

Soups	Serving	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg?	Allergens:
Crab Bisque w/ Sherry	8oz	360	270	30	12	0.5	85	940	12	0	5	10		shellfish, milk, soy, wheat
Creamy Cauliflower, Quinoa, and Fontina	16oz	720	540	60	24	1	170	1880	24	0	10	20		
Chicken Noodle	8oz	460	200	22	12	1	70	1760	46	6	4	18		contains gelatin
Red Pepper Gouda	8oz	300	200	22	9	0.5	40	900	18	4	13	7		contains mustard
Chicken Gumbo	16oz	600	400	44	18	0	80	1800	36	8	26	14		egg, milk, soy, wheat
Poblano w/ White Cheddar	8oz	310	230	25	15	0.5	80	860	14	1	5	8	V	soy, wheat
New England Clam Chowder	16oz	620	460	50	20	1	160	2720	78	2	10	16		gluten-free
Chicken Carr Chowder w/ Sweet Peppers	8oz	400	250	24	7	0	40	940	18	2	3	5		fish, shellfish, milk, wheat
Broccoli Cheddar	16oz	700	490	44	22	2	130	1700	50	6	4	24		contains pork
Buffalo Chicken w/ Beu Cheese	8oz	250	160	18	5	0	40	810	12	1	2	5		egg, milk, soy
Loaded Baked Potato	16oz	500	330	36	10	0	80	1620	24	2	4	18		milk
Southwest Vegetarian Chili	8oz	150	20	2	0	0	0	780	27	10	5	6	Vg	wheat
Italian Wedding	16oz	300	40	4	0	0	0	1550	54	20	10	12		contains pork
Butternut Squash	8oz	160	60	7	5	0	25	710	22	2	7	2	V	milk
Beef Chili	16oz	320	120	14	10	0	50	1420	44	4	14	4		
Baha Style Chicken Enchilada	8oz	280	150	17	5	0	60	1700	34	8	12	24		soy, wheat
Red Potato Cheese Chowder	8oz	200	120	13	7	0	30	930	16	1	3	5	V	milk, wheat, soy
Vegetable Beef	16oz	400	240	26	14	0	60	1850	32	2	6	10		
Chicken Tequila Fiesta	8oz	110	15	1.5	0.5	< 0.5	0	290	12	0	4	4		wheat
Mushroom Brie w/ Madeira	8oz	370	310	34	8	1	45	690	12	2	4	4		contains gelatin
Tomato Garden Vegetable	8oz	100	4	0.5	0	0	0	300	14	4	7	3	Vg	n/a
Baked Goods	Serving	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg?	Allergens:
Muffin	270-370													
Muffin-Chocolate Chip	1	325	50	6	2	0	0	540	63	16	39	4	V	wheat, egg, soy, milk
Corn Muffin	1	320	70	8	1.5	0	10	650	55	22	2	3	V	wheat, milk, egg, soy
Muffin-Orange Cranberry	1	370	25	3	0	0	0	660	78	16	47	5	V	wheat, milk, egg, soy
Muffin-Honey Oat	1	320	80	9	5	0	0	640	57	4	26	4	V	wheat, milk, egg, soy
Muffin-Blueberry	1	280	30	3	0	0	0	540	57	0	33	4	V	wheat, milk, egg, soy
Muffin-Cherry Chocolate Chip	1	350	60	7	4	0	0	550	66	0	40	4	V	wheat, milk, egg, soy
Muffin-Lemon Poppy	1	270	30	3	0	0	0	540	56	0	33	4	V	wheat, milk, egg, soy
Muffin-white chocolate rasp	1	310	45	5	2	0	0	550	61	0	36	4	V	wheat, milk, egg, soy
Donut	270-430													
Little John Filled Donut	1	400	220	24	12	0	0	400	44	1	13	5	V	egg, milk, soy, wheat
Chocolate Donut	1	350	200	22	11	0	25	440	37	2	13	5	V	egg, milk, soy, wheat
Jelly Donut	1	360	170	19	9	0	0	380	43	1	13	5	V	egg, milk, soy, wheat
Apple Fritter	1	280	140	16	8	0	0	540	32	2	4	5	V	egg, milk, soy, wheat
Ring Donut	1	340	180	20	9	0	0	420	34	1	2	6	V	egg, milk, soy, wheat
Red Velvet Donut	1	270	150	16	9	0	15	390	28	1	9	3	V	egg, milk, soy, wheat
Bagel	290-340													
Sesame	4oz	330	40	4.5	0.5	0	0	460	63	4	3	9	V	wheat, milk, sesame seeds
Poppyseed	4oz	330	35	4	0.5	0	0	460	63	4	3	10	V	wheat, milk, poppy seeds
Everything	4oz	280	35	4	0.5	0	0	460	63	3	3	3	V	wheat, milk, sesame seeds, poppy seeds
