

CAFÉ
ZUPAS[®]
SOUP, SALAD, & SANDWICH
KITCHEN[™]

NUTRITION FACTS

The information contained here is based on our standard serving sizes. Our nutritional content may vary because of variations in portion size or recipes, changes in growing seasons, or differences in the source of our ingredients. We periodically will update this information. Occasionally we will also test new dishes, recipes, or suppliers and may not be able to reflect these changes within this guide.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

ALLERGEN NOTICE

We prepare our food fresh from raw ingredients in our kitchen.

We cannot guarantee that cross-contact with allergens will not occur during preparation.

GLUTEN

Even with strict adherence toward maintaining clean and organized kitchens, we have too much wheat and gluten present to be able to eliminate the cross-contamination on our equipment and food preparation areas. If you are highly allergic or intolerant to gluten, we ask you to exercise judgment regarding your individual needs.

OTHER FOOD ALLERGIES

Because we also offer many unique flavors, not every ingredient we use is listed in our menu descriptions. At any given time we may have peanuts, tree nuts, soy, milk, eggs, fish, shellfish, wheat, and gluten in our kitchens. There may be cross contact with your food because of shared cooking and preparation equipment with any of these products.

Nutrition facts provided about our standard menu items are based on Café Zupas' standardized recipes, representative values provided by suppliers, analysis using industry standard software, published resources, and are expressed in values based on federal rounding and other applicable regulations.

