



Nutrition Facts	Servin g Size	Calori es	Calori es from Fat	Total Fat (g)	Satur ated Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodi um (mg)	Carbohy drate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
	Breakfast											
Egg & Cheese Croissant	1 each	270	144	16	8	0	10	300	24	1	2	8
Bacon, Egg, & Cheese Croissant	1 each	290	153	17	8	0	15	380	24	1	2	9
Sausage, Egg, & Cheese Croissant	1 each	450	297	33	14	0	40	490	24	1	2	12
Egg & Cheese Bagel	1 each	350	54	6	3	0	10	700	61	2	6	15
Bacon, Egg, & Cheese Bagel	1 each	370	72	8	3.5	0	15	780	61	2	6	16
Sausage, Egg, & Cheese Bagel	1 each	530	216	24	9	0	40	880	61	2	6	20
Egg & Cheese Wrap	1 each	460	216	24	9	0.5	260	880	39	1	1	19
Bacon, Egg, & Cheese Wrap	1 each	350	144	16	7	0.5	35	700	37	1	0	13
Sausage, Egg, & Cheese Wrap	1 each	500	279	31	13	0.5	60	810	38	1	0	16
Bacon Avocado Toast	1 each	250	90	10	2	0	<5	390	34	5	6	7
Breakfast Burrito	1 each	640	369	41	16	0	290	1230	42	2	2	25
Oatmeal	8 oz	260	36	4	1	0	0	10	52	5	14	8
Plain Bagel	1 each	290	9	1	0	0	0	580	61	2	8	10
Everything Bagel	1 each	290	0	0	0	0	0	670	59	2	6	10
Plain Cream Cheese	1 oz	70	63	7	4	0	15	115	2	0	1	2
Strawberry Cream Cheese	1 oz	70	41	4.5	3	0	20	110	5	0	4	2
Chocolate Chunk Muffin	1 each	330	126	14	3	0	6	318	48	3	28	3
Blueberry Crumb Muffin	1 each	310	117	13	2	0	8	270	46	3	26	2
Banana Nut Muffin	1 each	340	135	15	2	0	6	405	47	3	24	3
Orange Cranberry Muffin	1 each	280	108	12	2	0	8	264	43	3	24	2



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Nutrition Facts												
Signature Selections												
Turkey Bacon Flatbread	1 each	640	288	32	10	0	85	1400	55	3	11	35
Chicken Bacon Flatbread	1 each	500	216	24	5	0	55	1030	47	2	4	26
Turkey Bacon Swiss	1 each	600	225	25	7	0	55	1390	65	5	13	28
Chicken Salad Sandwich	1 each	340	45	5	1.5	0	<5	550	62	5	12	11
Chicken Quesadilla	1 each	460	189	21	11	0	85	910	39	1	<1	30
BLT Sandwich	1 each	390	207	23	5	0	30	830	34	2	2	12
Mona Cheese on Sourdough	1 each	410	162	18	11	0	45	730	40	1	<1	23
Flatbread Pizzas												
Buffalo Chicken Flatbread	1 each	710	369	41	11	0	90	1630	49	2	4	35
BBQ Chicken Flatbread	1 each	620	180	20	8	0	70	1410	76	2	29	35
Florence Veggie Flatbread	1 each	500	225	25	10	0	50	1050	48	3	4	22
Margherita Flatbread	1 each	480	180	20	10	0	50	1190	55	5	8	22
Italian Flatbread	1 each	540	207	23	10	0	50	1820	59	5	11	27
Pepperoni Flatbread	1 each	480	189	21	9	0	50	1280	52	3	7	21
Classic Cheese Flatbread	1 each	560	243	27	14	0	75	1380	53	3	7	28
Sides												
Apple	1 each	110	0	0	0	0	0	0	28	5	21	<1
Side Garden Salad	1 each	25	0	0	0	0	0	10	6	2	3	1
Tomato Basil Soup	8 oz	80	31.5	3.5	0	0	0	530	10	3	6	2
Cream of Potato with Bacon Soup	8 oz	330	162	18	10	0.5	50	1000	31	2	4	12
Broccoli Cheddar Soup	8 oz	290	216	24	14	1	75	1220	13	2	2	8