

Everyday Menu

Nutrition values listed below are to be used to help make better choices. Specific items at cafes will vary.



	CALORIES	FAT (G)	SAT FAT (G)	SODIUM (G)	CHOL (MG)	CARBS (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
BREAKFAST GRILL									
Cage Free Eggs any style	110	9	2	165	180	0	0	0	6
Cage Free Egg Whites	120	8	1	0	250	1	0	0	11
Cheese Omelet	200	14	6	340	670	1	0	0	14
Omelet with Toppings	410	33	11	410	590	4	<1	2	24
Breakfast Sand on English Muffin	380	20	7	205	1040	27	1	0	23
Breakfast Sandwich on Bagel	520	20	7	205	1310	54	2	0	29
Breakfast Sandwich on Roll	520	25	8	205	1260	47	4	2	27
Breakfast Sandwich on Croissant	600	36	17	265	1180	40	2	10	26
Breakfast Burrito	595	29	6	330	730	65	4	6	20
Add Cage Free Egg	110	9	2	165	180	0	0	0	6
Bacon	85	7	2	15	340	0	0	0	6
Pork Sausage	120	8	3	35	170	0	0	0	10
Turkey Sausage - link or patty	130	7	1.5	40	180	4	0	1	12
Vegetarian Breakfast Sausage	150	10	1.5	0	500	6	2	0	11
Potatoes	280	11	1.5	0	200	43	5	5	5
Shredded hash browns	370	26	9	30	125	31	2	1	4
Seasonal Simply Prepared Vegetable	75	5	0.5	0	105	6	2	1	2
Pancake	330	10	5	70	380	50	2	7	9
French Toast	320	5	2	30	450	55	2	10	6
Waffle	230	19	10	930	150	28	0	0	4
BREADS & SPREADS									
Muffin	310	10	3.5	15	340	54	2	31	3
Pastries	350	15	4.5	105	670	45	1	18	9
White Bread	110	1.5	0	0	210	21	1	2	4
Whole Grain Bread	110	1.5	0	0	220	21	2	2	5
Wheat English Muffin	90	1	0	0	150	17	3	3	4
Bagel	270	15	0	0	530	53	2	0	10
Flavored Bagel	290	1.5	0	0	530	53	2	0	10
Whole Wheat Bagel	280	1.5	0	0	500	55	5	7	12
Cream Cheese (2 Tbsp)	100	10	5	30	105	1	0	<1	2
Light Cream Cheese (2 Tbsp)	60	4.5	2.5	15	135	2	0	2	2
Flavored Cream Cheese (2 Tbsp)	100	10	5	30	2	0	0	0	0
Unsalted Butter (1 Tbsp)	100	12	7	30	2	0	0	0	0
Honey (1 Tbsp)	60	0	0	0	0	17	0	17	0
Jam/Jelly (1 Tbsp)	35	0	0	0	0	9	0	9	0
Peanut Butter (2 Tbsp)	190	16	3	0	150	8	2	2	7

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FRUIT AND CEREAL STATION									
Steel Cut Oats	210	1.5	0.5	0	0	39	4	1	6
Hot Oatmeal	100	1.5	0	0	0	17	3	0	3
Cream of Wheat	140	0	0	0	0	29	1	0	4
Brown Sugar (1 Tbsp)	50	0	0	0	0	14	0	14	0
Dried Raisins (1/4 cup)	110	0	0	0	0	29	1	21	1
Dried Cranberries (1/4 cup)	120	0.5	0	0	0	31	2	25	0
Dried Cherries (1/4 cup)	110	0	0	0	0	29	4	23	2
Housemade Granola (1/2 cup)	390	23	2.5	0	10	39	6	16	9
Fresh Cut Fruit (1/2 cup)	30	0	0	0	0	8	<1	6	0
Greek Yogurt (1 cup)	180	4.5	3	25	85	10	0	9	24
Vanilla Yogurt (1 cup)	220	7	5	25	110	32	0	24	8
Strawberry Yogurt (1 cup)	210	2	1.5	5	160	40	0	37	8
Cottage Cheese (1/2 cup)	80	1	0.5	<5	460	3	0	3	14
Hand Fruit	90	0	0	0	0	25	4	19	0
Chia, Flax, Hemp	45	3	0	0	0	4	3	0	2
BEVERAGES									
Spa Water	0	0	0	0	0	0	0	0	0
House Brewed Unsweetened Tea	0	0	0	0	0	0	0	0	0
Juice	120	0	0	0	0	29	<1	21	2
Coffee	0	0	0	0	0	0	0	0	0
Agua Fresca	70	0	0	0	10	18	0	14	<1
Lemonade	80	0	0	0	10	21	<1	18	0
LUNCH GRILL									
Hamburger	410	20	7.5	100	400	21	1	3	33
House made Veggie Burger	490	13	3	110	740	73	10	2	20
Cheeseburger	470	25	10	115	490	21	1	3	37
Turkey Burger	410	17	4	135	465	21	1	3	44
Chicken Sandwich	290	5	1.5	120	380	21	1	3	39
Wheat Burger Bun	210	2	1	0	420	34	3	2	4
White Burger Bun	190	1.5	1	0	360	32	1	3	2
Whole Wheat Tortilla	280	0	2.5	0	610	48	4	2	8
Whole Grain Bread	110	1.5	0	0	220	21	2	2	5
BLT	585	34	8	55	1525	45	3	6	25
Grilled Tuna and Cheese	480	18	6	55	945	47	5	8	32

