

Mimi's®

NUTRITIONAL INFORMATION

Mimis Cafe Menu Analysis Book

Breakfast 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)
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 Add Roasted Potatoes	557	315	35	10	0	869	1656	24	4	2	35	1197	31	112	5
Smoked Salmon Omelet (1 serving) with Muffin Choice Buttermilk Spice Muffin	981	456	51	17	0	927	1561	86	2	50	41	1781	1	163	7
Smoked Salmon Omelet (1 serving) with Muffin Choice Carrot Raisin Muffin	920	508	57	13	0	937	1699	65	2	38	39	2085	5	152	7
Smoked Salmon Omelet (1 serving) with Muffin Choice Honey Bran Muffin	922	380	43	13	0	934	1554	98	2	53	44	1321	4	203	10
Smoked Salmon Omelet (1 serving) with Substitute Croissant for Toast or Muffin	766	446	50	21	1	924	1534	39	2	6	40	1451	13	112	7
Smoked Salmon Omelet (1 serving) with Toast Choice Rye Toast	813	304	34	9	0	869	1826	81	9	2	44	951	7	193	9
Smoked Salmon Omelet (1 serving) with Toast Choice Sourdough Toast	646	276	31	9	0	869	1654	49	3	2	41	951	8	135	7
Smoked Salmon Omelet (1 serving) with Toast Choice Toasted English Muffin	536	275	31	9	0	869	1314	27	1	2	37	951	1	132	6
Smoked Salmon Omelet (1 serving) with Toast Choice Wheat Toast	651	298	33	9	0	869	1380	45	8	4	42	951	6	153	7
Smoked Salmon Omelet (1 serving) with Toast Choice White Toast	650	307	34	10	0	942	1426	44	2	8	41	951	2	128	7
Mardi Gras Omelet (1 serving)	586	409	45	16	0	916	1299	2	1	2	42	1614	6	385	5
Mardi Gras Omelet (1 serving) with Add Roasted Potatoes	737	458	51	17	0	916	1891	26	4	3	45	1860	35	405	6
Mardi Gras Omelet (1 serving) with Muffin Choice Buttermilk Spice Muffin	1161	599	67	24	0	974	1797	88	3	52	51	2444	6	456	8
Mardi Gras Omelet (1 serving) with Muffin Choice Carrot Raisin Muffin	1100	651	73	20	0	984	1934	66	2	39	48	2748	10	445	7
Mardi Gras Omelet (1 serving) with Muffin Choice Honey Bran Muffin	1102	523	59	20	0	981	1789	99	2	54	53	1984	8	496	10
Mardi Gras Omelet (1 serving) with Substitute Croissant for Toast or Muffin	946	589	65	28	1	971	1769	40	3	7	49	2114	18	405	8
Mardi Gras Omelet (1 serving) with Toast Choice Rye Toast	993	447	50	16	0	916	2062	82	9	3	54	1614	12	486	10
Mardi Gras Omelet (1 serving) with Toast Choice Sourdough Toast	826	419	47	16	0	916	1889	51	4	3	51	1614	13	428	8
Mardi Gras Omelet (1 serving) with Toast Choice Toasted English Muffin	716	418	46	16	0	916	1549	28	2	3	46	1614	6	425	7
Mardi Gras Omelet (1 serving) with Toast Choice Wheat Toast	831	441	49	16	0	916	1616	46	9	5	51	1614	11	446	8
Mardi Gras Omelet (1 serving) with Toast Choice White Toast	830	450	50	17	0	989	1661	45	2	9	50	1614	7	421	8
Tuscan Omelet (1 serving)	459	296	33	12	0	859	1181	7	2	4	32	3183	14	233	5
Tuscan Omelet (1 serving) with Add Roasted Potatoes	610	345	38	13	0	859	1773	31	6	5	35	3430	43	253	6
Tuscan Omelet (1 serving) with Muffin Choice Buttermilk Spice Muffin	1034	485	54	20	0	917	1678	93	4	53	41	4013	14	304	8
Tuscan Omelet (1 serving) with Muffin Choice Carrot Raisin Muffin	973	538	60	16	0	927	1816	71	3	41	38	4317	17	293	7
Tuscan Omelet (1 serving) with Muffin Choice Honey Bran Muffin	975	409	46	16	0	923	1670	104	4	56	43	3554	16	344	10
Tuscan Omelet (1 serving) with Substitute Croissant for Toast or Muffin	819	476	53	24	1	914	1651	45	4	9	39	3683	26	253	8
Tuscan Omelet (1 serving) with Toast Choice Rye Toast	866	334	37	12	0	859	1943	87	10	5	44	3183	20	334	10
Tuscan Omelet (1 serving) with Toast Choice Sourdough Toast	699	306	34	12	0	859	1771	55	5	5	41	3183	20	276	8
Tuscan Omelet (1 serving) with Toast Choice Toasted English Muffin	589	305	34	12	0	859	1431	33	3	5	36	3183	14	273	6
Tuscan Omelet (1 serving) with Toast Choice Wheat Toast	704	328	36	12	0	859	1497	51	10	7	41	3183	19	294	8
Tuscan Omelet (1 serving) with Toast Choice White Toast	703	336	37	13	0	931	1543	50	3	11	40	3183	15	269	7
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 Add a Side of Tomato Slices	227	82	9	3	0	4	822	10	2	3	24	4556	20	92	1
Egg White and Veggie Omelet (1 serving) with Muffin Choice Buttermilk Spice Muffin	795	271	30	11	0	62	1318	94	4	52	33	5150	17	161	4
Egg White and Veggie Omelet (1 serving) with Muffin Choice Carrot Raisin Muffin	735	323	36	7	0	72	1455	72	3	40	30	5454	20	150	3
Egg White and Veggie Omelet (1 serving) with Muffin Choice Honey Bran Muffin	737	195	22	8	0	69	1310	106	4	55	35	4691	19	201	6
Egg White and Veggie Omelet (1 serving) with Substitute Croissant for Toast or Muffin	581	261	29	15	1	59	1290	47	4	7	31	4820	29	110	4
Egg White and Veggie Omelet (1 serving) with Toast Choice Rye Toast	627	120	13	3	0	4	1583	88	10	4	36	4320	23	191	6
Egg White and Veggie Omelet (1 serving) with Toast Choice Sourdough Toast	461	91	10	3	0	4	1411	57	5	3	33	4320	23	133	4
Egg White and Veggie Omelet (1 serving) with Toast Choice Toasted English Muffin	351	90	10	3	0	4	1070	35	3	3	28	4320	17	130	3
Egg White and Veggie Omelet (1 serving) with Toast Choice Wheat Toast	466	114	13	3	0	4	1137	52	10	5	33	4320	21	151	4
Egg White and Veggie Omelet (1 serving) with Toast Choice White Toast	465	122	14	4	0	76	1182	51	4	9	32	4320	18	126	4
Santa Fe Omelet (1 serving)	587	367	41	17	0	880	1471	17	3	4	37	1636	25	445	6
Santa Fe Omelet (1 serving) with Add Roasted Potatoes	738	416	46	18	0	880	2063	40	6	5	40	1883	54	465	7
Santa Fe Omelet (1 serving) with Muffin Choice Buttermilk Spice Muffin	1162	556	62	24	0	939	1969	102	5	54	46	2466	25	516	8
Santa Fe Omelet (1 serving) with Muffin Choice Carrot Raisin Muffin	1101	609	68	21	0	949	2106	80	4	42	44	2770	28	506	8
Santa Fe Omelet (1 serving) with Muffin Choice Honey Bran Muffin	1103	480	54	21	0	945	1961	114	4	56	49	2007	27	556	11
Santa Fe Omelet (1 serving) with Substitute Croissant for Toast or Muffin	947	547	61	29	1	935	1941	55	5	9	44	2136	37	465	8
Santa Fe Omelet (1 serving) with Toast Choice Rye Toast	994	405	45	17	0	880	2234	96	11	5	49	1636	31	547	10
Santa Fe Omelet (1 serving) with Toast Choice Sourdough Toast	827	377	42	17	0	880	2061	65	6	5	46	1636	31	489	9
Santa Fe Omelet (1 serving) with Toast Choice Toasted English Muffin	717	376	42	17	0	880	1721	43	4	5	41	1636	25	485	7
Santa Fe Omelet (1 serving) with Toast Choice Wheat Toast	832	399	44	17	0	880	1787	60	11	7	47	1636	30	506	8
Santa Fe Omelet (1 serving) with Toast Choice White Toast	831	408	45	18	0	953	1833	59	4	11	46	1636	26	481	8
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 Add Roasted Potatoes	920	586	65	24	0	1161	1979	30	8	3	53	4978	47	489	9
Bacon Avocado Omelet (1 serving) with Muffin Choice Buttermilk Spice Muffin	1343	727	81	31	0	1219	1884	92	6	51	59	5561	18	540	10
Bacon Avocado Omelet (1 serving) with Muffin Choice Carrot Raisin Muffin	1282	779	87	27	0	1229	2022	70	5	39	56	5865	22	530	10
Bacon Avocado Omelet (1 serving) with Muffin Choice Honey Bran Muffin	1285	651	73	27	0	1226	1877	103	6	54	61	5102	20	580	13

Bacon Avocado Omelet (1 serving) with Substitute Croissant for Toast or Muffin	1128	717	80	35	1	1216	1857	44	6	7	57	5231	30	489	10
Bacon Avocado Omelet (1 serving) with Toast Choice Rye Toast	1175	575	64	23	0	1161	2149	86	12	3	62	4731	24	571	12
Bacon Avocado Omelet (1 serving) with Toast Choice Sourdough Toast	1009	547	61	23	0	1161	1977	54	7	3	59	4731	25	513	11
Bacon Avocado Omelet (1 serving) with Toast Choice Toasted English Muffin	898	546	61	23	0	1161	1637	32	5	3	54	4731	18	509	9
Bacon Avocado Omelet (1 serving) with Toast Choice Wheat Toast	1013	569	63	23	0	1161	1703	50	12	5	59	4731	23	530	11
Bacon Avocado Omelet (1 serving) with Toast Choice White Toast	1013	578	64	24	0	1233	1749	49	6	9	58	4731	19	505	10
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 Add Roasted Potatoes	776	504	56	20	0	875	1736	28	5	3	38	4833	41	190	7
Mushroom, Bacon and Brie Omelet (1 serving) with Muffin Choice Buttermilk Spice Muffin	1199	644	72	27	0	933	1641	90	3	51	45	5416	11	242	8
Mushroom, Bacon and Brie Omelet (1 serving) with Muffin Choice Carrot Raisin Muffin	1139	697	78	23	0	943	1779	68	3	39	42	5720	15	231	8
Mushroom, Bacon and Brie Omelet (1 serving) with Muffin Choice Honey Bran Muffin	1141	568	64	24	0	940	1634	101	3	54	47	4957	14	282	11
Mushroom, Bacon and Brie Omelet (1 serving) with Substitute Croissant for Toast or Muffin	985	634	70	32	1	930	1614	42	3	6	43	5086	23	190	8
Mushroom, Bacon and Brie Omelet (1 serving) with Toast Choice Rye Toast	1031	493	55	20	0	875	1906	84	10	3	47	4586	17	272	10
Mushroom, Bacon and Brie Omelet (1 serving) with Toast Choice Sourdough Toast	865	464	52	20	0	875	1734	52	5	2	44	4586	18	214	9
Mushroom, Bacon and Brie Omelet (1 serving) with Toast Choice Toasted English Muffin	755	463	51	20	0	875	1394	30	2	2	40	4586	11	210	7
Mushroom, Bacon and Brie Omelet (1 serving) with Toast Choice Wheat Toast	869	487	54	20	0	875	1460	48	9	4	45	4586	16	232	8
Mushroom, Bacon and Brie Omelet (1 serving) with Toast Choice White Toast	869	495	55	20	0	947	1506	47	3	9	44	4586	12	207	8
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 Add Roasted Potatoes	677	408	45	17	0	904	1697	27	5	4	41	1995	64	407	6
Hickory Smoked Ham and Cheese Omelet (1 serving) with Muffin Choice Buttermilk Spice Muffin	1101	548	61	23	0	962	1602	89	3	52	47	2578	35	458	7
Hickory Smoked Ham and Cheese Omelet (1 serving) with Muffin Choice Carrot Raisin Muffin	1040	601	67	19	0	972	1740	67	2	40	45	2882	38	447	7
Hickory Smoked Ham and Cheese Omelet (1 serving) with Muffin Choice Honey Bran Muffin	1042	472	53	20	0	969	1595	101	3	55	50	2118	37	498	10
Hickory Smoked Ham and Cheese Omelet (1 serving) with Substitute Croissant for Toast or Muffin	886	539	60	28	1	959	1575	42	3	7	45	2248	47	407	7
Hickory Smoked Ham and Cheese Omelet (1 serving) with Toast Choice Rye Toast	933	397	44	16	0	904	1867	83	9	4	50	1748	41	488	9
Hickory Smoked Ham and Cheese Omelet (1 serving) with Toast Choice Sourdough Toast	766	369	41	16	0	904	1695	52	4	3	47	1748	41	430	8
Hickory Smoked Ham and Cheese Omelet (1 serving) with Toast Choice Toasted English Muffin	656	368	41	16	0	904	1355	30	2	3	42	1748	35	427	6
Hickory Smoked Ham and Cheese Omelet (1 serving) with Toast Choice Wheat Toast	771	391	43	16	0	904	1421	48	9	5	48	1748	40	448	7
Hickory Smoked Ham and Cheese Omelet (1 serving) with Toast Choice White Toast	770	399	44	16	0	976	1467	46	3	9	47	1748	36	423	7

