20   | 30    | 0     | 0     | 0    | 0     | 0     | 0     | 0    | 0     | 0     | 0     | 125  | 190   | 3     | 4     | 1    | 1     | 0     | 0     | 2    | 3     | 0%    | 0%    | 0%   | 0%    | 10%   | 15%   | 4%   | 6%    |
| Mixed Greens              | 10   | 15    | 0     | 0     | 0    | 0     | 0     | 0     | 0    | 0     | 0     | 0     | 20   | 25    | 2     | 2     | 1    | 1     | 0     | 1     | 1    | 1     | 100%  | 150%  | 8%   | 10%   | 2%    | 4%    | 4%   | 6%    |

|                                  | half |       | large |       | half |       | large |       | half |       | large |       | half |       | large |       | half |       | large |       | half |       | large |       | half |       | large |       |      |       |
|----------------------------------|------|-------|-------|-------|------|-------|-------|-------|------|-------|-------|-------|------|-------|-------|-------|------|-------|-------|-------|------|-------|-------|-------|------|-------|-------|-------|------|-------|
|                                  | half | large | half  | large | half | large | half  | large | half | large | half  | large | half | large | half  | large | half | large | half  | large | half | large | half  | large | half | large | half  | large | half | large |
| <b>DRESSINGS</b>                 |      |       |       |       |      |       |       |       |      |       |       |       |      |       |       |       |      |       |       |       |      |       |       |       |      |       |       |       |      |       |
| Avocado Herb Dressing            | 100  | 140   | 80    | 110   | 9    | 13    | 1.5   | 2     | 0    | 0     | 5     | 5     | 340  | 510   | 3     | 5     | 1    | 1     | 2     | 2     | 1    | 1     | 4%    | 6%    | 4%   | 6%    | 2%    | 4%    | 0%   | 0%    |
| BBQ Sauce                        | 45   | 60    | 0     | 0     | 0    | 0     | 0     | 0     | 0    | 0     | 0     | 0     | 180  | 240   | 11    | 15    | 0    | 0     | 10    | 13    | 0    | 0     | 0%    | 0%    | 4%   | 4%    | 0%    | 0%    | 0%   | 0%    |
| Blue Cheese Dressing             | 150  | 220   | 120   | 180   | 14   | 21    | 4     | 6     | 0    | 0     | 15    | 25    | 230  | 340   | 3     | 4     | 0    | 0     | 1     | 2     | 2    | 3     | 2%    | 4%    | 0%   | 0%    | 6%    | 8%    | 0%   | 0%    |
| Buttermilk Ranch Dressing        | 150  | 230   | 130   | 200   | 15   | 22    | 2.5   | 3.5   | 0    | 0     | 10    | 15    | 350  | 520   | 3     | 4     | 0    | 0     | 1     | 2     | 1    | 1     | 0%    | 0%    | 0%   | 0%    | 2%    | 4%    | 0%   | 0%    |
| Chipotle Ranch Dressing          | 150  | 220   | 130   | 190   | 14   | 21    | 2     | 3.5   | 0    | 0     | 10    | 10    | 340  | 510   | 3     | 4     | 0    | 0     | 1     | 2     | 1    | 1     | 0%    | 0%    | 0%   | 0%    | 2%    | 4%    | 0%   | 0%    |
| Fresh Herb Vinaigrette           | 220  | 340   | 190   | 280   | 22   | 33    | 1.5   | 2.5   | 0    | 0     | 0     | 0     | 140  | 210   | 8     | 13    | 0    | 0     | 8     | 12    | 0    | 0     | 0%    | 2%    | 2%   | 2%    | 0%    | 0%    | 0%   | 0%    |
| Honey Cilantro Glaze             | 50   | 70    | 0     | 0     | 0    | 0     | 0     | 0     | 0    | 0     | 0     | 0     | 320  | 420   | 14    | 18    | 0    | 0     | 13    | 16    | 0    | 0     | 2%    | 2%    | 2%   | 2%    | 0%    | 0%    | 0%   | 0%    |
| Honey Mustard                    | 210  | 310   | 150   | 220   | 16   | 24    | 2.5   | 3.5   | 0    | 0     | 10    | 10    | 180  | 270   | 13    | 20    | 0    | 0     | 11    | 16    | 0    | 0     | 0%    | 0%    | 0%   | 0%    | 0%    | 0%    | 0%   | 0%    |
| Mango Yogurt Dressing            | 140  | 210   | 90    | 140   | 10   | 15    | 1     | 1     | 0    | 0     | 0     | 0     | 55   | 85    | 11    | 17    | 0    | 0     | 11    | 17    | 1    | 1     | 4%    | 6%    | 8%   | 10%   | 2%    | 4%    | 0%   | 0%    |
| Poppyseed Dressing               | 220  | 330   | 170   | 250   | 18   | 27    | 1.5   | 2     | 0    | 0     | 0     | 0     | 45   | 65    | 14    | 20    | 0    | 0     | 14    | 20    | 0    | 0     | 0%    | 0%    | 0%   | 0%    | 0%    | 0%    | 0%   | 0%    |
| Sherry Vinaigrette               | 250  | 370   | 240   | 360   | 28   | 42    | 2     | 3     | 0    | 0     | 0     | 0     | 65   | 95    | 2     | 2     | 0    | 0     | 2     | 2     | 0    | 0     | 0%    | 0%    | 0%   | 0%    | 0%    | 0%    | 0%   | 0%    |
| Strawberry Champagne Vinaigrette | 180  | 270   | 120   | 180   | 13   | 20    | 1     | 1.5   | 0    | 0     | 0     | 0     | 80   | 115   | 16    | 23    | 0    | 0     | 15    | 23    | 0    | 0     | 0%    | 0%    | 8%   | 15%   | 0%    | 0%    | 0%   | 0%    |
| Thai Basil Vinaigrette           | 160  | 240   | 130   | 200   | 16   | 23    | 1     | 1.5   | 0    | 0     | 0     | 0     | 100  | 150   | 7     | 10    | 0    | 0     | 6     | 10    | 0    | 0     | 6%    | 10%   | 2%   | 4%    | 2%    | 2%    | 2%   | 2%    |
| Thai Peanut Sauce                | 20   | 40    | 10    | 20    | 1    | 2     | 0     | 0     | 0    | 0     | 0     | 0     | 115  | 210   | 2     | 4     | 0    | 0     | 1     | 3     | 0    | 1     | 0%    | 0%    | 0%   | 0%    | 0%    | 0%    | 0%   | 0%    |