	Total Calories (cal)		Calories from Fat (fat cal)		Total 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)			
	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large
HOUSE-MADE SOUPS																																
Chicken Enchilada Chili	180	360	90	180	12	24	4½	9	0	0	50	100	900	1790	11	22	2	3	2	5	7	13	30%	60%	30%	60%	15%	30%	10%	20%		
Garden Chowder	370	740	310	620	36	73	24	48	0	0	140	280	780	1560	12	24	1	3	1	5	3	6	45%	90%	10%	20%	5%	10%	4%	8%		
Lobster Bisque	350	700	290	590	35	69	23	45	0	0	135	270	730	1470	10	21	1	3	3	5	3	5	60%	120%	10%	20%	3%	6%	4%	8%		
Mushroom Bisque	250	500	200	390	23	46	15	30	0	0	85	165	760	1530	10	20	1	2	3	7	2	4	20%	40%	4%	8%	2%	4%	4%	8%		
New England Clam Chowder	370	730	300	600	35	70	23	46	0	0	135	270	1540	3090	12	24	1	2	1	3	4	7	25%	50%	20%	40%	2%	4%	5%	10%		
Roasted Red Pepper & Lobster	290	580	230	460	27	54	18	36	0	0	110	225	890	1780	10	20	1	2	3	6	3	6	45%	90%	50%	100%	5%	10%	4%	8%		
Roasted Veggie & Quinoa	80	160	20	45	2½	5	0	0	0	0	0	0	780	1560	11	21	2	4	4	7	4	8	30%	60%	25%	50%	5%	10%	6%	12%		
Tomato Basil	280	560	200	400	23	47	10	20	0	0	55	110	1090	2180	18	37	2	3	12	23	2	4	30%	60%	20%	40%	5%	10%	8%	16%		
Wisconsin Cauliflower	430	860	360	720	43	86	26	53	0	0	170	340	520	1040	6	12	0	1	0	1	6	12	35%	70%	15%	30%	25%	50%	2%	4%		
Yucatan Chicken Tortilla	110	220	40	80	4	8	½	1	0	0	30	60	1560	3120	8	16	1	3	2	4	11	21	8%	16%	15%	30%	4%	8%	10%	20%		
GOURMET SANDWICHES																																
	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white
BBQ Pulled Pork	610	670	250	270	30	32	4½	5	0	0	55	55	1100	1230	63	71	3	3	18	18	23	24	8%	8%	70%	80%	15%	20%	25%	30%		
California Turkey	580	640	280	300	31	33	7	7	0	0	50	50	1400	1530	51	59	7	7	4	4	24	25	25%	25%	30%	35%	30%	35%	20%	25%		
Honey Cilantro Carnitas	750	810	370	390	43	45	9	10	0	0	75	75	1370	1500	63	71	6	6	15	15	29	30	10%	10%	80%	90%	25%	30%	25%	30%		
Italian Club	600	660	290	310	31	33	10	10	0	0	60	60	1640	1770	51	59	4	4	7	7	24	25	25%	25%	25%	35%	40%	45%	30%	35%		
Vegetarian	490	550	240	260	26	28	6	7	0	0	20	20	880	1010	50	58	7	7	4	4	14	15	30%	30%	45%	60%	30%	35%	20%	25%		
GRILLED PANINIS																																
	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white
Crab Avocado Melt	660	720	340	360	39	41	9	10	0	0	45	45	1800	1930	55	63	5	5	6	6	21	22	10%	10%	15%	25%	50%	60%	20%	25%		
Cuban Grilled Pork	660	720	300	320	34	36	9	10	0	0	90	90	1850	1980	54	62	3	3	10	10	32	33	10%	10%	50%	60%	35%	40%	35%	35%		
Honey Bacon Club	590	650	270	290	30	32	8	9	0	0	50	50	1520	1650	53	61	2	2	12	12	22	23	10%	10%	15%	25%	25%	30%	15%	20%		
Pesto Chicken	670	730	370	390	40	42	9	10	0	0	70	70	1140	1270	46	54	3	3	3	3	26	27	15%	15%	25%	30%	25%	30%	20%	25%		
Turkey Bacon Avocado	580	640	260	280	29	31	8	9	0	0	55	55	1490	1620	51	59	5	5	7	7	25	26	10%	10%	15%	25%	30%	35%	20%	25%		
Turkey Spinach Artichoke	670	730	370	390	40	42	10	11	0	0	65	65	1500	1630	48	56	3	3	4	4	24	25	25%	25%	20%	30%	35%	40%	20%	25%		
Ultimate Grilled Cheese	610	670	360	380	39	41	12	12	0	0	50	50	880	1010	44	52	2	2	3	3	16	17	15%	15%	15%	25%	40%	45%	15%	20%		
CHEF-CRAFTED SALADS																																
	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large
Asian Citrus Chicken	390	530	210	280	23	31	2½	3½	0	0	20	40	600	890	31	39	3	4	18	24	14	21	120%	170%	60%	70%	6%	8%	20%	25%		
Asian Citrus Chicken without dressing	220	270	100	110	11	13	1	1½	0	0	20	40	280	420	18	19	3	3	6	6	13	20	120%	170%	60%	70%	6%	6%	20%	25%		
BBQ Chicken	400	540	210	290	23	31	3½	5	0	0	30	55	770	1140	33	38	4	5	14	18	11	19	100%	150%	15%	20%	6%	8%	10%	15%		
BBQ Chicken without dressing	250	310	70	90	8	10	1	1.5	0	0	20	40	420	610	30	34	4	5	13	16	11	18	100%	150%	15%	20%	4%	6%	10%	15%		
California Protein Cobb with Fresh Herb Vinaigrette	480	720	340	490	39	56	7	10	0	0	125	240	590	990	16	22	3	4	10	15	19	33	120%	170%	25%	35%	8%	10%	15%	25%		
California Protein Cobb with Ranch Dressing	410	610	280	410	31	45	7	11	0	0	135	255	800	1300	11	13	3	4	3	4	19	33	120%	170%	25%	30%	10%	15%	15%	25%		
California Protein Cobb without dressing	260	380	150	210	17	23	5	7	0	0	125	240	450	780	8	9	3	4	2	2	19	32	120%	170%	25%	30%	8%	10%	15%	25%		
Chipotle Glazed Chicken	480	620	260	340	29	38	6	8	0	0	40	65	930	1330	38	45	6	7	17	21	16	23	110%	160%	40%	45%	15%	20%	15%	15%		
Chipotle Glazed Chicken without dressing	330	400	130	150	15	17	4	4½	0	0	30	55	580	820	36	41	6	6	16	20	15	22	110%	160%	40%	45%	15%	15%	15%	15%		
Chipotle Glazed Pork	560	780	290	400	33	46	8	11	0	0	75	130	1150	1770	40	48	6	7	17	21	24	40	110%	160%	60%	80%	15%	20%	20%	30%		
Chipotle Glazed Pork without dressing	410	560	170	210	19	25	6	8	0	0	65	115	800	1250	38	44	6	6	16	20	23	39	110%	160%	60%	80%	15%	15%	20%	30%		
Garden Chicken Chop with Fresh Herb Vinaigrette	450	660	290	420	32	48	6	8	0	0	40	70	660	1020	24	29	2	3	11	15	17	28	110%	160%	20%	25%	15%	15%	8%	10%		
Garden Chicken Chop with Ranch Dressing	380	550	230	330	25	37	6	9	0	0	50	80	870	1330	18	20	2	2	4	5	18	29	110%	160%	20%	25%	15%	15%	8%	10%		
Garden Chicken Chop without dressing	230	320	100	140	10	15	4	6	0	0	40	70	520	810	16	16	2	2	3	3	17	28	110%	160%	20%	25%	15%	15%	8%	10%		
Kale and Quinoa	480	710	230	340	27	39	4	5	0	0	0	0	420	640	49	77	4	6	24	33	11	15	180%	260%	170%	250%	25%	30%	15%	25%		
Kale and Quinoa without dressing	260	380	45	50	5	6	2½	2½	0	0	0	0	280	430	40	65	4	6	15	21	11	15	180%	260%	170%	240%	25%	25%	15%	25%		
Mangoberry	240	330	110	160	13	18	1	1½	0	0	0	0	90	130	28	39	3	4	25	34	3	3	110%	170%	60%	80%	6%	8%	6%	8%		
Mangoberry without dressing	100	120	20	20	2½	2½	0	0	0	0	0	0	35	45	17	22	3	4	13	17	2	2	110%	160%	50%	70%	4%	6%	6%	8%		
Maui Tropical Chicken	530	710	340	450	37	50	6	7	0	0	20	40	340	540	34	43	3	4	23	31	11	18	110%	170%	70%	90%	4%	6%	10%	15%		
Maui Tropical Chicken without dressing	280	350	130	150	15	17	4	4½	0	0	20	40	210	340	25	29	3	4	14	17	11	18	110%	170%	60%	80%	4%	6%	10%	15%		
Nuts About Berries	310	450	190	280	21	30	1½	2	0	0	0	0	80	110	28	42	4	7	23	33	2	3	100%	150%	45%	80%	4%	8%	6%	10%		
Nuts About Berries without dressing	90	120	20	25	3	3	0	0	0	0	0	0	35	45	14	22	4	7	9	13	2	3	100%	150%	45%	80%	4%	6%	6%	10%		
Strawberry Harvest Chicken	390	530	210	290	24	32	4	5	0	0	30	50	300	470	34	42	3	3	28	36	11	19	100%	150%	40%	50%	10%	10%	6%	10%		
Strawberry Harvest Chicken without dressing	210	260	90	110	11	12	3	3½	0	0	30	50	220	360	18	19	3															