	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)
Mimi's Two-Egg Breakfast															
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 Add Roasted Potatoes	676	384	43	14	0	454	1897	46	7	4	28	988	56	88	4
Hickory Smoked Bacon and Eggs (1 serving) with Muffin Choice Buttermilk Spice Muffin	1100	524	58	21	0	512	1803	108	5	52	34	1571	27	139	6
Hickory Smoked Bacon and Eggs (1 serving) with Muffin Choice Carrot Raisin Muffin	1039	577	64	17	0	522	1940	86	5	40	31	1875	30	128	6
Hickory Smoked Bacon and Eggs (1 serving) with Muffin Choice Honey Bran Muffin	1042	448	51	17	0	519	1795	119	5	55	36	1111	29	179	9
Hickory Smoked Bacon and Eggs (1 serving) with Substitute Croissant for Toast or Muffin	885	515	57	25	1	509	1775	60	5	7	32	1241	39	88	6
Hickory Smoked Bacon and Eggs (1 serving) with Toast Choice Rye Toast	932	373	41	13	0	454	2068	102	12	4	37	741	33	170	8
Hickory Smoked Bacon and Eggs (1 serving) with Toast Choice Sourdough Toast	766	344	38	13	0	454	1895	70	7	3	34	741	33	112	6
Hickory Smoked Bacon and Eggs (1 serving) with Toast Choice Toasted English Muffin	655	344	38	13	0	454	1555	48	4	3	29	741	27	108	5
Hickory Smoked Bacon and Eggs (1 serving) with Toast Choice Wheat Toast	770	367	41	13	0	454	1621	66	12	5	34	741	32	129	6
Hickory Smoked Bacon and Eggs (1 serving) with Toast Choice White Toast	769	375	42	14	0	526	1667	65	5	10	33	741	28	104	6
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 Add Roasted Potatoes	845	515	57	7	0	481	2082	47	7	5	33	988	56	88	4
Pork Sausage and Eggs (1 serving) with Muffin Choice Buttermilk Spice Muffin	1268	655	73	14	0	539	1987	109	5	54	39	1571	27	139	5
Pork Sausage and Eggs (1 serving) with Muffin Choice Carrot Raisin Muffin	1208	708	79	10	0	549	2125	87	5	42	37	1875	30	128	5
Pork Sausage and Eggs (1 serving) with Muffin Choice Honey Bran Muffin	1210	579	65	10	0	546	1980	121	5	56	42	1111	29	179	8
Pork Sausage and Eggs (1 serving) with Substitute Croissant for Toast or Muffin	1054	646	72	18	1	536	1960	62	5	9	37	1241	39	88	5
Pork Sausage and Eggs (1 serving) with Toast Choice Rye Toast	1100	504	56	6	0	481	2252	103	12	5	42	741	33	170	7
Pork Sausage and Eggs (1 serving) with Toast Choice Sourdough Toast	934	476	53	6	0	481	2080	72	7	5	39	741	33	112	6
Pork Sausage and Eggs (1 serving) with Toast Choice Toasted English Muffin	824	475	53	6	0	481	1740	50	4	5	34	741	27	108	4
Pork Sausage and Eggs (1 serving) with Toast Choice Wheat Toast	939	498	55	6	0	481	1806	68	12	7	40	741	32	129	5
Pork Sausage and Eggs (1 serving) with Toast Choice White Toast	938	507	56	7	0	553	1852	66	5	11	39	741	28	104	5
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 Add Roasted Potatoes	611	281	31	9	0	482	1974	47	8	4	35	1028	56	131	5
Turkey Sausage and Eggs (1 serving) with Muffin Choice Buttermilk Spice Muffin	1035	421	47	16	0	540	1879	109	6	52	41	1611	27	183	6
Turkey Sausage and Eggs (1 serving) with Muffin Choice Carrot Raisin Muffin	974	474	53	12	0	550	2017	88	5	40	38	1915	30	172	6
Turkey Sausage and Eggs (1 serving) with Muffin Choice Honey Bran Muffin	976	345	39	12	0	546	1872	121	6	55	43	1152	29	223	9
Turkey Sausage and Eggs (1 serving) with Substitute Croissant for Toast or Muffin	820	412	46	20	1	537	1852	62	6	8	39	1281	39	131	7
Turkey Sausage and Eggs (1 serving) with Toast Choice Rye Toast	867	270	30	8	0	482	2145	104	12	4	44	781	33	213	9
Turkey Sausage and Eggs (1 serving) with Toast Choice Sourdough Toast	700	242	27	8	0	482	1972	72	7	4	41	781	33	155	7
Turkey Sausage and Eggs (1 serving) with Toast Choice Toasted English Muffin	590	241	27	8	0	482	1632	50	5	4	36	781	27	151	5
Turkey Sausage and Eggs (1 serving) with Toast Choice Wheat Toast	705	264	29	8	0	482	1698	68	12	6	41	781	32	173	7
Turkey Sausage and Eggs (1 serving) with Toast Choice White Toast	704	272	30	9	0	554	1744	67	6	10	40	781	28	148	6

Hickory Smoked Ham and Eggs (1 serving)	1069	627	70	21	0	2032	3325	27	3	7	78	2614	27	259	10
Hickory Smoked Ham and Eggs (1 serving) with Add Roasted Potatoes	1220	676	75	22	0	2032	3917	50	7	8	81	2860	56	279	11
Hickory Smoked Ham and Eggs (1 serving) with Muffin Choice Buttermilk Spice Muffin	1644	817	91	29	0	2090	3823	112	5	56	87	3444	27	330	12
Hickory Smoked Ham and Eggs (1 serving) with Muffin Choice Carrot Raisin Muffin	1583	869	97	25	0	2100	3960	90	5	44	84	3748	30	319	12
Hickory Smoked Ham and Eggs (1 serving) with Muffin Choice Honey Bran Muffin	1585	741	83	25	0	2097	3815	124	5	59	89	2984	29	370	15
Hickory Smoked Ham and Eggs (1 serving) with Substitute Croissant for Toast or Muffin	1429	807	90	33	1	2087	3795	65	5	12	85	3114	39	279	13
Hickory Smoked Ham and Eggs (1 serving) with Toast Choice Rye Toast	1476	665	74	21	0	2032	4088	106	12	8	90	2614	33	360	15
Hickory Smoked Ham and Eggs (1 serving) with Toast Choice Sourdough Toast	1309	637	71	21	0	2032	3915	75	7	8	87	2614	33	302	13
Hickory Smoked Ham and Eggs (1 serving) with Toast Choice Toasted English Muffin	1199	636	71	21	0	2032	3575	53	4	8	82	2614	27	299	11
Hickory Smoked Ham and Eggs (1 serving) with Toast Choice Wheat Toast	1314	659	73	21	0	2032	3641	70	12	10	87	2614	32	320	13
Hickory Smoked Ham and Eggs (1 serving) with Toast Choice White Toast	1313	668	74	22	0	2104	3687	69	5	14	86	2614	28	295	12

Corned Beef Brisket Hash and Eggs (1 serving)	709	387	43	15	0	511	2866	42	5	5	39	901	23	80	4
Corned Beef Brisket Hash and Eggs (1 serving) with Add Roasted Potatoes	860	436	48	16	0	511	3458	65	8	7	42	1148	53	100	5
Corned Beef Brisket Hash and Eggs (1 serving) with Muffin Choice Buttermilk Spice Muffin	1284	576	64	22	0	569	3364	127	7	55	48	1731	23	151	7
Corned Beef Brisket Hash and Eggs (1 serving) with Muffin Choice Carrot Raisin Muffin	1223	629	70	18	0	579	3501	105	6	43	45	2035	27	140	7
Corned Beef Brisket Hash and Eggs (1 serving) with Muffin Choice Honey Bran Muffin	1226	500	56	19	0	575	3356	139	6	57	50	1272	26	191	10
Corned Beef Brisket Hash and Eggs (1 serving) with Substitute Croissant for Toast or Muffin	1069	567	63	27	1	566	3336	80	7	10	46	1401	35	100	7
Corned Beef Brisket Hash and Eggs (1 serving) with Toast Choice Rye Toast	1116	425	47	15	0	511	3629	122	13	7	51	901	29	182	9
Corned Beef Brisket Hash and Eggs (1 serving) with Toast Choice Sourdough Toast	949	396	44	15	0	511	3456	90	8	6	48	901	30	124	7
Corned Beef Brisket Hash and Eggs (1 serving) with Toast Choice Toasted English Muffin	839	396	44	15	0	511	3116	68	6	6	43	901	23	120	6
Corned Beef Brisket Hash and Eggs (1 serving) with Toast Choice Wheat Toast	954	419	47	15	0	511	3183	86	13	8	49	901	28	141	7
Corned Beef Brisket Hash and Eggs (1 serving) with Toast Choice White Toast	953	427	47	15	0	583	3228	84	6	12	47	901	24	116	7

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 Add Roasted Potatoes	315	154	17	4	0	424	944	24	4	2	15	760	29	72	3
Two Eggs, Any Style (1 serving) with Muffin Choice Buttermilk Spice Muffin	738	294	33	11	0	482	850	86	2	51	22	1343	0	123	4
Two Eggs, Any Style (1 serving) with Muffin Choice Carrot Raisin Muffin	678	347	39	7	0	492	987	64	2	39	19	1647	4	113	4
Two Eggs, Any Style (1 serving) with Muffin Choice Honey Bran Muffin	680	218	25	8	0	489	842	98	2	53	24	884	2	163	7
Two Eggs, Any Style (1 serving) with Substitute Croissant for Toast or Muffin	524	285	32	15	1	479	822	39	2	6	20	1013	12	72	5
Two Eggs, Any Style (1 serving) with Toast Choice Rye Toast	570	143	16	3	0	424	1115	80	8	2	24	513	6	154	6
Two Eggs, Any Style (1 serving) with Toast Choice Sourdough Toast	404	115	13	3	0	424	943	49	3	2	21	513	7	96	5
Two Eggs, Any Style (1 serving) with Toast Choice Toasted English Muffin	294	114	13	3	0	424	602	27	1	2	17	513	0	92	3
Two Eggs, Any Style (1 serving) with Toast Choice Wheat Toast	408	137	15	3	0	424	669	45	8	4	22	513	5	113	5
Two Eggs, Any Style (1 serving) with Toast Choice White Toast	408	146	16	4	0	496	714	43	2	8	21	513	1	88	4

Breakfast 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)
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
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
Eggs Benedict (1 serving)	674	388	43	20	0	546	2284	33	1	6	36	1478	2	143	4
Eggs Benedict (1 serving) with Roasted Potatoes	825	437	49	21	0	546	2876	57	5	7	39	1724	31	163	5
Corned Beef Hash Benedict (1 serving)	873	510	57	24	0	580	3375	45	3	7	46	1320	16	155	5
Corned Beef Hash Benedict (1 serving) with Roasted Potatoes	1024	559	62	25	0	580	3967	69	7	9	48	1567	45	175	6

Breakfast - Grande Griddle French Toast

	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 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 Ham Steak	1298	417	46	21	0	501	2893	171	7	58	52	800	28	562	9
Pain Perdu with Mixed Berries (1 serving) with Protein Choice Pork Sausage Links	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 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 Turkey Sausage Links	1286	404	45	20	0	498	2237	172	8	57	51	840	28	605	10
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 Pancake and Waffle 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 Hash	874	353	39	16	1	469	1679	92	4	21	36	658	2	158	7
Brioche French Toast (1 serving) with Protein Choice Ham Steak	740	275	31	10	0	496	2378	75	3	21	40	658	2	145	6
Brioche French Toast (1 serving) with Protein Choice Pork Sausage Links	962	496	55	8	0	492	1829	75	3	22	39	658	2	145	5
Brioche French Toast (1 serving) with Protein Choice 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 Turkey Sausage Links	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	170	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 Pancake and Waffle 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 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 Ham Steak	862	335	37	14	0	407	2289	97	3	49	37	1113	0	170	6
Cinnamon Roll French Toast (1 serving) with Protein Choice Pork Sausage Links	1084	556	62	11	0	403	1740	97	3	49	35	1113	0	170	5
Cinnamon Roll French Toast (1 serving) with Protein Choice 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 Turkey Sausage Links	850	322	36	13	0	404	1632	97	4	48	37	1153	1	213	7

Breakfast - Grande Griddle 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)
Two Waffles (1 serving)	418	205	23	12	0	155	106	45	1	1	8	905	0	16	1
Two Waffles (1 serving) with Eggs Any Style	582	310	34	15	0	579	459	45	1	2	21	1418	0	68	2
Two Waffles (1 serving) with Pancake and Waffle Syrup	875	205	23	12	0	155	106	159	1	80	8	905	0	16	1
Two Waffles (1 serving) with Protein Choice Corned Beef Hash	698	356	40	20	1	189	821	63	2	2	22	905	0	29	2
Two Waffles (1 serving) with Protein Choice Ham Steak	565	277	31	15	0	215	1520	46	1	2	26	905	0	16	1
Two Waffles (1 serving) with Protein Choice Pork Sausage Links	787	499	55	12	0	212	971	46	1	2	24	905	0	16	1
Two Waffles (1 serving) with Protein Choice Smoked Bacon	618	367	41	19	0	185	786	45	1	1	18	905	0	16	1
Two Waffles (1 serving) with Protein Choice Turkey Sausage Links	553	264	29	14	0	213	863	46	2	1	26	946	0	59	2
Two Waffles (1 serving) with Whipped Margarine	477	264	29	15	0	155	171	45	1	1	8	1201	0	16	1

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 Protein Choice Corned Beef Hash	704	299	33	17	1	189	757	78	4	14	22	630	24	38	2
Malted Berry Waffles (1 serving) with Protein Choice Ham Steak	570	221	25	12	0	215	1456	61	3	15	26	630	24	25	1
Malted Berry Waffles (1 serving) with Protein Choice Pork Sausage Links	792	442	49	9	0	212	907	61	3	15	25	630	24	25	1
Malted Berry Waffles (1 serving) with Protein Choice 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 Turkey Sausage Links	558	208	23	11	0	213	799	62	3	14	26	670	24	68	2

Breakfast - Grande Griddle 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)
Buttermilk Berry Griddlecakes (1 serving)	867	239	27	4	0	111	2143	134	7	39	22	171	25	695	9
Buttermilk Berry Griddlecakes (1 serving) with Eggs Any Style	1030	344	38	8	0	535	2495	135	7	40	35	684	25	748	10
Buttermilk Berry Griddlecakes (1 serving) with Protein Choice Corned Beef Hash	1147	389	43	12	1	144	2857	153	8	40	35	171	25	709	10
Buttermilk Berry Griddlecakes (1 serving) with Protein Choice Ham Steak	1013	311	35	7	0	171	3556	136	7	41	39	171	25	695	9
Buttermilk Berry Griddlecakes (1 serving) with Protein Choice Pork Sausage Links	1235	532	59	4	0	168	3008	136	7	41	38	171	25	695	9
Buttermilk Berry Griddlecakes (1 serving) with Protein Choice Smoked Bacon	1067	401	45	11	0	141	2823	134	7	39	32	171	25	695	9
Buttermilk Berry Griddlecakes (1 serving) with Protein Choice Turkey Sausage Links	1001	298	33	6	0	169	2900	136	7	40	39	211	25	739	10

Buttermilk Berry Griddlecakes, Half Stack (1 serving)	433	119	13	2	0	56	1071	67	3	20	11	85	12	348	4
Buttermilk Berry Griddlecakes, Half Stack (1 serving) with Eggs Any Style	597	224	25	5	0	480	1424	68	3	20	24	598	12	400	6
Buttermilk Berry Griddlecakes, Half Stack (1 serving) with Protein Choice Corned Beef Hash	714	270	30	10	1	89	1786	86	5	20	24	85	12	361	5
Buttermilk Berry Griddlecakes, Half Stack (1 serving) with Protein Choice Ham Steak	580	191	21	5	0	116	2485	69	3	21	28	85	12	348	5
Buttermilk Berry Griddlecakes, Half Stack (1 serving) with Protein Choice Pork Sausage Links	802	413	46	2	0	112	1936	69	3	21	27	85	12	348	4
Buttermilk Berry Griddlecakes, Half Stack (1 serving) with Protein Choice Smoked Bacon	633	281	31	9	0	86	1751	67	3	20	21	85	12	348	5
Buttermilk Berry Griddlecakes, Half Stack (1 serving) with Protein Choice Turkey Sausage Links	568	179	20	4	0	113	1828	69	4	20	28	125	13	391	6

Four Buttermilk Griddlecakes (1 serving)	861	296	33	7	0	111	2207	119	5	27	22	446	1	686	8
Four Buttermilk Griddlecakes (1 serving) with Eggs Any Style	1025	400	44	10	0	535	2560	120	5	28	34	959	1	739	10
Four Buttermilk Griddlecakes (1 serving) with Pancake and Waffle Syrup	1090	296	33	7	0	111	2207	176	5	67	22	446	1	686	8
Four Buttermilk Griddlecakes (1 serving) with Protein Choice Corned Beef Hash	1142	446	50	15	1	144	2921	138	7	28	35	446	1	700	9
Four Buttermilk Griddlecakes (1 serving) with Protein Choice Ham Steak	1008	368	41	10	0	171	3620	121	5	28	39	446	1	686	9
Four Buttermilk Griddlecakes (1 serving) with Protein Choice Pork Sausage Links	1230	589	65	7	0	168	3072	121	5	28	37	446	1	686	8
Four Buttermilk Griddlecakes (1 serving) with Protein Choice Smoked Bacon	1061	458	51	14	0	141	2887	119	5	27	32	446	1	686	9
Four Buttermilk Griddlecakes (1 serving) with Protein Choice Turkey Sausage Links	996	355	39	9	0	169	2964	121	6	27	39	486	1	730	9
Four Buttermilk Griddlecakes (1 serving) with Whipped Margarine	920	354	39	10	0	111	2272	119	5	27	22	742	1	686	8