|                                  | half | large | half | large | half | large | half | large | half | large | half | large | half | large | half | large | half | large | half | large | half | large | half | large | half | large | half | large |
|----------------------------------|------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|-------|
| <b>CHIPS &amp; BREAD</b>         |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |
| Lays® Classic                    | 160  |       | 90   |       | 10   |       | 1.5  |       | 0    |       | 0    |       | 170  |       | 15   |       | 1    |       | 1    |       | 2    |       | 0%   |       | 10%  |       | 0%   | 2%    |
| Lays® Oven Baked Original        | 140  |       | 35   |       | 4    |       | .5   |       | 0    |       | 0    |       | 180  |       | 25   |       | 2    |       | 3    |       | 2    |       | 0%   |       | 2%   |       | 0%   | 0%    |
| Miss Vickie's Sea Salt & Vinegar | 210  |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |      |       |

|  | Total Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|--|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>SALAD TOPPINGS</b>                  |                      |                             |               |                   |               |                  |             |                        |                   |            |             |                 |                 |               |            |
| Apples [Gala]                          | 15                   | 0                           | 0             | 0                 | 0             | 0                | 0           | 4                      | 1                 | 3          | 0           | 0%              | 2%              | 0%            | 0%         |
| Artichoke Hearts                       | 25                   | 10                          | 1             | 0                 | 0             | 0                | 115         | 3                      | 1                 | 1          | 0           | 0%              | 0%              | 2%            | 0%         |
| Avocado [Fresh]                        | 70                   | 60                          | 7             | 1                 | 0             | 0                | 0           | 4                      | 3                 | 0          | 1           | 2%              | 6%              | 0%            | 2%         |
| Berry Cup [Raspberries & Blackberries] | 30                   | 0                           | 0             | 0                 | 0             | 0                | 0           | 7                      | 3                 | 3          | 1           | 0%              | 35%             | 2%            | 2%         |
| Black Beans                            | 10                   | 0                           | 0             | 0                 | 0             | 0                | 30          | 2                      | 1                 | 0          | 1           | 0%              | 0%              | 0%            | 6%         |
| Black Olives                           | 20                   | 15                          | 1.5           | 0                 | 0             | 0                | 65          | 0                      | 0                 | 0          | 0           | 0%              | 0%              | 0%            | 0%         |
| Blueberries                            | 5                    | 0                           | 0             | 0                 | 0             | 0                | 0           | 2                      | 0                 | 1          | 0           | 0%              | 2%              | 0%            | 0%         |
| Broccoli [Fresh-Herb]                  | 50                   | 35                          | 4             | 0                 | 0             | 0                | 35          | 4                      | 0                 | 2          | 1           | 10%             | 50%             | 2%            | 2%         |
| Cheddar Cheese [Shredded]              | 50                   | 40                          | 4.5           | 2.5               | 0             | 10               | 85          | 0                      | 0                 | 0          | 3           | 2%              | 0%              | 10%           | 0%         |
| Corn [Fire-Roasted]                    | 20                   | 0                           | 0             | 0                 | 0             | 0                | 0           | 4                      | 1                 | 1          | 1           | 0%              | 2%              | 0%            | 0%         |
| Cucumbers [Baby]                       | 2                    | 0                           | 0             | 0                 | 0             | 0                | 0           | 0                      | 0                 | 0          | 0           | 13%             | 1%              | 2%            | 0%         |
| Edamame                                | 20                   | 10                          | 1             | 0                 | 0             | 0                | 0           | 1                      | 1                 | 0          | 2           | 0%              | 6%              | 2%            | 2%         |
| Egg Noodles                            | 80                   | 15                          | 2             | 0                 | 0             | 15               | 0           | 13                     | 1                 | 0          | 2           | 0%              | 0%              | 0%            | 4%         |