	Total Calories (cal)		Calories from Fat (fat cal)		Total 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)			
	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large
CREATE YOUR OWN SALAD: GREENS																																
Baby Field-Greens	10	15	0	0	0	0	0	0	0	0	0	0	0	35	45	2	2	0	1	0	0	0	0	120%	160%	15%	25%	2%	4%	10%	15%	
Baby Spinach	7	13	0	0	0	0	0	0	0	0	0	0	0	25	45	1	2	0	1	0	0	1	2	60%	100%	15%	25%	4%	6%	4%	8%	
House-Chopped Mixed Greens	10	15	0	0	0	0	0	0	0	0	0	0	0	20	25	2	2	0	1	0	0	0	1	100%	150%	8%	10%	2%	4%	4%	6%	
House-Shredded Tuscan Black Kale	30	40	0	0	0	0	0	0	0	0	0	0	0	25	35	6	8	0	1	0	0	2	2	180%	250%	160%	240%	8%	10%	6%	8%	
CREATE YOUR OWN SALAD: DRESSING																																
Buttermilk Ranch	150	230	130	200	15	22	2½	3½	0	0	8	12	350	520	3	4	0	0	1	2	0	1	0%	0%	0%	0%	2%	4%	0%	0%		
Caramelized Pineapple Vinaigrette	240	360	200	300	22	33	1½	2½	0	0	0	0	130	190	9	14	0	0	9	14	0	1	0%	0%	10%	15%	0%	0%	0%	0%		
Chipotle Ranch	150	220	130	190	14	21	2	3½	0	0	8	12	340	510	3	4	0	0	1	2	0	1	0%	0%	0%	0%	2%	4%	0%	0%		
Fresh Herb Vinaigrette	220	340	190	280	22	33	1½	2½	0	0	0	0	140	210	8	13	0	0	8	12	0	0	0%	2%	2%	2%	0%	0%	0%	0%		
Honey Cilantro Glaze	50	70	0	0	0	0	0	0	0	0	0	0	320	420	14	18	0	0	13	16	0	0	2%	2%	2%	2%	0%	0%	0%	0%		
Mango Yogurt	140	210	90	140	10	15	1	1	0	0	0	0	55	85	11	17	0	0	11	17	0	0	4%	6%	8%	10%	2%	4%	0%	0%		
Orange Chili Vinaigrette	210	320	190	280	22	32	1½	2½	0	0	0	0	140	210	6	10	0	0	6	9	0	0	2%	2%	4%	6%	0%	0%	0%	0%		
Poppysseed	220	330	170	250	18	27	1½	2	0	0	0	0	45	65	14	20	0	0	14	20	0	0	0%	0%	0%	0%	0%	0%	0%	0%		
Spicy Peanut Sauce	20	40	10	20	1	2	0	0	0	0	0	0	115	210	2	4	0	0	1	3	0	1	0%	0%	0%	0%	0%	0%	0%	0%		
Strawberry Champagne Vinaigrette	180	270	120	180	13	20	1	1½	0	0	0	0	80	115	16	23	0	0	15	23	0	0	0%	0%	8%	15%	0%	0%	0%	0%		
Sweet BBQ Sauce	45	60	0	0	0	0	0	0	0	0	0	0	180	240	11	15	0	0	10	13	0	0	0%	0%	4%	4%	0%	0%	0%	0%		
Yuzu Miso Vinaigrette	170	250	110	170	12	18	1½	2	0	0	0	0	310	470	13	20	0	0	12	18	0	0	0%	0%	2%	2%	0%	0%	2%	2%		
CREATE YOUR OWN SALAD: PROTEIN																																
All-Natural Braised Pork Shoulder	120	250	50	100	6	11	2	4	0	0	50	105	340	690	2	4	0	0	0	0	15	30	0%	0%	15%	30%	0%	0%	8%	15%		
All-Natural Cage-Free Chicken Breast	45	90	15	30	1½	3	0	1	0	0	0	20	40	125	250	0	0	0	0	0	0	7	14	0%	0%	0%	0%	0%	0%	2%	2%	
Cage-Free Eggs	35	70	20	40	2½	5	1	2	0	0	85	170	30	60	0	0	0	0	0	0	3	6	2%	4%	0%	0%	2%	4%	2%	4%		
Applewood Smoked Bacon	40	80	25	50	3	6	1	2	0	0	10	20	160	320	0	0	0	0	0	0	3	6	0%	0%	0%	0%	0%	0%	0%	0%		
Hass Avocado	45	45	35	35	4½	4½	½	½	0	0	0	0	0	0	2	2	1	1	0	0	0	0	0%	0%	2%	2%	0%	0%	0%	0%		
Organic Grilled Coconut Tofu	60	120	30	60	3	6	½	1	0	0	0	0	35	70	2	4	0	0	0	0	6	12	0%	2%	0%	0%	4%	10%	6%	10%		
Organic Peruvian Tri-Color Quinoa	180	360	10	20	1	2	0	0	0	0	0	0	280	560	35	70	3	6	4	8	6	12	0%	0%	0%	0%	2%	4%	15%	35%		
Roasted Red Pepper Hummus	60	60	50	50	5	5	0	0	0	0	0	0	95	95	3	3	2	2	1	1	0	0	4%	4%	8%	8%	2%	2%	2%	2%		