Four Buttermilk Griddlecakes, Half Stack (1 serving)	460	177	20	5	0	56	1136	60	3	14	11	371	0	343	4
Four Buttermilk Griddlecakes, Half Stack (1 serving) with Eggs Any Style	624	282	31	8	0	480	1489	60	3	14	23	884	0	395	6
Four Buttermilk Griddlecakes, Half Stack (1 serving) with Pancake and Waffle Syrup	689	177	20	5	0	56	1136	117	3	53	11	371	0	343	4
Four Buttermilk Griddlecakes, Half Stack (1 serving) with Protein Choice Corned Beef Hash	741	327	36	13	1	89	1850	78	4	14	24	371	0	357	5
Four Buttermilk Griddlecakes, Half Stack (1 serving) with Protein Choice Ham Steak	607	249	28	8	0	116	2549	61	3	15	28	371	0	343	5
Four Buttermilk Griddlecakes, Half Stack (1 serving) with Protein Choice Pork Sausage Links	829	470	52	5	0	112	2001	61	3	15	26	371	0	343	4
Four Buttermilk Griddlecakes, Half Stack (1 serving) with Protein Choice Smoked Bacon	660	339	38	12	0	86	1816	60	3	14	21	371	0	343	5
Four Buttermilk Griddlecakes, Half Stack (1 serving) with Protein Choice Turkey Sausage Links	595	236	26	7	0	113	1893	62	3	14	28	411	0	387	5

Breakfast - French-Inspired 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)	
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 Lorraine (1 serving)	690	389	43	21	0	264	1092	50	2	9	23	720	4	359	3	
Quiche Lorraine (1 serving) with Add a Side of Tomato Slices	696	390	43	21	0	264	1093	51	2	9	23	956	7	362	3	
Quiche Florentine (1 serving)	654	363	40	19	0	247	899	50	2	9	21	2107	6	408	4	
Quiche Florentine (1 serving) with Add a Side of Tomato Slices	660	363	40	19	0	247	901	51	2	9	21	2343	10	411	4	

Breakfast - American Comfort																
	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)	
Breakfast Tacos (1 serving)	1141	648	72	20	0	919	3255	68	7	8	54	1957	68	432	9	
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	
Chipotle Breakfast Burrito (1 serving)	1220	668	74	32	0	975	3170	69	7	8	66	2592	26	979	9	
Chipotle Breakfast Burrito (1 serving) with Roasted Potatoes	1371	717	80	32	0	975	3762	92	10	10	69	2839	55	999	10	
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	

Breakfast - Add Ons																
	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)	
Two Strips of Bacon (2 slices)	100	81	9	4	0	15	340	0	0	0	5	0	0	0	0	
Add Peppers and Onions to Roasted Potatoes (1 serving)	151	49	5	1	0	0	592	23	4	2	3	247	29	20	1	
Add Peppers and Onions to Roasted Potatoes (1 serving) with Caramelized Onions	176	64	7	2	0	0	602	26	4	3	3	292	31	25	1	
Add Peppers and Onions to Roasted Potatoes (1 serving) with Mixed Bell Peppers	159	50	6	1	0	0	593	25	4	3	3	736	67	22	1	
Add Peppers and Onions to Roasted Potatoes (1 serving) with Sautéed Mushrooms	174	66	7	2	0	0	614	24	4	2	3	292	30	21	1	
Banana Slices (1 serving)	84	3	0	0	0	0	1	19	2	10	1	54	7	5	0	
Mixed Berries (1 serving)	44	1	0	0	0	0	0	10	1	8	0	13	18	7	0	
Avocado (1 serving)	68	51	6	1	0	0	3	3	3	0	1	57	4	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	
Sour Cream (1 serving)	80	60	7	5	0	27	20	1	0	1	1	266	0	27	0	

Breakfast - Fresh From the 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)	
Just Baked All Butter Croissant (1 croissant)	360	180	20	12	1	55	470	38	2	5	7	500	12	20	3	
Just Baked All Butter Croissant (1 croissant) with Whipped Margarine	419	239	27	15	1	55	535	38	2	5	7	796	12	20	3	
Just Baked Blueberry Crumble Muffin (1 muffin)	592	266	30	6	0	109	473	74	2	47	7	271	4	23	1	
Just Baked Buttermilk Spice Muffin (1 muffin)	575	189	21	8	0	58	498	85	2	50	9	830	0	71	3	
Just Baked Carrot Raisin Nut Muffin (1 muffin)	514	242	27	4	0	68	635	64	2	38	6	1134	4	60	2	

Just Baked Cinnamon Brioche Roll (1 serving)	603	180	20	8	0	20	520	99	3	52	9	750	0	80	4
Just Baked Honey Bran Muffin (1 muffin)	516	113	13	4	0	65	490	97	2	53	11	371	2	111	5

Lunch/Dinner - Share-ables

	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)
Trio of Appetizers (1 serving)	958	417	46	13	0	161	3338	81	7	7	53	3729	32	332	4
Fried Chicken Tenders (1 serving)	774	267	30	5	0	182	2146	48	2	3	74	779	4	103	3
Lightly Fried Zucchini (1 serving)	497	271	30	6	0	86	1270	45	5	8	11	739	49	146	2
Brochette Trio (1 serving)	653	321	36	9	0	303	2062	20	0	11	59	364	5	94	5
Warm Spinach Artichoke Dip (1 serving)	669	308	34	14	0	54	2086	72	7	5	22	5276	12	469	4
Black and Bleu Chicken Quesadilla (1 serving)	1494	955	106	39	0	197	3910	66	7	9	64	3170	39	961	7
Calamari (1 serving)	349	84	9	2	0	463	1184	32	3	3	35	108	28	133	2
Hand Mixed Guacamole and Chips (1 serving)	735	421	47	7	0	0	2043	77	19	2	14	1585	242	60	5

Lunch/Dinner - 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, Cup (1 cup)	204	107	12	7	0	42	578	20	2	5	3	536	4	34	1
Corn Chowder, Bowl (1 bowl)	340	178	20	11	0	71	963	34	3	9	6	876	7	57	1
Tomato Basil Soup, Cup (1 cup)	238	168	19	10	0	68	493	12	2	3	2	1726	26	34	1
Tomato Basil Soup, Bowl (1 bowl)	397	280	31	17	0	113	822	20	3	6	3	2859	43	57	1
French Onion Soup, Cup (1 serving)	241	104	12	7	0	31	1131	24	2	6	10	406	7	237	1
French Onion Soup, Bowl (1 serving)	448	192	21	12	0	57	1994	45	3	10	18	751	12	445	2

Lunch/Dinner - Beef and Pork

	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)
Mimi's Grilled Ribeye Steak (1 serving)	890	563	63	24	0	357	737	1	0	0	75	517	1	54	5
Mimi's Blackened Ribeye Steak (1 serving)	895	564	63	24	0	357	403	1	0	0	76	594	1	58	5
Grilled Beef Liver (1 serving)	715	332	37	13	0	640	922	34	4	8	58	41487	91	114	13
Grilled New York Strip Steak (1 serving)	752	497	55	22	0	156	735	1	0	0	58	482	1	68	4
Grilled New York Strip Steak (1 serving) with Add a Shrimp Skewer	849	525	58	22	0	279	854	1	0	0	75	652	2	110	6
Grilled Barbecue Pork Loin (1 serving)	417	139	15	6	0	80	1170	36	1	32	35	294	3	4	1

Lunch/Dinner - Fish and Seafood

	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)
Fire Grilled Shrimp Brochette (1 serving)	274	119	13	2	0	246	1027	5	1	1	33	411	24	94	4
Hibachi Plate (1 serving) with Add Grilled Salmon	919	293	33	6	0	101	1525	109	4	46	43	3104	147	114	4
Hibachi Plate (1 serving) with Add Grilled Shrimp	823	194	22	3	0	247	2451	110	4	46	42	3314	144	179	7
Beer Battered Fish and Fries (1 serving)	1183	702	78	11	0	42	1723	79	7	7	35	2242	74	75	3
Grilled Atlantic Salmon (1 serving)	317	181	20	4	0	100	313	0	0	0	34	136	7	21	1
Grilled Atlantic Salmon (1 serving) with Add a Shrimp Skewer	414	209	23	5	0	223	433	1	0	0	50	306	9	63	3

Lunch/Dinner - Chicken

	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)
Tuscan Style Grilled Chicken (1 serving)	503	159	18	7	0	120	1360	31	6	6	51	2583	67	105	3

Tuscan Style Grilled Chicken (1 serving) with Toasted Baby Baguette	609	177	20	8	0	120	1568	50	6	6	54	2664	67	106	3
Hibachi Plate (1 serving) with Add Grilled Chicken	838	151	17	3	0	116	1318	109	4	46	54	3065	143	116	4
Roasted Half Chicken (1 serving)	680	514	57	17	0	147	1055	2	0	1	37	1234	6	28	2

Lunch/Dinner - Comfort Food

	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)
Chicken and Shrimp Jambalaya with Pasta (1 serving)	781	305	34	4	0	192	1637	61	5	18	58	2665	104	139	10
Chicken and Shrimp Jambalaya with Rice (1 serving)	793	271	30	3	0	192	1623	73	3	17	56	2645	100	159	10
Mimi's Meatloaf (1 serving)	448	268	30	11	0	163	1282	15	1	3	28	113	3	56	4
Slow Roasted Turkey (1 serving)	706	286	32	10	0	79	2550	66	5	25	36	3418	87	89	4
Beef Pot Roast (1 serving)	461	277	31	12	0	150	1110	13	1	4	33	4834	3	56	4
Chicken Pot Pie (1 serving)	862	503	56	20	0	144	2073	60	5	13	33	7711	12	270	5

Lunch/Dinner - French-Inspired 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)
Quiche Lorraine (1 serving)	690	389	43	21	0	264	1092	50	2	9	23	720	4	359	3
Quiche Lorraine (1 serving) with House Salad	875	491	55	22	0	272	1352	66	4	15	27	6349	43	454	8
Quiche Lorraine (1 serving) with Muffin Choice Buttermilk Spice Muffin	1265	579	64	28	0	322	1589	135	4	58	32	1550	4	431	6
Quiche Lorraine (1 serving) with Muffin Choice Carrot Raisin Muffin	1204	631	70	24	0	332	1727	113	3	46	29	1854	7	420	5
Quiche Lorraine (1 serving) with Muffin Choice Honey Bran Muffin	1206	503	57	25	0	329	1582	147	3	61	34	1091	6	471	8
Quiche Florentine (1 serving)	654	363	40	19	0	247	899	50	2	9	21	2107	6	408	4
Quiche Florentine (1 serving) with House Salad	839	464	52	21	0	255	1160	66	4	15	25	7736	45	503	8
Quiche Florentine (1 serving) with Muffin Choice Buttermilk Spice Muffin	1229	552	61	27	0	305	1397	135	4	58	30	2937	6	479	6
Quiche Florentine (1 serving) with Muffin Choice Carrot Raisin Muffin	1168	605	68	23	0	315	1534	113	3	46	27	3241	10	468	6
Quiche Florentine (1 serving) with Muffin Choice Honey Bran Muffin	1170	476	54	24	0	312	1389	147	4	61	32	2478	9	519	9
Roasted Chicken Crepes (1 serving)	457	331	37	18	1	182	763	15	2	5	15	7304	25	135	3
Roasted Chicken Crepes (1 serving) with Side House Salad	660	438	49	20	1	191	1043	34	5	12	20	12958	64	234	8
French Pot Roast (1 serving)	513	287	32	12	0	153	1819	22	1	6	34	4849	4	80	5

Lunch/Dinner - Pasta

	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)
Coastal Shrimp Pasta (1 serving)	1033	473	53	10	0	173	1574	99	7	7	37	2850	86	118	7
Chicken Cheddar Mac (1 serving)	1391	916	102	35	1	206	2507	64	3	6	54	1710	5	671	3
Parmesan Crusted Chicken Pasta (1 serving)	1290	323	36	12	0	149	2656	155	9	15	87	533	9	701	8

Lunch/Dinner - 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)
Petite Sandwiches (1 sandwich)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Petite Sandwiches (1 sandwich) with French Dip Sandwich	320	74	8	2	0	46	1317	37	1	3	21	42	4	8	3
Petite Sandwiches (1 sandwich) with Turkey Royale Sandwich	512	284	32	5	0	42	694	43	4	17	14	663	6	51	2
Petite Sandwiches (1 sandwich) with West Coast Reuben Sandwich	696	353	39	14	0	99	1712	49	5	6	35	1613	20	448	3
Petite Sandwiches (1 sandwich) with Five Way Grilled Cheese Sandwich	336	198	22	12	0	42	562	18	0	1	17	720	2	438	1
Petite Sandwiches (1 sandwich) with Tuna and Cheddar Melt Sandwich	363	214	24	10	0	52	725	18	0	1	19	723	4	292	1
Petite Salads (1 salad)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Petite Salads (1 salad) with Spinach Salad	219	153	17	5	0	228	401	5	2	3	11	6127	20	91	2
Petite Salads (1 salad) with House Salad	185	102	11	2	0	8	260	17	3	6	4	5629	39	95	5
Petite Salads (1 salad) with Caesar Salad	255	198	22	2	0	17	376	11	2	1	4	5504	23	83	1
Petite Salads (1 salad) with Bacon and Bleu Cheese Salad	273	183	20	5	0	20	495	14	3	7	8	5566	40	156	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 Tomato Basil Soup	238	168	19	10	0	68	493	12	2	3	2	1726	26	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

Sides (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sides (1 serving) with Coleslaw	248	210	23	4	0	19	224	7	2	5	1	1523	26	41	1
Sides (1 serving) with Fresh Vegetables	118	86	10	4	0	0	100	6	3	1	2	1021	14	32	1
Sides (1 serving) with Long Grain Rice	300	0	0	0	0	0	0	66	0	0	6	0	0	40	2
Sides (1 serving) with French Fries	126	28	3	1	0	0	480	22	3	2	2	64	29	14	1
Petite Desserts (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Petite Desserts (1 serving) with Strawberry Cheesecake Parfait	463	281	31	22	0	77	229	43	0	37	4	853	2	322	0
Petite Desserts (1 serving) with Chocolate Custard Parfait	522	395	44	32	0	144	47	22	2	19	1	1380	0	146	0
Petite Desserts (1 serving) with French Silk Slab Pie	523	281	31	21	0	46	152	56	2	43	4	302	0	25	1
Petite Desserts (1 serving) with Chocolate Chip Bread Pudding	372	169	19	11	0	140	294	41	1	26	7	524	1	85	1

