

Nutritional Information



WINTER SEASONAL

	Weight	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Braised Beef Burgundy Melt	14.4 oz	1210	670	72	22	0	215	1810	79	3	5	56
Turkey Pesto Tartine Melt	13.3 oz	790	440	46	12	0	90	1430	57	16	9	43
Santorini Salad	13.9 oz	690	510	57	18	0	55	1490	31	10	11	22
without dressing	11.9 oz	520	370	41	16	0	50	1230	28	10	9	19

SANDWICHES

Farm Club	13.9 oz	760	330	34	8	0	100	1620	67	6	7	40
A Sandwich Study of Heat	14.8 oz	740	270	28	8	0	95	1610	76	7	4	40
Modern Tuna "Almost Melt"	17.4 oz	990	450	47	11	0	110	1200	81	6	9	52
Mario's Caprese	12.5 oz	860	480	48	16	0	70	710	56	4	5	36
The Hot Italian	14.5 oz	980	540	58	15	0	115	3030	69	5	13	43
Chicken MBP	13.0 oz	710	320	34	7	0	85	950	56	4	5	39
"Not So Fried" Mary's Chicken	14.8 oz	900	450	48	6	0	85	1350	79	5	10	35
Peruvian Steak Sandwich	12.9 oz	830	410	46	13	0	155	2200	71	3	17	39
Mendo's Original Pork Belly Banh Mi	12.3 oz	800	470	51	12	0	70	710	60	4	9	24
Prosciutto & Mary's Chicken	12.8 oz	840	420	44	10	0	90	1470	62	7	8	46
Mendoza's Chimichurri Steak	12.8 oz	850	380	40	10	0	100	2210	77	5	10	41
Mendo's Smokehouse Tempeh Sandwich	14.3 oz	930	430	43	4	0	0	1000	96	11	31	25
Vegan Banh Mi	12.5 oz	650	250	27	3	0	0	880	79	4	21	23
Enlightened Falafel Wrap	16.8 oz	1010	620	65	10	0	0	1530	86	18	11	26

BLUE PLATE SPECIALS (1/2 sandwich served with a Seasonal Soup or Deli Side)

Modern Tuna "Almost Melt"	8.7 oz	490	220	23	5	0	55	600	41	3	5	26
"Not So Fried" Mary's Chicken	7.4 oz	450	220	24	3	0	45	670	39	3	5	17
Mendoza's Chimichurri Steak	6.4 oz	420	190	20	5	0	50	1100	39	3	5	20
Mario's Caprese	6.3 oz	430	240	24	8	0	35	360	28	2	3	18
Chicken MBP	6.5 oz	360	160	17	3.5	0	45	480	28	2	3	19
Farm Club	7 oz	380	160	17	4	0	50	810	33	3	4	20
Vegan Banh Mi	6.3 oz	330	120	13	1.5	0	0	440	39	2	10	11

