

Mimis Bistro & Bakery Menu Analysis Book

Bakery Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Blueberry Crumble Muffin (1 muffin)	592	266	30	6	0	109	473	74	2	47	7	271	4	23	1
Buttermilk Spice Muffin (1 muffin)	575	189	21	8	0	58	498	85	2	50	9	830	0	71	3
Carrot Raisin Nut Muffin (1 muffin)	518	245	27	4	0	67	644	64	2	38	6	1354	4	56	2
Chocolate Chip Muffin (1 muffin)	863	399	44	14	0	117	506	105	1	71	7	279	0	21	2
Cinnamon Brioche Roll (1 serving)	603	180	20	8	0	20	520	99	3	52	9	750	0	80	4
Just Baked All Butter Croissant (1 croissant)	360	180	20	12	1	55	470	38	2	5	7	500	12	20	3
Just Baked Almond Croissant (1 croissant)	370	180	20	10	0	60	290	40	2	12	6	500	1	40	1
Toast Choices (2 slices)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Toast Choices (2 slices) with Toast Choice Rye Toast	407	38	4	0	0	0	763	80	8	2	12	0	6	102	5
Toast Choices (2 slices) with Toast Choice Sourdough Toast	240	10	1	0	0	0	590	48	3	1	9	0	7	44	3
Toast Choices (2 slices) with Toast Choice Toasted English Muffin	130	9	1	0	0	0	250	26	1	1	4	0	0	40	1
Toast Choices (2 slices) with Toast Choice Wheat Toast	245	32	4	0	0	0	316	44	8	3	9	0	5	61	3
Toast Choices (2 slices) with Toast Choice White Toast	244	41	5	1	0	72	362	43	2	7	8	0	1	36	2

Three Egg Omelets	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bacon Avocado Omelet (1 serving)	768	537	60	23	0	1161	1387	6	4	2	50	4731	18	469	8
Bacon Avocado Omelet (1 serving) with Roasted Potatoes	920	586	65	24	0	1161	1979	30	8	3	53	4978	47	489	9
Bacon, Ham and Sausage Omelet (1 serving)	581	403	45	16	0	916	1316	3	1	2	42	1614	6	386	5
Bacon, Ham and Sausage Omelet (1 serving) with Roasted Potatoes	732	452	50	17	0	916	1908	26	4	3	45	1861	35	406	6
Egg White and Veggie Omelet (1 serving)	221	81	9	3	0	4	820	9	2	2	24	4320	17	90	1
Egg White and Veggie Omelet (1 serving) with Tomato Slices	227	82	9	3	0	4	822	10	2	3	24	4556	20	92	1
Hickory Smoked Ham and Cheese Omelet (1 serving)	526	359	40	16	0	904	1105	4	1	2	38	1748	35	387	5
Hickory Smoked Ham and Cheese Omelet (1 serving) with Roasted Potatoes	677	408	45	17	0	904	1697	27	5	4	41	1995	64	407	6
Mushroom, Bacon and Brie Omelet (1 serving)	625	454	50	20	0	875	1144	4	1	1	36	4586	11	170	6
Mushroom, Bacon and Brie Omelet (1 serving) with Roasted Potatoes	776	504	56	20	0	875	1736	28	5	3	38	4833	41	190	7
Smoked Salmon Omelet (1 serving)	406	266	30	9	0	869	1064	1	0	1	33	951	1	92	5
Smoked Salmon Omelet (1 serving) with Roasted Potatoes	557	315	35	10	0	869	1656	24	4	2	35	1197	31	112	5
Spinach Artichoke Omelet (1 serving)	459	296	33	12	0	859	1181	7	2	4	32	3183	14	233	5
Spinach Artichoke Omelet (1 serving) with Roasted Potatoes	610	345	38	13	0	859	1773	31	6	5	35	3430	43	253	6
Sunrise Omelet (1 serving)	587	367	41	17	0	880	1471	17	3	4	37	1636	25	445	6
Sunrise Omelet (1 serving) with Roasted Potatoes	738	416	46	18	0	880	2063	40	6	5	40	1883	54	465	7

Eggs Benedicts	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Corned Beef Hash Benedict (1 serving)	731	399	44	21	0	519	1720	46	3	7	35	1320	16	164	5
Corned Beef Hash Benedict (1 serving) with Roasted Potatoes	882	448	50	22	0	519	2312	70	7	9	38	1567	45	184	6
Eggs Benedict (1 serving)	647	352	39	18	0	546	2371	34	1	6	37	1482	3	148	4
Eggs Benedict (1 serving) with Roasted Potatoes	798	401	45	19	0	546	2963	57	5	8	40	1729	32	168	5
Florentine Benedict (1 serving)	665	414	46	22	0	501	1277	35	3	5	26	7463	23	206	5
Florentine Benedict (1 serving) with Roasted Potatoes	817	463	51	23	0	501	1869	59	6	7	29	7710	52	226	6
Smoked Salmon Benedict (1 serving)	604	347	39	17	0	512	1564	33	1	5	30	1260	4	147	4
Smoked Salmon Benedict (1 serving) with Roasted Potatoes	755	396	44	18	0	512	2156	57	5	6	32	1507	33	167	5

Quiches and Crepes	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Egg, Spinach and Cheese Crepes (1 serving)	503	343	38	17	0	686	1087	14	2	4	24	7507	24	260	5
Egg, Spinach and Cheese Crepes (1 serving) with Roasted Potatoes	654	393	44	18	0	686	1679	38	6	6	27	7754	53	280	6
Hickory Smoked Ham and Swiss Crepes (1 serving)	559	365	41	23	0	208	1548	11	0	3	36	1479	2	640	1
Hickory Smoked Ham and Swiss Crepes (1 serving) with Roasted Potatoes	710	414	46	24	0	208	2140	35	4	5	39	1726	31	660	2
Quiche Florentine (1 serving)	959	593	66	36	0	360	869	60	3	9	30	0	0	518	6
Quiche Florentine (1 serving) with Tomato Slices	965	594	66	36	0	360	870	61	3	10	30	236	4	521	6
Quiche Lorraine (1 serving)	1019	647	72	39	0	375	1378	57	3	9	36	0	0	479	6
Quiche Lorraine (1 serving) with Tomato Slices	1025	648	72	39	0	375	1380	58	3	10	36	236	4	482	6

Waffles	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Malted Berry Waffles (1 serving)	423	149	17	9	0	155	42	60	3	13	9	630	24	25	1
Malted Berry Waffles (1 serving) with Eggs Any Style	587	253	28	12	0	579	395	61	3	14	22	1143	24	77	3
Malted Berry Waffles (1 serving) with Maple Syrup	881	149	17	9	0	155	42	174	3	92	9	630	24	25	1
Malted Berry Waffles (1 serving) with Protein Choice Corned Beef Brisket Hash	704	299	33	17	1	189	757	78	4	14	22	630	24	38	2
Malted Berry Waffles (1 serving) with Protein Choice Hickory Smoked Bacon	623	311	35	16	0	185	722	60	3	13	19	630	24	25	2
Malted Berry Waffles (1 serving) with Protein Choice Hickory Smoked Ham	543	185	21	10	0	215	1542	62	3	15	27	634	25	31	2
Malted Berry Waffles (1 serving) with Protein Choice Pork Sausage	792	442	49	9	0	212	907	61	3	15	25	630	24	25	1
Malted Berry Waffles (1 serving) with Protein Choice Turkey Sausage	558	208	23	11	0	213	799	62	3	14	26	670	24	68	2
Malted Waffles (1 serving)	418	205	23	12	0	155	106	45	1	1	8	905	0	16	1
Malted Waffles (1 serving) with Eggs Any Style	582	310	34	15	0	579	459	45	1	2	21	1418	0	68	2
Malted Waffles (1 serving) with Maple Syrup	875	205	23	12	0	155	106	159	1	80	8	905	0	16	1
Malted Waffles (1 serving) with Protein Choice Corned Beef Brisket Hash	698	356	40	20	1	189	821	63	2	2	22	905	0	29	2
Malted Waffles (1 serving) with Protein Choice Hickory Smoked Bacon	618	367	41	19	0	185	786	45	1	1	18	905	0	16	1
Malted Waffles (1 serving) with Protein Choice Hickory Smoked Ham	538	241	27	13	0	215	1606	47	1	3	26	910	0	22	1
Malted Waffles (1 serving) with Protein Choice Pork Sausage	787	499	55	12	0	212	971	46	1	2	24	905	0	16	1
Malted Waffles (1 serving) with Protein Choice Smoked Bacon	618	367	41	19	0	185	786	45	1	1	18	905	0	16	1
Malted Waffles (1 serving) with Protein Choice Turkey Sausage	553	264	29	14	0	213	863	46	2	1	26	946	0	59	2
Malted Waffles (1 serving) with Whipped Margarine	477	264	29	15	0	155	171	45	1	1	8	1201	0	16	1

