

Nutrition Facts~ Café

(based on a 2000 Calorie Diet)

3 Chicken Tenders with Fries

		%DV
Serving Size	1 order	
Calories	800	
Calories from Fat	377	
Total Fat	42.3g	65%
Saturated Fat	9.4g	47%
Cholesterol	54mg	15%
Sodium	1759.8mg	73%
Total Carbohydrate	75.2g	25%
Dietary Fiber	1.5g	6%
Protien	31.5g	63%

ADD Chicken

		%DV
Serving Size	4oz	
Calories	156	
Calories from Fat	78	
Total Fat	8.4g	13%
Saturated Fat	2.4g	12%
Cholesterol	58.1mg	19%
Sodium	57.2mg	2%
Total Carbohydrate	0	
Dietary Fiber	0	
Protien	18.9g	38%

ADD Beef

		%DV
Serving Size	4oz	
Calories	285	
Calories from Fat	200	
Total Fat	21.8g	34%
Saturated Fat	8.9g	44%
Cholesterol	76.0mg	25%
Sodium	63.5mg	3%
Total Carbohydrate	0	
Dietary Fiber	0	
Protien	20.7g	41%

BLTA Wrap

		%DV
Serving Size	1 wrap	
Calories	312	
Calories from Fat	172	
Total Fat	19.8g	30%
Saturated Fat	4.4g	22%
Cholesterol	10.8mg	4%
Sodium	381.6mg	16%
Total Carbohydrate	27g	9%
Dietary Fiber	5.9g	24%
Protien	8.8g	18%

Baked Potato

(w/sourcream, cheese, bacon, chives)

		%DV
Serving Size	1 order	
Calories	535	
Calories from Fat	228	
Total Fat	25.8g	40%
Saturated Fat	15.3g	76%
Cholesterol	73.1mg	24%
Sodium	431.3mg	18%
Total Carbohydrate	55.4g	18%
Dietary Fiber	5.3g	21%
Protien	22.4g	45%

Breakfast Sandwich

		%DV
Serving Size	1 sandwich	
Calories	356	
Calories from Fat	182	
Total Fat	20g	31%
Saturated Fat	8.3g	41%
Cholesterol	243.2mg	81%
Sodium	599.4mg	25%
Total Carbohydrate	25.8g	9%
Dietary Fiber	1.2g	5%
Protien	17.2	34%

Breakfast Plate

		%DV
Serving Size	1 order	
Calories	594	
Calories from Fat	343	
Total Fat	38g	58%
Saturated Fat	13.9g	70%
Cholesterol	510.7mg	170%
Sodium	1207mg	50%

Cheeseburger

		%DV
Serving Size	1 sandwich	
Calories	532	
Calories from Fat	314	
Total Fat	34.5g	53%
Saturated Fat	14.9g	74%
Cholesterol	106.9mg	36%
Sodium	444.6mg	19%

Total Carbohydrate	38.9g	13%
Dietary Fiber	0.3g	1%
Protien	23.5g	47%

Total Carbohydrate	26.2g	9%
Dietary Fiber	1g	4%
Protien	27.9g	56%

Breakfast Taco

		%DV
Serving Size	1 taco	
Calories	293	
Calories from Fat	156	
Total Fat	17.1g	26%
Saturated Fat	6g	30%
Cholesterol	232.1mg	77%
Sodium	418.2mg	17%
Total Carbohydrate	20.3g	7%
Dietary Fiber	1.1g	4%
Protien	13.7g	27%

Chicken Caesar Salad

		%DV
Serving Size	1 order	
Calories	332	
Calories from Fat	168	
Total Fat	18.4g	28%
Saturated Fat	8.2g	41%
Cholesterol	80.6mg	27%
Sodium	682.4mg	28%
Total Carbohydrate	7.8g	3%
Dietary Fiber	1.9g	7%
Protien	32.6g	65%

Chef Salad

		%DV
Serving Size	1 order	
Calories	387	
Calories from Fat	233	
Total Fat	25.5g	39%
Saturated Fat	12g	60%
Cholesterol	292.9mg	98%
Sodium	1485mg	62%
Total Carbohydrate	4g	1%
Dietary Fiber	1.6g	6%
Protien	34.1	68%

Chicken Cordon Blue Pannini

		%DV
Serving Size	1 sandwich	
Calories	653	
Calories from Fat	264	
Total Fat	28.6g	44%
Saturated Fat	9.9g	50%
Cholesterol	126.2mg	42%
Sodium	1208.2mg	52%
Total Carbohydrate	45.6g	15%
Dietary Fiber	2g	8%
Protien	49.1g	98%