CREATE YOUR OWN SALAD: TOPPINGS																																
Baby Cucumbers	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%	0%	0%	0%	0%		
Berry Cup (Blueberries, Raspberries, Blackberries)	20	0	0	0	0	0	0	0	0	0	0	0	5	2	2	2	0	0	0	0	0	0	0%	0%	15%	0%	0%	0%	2%	2%		
Black Beans	10	0	0	0	0	0	0	0	0	0	0	0	30	2	1	0	0	0	0	0	0	0	0%	0%	0%	0%	0%	0%	6%	6%		
Black Olives	20	15	1½	0	0	0	0	0	0	0	0	0	65	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%	0%	0%	0%	0%		
Blueberries	5	0	0	0	0	0	0	0	0	0	0	0	2	0	0	1	0	0	0	0	0	0	0%	0%	2%	0%	0%	0%	0%	0%		
Cheddar Cheese	50	40	4½	2½	0	10	85	0	0	0	3	2%	0%	10%	0%																	
Edamame	20	10	1	0	0	0	0	1	0	0	2	0%	6%	2%	2%																	
Fire-Roasted Corn	20	0	0	0	0	0	0	4	0	1	0	0%	2%	0%	0%																	
Fontina Cheese	30	20	3	2	0	10	60	0	0	0	2	0%	0%	8%	0%																	
Gala Apples	15	0	0	0	0	0	0	4	1	3	0	0%	2%	0%	0%																	
Goat Cheese	35	25	3	2	0	10	35	1	0	0	2	2%	0%	2%	0%																	
Grape Tomatoes	5	0	0	0	0	0	0	1	0	0	0	0%	0%	0%	0%																	
Grapes	10	0	0	0	0	0	0	3	0	2	0	0%	0%	0%	0%																	
Mandarin Oranges	15	0	0	0	0	0	0	3	0	3	0	0%	4%	0%	0%																	
Mango	10	0	0	0	0	0	0	3	0	3	0	4%	10%	0%	0%																	
Pineapple	10	0	0	0	0	0	0	3	0	2	0	0%	4%	0%	0%																	
Red Onions	4	0	0	0	0	0	0	1	0	0	0	0%	2%	0%	0%																	
Shaved Parmesan	40	20	2	2	0	0	115	0	0	0	4	0%	0%	15%	0%																	
Sour Cream	40	35	4	2½	0	15	30	1	0	1	1	2%	0%	2%	0%																	
Strawberries	5	0	0	0	0	0	0	2	0	1	0	0%	20%	0%	0%																	
Sugar Snap Peas	4	0	0	0	0	0	0	1	0	0	0	2%	10%	0%	2%																	
Sweet Chili Broccoli	50	0	0	0	0	0	0	270	12	0	10	1	10%	50%	2%	2%																
Tri-Color Peppers	3	0	0	0	0	0	0	0	1	0	0	0	2%	25%	0%	0%																
CREATE YOUR OWN SALAD: DRY TOPPINGS																																
Black Sesame Seeds	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%	0%	0%	0%	0%		
Candied Pecans	60	50	6	½	0	0	20	2	0	1	1	0%	0%	0%	0%																	
Cashew Pieces	50	35	4½	½	0	0	60	3	0	0	2	0%	0%	0%	0%																	
Cinnamon Almonds	45	20	2½	0	0	0	15	6	0	5	1	0%	0%	0%	0%																	
Dried Bing Cherries	45	0	0	0	0	0	0	10	0	7	0	0%	0%	0%	0%																	
Dried Cranberries	35	0	0	0	0	0	0	9	0	7	0	0%	0%	0%	0%																	
Focaccia Croutons	45	15	1½	0	0	0	125	7	0	0	1	0%	0%	0%	0%																	
Macadamia Nuts	70	60	7	1	0	0	0	1	0	0	0	0%	0%	0%	2%																	
Pistachios	25	20	2	0	0	0	0	0	0	1	0%	0%	0%	0%																		
Raw Cashew Halves	90	70	8	1	0	0	0	5	0	1	3	0%	0%	0%	6%																	
Toasted Almonds	45	35	4	0	0	0	0	1	1	0	2	0%	0%	0%	0%																	
Toasted Coconut	35	25	3	2½	0	0	0	3	0	2	0	0%	0%	0%	2%																	
Tortilla Strips	90	40	4½	½	0	0	2	10	2	0	1	0%	0%	2%	2%																	
Won-Ton Strips	70	35	4	0	0	0	60	7	0	0	1	0%	0%	0%	2%																	