French Toast Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Brioche French Toast (1 serving)	593	203	23	8	0	436	965	74	3	20	23	658	2	145	5
Brioche French Toast (1 serving) with Eggs Any Style	757	307	34	11	0	860	1317	75	3	21	36	1171	2	197	7
Brioche French Toast (1 serving) with Maple Syrup	822	203	23	8	0	436	965	131	3	60	23	658	2	145	5
Brioche French Toast (1 serving) with Protein Choice Corned Beef Brisket Hash	874	353	39	16	1	469	1679	92	4	21	36	658	2	158	7
Brioche French Toast (1 serving) with Protein Choice Hickory Smoked Bacon	793	365	41	15	0	466	1645	74	3	20	33	658	2	145	6
Brioche French Toast (1 serving) with Protein Choice Hickory Smoked Ham	713	239	27	9	0	496	2465	76	3	22	41	663	3	150	6
Brioche French Toast (1 serving) with Protein Choice Pork Sausage	962	496	55	8	0	492	1829	75	3	22	39	658	2	145	5
Brioche French Toast (1 serving) with Protein Choice Turkey Sausage	728	262	29	9	0	493	1722	76	3	20	40	699	2	188	7
Cinnamon Roll French Toast (1 serving)	716	263	29	11	0	347	875	95	3	48	20	1113	0	172	5
Cinnamon Roll French Toast (1 serving) with Eggs Any Style	879	368	41	15	0	771	1228	96	3	49	32	1626	0	222	7
Cinnamon Roll French Toast (1 serving) with Maple Syrup	944	263	29	11	0	347	875	153	3	87	20	1113	0	170	5
Cinnamon Roll French Toast (1 serving) with Protein Choice Corned Beef Brisket Hash	996	413	46	19	1	380	1590	114	4	49	33	1113	0	183	6
Cinnamon Roll French Toast (1 serving) with Protein Choice Hickory Smoked Bacon	916	425	47	18	0	377	1555	95	3	48	30	1113	0	170	6

Cinnamon Roll French Toast (1 serving) with Protein Choice Hickory Smoked Ham	836	299	33	12	0	407	2375	97	3	50	38	1117	1	176	6
Cinnamon Roll French Toast (1 serving) with Protein Choice Pork Sausage	1084	556	62	11	0	403	1740	97	3	49	35	1113	0	170	5
Cinnamon Roll French Toast (1 serving) with Protein Choice Turkey Sausage	850	322	36	13	0	404	1632	97	4	48	37	1153	1	213	7

Griddlecakes																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Berry Griddlecakes (1 serving)	867	239	27	4	0	111	2143	134	7	39	22	171	25	695	9	
Berry Griddlecakes (1 serving) with Eggs Any Style	1030	344	38	8	0	535	2495	135	7	40	35	684	25	748	10	
Berry Griddlecakes (1 serving) with Protein Choice Corned Beef Brisket Hash	1147	389	43	12	1	144	2857	153	8	40	35	171	25	709	10	
Berry Griddlecakes (1 serving) with Protein Choice Hickory Smoked Bacon	1067	401	45	11	0	141	2823	134	7	39	32	171	25	695	9	
Berry Griddlecakes (1 serving) with Protein Choice Hickory Smoked Ham	987	275	31	5	0	171	3643	136	7	41	40	175	25	701	9	
Berry Griddlecakes (1 serving) with Protein Choice Pork Sausage	1235	532	59	4	0	168	3008	136	7	41	38	171	25	695	9	
Berry Griddlecakes (1 serving) with Protein Choice Turkey Sausage	1001	298	33	6	0	169	2900	136	7	40	39	211	25	739	10	
Buttermilk Griddlecakes (1 serving)	861	296	33	7	0	111	2207	119	5	27	22	446	1	686	8	
Buttermilk Griddlecakes (1 serving) with Eggs Any Style	1025	400	44	10	0	535	2560	120	5	28	34	959	1	739	10	
Buttermilk Griddlecakes (1 serving) with Pancake and Waffle Syrup	1090	296	33	7	0	111	2207	176	5	67	22	446	1	686	8	
Buttermilk Griddlecakes (1 serving) with Protein Choice Corned Beef Brisket Hash	1142	446	50	15	1	144	2921	138	7	28	35	446	1	700	9	
Buttermilk Griddlecakes (1 serving) with Protein Choice Hickory Smoked Bacon	1061	458	51	14	0	141	2887	119	5	27	32	446	1	686	9	
Buttermilk Griddlecakes (1 serving) with Protein Choice Hickory Smoked Ham	981	332	37	8	0	171	3707	121	5	29	40	451	1	692	9	
Buttermilk Griddlecakes (1 serving) with Protein Choice Pork Sausage	1230	589	65	7	0	168	3072	121	5	28	37	446	1	686	8	
Buttermilk Griddlecakes (1 serving) with Protein Choice Turkey Sausage	996	355	39	9	0	169	2964	121	6	27	39	486	1	730	9	
Buttermilk Griddlecakes (1 serving) with Whipped Margarine	920	354	39	10	0	111	2272	119	5	27	22	742	1	686	8	

The Classics																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Brown Sugar and Cranberry Oatmeal (1 serving)	352	44	5	1	0	4	439	66	7	28	11	94	0	93	3	
Brown Sugar and Cranberry Oatmeal (1 serving) with Milk	377	52	6	2	0	8	462	68	7	30	12	188	1	149	3	
Egg and Bacon Croissant Sandwich (1 serving)	897	600	67	29	1	554	1483	40	2	6	35	1571	14	374	5	
Egg and Bacon Croissant Sandwich (1 serving) with Roasted Potatoes	1049	649	72	30	1	554	2075	63	6	8	37	1818	44	394	6	
Fried Chicken and Waffles (1 serving)	954	282	31	14	0	283	1838	97	3	3	68	829	3	235	3	
Fried Chicken and Waffles (1 serving) with Pancake and Waffle Syrup	1297	282	31	14	0	283	1838	183	3	63	68	829	3	235	3	
Steak and Eggs (1 serving)	916	602	67	25	0	580	1087	1	0	1	71	1021	1	121	6	
Steak and Eggs (1 serving) with French Fries	1091	642	71	26	0	580	1098	33	5	3	74	1063	41	140	7	

Two Egg Dishes																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Corned Beef Brisket Hash and Eggs (1 serving)	579	285	32	12	0	455	1349	43	5	5	30	901	23	89	4	
Corned Beef Brisket Hash and Eggs (1 serving) with Roasted Potatoes	730	334	37	13	0	455	1941	66	8	6	33	1148	53	109	5	
Hickory Smoked Bacon and Eggs (1 serving)	525	335	37	13	0	454	1305	22	3	2	25	741	27	68	3	
Hickory Smoked Bacon and Eggs (1 serving) with Roasted Potatoes	676	384	43	14	0	454	1897	46	7	4	28	988	56	88	4	
Hickory Smoked Ham and Eggs (1 serving)	1042	591	66	19	0	2032	3412	27	3	7	79	2618	27	264	10	
Hickory Smoked Ham and Eggs (1 serving) with Roasted Potatoes	1193	640	71	20	0	2032	4004	51	7	9	81	2865	56	284	11	
Pork Sausage and Eggs (1 serving)	694	466	52	6	0	481	1490	24	3	4	30	741	27	68	3	
Pork Sausage and Eggs (1 serving) with Roasted Potatoes	845	515	57	7	0	481	2082	47	7	5	33	988	56	88	4	
Turkey Sausage and Eggs (1 serving)	460	232	26	8	0	482	1382	24	4	3	32	781	27	111	4	
Turkey Sausage and Eggs (1 serving) with Roasted Potatoes	611	281	31	9	0	482	1974	47	8	4	35	1028	56	131	5	
Two Eggs, Any Style (1 serving)	164	105	12	3	0	424	352	1	0	1	13	513	0	52	2	
Two Eggs, Any Style (1 serving) with Roasted Potatoes	315	154	17	4	0	424	944	24	4	2	15	760	29	72	3	

Breakfast Add Ons and Sides																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Add Onions and Mushrooms to Roasted Potatoes (1 serving)	151	49	5	1	0	0	592	23	4	2	3	247	29	20	1	
Add Onions and Mushrooms to Roasted Potatoes (1 serving) with Caramelized Onions	176	64	7	2	0	0	602	26	4	3	3	292	31	25	1	
Add Onions and Mushrooms to Roasted Potatoes (1 serving) with Sauteed Mushrooms	174	66	7	2	0	0	614	24	4	2	3	292	30	21	1	
Avocado (1 serving)	68	51	6	1	0	0	3	3	3	0	1	57	4	5	0	
Banana Slices (1 serving)	84	3	0	0	0	0	1	19	2	10	1	54	7	5	0	
Cheese (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Cheese (1 serving) with Cheese Choice Cheddar Cheese	80	63	7	4	0	25	135	0	0	0	5	200	0	150	0	
Cheese (1 serving) with Cheese Choice Monterey Jack Cheese	84	62	7	5	0	19	144	0	0	0	5	152	0	152	0	
Cheese (1 serving) with Cheese Choice Mozzarella Cheese	59	36	4	2	0	10	112	1	0	0	5	132	0	132	0	
Cheese (1 serving) with Cheese Choice Swiss Cheese	83	54	6	4	0	19	45	1	0	0	6	225	0	188	0	
Maple Syrup (1 serving)	165	0	0	0	0	0	0	41	0	29	0	0	0	0	0	
Mixed Berries (1 serving)	44	1	0	0	0	0	0	10	1	8	0	13	18	7	0	
Side of Roasted Potatoes (1 serving)	151	49	5	1	0	0	592	23	4	2	3	247	29	20	1	
Side of Sliced Tomatoes (1 serving)	6	0	0	0	0	0	1	1	0	1	0	236	4	3	0	
Sour Cream (1 serving)	80	60	7	5	0	27	20	1	0	1	1	266	0	27	0	
Two Strips of Bacon (2 slices)	100	81	9	4	0	15	340	0	0	0	5	0	0	0	0	

