



SUMMER 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)
Peachy Keen Chicken Club	14.5 oz	1030	510	54	19	0	160	2380	81	4	18	49
Summer Heirloom BLT	13.5 oz	880	460	49	9	0	90	1120	81	6	15	26
Gayle's BBQ Chicken Salad without dressing	16.7 oz 14.7 oz	430 270	190 35	20 3.5	4 0	0 0	75 60	1010 740	37 35	9 9	14 13	30 28

SANDWICHES

Farm Club	13.9 oz	760	320	34	8	0	100	1620	69	6	7	40
A Sandwich Study of Heat	14.8 oz	740	270	28	8	0	95	1610	77	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	49	15	0	70	730	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	720	330	34	7	0	85	970	56	4	5	38
Fried Chicken Sandwich (select locations)	14.1 oz	990	520	57	13	0	155	1620	82	5	15	39
"Not So Fried" 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 & Chicken	12.8 oz	850	420	44	10	0	90	1480	62	7	9	46
Mendoza's Chimichurri Steak on Pretzel	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
Impossible BURGER QUEEN	12.3 oz	710	390	40	15	0	0	2000	56	6	13	26

BLUE PLATE SPECIALS

Modern Tuna "Almost Melt"	8.7 oz	490	220	23	5	0	55	600	41	3	5	26
"Not So Fried" Chicken	7.4 oz	450	220	24	3	0	45	670	39	3	5	17
Mendoza's Chimmichurri 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	40	480	28	2	3	19
Farm Club	7 oz	380	160	17	4	0	50	810	34	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 without dressing	16.1 oz 14.1 oz	650 400	430 190	46 20	8 6	0 0	20 20	990 620	48 43	15 14	8 5	19 19
add chicken	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
Save Drake Farm's Salad without dressing	16.4 oz 14.4 oz	840 620	530 320	59 35	9 8	0 0	75 75	1020 930	49 46	8 8	36 33	34 34
The Impossible Taco Salad without dressing	16.1 oz 14.1 oz	640 400	420 190	43 19	7 6	0 0	0 0	1050 490	46 43	16 16	7 6	20 20
Mama Chen's Chinese Chicken Salad without dressing	14.4 oz 12.4 oz	660 420	370 200	41 22	2.5 1	0 0	60 60	1230 660	49 32	8 7	21 6	33 32
The Vegetarian Chinese Salad without dressing	14.4 oz 12.4 oz	750 510	440 270	50 31	4.5 3	0 0	0 0	980 410	59 42	8 8	24 9	28 27
Mama Chen's Chinese Vegan Salad without dressing	13.4 oz 11.4 oz	610 370	380 210	42 23	4.5 3	0 0	0 0	860 290	43 26	8 8	24 9	24 23
Chicken Cobb Salad without dressing	16.2 oz 14.2 oz	750 510	520 300	55 31	13 12	0 0	295 295	1530 1330	17 10	6 5	7 3	45 45
The Modern Caesar 2.0 without dressing	11.4 oz 9.4 oz	610 290	440 140	47 15	10 6	0 0	130 25	1070 670	27 24	8 8	6 4	22 18
add chicken	0	110	20	2.5	0	0	60	500	0	0	0	20
The Sophisticated Chicken & Prosciutto Salad without dressing	17.7 oz 15.7 oz	770 550	540 330	58 35	10 8	0 0	80 80	1900 1840	29 25	9 9	18 14	38 37
Gayle's BBQ Chicken Salad without dressing	16.7 oz 14.7 oz	430 270	190 35	20 3.5	4 0	0 0	75 60	1010 740	37 35	9 9	14 13	30 28
Whole Wheat Tortilla - 1/2	1.5 oz	110	35	3.5	2.5	0	0	210	16	2	< 1g	4



KIDS MEALS

	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)
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	47	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
Crispy Chicken (select locations)	5.6 oz	370	160	17	1.5	0	65	910	31	< 1g	2	23
Organic Ketchup	2.0 oz	70	0	0	0	0	0	630	17	0	13	0
Vegan Ranch Dressing	2.0 oz	260	250	25	1.5	0	0	350	1	0	0	0