Lunch/Dinner - Craft 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)
West Coast Reuben (1 serving)	1319	671	75	27	0	168	2718	97	11	11	62	3227	39	897	6
West Coast Reuben (1 serving) with Side House Salad	1522	778	86	29	0	177	2998	116	14	19	66	8881	78	997	11
West Coast Reuben (1 serving) with Side of French Fries	1445	699	78	27	0	168	3198	119	14	13	64	3291	68	911	7
Chicken Cordon Bleu (1 serving)	1062	404	45	16	0	143	2941	96	4	5	64	3189	18	514	6
Chicken Cordon Bleu (1 serving) with Side House Salad	1265	512	57	18	0	152	3221	115	7	12	68	8844	57	614	10
Chicken Cordon Bleu (1 serving) with Side of French Fries	1188	433	48	17	0	143	3421	118	8	7	66	3253	47	528	7
Thai Chicken Wrap (1 serving)	815	211	23	4	0	58	2814	106	3	20	38	1317	23	252	5
Thai Chicken Wrap (1 serving) with Side House Salad	1018	318	35	6	0	67	3094	125	6	27	42	6971	62	352	10
Thai Chicken Wrap (1 serving) with Side of French Fries	941	239	27	4	0	58	3293	128	7	21	40	1381	52	266	6
Roasted Turkey Club (1 serving)	1051	556	62	14	0	120	2351	74	6	3	45	2412	20	81	6
Roasted Turkey Club (1 serving) with Side House Salad	1254	663	74	16	0	130	2630	94	9	10	50	8067	59	181	11
Roasted Turkey Club (1 serving) with Side of French Fries	1176	584	65	15	0	120	2830	97	9	5	48	2476	49	95	7
Egg In A Hole Sandwich (1 serving)	790	375	42	15	0	314	2642	59	6	5	43	6619	46	396	9
Egg In A Hole Sandwich (1 serving) with Roasted Potatoes	942	424	47	16	0	314	3234	82	10	7	45	6866	75	416	10
Egg In A Hole Sandwich (1 serving) Petite House Salad	975	477	53	17	0	322	2902	76	9	11	47	12248	85	491	14
Turkey Pesto Ciabatta (1 serving)	1037	560	62	15	0	102	2152	71	5	5	44	1281	18	130	6
Turkey Pesto Ciabatta (1 serving) with Side House Salad	1240	667	74	17	0	112	2432	90	8	12	48	6935	57	230	10
Turkey Pesto Ciabatta (1 serving) with Side of French Fries	1162	588	65	15	0	102	2632	93	9	6	46	1345	47	144	6
French Dip (1 serving)	559	92	10	4	0	75	1972	69	2	3	42	252	7	3	6
French Dip (1 serving) with Add Caramelized Onions	590	113	13	4	0	75	1972	72	2	4	42	285	9	7	6
French Dip (1 serving) with Add Mozzarella Cheese	658	152	17	8	0	92	2159	70	2	3	51	472	7	223	6
French Dip (1 serving) with Add Sauteed Mixed Peppers	575	101	11	4	0	75	1972	71	3	4	42	753	45	5	6
French Dip (1 serving) with Add Sauteed Mushrooms	584	114	13	4	0	75	1972	70	2	4	42	285	7	3	6
French Dip (1 serving) with Side House Salad	762	200	22	6	0	85	2251	89	5	11	46	5906	46	103	11
French Dip (1 serving) with Side of French Fries	685	121	13	4	0	75	2451	92	5	5	44	316	36	17	7
Turkey Royale Sandwich (1 serving)	779	400	44	7	0	52	986	76	7	27	19	1247	10	93	3
Turkey Royale Sandwich (1 serving) with Side House Salad	982	508	56	9	0	62	1266	96	10	35	23	6901	49	193	8
Turkey Royale Sandwich (1 serving) with Side of French Fries	905	429	48	8	0	52	1466	99	11	29	21	1311	39	107	4
Tuna and Cheddar Melt (1 serving)	727	428	48	19	0	105	1449	36	1	2	37	1446	7	584	2
Tuna and Cheddar Melt (1 serving) with Side House Salad	930	536	60	21	0	114	1729	55	4	10	42	7100	46	683	7
Tuna and Cheddar Melt (1 serving) with Side of French Fries	853	457	51	20	0	105	1929	58	4	4	40	1510	36	598	3
Five Way Grilled Cheese Sandwich (1 serving)	672	395	44	24	0	84	1125	35	0	1	33	1440	3	876	2
Five Way Grilled Cheese Sandwich (1 serving) with Side House Salad	875	503	56	26	0	94	1404	54	3	9	37	7094	42	976	7
Five Way Grilled Cheese Sandwich (1 serving) with Side of French Fries	797	424	47	24	0	84	1604	58	4	3	35	1504	32	890	3
Roasted Chicken Croque Monsieur (1 serving)	1102	574	64	30	0	194	2269	56	4	3	70	2307	11	761	4
Roasted Chicken Croque Monsieur (1 serving) with Side House Salad	1305	681	76	32	0	203	2549	76	7	11	75	7961	50	861	9
Roasted Chicken Croque Monsieur (1 serving) with Side of French Fries	1228	602	67	31	0	194	2749	79	7	5	73	2371	40	775	5

Lunch/Dinner - 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)
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
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
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

Lunch/Dinner - Fresh Salads	Total	Fat	Total Fat	Saturate	Trans Fat	Choleste	Sodium	Total	Fiber	Sugars	Protein	Vit A (iu)	Vit C	Calcium	Iron (mg)
	Calories (kcal)	Calories (kcal)	(g)	d Fat (g)	(g)	rol (mg)	(mg)	Carbs (g)	(g)	(g)	(g)	(iu)	(mg)	(mg)	(mg)
Lyonnais Salad (1 serving)	585	390	43	10	0	241	1359	27	5	3	24	11373	78	174	11
Lyonnais Salad (1 serving) with Muffin Choice Buttermilk Spice Muffin	1160	579	64	18	0	299	1857	112	7	53	33	12203	78	245	14
Lyonnais Salad (1 serving) with Muffin Choice Carrot Raisin Muffin	1099	632	70	14	0	309	1994	91	7	41	30	12507	82	234	13
Lyonnais Salad (1 serving) with Muffin Choice Honey Bran Muffin	1101	503	56	14	0	306	1849	124	7	56	35	11744	80	285	16
Lyonnais Salad (1 serving) with Muffin Choice Blueberry Crumble Muffin	1177	656	73	16	0	350	1832	101	7	50	31	11644	82	197	12
Lyonnais Salad (1 serving) with Petite Baguette	691	408	45	11	0	241	1567	46	5	3	27	11454	78	175	11
Lyonnais Salad (1 serving) with Substitute a Croissant for the Muffin or Baguette	945	570	63	22	1	296	1829	65	7	8	31	11873	90	194	14
Citrus Salmon (1 serving)	572	363	40	6	0	100	813	16	4	8	37	5647	86	124	5
Citrus Salmon (1 serving) with Muffin Choice Buttermilk Spice Muffin	1147	552	61	14	0	158	1310	101	6	58	46	6477	86	195	7
Citrus Salmon (1 serving) with Muffin Choice Carrot Raisin Muffin	1086	605	68	10	0	168	1448	79	6	46	43	6781	90	184	7
Citrus Salmon (1 serving) with Muffin Choice Honey Bran Muffin	1088	476	54	10	0	165	1303	113	6	60	48	6017	88	235	10
Citrus Salmon (1 serving) with Muffin Choice Blueberry Crumble Muffin	1164	629	70	12	0	209	1286	90	6	55	44	5918	90	147	6
Citrus Salmon (1 serving) with Petite Baguette	692	367	41	6	0	100	1053	41	5	8	41	5647	86	124	6
Citrus Salmon (1 serving) with Substitute a Croissant for the Muffin or Baguette	932	543	60	18	1	155	1283	54	6	13	44	6147	98	144	8
Asian Chicken Chopped Salad (1 serving)	521	227	25	4	0	49	1084	45	8	26	27	10227	165	145	4
Asian Chicken Chopped Salad (1 serving) with Muffin Choice Buttermilk Spice Muffin	1096	416	46	12	0	107	1581	130	10	76	36	11056	166	216	6
Asian Chicken Chopped Salad (1 serving) with Muffin Choice Carrot Raisin Muffin	1035	469	52	8	0	117	1719	108	9	64	33	11360	169	205	6
Asian Chicken Chopped Salad (1 serving) with Muffin Choice Honey Bran Muffin	1038	340	39	8	0	114	1574	142	10	79	38	10597	168	256	9
Asian Chicken Chopped Salad (1 serving) with Muffin Choice Blueberry Crumble Muffin	1113	493	55	10	0	158	1557	119	10	73	34	10498	169	168	5
Asian Chicken Chopped Salad (1 serving) with Petite Baguette	641	231	26	4	0	49	1324	70	9	26	31	10227	165	145	5
Asian Chicken Chopped Salad (1 serving) with Substitute a Croissant for the Muffin or Baguette	881	407	45	16	1	104	1554	83	10	31	34	10727	177	165	7
Bacon and Blue Cheese Salad (1 salad)	737	490	54	16	0	64	1415	38	7	21	24	11548	83	436	9
Bacon and Blue Cheese Salad (1 salad) with Add Grilled Chicken	962	547	61	17	0	162	1702	38	7	21	63	11645	85	456	10
Bacon and Blue Cheese Salad (1 salad) with Add Grilled Salmon	1081	699	78	20	0	164	1958	38	7	21	58	11701	90	457	9
Bacon and Blue Cheese Salad (1 salad) with Add Grilled Shrimp	985	600	67	18	0	310	2884	39	8	21	57	11911	86	522	13
Bacon and Blue Cheese Salad (1 salad) with Muffin Choice Buttermilk Spice Muffin	1311	680	76	24	0	122	1912	123	9	70	33	12378	83	508	11
Bacon and Blue Cheese Salad (1 salad) with Muffin Choice Carrot Raisin Muffin	1251	732	82	20	0	132	2050	101	9	58	30	12682	87	497	11
Bacon and Blue Cheese Salad (1 salad) with Muffin Choice Honey Bran Muffin	1253	604	68	20	0	129	1905	135	9	73	35	11918	85	548	14
Bacon and Blue Cheese Salad (1 salad) with Muffin Choice Blueberry Crumble Muffin	1329	756	84	22	0	173	1888	112	9	68	31	11819	87	459	10
Bacon and Blue Cheese Salad (1 salad) with Petite Baguette	857	495	55	16	0	64	1655	63	8	21	28	11548	83	436	10
Bacon and Blue Cheese Salad (1 salad) with Substitute a Croissant for the Muffin or Baguette	1097	670	74	28	1	119	1885	76	9	26	31	12048	95	456	12
Mimi's Chopped Cobb Salad (1 salad)	401	243	27	11	0	270	885	14	6	6	25	2239	19	201	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice 1000 Island	584	406	45	14	0	282	1201	19	6	10	25	2291	22	204	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Balsamic Vinaigrette	647	473	53	13	0	270	1183	19	6	11	25	2239	19	201	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Bleu Cheese Dressing	602	429	48	15	0	292	1134	15	6	7	27	2336	19	256	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Caesar Dressing	672	507	56	14	0	293	1272	14	6	6	26	2279	19	245	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Honey Mustard Dressing	585	383	43	13	0	284	1013	25	6	16	25	2239	19	201	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Ranch Dressing	576	405	45	14	0	286	1162	16	6	8	26	2270	19	235	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Red Wine Vinaigrette	639	476	53	13	0	270	1221	16	6	8	25	2239	19	201	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Sesame Oriental Dressing	573	387	43	13	0	270	1470	22	6	14	25	2239	19	201	2
Mimi's Chopped Cobb Salad (1 salad) with Muffin Choice Buttermilk Spice Muffin	976	433	48	19	0	328	1383	99	8	56	34	3069	19	272	5
Mimi's Chopped Cobb Salad (1 salad) with Muffin Choice Carrot Raisin Muffin	915	485	54	15	0	338	1520	78	8	44	31	3373	22	262	5
Mimi's Chopped Cobb Salad (1 salad) with Muffin Choice Honey Bran Muffin	917	357	40	15	0	334	1375	111	8	59	36	2610	21	312	7
Mimi's Chopped Cobb Salad (1 salad) with Muffin Choice Blueberry Crumble Muffin	993	509	57	17	0	379	1358	88	8	53	32	2510	23	224	3
Mimi's Chopped Cobb Salad (1 salad) with Petite Baguette	521	248	28	11	0	270	1125	39	7	6	29	2239	19	201	4
Mimi's Chopped Cobb Salad (1 salad) with Substitute Croissant for Muffin or Baguette	761	423	47	23	1	325	1355	52	8	11	32	2739	31	221	5

Nicoise Salad (1 serving)	780	362	40	7	0	252	1697	66	9	5	36	11891	97	194	10
Nicoise Salad (1 serving) with Muffin Choice Buttermilk Spice Muffin	1355	551	61	15	0	310	2195	151	11	55	45	12721	97	265	13
Nicoise Salad (1 serving) with Muffin Choice Carrot Raisin Muffin	1294	604	67	11	0	320	2332	130	11	43	42	13025	101	254	12
Nicoise Salad (1 serving) with Muffin Choice Honey Bran Muffin	1296	475	53	11	0	317	2187	163	11	58	47	12262	99	305	15
Nicoise Salad (1 serving) with Muffin Choice Blueberry Crumble Muffin	1372	628	70	13	0	361	2170	140	11	52	43	12162	101	217	11
Nicoise Salad (1 serving) with Petite Baguette	886	380	42	8	0	252	1905	85	9	5	39	11972	97	195	10
Nicoise Salad (1 serving) with Substitute a Croissant for the Muffin or Baguette	1140	542	60	19	1	307	2167	104	11	10	43	12391	109	214	13
Mediterranean Salad with Roasted Chicken (1 salad)	485	322	36	7	0	47	1460	20	6	6	20	11855	96	227	9
Mediterranean Salad with Roasted Chicken (1 salad) with Muffin Choice Buttermilk Spice Muffin	1060	511	57	14	0	105	1958	105	8	56	29	12685	96	298	12
Mediterranean Salad with Roasted Chicken (1 salad) with Muffin Choice Carrot Raisin Muffin	999	564	63	10	0	115	2095	83	7	44	26	12989	100	287	11
Mediterranean Salad with Roasted Chicken (1 salad) with Muffin Choice Honey Bran Muffin	1001	435	49	11	0	112	1950	117	8	59	31	12226	98	338	14
Mediterranean Salad with Roasted Chicken (1 salad) with Muffin Choice Blueberry Crumble Muffin	1077	588	66	13	0	156	1933	94	8	53	27	12126	100	250	10
Mediterranean Salad with Roasted Chicken (1 salad) with Petite Baguette	605	326	36	7	0	47	1700	45	7	6	24	11855	96	227	11
Mediterranean Salad with Roasted Chicken (1 salad) with Substitute a Croissant for the Muffin or Baguette	845	502	56	19	1	102	1930	58	8	11	27	12355	108	247	12
Caesar Salad (1 salad)	474	388	43	5	0	36	696	14	4	2	8	11029	45	188	2
Caesar Salad (1 salad) with Add Grilled Chicken	699	445	49	6	0	135	984	14	4	2	47	11126	47	207	4
Caesar Salad (1 salad) with Add Grilled Salmon	817	596	66	10	0	136	1239	14	4	2	42	11182	52	208	3
Caesar Salad (1 salad) with Add Grilled Shrimp	722	497	55	7	0	282	2165	16	4	2	41	11392	48	274	6
Caesar Salad (1 salad) with Muffin Choice Buttermilk Spice Muffin	1048	577	64	13	0	94	1193	100	6	52	17	11859	45	259	5
Caesar Salad (1 salad) with Muffin Choice Carrot Raisin Muffin	988	630	70	9	0	104	1331	78	6	40	14	12163	49	248	5
Caesar Salad (1 salad) with Muffin Choice Honey Bran Muffin	990	501	57	9	0	101	1186	111	6	55	19	11400	47	299	8
Caesar Salad (1 salad) with Muffin Choice Blueberry Crumble Muffin	1066	654	73	11	0	145	1169	88	6	49	15	11300	49	211	3
Caesar Salad (1 salad) with Petite Baguette	594	392	44	5	0	36	936	39	5	2	12	11029	45	188	4
Caesar Salad (1 salad) with Substitute a Croissant for the Muffin or Baguette	834	568	63	17	1	91	1166	52	6	7	15	11529	57	208	5
Mimi's Salad Entree (1 serving)	318	184	20	1	0	0	532	28	5	3	8	11149	78	154	9
Mimi's Salad Entree (1 serving) with Muffin Choice Buttermilk Spice Muffin	893	373	41	9	0	58	1030	113	7	53	17	11979	78	225	12
Mimi's Salad Entree (1 serving) with Muffin Choice Carrot Raisin Muffin	832	426	48	5	0	68	1167	91	6	41	14	12283	82	215	12
Mimi's Salad Entree (1 serving) with Muffin Choice Honey Bran Muffin	835	297	34	6	0	65	1022	125	7	56	19	11520	81	265	15
Mimi's Salad Entree (1 serving) with Muffin Choice Blueberry Crumble Muffin	910	450	50	7	0	109	1005	102	7	50	15	11420	82	177	10
Mimi's Salad Entree (1 serving) with Petite Baguette	438	188	21	1	0	0	772	53	6	3	12	11149	78	154	11
Mimi's Salad Entree (1 serving) with Substitute a Croissant for the Muffin or Baguette	678	364	40	13	1	55	1002	66	7	8	15	11649	90	174	12