	Total Calories (cal)	Calories from fat (fat cal)	Total 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)
SOUP MIX-INS															
Cheddar Cheese	50	40	4½	2½	0	10	85	0	0	0	3	2%	0%	10%	0%
Applewood Smoked Bacon	40	25	3	1	0	10	160	0	0	0	3	0%	0%	0%	0%
Focaccia Croutons	45	15	1½	0	0	0	125	7	0	0	1	0%	0%	0%	0%
Goat Cheese	35	25	3	2	0	10	35	1	0	0	2	2%	0%	2%	0%
Hass Avocado	45	35	4½	½	0	0	0	2	1	0	0	0%	2%	0%	0%
Onion Crisps	60	45	4½	0	0	0	40	5	0	0	0	0%	0%	0%	0%
Orzo Pasta	25	5	½	0	0	0	0	5	0	0	1	0%	0%	0%	2%
Shaved Parmesan Cheese	40	20	2	2	0	0	115	0	0	0	4	0%	0%	15%	0%
Sour Cream	40	35	4	2½	0	15	30	1	0	0	0	2%	0%	2%	0%
Tortilla Strips	90	40	4½	½	0	0	2	10	2	0	1	0%	0%	2%	2%
Wonton Strips	70	35	4	0	0	0	60	7	0	0	1	0%	0%	0%	2%