Starters																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Brochette Trio Appetizer (1 serving)	653	321	36	9	0	303	2062	20	0	11	59	364	5	94	5	
Cheesy Garlic Flatbread (1 serving)	602	327	36	15	0	21	1055	50	2	2	17	1265	97	324	4	
Hummus and Crudites (1 serving)	605	319	35	3	0	16	972	55	14	7	14	10153	107	154	3	
Margherita Flatbread (1 serving)	626	272	30	15	0	68	1360	55	3	3	27	1269	105	662	4	
Trio of Appetizers (1 serving)	774	323	36	15	0	94	2312	66	3	6	44	3351	56	437	5	
Warm Spinach Artichoke Dip (1 serving)	582	246	27	14	0	54	1804	62	4	5	23	5276	12	419	4	

Soups																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Corn Chowder, Bowl (1 bowl)	340	178	20	11	0	71	963	34	3	9	6	876	7	57	1	
Corn Chowder, Cup (1 cup)	204	107	12	7	0	42	578	20	2	5	3	536	4	34	1	
French Onion Soup, Bowl (1 serving)	448	192	21	12	0	57	1994	45	3	10	18	751	12	445	2	
French Onion Soup, Cup (1 serving)	241	104	12	7	0	31	1131	24	2	6	10	406	7	237	1	
Tomato Basil Soup, Bowl (1 bowl)	397	280	31	17	0	113	822	20	3	6	3	2859	43	57	1	
Tomato Basil Soup, Cup (1 cup)	238	168	19	10	0	68	493	12	2	3	2	1726	26	34	1	

Salads	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Berry Spinach and Shrimp Quinoa Salad (1 serving)	555	128	14	2	0	149	1066	71	8	19	34	11769	78	231	10
Berry Spinach and Shrimp Quinoa Salad (1 serving) with Add Grilled Chicken	767	185	21	5	0	256	1734	72	8	19	72	11815	78	240	11
Berry Spinach and Shrimp Quinoa Salad (1 serving) with Add Grilled Salmon	899	336	37	6	0	249	1609	71	8	19	68	11922	84	252	11
Chicken and Quinoa Mediterranean Salad (1 serving)	565	113	13	2	0	55	1035	76	9	14	36	26554	191	284	8
Chicken and Quinoa Mediterranean Salad (1 serving) with Add Grilled Salmon	909	322	36	7	0	155	1578	76	9	14	70	26707	198	305	9
Chicken and Quinoa Mediterranean Salad (1 serving) with Add Grilled Shrimp	814	223	25	4	0	301	2504	78	9	14	69	26917	195	370	12
Citrus Salmon (1 serving)	572	363	40	6	0	100	813	16	4	8	37	5647	86	124	5
Cranberry and Walnut Salad with Chicken (1 salad)	737	490	54	16	0	64	1415	38	7	21	24	11548	83	436	9
Cranberry and Walnut Salad with Chicken (1 salad) with Add Grilled Salmon	1081	699	78	20	0	164	1958	38	7	21	58	11701	90	457	9
Cranberry and Walnut Salad with Chicken (1 salad) with Add Grilled Shrimp	985	600	67	18	0	310	2884	39	8	21	57	11911	86	522	13
Mandarin Chicken Salad (1 serving)	514	227	25	5	0	53	1274	45	8	27	26	10201	164	140	4
Mandarin Chicken Salad (1 serving) with Add Grilled Salmon	858	435	48	9	0	154	1817	45	8	27	60	10354	171	161	4
Mandarin Chicken Salad (1 serving) with Add Grilled Shrimp	763	336	37	7	0	300	2743	47	8	27	59	10564	168	226	8
Mimi's Caesar Salad (1 salad)	402	308	34	8	0	36	820	14	4	2	11	11029	45	259	2
Mimi's Caesar Salad (1 salad) with Add Grilled Chicken	614	365	41	11	0	143	1488	15	4	3	49	11074	45	268	3
Mimi's Caesar Salad (1 salad) with Add Grilled Salmon	746	516	57	12	0	136	1363	14	4	2	45	11182	52	280	3
Mimi's Caesar Salad (1 salad) with Add Grilled Shrimp	651	417	46	10	0	282	2289	16	4	2	44	11392	48	345	6
Mimi's Chopped Cobb Salad (1 salad)	399	239	27	11	0	270	969	15	6	7	26	2239	19	201	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice 1000 Island	582	402	45	14	0	282	1285	20	6	11	26	2291	22	204	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Balsamic Vinaigrette	646	469	52	13	0	270	1267	20	6	12	26	2239	19	201	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Bleu Cheese Dressing	601	425	47	15	0	292	1219	16	6	7	27	2336	19	256	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Caesar Dressing	617	443	49	15	0	293	1450	15	6	7	30	2279	19	298	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Honey Mustard Dressing	583	379	42	13	0	284	1097	26	6	17	26	2239	19	201	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Ranch Dressing	574	401	45	14	0	286	1247	16	6	8	26	2270	19	235	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Red Wine Vinaigrette	637	472	52	13	0	270	1305	16	6	8	26	2239	19	201	3
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Sesame Oriental Dressing	572	382	42	13	0	270	1554	22	6	15	26	2239	19	201	2
Mimi's Chopped Cobb Salad (1 salad) with Muffin Choice Buttermilk Spice Muffin	974	428	48	18	0	328	1467	100	8	57	35	3069	19	272	5
Mimi's Chopped Cobb Salad (1 salad) with Muffin Choice Carrot Raisin Muffin	917	484	54	14	0	337	1613	79	8	45	32	3593	23	257	5
Mimi's Chopped Cobb Salad (1 salad) with Muffin Choice Honey Bran Muffin	916	352	40	15	0	334	1459	112	8	59	37	2610	21	312	8
Mimi's Chopped Cobb Salad (1 salad) with Muffin Choice Low Fat Blueberry Muffin	743	266	29	11	0	270	1812	91	8	49	30	2259	28	290	4
Mimi's Chopped Cobb Salad (1 salad) with Petite Baguette	519	243	27	11	0	270	1209	40	7	7	30	2239	19	201	4
Mimi's Chopped Cobb Salad (1 salad) with Substitute Croissant for Muffin or Baguette	759	419	47	23	1	325	1439	53	8	12	33	2739	31	221	5
Petite Caesar Salad (1 salad)	219	158	18	4	0	17	438	11	2	1	6	5504	23	118	1
Petite House Salad (1 salad)	185	102	11	2	0	8	260	17	3	6	4	5629	39	95	5
Salad Nicoise (1 serving)	639	328	36	6	0	252	1426	44	8	4	32	11730	97	194	11
Mimis Mix and Match Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Five Way Grilled Cheese (1 serving)	672	395	44	24	0	84	1125	35	0	1	33	1440	3	876	2
Five Way Grilled Cheese (1 serving) with French Fries	847	435	48	24	0	84	1135	66	5	4	36	1482	43	895	3
Grilled Chicken Baguette (1 serving)	420	106	12	6	0	78	749	41	2	1	36	1425	7	191	4
Grilled Chicken Baguette (1 serving) with French Fries	596	145	16	7	0	78	760	72	7	3	40	1467	46	210	5
Ham Baguette (1 serving)	370	119	13	2	0	35	1117	45	2	3	17	1206	6	18	3
Ham Baguette (1 serving) with French Fries	545	159	18	3	0	35	1128	76	7	5	20	1248	45	37	4
Cup of Soup (1 cup)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cup of Soup (1 cup) with Cup of Corn Chowder	204	107	12	7	0	42	578	20	2	5	3	536	4	34	1
Cup of Soup (1 cup) with Cup of French Onion Soup	241	104	12	7	0	31	1131	24	2	6	10	406	7	237	1
Cup of Soup (1 cup) with Cup of Tomato Basil Soup	238	168	19	10	0	68	493	12	2	3	2	1726	26	34	1
Tuna Baguette (1 serving)	405	174	19	3	0	31	717	41	2	1	15	1279	6	25	3
Tuna Baguette (1 serving) with French Fries	581	214	24	4	0	31	728	72	7	3	19	1321	46	44	4
Turkey Royale Baguette (1 serving)	550	274	30	5	0	42	953	51	3	9	17	1227	6	25	3
Turkey Royale Baguette (1 serving) with French Fries	726	314	35	5	0	42	963	82	8	11	20	1270	45	44	4
Entrees	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Add a Shrimp Skewer (1 serving)	124	55	6	1	0	123	734	1	0	0	16	182	2	43	2
Beer Battered Fish and Fries (1 serving)	1183	702	78	11	0	42	1723	79	7	7	35	2242	74	75	3
Blackened Ribeye Steak (1 serving)	895	564	63	24	0	357	403	1	0	0	76	594	1	58	5
Coastal Shrimp Pasta (1 serving)	1033	473	53	10	0	173	1574	99	7	7	37	2850	86	118	7
Creamy Chicken and Mushroom Pasta (1 serving)	1471	717	80	45	0	470	1312	65	4	2	104	2655	6	303	6
French Creole Entree with Pasta (1 serving)	959	316	35	5	0	197	1994	97	5	22	64	2671	103	145	13
French Creole Entree with Rice (1 serving)	761	296	33	5	0	197	1994	63	4	19	54	2652	98	143	8
French Pot Roast (1 serving)	513	287	32	12	0	153	1819	22	1	6	34	4849	4	80	5
Grilled Atlantic Salmon (1 serving)	317	181	20	4	0	100	313	0	0	0	34	136	7	21	1
Grilled Ribeye Steak (1 serving)	890	563	63	24	0	357	737	1	0	0	75	517	1	54	5
Grilled Strip Steak (1 serving)	752	497	55	22	0	156	735	1	0	0	58	482	1	68	4
Mimi's Meatloaf (1 serving)	445	225	25	9	0	185	1134	15	0	1	38	34	3	83	4
Roasted Half Chicken (1 serving)	680	514	57	17	0	147	1055	2	0	1	37	1234	6	28	2
Roasted Half Chicken (1 serving) with Add a Shrimp Skewer	777	542	60	18	0	270	1175	3	0	1	53	1404	8	70	4
Rustic Chicken and Artichokes (1 serving)	532	203	23	10	0	130	2011	32	6	6	50	2595	64	94	2
Slow Roasted Turkey (1 serving)	698	264	29	8	0	79	3000	69	5	27	39	3418	87	89	5
Sweet Glazed Salmon (1 serving)	844	266	30	5	0	101	1295	98	5	47	42	3061	147	105	2
Sandwiches	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Croque Monsieur (1 serving)	835	378	42	23	0	144	2428	62	3	6	49	1677	7	735	4
Croque Monsieur (1 serving) with Side House Salad	1038	485	54	25	0	154	2707	81	6	14	53	7331	46	835	8
Croque Monsieur (1 serving) with Side of French Fries	961	406	45	24	0	144	2907	84	7	8	51	1741	36	749	5
French Dip (1 serving)	583	122	14	5	0	71	1836	70	2	6	43	252	7	3	6
French Dip (1 serving) with Add Caramelized Onions	613	143	16	6	0	71	1836	72	2	7	43	285	9	7	6
French Dip (1 serving) with Add Mozzarella Cheese	682	182	20	9	0	87	2023	71	2	6	52	472	7	223	6
French Dip (1 serving) with Add Sauteed Mixed Peppers	598	131	15	6	0	71	1836	71	3	7	43	753	45	5	6
French Dip (1 serving) with Add Sauteed Mushrooms	608	144	16	6	0	71	1837	70	2	6	44	285	7	3	6
French Dip (1 serving) with Side House Salad	786	230	26	7	0	80	2116	89	5	14	48	5906	46	103	11
French Dip (1 serving) with Side of French Fries	708	151	17	6	0	71	2315	92	5	8	46	316	36	17	7