Lunch/Dinner - 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)
Bacon Balsamic Vinaigrette (1 serving)	261	233	26	4	0	18	484	4	0	4	4	0	0	0	0
Balsamic Vinaigrette (1 serving)	247	230	26	2	0	0	298	5	0	5	0	0	0	0	0
Caesar Dressing (1 serving)	272	264	29	3	0	23	387	0	0	0	1	40	0	44	0
Fat Free Raspberry Vinaigrette (1 serving)	38	8	0	0	0	0	255	9	0	8	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

Lunch/Dinner - 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)	300	0	0	0	0	0	0	66	0	0	6	0	0	40	2
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)	255	198	22	2	0	17	376	11	2	1	4	5504	23	83	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)	476	287	32	22	0	119	835	33	3	1	9	1224	12	292	1
Roasted Potatoes (1 serving)	151	49	5	1	0	0	592	23	4	2	3	247	29	20	1

Lunch/Dinner - 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)
Chocolate Chip Bread Pudding (1 serving)	1060	462	51	25	0	442	938	120	2	74	21	1130	2	256	4
Petite Chocolate Chip Bread Pudding (1 serving)	372	169	19	11	0	140	294	41	1	26	7	524	1	85	1
Molten Lava Cake (1 serving)	512	143	16	6	0	23	315	86	2	69	6	67	7	75	4
Crepe Brulee (1 serving)	392	216	24	23	0	60	173	40	0	38	5	0	0	120	0
Petite Dessert Ensemble (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Petite Dessert Ensemble (1 serving) with Chocolate Custard Petite Parfait	522	395	44	32	0	144	47	22	2	19	1	1380	0	146	0
Petite Dessert Ensemble (1 serving) with Petite Chocolate Chip Croissant Bread Pudding	372	169	19	11	0	140	294	41	1	26	7	524	1	85	1
Petite Dessert Ensemble (1 serving) with Petite Creme Brulee Cheesecake Slab Pie	285	163	18	13	0	49	229	29	0	24	4	514	1	295	0
Petite Dessert Ensemble (1 serving) with Petite French Silk Slab Pie	523	281	31	21	0	46	152	56	2	43	4	302	0	25	1
Petite Dessert Ensemble (1 serving) with Strawberry Cheesecake Petite Parfait	463	281	31	22	0	77	229	43	0	37	4	853	2	322	0
French Silk Slab Pie (1 serving)	1452	807	90	61	0	130	392	150	7	114	10	768	0	64	3
Petite French Silk Slab Pie (1 serving)	523	281	31	21	0	46	152	56	2	43	4	302	0	25	1
Strawberry Cheesecake Petite Parfait (1 serving)	463	281	31	22	0	77	229	43	0	37	4	853	2	322	0
Chocolate Custard Petite Parfait (1 serving)	522	395	44	32	0	144	47	22	2	19	1	1380	0	146	0

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)	580	207	23	8	0	65	1084	79	3	29	11	133	2	346	5
Kids Chocolate Chip Puppy Dog Griddlecakes (1 serving) with Pancake and Waffle Syrup	809	207	23	8	0	65	1084	136	3	69	11	133	2	346	5
Kids Puppy Dog Griddlecakes (1 serving)	422	135	15	3	0	65	1084	60	3	13	11	134	2	346	4
Kids Puppy Dog Griddlecakes (1 serving) with Pancake and Waffle Syrup	651	135	15	3	0	65	1084	117	3	53	11	134	2	346	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 French Toast Dippers (1 serving)	276	81	9	3	0	211	444	37	1	10	11	210	1	70	3
Kids French Toast Dippers (1 serving) with Pancake and Waffle Syrup	505	81	9	3	0	211	444	94	1	49	11	210	1	70	3
Kids Scrambled Eggs and Bacon (1 serving)	469	289	32	11	0	575	1242	21	3	2	23	795	27	69	4

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 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	740	439	49	7	0	109	1963	41	2	2	34	5536	23	118	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	699	242	27	5	0	91	1587	77	0	1	34	31	0	63	3
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 Kraft Mac and Cheese (1 serving)	340	99	11	3	0	25	830	48	2	11	12	0	0	150	2
Kids Kraft Mac and Cheese (1 serving) with Side Choice Broccoli	454	183	20	7	0	25	943	53	4	12	15	2968	79	191	3
Kids Kraft Mac and Cheese (1 serving) with Side Choice Caesar Salad	595	297	33	5	0	42	1206	59	4	12	16	5504	23	233	3
Kids Kraft Mac and Cheese (1 serving) with Side Choice French Fries	547	179	20	5	0	25	1430	77	6	11	15	53	9	151	2
Kids Kraft Mac and Cheese (1 serving) with Side Choice House Salad	420	113	13	3	0	25	983	61	4	12	16	5528	39	224	7

Kids Kraft Mac and Cheese (1 serving) with Side Choice Long Grain Rice	554	99	11	3	0	25	830	95	2	11	16	0	0	179	3
Kids Kraft Mac and Cheese (1 serving) with Side Choice Mashed Potatoes	470	138	15	5	0	30	1380	69	4	13	14	108	3	172	2
Kids Grilled Chicken (1 serving)	109	11	1	0	0	58	277	0	0	0	23	21	1	11	1
Kids Grilled Chicken (1 serving) with Side Choice Broccoli	223	95	11	4	0	58	390	5	2	1	26	2990	81	52	1
Kids Grilled Chicken (1 serving) with Side Choice Caesar Salad	364	209	23	3	0	75	653	11	2	1	27	5526	24	94	2
Kids Grilled Chicken (1 serving) with Side Choice French Fries	317	92	10	2	0	58	877	29	4	0	26	74	10	12	1
Kids Grilled Chicken (1 serving) with Side Choice House Salad	189	25	3	0	0	58	430	13	3	1	27	5549	40	85	5
Kids Grilled Chicken (1 serving) with Side Choice Long Grain Rice	324	11	1	0	0	58	277	47	0	0	27	21	1	40	2
Kids Grilled Chicken (1 serving) with Side Choice Mashed Potatoes	239	50	6	2	0	63	827	21	2	2	25	129	4	33	1
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	785	516	57	21	0	117	1356	41	4	1	30	6353	23	803	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	745	319	35	19	0	100	980	77	2	0	30	849	0	749	4
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 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	827	514	57	19	0	124	1505	45	3	7	36	6227	23	413	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	787	316	35	16	0	106	1130	81	1	6	36	723	0	359	4
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 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	539	253	28	3	0	17	671	61	5	7	13	5508	25	181	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	498	55	6	1	0	0	295	97	3	6	12	4	3	127	4
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 - 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 French Fries (1 serving)	207	80	9	2	0	0	600	29	4	0	3	53	9	1	1
Kids Broccoli (1 serving)	114	84	9	4	0	0	113	5	2	1	3	2969	79	41	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)	214	0	0	0	0	0	0	47	0	0	4	0	0	29	2
Kids Mashed Potatoes (1 serving)	130	39	4	2	0	5	550	21	2	2	2	108	3	22	0
Kids Caesar Salad (1 serving)	255	198	22	2	0	17	376	11	2	1	4	5504	23	83	1

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)
Kids Honest Appley Ever After Juice (1 drink)	40	0	0	0	0	0	15	10	0	9	0	0	100	0	0
Kids Orange Juice (1 drink)	165	0	0	0	0	0	30	39	1	38	3	15	300	3	3
Kids Honest Super Fruit Punch (1 drink)	40	0	0	0	0	0	15	10	0	9	0	0	100	0	0
Kids Whole Milk (1 drink)	240	108	12	8	0	53	188	20	0	18	12	450	4	450	0
Kids Lemonade (1 serving)	87	0	0	0	0	0	37	23	0	23	0	0	0	0	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 Chocolate Syrup	148	44	5	3	0	17	40	23	0	19	3	134	0	67	1

Kids GoGo Squeez Apple Sauce (1 serving)	60	0	0	0	0	0	0	0	15	1	12	0	0	0	0	
Kids Seasonal Fruit Cup (1 serving)	31	1	0	0	0	0	0	3	7	1	6	1	651	26	13	0
Kids Yoplait Yogurt Strawberry Go-Gurt (1 serving)	50	5	0.05	0	0	0	0	30	10	0	8	2	8	0	10	0

Beverages	Total	Fat	Total Fat	Saturate	Trans Fat	Choleste	Sodium	Total	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
	Calories	Calories	(g)	d Fat (g)	(g)	rol (mg)	(mg)	Carbs (g)	(g)	(g)	(g)	(iu)	(mg)	(mg)	(mg)
Apple Juice, Large (1 drink)	199	0	0	0	0	0	36	51	0	47	0	0	109	0	0
Apple Juice, Small (1 drink)	96	0	0	0	0	0	18	25	0	23	0	0	53	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 Milk Choice 2% Milk	65	23	3	2	0	10	64	6	0	6	4	250	1	151	0
Cafe Latte (1 drink) with Milk Choice Skim Milk	45	0	0	0	0	3	66	7	0	6	4	250	1	151	0
Cafe Latte (1 drink) with Milk Choice Whole Milk	80	36	4	3	0	18	64	7	0	6	4	150	1	151	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 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 Milk Choice 2% Milk	65	23	3	2	0	10	64	6	0	6	4	250	1	151	0
Cappuccino (1 drink) with Milk Choice Skim Milk	45	0	0	0	0	3	66	7	0	6	4	250	1	151	0
Cappuccino (1 drink) with Milk Choice Whole Milk	80	36	4	3	0	18	64	7	0	6	4	150	1	151	0
Coffee (1 drink)	0	0	0	0	0	0	8	0	0	0	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)	0	0	0	0	0	0	1	0	0	0	0	0	0	1	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
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
Sprite (1 drink)	116	0	0	0	0	0	26	31	0	31	0	0	0	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	0	598	8	1	6	1	509	46	25	0
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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)	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0
Iced Cappuccino (1 drink) with Flavor Choice Mango Flavor	49	0	0	0	0	0	1	12	0	12	0	0	0	1	0
Iced Cappuccino (1 drink) with Flavor Choice Orange Flavor	46	0	0	0	0	0	1	12	0	12	0	0	0	1	0
Iced Cappuccino (1 drink) with Flavor Choice Tangerine Flavor	42	0	0	0	0	0	1	11	0	11	0	0	0	1	0
Iced Cappuccino (1 drink) with Flavor Choice White Peach Flavor	50	0	0	0	0	0	1	13	0	12	0	0	0	1	0
Iced Cappuccino (1 drink) with Milk Choice 2% Milk	65	23	3	2	0	10	64	6	0	6	4	250	1	151	0
Iced Cappuccino (1 drink) with Milk Choice Skim Milk	45	0	0	0	0	3	66	7	0	6	4	250	1	151	0
Iced Cappuccino (1 drink) with Milk Choice Whole Milk	80	36	4	3	0	18	64	7	0	6	4	150	1	151	0
Iced Mocha (1 drink)	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0
Iced Mocha (1 drink) with Flavor Choice Mango Flavor	49	0	0	0	0	0	1	12	0	12	0	0	0	1	0
Iced Mocha (1 drink) with Flavor Choice Orange Flavor	46	0	0	0	0	0	1	12	0	12	0	0	0	1	0
Iced Mocha (1 drink) with Flavor Choice Tangerine Flavor	42	0	0	0	0	0	1	11	0	11	0	0	0	1	0
Iced Mocha (1 drink) with Flavor Choice White Peach Flavor	50	0	0	0	0	0	1	13	0	12	0	0	0	1	0
Iced Mocha (1 drink) with Milk Choice 2% Milk	65	23	3	2	0	10	64	6	0	6	4	250	1	151	0
Iced Mocha (1 drink) with Milk Choice Skim Milk	45	0	0	0	0	3	66	7	0	6	4	250	1	151	0
Iced Mocha (1 drink) with Milk Choice Whole Milk	80	36	4	3	0	18	64	7	0	6	4	150	1	151	0
Mocha Latte (1 drink)	1	0	0	0	0	0	1	0	0	0	0	0	0	2	0
Mocha Latte (1 drink) with Flavor Choice Mango Flavor	50	0	0	0	0	0	1	12	0	12	0	0	0	2	0
Mocha Latte (1 drink) with Flavor Choice Orange Flavor	47	0	0	0	0	0	1	12	0	12	0	0	0	2	0
Mocha Latte (1 drink) with Flavor Choice Tangerine Flavor	43	0	0	0	0	0	1	11	0	11	0	0	0	2	0
Mocha Latte (1 drink) with Flavor Choice White Peach Flavor	51	0	0	0	0	0	1	13	0	12	0	0	0	2	0
Mocha Latte (1 drink) with Milk Choice 2% Milk	66	23	3	2	0	10	64	6	0	6	4	250	1	152	0
Mocha Latte (1 drink) with Milk Choice Skim Milk	46	0	0	0	0	3	66	7	0	6	4	250	1	152	0
Mocha Latte (1 drink) with Milk Choice Whole Milk	81	36	4	3	0	18	64	7	0	6	4	150	1	152	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 Orange Syrup	265	0	0	0	0	0	0	32	0	25	1	0	36	0	0
Mimosa (1 drink) with Tangerine Syrup	261	0	0	0	0	0	0	31	0	24	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