KID'S COMBO															
2 All-Natural Chicken Strips	200	110	12	3	0	45	520	10	2	0	13	0%	0%	0%	0%
Fruit Cup	80	0	0	0	0	0	5	19	1	17	0	2%	10%	0%	2%
Grilled Cheese Sandwich on Ancient Grain	410	180	19	8	0	35	690	41	2	2	16	8%	6%	35%	15%
Grilled Cheese Sandwich on Italian Ciabatta	470	200	21	9	0	35	820	49	2	2	17	8%	15%	40%	20%
Kid's Soup: Chicken Enchilada Chili	140	70	9	3½	0	40	670	8	1	2	5	20%	25%	10%	8%
Kid's Soup: Garden Chowder	280	230	27	18	0	105	580	9	1	2	2	35%	8%	4%	2%
Kid's Soup: Lobster Bisque	260	220	26	17	0	100	550	8	1	2	2	45%	8%	2%	4%
Kid's Soup: New England Clam Chowder	280	220	26	17	0	100	1160	9	0	1	3	20%	15%	2%	4%
Kid's Soup: Roasted Red Pepper & Lobster	220	170	20	13	0	85	670	7	0	2	2	35%	40%	4%	4%
Kid's Soup: Roasted Veggie & Quinoa	50	15	1½	0	0	0	470	6	1	2	2	20%	15%	4%	4%
Kid's Soup: Tomato Basil	210	150	18	7	0	40	820	14	1	9	2	20%	15%	4%	6%
Kid's Soup: Wild Mushroom Bisque	190	150	17	11	0	65	570	8	1	3	2	15%	4%	2%	2%
Kid's Soup: Wisconsin Cauliflower	320	270	32	20	0	130	390	5	0	0	5	25%	10%	20%	2%
Kid's Soup: Yucatan Chicken Tortilla	70	25	2½	0	0	20	940	5	0	1	6	4%	8%	2%	6%