Grilled Chicken Pesto Baguette (1 serving)	921	421	47	10	0	150	1295	56	3	2	65	1184	10	268	5
Grilled Chicken Pesto Baguette (1 serving) with Side House Salad	1124	529	59	12	0	160	1575	75	5	10	69	6838	49	368	10
Grilled Chicken Pesto Baguette (1 serving) with Side of French Fries	1046	450	50	11	0	150	1775	79	6	4	67	1248	39	282	6
Parisian Ham Baguette (1 serving)	518	71	8	4	0	70	2218	73	2	10	33	965	5	72	5
Parisian Ham Baguette (1 serving) with Side House Salad	721	179	20	6	0	80	2497	92	5	17	37	6619	44	172	9
Parisian Ham Baguette (1 serving) with Side of French Fries	644	100	11	5	0	70	2697	95	6	12	35	1029	34	86	5
Roasted Chicken Croque Monsieur (1 serving)	1088	574	64	32	0	202	2650	57	4	4	69	2255	9	751	4
Roasted Chicken Croque Monsieur (1 serving) with Side House Salad	1291	682	76	34	0	211	2929	76	7	11	73	7909	48	851	8
Roasted Chicken Croque Monsieur (1 serving) with Side of French Fries	1214	603	67	32	0	202	3129	79	7	5	71	2319	38	765	4
Roasted Turkey Club (1 serving)	1044	538	60	13	0	120	2711	76	6	5	48	2412	20	81	7
Roasted Turkey Club (1 serving) with Side House Salad	1247	645	72	15	0	130	2990	96	9	12	52	8067	59	181	12
Roasted Turkey Club (1 serving) with Side of French Fries	1170	566	63	14	0	120	3190	99	9	7	50	2476	49	95	8
Smoked Salmon Baguette (1 serving)	625	297	33	11	0	80	1708	56	3	3	28	995	7	227	4
Smoked Salmon Baguette (1 serving) with Side House Salad	828	404	45	13	0	90	1988	75	5	10	32	6649	46	327	9
Smoked Salmon Baguette (1 serving) with Side of French Fries	751	325	36	12	0	80	2187	78	6	4	30	1059	36	241	5
Turkey Hummus Sandwich (1 serving)	559	226	25	3	0	34	1332	54	13	7	28	965	10	140	4
Turkey Hummus Sandwich (1 serving) with Side House Salad	762	334	37	5	0	43	1612	73	15	14	32	6619	49	240	8
Turkey Hummus Sandwich (1 serving) with Side of French Fries	684	255	28	3	0	34	1812	76	16	8	31	1029	39	154	5
Turkey Royale Sandwich (1 serving)	776	394	44	6	0	52	1062	77	7	28	19	1247	10	93	4
Turkey Royale Sandwich (1 serving) with Side House Salad	979	501	56	9	0	62	1342	96	10	35	24	6901	49	193	8
Turkey Royale Sandwich (1 serving) with Side of French Fries	902	422	47	7	0	52	1541	99	11	29	22	1311	39	107	4
West Coast Reuben (1 serving)	1336	648	72	25	0	183	3278	99	11	14	70	3229	40	900	7
West Coast Reuben (1 serving) with Side House Salad	1539	756	84	27	0	192	3558	118	14	21	75	8883	79	999	12
West Coast Reuben (1 serving) with Side of French Fries	1461	677	75	26	0	183	3758	121	14	15	73	3293	68	914	8

Burgers	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Brioche Cheeseburger (1 serving)	775	368	41	15	0	128	1144	56	2	11	43	1476	7	90	5
Brioche Cheeseburger (1 serving) with Cheese Choice Cheddar Cheese	935	494	55	23	0	178	1414	56	2	11	53	1876	7	390	5
Brioche Cheeseburger (1 serving) with Cheese Choice Monterey Jack Cheese	954	499	55	25	0	168	1452	56	2	11	55	1800	7	414	6
Brioche Cheeseburger (1 serving) with Cheese Choice Mozzarella Cheese	874	428	48	19	0	144	1331	57	2	11	52	1696	7	310	5
Brioche Cheeseburger (1 serving) with Cheese Choice Swiss Cheese	940	476	53	22	0	165	1234	57	2	11	55	1926	7	465	5
Brioche Cheeseburger (1 serving) with Side House Salad	978	476	53	17	0	137	1423	75	5	19	48	7131	46	190	10
Brioche Cheeseburger (1 serving) with Side of French Fries	901	396	44	15	0	128	1623	78	5	13	46	1540	35	104	6
Hickory Bacon Cheddar Burger (1 serving)	943	452	50	21	0	163	1761	68	2	22	54	1597	4	239	6
Hickory Bacon Cheddar Burger (1 serving) with Side House Salad	1146	559	62	23	0	173	2041	87	5	30	58	7252	43	339	10
Hickory Bacon Cheddar Burger (1 serving) with Side of French Fries	1068	480	53	22	0	163	2241	90	5	24	56	1661	33	253	7
Mushroom and Brie Burger (1 serving)	888	463	51	21	0	143	1246	51	4	2	50	1113	9	132	6
Mushroom and Brie Burger (1 serving) with Side House Salad	1091	571	63	24	0	153	1526	70	7	10	54	6768	48	232	11
Mushroom and Brie Burger (1 serving) with Side of French Fries	1014	492	55	22	0	143	1726	74	7	4	52	1177	37	146	7
The French Quarter (1 serving)	1284	813	90	33	0	197	1868	48	6	6	66	2552	19	702	6
The French Quarter (1 serving) with Side House Salad	1487	921	102	35	0	206	2148	67	9	13	70	8206	58	802	11
The French Quarter (1 serving) with Side of French Fries	1410	842	94	34	0	197	2347	70	10	7	68	2616	48	716	7
Veggie Burger Patty (1 patty)	220	54	6	4	0	15	780	31	5	1	11	0	2	150	2