| Eggs [Cage-Free]                       | 35                   | 20                          | 2.5           | 1                 | 0             | 85               | 30          | 0                      | 0                 | 0          | 3           | 2%              | 0%              | 2%            | 2%         |
| Fontina Cheese [Shredded]              | 30                   | 20                          | 3             | 2                 | 0             | 10               | 60          | 0                      | 0                 | 0          | 2           | 0%              | 0%              | 8%            | 0%         |
| Goat Cheese [Crumbled]                 | 35                   | 25                          | 3             | 2                 | 0             | 10               | 35          | 1                      | 0                 | 0          | 2           | 2%              | 0%              | 2%            | 0%         |
| Golden Beets                           | 10                   | 0                           | 0             | 0                 | 0             | 0                | 5           | 2                      | 1                 | 1          | 0           | 0%              | 0%              | 0%            | 0%         |
| Grapes                                 | 10                   | 0                           | 0             | 0                 | 0             | 0                | 0           | 3                      | 0                 | 2          | 0           | 0%              | 0%              | 0%            | 0%         |
| Kalamata Olives                        | 20                   | 15                          | 2             | 0                 | 0             | 0                | 170         | 0                      | 0                 | 0          | 0           | 0%              | 0%              | 0%            | 0%         |
| Mango                                  | 10                   | 0                           | 0             | 0                 | 0             | 0                | 0           | 3                      | 0                 | 3          | 0           | 4%              | 0%              | 15%           | 0%         |
| Mozzarella [Pearl]                     | 60                   | 45                          | 4.5           | 2.5               | 0             | 20               | 40          | 1                      | 0                 | 0          | 4           | 4%              | 0%              | 15%           | 0%         |
| Parmesan Cheese [Shredded]             | 40                   | 20                          | 2             | 2                 | 0             | 0                | 115         | 0                      | 0                 | 0          | 4           | 0%              | 0%              | 15%           | 0%         |
| Pickled Red Onion                      | 5                    | 0                           | 0             | 0                 | 0             | 0                | 0           | 1                      | 0                 | 0          | 0           | 1%              | 1%              | 2%            | 0%         |
| Red Onions [Diced]                     | 4                    | 0                           | 0             | 0                 | 0             | 0                | 0           | 1                      | 0                 | 0          | 0           | 0%              | 0%              | 2%            | 0%         |
| Sour Cream                             | 40                   | 35                          | 4             | 2.5               | 0             | 15               | 30          | 1                      | 0                 | 1          | 1           | 2%              | 0%              | 2%            | 0%         |
| Strawberries                           | 5                    | 0                           | 0             | 0                 | 0             | 0                | 0           | 2                      | 0                 | 1          | 0           | 0%              | 20%             | 0%            | 0%         |
| Sugarsnap Peas                         | 4                    | 0                           | 0             | 0                 | 0             | 0                | 0           | 1                      | 0                 | 0          | 0           | 116%            | 5%              | 4%            | 0%         |
| Tomatoes [Grape]                       | 5                    | 0                           | 0             | 0                 | 0             | 0                | 0           | 1                      | 0                 | 1          | 0           | 0%              | 0%              | 0%            | 0%         |
| Tricolor Peppers                       | 3                    | 0                           | 0             | 0                 | 0             | 0                | 0           | 0                      | 0                 | 0          | 0           | 140%            | 15%             | 1%            | 0%         |
| Watermelon Radish                      | 2                    | 0                           | 0             | 0                 | 0             | 0                | 4           | 0                      | 0                 | 0          | 0           | 0%              | 2%              | 3%            | 0%         |