Chicken Salad Sandwich

		%DV
Serving Size	1 sandwich	
Calories	286	
Calories from Fat	109	
Total Fat	12g	18%
Saturated Fat	2.6g	13%
Cholesterol	37.7mg	13%
Sodium	536.6mg	22%
Total Carbohydrate	28.5g	10%
Dietary Fiber	1.9g	8%
Protien	15.5g	31%

Club Sandwich

		%DV
Serving Size	1 sandwich	
Calories	499	
Calories from Fat	249	
Total Fat	27.3g	42%
Saturated Fat	12.4g	62%
Cholesterol	85.8mg	29%
Sodium	1838.5mg	77%
Total Carbohydrate	26.8g	9%
Dietary Fiber	1.6g	6%
Protien	34.7g	69%

Cobb Salad

		%DV
Serving Size	1 order	
Calories	435	
Calories from Fat	299	
Total Fat	33.9g	52%
Saturated Fat	10.6g	53%
Cholesterol	255.6mg	85%
Sodium	1067.9mg	44%
Total Carbohydrate	11.1g	4%

Egg and Cheese Biscuit

		%DV
Serving Size	1 sandwich	
Calories	346	
Calories from Fat	191	
Total Fat	21g	32%
Saturated Fat	8.3g	41%
Cholesterol	230.4mg	77%
Sodium	1006.5mg	42%
Total Carbohydrate	24.9g	8%

Dietary Fiber	6.3g	25%
Protien	23.4g	47%

Dietary Fiber		
Protien	13.5g	27%

Egg and Cheese Biscuit with Sausage
%DV

Serving Size	1 sandwich	
Calories	582	
Calories from Fat	398	
Total Fat	43.8g	67%
Saturated Fat	16.5g	82%
Cholesterol	269mg	90%
Sodium	1384.7mg	58%
Total Carbohydrate	25.5g	9%
Dietary Fiber		
Protien	20.1g	40%

Fried Chicken Sandwich
%DV

Serving Size	1 sandwich	
Calories	503	
Calories from Fat	219	
Total Fat	24.3g	37%
Saturated Fat	6.8g	34%
Cholesterol	47.9mg	16%
Sodium	1418.3mg	59%
Total Carbohydrate	44.8g	15%
Dietary Fiber	1.5g	6%
Protien	26.3g	53%

Fruit Mix- Cup
%DV

Serving Size	12-15oz	
Calories	207	
Calories from Fat	13	
Total Fat	1.6g	3%
Saturated Fat	.3g	1%
Cholesterol		
Sodium	18.6mg	1%
Total Carbohydrate	53g	18%
Dietary Fiber	6.8g	27%
Protien	2.9g	6%

Greek Salad
%DV

Serving Size	1 order	
Calories	146	
Calories from Fat	81	
Total Fat	9.5g	15%
Saturated Fat	5.6g	28%
Cholesterol	31.5mg	11%
Sodium	535.7mg	22%
Total Carbohydrate	10.4g	3%
Dietary Fiber	2.7g	11%
Protien	6.9g	14%

Garden Salad
%DV

Serving Size	1 order	
Calories	54	
Calories from Fat	4	
Total Fat	.5g	1%
Saturated Fat	.1g	
Cholesterol		
Sodium	22.4mg	1%
Total Carbohydrate	11.6g	4%
Dietary Fiber	4.5g	18%
Protien	2.5g	5%

Grilled Chicken Pasta with Alfredo
%DV

Serving Size	1 order	
Calories	1298	
Calories from Fat	575	
Total Fat	63.4g	97%
Saturated Fat	35.8g	179%
Cholesterol	230.5mg	77%
Sodium	1418.5mg	59%
Total Carbohydrate	110.9g	37%
Dietary Fiber	3.4g	14%
Protien	68.3g	136%

Grilled Cheese
%DV

Serving Size	1 sandwich	
Calories	276	
Calories from Fat	124	
Total Fat	13.7g	21%
Saturated Fat	7.9g	39%
Cholesterol	36.4mg	12%
Sodium	516mg	22%
Total Carbohydrate	25.4g	8%
Dietary Fiber	1.2g	5%

Grilled Chicken Pasta with Puttanesca
%DV

Serving Size	1 order	
Calories	821	
Calories from Fat	228	
Total Fat	25g	38%
Saturated Fat	4.7g	23%
Cholesterol	58.1mg	19%
Sodium	227.2mg	9%
Total Carbohydrate	108.5g	36%
Dietary Fiber	4g	16%

Protien 12.5g 25%

Protien 37.5g 75%

Grilled Chicken Pasta with Pesto
%DV

Serving Size 1 order
Calories 834
Calories from Fat 226
Total Fat 24.8g 38%
Saturated Fat 6.3g 31%
Cholesterol 66.7mg 22%
Sodium 273.4mg 11%
Total Carbohydrate 108.1g 36%
Dietary Fiber 3.9g 15%
Protien 42g 84%