Sides	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Broccoli (1 serving)	114	84	9	4	0	0	113	5	2	1	3	2968	79	41	1
Coleslaw (1 serving)	248	210	23	4	0	19	224	7	2	5	1	1523	26	41	1
French Fries (1 serving)	126	28	3	1	0	0	480	22	3	2	2	64	29	14	1
Garlic Spinach (1 serving)	69	36	4	2	0	0	344	4	2	0	4	11518	34	121	3
Long Grain Rice (1 serving)	233	0	0	0	0	0	0	52	1	1	5	0	0	27	0
Mashed Potatoes (1 serving)	130	39	4	2	0	5	550	21	2	2	2	108	3	22	0
Mushroom Steak Topper (1 serving)	176	154	17	7	0	0	180	3	1	1	2	640	2	3	0
Mushroom and Onion Steak Topper (1 serving)	174	147	16	7	0	0	158	5	1	2	2	632	3	9	0
Onion Steak Topper (1 serving)	172	140	16	6	0	0	137	7	1	3	1	624	4	15	0
Petite Caesar Salad (1 salad)	219	158	18	4	0	17	438	11	2	1	6	5504	23	118	1
Petite House Salad (1 salad)	71	39	4	1	0	3	100	6	1	2	2	2157	15	36	2
Potatoes Au Gratin (1 serving)	491	291	32	22	0	123	742	32	4	0	9	1253	0	259	2
Roasted Potatoes (1 serving)	151	49	5	1	0	0	592	23	4	2	3	247	29	20	1

Desserts	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Caramel Apple Pie (1 serving)	450	198	22	11	0	80	230	58	1	36	4	750	2	40	1
Caramel Apple Pie (1 serving) with Vanilla Ice Cream	497	219	24	12	0	88	245	63	1	40	5	817	2	73	1
Classique Cheesecake (1 serving)	540	288	32	20	2	155	420	54	1	42	9	751	5	102	1
Crepe Brulee (1 serving)	392	216	24	23	0	60	173	40	0	38	5	0	0	120	0
Crepe Caramel (1 serving)	492	162	18	10	0	155	330	71	0	62	11	0	4	363	1
Mixed Berry Muffin Sundae (1 serving)	843	372	41	15	0	126	510	108	3	75	10	411	27	99	1
Molten Lava Cake (1 serving)	512	143	16	6	0	23	315	86	2	69	6	67	7	75	4
Molten Lava Cake (1 serving) with Vanilla Ice Cream	559	164	18	7	0	32	330	91	2	72	7	134	7	108	4
Triple Berry Crumble (1 serving)	317	120	13	5	0	8	165	44	3	23	4	567	6	73	2
Triple Berry Crumble (1 serving) with Vanilla Ice Cream	363	141	16	7	0	17	180	50	3	26	5	633	6	107	2

Kids Breakfasts	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids Chocolate Chip Puppy Dog Griddlecakes (1 serving)	562	191	21	7	0	56	1071	80	3	30	11	76	2	344	5
Kids Chocolate Chip Puppy Dog Griddlecakes (1 serving) with Pancake and Waffle Syrup	791	191	21	7	0	56	1071	137	3	69	11	76	2	344	5
Kids French Toast Dippers (1 serving)	269	72	8	2	0	218	450	37	1	11	11	181	1	72	3
Kids French Toast Dippers (1 serving) with Pancake and Waffle Syrup	498	72	8	2	0	218	450	94	1	50	11	181	1	72	3
Kids Puppy Dog Griddlecakes (1 serving)	404	119	13	2	0	56	1071	60	3	14	11	77	2	344	4
Kids Puppy Dog Griddlecakes (1 serving) with Pancake and Waffle Syrup	633	119	13	2	0	56	1071	117	3	53	11	77	2	344	4
Kids Scrambled Eggs and Bacon (1 serving)	469	289	32	11	0	575	1242	21	3	2	23	795	27	69	4
Kids Waffles (1 serving)	299	157	17	9	0	104	93	30	1	1	6	703	0	11	0
Kids Waffles (1 serving) with Pancake and Waffle Syrup	527	157	17	9	0	104	93	87	1	40	6	703	0	11	0

