Nutritional Guide

Your guide to healthier eating

Item	Calories	Total fat (g)	Sat fat (g)	Trans Fat (g)	Poly unsat Fat (g)	Mono unsat fat (g)	Cholestrol (mg)	Sodium (mg)	Potassium (g)	Carbohy drate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Allergen: Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	Vegetarian	Vegan
Breakfast																							
Ada's		11	1.5		4	4.5		480	750	25	10	5	11									X	X
Banana Bob	600	25	4.5		6	10		520	710	87	10	36	22				X				X	X	X
Parfait with Fresh Fruit	490	11	5		2.5	3	10	135	770	82	7	52	19			X	X			X	X	X	
Parfait-strawberry	580	15	6		3.5	3.5	20	125	840	91	9	46	22			X	X			X	X	X	
Parfait-vanilla	550	16	7		3.5	4	10	160	900	81	9	38	25				X			X	X	X	
Drinks																							
Americano 12oz								10	35													X	X
Americano 16 oz								20	70													X	X
Americano 20oz								25	100													X	X
Chai Latte 12 oz	110	2	2					30		20		18	1			X				X		X	
Chai Latte 16 oz	180	3	3					50		32		28	2			X				X		X	
Chai Latte 20 oz	540	9	9					130		96		84	6			X				X		X	
Espresso Ristretto Double								10	65													X	X
Espresso Ristretto Single									35													X	X
Flavored Latte 12 oz	170	3	2			1.5	10	70	230	32		32	5			X						X	
Flavored Latte 16 oz	290	3.5	2			2	15	85	300	58		58	6			X						X	
Flavored Latte 20 oz	390	4	2.5			2	15	100	360	84		84	6			X						X	
Frozen Coffee Smoothies 16 oz	240							70	60	56	2	52										X	
Frozen Coffee Smoothies 20 oz	300							90	60	70	2	65										X	
Fruit Smoothies 16 oz	240							70		56	2	52										X	X
Fruit Smoothies 20 oz	300							85		70	2	65										X	X
Latte 12 oz	70	3	2			1.5	10	70	230	7		7	5			X						X	
Latte 16 oz	90	4	2.5			2	15	95	320	9		9	6			X						X	
Latte 20 oz	120	4.5	3			2.5	20	120	420	11		11	8			X						X	
Mocha 12 oz	200	10	8			1.5	10	340	1240	46	3	26	9			X						X	
Mocha 16 oz	290	14	12		0.5	2.5	10	500	1840	68	4	37	12			X						X	
Mocha 20 oz	380	19	15		0.5	3	15	660	2440	89	5	48	16			X						X	
Red Eye 12 oz								10	180													X	X
Red Eye 16 oz	5							15	260				1									X	X
Red Eye 20 oz	5							20	340				1									X	X
Wraps																							
Black Bean Chicken Wrap	280	11	4.5		1.5	4	50	1330	210	30	4	6	15			X					X		
Buffalo Chicken Wrap	440	19	3.5		1.5	3	105	1230	480	25	2	2	39	X					X		X		
Chicken Avocado Wrap	550	31	5		3	13	65	1720	1130	40	10	3	29	X		X			X		X		
Chicken Caesar Wrap	570	32	6		16	9	115	850	470	26	2	2	41			X					X		
Chicken Parmesan	390	12	6		1	4.5	85	2030	440	31	2	3	38			X					X		
Crab Cake Wrap	240	8	2		2	3.5	90	500	370	25	2	2	16					X			X		
Kick Starter	790	34	9		9	14		490	1080	106	13	36	25				X			X	X		
Powerhouse Wrap	460	30	4.5		1	2.5	70	820	500	26	2	2	21	X					X		X	X	
Shrimp Wrap	470	27	4		1.5	3	165	610	470	31	3	3	25	X				X	X		X		
Southwest Turkey Wrap	240	5	1.5		1	2.5	35	1830	410	36	2	3	19								X		
Tuna Salad Wrap	450	27	4.5		1.5	2.5	55	510	400	26	2	2	24	X	X				X		X		
Turkey Avocado Wrap	310	12	2		2	6	35	1120	630	33	5	3	20								X		
Turkey Pesto Wrap	380	18	3		1	2.5	40	1250	410	33	3	5	21			X					X		
Turkey with Fresh Mozzeralla	600	32	11		1.5	6	95	1770	480	36	3	6	42			X					X		
Veggie Burger Wrap	390	10	2		3.5	4.5		900	330	54	6	4	19	X		X			X		X	X	X
Sandwich																							
Caprese Sandwich	400	15	4			1.5	35	600	150	50	3	3	16			X					X	X	
Chicken Avocado Sandwich	530	24	3		1.5	7	65	1750	820	53	10	8	35	X		X			X		X		
Chicken Ciabatta Bread	480	17	5			2	75	1920	450	45	3	3	35			X					X		
Chicken Salad Wrap	460	30	4.5		1	2.5	70	820	500	26	2	2	21	X					X		X		
Curry Burger	320	7	0.5		2.5	1		930	370	52	5	8	13								X	X	
Curry Chicken Salad Sandwich	460	30	4.5		1	2.5	70	820	480	26	2	2	21	X					X		X		
Egg Salad Sandwich	580	31	6		2	5	450	610	1100	58	9	17	27	X					X		X	X	
Eggplant Parmesan Sandwich	310	8	4			1.5	25	610	480	44	6	3	17			X					X	X	
Ham And Cheddar Sandwich	550	25	10		1.5	9	110	2350	480	46	6	6	41			X					X		
Hummus And Pita	350	11	1.5		4.5	4		440	240	65	7	2	19								X	X	X
Hummus Powerhouse	390	14	1.5		4	4.5		740	380	56	11	7	19			X					X	X	X
Jerk Chicken Salad Sandwich	480	31	6		1	2.5	70	870	510	27	3	2	21	X					X		X		
Marinated Chicken	480	19	5		0.5	2.5	85	730	510	41	3	2	35			X					X		