|                          |    |    |     |    |   |    |     |    |   |   |   |    |    |    |    |
|--------------------------|----|----|-----|----|---|----|-----|----|---|---|---|----|----|----|----|
| <b>DRY TOPPINGS</b>      |    |    |     |    |   |    |     |    |   |   |   |    |    |    |    |
| Almonds                  | 45 | 35 | 4   | 0  | 0 | 0  | 0   | 1  | 1 | 0 | 2 | 0% | 0% | 0% | 0% |
| Bacon [Applewood-Smoked] | 40 | 25 | 3   | 1  | 0 | 10 | 160 | 0  | 0 | 0 | 3 | 0% | 0% | 0% | 0% |
| Cashew Pieces            | 50 | 35 | 4.5 | .5 | 0 | 0  | 60  | 3  | 0 | 1 | 2 | 0% | 0% | 0% | 0% |
| Cinnamon Almonds         | 45 | 20 | 2.5 | 0  | 0 | 0  | 15  | 6  | 0 | 5 | 1 | 0% | 0% | 0% | 0% |
| Cranberries [Dried]      | 35 | 0  | 0   | 0  | 0 | 0  | 0   | 9  | 1 | 7 | 0 | 0% | 0% | 0% | 0% |
| Pecans [Candied]         | 60 | 50 | 6   | .5 | 0 | 0  | 20  | 2  | 0 | 1 | 1 | 0% | 0% | 0% | 0% |
| Pistachios               | 25 | 20 | 2   | 0  | 0 | 0  | 0   | 0  | 0 | 0 | 1 | 0% | 0% | 0% | 0% |
| Toasted Seeds            | 45 | 30 | 4   | .5 | 0 | 0  | 0   | 2  | 1 | 0 | 2 | 0% | 0% | 0% | 2% |
| Tortilla Strips          | 90 | 40 | 4.5 | .5 | 0 | 0  | 0   | 10 | 2 | 0 | 1 | 0% | 0% | 2% | 2% |