Kids Lunch and Dinner Items		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids Cheeseburger (1 serving)	573	316	35	16	0	106	1130	34	1	6	32	723	0	330	3	
Kids Cheeseburger (1 serving) with Side Choice Broccoli	687	400	44	21	0	106	1243	39	3	7	35	3691	79	371	4	
Kids Cheeseburger (1 serving) with Side Choice Caesar Salad	792	474	53	20	0	124	1568	45	3	7	38	6227	23	449	4	
Kids Cheeseburger (1 serving) with Side Choice French Fries	780	397	44	18	0	106	1730	63	5	6	35	775	9	331	3	
Kids Cheeseburger (1 serving) with Side Choice House Salad	652	330	37	16	0	106	1283	47	4	7	36	6251	39	405	8	
Kids Cheeseburger (1 serving) with Side Choice Long Grain Rice	739	316	35	16	0	106	1130	71	2	7	36	723	0	350	3	
Kids Cheeseburger (1 serving) with Side Choice Mashed Potatoes	702	355	39	18	0	112	1680	55	3	8	34	831	3	352	3	
Kids Chicken Fingers (1 serving)	485	242	27	5	0	91	1587	30	0	1	29	31	0	35	2	
Kids Chicken Fingers (1 serving) with Side Choice Broccoli	599	326	36	9	0	91	1701	35	2	2	32	3000	80	76	2	
Kids Chicken Fingers (1 serving) with Side Choice Caesar Salad	704	399	44	8	0	109	2025	41	2	2	36	5536	23	153	3	
Kids Chicken Fingers (1 serving) with Side Choice French Fries	692	322	36	6	0	91	2188	60	4	1	32	84	9	35	2	
Kids Chicken Fingers (1 serving) with Side Choice House Salad	564	255	28	5	0	91	1740	44	3	2	33	5559	39	109	6	
Kids Chicken Fingers (1 serving) with Side Choice Long Grain Rice	651	242	27	5	0	91	1587	67	1	2	33	31	0	54	2	
Kids Chicken Fingers (1 serving) with Side Choice Mashed Potatoes	614	280	31	6	0	97	2138	51	2	3	32	139	3	56	2	
Kids Grilled Chicken (1 serving)	124	33	4	2	0	62	602	0	0	0	22	27	0	6	0	
Kids Grilled Chicken (1 serving) with Side Choice Broccoli	238	117	13	6	0	62	715	5	2	1	25	2996	79	47	1	
Kids Grilled Chicken (1 serving) with Side Choice Caesar Salad	343	191	21	5	0	79	1040	11	2	1	28	5532	23	124	2	
Kids Grilled Chicken (1 serving) with Side Choice French Fries	331	114	13	3	0	62	1202	30	4	0	25	80	9	7	1	
Kids Grilled Chicken (1 serving) with Side Choice House Salad	203	47	5	2	0	62	755	14	3	1	26	5555	39	80	5	
Kids Grilled Chicken (1 serving) with Side Choice Long Grain Rice	290	33	4	2	0	62	602	38	1	1	26	27	0	25	0	
Kids Grilled Chicken (1 serving) with Side Choice Mashed Potatoes	253	72	8	3	0	68	1153	21	2	2	24	135	3	27	1	
Kids Kraft Mac and Cheese (1 serving)	300	81	9	3	0	10	650	44	2	8	10	0	0	150	2	
Kids Kraft Mac and Cheese (1 serving) with Side Choice Broccoli	414	165	18	7	0	10	763	49	4	9	13	2968	79	191	3	
Kids Kraft Mac and Cheese (1 serving) with Side Choice Caesar Salad	519	239	27	6	0	27	1088	55	4	9	16	5504	23	268	3	
Kids Kraft Mac and Cheese (1 serving) with Side Choice French Fries	507	161	18	4	0	10	1250	73	6	8	13	53	9	151	2	
Kids Kraft Mac and Cheese (1 serving) with Side Choice House Salad	380	95	11	3	0	10	803	57	4	9	14	5528	39	224	7	
Kids Kraft Mac and Cheese (1 serving) with Side Choice Long Grain Rice	466	81	9	3	0	10	650	81	3	9	14	0	0	170	2	
Kids Kraft Mac and Cheese (1 serving) with Side Choice Mashed Potatoes	430	120	13	4	0	15	1200	65	4	10	12	108	3	172	2	
Kids Noodles with Alfredo Sauce (1 serving)	640	399	44	29	0	165	718	42	2	1	9	1686	0	226	2	
Kids Noodles with Alfredo Sauce (1 serving) with Side Choice Broccoli	754	483	54	34	0	165	831	47	4	2	12	4655	80	267	3	
Kids Noodles with Alfredo Sauce (1 serving) with Side Choice Caesar Salad	859	557	62	33	0	182	1156	53	4	2	15	7191	23	344	3	
Kids Noodles with Alfredo Sauce (1 serving) with Side Choice French Fries	848	480	53	31	0	165	1318	72	6	1	12	1739	9	227	2	
Kids Noodles with Alfredo Sauce (1 serving) with Side Choice House Salad	720	413	46	29	0	165	871	56	5	2	13	7214	39	300	7	
Kids Noodles with Alfredo Sauce (1 serving) with Side Choice Long Grain Rice	806	399	44	29	0	165	718	79	3	2	13	1686	0	246	2	
Kids Noodles with Alfredo Sauce (1 serving) with Side Choice Mashed Potatoes	770	438	49	31	0	170	1269	63	4	3	11	1794	3	248	2	
Kids Noodles with Butter and Parmesan (1 serving)	440	237	26	11	0	5	308	42	2	1	9	1086	0	66	2	
Kids Noodles with Butter and Parmesan (1 serving) with Side Choice Broccoli	554	321	36	16	0	5	421	47	4	2	12	4055	80	107	3	
Kids Noodles with Butter and Parmesan (1 serving) with Side Choice Caesar Salad	659	395	44	15	0	22	746	53	4	2	15	6591	23	184	3	
Kids Noodles with Butter and Parmesan (1 serving) with Side Choice French Fries	648	318	35	13	0	5	908	72	6	1	12	1139	9	67	2	
Kids Noodles with Butter and Parmesan (1 serving) with Side Choice House Salad	520	251	28	11	0	5	461	56	5	2	13	6614	39	140	7	
Kids Noodles with Butter and Parmesan (1 serving) with Side Choice Long Grain Rice	606	237	26	11	0	5	308	79	3	2	13	1086	0	86	2	
Kids Noodles with Butter and Parmesan (1 serving) with Side Choice Mashed Potatoes	570	276	31	13	0	10	859	63	4	3	11	1194	3	88	2	
Kids Noodles with Marinara (1 serving)	284	55	6	1	0	0	295	50	3	6	8	4	3	98	3	
Kids Noodles with Marinara (1 serving) with Side Choice Broccoli	398	139	15	5	0	0	409	55	5	7	11	2972	82	139	3	
Kids Noodles with Marinara (1 serving) with Side Choice Caesar Salad	503	213	24	4	0	17	733	61	5	7	14	5508	25	217	4	
Kids Noodles with Marinara (1 serving) with Side Choice French Fries	492	136	15	3	0	0	896	80	7	6	11	56	12	99	3	
Kids Noodles with Marinara (1 serving) with Side Choice House Salad	364	69	8	1	0	0	448	64	6	7	12	5532	42	172	7	
Kids Noodles with Marinara (1 serving) with Side Choice Long Grain Rice	450	55	6	1	0	0	295	87	4	7	12	4	3	118	3	
Kids Noodles with Marinara (1 serving) with Side Choice Mashed Potatoes	414	94	10	2	0	5	846	71	5	8	10	112	5	120	3	
Kids Quesadilla (1 serving)	531	319	35	19	0	100	980	30	2	0	26	849	0	720	2	
Kids Quesadilla (1 serving) with Side Choice Broccoli	644	403	45	23	0	100	1093	35	4	1	29	3817	79	761	3	
Kids Quesadilla (1 serving) with Side Choice Caesar Salad	750	476	53	22	0	117	1418	41	4	1	32	6353	23	838	4	
Kids Quesadilla (1 serving) with Side Choice French Fries	738	399	44	20	0	100	1580	59	6	0	29	901	9	721	3	
Kids Quesadilla (1 serving) with Side Choice House Salad	610	332	37	19	0	100	1133	43	4	1	30	6377	39	794	7	
Kids Quesadilla (1 serving) with Side Choice Long Grain Rice	697	319	35	19	0	100	980	67	3	1	30	849	0	740	2	
Kids Quesadilla (1 serving) with Side Choice Mashed Potatoes	660	357	40	20	0	105	1530	51	4	2	28	957	3	742	3	
Kids Soup and Salad Combination (1 serving)	80	14	2	0	0	0	153	13	2	1	4	5528	39	74	5	
Kids Soup and Salad Combination (1 serving) with Cup of Corn Chowder Soup	284	121	13	7	0	42	731	34	4	6	7	6064	43	109	5	
Kids Soup and Salad Combination (1 serving) with Cup of French Onion Soup	321	118	13	7	0	31	1284	38	4	7	14	5934	46	311	6	
Kids Soup and Salad Combination (1 serving) with Cup of Tomato Basil Bisque	318	182	20	10	0	68	646	25	4	5	6	7254	65	109	5	
Kids Soup and Salad Combination (1 serving) with Dressing Choice 1000 Island	141	68	8	1	0	4	258	15	3	2	4	5545	40	75	5	
Kids Soup and Salad Combination (1 serving) with Dressing Choice Balsamic Vinaigrette	162	90	10	1	0	0	252	15	2	3	4	5528	39	74	5	
Kids Soup and Salad Combination (1 serving) with Dressing Choice Bleu Cheese Dressing	147	76	8	2	0	8	236	14	3	1	5	5560	39	92	5	
Kids Soup and Salad Combination (1 serving) with Dressing Choice Caesar Dressing	152	82	9	2	0	8	313	13	2	1	5	5541	39	107	5	
Kids Soup and Salad Combination (1 serving) with Dressing Choice Honey Mustard Dressing	141	60	7	1	0	5	195	17	2	4	4	5528	39	74	5	
Kids Soup and Salad Combination (1 serving) with Dressing Choice Ranch Dressing	138	68	8	1	0	5	245	14	3	2	4	5538	39	86	5	
Kids Soup and Salad Combination (1 serving) with Dressing Choice Red Wine Vinaigrette	159	91	10	1	0	0	265	14	2	2	4	5528	39	74	5	
Kids Soup and Salad Combination (1 serving) with Dressing Choice Sesame Oriental Dressing	137	62	7	1	0	0	348	16	2	4	4	5528	39	74	5	
Kids Soup and Salad Combination (1 serving) with Side Choice Broccoli	193	98	11	4	0	0	266	18	4	2	7	8496	118	115	5	
Kids Soup and Salad Combination (1 serving) with Side Choice Caesar Salad	299	171	19	4	0	17	591	24	4	2	10	11032	62	193	6	
Kids Soup and Salad Combination (1 serving) with Side Choice French Fries	287	94	10	2	0	0	753	43	7	1	7	5581	48	75	5	
Kids Soup and Salad Combination (1 serving) with Side Choice House Salad	159	27	3	0	0	0	306	27	5	2	8	11056	78	149	9	
Kids Soup and Salad Combination (1 serving) with Side Choice Long Grain Rice	246	14	2	0	0	0	153	51	3	2	8	5528	39	94	5	
Kids Soup and Salad Combination (1 serving) with Side Choice Mashed Potatoes	209	53	6	2	0	5	703	34	5	3	6	5636	42	96	5	
Kids Turkey Dinner (1 serving)	272	94	10	2	0	47	1568	23	1	5	21	225	2	24	2	
Kids Turkey Dinner (1 serving) with Side Choice Broccoli	386	178	20	6	0	47	1682	28	3	6	24	3194	81	65	3	
Kids Turkey Dinner (1 serving) with Side Choice Caesar Salad	491	252	28	6	0	64	2006	34	3	6	28	5730	25	142	4	
Kids Turkey Dinner (1 serving) with Side Choice French Fries	480	175	19	4	0	47	2169	52	5	5	24	278	11	25	3	
Kids Turkey Dinner (1 serving) with Side Choice House Salad	352	108	12	2	0	47	1721	36	3	6	25	5753	41	98	7	
Kids Turkey Dinner (1 serving) with Side Choice Long Grain Rice	438	94	10	2	0	47	1568	60	2	6	25	225	2	44	2	
Kids Turkey Dinner (1 serving) with Side Choice Mashed Potatoes	402	133	15	4	0	52	2119	43	3	7	24	333	5	46	3	

Kids Soups		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids Corn Chowder (1 serving)	204	107	12	7	0	42	578	20	2	5	3	536	4	34	1	
Kids French Onion Soup (1 serving)	241	104	12	7	0	31	1131	24	2	6	10	406	7	237	1	
Kids Tomato Basil Soup (1 serving)	238	168	19	10	0	68	493	12	2	3	2	1726	26	34	1	