DRESSINGS & SAUCES

Balsamic Vinaigrette	2 fl oz	290	270	30	2	0	0	20	7	0	6	0
Basil Pesto-Balsamic Vinaigrette	2 fl oz	230	200	23	2	0	0	60	5	0	4	1
Buttermilk Ranch Dressing	2 fl oz	170	150	17	4	0	15	260	2	0	1	1
Classic 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	220	210	24	1.5	0	0	90	4	0	3	0
Sherry Vinaigrette	2 fl oz	310	290	33	2.5	0	0	30	6	0	5	0
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
Hometown Peach Honey Mustard	2 fl oz	100	5	0.5	0	0	0	200	23	0	21	0
Salsa Quemada	2 fl oz	20	0	0	0	0	0	440	4	2	2	0
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

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 Brioche	2.5 oz	280	80	8	2	0	40	250	43	2	8	8
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
Plant-Based Brioche Bun	2.0 oz	210	70	7	1.5	0	0	250	30	1	5	6
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



DELI SIDES

		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)
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	370	210	24	2	0	0	280	39	6	21	6
	large	14 oz	740	420	47	3.5	0	0	560	79	12	43	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 Dijon 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	530	53	8	22	10
	large	18 oz	800	340	36	4	0	0	1060	106	16	44	19
Basil Pesto Shells	small	7 oz	470	230	25	5	0	20	700	50	4	3	14
	large	14 oz	950	460	50	11	0	45	1400	99	7	5	28
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	370	100	12	2	0	35	1060	58	2	13	11
	large	14 oz	740	210	23	4	0	70	2120	116	5	27	22
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 Shells	small	7 oz	370	160	17	5	0	15	900	39	3	5	14
	large	14 oz	740	330	35	10	0	30	1790	77	6	10	29
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 Soup	cup	8 oz	150	50	5	0.5	0	25	980	16	3	4	11
	bowl	16 oz	310	100	10	1	0	55	1960	32	5	9	22
Chicken & Vegetable Soup	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 Soup	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
Curried Cauliflower Soup	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 & Kale Soup	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 Soup	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
Creamy Potato Leek Soup	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 (Bone Broth)	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 Soup	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 Soup	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 Bean 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	0	0	0	0	0	0	0	0	0	0	0
	large	20 fl oz	0	0	0	0	0	0	0	0	0	0	0
Puck's - Black Cherry	small	12 fl oz	160	0	0	0	0	0	0	39	0	39	0
	large	20 fl oz	260	0	0	0	0	0	0	65	0	65	0
Puck's - Vanilla Cream	small	12 fl oz	150	0	0	0	0	0	0	37	0	37	0
	large	20 fl oz	250	0	0	0	0	0	0	62	0	62	0
Puck's - Root Beer	small	12 fl oz	160	0	0	0	0	0	0	39	0	39	0
	large	20 fl oz	260	0	0	0	0	0	0	65	0	65	0
Puck's - Mandarin Orange	small	12 fl oz	160	0	0	0	0	0	0	39	0	39	0
	large	20 fl oz	260	0	0	0	0	0	0	65	0	65	0
Puck's - Lemon Lime	small	12 fl oz	140	0	0	0	0	0	0	35	0	35	0
	large	20 fl oz	230	0	0	0	0	0	0	58	0	58	0
Puck's - Diet Cola	small	12 fl oz	0	0	0	0	0	0	0	0	0	0	0
	large	20 fl oz	0	0	0	0	0	0	0	0	0	0	0
Puck's - Cola	small	12 fl oz	150	0	0	0	0	0	0	37	0	37	0
	large	20 fl oz	250	0	0	0	0	0	0	62	0	62	0
Iced Tea	small	12 fl oz	5	0	0	0	0	0	10	1	0	0	0
	large	20 fl oz	5	0	0	0	0	0	20	2	0	0	0
Lemonade	small	12 fl oz	160	0	0	0	0	0	10	39	0	35	0
	large	20 fl oz	260	5	0	0	0	0	20	64	0	59	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	12 oz	180	0	0	0	0	0	20	15	0	< 1g	2
REFUGE Blood Orange Wit	12 oz	200	0	0	0	0	0	20	17	0	4	1
KARL STRAUSS Follow the Sun Pilsner	12 oz	180	0	0	0	0	0	20	15	0	< 1g	2
MODERN TIMES Lomaland Saison	12 oz	190	0	0	0	0	0	20	14	0	< 1g	2
BITTER BROTHERS Bill's Pils	12 oz	190	0	0	0	0	0	20	14	0	< 1g	2
CORONADO BREWING Guava Islander IPA	12 oz	280	0	0	0	0	0	20	27	0	< 1g	2
KARL STRAUSS Aurora Hopyyalis IPA	12 oz	280	0	0	0	0	0	20	27	0	< 1g	2
MADEWEST Standard Pils	12 oz	170	0	0	0	0	0	20	7	0	< 1g	2
MOTHER EARTH Cali Creamin	12 oz	150	0	0	0	0	0	20	6	0	< 1g	2
OFFSHOOT Relax Hazy IPA	12 oz	200	0	0	0	0	0	20	9	0	< 1g	2
PIZZA PORT Wipeout IPA	12 oz	230	0	0	0	0	0	20	10	0	< 1g	2
PORT BREWING Sharkbite Red	12 oz	220	0	0	0	0	0	20	18	0	< 1g	2
ALESMITH Nut Brown Ale	12 oz	180	0	0	0	0	0	20	13	0	< 1g	2
BEAR REPUBLIC Racer 5 IPA	12 oz	240	0	0	0	0	0	20	13	0	< 1g	2
21ST AMENDMENT Blood Orange IPA	12 oz	240	0	0	0	0	0	20	15	0	< 1g	2
DRAKES Hefeweizen	12 oz	160	0	0	0	0	0	20	12	0	< 1g	2
GREEN FLASH Blonde Ale	12 oz	150	0	0	0	0	0	20	7	0	< 1g	1
JACKRABBIT BREWING COMPANY Saison	12 oz	200	0	0	0	0	0	20	14	0	< 1g	1
DEVICE BREWING COMPANY Pincushion German Pilsner	12 oz	170	0	0	0	0	0	20	14	0	< 1g	1
DEVICE BREWING COMPANY West Coast IPA	12 oz	240	0	0	0	0	0	20	17	0	< 1g	2
TRACK SEVEN Blood Transfusion IPA (w/ blood oranges)	12 oz	220	0	0	0	0	0	20	17	0	< 1g	2
TRACK SEVEN Daylight Amber Ale	12 oz	210	0	0	0	0	0	20	14	0	< 1g	1
FIRESTONE Union Jack IPA	12 oz	240	0	0	0	0	0	20	17	0	< 1g	2
NEW HELVETIA 916 Pale Ale	12 oz	180	0	0	0	0	0	20	13	0	< 1g	1



