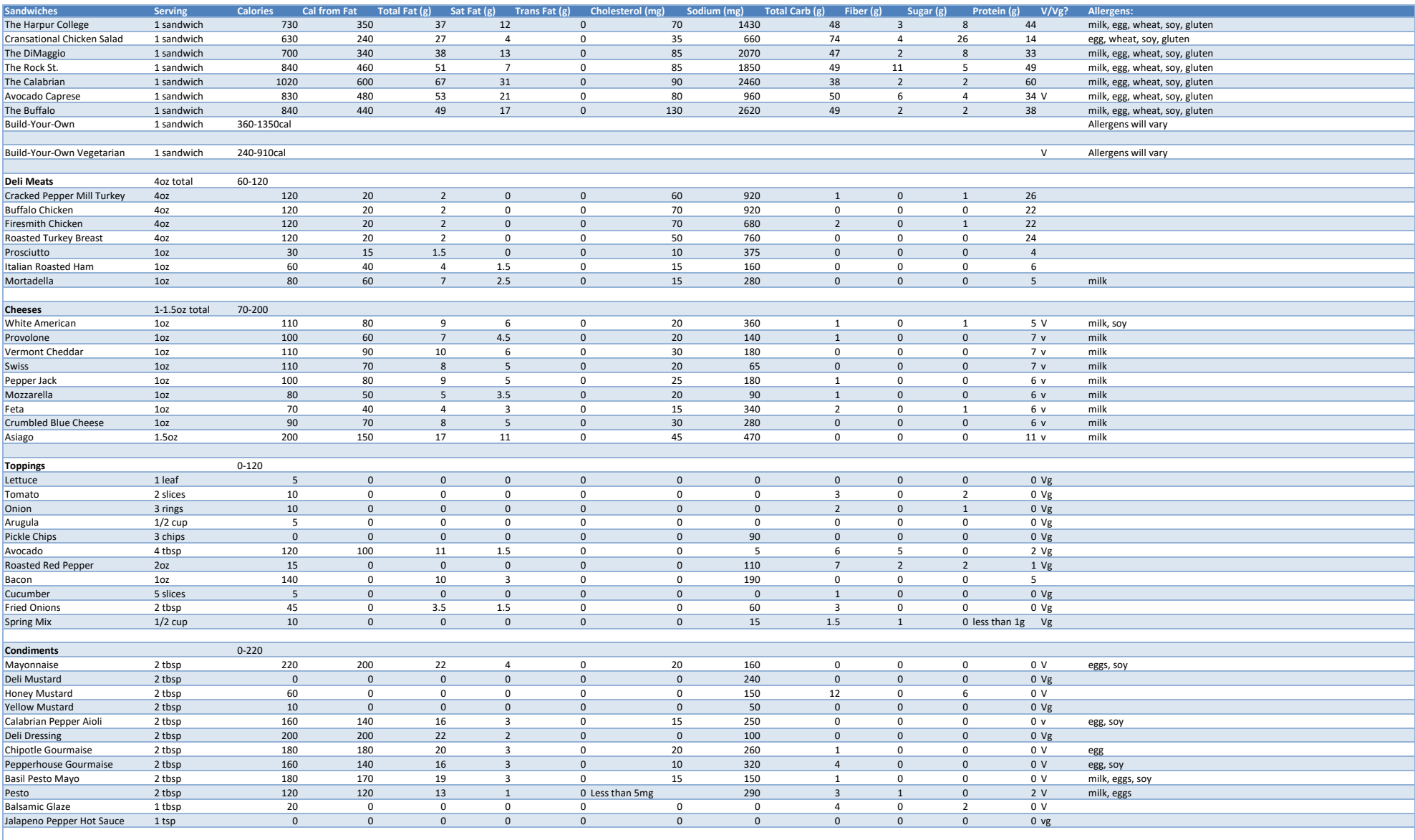




Breads														
130-400														
Flour Tortilla	1 tortilla	310	60	7	3	0	0	740	52	2	0	8 Vg	Wheat, gluten	
Spinach Tortilla	1 tortilla	310	70	8	3	0	0	840	52	3	3	9 Vg	Wheat, gluten	
Tomato Basil Tortilla	1 tortilla	310	70	8	3	0	0	820	51	3	6	9 Vg	Wheat, gluten	
Wheat Wrap	1 tortilla	290	60	7	2.5	0	0	620	49	6	0	9 Vg	Wheat, gluten	
Gluten-free White Bread	2 slices	180	40	4	0.5	0	0	270	36	4	4	1 PB		
Ciabatta Rolls	3.5oz	180	0	0	0	0	0	410	37	2	2	7 V	wheat, gluten	
Seeded Rye	2 slices	160	0	0	0	0	0	250	36	2	0	6 vg	wheat, gluten	
White Bread	2 slices	160	0	0	0	0	0	250	36	2	0	6 vg	wheat, gluten	
21 Grain	2 slicews	200	20	2	0	0	0	270	40	2	0	6 vg	wheat, gluten	
whole wheat	2 slices	160	10	1	0	0	0	280	34	6	0	8 vg	wheat, gluten	
BYO Salads														
	Serving	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg?	Allergens:
Caprese and Orzo	1 serving	570	210	23	16	0	60	620	140	7	12	41 V		milk, wheat, gluten
Caesar	1 serving w/o prot	230	100	11	8	0	30	640	5	2	1	11 V		milk, wheat, gluten
Cransational Chicken Salad	1 serving	520	240	27	4	0	35	220	50	1	30	6		egg, soy
Golden Roasted Turkey and Humi	1 serving	700	300	33	9	0	75	1520	59	8	6	34		milk, sesame
Greek	1 serving w/o prot	340	150	17	7	0	0	1180	28	8	4	20 V		milk
Pepermill Cobb Salad	1 serving w/o prot	400	290	32	8	0	240	580	14	8	2	17		milk, egg
Build Your Own														
With Protein														
190-800														
Without Protein														
70-680														
Greens														
Spring Mix	3oz	20	0	0	0	0	0	50	3	2	0	2 Vg		
Power Mix	3oz	25	0	0	0	0	0	70	3	2	0	3 Vg		
Romaine	3oz	15	0	0	0	0	0	40	3	2	0	2 Vg		
Arugula	3oz	15	0	0	0	0	0	10	3	2	1	1 Vg		