SALADS

Avocado & Quinoa Superfood Ensalada	16.1 oz	650	430	46	8	0	20	990	48	15	8	19
without dressing	14.1 oz	400	190	20	6	0	20	620	43	14	5	19
add chicken	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
Save Drake Farm's Salad	16.4 oz	850	550	61	10	0	75	990	48	8	35	34
without dressing	14.4 oz	620	320	35	8	0	75	930	46	8	33	34
The Impossible Taco Salad	16.1 oz	660	430	44	10	0	0	1130	45	15	7	24
without dressing	14.1 oz	420	200	21	8	0	0	570	42	14	5	24
Mama Chen's Chinese Chicken Salad	14.4 oz	660	370	41	2.5	0	60	1230	49	8	21	33
without dressing	12.4 oz	420	200	22	1	0	60	660	32	7	6	32
The Vegetarian Chinese Salad	14.4 oz	750	440	50	4.5	0	0	980	59	8	24	28
without dressing	12.4 oz	510	270	31	3	0	0	410	42	8	9	27
Mama Chen's Chinese Vegan Salad	13.4 oz	610	380	42	4.5	0	0	860	43	8	24	24
without dressing	11.4 oz	370	210	23	3	0	0	290	26	8	9	23
Mary's Chicken Cobb Salad	16.2 oz	750	520	55	13	0	295	1530	17	6	7	45
without dressing	14.2 oz	510	300	31	12	0	295	1330	10	5	3	45
The Modern Caesar 2.0	11.4 oz	610	440	47	10	0	130	1070	27	8	6	22
without dressing	9.4 oz	290	140	15	6	0	25	670	24	8	4	18
add chicken	0	110	20	2.5	0	0	60	500	0	0	0	20
The Sophisticated Chicken & Prosciutto Salad	17.7 oz	770	540	58	10	0	80	1900	29	9	18	38
without dressing	15.7 oz	550	330	35	8	0	80	1840	25	9	14	37
Santorini Salad	13.9 oz	690	510	57	18	0	55	1490	31	10	11	22
without dressing	11.9 oz	520	370	41	16	0	50	1230	28	9	10	19
Whole Wheat Tortilla - 1/2	1.5 oz	110	35	3.5	2.5	0	0	210	16	2	< 1g	4

KIDS MEALS

PB & Local Jelly	5.0 oz	460	140	16	2.5	0	0	510	73	5	18	12
Turkey & Cheddar	5.8 oz	380	100	11	5	0	55	840	46	2	2	24
Nitrate-Free Creminelli Salami & Provolone	5.5 oz	480	200	22	9	0	65	1350	47	2	2	25
Grilled Cheese with Cheddar	4.0 oz	330	100	11	6	0	30	580	46	2	2	13
Nitrate-Free Honey Ham & Provolone	6.5 oz	430	140	15	7	0	55	1390	50	2	6	26
Cheddar Cheese Quesadilla	4.6 oz	410	210	23	13	0	45	680	32	4	1	18

BREADS

Buckwheat	4.5 oz	320	10	1	0	0	0	90	66	4	2	10
Ciabatta	3.7 oz	260	35	3.5	0.5	0	0	160	47	2	0	7
Pretzel Roll	4.3 oz	340	50	5	1.5	0	0	840	61	2	1	10
Rustic White	4.4 oz	320	0	0	0	0	0	560	66	2	0	10
Sesame Roll	4.0 oz	300	45	5	0.5	0	0	640	54	2	1	8
Soft Roll	4.5 oz	340	40	4.5	0	0	0	770	65	2	1	9
Torta Bun	3.7 oz	310	60	6	1.5	0	80	520	54	2	7	9
Mom's Seeded Whole Wheat	4.1 oz	320	60	6	2	0	10	400	58	2	4	8
Whole Wheat Tortilla	3.0 oz	220	70	7	5	0	0	410	32	4	1	7
Organic Seeded Whole Grain Bread	3.9 oz	260	50	5	0.5	0	0	360	49	12	7	10
Gluten Free Bread	3.2 oz	220	40	4	0	0	0	360	42	4	6	4

Nutritional Information



DRESSINGS & SAUCES

	Weight	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Balsamic Vinaigrette	2 fl oz	290	270	30	2	0	0	20	7	0	6	0
Basil Pesto Vinaigrette	2 fl oz	230	200	23	2	0	0	60	5	0	4	1
Caesar Dressing	2 fl oz	340	310	34	4	0	110	420	4	0	2	4
Chipotle BBQ	2 fl oz	80	20	2	0	0	0	500	14	0	10	0
Chipotle Vinaigrette	2 fl oz	250	230	26	2	0	0	370	5	< 1g	3	0
Citrus Vinaigrette	2 fl oz	240	230	26	2	0	0	55	2	0	2	0
Sherry Vinaigrette	2 fl oz	310	290	33	2.5	0	0	30	6	0	5	0
Lemon Parmesan Dressing	2 fl oz	240	220	25	3.5	0	10	330	3	0	1	4
Miso Mustard Sesame Dressing	2 fl oz	240	170	19	1.5	0	0	570	17	0	15	1
Mustard Pickle Remoulade	2 fl oz	120	90	10	2	0	5	230	6	0	5	0
Mustard Shallot Vinaigrette	2 fl oz	240	220	24	1.5	0	0	200	6	0	3	0
Salsa Quemada	2 fl oz	20	0	0	0	0	0	440	4	2	2	0
Tahini-Yogurt Dressing	2 fl oz	170	140	16	3	0	< 5mg	260	4	< 1g	2	3
Vegan Chipotle Ranch	2 fl oz	240	230	24	1.5	0	0	560	3	< 1g	1	0
Vegan Ranch	2 fl oz	260	250	25	1.5	0	0	350	1	0	0	0