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BEERS (cont.)

JACKRABBIT BREWING COMPANY Bigwig Nut Brown Ale	12 oz	180	0	0	0	0	0	20	12	0	< 1g	1
SIERRA NEVADA Hazy Little Thing Hazy IPA	12 oz	230	0	0	0	0	0	20	17	0	< 1g	2
21st AMENDMENT High or Hell Watermelon	12 oz	180	0	0	0	0	0	20	15	0	< 1g	2
TORTUGA BREWING Cristobal Lager	12 oz	170	0	0	0	0	0	20	13	0	< 1g	1
SMOG CITY BREWING Little Bo Pils	12 oz	150	0	0	0	0	0	20	11	0	< 1g	1
THREE WEAVERS BREWING Day Job Pale Ale	12 oz	190	0	0	0	0	0	20	13	0	< 1g	1
THREE WEAVERS BREWING Deep Roots ESB Amber Ale	12 oz	180	0	0	0	0	0	20	13	0	< 1g	1
THREE WEAVERS BREWING ExPatriate West Coast IPA	12 oz	230	0	0	0	0	0	20	18	0	< 1g	2
BEECHWOOD BREWING Amalgamator IPA	12 oz	240	0	0	0	0	0	20	18	0	< 1g	2
MODERN TIMES City of Sun Hazy IPA	12 oz	260	0	0	0	0	0	20	19	0	< 1g	2
SMOG CITY BREWING Infinite Wishes Bourbon Barrel Aged Imperial Stout	12 oz	420	0	0	0	0	0	20	15	0	< 1g	3

WINES

WHITES

SPELLBOUND Chardonnay	4 fl oz	90	0	0	0	0	0	10	3	0	1	0
	6 fl oz	130	0	0	0	0	0	10	4	0	2	0
HESS Chardonnay	4 fl oz	100	0	0	0	0	0	10	3	0	1	0
	6 fl oz	150	0	0	0	0	0	10	4	0	2	0
A TO Z Oregon Pinot Gris	4 fl oz	90	0	0	0	0	0	0	2	0	0	0
	6 fl oz	130	0	0	0	0	0	0	4	0	0	0
GUNDLACH BUNDSCHU Sonoma Coast Rhinefarm Vineyard Gewurztraminer	4 fl oz	100	0	0	0	0	0	0	3	0	0	0
	6 fl oz	140	0	0	0	0	0	0	5	0	0	0
MER SOLEIL Santa Barbara County Reserve Chardonnay	4 fl oz	100	0	0	0	0	0	10	3	0	1	0
	6 fl oz	150	0	0	0	0	0	10	4	0	2	0
JOEL GOTT Sauvignon Blanc	4 fl oz	90	0	0	0	0	0	0	2	0	0	0
	6 fl oz	130	0	0	0	0	0	0	4	0	0	0