|   |     |     |     |     |   |     |     |    |   |    |    |     |     |     |     |
|---|-----|-----|-----|-----|---|-----|-----|----|---|----|----|-----|-----|-----|-----|
| <b>KID'S MEAL</b>                         |     |     |     |     |   |     |     |    |   |    |    |     |     |     |     |
| Chicken Strips                            | 200 | 110 | 12  | 3   | 0 | 45  | 520 | 10 | 2 | 0  | 13 | 0%  | 0%  | 0%  | 0%  |
| Dipping Sauce-BBQ Sauce                   | 45  | 0   | 0   | 0   | 0 | 0   | 180 | 11 | 0 | 10 | 0  | 0%  | 4%  | 0%  | 0%  |
| Dipping Sauce-Buttermilk Ranch            | 100 | 90  | 10  | 1.5 | 0 | 5   | 230 | 2  | 0 | 1  | 0  | 0%  | 0%  | 2%  | 0%  |
| Dipping Sauce-Honey Mustard               | 210 | 150 | 16  | 2.5 | 0 | 10  | 180 | 13 | 0 | 11 | 0  | 0%  | 0%  | 0%  | 0%  |
| Fresh Fruit Cup 🌿                         | 35  | 0   | 0   | 0   | 0 | 0   | 0   | 9  | 1 | 7  | 0  | 0%  | 20% | 0%  | 0%  |
| Grilled Cheese-Ancient Grain 🌿            | 410 | 180 | 19  | 8   | 0 | 35  | 690 | 41 | 2 | 2  | 16 | 8%  | 6%  | 35% | 15% |
| Grilled Cheese-Italian Ciabatta 🌿         | 470 | 200 | 21  | 9   | 0 | 35  | 820 | 49 | 2 | 2  | 17 | 8%  | 15% | 40% | 20% |
| Mac & Cheese 🌿                            | 290 | 190 | 23  | 13  | 0 | 100 | 260 | 16 | 1 | 1  | 5  | 20% | 6%  | 15% | 4%  |
| Raw Veggie Cup 🌿                          | 50  | 15  | 2   | 0   | 0 | 0   | 5   | 6  | 2 | 2  | 4  | 6%  | 35% | 6%  | 8%  |
| Tomato Basil Pasta 🌿                      | 210 | 110 | 13  | 5   | 0 | 40  | 550 | 22 | 1 | 6  | 3  | 15% | 10% | 4%  | 8%  |
| Kid's Soup-Chicken Enchilada Chili 🍲      | 130 | 70  | 9   | 3.5 | 0 | 35  | 680 | 8  | 1 | 2  | 5  | 20% | 25% | 10% | 6%  |
| Kid's Soup-Chicken Noodle                 | 110 | 20  | 2.5 | .5  | 0 | 30  | 710 | 16 | 1 | 1  | 8  | 35% | 2%  | 2%  | 6%  |
| Kid's Soup-Chickpea & Vegetable 🌿 🍲       | 35  | 10  | 1   | 0   | 0 | 0   | 500 | 5  | 1 | 2  | 1  | 8%  | 20% | 2%  | 2%  |
| Kid's Soup-Lobster Bisque 🍲               | 260 | 220 | 26  | 17  | 0 | 100 | 550 | 8  | 1 | 2  | 2  | 45% | 8%  | 2%  | 4%  |
| Kid's Soup-Mushroom Bisque 🌿 🍲            | 190 | 150 | 17  | 11  | 0 | 65  | 570 | 8  | 1 | 3  | 2  | 15% | 4%  | 2%  | 2%  |
| Kid's Soup-New England Clam Chowder       | 280 | 220 | 26  | 17  | 0 | 100 | 116 | 9  | 1 | 1  | 3  | 20% | 15% | 2%  | 4%  |
| Kid's Soup-Roasted Red Pepper & Lobster 🍲 | 260 | 220 | 26  | 17  | 0 | 110 | 540 | 7  | 1 | 2  | 2  | 35% | 30% | 4%  | 4%  |
| Kid's Soup-Southwest Potato & Green Chili | 210 | 160 | 19  | 11  | 0 | 70  | 570 | 11 | 1 | 1  | 2  | 15% | 15% | 2%  | 2%  |
| Kid's Soup-Tomato Basil 🌿                 | 210 | 150 | 18  | 7   | 0 | 40  | 820 | 14 | 1 | 9  | 2  | 20% | 15% | 4%  | 6%  |
| Kid's Soup-Wisconsin Cauliflower 🌿 🍲      | 320 | 270 | 32  | 20  | 0 | 130 | 390 | 5  | 0 | 1  | 5  | 25% | 10% | 20% | 2%  |