DELI SIDES

Spicy Mango & Corn Salad	small	7 oz	230	100	10	1	0	0	170	32	5	9	5
	large	14 oz	460	190	21	1.5	0	0	330	65	10	18	9
Curried CousCous	small	9 oz	580	360	36	0	0	0	1210	49	4	13	4
	large	18 oz	1160	720	72	0	0	0	2420	98	9	27	9
French Green Beans & Feta	small	6.5 oz	230	170	17	2.5	0	10	590	14	6	5	6
	large	13 oz	450	340	35	5	0	20	1180	27	13	10	12
Healthiest Side Salad Ever	Small	7 oz	340	200	22	1.5	0	0	140	38	6	20	6
	Large	14 oz	690	390	43	3.5	0	0	290	75	12	40	11
Italian Farro Salad	small	6.5 oz	270	150	16	4	0	15	810	24	5	5	9
	large	13 oz	550	300	32	8	0	30	1630	49	10	11	18
Pickles & Dill Potato Salad	small	9 oz	540	330	33	2	0	0	490	48	3	4	4
	large	18 oz	1090	660	66	4	0	0	980	96	6	8	8
Spicy Potato Salad	small	9 oz	540	330	34	2	0	0	860	47	3	2	4
	large	18 oz	1080	670	69	4	0	0	1710	94	6	4	8
Marinated Red Beets & Quinoa	small	9 oz	400	170	18	2	0	0	540	53	8	22	10
	large	18 oz	800	340	36	4	0	0	1090	106	16	44	19
Basil Pesto Shells	small	7 oz	450	200	21	5	0	25	720	50	4	3	15
	large	14 oz	890	390	42	11	0	50	1450	100	7	5	29
Almond Romesco Shells	small	7 oz	350	140	16	2	0	0	660	44	4	4	10
	large	14 oz	700	290	31	3.5	0	< 5mg	1320	88	8	7	20
Summer Watermelon & Feta Salad	small	7 oz	160	100	11	3	0	15	580	13	1	10	3
	large	14 oz	310	190	22	6	0	30	1160	26	2	20	7
Sesame Ponzu Noodles	small	7 oz	410	120	14	2.5	0	35	1210	61	3	13	12
	large	14 oz	810	250	28	5	0	75	2420	122	5	27	25
Antipasto Pasta Shells	small	7 oz	410	210	22	5	0	35	890	38	4	7	13
	large	14 oz	820	420	45	11	0	65	1770	76	8	13	26
Greek Orzo Pasta Salad	small	7 oz	380	160	17	5	0	15	970	40	3	4	15
	large	14 oz	750	320	34	10	0	35	1940	79	5	9	30
Farro Tabbouleh-ish	small	7 oz	300	170	19	3	0	15	490	31	5	12	5
	large	14 oz	610	350	37	6	0	30	980	61	9	24	11