Grilled Veggie Pita
%DV

Serving Size 1 pita
Calories 265
Calories from Fat 59
Total Fat 6.7g 10%
Saturated Fat 2.7g 13%
Cholesterol 12.7mg 4%
Sodium 402.6mg 17%
Total Carbohydrate 41.4g 14%
Dietary Fiber 3.7g 15%
Protien 10.8g 22%

Grilled Chicken Sandwich
%DV

Serving Size 1 sandwich
Calories 435
Calories from Fat 184
Total Fat 20.1g 31%
Saturated Fat 7.5g 38%
Cholesterol 104.5mg 35%
Sodium 378.2mg 16%
Total Carbohydrate 23.7g 8%
Dietary Fiber .4g 2%
Protien 37.7g 75%

Hamburger
%DV

Serving Size 1 sandwich
Calories 451
Calories from Fat 260
Total Fat 28.5g 44%
Saturated Fat 11.1g 56%
Cholesterol 89mg 30%
Sodium 320.3mg 13%
Total Carbohydrate 23.7g 8%
Dietary Fiber .5g 2%
Protien 23.3g 47%

Ham and Cheese Melt
%DV

Serving Size 1 sandwich
Calories 357
Calories from Fat 180
Total Fat 19.8g 30%
Saturated Fat 9.9g 50%
Cholesterol 54.4mg 18%
Sodium 1001.9mg 42%
Total Carbohydrate 25.4g 8%
Dietary Fiber 1.2g 5%
Protien 18.6g 37%

Hot Dog
%DV

Serving Size 1 order
Calories 225
Calories from Fat 93
Total Fat 10.2g 16%
Saturated Fat 3.2g 16%
Cholesterol 48.2mg 16%
Sodium 882.5mg 37%
Total Carbohydrate 22.3g 7%
Dietary Fiber
Protien 10.1g 20%

Herb Spinach Wrap with Turkey and Swiss Cheese
%DV

Serving Size 1 wrap
Calories 337
Calories from Fat 128
Total Fat 14.1g 22%
Saturated Fat 7.5g 37%
Cholesterol 60.7mg 20%
Sodium 1172.7mg 49%
Total Carbohydrate 23g 8%
Dietary Fiber 1.8g 7%

Meatball Sub
%DV

Serving Size 1 sandwich
Calories 421
Calories from Fat 201
Total Fat 22.9g 35%
Saturated Fat 9.1g 45%
Cholesterol 54.5mg 18%
Sodium 1326.7mg 55%
Total Carbohydrate 34.3g 11%
Dietary Fiber 1.7g 7%

Protien 28.5g 57%

Protien 22g 44%

Meatball Pasta

Pasta Primavera

%DV

%DV

Serving Size 1 order
Calories 837
Calories from Fat 197
Total Fat 22.1g 34%
Saturated Fat 7.4g 37%
Cholesterol 40.3mg 13%
Sodium 1598.7mg 67%
Total Carbohydrate 124.2g 41%
Dietary Fiber 5.1g 20%
Protien 37.1g 74%

Serving Size 1 order
Calories 654
Calories from Fat 57
Total Fat 6.4g 10%
Saturated Fat .9g 5%
Cholesterol
Sodium 744.2mg 31%
Total Carbohydrate 128.8g 43%
Dietary Fiber 6.5g 26%
Protien 22.1g 44%

Oriental Salad

Portabella Basil Burger

%DV

%DV

Serving Size 1 order
Calories 317
Calories from Fat 136
Total Fat 15.3g 24%
Saturated Fat 5.8g 29%
Cholesterol 47.5mg 16%
Sodium 64mg 3%
Total Carbohydrate 28.3g 9%
Dietary Fiber 3.1g 12%
Protien 17.4g 35%

Serving Size 1 sandwich
Calories 549
Calories from Fat 308
Total Fat 34.2g 53%
Saturated Fat 14.6g 73%
Cholesterol 106.4mg 35%
Sodium 374.8mg 16%
Total Carbohydrate 29.4g 10%
Dietary Fiber 1.8g 7%
Protien 30.8g 63%

Patty Melt

Quesadilla with Guacamole- Fajita Chicken

%DV

%DV

Serving Size 1 sandwich
Calories 597
Calories from Fat 365
Total Fat 40g 62%
Saturated Fat 18.6g 93%
Cholesterol 125.9mg 42%
Sodium 593.5mg 25%
Total Carbohydrate 25.4g 8%
Dietary Fiber 1.2g 5%
Protien 31.9g 64%