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Mediterranean Veggie Sandwich	670	40	9		3.5	23	55	1220	340	64	6	3	16			X					X	X	
Mozzeralla Sandwich	570	29	12		0.5	5	75	1130	190	43	3	4	35			X					X	X	
PB&J	490	29	5		7	12		540	330	48	7	10	22				X				X	X	X
Regular Powerhouse	590	21	6		4.5	6	20	1030	1430	86	21	22	27			X					X	X	
Roast Beef Cheddar Baguette	360	17	8		0.5	6	105	710	260	17	1		34			X					X		
Roast Beef Cheddar Sandwich	470	18	8			5	105	530	270	41	4	6	41			X					X		
Salmon Sandwich	410	14	1.5		1.5	1	55	500	450	41	3	2	28		X	X					X		
Shrimp Salad Sandwich	390	14	1.5		1	1	135	520	270	44	5	6	28	X				X	X		X		
Turkey And Brie Baguette	450	17	9		1	4.5	85	1280	520	53	7	27	27			X					X		
Turkey And Swiss	390	11	4.5		0.5	2	65	1380	300	45	4	7	34			X					X		
Veggie Burger	350	10	1		2	1	3	730	220	48	6	3	18	X		X			X		X	X	X
Veggie Hummus Wrap	340	15	2.5		5	6		730	430	41	9	2	13								X	X	X
Salad																						X	X
Black Bean Salad	60							630	440	12	6	9	2								X		
Chef Salad	360	18	8		2	6	255	1280	980	15	5	9	34	X		X					X		
Chicken Aphrodite	680	56	9		35	9	35	630	770	32	10	8	23			X				X	X		
Chicken Caesar	670	24	13		2	7	120	4180	3890	62	15	36	64			X					X		
Egg Salad	260	19	4		1.5	3.5	300	200	720	12	5	6	12	X					X		X	X	
Greek Salad	380	27	15		1	4.5	90	1130	640	15	5	10	17			X					X	X	
Hummus Experience	450	13	1.5		5	4.5		510	880	87	13	8	24								X	X	X
Signature Salad - Large	110	5	1		0.5	1.5	130	80	580	9	4	4	7	X							X	X	X
Signature Salad - Small	60	3	0.5			0.5	60	45	380	6	3	3	4	X							X	X	X
Tuna Caesar	1080	42	18		5	15	115	4010	3650	107	16	37	77		X	X					X		
Veggie Aphrodite	530	26	6		14	4	25	350	1520	70	11	48	17			X				X	X	X	X
Soups																							
Boston Clam Chowder	130	6	1				10	790		15	1	1	3	X		X		X	X		X		
Broccoli And Cheese Soup	140	10	3.5				10	650		10	1	2	3	X		X			X		X	X	
Buffalo Chicken Soup	190	12	4				40	760		13	1	2	8	X		X			X		X		
Butternut Squash Soup	230	16	8				25	500		20	2	18	2								X	X	
Chicken And Andouille Sausage	120	3.5	1				15	800		14	1	3	7	X		X			X		X		
Chicken And Dumpling Soup	140	3.5	1.5				35	780		20	2	2	7	X		X			X		X		
Chicken And Wild Rice Soup	120	5	2				15	780		14	1	2	5	X		X			X		X		
Chipotle Black Bean Soup	130	1.5	0.5				5	690		21	6	2	8	X		X			X		X	X	
Corn Chowder	120	3.5	1.5				10	780		19	1	2	2	X		X					X	X	
Cream of Asparagus Soup	140	8	3				20	920		13	1	7	5	X		X			X		X	X	
Cream of Crab Soup	230	15	3				60	1640		12	2	3	13	X		X		X			X		
Cream of Potato Soup	120	6	1				5	970		14	2	1	2	X		X			X		X	X	
Homestyle Split Pea with Ham	160	4.5	1				10	780		22	8	2	9								X		
Italian Wedding Soup	110	3	1				10	770		15	1	2	6	X		X			X		X		
Lobster Bisque	90	4	2				10	1220		12		4	2	X		X		X	X		X		
Minestrone Soup	80	0.5	0.5					790		16	4	4	4	X							X	X	
Moroccan Lentil Soup	130						5	770		25	6	5	6	X		X			X		X	X	
Potato & Leek Potage	150	8	2					540		18	1	1	2	X		X			X		X	X	
Raviolini Italiano Soup	90	3	1				5	1010		13	2	3	3	X		X			X		X	X	
Tomato Bisque	140	8	3				10	780		14	2	10	3			X			X		X	X	
Tomato Florentine Soup	80	0.5						780		17	1	7	3	X		X					X		
Tomato Florentine w/ Pasta Soup	80	1	0.5				3	900		15	2	6	4	X		X					X	X	
Vegetable Beef Barley Soup	90	1.5	0.5				5	830		14	3	3	4						X		X		