HOUSE-MADE DRINKS																																
	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.						
Fresh Basil & Cucumber Green Tea	160	250	0	0	0	0	0	0	0	0	0	0	0	0	40	60	46	67	0	0	42	61	0	0	0%	0%	8%	10%	0%	0%	0%	0%
Orangeberry Infusion	180	270	0	0	0	0	0	0	0	0	0	0	0	20	30	50	72	0	0	46	66	0	0	4%	6%	70%	110%	2%	4%	0%	2%	
Pomegranate Coconut-Water Green Tea	170	250	0	0	0	0	0	0	0	0	0	0	0	50	75	48	70	0	0	44	64	0	0	0%	0%	6%	10%	0%	2%	0%	0%	
Raw-Honey Lemonade	180	260	0	0	0	0	0	0	0	0	0	0	0	20	30	52	75	0	0	48	69	0	0	0%	0%	15%	25%	2%	2%	0%	0%	

FOUNTAIN DRINKS																															
	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.	22 oz.	32 oz.					
Barq's Root Beer®	280	410	0	0	0	0	0	0	0	0	0	0	0	280	180	79	115	0	0	79	0	0	0	0%	0%	0%	0%	0%	0%	0%	0%
Cherry Coke®	260	380	0	0	0	0	0	0	0	0	0	0	0	60	90	74	107	0	0	74	107	0	0	0%	0%	0%	0%	0%	0%	0%	0%
Coca-Cola Classic®	260	380	0	0	0	0	0	0	0	0	0	0	0	80	115	69	100	0	0	69	100	0	0	0%	0%	0%	0%	0%	0%	0%	0%
Coke Zero®	0	0	0	0	0	0	0	0	0	0	0	0	0	70	100	0	0	0	0	0	0	0	0	0%	0%	0%	0%	0%	0%	0%	0%
Diet Coke®	0	0	0	0	0	0	0	0	0	0	0	0	0	70	100	0	0	0	0	0	0	0	0	0%	0%	0%	0%	0%	0%	0%	0%
Diet Dr. Pepper®	0	0	0	0	0	0	0	0	0	0	0	0	0	105	105	0	0	0	0	0	0	0	0	0%	0%	0%	0%	0%	0%	0%	0%
Dr. Pepper®	260	380	0	0	0	0	0	0	0	0	0	0	0	105	150	70	101	0	0	67	98	0	0	0%	0%	0%	0%	0%	0%	0%	0%
Gold Peak® Unsweetened Tea	0	0	0	0	0	0	0	0	0	0	0	0	0	65	90	0	0	0	0	0	0	0	0	0%	0%	0%	0%	0%	0%	0%	0%
Hi-C Flashin' Fruit Punch®	270	390	0	0	0	0	0	0	0	0	0	0	0	340	490	71	104	0	0	71	104	0	0	0%	0%	370%	540%	0%	0%	0%	0%
Minute Maid® Light Lemonade	5	8	0	0	0	0	0	0	0	0	0	0	0	5	10	1	2	0	0	0	1	0	0	0%	0%	35%	50%	0%	0%	0%	0%
Powerade® Mountain Blast	140	200	0	0	0	0	0	0	0	0	0	0	0	260	380	37	54	0	0	35	51	0	0	0%	0%	0%	0%	0%	0%	0%	0%
Sprite®	250	360	0	0	0	0	0	0	0	0	0	0	0	115	170	67	97	0	0	67	97	0	0	0%	0%	0%	0%	0%	0%	0%	0%
Vitamin Water XXX® Pomegranate Acai Blueberry	130	410	0	0	0	0	0	0	0	0	0	0	0	0	35	51	0	0	34	49	0	0	25%	40%	110%	150%	0%	0%	0%	0%	

KID'S DRINKS																
	12 oz.	12 oz.	12 oz.	12 oz.	12 oz.	12 oz.	12 oz.	12 oz.	12 oz.	12 oz.	12 oz.	12 oz.	12 oz.	12 oz.	12 oz.	
Fresh Basil & Cucumber Green Tea	90	0	0	0	0	0	0	25	25	0	23	0	0%	4%	0%	0%
Orangeberry Infusion	100	0	0	0	0	0	0	10	27	0	25	0	2%	40%	2%	0%
Pomegranate Coconut-Water Green Tea	90	0	0	0	0	0	0	30	26	0	24	0	0%	4%	0%	0%
Raw-Honey Lemonade	99	0	0	0	0	0	0	10	28	0	26	0	0%	8%	0%	0%
Barq's Root Beer®	150	0	0	0	0	0	0	65	43	0	43	0	0%	0%	0%	0%
Cherry Coke®	140	0	0	0	0	0	0	35	40	0	40	0	0%	0%	0%	0%
Coca-Cola Classic®	140	0	0	0	0	0	0	45	37	0	37	0	0%	0%	0%	0%
Coke Zero®	0	0	0	0	0	0	0	40	0	0	0	0	0%	0%	0%	0%
Diet Coke®	0	0	0	0	0	0	0	40	0	0	0	0	0%	0%	0%	0%
Diet Dr. Pepper®	0	0	0	0	0	0	0	60	0	0	0	0	0%	0%	0%	0%
Dr. Pepper®	140	0	0	0	0	0	0	60	38	0	37	0	0%	0%	0%	0%
Gold Peak® Unsweetened Tea	0	0	0	0	0	0	0	35	0	0	0	0	0%	0%	0%	0%
Hi-C Flashin' Fruit Punch®	150	0	0	0	0	0	0	180	39	0	39	0	0%	200%	0%	0%
Minute Maid® Light Lemonade	3	0	0	0	0	0	0	0	0	0	0	0	0%	20%	0%	0%
Powerade® Mountain Blast	76	0	0	0	0	0	0	140	20	0	19	0	0%	0%	0%	0%
Sprite®	130	0	0	0	0	0	0	60	36	0	36	0	0%	0%	0%	0%
Vitamin Water XXX® Pomegranate Acai Blueberry	150	0	0	0	0	0	0	0	19	0	18	0	15%	60%	0%	0%