SOUPS

Butternut Squash Soup	cup	8 oz	90	45	5	0	0	0	620	12	1	9	< 1g
	bowl	16 oz	190	90	10	1	0	0	1240	24	2	17	1
Chicken Tortilla	cup	8 oz	120	30	3.5	0	0	25	950	11	2	4	11
	bowl	16 oz	230	60	7	0.5	0	55	1890	22	4	8	21
Chicken Vegetable	cup	8 oz	80	15	1.5	0	0	25	870	8	1	3	10
	bowl	16 oz	170	30	3.5	0	0	55	1740	15	3	6	20
Cream of Tomato	cup	8 oz	160	90	10	5	0	30	520	17	2	14	2
	bowl	16 oz	330	190	21	11	0	60	1040	35	5	28	4
Creamy Corn Soup	cup	8 oz	150	70	8	4.5	0	25	730	20	3	5	3
	bowl	16 oz	310	150	16	9	0	45	1470	41	6	10	6
Curry Cauliflower	cup	8 oz	130	50	5	3.5	0	0	590	18	4	7	5
	bowl	16 oz	250	100	11	7	0	0	1180	35	8	13	9
French Lentil	cup	8 oz	120	20	2	0	0	0	440	21	5	4	6
	bowl	16 oz	240	40	3.5	0	0	0	880	41	10	9	12
Minestrone	cup	8 oz	60	15	2	0	0	0	580	10	2	4	2
	bowl	16 oz	130	35	3.5	0	0	0	1160	20	4	8	4
Potato Leek	cup	8 oz	190	100	10	5	0	25	530	22	3	6	3
	bowl	16 oz	370	190	21	10	0	55	1060	44	6	12	6
Spicy Chicken Caldo	cup	8 oz	130	50	6	0.5	0	25	840	9	1	4	11
	bowl	16 oz	250	100	11	1.5	0	55	1680	17	3	8	21
Split Pea Mushroom	cup	8 oz	130	20	1.5	0	0	0	450	22	8	5	7
	bowl	16 oz	250	35	3	0	0	0	910	43	15	11	15
Thai Coconut & Lemongrass	cup	8 oz	210	140	16	14	0	0	610	14	2	7	4
	bowl	16 oz	420	290	33	29	0	0	1220	29	3	14	7
Tuscan Chowder	cup	8 oz	120	30	3	0	0	0	510	17	3	2	4
	bowl	16 oz	230	60	6	1	0	0	1020	33	5	4	7
Vegan Chili	cup	8 oz	130	50	4.5	0.5	0	0	730	18	5	7	6
	bowl	16 oz	260	100	9	1	0	0	1450	35	10	13	12

BEVERAGES

	Weight	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Puck's - Diet Black Cherry	small 12 fl oz large 20 fl oz	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0
Puck's - Black Cherry	small 12 fl oz large 20 fl oz	160 260	0 0	0 0	0 0	0 0	0 0	0 0	39 65	0 0	39 65	0 0
Puck's - Vanilla Cream	small 12 fl oz large 20 fl oz	150 250	0 0	0 0	0 0	0 0	0 0	0 0	37 62	0 0	37 62	0 0
Puck's - Root Beer	small 12 fl oz large 20 fl oz	160 260	0 0	0 0	0 0	0 0	0 0	0 0	39 65	0 0	39 65	0 0
Puck's - Mandarin Orange	small 12 fl oz large 20 fl oz	160 260	0 0	0 0	0 0	0 0	0 0	0 0	39 65	0 0	39 65	0 0
Puck's - Lemon Lime	small 12 fl oz large 20 fl oz	140 230	0 0	0 0	0 0	0 0	0 0	0 0	35 58	0 0	35 58	0 0
Puck's - Diet Cola	small 12 fl oz large 20 fl oz	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0
Puck's - Cola	small 12 fl oz large 20 fl oz	150 250	0 0	0 0	0 0	0 0	0 0	0 0	37 62	0 0	37 62	0 0
Iced Tea	small 12 fl oz large 20 fl oz	5 5	0 0	0 0	0 0	0 0	0 0	10 20	1 2	0 0	0 0	0 0
Lemonade	small 12 fl oz large 20 fl oz	160 260	0 5	0 0	0 0	0 0	0 0	10 20	39 64	0 0	35 59	0 0
Organic Valley Milk	6.75 fl oz	90	20	2	1.5	0	10	105	10	0	10	7