REDS

SPELLBOUND Cabernet	4 fl oz	90	0	0	0	0	0	0	3	0	0	0
	6 fl oz	140	0	0	0	0	0	0	5	0	0	0
MATCHBOOK Tinto Rey Rose	4 fl oz	90	0	0	0	0	0	10	2	0	0	0
	6 fl oz	130	0	0	0	0	0	10	2	0	0	0
THE GIRLS IN THE VINEYARD Cabernet	4 fl oz	100	0	0	0	0	0	0	3	0	0	0
	6 fl oz	150	0	0	0	0	0	0	5	0	0	0
HESS Artezin Mendocino County Zinfandel	4 fl oz	100	0	0	0	0	0	0	3	0	0	0
	6 fl oz	160	0	0	0	0	0	0	5	0	0	0
COMPLICATED Sonoma Coast Pinot Noir	4 fl oz	90	0	0	0	0	0	0	3	0	0	0
	6 fl oz	140	0	0	0	0	0	0	4	0	0	0
CONUNDRUM Red Blend	4 fl oz	100	0	0	0	0	0	0	3	0	< 1g	0
	6 fl oz	140	0	0	0	0	0	10	5	0	1	0
ALEXANDER VALLEY Organic Cabernet Sauvignon - 2015	4 fl oz	100	0	0	0	0	0	0	3	0	0	0
	6 fl oz	140	0	0	0	0	0	0	5	0	0	0

CATERING

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 sandwich	380	160	17	4	0	50	810	34	3	4	20
Mendoza's Chimichurri Steak	1/2 sandwich	390	150	16	4.5	0	50	1060	39	3	5	20
Drunk'n Goat	1/2 sandwich	390	160	17	8	0	35	260	48	3	13	10
Italian "Love Sandwich"	1/2 sandwich	500	280	30	9	0	65	1420	33	2	5	22
Highway 128	1/2 sandwich	440	170	18	8	0	65	510	48	3	13	20
Mario's Caprese	1/2 sandwich	430	240	24	8	0	35	360	28	2	3	18
Chicken MBP	1/2 sandwich	360	160	17	3.5	0	40	480	28	2	3	19
Turkey and Cranberry	1/2 sandwich	310	50	6	0.5	0	30	580	45	2	9	16
Prosciutto & Chicken	1/2 sandwich	420	210	22	5	0	45	740	31	3	4	23

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

Scarborough Farm's Field Greens Salad	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 Chen's Chinese 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	53	24	10	27
	Large	47.0 oz	1190	720	74	18	0	50	102	44	19	54
Classic Caesar Dressing - 1oz		1.1 oz	170	150	17	2	0	55	2	0	1	2
Save Drake Farm's Salad	Small	23.5 oz	1030	590	64	14	0	30	98	18	71	28
	Large	42.5 oz	1910	1070	116	24	0	55	189	34	138	51
Citrus Vin - 1oz		1.0 oz	120	110	13	1	0	0	1	0	< 1g	0
Avocado & Quinoa Superfood Ensalada	Small	34.2 oz	1000	520	54	15	0	50	101	35	12	47
	Large	65.9 oz	1780	870	90	25	0	80	193	66	24	85
Chipotle Vin - 1oz		1.0 oz	120	110	13	1	0	0	2	0	2	0
Spring/Summer Seasonal Salad	Small	17.6 oz	430	230	24	2.5	0	0	49	15	17	15
	Large	30.2 oz	810	450	46	4.5	0	0	85	28	31	27
Greek Yogurt Poppyseed - 1oz		1.0 oz	120	90	11	1	0	0	5	0	4	< 1g
Fall/Winter Seasonal Salad	Small	16.5 oz	650	320	35	11	0	50	75	16	56	21
	Large	28.0 oz	1130	580	63	17	0	75	125	27	92	36
Maple Sherry Vinaigrette - 1oz		1.0 oz	140	120	14	1	0	0	5	0	5	0
Add Chicken for Salads												
Small (serves 8-10)	Small	5.0 oz	150	30	3.5	0	0	85	0	0	0	29
Large (serve 15-20)	Large	10.0 oz	300	60	7	0	0	170	0	0	0	57