Mimi's®

ALLERGEN INFORMATION

Mimis Cafe Menu Analysis Book

Breakfast Omelets	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Smoked Salmon Omelet	Y	Y	Y	N	N	N	N	Y	N	N	N
with Add Roasted Potatoes	Y	Y	Y	N	N	N	N	Y	N	N	N
with Muffin Choice Buttermilk Spice Muffin	Y	Y	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	Y	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Honey Bran Muffin	Y	Y	Y	N	N	N	N	Y	N	N	Y
with Substitute Croissant for Toast or Muffin	Y	Y	Y	N	N	N	N	Y	N	N	Y
with Toast Choice Rye Toast	Y	Y	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Sourdough Toast	Y	Y	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Toasted English Muffin	Y	Y	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Wheat Toast	Y	Y	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice White Toast	Y	Y	Y	N	Y	N	N	Y	N	N	Y
Mardi Gras Omelet	Y	N	Y	N	N	N	N	Y	N	N	N
with Add Roasted Potatoes	Y	N	Y	N	N	N	N	Y	N	N	N
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Substitute Croissant for Toast or Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Toast Choice Rye Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Sourdough Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Toasted English Muffin	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Wheat Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice White Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
Tuscan Omelet	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Add Roasted Potatoes	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	Y	N	N	Y	N	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	Y	N	Y	N	N	Y	N	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Substitute Croissant for Toast or Muffin	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Rye Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Sourdough Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Toasted English Muffin	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Wheat Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice White Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
Egg White and Veggie Omelet	Y	N	Y	N	N	N	N	Y	N	N	N
with Add a Side of Tomato Slices	Y	N	Y	N	N	N	N	Y	N	N	N
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y

with Substitute Croissant for Toast or Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Toast Choice Rye Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Sourdough Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Toasted English Muffin	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Wheat Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice White Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
Santa Fe Omelet	Y	N	Y	N	N	N	N	Y	N	N	N
with Add Roasted Potatoes	Y	N	Y	N	N	N	N	Y	N	N	N
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Substitute Croissant for Toast or Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Toast Choice Rye Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Sourdough Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Toasted English Muffin	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Wheat Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice White Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
Bacon Avocado Omelet	Y	N	Y	N	N	N	N	Y	N	N	N
with Add Roasted Potatoes	Y	N	Y	N	N	N	N	Y	N	N	N
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Substitute Croissant for Toast or Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Toast Choice Rye Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Sourdough Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Toasted English Muffin	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Wheat Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice White Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
Mushroom, Bacon and Brie Omelet	Y	N	Y	N	N	N	N	Y	N	N	N
with Add Roasted Potatoes	Y	N	Y	N	N	N	N	Y	N	N	N
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Substitute Croissant for Toast or Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Toast Choice Rye Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Sourdough Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Toasted English Muffin	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Wheat Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice White Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
Hickory Smoked Ham and Cheese Omelet	Y	N	Y	N	N	N	N	Y	N	N	N

with Add Roasted Potatoes	Y	N	Y	N	N	N	N	Y	N	N	N
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Substitute Croissant for Toast or Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Toast Choice Rye Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Sourdough Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Toasted English Muffin	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Wheat Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice White Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y

Mimi's Two-Egg Breakfasts	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Hickory Smoked Bacon and Eggs	Y	N	Y	N	N	N	N	Y	N	N	N
with Add Roasted Potatoes	Y	N	Y	N	N	N	N	Y	N	N	N
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Substitute Croissant for Toast or Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Toast Choice Rye Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Sourdough Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Toasted English Muffin	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Wheat Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice White Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
Pork Sausage and Eggs	Y	N	Y	N	N	N	N	Y	N	N	N
with Add Roasted Potatoes	Y	N	Y	N	N	N	N	Y	N	N	N
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Substitute Croissant for Toast or Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Toast Choice Rye Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Sourdough Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Toasted English Muffin	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Wheat Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice White Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
Turkey Sausage and Eggs	Y	N	Y	N	N	N	N	Y	N	N	N
with Add Roasted Potatoes	Y	N	Y	N	N	N	N	Y	N	N	N
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Substitute Croissant for Toast or Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Toast Choice Rye Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y

with Toast Choice Sourdough Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Toasted English Muffin	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Wheat Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice White Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
Hickory Smoked Ham and Eggs	Y	N	Y	N	N	N	N	Y	N	N	N
with Add Roasted Potatoes	Y	N	Y	N	N	N	N	Y	N	N	N
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Substitute Croissant for Toast or Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Toast Choice Rye Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Sourdough Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Toasted English Muffin	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Wheat Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice White Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
Corned Beef Brisket Hash and Eggs	Y	Y	Y	N	N	N	N	Y	N	N	N
with Add Roasted Potatoes	Y	Y	Y	N	N	N	N	Y	N	N	N
with Muffin Choice Buttermilk Spice Muffin	Y	Y	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	Y	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Honey Bran Muffin	Y	Y	Y	N	N	N	N	Y	N	N	Y
with Substitute Croissant for Toast or Muffin	Y	Y	Y	N	N	N	N	Y	N	N	Y
with Toast Choice Rye Toast	Y	Y	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Sourdough Toast	Y	Y	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Toasted English Muffin	Y	Y	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Wheat Toast	Y	Y	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice White Toast	Y	Y	Y	N	Y	N	N	Y	N	N	Y
Two Eggs, Any Style	Y	N	N	N	N	N	N	Y	N	N	N
with Add Roasted Potatoes	Y	N	N	N	N	N	N	Y	N	N	N
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	N	N	N	N	N	Y	N	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Substitute Croissant for Toast or Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Toast Choice Rye Toast	Y	N	N	N	Y	N	N	Y	N	N	Y
with Toast Choice Sourdough Toast	Y	N	N	N	Y	N	N	Y	N	N	Y
with Toast Choice Toasted English Muffin	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Toast Choice Wheat Toast	Y	N	N	N	Y	N	N	Y	N	N	Y
with Toast Choice White Toast	Y	N	N	N	Y	N	N	Y	N	N	Y

Breakfast Benedicts

	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Smoked Salmon Benedict	Y	Y	Y	N	Y	N	N	Y	N	N	Y

with Roasted Potatoes	Y	Y	Y	N	Y	N	N	Y	N	N	Y
Florentine Benedict	Y	Y	Y	N	Y	N	N	Y	N	N	Y
with Roasted Potatoes	Y	Y	Y	N	Y	N	N	Y	N	N	Y
Eggs Benedict	Y	Y	Y	N	Y	N	N	Y	N	N	Y
with Roasted Potatoes	Y	Y	Y	N	Y	N	N	Y	N	N	Y
Corned Beef Hash Benedict	Y	Y	Y	N	Y	N	N	Y	N	N	Y
with Roasted Potatoes	Y	Y	Y	N	Y	N	N	Y	N	N	Y

Breakfast - Grande Gridde French Toast	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Pain Perdu with Mixed Berries	Y	N	Y	N	Y	N	N	N	N	N	Y
with Eggs Any Style	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Protein Choice Corned Beef Hash	Y	N	Y	N	Y	N	N	N	Y	N	Y
with Protein Choice Ham Steak	Y	N	Y	N	Y	N	N	N	N	N	Y
with Protein Choice Pork Sausage Links	Y	N	Y	N	Y	N	N	N	N	N	Y
with Protein Choice Smoked Bacon	Y	N	Y	N	Y	N	N	N	N	N	Y
with Protein Choice Turkey Sausage Links	Y	N	Y	N	Y	N	N	N	N	N	Y
Brioche French Toast	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Eggs Any Style	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Pancake and Waffle Syrup	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Protein Choice Corned Beef Hash	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Protein Choice Ham Steak	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Protein Choice Pork Sausage Links	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Protein Choice Smoked Bacon	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Protein Choice Turkey Sausage Links	Y	N	Y	N	Y	N	N	Y	N	N	Y
Cinnamon Roll French Toast	Y	N	Y	N	N	N	N	N	N	N	Y
with Eggs Any Style	Y	N	Y	N	N	N	N	Y	N	N	Y
with Pancake and Waffle Syrup	Y	N	Y	N	N	N	N	N	N	N	Y
with Protein Choice Corned Beef Hash	Y	N	Y	N	N	N	N	N	Y	N	Y
with Protein Choice Ham Steak	Y	N	Y	N	N	N	N	N	N	N	Y
with Protein Choice Pork Sausage Links	Y	N	Y	N	N	N	N	N	N	N	Y
with Protein Choice Smoked Bacon	Y	N	Y	N	N	N	N	N	N	N	Y
with Protein Choice Turkey Sausage Links	Y	N	Y	N	N	N	N	N	N	N	Y

Breakfast - Grande Gridde Waffles	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Two Waffles	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Eggs Any Style	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Pancake and Waffle Syrup	Y	N	Y	N	Y	N	N	Y	N	N	Y

with Protein Choice Corned Beef Hash	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Protein Choice Ham Steak	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Protein Choice Pork Sausage Links	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Protein Choice Smoked Bacon	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Protein Choice Turkey Sausage Links	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Whipped Margarine	Y	N	Y	N	Y	N	N	Y	N	N	Y

Malted Berry Waffles	Y	N	Y	N	Y	N	N	N	N	N	Y
with Eggs Any Style	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Protein Choice Corned Beef Hash	Y	N	Y	N	Y	N	N	N	Y	N	Y
with Protein Choice Ham Steak	Y	N	Y	N	Y	N	N	N	N	N	Y
with Protein Choice Pork Sausage Links	Y	N	Y	N	Y	N	N	N	N	N	Y
with Protein Choice Smoked Bacon	Y	N	Y	N	Y	N	N	N	N	N	Y
with Protein Choice Turkey Sausage Links	Y	N	Y	N	Y	N	N	N	N	N	Y

Breakfast - Grande Griddle Griddlecakes

Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
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Buttermilk Berry Griddlecakes	Y	N	Y	N	N	N	N	N	N	N	Y
with Eggs Any Style	Y	N	Y	N	N	N	N	Y	N	N	Y
with Protein Choice Corned Beef Hash	Y	N	Y	N	N	N	N	N	Y	N	Y
with Protein Choice Ham Steak	Y	N	Y	N	N	N	N	N	N	N	Y
with Protein Choice Pork Sausage Links	Y	N	Y	N	N	N	N	N	N	N	Y
with Protein Choice Smoked Bacon	Y	N	Y	N	N	N	N	N	N	N	Y
with Protein Choice Turkey Sausage Links	Y	N	Y	N	N	N	N	N	N	N	Y

Buttermilk Berry Griddlecakes, Half Stack	Y	N	Y	N	N	N	N	N	N	N	Y
with Eggs Any Style	Y	N	Y	N	N	N	N	Y	N	N	Y
with Protein Choice Corned Beef Hash	Y	N	Y	N	N	N	N	N	Y	N	Y
with Protein Choice Ham Steak	Y	N	Y	N	N	N	N	N	N	N	Y
with Protein Choice Pork Sausage Links	Y	N	Y	N	N	N	N	N	N	N	Y
with Protein Choice Smoked Bacon	Y	N	Y	N	N	N	N	N	N	N	Y
with Protein Choice Turkey Sausage Links	Y	N	Y	N	N	N	N	N	N	N	Y

Four Buttermilk Griddlecakes	Y	N	Y	N	N	N	N	Y	N	N	Y
with Eggs Any Style	Y	N	Y	N	N	N	N	Y	N	N	Y
with Pancake and Waffle Syrup	Y	N	Y	N	N	N	N	Y	N	N	Y
with Protein Choice Corned Beef Hash	Y	N	Y	N	N	N	N	Y	Y	N	Y
with Protein Choice Ham Steak	Y	N	Y	N	N	N	N	Y	N	N	Y
with Protein Choice Pork Sausage Links	Y	N	Y	N	N	N	N	Y	N	N	Y
with Protein Choice Smoked Bacon	Y	N	Y	N	N	N	N	Y	N	N	Y
with Protein Choice Turkey Sausage Links	Y	N	Y	N	N	N	N	Y	N	N	Y
with Whipped Margarine	Y	N	Y	N	N	N	N	Y	N	N	Y

Four Buttermilk Griddlecakes, Half Stack	Y	N	Y	N	N	N	N	Y	N	N	Y
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Add Peppers and Onions to Roasted Potatoes	N	N	N	N	N	N	N	Y	N	N	N
with Caramelized Onions	N	N	Y	N	N	N	N	Y	N	N	N
with Mixed Bell Peppers	N	N	N	N	N	N	N	Y	N	N	N
with Sauteed Mushrooms	N	N	Y	N	N	N	N	Y	N	N	N
Banana Slices	N	N	N	N	N	N	N	N	N	N	N
Mixed Berries	N	N	N	N	N	N	N	N	N	N	N
Avocado	N	N	N	N	N	N	N	N	N	N	N
Cheese	N	N	N	N	N	N	N	N	N	N	N
with Cheese Choice Cheddar Cheese	N	N	Y	N	N	N	N	N	N	N	N
with Cheese Choice Monterey Jack Cheese	N	N	Y	N	N	N	N	N	N	N	N
with Cheese Choice Mozzarella Cheese	N	N	Y	N	N	N	N	N	N	N	N
with Cheese Choice Swiss Cheese	N	N	Y	N	N	N	N	N	N	N	N
Sour Cream	N	N	Y	N	N	N	N	N	N	N	N

Breakfast - Fresh From the Bakery Items	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Just Baked All Butter Croissant	Y	N	Y	N	N	N	N	N	N	N	Y
with Whipped Margarine	Y	N	Y	N	N	N	N	Y	N	N	Y
Just Baked Blueberry Crumble Muffin	Y	N	Y	N	Y	N	N	Y	N	N	Y
Just Baked Buttermilk Spice Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
Just Baked Carrot Raisin Nut Muffin	Y	N	N	N	N	N	N	Y	N	Y	Y
Just Baked Cinnamon Brioche Roll	N	N	Y	N	N	N	N	N	N	N	Y
Just Baked Honey Bran Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y

Lunch/Dinner - Appetizers	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Trio of Appetizers	Y	N	Y	N	Y	N	N	Y	N	N	Y
Fried Chicken Tenders	Y	N	Y	N	Y	N	N	Y	N	N	Y
Lightly Fried Zucchini	Y	N	Y	N	N	N	N	Y	N	N	N
Brochette Trio	Y	Y	Y	N	N	Y	Y	Y	Y	N	Y

Warm Spinach Artichoke Dip	N	N	Y	N	Y	N	N	Y	N	N	Y
Black and Bleu Chicken Quesadilla	Y	N	Y	N	Y	N	N	Y	Y	N	Y
Calamari	N	N	Y	N	N	N	Y	N	N	N	Y
Hand Mixed Guacamole and Chips	N	N	N	N	N	N	N	N	N	N	N

Soups and Salads	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Corn Chowder, Cup	N	N	Y	N	N	N	N	Y	N	N	Y
Corn Chowder, Bowl	N	N	Y	N	N	N	N	Y	N	N	Y
Tomato Basil Soup, Cup	N	N	Y	N	N	N	N	Y	N	N	N
Tomato Basil Soup, Bowl	N	N	Y	N	N	N	N	Y	N	N	N
French Onion Soup, Cup	N	N	Y	N	Y	N	N	Y	Y	N	Y
French Onion Soup, Bowl	N	N	Y	N	Y	N	N	Y	Y	N	Y
Petite Caesar Salad	Y	N	Y	N	Y	N	N	N	Y	N	Y
Petite House Salad	Y	N	Y	N	N	N	N	Y	Y	N	Y
Soup and Salad	N	N	N	N	N	N	N	N	N	N	N
with Cup of Corn Chowder	N	N	Y	N	N	N	N	Y	N	N	Y
with Cup of French Onion Soup	N	N	Y	N	Y	N	N	Y	Y	N	Y
with Cup of Tomato Basil Soup	N	N	Y	N	N	N	N	Y	N	N	N
with Petite Caesar Salad	Y	N	Y	N	Y	N	N	N	Y	N	Y
with Petite House Salad	Y	N	Y	N	N	N	N	Y	Y	N	Y