Kids Sides		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids Broccoli (1 serving)	114	84	9	4	0	0	113	5	2	1	3	2969	79	41	1	
Kids Caesar Salad (1 serving)	219	158	18	4	0	17	438	11	2	1	6	5504	23	118	1	
Kids French Fries (1 serving)	207	80	9	2	0	0	600	29	4	0	3	53	9	1	1	
Kids House Salad (1 serving)	80	14	2	0	0	0	153	13	2	1	4	5528	39	74	5	
Kids Long Grain Rice (1 serving)	166	0	0	0	0	0	0	37	1	1	4	0	0	20	0	
Kids Mashed Potatoes (1 serving)	130	39	4	2	0	5	550	21	2	2	2	108	3	22	0	

Kids Beverages		Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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Kids 2% Milk (1 drink)	195	68	8	5	0	30	188	18	0	18	12	750	4	450	0
Kids Apple Juice (1 drink)	180	0	0	0	0	0	0	44	0	42	0	0	0	0	0
Kids Chocolate Milk (1 drink)	255	66	7	4	0	28	189	33	0	33	12	703	3	422	1
Kids Cranberry Juice (1 drink)	210	0	0	0	0	0	53	53	0	53	0	0	90	0	0
Kids Lemonade (1 serving)	87	0	0	0	0	0	37	23	0	23	0	0	0	0	0
Kids Orange Juice (1 drink)	165	0	0	0	0	0	30	39	1	38	3	15	300	3	3
Kids Whole Milk (1 drink)	240	108	12	8	0	53	188	20	0	18	12	450	4	450	0

Kids Desserts

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids Ice Cream Cup (1 serving)	93	42	5	3	0	17	30	11	0	7	2	134	0	67	0
Kids Ice Cream Cup (1 serving) with Caramel Syrup	158	44	5	3	0	18	68	26	0	22	2	134	0	77	1
Kids Ice Cream Cup (1 serving) with Chocolate Syrup	148	44	5	3	0	17	40	23	0	19	3	134	0	67	1
Kids Ice Cream Sundae (1 serving)	148	44	5	3	0	17	40	23	0	19	3	134	0	67	1

Beverages

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Apple Juice, Large (1 drink)	218	0	0	0	0	0	0	53	0	51	0	0	0	0	0
Apple Juice, Small (1 drink)	105	0	0	0	0	0	0	25	0	25	0	0	0	0	0
Arnold Palmer (1 drink)	58	0	0	0	0	0	28	16	0	16	0	0	0	3	0
Barq's Root Beer (1 drink)	133	0	0	0	0	0	29	36	0	36	0	0	0	0	0
Cafe Latte (1 drink)	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0
Cafe Latte (1 drink) with Flavor Choice Mango Flavor	49	0	0	0	0	0	1	12	0	12	0	0	0	1	0
Cafe Latte (1 drink) with Flavor Choice Orange Flavor	46	0	0	0	0	0	1	12	0	12	0	0	0	1	0
Cafe Latte (1 drink) with Flavor Choice Tangerine Flavor	42	0	0	0	0	0	1	11	0	11	0	0	0	1	0
Cafe Latte (1 drink) with Flavor Choice White Peach Flavor	50	0	0	0	0	0	1	13	0	12	0	0	0	1	0
Cafe Latte (1 drink) with Flavor Shot Choice Caramel	48	0	0	0	0	0	1	12	0	12	0	0	0	1	0
Cafe Latte (1 drink) with Flavor Shot Choice Hazelnut	44	0	0	0	0	0	5	11	0	11	0	0	0	1	0
Cafe Latte (1 drink) with Flavor Shot Choice Sugar Free Vanilla	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0
Cafe Latte (1 drink) with Flavor Shot Choice Vanilla	50	0	0	0	0	0	1	13	0	13	0	0	0	1	0
Cafe Latte (1 drink) with Milk Choice 2% Milk	98	34	4	2	0	15	95	9	0	9	6	375	2	226	0
Cafe Latte (1 drink) with Milk Choice Skim Milk	68	0	0	0	0	4	99	10	0	9	6	375	2	226	0
Cafe Latte (1 drink) with Milk Choice Whole Milk	120	54	6	4	0	26	95	10	0	9	6	225	2	226	0
Cafe au Lait (1 drink)	0	0	0	0	0	0	3	0	0	0	0	0	0	3	0
Cafe au Lait (1 drink) with Flavor Shot Choice Caramel	48	0	0	0	0	0	3	12	0	12	0	0	0	3	0
Cafe au Lait (1 drink) with Flavor Shot Choice Hazelnut	44	0	0	0	0	0	6	11	0	11	0	0	0	3	0
Cafe au Lait (1 drink) with Flavor Shot Choice Sugar Free Vanilla	0	0	0	0	0	0	3	0	0	0	0	0	0	3	0
Cafe au Lait (1 drink) with Flavor Shot Choice Vanilla	50	0	0	0	0	0	3	13	0	13	0	0	0	3	0
Cafe au Lait (1 drink) with Milk Choice 2% Milk	65	23	3	2	0	10	65	6	0	6	4	250	1	153	0
Cafe au Lait (1 drink) with Milk Choice Skim Milk	45	0	0	0	0	3	68	7	0	6	4	250	1	153	0
Cafe au Lait (1 drink) with Milk Choice Whole Milk	80	36	4	3	0	18	65	7	0	6	4	150	1	153	0
Cappuccino (1 drink)	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0
Cappuccino (1 drink) with Flavor Choice Mango Flavor	49	0	0	0	0	0	1	12	0	12	0	0	0	1	0
Cappuccino (1 drink) with Flavor Choice Orange Flavor	46	0	0	0	0	0	1	12	0	12	0	0	0	1	0
Cappuccino (1 drink) with Flavor Choice Tangerine Flavor	42	0	0	0	0	0	1	11	0	11	0	0	0	1	0
Cappuccino (1 drink) with Flavor Choice White Peach Flavor	50	0	0	0	0	0	1	13	0	12	0	0	0	1	0
Cappuccino (1 drink) with Flavor Shot Choice Caramel	48	0	0	0	0	0	1	12	0	12	0	0	0	1	0
Cappuccino (1 drink) with Flavor Shot Choice Hazelnut	44	0	0	0	0	0	5	11	0	11	0	0	0	1	0
Cappuccino (1 drink) with Flavor Shot Choice Sugar Free Vanilla	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0
Cappuccino (1 drink) with Flavor Shot Choice Vanilla	50	0	0	0	0	0	1	13	0	13	0	0	0	1	0
Cappuccino (1 drink) with Milk Choice 2% Milk	98	34	4	2	0	15	95	9	0	9	6	375	2	226	0
Cappuccino (1 drink) with Milk Choice Skim Milk	68	0	0	0	0	4	99	10	0	9	6	375	2	226	0
Cappuccino (1 drink) with Milk Choice Whole Milk	120	54	6	4	0	26	95	10	0	9	6	225	2	226	0
Coffee (1 drink)	0	0	0	0	0	0	8	0	0	0	0	0	0	8	0
Coffee (1 drink) with Flavor Shot Choice Caramel	48	0	0	0	0	0	8	12	0	12	0	0	0	8	0
Coffee (1 drink) with Flavor Shot Choice Hazelnut	44	0	0	0	0	0	11	11	0	11	0	0	0	8	0
Coffee (1 drink) with Flavor Shot Choice Sugar Free Vanilla	0	0	0	0	0	0	8	0	0	0	0	0	0	8	0
Coffee (1 drink) with Flavor Shot Choice Vanilla	50	0	0	0	0	0	8	13	0	13	0	0	0	8	0
Coke (1 drink)	119	0	0	0	0	0	7	32	0	32	0	0	0	0	0
Cranberry Juice, Large (1 drink)	254	0	0	0	0	0	63	63	0	63	0	0	109	0	0
Cranberry Juice, Small (1 drink)	123	0	0	0	0	0	31	31	0	31	0	0	53	0	0
Diet Coke (1 drink)	0	0	0	0	0	0	12	0	0	0	0	0	0	0	0
Espresso (1 drink)	5	0	0	0	0	0	2	1	0	0	0	3	7	7	0
Espresso (1 drink) with Flavor Shot Choice Caramel	53	0	0	0	0	0	2	13	0	12	0	3	7	7	0
Espresso (1 drink) with Flavor Shot Choice Hazelnut	49	0	0	0	0	0	5	12	0	11	0	3	7	7	0
Espresso (1 drink) with Flavor Shot Choice Sugar Free Vanilla	5	0	0	0	0	0	2	1	0	0	0	3	7	7	0
Espresso (1 drink) with Flavor Shot Choice Vanilla	55	0	0	0	0	0	2	13	0	13	0	3	7	7	0
Grapefruit Juice, Large (1 drink)	181	0	0	0	0	0	27	42	0	31	2	0	131	36	1
Grapefruit Juice, Small (1 drink)	88	0	0	0	0	0	13	20	0	15	1	0	63	18	0
Hi-C Fruit Punch (1 drink)	125	0	0	0	0	0	11	34	0	34	0	0	0	0	0
Iced Tea (1 drink)	0	0	0	0	0	0	6	0	0	0	0	0	0	6	0
Minute Maid Lemonade (1 drink)	116	0	0	0	0	0	49	31	0	31	0	0	0	0	0
Orange Juice, Large (1 drink)	199	0	0	0	0	0	36	47	1	45	4	18	363	4	4
Orange Juice, Small (1 drink)	96	0	0	0	0	0	18	23	0	22	2	9	175	2	2
Sprite (1 drink)	116	0	0	0	0	0	26	31	0	31	0	0	0	0	0
Strawberry Lemonade (1 drink)	164	0	0	0	0	0	54	42	0	41	0	0	9	0	0
Tomato Juice, Large (1 drink)	79	0	0	0	0	0	1239	16	3	13	3	1055	95	53	1
Tomato Juice, Small (1 drink)	38	0	0	0	0	0	598	8	1	6	1	509	46	25	0