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

Curried CousCous	Small	36.0 oz	2330	1440	143	0	0	0	197	18	54	18
	Large	72.0 oz	4660	2890	286	0	0	0	394	36	107	36
Marinated Red Beets & Quinoa	Small	32.0 oz	1430	610	65	7	0	0	189	29	79	35
	Large	64.0 oz	2860	1220	129	14	0	0	378	57	158	69
Healthiest Side Salad Ever	Small	24.0 oz	1260	730	81	6	0	0	135	21	73	19
	Large	56.0 oz	2940	1690	188	14	0	0	316	49	171	44
Basil Pesto Shells	Small	33.0 oz	2180	1050	115	25	0	100	228	17	12	64
	Large	57.5 oz	3810	1840	201	43	0	180	399	29	20	113
Almond Romesco Shells	Small	33.0 oz	1610	660	71	8	0	10	203	19	16	46
	Large	65.5 oz	3220	1320	142	16	0	20	406	37	32	91
Pickles & Dill Potato Salad	Small	36.0 oz	2180	1320	133	8	0	0	191	12	15	16
	Large	72.0 oz	4360	2640	265	15	0	0	382	24	31	31
Spicy Dijon Potato Salad	Small	36.0 oz	2170	1340	137	8	0	0	188	12	8	16
	Large	72.0 oz	4330	2670	274	16	0	0	375	24	17	32





	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)
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
Romesco Vegetable	1 piece	220	120	12	2	0	20	280	24	2	5	4
Spicy Peruvian Chicken	1 piece	290	150	16	3	0	55	640	22	1	5	13
Caprese	1 piece	250	140	15	5	0	40	220	21	1	4	8
Tuscan Steak	1 piece	260	140	16	2	0	25	420	22	1	< 1g	9
Bistro Steak	1 piece	220	100	11	2	0	20	440	22	1	< 1g	8
The Spicy Italian	1 piece	330	200	21	5	0	55	720	22	1	6	12
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
Mediterranean Vegetable	3.4 oz	180	90	10	1	0	0	330	20	2	2	3
Salami Ham and Provolone	2.7 oz	190	80	8	4	0	35	620	17	< 1g	1	11

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
Argentinian Steak	1 skewer	60	40	4.5	1	0	10	160	1	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	2400	1970	198	13	0	0	4300	120	45	60	22

BOX SALADS												
Avocado & Quinoa Superfood Ensalada	8.2 oz	210	100	10	3	0	10	310	24	8	3	10
Chipotle Vinaigrette	1.75 fl oz	210	200	23	1.5	0	0	50	2	0	2	0
Mama Chen's Chinese Chicken Salad	5.9 oz	230	110	12	1.5	0	30	330	18	3	3	16
Miso Mustard Sesame Dressing	2 fl oz	240	170	19	1.5	0	0	570	17	0	15	1
The Vegetarian Chinese Salad	5.9 oz	280	150	17	2.5	0	0	210	23	3	5	13
Miso Mustard Sesame Dressing	2 fl oz	240	170	19	1.5	0	0	570	17	0	15	1
The Modern Caesar 2.0	7.3 oz	180	90	9	2	0	35	430	11	5	3	16
Classic Caesar Dressing	1.75 fl oz	300	270	30	3.5	0	95	370	4	0	2	4
Scarborough Farm's Field Greens Salad	4.6 oz	35	5	0	0	0	0	10	7	2	4	1
Balsamic Vinaigrette	1.75 fl oz	70	15	2	0	0	0	440	12	0	9	0

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 Creminelli 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	1170	840	78	5	0	0	2040	90	35	48	15
Cheddar Cheese Sack Lunch	1 sandwich	330	100	11	6	0	30	580	46	2	2	13
PB & Local Jelly Sack Lunch	1 sandwich	460	140	16	2.5	0	0	510	73	5	18	12
Nitrate-Free Creminelli Salami & Provolone Sack Lunch	1 sandwich	480	200	22	9	0	65	1350	47	2	2	25
Turkey & Cheddar Sack Lunch	1 sandwich	380	100	11	5	0	55	840	47	2	2	24



CHIPS FOR SACK LUNCH

	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)
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

BREAKFAST

Yogurt & Granola Bowl +Honey	9.0 oz	340	160	17	8	0	20	80	31	5	19	19
	1.0 oz	90	0	0	0	0	0	0	23	0	23	0
Classic Avocado Toast	8.1 oz	480	250	25	3.5	0	0	840	60	19	8	13
Mendo Avocado Toast	9.7 oz	590	280	30	7	0	220	1970	56	16	9	30