Proteins														
Cracked Pepper Mill Turkey	4oz	120	20	2	0	0	60	920	1	0	1	26		
Firesmith Chicken	4oz	120	20	2	0	0	70	680	2	0	1	22		
Roasted Turkey Breast	4oz	120	20	2	0	0	50	760	0	0	0	24		
Toppings														
Onion	3 rings	10	0	0	0	0	0	0	2	0	1	0 Vg		
Avocado	4 tbsp	120	100	11	1.5	0	0	5	6	5	0	2 Vg		
Roasted Red Pepper	2oz	15	0	0	0	0	0	110	7	2	2	1 Vg		
Cucumber	5 slices	5	0	0	0	0	0	0	1	0	0	0 Vg		
Grape Tomatoes	5 tomatoes	15	0	0	0	0	0	5	3	1	2 less than 1g	Vg		
Quinoa	1/4 cup	60	0	0	0	0	0	5	11	1	0	2 Vg		
Chopped Egg	1/4 cup	80	50	5	1.5	0	190	60 less than 1g		0	0	6 V		egg
Bacon	1oz	140	90	10	3	0	0	190	0	0	0	5		
Feta	1oz	70	40	4	3	0	15	340	2	0	1	6 V		milk
Pecorino Romano	1oz	110	70	8	5	0	25	490	0	0	0	9 V		milk
Crumbled Blue Cheese	1oz	90	70	8	5	0	30	280	0	0	0	6 V		milk
Mozzarella Pearls	1oz	70	50	5	3.5	0	15	65	1	0	0	5 V		milk
Hummus	2 tbsp	80	60	7	1	0	0	100	3	1	0	2 Vg		sesame
Kalamata Olives	2 tbsp	100	100	11	1	0	0	480	2	0	0	0 Vg		
Fried Onions	2 tbsp	45	30	3.5	1.5	0	0	60	3	0	0	0 Vg		wheat, gluten
Croutons	2 tbsp	60	30	3.5	0	0	0	90	6	0	0	1 V		milk, wheat, gluten
Cranberry	2tbsp	40	0	0	0	0	0	0	8	1	8	0 PB, V		
Chickpeas	1/4 cup	80	20	1.5	0	0	0	150	14	4	2	4 Vg		
Dressings														
Fat Free red wine vinaigrette	2 tbsp	25	0	0	0	0	0	260	6	0	2	0 Vg		
Light Caesar	2 tbsp	100	100	11	1.5	0	0	280	1	0	1	0		milk, fish
Greek	2 tbsp	70	60	7	1	0	5	600	3	0	2	1		milk, fish
Honey mustard dressing	2 tbsp	280	130	14	2.5	0	15	140	4	0	4	0 V		egg
Fat Free Italian	1 packet	25	0	0	0	0	0	380	4	0	3	0 V		milk
Garden Ranch	1 packet	200	200	22	3.5	0	10	400	2	0	1 less than 1g	V		milk, egg
Balsamic Vinaigrette	1 packet	170	150	17	2.5	0	0	340	4	0	3	0 PB, V		