BEERS

OSKAR BLUES Mama's Little Yella Pils	15.5 oz	230	0	0	0	0	0	0	19	0	0	3
REFUGE Blood Orange Wit	15.5 oz	200	0	0	0	0	0	0	10	0	0	3
KARL STRAUSS Follow the Sun Pilsner	15.5 oz	230	0	0	0	0	0	0	19	0	0	3
MODERN TIMES Lomaland Saison	15.5 oz	250	0	0	0	0	0	0	18	0	0	3
BITTER BROTHERS Bill's Pils	15.5 oz	250	0	0	0	0	0	0	18	0	0	3
CORONADO BREWING Guava Islander IPA	15.5 oz	360	0	0	0	0	0	0	35	0	0	3
KARL STRAUSS Aurora Hopyyalis IPA	15.5 oz	360	0	0	0	0	0	0	35	0	0	3
MADWEST Standard Pils	15.5 oz	220	0	0	0	0	0	0	9	0	0	3
MOTHER EARTH Cali Creamin	15.5 oz	190	0	0	0	0	0	0	8	0	0	3
OFFSHOOT Relax Hazy IPA	15.5 oz	260	0	0	0	0	0	0	11	0	0	3
PIZZA PORT Wipeout IPA	15.5 oz	290	0	0	0	0	0	0	13	0	0	3
PORT BREWING Sharkbite Red	15.5 oz	290	0	0	0	0	0	0	23	0	0	3
ALESMITH Nut Brown Ale	15.5 oz	230	0	0	0	0	0	0	17	0	0	3
BEAR REPUBLIC Racer 5 IPA	15.5 oz	310	0	0	0	0	0	0	17	0	0	3
21ST AMENDMENT Blood Orange IPA	15.5 oz	310	0	0	0	0	0	0	20	0	0	3
DRAKES Hefeweizen	15.5 oz	210	0	0	0	0	0	0	16	0	0	3
GREEN FLASH Blonde Ale	15.5 oz	190	0	0	0	0	0	0	9	0	0	2
JACKRABBIT Saison	15.5 oz	260	0	0	0	0	0	0	19	0	0	2
DEVICE BREWING COMPANY Pincushion German Pilsner	15.5 oz	220	0	0	0	0	0	0	19	0	0	2
DEVICE BREWING COMPANY West Coast IPA	15.5 oz	310	0	0	0	0	0	0	22	0	0	3
TRACK SEVEN Blood Transfusion IPA	15.5 oz	290	0	0	0	0	0	0	22	0	0	3
TRACK SEVEN Daylight Amber Ale	15.5 oz	270	0	0	0	0	0	0	18	0	0	2
FIRESTONE Union Jack IPA	15.5 oz	310	0	0	0	0	0	0	22	0	0	3
NEW HELVETIA 916 Pale Ale	15.5 oz	230	0	0	0	0	0	0	17	0	0	2
JACKRABBIT Bigwig Nut Brown Ale	15.5 oz	230	0	0	0	0	0	0	16	0	0	2
SIERRA NEVADA Hazy Little Thing Hazy IPA	15.5 oz	300	0	0	0	0	0	0	22	0	0	3
21st AMENDMENT High or Hell Watermelon	15.5 oz	240	0	0	0	0	0	0	20	0	0	3