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Grilled Cheese	515	38	22	100	565	28	2	4	17
Grilled Ham & Cheese	430	16	8	1265	43	43	3	5	26
Add Bacon	160	14	4	30	68	0	0	0	12
Add Cheese	115	10	6	30	180	0	0	0	6
Add Avocado	80	8	1	0	0	4	3	0	1
Add Patty	290	19	7	100	190	0	0	0	29
French Fries	245	14	2.5	0	120	26	2	1	3
Fruit Salad	60	0	0	0	8	15	2	12	1
House Chips	200	12	2	0	160	24	2	0	2
Add Chicken Breast	175	4	1	120	175	0	0	0	35
DELI LUNCH									
Turkey Breast	225	10	2.5	90	450	0	0	0	31
Ham	220	9	3	80	1355	2	0	0	33
Roast Beef	200	9	3	75	230	2	0	0	26
Leaf Lettuce	20	0	0	0	30	3	2	0	2
Sliced Tomato	20	0	0	0	5	5	1	3	1
Pickles	20	0	0	0	25	5	<1	1	1
Fruit Salad	60	0	0	0	10	15	2	12	<1
House Chips	200	12	2	0	160	24	2	0	2
Mayonnaise	90	10	1.5	5	90	0	0	0	0
Low-fat Mayonnaise	15	1	0	0	130	2	0	1	0
Chipotle Mayonnaise	65	7.5	0.25	2.5	85	<1	0	0	0
Mustard	0	0	0	0	30	0	0	0	0
Add Bacon	160	14	4	30	68	0	0	0	12
Add Cheese	115	10	1	30	180	0	0	0	6
Add Avocado	80	8	1	0	0	4	3	0	1
Add Grilled Vegetables	90	8	1	0	0	4	3	0	1
Wheat Bread (2 slices)	220	3	0	0	440	42	4	4	10
White Bread (2 slices)	220	3	0	0	420	42	2	4	8
Rye Bread	180	1	0	0	300	32	2	0	6
Whole Wheat Tortilla	280	0	2.5	0	610	48	4	2	8
Caesar Side Salad	145	15	1	9	335	1	0	0	1
Side Composed Grain Salad	260	6	1	0	55	40	5	2	9
Side Potato Salad	200	10	1	55	380	23	3	4	5
Side Vegetable Salad	90	6.5	1	0	300	5	2	3	1

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Stone Pizza									
Cheese Pizza Slice	580	17	8	40	650	80	3	2	25
Pepperoni Pizza Slice	680	25	10	60	970	81	3	2	30
Flatbread Pizza	670	26	7	185	640	85	7	7	25
Calzone/Stromboli	370	8	7	55	560	44	2	2	14
Pasta Bake	310	11	2.5	70	400	25	3	3	28
#MadeHere									
Hard Boiled Eggs	140	9	4	330	120	0	0	0	12
Cottage Cheese	80	2.5	1	10	310	5	0	4	10
Fruit Cup	100	0.5	0	0	10	25	3	19	2
Yogurt Parfait (12oz)	380	11	2.5	10	150	60	5	26	15
Greek Yogurt Parfait	220	6	2	15	50	28	3	22	16
Chicken Caesar Wrap	685	30	6	120	1445	59	3	22	16
Caprese Sandwich	650	29	13	65	1310	69	4	6	30
Chicken Caesar Salad	550	32	8	150	1120	16	4	4	50
Goat Cheese and Berry Salad	660	53	11	20	290	40	8	26	13
Crudit� with Hummus	90	6	1	0	66	6	2	1	2
Cheese Please Four Square	700	50	31	150	900	20	<1	14	44
Raw Vegetable Four Square	210	15	3	15	340	17	5	10	3
Protein Four Square	700	56	14	70	900	27	5	15	31
Fresh Orange Juice	170	0	0	0	0	40	0	33	1
Seasonal Fresh Fruit Cups	100	0.5	0	0	10	25	3	19	2
HEALTH BAR									
Romaine Lettuce	70	0	0	0	35	12	2	2	2
Kale	75	0	0	0	40	10	3	2	2
Spinach	60	0	0	0	40	8	3	2	2
Spring Mix	60	0	0	0	45	10	2	1	1
Cherry Tomatoes	80	1	0	0	25	18	5	12	4
Carrots	40	0	0	0	70	10	3	5	0
Bell Peppers	120	1	0	0	15	26	2	8	3
Cucumbers	70	0	0	0	10	16	2	8	3
Tofu	120	6	1	0	105	2	1	0	11
Quinoa (1 cup)	250	4	0	0	140	44	5	0	10
Edamame (1/2 cup)	120	5	0	0	55	10	5	2	11
Hummus (2 Tbsp)	80	6	1	0	65	6	2	<1	2
Garbanzo Beans (1/2 cup)	175	2.5	0	0	20	26	8	5	9
Cage Free Hard-Boiled Egg	70	4	1.5	185	70	0	0	0	6