Coffee Bar Items

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Iced Cappuccino (1 drink)	92	62	7	6	0	0	7	7	0	7	0	0	0	2	0
Iced Cappuccino (1 drink) with Flavor Choice Mango Flavor	142	62	7	6	0	0	7	19	0	19	0	0	0	2	0
Iced Cappuccino (1 drink) with Flavor Choice Orange Flavor	138	62	7	6	0	0	7	19	0	18	0	0	0	2	0
Iced Cappuccino (1 drink) with Flavor Choice Tangerine Flavor	134	62	7	6	0	0	7	18	0	17	0	0	0	2	0
Iced Cappuccino (1 drink) with Flavor Choice White Peach Flavor	142	62	7	6	0	0	7	20	0	19	0	0	0	2	0
Iced Cappuccino (1 drink) with Flavor Shot Choice Caramel	140	62	7	6	0	0	7	19	0	19	0	0	0	2	0
Iced Cappuccino (1 drink) with Flavor Shot Choice Hazelnut	136	62	7	6	0	0	10	18	0	17	0	0	0	2	0
Iced Cappuccino (1 drink) with Flavor Shot Choice Sugar Free Vanilla	92	62	7	6	0	0	7	7	0	7	0	0	0	2	0

Iced Cappuccino (1 drink) with Flavor Shot Choice Vanilla	142	62	7	6	0	0	7	20	0	19	0	0	0	2	0
Iced Cappuccino (1 drink) with Milk Choice 2% Milk	190	96	11	9	0	15	101	16	0	16	6	375	2	227	0
Iced Cappuccino (1 drink) with Milk Choice Skim Milk	160	62	7	6	0	4	104	17	0	16	6	375	2	227	0
Iced Cappuccino (1 drink) with Milk Choice Whole Milk	212	116	13	10	0	26	101	17	0	16	6	225	2	227	0
Iced Mocha (1 drink)	257	69	8	6	0	0	37	43	0	43	2	0	0	2	2
Iced Mocha (1 drink) with Flavor Choice Mango Flavor	307	69	8	6	0	0	37	55	0	55	2	0	0	2	2
Iced Mocha (1 drink) with Flavor Choice Orange Flavor	303	69	8	6	0	0	37	55	0	54	2	0	0	2	2
Iced Mocha (1 drink) with Flavor Choice Tangerine Flavor	299	69	8	6	0	0	37	54	0	53	2	0	0	2	2
Iced Mocha (1 drink) with Flavor Choice White Peach Flavor	307	69	8	6	0	0	37	56	0	55	2	0	0	2	2
Iced Mocha (1 drink) with Flavor Shot Choice Caramel	305	69	8	6	0	0	37	55	0	55	2	0	0	2	2
Iced Mocha (1 drink) with Flavor Shot Choice Hazelnut	301	69	8	6	0	0	40	54	0	53	2	0	0	2	2
Iced Mocha (1 drink) with Flavor Shot Choice Sugar Free Vanilla	257	69	8	6	0	0	37	43	0	43	2	0	0	2	2
Iced Mocha (1 drink) with Flavor Shot Choice Vanilla	307	69	8	6	0	0	37	56	0	55	2	0	0	2	2
Iced Mocha (1 drink) with Milk Choice 2% Milk	355	102	11	9	0	15	131	52	0	52	8	375	2	227	2
Iced Mocha (1 drink) with Milk Choice Skim Milk	325	69	8	6	0	4	134	53	0	52	8	375	2	227	2
Iced Mocha (1 drink) with Milk Choice Whole Milk	377	123	14	10	0	26	131	53	0	52	8	225	2	227	2
Mocha Latte (1 drink)	165	7	1	0	0	0	31	36	0	36	2	0	0	1	2
Mocha Latte (1 drink) with Flavor Choice Mango Flavor	214	7	1	0	0	0	31	48	0	48	2	0	0	1	2
Mocha Latte (1 drink) with Flavor Choice Orange Flavor	211	7	1	0	0	0	31	48	0	48	2	0	0	1	2
Mocha Latte (1 drink) with Flavor Choice Tangerine Flavor	207	7	1	0	0	0	31	47	0	47	2	0	0	1	2
Mocha Latte (1 drink) with Flavor Choice White Peach Flavor	215	7	1	0	0	0	31	49	0	48	2	0	0	1	2
Mocha Latte (1 drink) with Flavor Shot Choice Caramel	213	7	1	0	0	0	31	48	0	48	2	0	0	1	2
Mocha Latte (1 drink) with Flavor Shot Choice Hazelnut	209	7	1	0	0	0	35	47	0	47	2	0	0	1	2
Mocha Latte (1 drink) with Flavor Shot Choice Sugar Free Vanilla	165	7	1	0	0	0	31	36	0	36	2	0	0	1	2
Mocha Latte (1 drink) with Flavor Shot Choice Vanilla	215	7	1	0	0	0	31	49	0	49	2	0	0	1	2
Mocha Latte (1 drink) with Milk Choice 2% Milk	263	41	5	2	0	15	125	45	0	45	8	375	2	226	2
Mocha Latte (1 drink) with Milk Choice Skim Milk	233	7	1	0	0	4	129	46	0	45	8	375	2	226	2
Mocha Latte (1 drink) with Milk Choice Whole Milk	285	61	7	4	0	26	125	46	0	45	8	225	2	226	2

Breakfast French Toast Items

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Pain Perdu with Mixed Berries (1 serving)	1152	345	38	18	0	441	1480	170	7	57	34	800	28	562	9
Pain Perdu with Mixed Berries (1 serving) with Eggs Any Style	1315	450	50	22	0	865	1832	171	7	58	47	1313	28	614	10
Pain Perdu with Mixed Berries (1 serving) with Protein Choice Corned Beef Brisket Hash	1432	496	55	26	1	474	2194	189	8	57	48	800	28	575	10
Pain Perdu with Mixed Berries (1 serving) with Protein Choice Hickory Smoked Bacon	1352	507	56	25	0	471	2160	170	7	57	44	800	28	562	9
Pain Perdu with Mixed Berries (1 serving) with Protein Choice Hickory Smoked Ham	1272	381	42	19	0	501	2980	172	7	59	52	804	28	568	9
Pain Perdu with Mixed Berries (1 serving) with Protein Choice Pork Sausage	1520	639	71	18	0	498	2344	171	7	58	50	800	28	562	9
Pain Perdu with Mixed Berries (1 serving) with Protein Choice Turkey Sausage	1286	404	45	20	0	498	2237	172	8	57	51	840	28	605	10

Salad Dressings

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Balsamic Vinaigrette (1 serving)	247	230	26	2	0	0	298	5	0	5	0	0	0	0	0
Caesar Dressing (1 serving)	218	204	23	5	0	23	481	0	0	0	4	40	0	97	0
Fat Free Raspberry Vinaigrette (1 serving)	53	0	0	0	0	0	375	12	0	11	0	0	0	0	0
Honey Dijon Vinaigrette (1 serving)	195	149	17	2	0	15	135	12	0	11	0	0	0	0	0
Ranch Dressing (1 serving)	178	165	18	3	0	16	282	2	0	1	1	31	0	35	0
Red Wine Shallot Vinaigrette (1 serving)	238	233	26	2	0	0	336	2	0	1	0	0	0	0	0
Thousand Island Dressing (1 serving)	203	180	20	3	0	13	349	6	0	4	0	57	3	3	0

Alcoholic Beverages

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Mimosa (1 drink)	219	0	0	0	0	0	0	21	0	14	1	0	36	0	0
Mimosa (1 drink) with Mango Syrup	269	0	0	0	0	0	0	33	0	26	1	0	36	0	0
Mimosa (1 drink) with Triple Berry Syrup	265	0	0	0	0	0	0	32	0	25	1	0	36	0	0
Mimosa (1 drink) with White Peach Syrup	269	0	0	0	0	0	0	33	0	26	1	0	36	0	0
Wine (1 glass)	145	0	0	0	0	0	0	4	0	0	0	0	0	0	0