Lunch/Dinner - Beef and Pork	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Mimi's Grilled Ribeye Steak	N	N	Y	N	N	N	N	Y	N	N	N
Mimi's Blackened Ribeye Steak	N	N	Y	N	N	N	N	Y	N	N	N
Grilled Beef Liver	N	N	Y	N	Y	N	N	Y	N	N	Y

Grilled New York Strip Steak	N	N	Y	N	N	N	N	Y	N	N	N
with Add a Shrimp Skewer	N	N	Y	N	N	N	Y	Y	N	N	N

Grilled Barbecue Pork Loin	N	N	N	N	N	N	N	Y	N	N	N
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Lunch/Dinner - Fish and Seafood

	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Fire Grilled Shrimp Brochette	N	N	N	N	N	N	Y	Y	N	N	N
Hibachi Plate with Grilled Salmon	N	Y	Y	Y	N	N	N	Y	Y	N	Y
Hibachi Plate with Grilled Shrimp	N	N	Y	Y	N	N	Y	Y	Y	N	Y
Beer Battered Fish and Fries	Y	Y	Y	N	Y	N	N	N	N	N	Y
Grilled Atlantic Salmon	N	Y	N	N	N	N	N	Y	N	N	N
with Add a Shrimp Skewer	N	Y	N	N	N	N	Y	Y	N	N	N

Lunch/Dinner - Chicken

	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Tuscan Style Grilled Chicken	N	N	Y	N	N	N	N	Y	N	N	N
with Toasted Baby Baguette	N	N	Y	N	Y	N	N	Y	N	N	Y
Hibachi Plate with Grilled Chicken	N	N	Y	Y	N	N	N	Y	Y	N	Y
Roasted Half Chicken	N	N	Y	N	N	N	N	Y	N	N	N
with Add a Shrimp Skewer	N	N	Y	N	N	N	Y	Y	N	N	N

Lunch/Dinner - Comfort Food

	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Chicken and Shrimp Jambalaya with Pasta	N	Y	Y	Y	N	N	Y	Y	N	N	Y
Chicken and Shrimp Jambalaya with Rice	N	Y	Y	Y	N	N	Y	Y	N	N	Y
Mimi's Meatloaf	Y	Y	Y	N	N	N	N	Y	Y	N	Y
Slow Roasted Turkey	N	N	Y	N	Y	N	N	Y	N	N	Y
Beef Pot Roast	N	N	Y	N	N	N	N	Y	Y	N	Y
Chicken Pot Pie	Y	N	Y	N	N	N	N	Y	N	N	Y

Lunch/Dinner - French-Inspired Classics

	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Quiche Lorraine	Y	N	Y	N	N	N	N	N	N	N	Y
with House Salad	Y	N	Y	N	N	N	N	Y	Y	N	Y

with Coleslaw	Y	N	N	N	Y	N	N	N	N	N	N
with Fresh Vegetables	N	N	Y	N	N	N	N	Y	N	N	N
with Long Grain Rice	N	N	N	N	N	N	N	N	N	N	N
with French Fries	N	N	N	N	N	N	N	N	N	N	N
Petite Desserts	N	N	N	N	N	N	N	N	N	N	N
with Strawberry Cheesecake Parfait	N	N	Y	N	N	N	N	Y	Y	N	Y
with Chocolate Custard Parfait	N	N	Y	N	N	N	N	Y	Y	N	N
with French Silk Slab Pie	N	N	Y	N	N	N	N	Y	Y	N	Y
with Chocolate Chip Bread Pudding	Y	N	Y	N	Y	N	N	Y	N	N	Y

Lunch/Dinner - Craft Sandwiches	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
West Coast Reuben	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Side House Salad	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Side of French Fries	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Side of Mixed Fruit	Y	N	Y	N	Y	N	N	Y	N	N	Y
Chicken Cordon Bleu	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Side House Salad	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Side of French Fries	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Side of Mixed Fruit	Y	N	Y	N	Y	N	N	Y	Y	N	Y
Thai Chicken Wrap	Y	N	N	N	N	Y	N	Y	Y	N	Y
with Side House Salad	Y	N	Y	N	N	Y	N	Y	Y	N	Y
with Side of French Fries	Y	N	N	N	N	Y	N	Y	Y	N	Y
with Side of Mixed Fruit	Y	N	N	N	N	Y	N	Y	Y	N	Y
Roasted Turkey Club	Y	N	N	N	Y	N	N	N	N	N	Y
with Side House Salad	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Side of French Fries	Y	N	N	N	Y	N	N	N	N	N	Y
with Side of Mixed Fruit	Y	N	N	N	Y	N	N	N	N	N	Y
Egg In A Hole Sandwich	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Roasted Potatoes	Y	N	Y	N	Y	N	N	Y	Y	N	Y
Turkey Pesto Ciabatta	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Side House Salad	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Side of French Fries	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Side of Mixed Fruit	Y	N	Y	N	Y	N	N	Y	N	N	Y
French Dip	N	N	Y	N	Y	N	N	Y	N	N	Y
with Add Caramelized Onions	N	N	Y	N	Y	N	N	Y	N	N	Y
with Add Mozzarella Cheese	N	N	Y	N	Y	N	N	Y	N	N	Y

with Add Sauteed Mixed Peppers	N	N	Y	N	Y	N	N	Y	N	N	Y
with Add Sauteed Mushrooms	N	N	Y	N	Y	N	N	Y	N	N	Y
with Side House Salad	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Side of French Fries	N	N	Y	N	Y	N	N	Y	N	N	Y
with Side of Mixed Fruit	N	N	Y	N	Y	N	N	Y	N	N	Y
Turkey Royale Sandwich	Y	N	N	N	Y	N	N	N	Y	Y	Y
with Side House Salad	Y	N	Y	N	Y	N	N	Y	Y	Y	Y
with Side of French Fries	Y	N	N	N	Y	N	N	N	Y	Y	Y
with Side of Mixed Fruit	Y	N	N	N	Y	N	N	N	Y	Y	Y
Tuna and Cheddar Melt	Y	Y	Y	N	Y	N	N	Y	Y	N	Y
with Side House Salad	Y	Y	Y	N	Y	N	N	Y	Y	N	Y
with Side of French Fries	Y	Y	Y	N	Y	N	N	Y	Y	N	Y
with Side of Mixed Fruit	Y	Y	Y	N	Y	N	N	Y	Y	N	Y
Five Way Grilled Cheese Sandwich	N	N	Y	N	Y	N	N	Y	N	N	Y
with Side House Salad	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Side of French Fries	N	N	Y	N	Y	N	N	Y	N	N	Y
with Side of Mixed Fruit	N	N	Y	N	Y	N	N	Y	N	N	Y
Roasted Chicken Croque Monsieur	N	N	Y	Y	Y	N	N	Y	Y	N	Y
with Side House Salad	Y	N	Y	Y	Y	N	N	Y	Y	N	Y
with Side of French Fries	N	N	Y	Y	Y	N	N	Y	Y	N	Y
with Side of Mixed Fruit	N	N	Y	Y	Y	N	N	Y	Y	N	Y

Lunch/Dinner - Burgers	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Mushroom and Brie Burger	N	N	Y	N	Y	N	N	Y	N	N	Y
with Side House Salad	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Side of French Fries	N	N	Y	N	Y	N	N	Y	N	N	Y
with Side of Mixed Fruit	N	N	Y	N	Y	N	N	Y	N	N	Y
The French Quarter	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Side House Salad	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Side of French Fries	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Side of Mixed Fruit	Y	N	Y	N	Y	N	N	Y	N	N	Y
Hickory Bacon Cheddar Burger	N	N	Y	N	Y	N	N	Y	N	N	Y
with Side House Salad	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Side of French Fries	N	N	Y	N	Y	N	N	Y	N	N	Y
with Side of Mixed Fruit	N	N	Y	N	Y	N	N	Y	N	N	Y
Brioche Cheeseburger	Y	N	Y	N	Y	N	N	Y	N	N	Y

with Dressing Choice Bleu Cheese Dressing	Y	N	Y	N	N	N	N	N	N	N	N
with Dressing Choice Caesar Dressing	Y	N	Y	N	N	N	N	N	N	Y	N
with Dressing Choice Honey Mustard Dressing	Y	N	Y	N	N	N	N	N	N	N	N
with Dressing Choice Ranch Dressing	Y	N	Y	N	N	N	N	Y	N	N	N
with Dressing Choice Red Wine Vinaigrette	Y	N	Y	N	N	N	N	N	Y	N	N
with Dressing Choice Sesame Oriental Dressing	Y	N	Y	N	N	N	N	Y	N	N	Y
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Petite Baguette	Y	N	Y	N	Y	N	N	N	N	N	Y
with Substitute Croissant for Muffin or Baguette	Y	N	Y	N	N	N	N	N	N	N	Y
Nicoise Salad	Y	Y	Y	N	Y	N	N	Y	Y	N	Y
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	N	N	N	Y	N	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	N	N	N	N	N	Y	N	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	N	N	N	Y	N	N	Y
with Petite Baguette	Y	N	N	N	Y	N	N	Y	N	N	Y
with Substitute a Croissant for the Muffin or Baguette	Y	N	Y	N	N	N	N	Y	N	N	Y
Mediterranean Salad with Roasted Chicken	N	N	Y	N	N	N	N	N	Y	N	N
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	N	N	N	Y	Y	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	Y	N	N	N	N	Y	Y	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	N	N	N	Y	Y	N	Y
with Petite Baguette	N	N	Y	N	Y	N	N	N	Y	N	Y
with Substitute a Croissant for the Muffin or Baguette	Y	N	Y	N	N	N	N	N	Y	N	Y
Caesar Salad	Y	N	Y	N	Y	N	N	N	Y	N	Y
with Add Grilled Chicken	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Add Grilled Salmon	Y	Y	Y	N	Y	N	N	Y	Y	N	Y
with Add Grilled Shrimp	Y	N	Y	N	Y	N	Y	Y	Y	N	Y
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	Y	N	N	Y	Y	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	Y	N	Y	N	N	Y	Y	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Petite Baguette	Y	N	Y	N	Y	N	N	N	Y	N	Y
with Substitute a Croissant for the Muffin or Baguette	Y	N	Y	N	Y	N	N	N	Y	N	Y
Mimi's Salad Entree	N	N	N	N	Y	N	N	N	Y	N	Y
with Muffin Choice Buttermilk Spice Muffin	Y	N	Y	N	Y	N	N	Y	Y	Y	Y
with Muffin Choice Carrot Raisin Muffin	Y	N	N	N	Y	N	N	Y	Y	Y	Y
with Muffin Choice Honey Bran Muffin	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Petite Baguette	N	N	N	N	Y	N	N	N	Y	N	Y
with Substitute a Croissant for the Muffin or Baguette	Y	N	Y	N	Y	N	N	N	Y	N	Y

Roasted Potatoes	N	N	N	N	N	N	N	N	Y	N	N	N
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Lunch/Dinner - Desserts	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Chocolate Chip Bread Pudding	Y	N	Y	N	Y	N	N	Y	N	N	Y
Petite Chocolate Chip Bread Pudding	Y	N	Y	N	Y	N	N	Y	N	N	Y
Molten Lava Cake	Y	N	Y	N	N	N	N	Y	N	N	Y
Creme Brulee	Y	N	Y	N	N	N	N	Y	N	N	N
Petite Dessert Ensemble	N	N	N	N	N	N	N	N	N	N	N
with Chocolate Custard Petite Parfait	N	N	Y	N	N	N	N	Y	Y	N	N
with Petite Chocolate Chip Croissant Bread Pudding	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Petite Creme Brulee Cheesecake Slab Pie	N	N	Y	N	N	N	N	Y	N	N	Y
with Petite French Silk Slab Pie	N	N	Y	N	N	N	N	Y	Y	N	Y
with Strawberry Cheesecake Petite Parfait	N	N	Y	N	N	N	N	Y	Y	N	Y
French Silk Slab Pie	N	N	Y	N	N	N	N	Y	Y	N	Y
Petite French Silk Slab Pie	N	N	Y	N	N	N	N	Y	Y	N	Y
Strawberry Cheesecake Petite Parfait	N	N	Y	N	N	N	N	Y	Y	N	Y
Chocolate Custard Petite Parfait	N	N	Y	N	N	N	N	Y	Y	N	N

Kids Breakfasts	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Kids Chocolate Chip Puppy Dog Griddlecakes	Y	N	Y	N	N	N	N	Y	N	N	Y
with Pancake and Waffle Syrup	Y	N	Y	N	N	N	N	Y	N	N	Y
Kids Puppy Dog Griddlecakes	Y	N	Y	N	N	N	N	N	N	N	Y
with Pancake and Waffle Syrup	Y	N	Y	N	N	N	N	N	N	N	Y
Kids Waffles	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Pancake and Waffle Syrup	Y	N	Y	N	Y	N	N	Y	N	N	Y
Kids French Toast Dippers	Y	N	Y	N	Y	N	N	N	N	N	Y
with Pancake and Waffle Syrup	Y	N	Y	N	Y	N	N	N	N	N	Y
Kids Scrambled Eggs and Bacon	Y	N	Y	N	N	N	N	Y	N	N	N

Kids Lunch and Dinner Items	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Kids Chicken Fingers	Y	N	Y	N	N	N	N	Y	N	N	Y

with Side Choice Broccoli	Y	N	Y	N	N	N	N	Y	N	N	Y
with Side Choice Caesar Salad	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Side Choice French Fries	Y	N	Y	N	N	N	N	Y	N	N	Y
with Side Choice House Salad	Y	N	Y	N	Y	N	N	Y	N	N	Y
with Side Choice Long Grain Rice	Y	N	Y	N	N	N	N	Y	N	N	Y
with Side Choice Mashed Potatoes	Y	N	Y	N	N	N	N	Y	N	N	Y
Kids Kraft Mac and Cheese	N	N	Y	N	N	N	N	N	N	N	Y
with Side Choice Broccoli	N	N	Y	N	N	N	N	Y	N	N	Y
with Side Choice Caesar Salad	Y	N	Y	N	Y	N	N	N	Y	N	Y
with Side Choice French Fries	N	N	Y	N	N	N	N	N	N	N	Y
with Side Choice House Salad	N	N	Y	N	Y	N	N	N	N	N	Y
with Side Choice Long Grain Rice	N	N	Y	N	N	N	N	N	N	N	Y
with Side Choice Mashed Potatoes	N	N	Y	N	N	N	N	N	N	N	Y
Kids Grilled Chicken	N	N	N	N	N	N	N	N	N	N	N
with Side Choice Broccoli	N	N	Y	N	N	N	N	Y	N	N	N
with Side Choice Caesar Salad	Y	N	Y	N	Y	N	N	N	Y	N	Y
with Side Choice French Fries	N	N	N	N	N	N	N	N	N	N	N
with Side Choice House Salad	N	N	N	N	Y	N	N	N	N	N	Y
with Side Choice Long Grain Rice	N	N	N	N	N	N	N	N	N	N	N
with Side Choice Mashed Potatoes	N	N	Y	N	N	N	N	N	N	N	N
Kids Quesadilla	N	N	Y	N	N	N	N	Y	Y	N	Y
with Side Choice Broccoli	N	N	Y	N	N	N	N	Y	Y	N	Y
with Side Choice Caesar Salad	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Side Choice French Fries	N	N	Y	N	N	N	N	Y	Y	N	Y
with Side Choice House Salad	N	N	Y	N	Y	N	N	Y	Y	N	Y
with Side Choice Long Grain Rice	N	N	Y	N	N	N	N	Y	Y	N	Y
with Side Choice Mashed Potatoes	N	N	Y	N	N	N	N	Y	Y	N	Y
Kids Cheeseburger	N	N	Y	N	Y	N	N	Y	N	N	Y
with Side Choice Broccoli	N	N	Y	N	Y	N	N	Y	N	N	Y
with Side Choice Caesar Salad	Y	N	Y	N	Y	N	N	Y	Y	N	Y
with Side Choice French Fries	N	N	Y	N	Y	N	N	Y	N	N	Y
with Side Choice House Salad	N	N	Y	N	Y	N	N	Y	N	N	Y
with Side Choice Long Grain Rice	N	N	Y	N	Y	N	N	Y	N	N	Y
with Side Choice Mashed Potatoes	N	N	Y	N	Y	N	N	Y	N	N	Y
Kids Noodles with Marinara	N	N	N	N	N	N	N	N	N	N	Y
with Side Choice Broccoli	N	N	Y	N	N	N	N	Y	N	N	Y
with Side Choice Caesar Salad	Y	N	Y	N	Y	N	N	N	Y	N	Y
with Side Choice French Fries	N	N	N	N	N	N	N	N	N	N	Y
with Side Choice House Salad	N	N	N	N	Y	N	N	N	N	N	Y

with Flavor Choice White Peach Flavor	N	N	N	N	N	N	N	N	N	N	N
with Milk Choice 2% Milk	N	N	Y	N	N	N	N	N	N	N	N
with Milk Choice Skim Milk	N	N	Y	N	N	N	N	N	N	N	N
with Milk Choice Whole Milk	N	N	Y	N	N	N	N	N	N	N	N