|                            | Total Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|----------------------------|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>SOUP MIX-INS</b>        |                      |                             |               |                   |               |                  |             |                        |                   |            |             |                 |                 |               |            |
| Bacon [Applewood-Smoked]   | 40                   | 25                          | 3             | 1                 | 0             | 10               | 160         | 0                      | 0                 | 0          | 3           | 0%              | 0%              | 0%            | 0%         |
| Cheddar Cheese [Shredded]  | 50                   | 40                          | 4.5           | 2.5               | 0             | 10               | 85          | 0                      | 0                 | 0          | 3           | 2%              | 0%              | 10%           | 0%         |
| Egg Noodles                | 80                   | 15                          | 2             | 0                 | 0             | 15               | 0           | 13                     | 1                 | 0          | 2           | 0%              | 0%              | 0%            | 4%         |
| Fontina Cheese [Shredded]  | 30                   | 20                          | 3             | 2                 | 0             | 10               | 60          | 0                      | 0                 | 0          | 2           | 0%              | 0%              | 8%            | 0%         |
| Goat cheese [Crumbled]     | 35                   | 25                          | 3             | 2                 | 0             | 10               | 35          | 1                      | 0                 | 0          | 2           | 2%              | 0%              | 2%            | 0%         |
| Onion Crisps               | 60                   | 45                          | 4.5           | 0                 | 0             | 0                | 40          | 5                      | 0                 | 0          | 0           | 0%              | 0%              | 0%            | 0%         |
| Parmesan Cheese [Shredded] | 40                   | 20                          | 2             | 2                 | 0             | 0                | 115         | 0                      | 0                 | 0          | 4           | 0%              | 0%              | 15%           | 0%         |
| Sour Cream                 | 40                   | 35                          | 4             | 2.5               | 0             | 15               | 30          | 1                      | 0                 | 1          | 1           | 2%              | 0%              | 2%            | 0%         |
| Tortilla Strips            | 90                   | 40                          | 4.5           | .5                | 0             | 0                | 0           | 10                     | 2                 | 0          | 1           | 0%              | 0%              | 2%            | 2%         |

### SANDWICH ADD-ONS

|                          |    |    |   |   |   |    |     |   |   |   |   |    |    |    |    |
|--------------------------|----|----|---|---|---|----|-----|---|---|---|---|----|----|----|----|
| Avocado [Fresh]          | 70 | 60 | 7 | 1 | 0 | 0  | 0   | 4 | 3 | 0 | 1 | 2% | 6% | 0% | 2% |
| Bacon [Applewood-Smoked] | 40 | 25 | 3 | 1 | 0 | 10 | 160 | 0 | 0 | 0 | 3 | 0% | 0% | 0% | 0% |

### HOUSE-MADE DRINKS

Nutritional information based on standard 16oz serving with 1/3 cup ice.

|                           |     |   |   |   |   |   |    |    |   |    |   |    |     |    |    |
|---------------------------|-----|---|---|---|---|---|----|----|---|----|---|----|-----|----|----|
| Raw Honey Lemonade        | 90  | 0 | 0 | 0 | 0 | 0 | 15 | 26 | 0 | 24 | 0 | 0% | 8%  | 2% | 0% |
| Orange Berry Infusion     | 100 | 0 | 0 | 0 | 0 | 0 | 15 | 28 | 0 | 26 | 0 | 2% | 45% | 2% | 0% |
| Turmeric Lime Green Tea   | 80  | 0 | 0 | 0 | 0 | 0 | 35 | 23 | 0 | 21 | 0 | 0% | 4%  | 0% | 0% |
| Blackberry Basil Infusion | 110 | 0 | 0 | 0 | 0 | 0 | 30 | 31 | 1 | 28 | 0 | 0% | 8%  | 2% | 0% |

