



*Café à la cart*

ON YOUR WAY TO WHERE YOU'RE GOING

## Nutritional Analysis

	Serving Size	Weight	Calories	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>Bakery</b>																
		69	300	13	3	5	30	300	40	1	17	4	15	0	4	8
	1 bar	134	570	19	6	0	<5	470	94	4	57	4	20	10	15	45
	1 brownie	107	370	10	3	3	0	340	66	3	47	4	0	0	2	20
	1 roll	142	430	11	4	0	13	400	74	2	33	8	20	0	4	15
	1 scone	71	310	15	4	5	30	300	40	1	19	4	15	0	2	8
	1 piece	117	460	10	2	0	0	630	89	0	38	3	20	15	0	15
Otis Spunkmeyer 2.5 oz. cookies																
	1 cookie	37	180	9	5		10	130	23	<1	17	2	0	0	0	6
Otis Spunkmeyer Value Line cookies																
	1 cookie	28	130	17	3	0	5	95	17	0	10	1	2	0	0	4
	1 cookie	28	120	6	2	0	5	150	17	0		2	4	0	0	2
<b>Muffins</b>																
	1 muffin	142	450	17	3.5	3.5	33	500	71	2	38	6	2	6	4	15
	1 muffin	142	390	12	3	3.5	35	520	66	1	36	5	2	4	4	10
	1 muffin	142	630	27	12	0	45	580	94	3	22	7	2	0	6	15
	1 muffin	142	500	15	4	0	40	600	88	2	14	5	0	20	8	10
<b>Salads <sup>1</sup></b>																
	1 serving	158	180	17	2	0	15	520	9	3	4	<1	200	8	10	2
	1 salad	370	340	14	4	0	68	1130	24	7	4	31	240	30	90	20
	1 salad	329	310	16	7	0	75	510	16	4	4	27	160	30	50	15
	1 salad	383	380	21	13	0	159	1370	12	3	6	38	110	50	50	15
	1 salad	341	430	29	9	0	290	970	10	5	3	35	110	20	45	15
	1 serving	312	130	0.5	0		0	35	32	3	28	2	70	4	150	4
	1 serving	455	530	8	3.5	0	15	360	99	4	68	22				
	1 serving	384	240	4	1		5	100	46	4	40	8	60	20	130	6
	1 salad	298	300	14	3		26	820	26	5	6	19	140	8	60	15
	1 salad	255	260	15	7	0	37	750	18	2	12	15	140	30	170	10
	1 salad	467	120	4	0.5	0	0	280	20	6	9	5	250	10	60	15



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<b>Sandwiches</b>																
Chicken Salad Hoagie	1 sandwich	286	610	31	11	0	90	1080	50	3	5	35	20	10	35	35
Chicken Salad on Kaiser Roll	1 sandwich	190	380	19	3	0	48	530	33	2	2	20	40	8	15	30
Deli Style Tuna Salad & Swiss on Rye	1 sandwich	246	440	20	7	0	59	1170	37	5	5	29	35	30	15	15
Ham & Cheese Hoagie	1 sandwich	258	470	17	9	0	69	1570	51	3	6	31	15	35	20	20
Roast Beef Hoagie	1 sandwich	258	500	18	9	0	69	1620	50	3	5	34	15	35	10	25
Roasted Veggie Sandwich	1 sandwich	366	560	15	3	0	<5	860	66	6	3	14	100	30	20	20
Roasted Eggplant, Tomato & Mozz. Sand.	1 sandwich	366	630	15	6	0	36	1510	81	4	5	32	25	50	20	35
Smoked Turkey BLT	1 sandwich	366	500	29	6	0	70	1690	32	5	2	28	15	20	6	15
Tuna Salad on Kaiser Roll	1 sandwich	210	330	12	2	0	33	1010	33	2	3	22	50	8	20	15
Turkey & Provolone Sandwich	1 sandwich	258	480	24	7	0	57	1300	35	2	3	29	55	35	15	15
<b>Wraps</b>																
Buffalo Chicken Wrap	1 wrap	403	830	35	10	0	63	3010	95	2	3	30	30	40	10	20
Chicken Caesar Wrap	1 wrap	372	960	62	12	0	120	2590	60	2	1	43	100	50	35	30
Roasted Vegetable Wrap	1 wrap	403	710	32	12	0	35	1470	83	6	6	25	90	50	60	30
Turkey Club Wrap	1 wrap	373	750	37	13	0	90	1920	60	1	3	42	20	60	10	20

### Notes

1 salads are analyzed without dressing unless specified

Analysis is based on a standard recipe which may include condiments and side dishes

Variability occurs periodically due to adjustments in serving sizes, product availability from food suppliers and recipe formulation.

We have attempted to provide as complete a nutrition analysis as possible.

The analysis is comprised of data from our suppliers, the US Dept. of Agriculture, and NutritionistPro nutrient analysis software program from Axxya Systems in Stafford, Texas. Labeling regulations allow for rounding of amounts