Alcoholic Beverages

	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Mimosa	N	N	N	N	N	N	N	N	Y	N	N
with Mango Syrup	N	N	N	N	N	N	N	N	Y	N	N
with Orange Syrup	N	N	N	N	N	N	N	N	Y	N	N
with Tangerine Syrup	N	N	N	N	N	N	N	N	Y	N	N
with White Peach Syrup	N	N	N	N	N	N	N	N	Y	N	N
Wine	N	N	N	N	N	N	N	N	Y	N	N

Mimi's®

GLUTEN FRIENDLY MENU

Mimis Cafe Menu Analysis Book

Breakfast 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 Add Roasted Potatoes		920	586	65	24	0	1161	1979	30	8	3	53	4978	47	489	9
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 Add a Side of 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 Add Roasted Potatoes		677	408	45	17	0	904	1697	27	5	4	41	1995	64	407	6
Mardi Gras Omelet (1 serving)		586	409	45	16	0	916	1299	2	1	2	42	1614	6	385	5
Mardi Gras Omelet (1 serving) with Add Roasted Potatoes		737	458	51	17	0	916	1891	26	4	3	45	1860	35	405	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 Add Roasted Potatoes		776	504	56	20	0	875	1736	28	5	3	38	4833	41	190	7
Santa Fe Omelet (1 serving)		587	367	41	17	0	880	1471	17	3	4	37	1636	25	445	6
Santa Fe Omelet (1 serving) with Add Roasted Potatoes		738	416	46	18	0	880	2063	40	6	5	40	1883	54	465	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 Add Roasted Potatoes		557	315	35	10	0	869	1656	24	4	2	35	1197	31	112	5

Mimi's Two-Egg 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)
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 Add Roasted Potatoes		676	384	43	14	0	454	1897	46	7	4	28	988	56	88	4
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 Add 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 Add Roasted Potatoes		611	281	31	9	0	482	1974	47	8	4	35	1028	56	131	5
Hickory Smoked Ham and Eggs (1 serving)		1069	627	70	21	0	2032	3325	27	3	7	78	2614	27	259	10
Hickory Smoked Ham and Eggs (1 serving) with Add Roasted Potatoes		1220	676	75	22	0	2032	3917	50	7	8	81	2860	56	279	11
Corned Beef Brisket Hash and Eggs (1 serving)		709	387	43	15	0	511	2866	42	5	5	39	901	23	80	4
Corned Beef Brisket Hash and Eggs (1 serving) with Add Roasted Potatoes		860	436	48	16	0	511	3458	65	8	7	42	1148	53	100	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 Add Roasted Potatoes		315	154	17	4	0	424	944	24	4	2	15	760	29	72	3

Breakfast - American Comfort		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)
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
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

Breakfast - Add Ons		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)
Two Strips of Bacon (2 slices)		100	81	9	4	0	15	340	0	0	0	5	0	0	0	0
Add Peppers and Onions to Roasted Potatoes (1 serving)		151	49	5	1	0	0	592	23	4	2	3	247	29	20	1

Add Peppers and Onions to Roasted Potatoes (1 serving) with Caramelized Onions	176	64	7	2	0	0	602	26	4	3	3	292	31	25	1
Add Peppers and Onions to Roasted Potatoes (1 serving) with Mixed Bell Peppers	159	50	6	1	0	0	593	25	4	3	3	736	67	22	1
Add Peppers and Onions to Roasted Potatoes (1 serving) with Sauteed Mushrooms	174	66	7	2	0	0	614	24	4	2	3	292	30	21	1
Banana Slices (1 serving)	84	3	0	0	0	0	1	19	2	10	1	54	7	5	0
Mixed Berries (1 serving)	44	1	0	0	0	0	0	10	1	8	0	13	18	7	0
Avocado (1 serving)	68	51	6	1	0	0	3	3	3	0	1	57	4	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
Sour Cream (1 serving)	80	60	7	5	0	27	20	1	0	1	1	266	0	27	0

Lunch/Dinner - Appetizers

	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)
Hand Mixed Guacamole and Chips (1 serving)	735	421	47	7	0	0	2043	77	19	2	14	1585	242	60	5
Lightly Fried Zucchini (1 serving)	497	271	30	6	0	86	1270	45	5	8	11	739	49	146	2

Lunch/Dinner - 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)
Tomato Basil Soup, Cup (1 cup)	238	168	19	10	0	68	493	12	2	3	2	1726	26	34	1
Tomato Basil Soup, Bowl (1 bowl)	397	280	31	17	0	113	822	20	3	6	3	2859	43	57	1

Lunch/Dinner - Beef and Pork

	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)
Mimi's Grilled Ribeye Steak (1 serving)	890	563	63	24	0	357	737	1	0	0	75	517	1	54	5
Mimi's Blackened Ribeye Steak (1 serving)	895	564	63	24	0	357	403	1	0	0	76	594	1	58	5
Grilled New York Strip Steak (1 serving)	752	497	55	22	0	156	735	1	0	0	58	482	1	68	4
Grilled New York Strip Steak (1 serving) with Add a Shrimp Skewer	849	525	58	22	0	279	854	1	0	0	75	652	2	110	6

Lunch/Dinner - Fish and Seafood

Fire Grilled Shrimp Brochette (1 serving)	274	119	13	2	0	246	1027	5	1	1	33	411	24	94	4
Grilled Atlantic Salmon (1 serving)	317	181	20	4	0	100	313	0	0	0	34	136	7	21	1
Grilled Atlantic Salmon (1 serving) with Add a Shrimp Skewer	414	209	23	5	0	223	433	1	0	0	50	306	9	63	3

Lunch/Dinner - Chicken

	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)
Roasted Half Chicken (1 serving)	680	514	57	17	0	147	1055	2	0	1	37	1234	6	28	2

Lunch/Dinner - 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)
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 Tomato Basil Soup	238	168	19	10	0	68	493	12	2	3	2	1726	26	34	1

Petite Desserts (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Petite Desserts (1 serving) with Chocolate Custard Parfait	522	395	44	32	0	144	47	22	2	19	1	1380	0	146	0
Petite Salads (1 salad)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Petite Salads (1 salad) with Bacon and Bleu Cheese Salad	273	183	20	5	0	20	495	14	3	7	8	5566	40	156	4
Petite Salads (1 salad) with Spinach Salad	219	153	17	5	0	228	401	5	2	3	11	6127	20	91	2
Sides (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sides (1 serving) with French Fries	126	28	3	1	0	0	480	22	3	2	2	64	29	14	1
Sides (1 serving) with Fresh Vegetables	118	86	10	4	0	0	100	6	3	1	2	1021	14	32	1
Sides (1 serving) with Long Grain Rice	300	0	0	0	0	0	0	66	0	0	6	0	0	40	2

Lunch/Dinner - Fresh 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)
Bacon and Blue Cheese Salad (1 salad)	737	490	54	16	0	64	1415	38	7	21	24	11548	83	436	9
Bacon and Blue Cheese Salad (1 salad) with Add Grilled Chicken	962	547	61	17	0	162	1702	38	7	21	63	11645	85	456	10
Bacon and Blue Cheese Salad (1 salad) with Add Grilled Salmon	1081	699	78	20	0	164	1958	38	7	21	58	11701	90	457	9
Bacon and Blue Cheese Salad (1 salad) with Add Grilled Shrimp	985	600	67	18	0	310	2884	39	8	21	57	11911	86	522	13
Citrus Salmon (1 serving)	572	363	40	6	0	100	813	16	4	8	37	5647	86	124	5
Mediterranean Salad with Roasted Chicken (1 salad)	485	322	36	7	0	47	1460	20	6	6	20	11855	96	227	9
Mimi's Chopped Cobb Salad (1 salad)	401	243	27	11	0	270	885	14	6	6	25	2239	19	201	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice 1000 Island	584	406	45	14	0	282	1201	19	6	10	25	2291	22	204	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Balsamic Vinaigrette	647	473	53	13	0	270	1183	19	6	11	25	2239	19	201	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Bleu Cheese Dressing	602	429	48	15	0	292	1134	15	6	7	27	2336	19	256	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Caesar Dressing	672	507	56	14	0	293	1272	14	6	6	26	2279	19	245	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Honey Mustard Dressing	585	383	43	13	0	284	1013	25	6	16	25	2239	19	201	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Ranch Dressing	576	405	45	14	0	286	1162	16	6	8	26	2270	19	235	2
Mimi's Chopped Cobb Salad (1 salad) with Dressing Choice Red Wine Vinaigrette	639	476	53	13	0	270	1221	16	6	8	25	2239	19	201	2

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)
Bacon Balsamic Vinaigrette (1 serving)	261	233	26	4	0	18	484	4	0	4	4	0	0	0	0
Balsamic Vinaigrette (1 serving)	247	230	26	2	0	0	298	5	0	5	0	0	0	0	0
Caesar Dressing (1 serving)	272	264	29	3	0	23	387	0	0	0	1	40	0	44	0
Fat Free Raspberry Vinaigrette (1 serving)	38	8	0	0	0	0	255	9	0	8	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

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
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

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 Milk Choice 2% Milk	65	23	3	2	0	10	64	6	0	6	4	250	1	151	0
Cappuccino (1 drink) with Milk Choice Skim Milk	45	0	0	0	0	3	66	7	0	6	4	250	1	151	0
Cappuccino (1 drink) with Milk Choice Whole Milk	80	36	4	3	0	18	64	7	0	6	4	150	1	151	0
Coffee (1 drink)	0	0	0	0	0	0	8	0	0	0	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)	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0
Juice, Large (1 drink)	199	0	0	0	0	0	36	47	1	45	4	18	363	4	4
Juice, Small (1 drink)	96	0	0	0	0	0	18	23	0	22	2	9	175	2	2
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
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)	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0
Iced Cappuccino (1 drink) with Flavor Choice Mango Flavor	49	0	0	0	0	0	1	12	0	12	0	0	0	1	0
Iced Cappuccino (1 drink) with Flavor Choice Orange Flavor	46	0	0	0	0	0	1	12	0	12	0	0	0	1	0
Iced Cappuccino (1 drink) with Flavor Choice Tangerine Flavor	42	0	0	0	0	0	1	11	0	11	0	0	0	1	0
Iced Cappuccino (1 drink) with Flavor Choice White Peach Flavor	50	0	0	0	0	0	1	13	0	12	0	0	0	1	0
Iced Cappuccino (1 drink) with Milk Choice 2% Milk	65	23	3	2	0	10	64	6	0	6	4	250	1	151	0
Iced Cappuccino (1 drink) with Milk Choice Skim Milk	45	0	0	0	0	3	66	7	0	6	4	250	1	151	0
Iced Cappuccino (1 drink) with Milk Choice Whole Milk	80	36	4	3	0	18	64	7	0	6	4	150	1	151	0
Iced Mocha (1 drink)	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0
Iced Mocha (1 drink) with Flavor Choice Mango Flavor	49	0	0	0	0	0	1	12	0	12	0	0	0	1	0

Iced Mocha (1 drink) with Flavor Choice Orange Flavor	46	0	0	0	0	0	1	12	0	12	0	0	0	1	0
Iced Mocha (1 drink) with Flavor Choice Tangerine Flavor	42	0	0	0	0	0	1	11	0	11	0	0	0	1	0
Iced Mocha (1 drink) with Flavor Choice White Peach Flavor	50	0	0	0	0	0	1	13	0	12	0	0	0	1	0
Iced Mocha (1 drink) with Milk Choice 2% Milk	65	23	3	2	0	10	64	6	0	6	4	250	1	151	0
Iced Mocha (1 drink) with Milk Choice Skim Milk	45	0	0	0	0	3	66	7	0	6	4	250	1	151	0
Iced Mocha (1 drink) with Milk Choice Whole Milk	80	36	4	3	0	18	64	7	0	6	4	150	1	151	0
Mocha Latte (1 drink)	1	0	0	0	0	0	1	0	0	0	0	0	0	2	0
Mocha Latte (1 drink) with Flavor Choice Mango Flavor	50	0	0	0	0	0	1	12	0	12	0	0	0	2	0
Mocha Latte (1 drink) with Flavor Choice Orange Flavor	47	0	0	0	0	0	1	12	0	12	0	0	0	2	0
Mocha Latte (1 drink) with Flavor Choice Tangerine Flavor	43	0	0	0	0	0	1	11	0	11	0	0	0	2	0
Mocha Latte (1 drink) with Flavor Choice White Peach Flavor	51	0	0	0	0	0	1	13	0	12	0	0	0	2	0
Mocha Latte (1 drink) with Milk Choice 2% Milk	66	23	3	2	0	10	64	6	0	6	4	250	1	152	0
Mocha Latte (1 drink) with Milk Choice Skim Milk	46	0	0	0	0	3	66	7	0	6	4	250	1	152	0
Mocha Latte (1 drink) with Milk Choice Whole Milk	81	36	4	3	0	18	64	7	0	6	4	150	1	152	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	10	21	0	15	1	5	100	1	1
Mimosa (1 drink) with Mango Syrup	269	0	0	0	0	0	10	33	0	27	1	5	100	1	1
Mimosa (1 drink) with Orange Syrup	265	0	0	0	0	0	10	32	0	27	1	5	100	1	1
Mimosa (1 drink) with Tangerine Syrup	261	0	0	0	0	0	10	31	0	26	1	5	100	1	1
Mimosa (1 drink) with White Peach Syrup	269	0	0	0	0	0	10	33	0	27	1	5	100	1	1
Wine (1 glass)	145	0	0	0	0	0	0	4	0	0	0	0	0	0	0