### FOUNTAIN DRINKS

Nutritional information based on standard 16oz serving with 1/3 cup ice.

|   |     |   |   |   |   |   |     |    |   |    |   |     |     |    |    |
|---|-----|---|---|---|---|---|-----|----|---|----|---|-----|-----|----|----|
| Barq's Root Beer®                             | 190 | 0 | 0 | 0 | 0 | 0 | 60  | 48 | 0 | 48 | 0 | 0%  | 0%  | 0% | 0% |
| Cherry Coke®                                  | 190 | 0 | 0 | 0 | 0 | 0 | 45  | 46 | 0 | 46 | 0 | 0%  | 0%  | 0% | 0% |
| Coca-Cola Classic®                            | 180 | 0 | 0 | 0 | 0 | 0 | 40  | 44 | 0 | 44 | 0 | 0%  | 0%  | 0% | 0% |
| Coke Zero Sugar®                              | 0   | 0 | 0 | 0 | 0 | 0 | 45  | 0  | 0 | 0  | 0 | 0%  | 0%  | 0% | 0% |
| Diet Coke®                                    | 0   | 0 | 0 | 0 | 0 | 0 | 55  | 0  | 0 | 0  | 0 | 0%  | 0%  | 0% | 0% |
| Diet Dr. Pepper®                              | 0   | 0 | 0 | 0 | 0 | 0 | 75  | 0  | 0 | 0  | 0 | 0%  | 0%  | 0% | 0% |
| Dr. Pepper®                                   | 190 | 0 | 0 | 0 | 0 | 0 | 75  | 51 | 0 | 94 | 0 | 0%  | 0%  | 0% | 0% |
| Gold Peak® Unsweetened Tea                    | 0   | 0 | 0 | 0 | 0 | 0 | 55  | 0  | 0 | 0  | 0 | 0%  | 0%  | 0% | 0% |
| Hi-C Flashin' Fruit Punch®                    | 170 | 0 | 0 | 0 | 0 | 0 | 80  | 47 | 0 | 47 | 0 | 0%  | 0%  | 0% | 0% |
| Minute Maid® Light Lemonade                   | 10  | 0 | 0 | 0 | 0 | 0 | 45  | 2  | 0 | 0  | 0 | 0%  | 25% | 0% | 0% |
| Powerade® Mountain Blast                      | 100 | 0 | 0 | 0 | 0 | 0 | 125 | 24 | 0 | 24 | 0 | 0%  | 0%  | 0% | 0% |
| Sprite®                                       | 160 | 0 | 0 | 0 | 0 | 0 | 75  | 40 | 0 | 40 | 0 | 0%  | 0%  | 0% | 0% |
| Vitamin Water XXX® Pomegranate Acai Blueberry | 0   | 0 | 0 | 0 | 0 | 0 | 45  | 1  | 0 | 0  | 0 | 20% | 80% | 0% | 0% |