Serving Size 1 order
Calories 645
Calories from Fat 382
Total Fat 42.6g 66%
Saturated Fat 18.9g 94%
Cholesterol 134mg 45%
Sodium 607.7mg 25%
Total Carbohydrate 26.6g 9%
Dietary Fiber 2.5g 10%
Protien 39.3g 79%

Quesadilla with Guacamole- Fajita Beef

Roast Beef Salad

%DV

%DV

Serving Size 1 order
Calories 728
Calories from Fat 472
Total Fat 52.6g 81%
Saturated Fat 23.1g 116%
Cholesterol 139.3mg 46%
Sodium 555.3mg 23%
Total Carbohydrate 26.3g 9%
Dietary Fiber 2.5g 10%
Protien 38g 76%

Serving Size 1 order
Calories 151
Calories from Fat 83
Total Fat 9.2g 14%
Saturated Fat 3.6g 18%
Cholesterol 32.8mg 11%
Sodium 43.5mg 2%
Total Carbohydrate 6.5g 2%
Dietary Fiber 2.9g 12%
Protien 10.7g 21%

Roast Beef Pannini

		%DV
Serving Size	1 sandwich	
Calories	413	
Calories from Fat	141	
Total Fat	15.4g	24%
Saturated Fat	6.6g	33%
Cholesterol	37.7mg	13%
Sodium	678.5mg	28%
Total Carbohydrate	47.4g	16%
Dietary Fiber	2.7g	11%
Protien	19.8g	40%

Soft Taco- Fajita Chicken

		%DV
Serving Size	1 taco	
Calories	233	
Calories from Fat	94	
Total Fat	10.4g	16%
Saturated Fat	4.3g	21%
Cholesterol	36.7g	12%
Sodium	278.6mg	12%
Total Carbohydrate	20.4g	7%
Dietary Fiber	1.4g	5%
Protien	13.9g	28%

Soft Taco- Fajita Beef

		%DV
Serving Size	1 taco	
Calories	281	
Calories from Fat	140	
Total Fat	15.4g	24%
Saturated Fat	6.7g	34%
Cholesterol	43.4mg	14%
Sodium	281mg	12%
Total Carbohydrate	20.4g	7%
Dietary Fiber	1.4g	5%
Protien	14.5g	29%

Taco Salad

		%DV
Serving Size	1 order	
Calories	369	
Calories from Fat	248	
Total Fat	28.1g	43%
Saturated Fat	14.9g	74%
Cholesterol	67.7mg	23%
Sodium	608.5mg	25%
Total Carbohydrate	14.5g	5%
Dietary Fiber	2.7g	11%
Protien	16.5g	33%

Spinach Salad

		%DV
Serving Size	1 order	
Calories	322	
Calories from Fat	217	
Total Fat	25.4g	39%
Saturated Fat	7.7g	38%
Cholesterol	31.5mg	11%
Sodium	756.4mg	32%
Total Carbohydrate	18.6g	6%
Dietary Fiber	3.4g	13%
Protien	9.1g	18%

Tomato Basil Wrap with Fried Shrimp and Spicy Tartar Sauce

		%DV
Serving Size	1 wrap	
Calories	279	
Calories from Fat	109	
Total Fat	12.1g	19%
Saturated Fat	6.1g	30%
Cholesterol	91mg	30%
Sodium	377.1mg	16%
Total Carbohydrate	23g	8%
Dietary Fiber	1.8g	7%
Protien	19.1g	38%

Tomato Basil Pannini

		%DV
Serving Size	1 sandwich	
Calories	815	
Calories from Fat	150	
Total Fat	16.8g	26%
Saturated Fat	4.8g	24%
Cholesterol	139.6mg	47%
Sodium	2753.5mg	115%
Total Carbohydrate	119.5g	40%
Dietary Fiber	5.4g	22%
Protien	47.9g	96%

Tuna Salad Sandwich

		%DV
Serving Size	1 sandwich	
Calories	230	
Calories from Fat	88	
Total Fat	9.8g	15%
Saturated Fat	1.6g	8%
Cholesterol	7.8mg	3%
Sodium	672mg	28%
Total Carbohydrate	30.1g	10%
Dietary Fiber	1.6g	6%
Protien	5.8g	12%

Trio Salad

		%DV
Serving Size	1 order	
Calories	297	
Calories from Fat	160	
Total Fat	18.5g	28%
Saturated Fat	3.5g	17%
Cholesterol	44.5mg	15%
Sodium	673.7mg	28%
Total Carbohydrate	21.9g	7%
Dietary Fiber	2g	8%
Protien	13.5g	27%

%DV

Serving Size	
Calories	
Calories from Fat	
Total Fat	
Saturated Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Protien	

%DV

Serving Size	
Calories	
Calories from Fat	
Total Fat	
Saturated Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Protien	