WINES

HESS Chardonnay	4 fl oz 6 fl oz	100 150	0 0	0 0	0 0	0 0	0 0	10 10	3 4	0 0	1 2	0 0
THE GIRLS IN THE VINEYARD Cabernet	4 fl oz 6 fl oz	100 150	0 0	0 0	0 0	0 0	0 0	0 0	3 5	0 0	0 0	0 0
MATCHBOOK Rose [®] Of Tempranillo	4 fl oz 6 fl oz	80 130	0 0	0 0	0 0	0 0	0 0	10 10	2 2	0 0	0 0	0 0
SPELLBOUND Pinot Noir	6 fl oz	140	0	0	0	0	0	0	4	0	0	0
SPELLBOUND Cabernet	4 fl oz 6 fl oz	100 150	0 0	0 0	0 0	0 0	0 0	0 0	3 5	0 0	0 0	0 0
SPELLBOUND Chardonnay	4 fl oz 6 fl oz	100 150	0 0	0 0	0 0	0 0	0 0	10 10	3 4	0 0	1 2	0 0
A TO Z Oregon Pinot Gris	4 fl oz 6 fl oz	100 150	0 0	0 0	0 0	0 0	0 0	0 0	2 4	0 0	0 0	0 0
GUNDLACH BUNDSCHU Sonoma Coast Gewurztraminer	4 fl oz 6 fl oz	100 140	0 0	0 0	0 0	0 0	0 0	0 0	3 5	0 0	0 0	0 0
MER SOLEIL Santa Barbara County Reserve Chardonnay	4 fl oz 6 fl oz	100 150	0 0	0 0	0 0	0 0	0 0	10 10	3 4	0 0	1 2	0 0
HESS Artein Mendocino County Zinfandel	4 fl oz 6 fl oz	100 160	0 0	0 0	0 0	0 0	0 0	0 0	3 5	0 0	0 0	0 0
COMPLICATED Sonoma Coast Pinot Noir	4 fl oz 6 fl oz	100 140	0 0	0 0	0 0	0 0	0 0	0 0	3 4	0 0	0 0	0 0
CONUNDRUM Red Blend	4 fl oz 6 fl oz	100 150	0 0	0 0	0 0	0 0	0 0	0 10	3 4	0 0	< 1g 1	0 0
ALEXANDER VALLEY Organic Cabernet Sauvignon	4 fl oz 6 fl oz	100 150	0 0	0 0	0 0	0 0	0 0	0 0	3 5	0 0	0 0	0 0

Nutritional Information



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SANDWICHES

	Weight	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
The Farm Club	1/2 sand	380	160	17	4	0	50	810	33	3	4	20
Mendoza's Chimichurri Steak	1/2 sandwich	390	150	16	4.5	0	50	1060	39	3	5	20
Goat	1/2 sand	390	160	17	8	0	35	260	48	3	13	10
Italian "Love Sandwich"	1/2 sand	520	280	30	8	0	65	1480	39	2	5	23
Highway 128	1/2 sand	440	170	18	8	0	65	510	48	3	13	20
Mario's Caprese	1/2 sand	430	240	24	8	0	35	360	28	2	3	18

SANDWICHES

Chicken MBP	1/2 sand	360	160	17	3.5	0	45	480	28	2	3	19
Turkey and Cranberry	1/2 sand	310	50	6	0.5	0	30	580	44	2	9	16
Prosciutto & Mary's Chicken	1/2 sand	420	210	22	5	0	45	740	31	3	4	23

SPECIALTY LEAFY SALADS (small serves 8-10, medium serves 15-20)