Onion	4oz	290	10	1	0	0	0	450	62	2	3	8	V	wheat, milk
Cinnamon Raisin	4oz	320	10	1	0	0	0	450	68	3	9	8	V	wheat, milk
Blueberry	4oz	340	10	1	0	0	0	460	74	2	10	9	V	wheat, milk
Whole Wheat	4oz	310	10	1	0	0	0	447	64	3	2	9	V	wheat, milk
Plain	4oz	290	10	1	0	0	0	450	61	2	3	8	V	wheat, milk
Egg	4oz	290	10	1	0	0	0	450	61	2	3	8	V	wheat, milk, poppy seeds
Sprinch	4oz	290	10	1	0	0	0	460	61	2	3	8	V	wheat, milk
Pumpkin	4oz	310	10	1	0	0	0	460	67	3	7	8	V	wheat, milk
Multigrain	4oz	310	10	1	0	0	0	450	65	3	3	9	V	wheat, milk
Garlic	4oz	380	10	1	0	0	0	450	61	2	3	8	V	wheat, milk
Toppings	25-120													
Cream Cheese	1oz	70	60	7	4	0	0	20	115	1	0	1	V	milk
Butter	1 packet	35	35	4	2.5	0	0	0	60	0	0	0	V	milk
Margarine	1 packet	25	25	3	0.5	0	0	0	30	0	0	0	V	milk, soy
Peanut Butter	1 packet	90	10	2	0	0	0	90	5	2	2	4	V	peanuts
Strawberry Jelly	1 packet	35	0	0	0	0	0	0	0	0	7	0	Vg	
Desert Bread	240-300													
Banana Bread	1	260	80	9	2	0	40	240	41	1	24	4	V	egg, milk, wheat
Banana Choc Chip Bread	1	280	100	11	3	0	40	240	44	1	26	4	V	egg, milk, wheat, soy
Apple Bread	1	240	70	8	1	0	10	180	43	0	38	1	V	egg, milk, wheat
Pumpkin Bread	1	300	90	10	2	0	30	300	50	1	33	4	V	egg, wheat
Zucchini Bread	1	270	110	12	2	0	30	290	37	16	21	4	V	wheat, eggs
Cinnamon Roll	1	550	50	6	3	0	15	430	113	3	59	9	V	wheat, milk, eggs, May contain soy, sesame
Croissant	260-360													
Plain Croissant	1	340	170	19	11	1.5	60	320	36	2	6	7	V	eggs, milk, soy, wheat
Blueberry Cheese Croissant	1	260	100	11	5	2	10	260	35	1	13	5	V	egg, milk, soy, wheat
Strawberry Cheese Croissant	1	260	100	11	6	0	10	250	34	1	13	4	V	egg, milk, soy, wheat
Chocolate Croissant	1	360	220	24	13	0	0	190	33	3	12	6	V	egg, milk, wheat, soy
Texas Cookie	440-500													
Sugar Cookie	1	440	180	20	6	0	30	300	64	0	36	4	V	egg, milk, soy, wheat
Chocolate Chip Cookie	1	500	200	23	12	0	35	370	71	3	44	5	V	egg, milk, soy, wheat
Oatmeal Raisin Cookie	1	480	200	20	11	0	35	400	69	4	38	6	V	egg, milk, soy, wheat, coconut (may contain other tree nuts)
Danish	300-310													
Danish-Apple	1	300	150	17	8	0	20	290	32	1	9	5	V	egg, milk, soy, wheat
Danish-Cheese	1	310	170	19	9	0	25	310	32	1	8	5	V	egg, milk, soy, wheat
Danish-Raspberry	1	300	150	17	8	0	20	290	34	1	11	5	V	egg, milk, soy, wheat
Danish-Lemon	1	310	150	17	8	0	20	300	34	1	10	5	V	egg, milk, soy, wheat
Danish-Blueberry	1	300	150	17	8	0	20	280	33	1	9	5	V	egg, milk, soy, wheat
Strudel Stick	270-300													
Apple Stick	1	270	230	15	7.5	0	7	164	31	1	11	3	V	egg, wheat
Raspberry Stick	1	280	130	15	8	0	7	179	33	1	13	3	V	egg, wheat
Strawberry Cheesestick	1	300	160	18	9	0	12	200	31	1	10	4	V	egg, milk, wheat
Pastries	400-450													
Apple Turnover	1	450	230	25	13	0	10	288	51	2	18	5	V	egg, wheat
Cherry Turnover	1	450	230	25	13	0	10	267	50	2	18	6	V	egg, wheat
Blueberry Turnover	1	440	230	25	13	0	10	230	49	2	17	5	V	egg, wheat
Blueberry Scone	1	400	170	19	10	0	10	320	49	16	21	5	V	egg, milk, wheat
Raspberry White Choc Scone	1	410	190	21	10	0	10	310	51	16	25	6	V	eggs, milk, wheat, soy
Apple Cinnamon Scone	1	420	200	22	11	0	10	300	51	1	25	5	V	eggs, milk, soy, wheat