

CALORIE INFO

SALADS

NOTE: SERVING SIZE IS BASED ON A SINGLE 4oz SCOOP, EACH PLENTIFUL SALAD BOWL CAN FIT FROM 5-7 SINGLE SCOOPS OF SALAD & GRAINS


	SERVING SIZE	CALORIES
		
Garden salad, no dressing	4 oz	18
Potato salad	4 oz	187
Tabouli salad	4 oz	129
Quinoa salad	4 oz	321
Quinoa watermelon salad	4 oz	254
Quinoa black bean chili salad	4 oz	208
Quinoa sweet potato salad	4 oz	274
Quinoa cucumber salad	4 oz	275
Couscous salad	4 oz	215
Beet salad	4 oz	57
Chopped kale salad	2 oz	67
Pasta salad, A	4 oz	169
Pasta salad, B	4 oz	144
Spicy chickpea salad	4 oz	141
Broccoli salad	4 oz	88
Greek salad	4 oz	184
Bean vegetable salad	4 oz	132
Coleslaw	4 oz	122
Potato chickpea salad	4 oz	129
Edamame slaw salad	4 oz	77
Summer salad	4oz	180
Cucumber fennel salad	4 oz	40
Orzo pasta salad	4 oz	147
Greek orzo salad	4 oz	133
Pesto pleasure salad	4 oz	231
Barley kale salad	4 oz	195
Barley rapini salad	4 oz	211
Green lentil cauliflower salad	4 oz	276
Barley grape salad	4 oz	207
Broccoli carrot cauliflower salad	4 oz	124
French lentil green bean salad	4 oz	242

SALADS TOPPINGS

lemon herb basa	1 each	202
BBQ chicken breast	3 oz	130
cajun chicken breast	3 oz	133
honey mustard chicken breast	3 oz	136
fried tofu	3 oz	205
tuna scoop	3 oz	59
salmon teriyaki	5 oz	274
lemon herb salmon	5 oz	266
falafel	4 pcs	213
turkey kebab	3x1oz	180
crab cakes	2	163

GRILLED SANDWICHES

NOTE: CALORIE COUNT IS BASED ON FOCACCIA BREAD

	SERVING SIZE	CALORIES
		
turkey brie focaccia sandwich	1	507
BBQ chicken focaccia sandwich	1	795
roast beef focaccia sandwich	1	691
cuban focaccia sandwich	1	527
genoa salami focaccia sandwich	1	994
truffle chicken focaccia sandwich	1	671
veg portobello focaccia sandwich	1	675
caprese focaccia sandwich	1	573

CRAFT SANDWICHES

NOTE: CALORIE COUNT IS BASED ON WHOLEWHEAT BREAD/ SUB-BUN

salmon salad	4 oz	348
tuna salad	4 oz	408
egg salad	4 oz	476
chicken salad	4 oz	436
crab salad	4 oz	484
Veggie mix	4 oz	431

HOT DELI SANDWICHES

NOTE: CALORIE COUNT IS BASED ON WHOLEWHEAT BREAD/ SUB-BUN

SANDWICH ONLY

schnitzel (w/ mayo, onion, tomato, lettuce)	7oz	851-1029
roast beef	5 oz	470
roast turkey	5 oz	470
smoked meat	5 oz	485

BREAKFAST



	SERVING SIZE	CALORIES
PARFAITS		
yogurt parfait, berry	5 oz	124
yogurt parfait, berry	8 oz	182
yogurt cup, peach almond	4 oz	238
yogurt parfait, peach	5 oz	220
yogurt parfait, peach	8 oz	352

BAGELS

BLT bagel	1	470
smoked salmon cream cheese bagel	1	437
cream cheese bagel	1	373
plain bagel	1	270
cheese bagel	1	310
sliced cheese bagel	1	348

HOT CLASSICS

2 eggs, any style with all items	1 serv	846
2 eggs any style vegetarian with all items	1 serv	634
eggs	2	160
breakfast potatoes	5 oz	176
bacon	2 sls	87
sausage	1	155
sliced tomatoes	2 sls	11
toast	2 sls	180
jam	1/2 oz	56
cottage cheese	2 oz	43
fruit salad	5 oz	133
smoked salmon	1 oz	80
sliced cheddar	1sl	78
boiled egg, large	1	8

OMELETTES

ranges depending of selected fillings		584-744
---------------------------------------	--	---------

BREAKFAST SANDWICHES

roasted tomato feta basil	1	303
grilled cheese	1	440
bacon cheddar avocado	1	372