Field Greens	Small	16.0 oz	110	10	1	0	0	20	25	7	16	4
	Large	30.0 oz	220	20	2	0	0	40	52	14	33	8
	Balsamic - 1oz	1.0 oz	150	130	15	1	0	10	4	0	3	0
Mama Chens Salad	Small	21.5 oz	590	320	35	2	0	290	60	17	14	25
	Large	36.5 oz	1060	560	62	3	0	550	109	29	23	43
	Miso Mustard Sesame - 1oz	1.0 oz	120	80	10	0.5	0	290	9	0	8	< 1g
The Modern Caesar 2.0	Small	25.2 oz	650	410	42	10	0	25	720	53	24	27
	Large	47.0 oz	1190	720	74	18	0	50	1540	102	44	54
	Caesar Dressing - 1oz	1.1 oz	170	150	17	2	0	55	210	2	1	2
Save Drake Farm's Salad	Small	23.5 oz	1030	590	64	14	0	30	1100	98	18	28
	Large	42.5 oz	1910	1070	116	24	0	55	1870	189	34	51
	Citrus Vin - 1oz	1.0 oz	120	110	13	1	0	0	25	1	0	< 1g
Avocado & Quinoa	Small	34.2 oz	1000	520	54	15	0	50	1560	101	35	47
Superfood Ensalada	Large	65.9 oz	1780	870	90	25	0	80	2630	193	66	85
	Chipotle Vin - 1oz	1.0 oz	120	110	13	1	0	0	180	2	2	0
Spring/Summer Seasonal Salad	Small	17.6 oz	430	230	24	2.5	0	0	260	49	15	15
	Large	30.2 oz	810	450	46	4.5	0	0	460	85	28	27
	Greek Yogurt Poppysseed - 1oz	1.0 oz	120	90	11	1	0	0	180	5	0	< 1g
Fall/Winter Seasonal Salad	Small	16.5 oz	650	320	35	11	0	50	600	75	16	21
	Large	28.0 oz	1130	580	63	17	0	75	930	125	27	36
	Maple Sherry Vinaigrette - 1oz	1.0 oz	140	120	14	1	0	0	75	5	0	0
Add Chicken for Salads	Small (serves 8-10)	5.0 oz	150	30	3.5	0	0	85	710	0	0	29
	Large (serve 15-20)	10.0 oz	300	60	7	0	0	170	1420	0	0	57

GOURMET DELI SIDES (Small serves 8-10, Large serves 15-20)

Carried CousCous	Small	36.0 oz	2330	1440	143	0	0	0	4830	197	18	18
	Large	72.0 oz	4660	2890	286	0	0	0	9670	394	36	36
Marinated Red Beets & Quinoa	Small	32.0 oz	1430	610	65	7	0	0	1930	189	29	35
	Large	64.0 oz	2860	1220	129	14	0	0	3870	378	57	69
Healthiest Side Salad Ever	Small	24.0 oz	1180	670	74	6	0	0	490	129	20	19
	Large	56.0 oz	2750	1560	174	13	0	0	1140	300	47	44
Basil Pesto Shells	Small	33.0 oz	2040	890	97	25	0	110	3330	229	17	68
	Large	57.5 oz	3570	1560	170	43	0	190	5820	401	30	119
Almond Romesco Shells	Small	33.0 oz	1610	660	71	8	0	10	3040	203	19	46
	Large	65.5 oz	3220	1320	142	16	0	20	6060	406	37	91
Pickles & Dill Potato Salad	Small	36.0 oz	2180	1320	133	8	0	0	1970	191	12	16
	Large	72.0 oz	4360	2640	265	15	0	0	3930	382	24	31
Spicy Potato Salad	Small	36.0 oz	2170	1340	137	8	0	0	3430	188	12	16
	Large	72.0 oz	4330	2670	274	16	0	0	6860	375	24	32

CHEFFY COCKTAIL SANDWICHES (10 per order; nutrition by piece)

BBQ Chicken & Smoked Gouda	1 piece	220	70	7	2.5	0	40	650	24	1	3	15
Mediterranean Vegetable	1 piece	160	80	8	1.5	0	5	340	16	2	1	3
Vegan Option	1 piece	170	100	10	0.5	0	0	350	16	2	< 1g	2
Spicy Peruvian Chicken	1 piece	290	150	16	3	0	55	640	22	1	5	13
Caprese	1 piece	210	120	13	4.5	0	20	290	16	1	< 1g	7
Tuscan Steak	1 piece	260	140	16	2	0	25	410	22	1	< 1g	9
Bistro Steak	1 piece	220	100	11	2	0	20	440	22	1	< 1g	8
The Spicy Italian	1 piece	290	180	20	4	0	35	810	17	1	3	11
Prosciutto and Fig	1 piece	190	60	6	3	0	35	410	24	1	7	8

BABY BAGUETTES

(12 per order; nutrition per piece)