	Total (Calories (cal))	Calories from fat (fat cal)	Total 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)
DESSERTS															
Chocolate-Dipped Macadamia Nut Cookie	240	110	12	8	0	5	140	32	0	21	3	4%	0%	2%	6%
Chocolate-Dipped Chocolate Chip Cookie	220	90	10	6	½	5	170	32	0	21	3	0%	0%	2%	6%
Belgian Chocolate-Dipped Strawberry	45	20	2	2	0	0	0	7	1	6	1	0%	40%	2%	2%
Caramel Rockslide Brownie	550	310	35	15	½	105	230	56	2	42	5	25%	0%	8%	25%
Chocolate Hazelnut Crème Brûlée	410	280	33	22	0	125	90	34	2	28	2	20%	2%	4%	0%
Chocolate Mousse Cake	630	400	44	22	0	120	570	57	2	41	5	25%	0%	8%	15%
Crème Brûlée Cheesecake	350	220	24	14	0	105	260	28	2	19	5	15%	4%	4%	4%
Million Dollar Bar	590	340	38	14	0	10	220	56	4	41	8	8%	2%	15%	20%
Mixed Berry Crème Brûlée	390	280	33	23	0	125	50	27	1	22	2	20%	4%	6%	0%
Rocky Road Brownie	500	250	28	14	0	65	210	60	3	40	6	10%	0%	6%	20%
Salted Caramel Crème Brûlée	420	290	34	23	0	130	110	31	0	25	22	20%	0%	6%	0%
CANNED DRINKS															
Coke® (12 oz)	140	0	0	0	0	0	45	39	0	39	0	0%	0%	0%	0%
Diet Coke® (12 oz)	0	0	0	0	0	0	40	0	0	0	0	0%	0%	0%	0%
Dr. Pepper® (12 oz)	150	0	0	0	0	0	55	40	0	40	0	0%	0%	0%	0%
Mr. Pibb® (12 oz)	140	0	0	0	0	0	40	39	0	39	0	0%	0%	0%	0%
Sprite® (12 oz)	140	0	0	0	0	0	65	38	0	38	0	0%	0%	0%	0%
BOTTLED DRINKS															
Vitamin Water® Zero Squeezed™ (20 oz)	0	0	0	0	0	0	0	5	0	0	0	25%	50%	10%	0%
Vitamin Water® Zero XXX™ (20 oz)	0	0	0	0	0	0	0	4	0	0	0	25%	100%	0%	0%
Vitamin Water® Zero Rise™ (20 oz)	0	0	0	0	0	0	0	4	0	0	0	25%	150%	6%	0%
Honest Green Tea®, Honey (16.9 oz)	70	0	0	0	0	0	15	19	0	19	0	0%	0%	0%	0%
Honest Tea®, Pom Blue (16.9 oz)	100	0	0	0	0	0	5	24	0	23	0	0%	20%	0%	0%
Gold Peak® Sweet Tea (18.5 oz)	190	0	0	0	0	0	50	48	0	48	0	0%	0%	0%	0%
Gold Peak® Unsweetened Tea (18.5 oz)	0	0	0	0	0	0	55	0	0	0	0	0%	0%	0%	0%
Smartwater® (20 oz)	0	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Milk 2% (8 oz)	120	45	5	3	0	20	115	12	0	12	8	10%	0%	30%	0%
CHIPS															
Lays® Classic (1 oz)	160	90	10	1½	0	0	170	15	1	1	2	0%	10%	0%	2%
Lays® Oven Baked Original (1.125 oz)	140	35	4	½	0	0	180	25	2	3	2	0%	2%	0%	0%
Miss Vickie's Sea Salt & Vinegar (1.375 oz)	210	110	12	1½	0	0	230	23	2	2	2	0%	10%	0%	4%
Miss Vickie's Smokehouse BBQ (1.375 oz)	210	100	12	2	0	0	200	23	2	3	2	8%	15%	0%	4%
CATERED ITEMS															
Salads	Serving sizes vary and are based between a half and large salad (see individual salads for nutrition information)														
Sandwiches	Serving sizes are based on a whole sandwich (see individual sandwiches for nutrition information)														
Soups	Serving sizes vary and are based between a half and large soup (see individual soups for nutrition information)														
Box Lunches	Combinations vary (see individual items for nutrition information)														
Desserts	(see individual desserts for nutrition information)														
Fresh Berry Tray (serving size 5 oz.)	60	0	½	0	0	0	0	14	5	8	1	2%	70%	2%	4%