### BOTTLED/CANNED DRINKS

|  |     |    |   |   |   |    |     |    |   |    |   |     |      |     |    |
|--|-----|----|---|---|---|----|-----|----|---|----|---|-----|------|-----|----|
| Vitamin Water® Zero Squeezed™ [20 oz]  | 0   | 0  | 0 | 0 | 0 | 0  | 0   | 5  | 0 | 0  | 0 | 25% | 50%  | 10% | 0% |
| Vitamin Water® Zero XXX™ [20 oz]       | 0   | 0  | 0 | 0 | 0 | 0  | 0   | 4  | 0 | 0  | 0 | 25% | 100% | 0%  | 0% |
| Vitamin Water® Zero Rise™ [20 oz]      | 0   | 0  | 0 | 0 | 0 | 0  | 0   | 4  | 0 | 0  | 0 | 25% | 150% | 6%  | 0% |
| Honest Green Tea® Honey [16.9 oz]      | 70  | 0  | 0 | 0 | 0 | 0  | 15  | 19 | 0 | 19 | 0 | 0%  | 0%   | 0%  | 0% |
| Honest Tea® Pomegranate Blue [16.9 oz] | 100 | 0  | 0 | 0 | 0 | 0  | 5   | 24 | 0 | 23 | 0 | 0%  | 20%  | 0%  | 0% |
| Gold Peak® Sweet Tea [18.5 oz]         | 190 | 0  | 0 | 0 | 0 | 0  | 50  | 48 | 0 | 48 | 0 | 0%  | 0%   | 0%  | 0% |
| Gold Peak® Unsweetened Tea [18.5 oz]   | 0   | 0  | 0 | 0 | 0 | 0  | 55  | 0  | 0 | 0  | 0 | 0%  | 0%   | 0%  | 0% |
| Smartwater® [20 oz]                    | 0   | 0  | 0 | 0 | 0 | 0  | 0   | 0  | 0 | 0  | 0 | 0%  | 0%   | 0%  | 0% |
| Milk 2% [8 oz]                         | 120 | 45 | 5 | 3 | 0 | 20 | 115 | 12 | 0 | 12 | 8 | 10% | 0%   | 30% | 0% |
| Coke® [12 oz can]                      | 140 | 0  | 0 | 0 | 0 | 0  | 45  | 39 | 0 | 39 | 0 | 0%  | 0%   | 0%  | 0% |
| Diet Coke® [12 oz can]                 | 0   | 0  | 0 | 0 | 0 | 0  | 40  | 0  | 0 | 0  | 0 | 0%  | 0%   | 0%  | 0% |
| Dr. Pepper® [12 oz can]                | 150 | 0  | 0 | 0 | 0 | 0  | 55  | 40 | 0 | 40 | 0 | 0%  | 0%   | 0%  | 0% |
| Mr. Pibb® [12 oz can]                  | 140 | 0  | 0 | 0 | 0 | 0  | 40  | 39 | 0 | 39 | 0 | 0%  | 0%   | 0%  | 0% |
| Sprite® [12 oz can]                    | 140 | 0  | 0 | 0 | 0 | 0  | 65  | 38 | 0 | 38 | 0 | 0%  | 0%   | 0%  | 0% |

### CATERED ITEMS

|                                      |  |   |    |   |   |   |   |    |   |   |   |    |     |    |    |
|--------------------------------------|--|---|----|---|---|---|---|----|---|---|---|----|-----|----|----|
| Protein Bowls                        | Serving sizes vary and are based on a half protein bowl [see individual bowls for nutrition information]   |   |    |   |   |   |   |    |   |   |   |    |     |    |    |
| Salads                               | Serving sizes vary and are based on a half salad [see individual salads for nutrition information]         |   |    |   |   |   |   |    |   |   |   |    |     |    |    |
| Sandwiches                           | Serving sizes vary and are based on a whole sandwich [see individual sandwiches for nutrition information] |   |    |   |   |   |   |    |   |   |   |    |     |    |    |
| Soups                                | Serving sizes vary and are based on a half soup [see individual soups for nutrition information]           |   |    |   |   |   |   |    |   |   |   |    |     |    |    |
| Box Lunches                          | Combinations vary [see individual items for nutrition information]   |   |    |   |   |   |   |    |   |   |   |    |     |    |    |
| Desserts                             | [see individual desserts for nutrition information]  |   |    |   |   |   |   |    |   |   |   |    |     |    |    |
| Fresh Berry Tray [serving size 5 oz] | 60   | 0 | .5 | 0 | 0 | 0 | 0 | 14 | 5 | 8 | 1 | 2% | 70% | 2% | 4% |



VEGETARIAN



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