Cucumber Cream Cheese	3.2 oz	140	50	6	3	0	20	280	18	< 1g	2	4
Ham and Cheddar	3.2 oz	260	150	17	4.5	0	40	660	17	< 1g	2	12
Turkey and Smoked Gouda	3.2 oz	240	120	13	3.5	0	40	520	16	< 1g	< 1g	13
Chicken & String Cheese	3.2 oz	230	120	13	3	0	35	470	17	< 1g	0	13
Salami Ham and Provolone	2.7 oz	190	80	8	4	0	35	620	17	< 1g	1	11

Nutritional Information Catering





Nutritional Information Catering

Weight
Calories (kcal)
Calories from Fat
Total Fat (g)
Saturated Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrate (g)
Fiber (g)
Total Sugar (g)
Protein (g)

SKEWERS (24 per order) & APPETIZERS

Chile Rubbed Chicken	1 skewer	60	35	4	0	0	10	130	3	0	3	3
Peruvian Steak	1 skewer	60	35	4	1	0	10	200	2	0	1	4
Mediterranean Steak	1 skewer	60	40	4.5	1	0	10	140	2	0	< 1g	4
Chinese Tofu	1 skewer	60	40	4.5	0	0	0	100	3	0	2	2
Chinese Chicken	1 skewer	50	30	3.5	0	0	10	140	2	0	1	3
Caprese	1 skewer	110	80	9	4	0	20	20	1	0	< 1g	5
BBQ Chicken	1 skewer	50	30	3	0	0	10	140	1	0	< 1g	3
Crudites Platter Including Dips	(serves 10-12) 75.0 oz	2530	2120	211	14	0	0	3590	113	44	56	22

KIDS CORNER

PB & Local Jelly Platter	1 piece	120	35	4	0.5	0	0	130	18	1	5	3
Cheddar Cheese Sandwich Platter	1 piece	80	25	3	1.5	0	5	140	12	< 1g	< 1g	3
Nitrate-Free Gremminelli Salami & Provolone Platter	1 piece	120	50	5	2.5	0	15	340	12	< 1g	< 1g	6
Turkey & Cheddar Platter	1 piece	100	25	3	1.5	0	15	210	12	< 1g	< 1g	6
Kids Crudite + Dip (serves 12-15)	58.0 oz	1240	920	86	5	0	0	1960	88	34	48	14
Cheddar Cheese Sack Lunch	1 sand	330	100	11	6	0	30	580	46	2	2	13
PB & Local Jelly Sack Lunch	1 sand	460	140	16	2.5	0	0	510	73	5	18	12
Nitrate-Free Gremminelli Salami & Provolone Sack Lunch	1 sand	480	200	22	9	0	65	1350	47	2	2	25
Turkey & Cheddar Sack Lunch	1 sand	380	100	11	5	0	55	840	46	2	2	24

CHIPS FOR SACK LUNCH

Original	1.5 oz	210	120	14	2.5	0	0	170	23	2	0	3
Jalapeno	1.5 oz	210	120	14	2.5	0	0	200	23	2	0	3
Salt & Vinegar	1.5 oz	210	120	14	2.5	0	0	570	23	2	0	3
Sour Cream and Onion	1.5 oz	210	100	12	1.5	0	0	270	27	0	2	3

DESSERTS

Chocolate Chip Cookie	1 piece	240	100	11	4	0	10	140	36	1	20	2
Double Chocolate Chip Cookie	1 piece	250	120	13	8	0	35	125	33	1	22	2
Oatmeal Raisin Cookie	1 piece	200	60	7	2	0	20	105	33	2	18	3
Brownie	1 piece	180	80	9	6	0	45	130	23	1	19	2
White Chocolate Cranberry Blondie	1 piece	170	80	8	4	0	25	10	22	< 1g	15	2
Blueberry Bar	1 piece	190	90	10	6	0	15	170	23	< 1g	17	2
Raspberry Bar	1 piece	210	90	11	6	0	25	30	27	< 1g	22	2
Magic Bar	1 piece	150	80	9	4	0	15	15	15	< 1g	4	2
Russian Tea Cookie	1 piece	170	30	3.5	2	0	15	45	32	< 1g	18	2