

## 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)
Summer Street Corn with Chicken	16.4 oz	940	460	50	9	0	175	2130	82	7	12	42
Watermelon Poke Salad without dressing	17.4 oz	580	360	40	3.5	0	0	1840	52	10	25	12
	15.4 oz	380	200	22	2	0	0	1080	41	10	16	11

## SANDWICHES

"Not So Fried" Chicken "Salad Style"	14.8 oz	900	450	48	6	0	85	1350	79	5	10	35
	19.3 oz	750	450	48	4.5	0	65	1490	50	7	20	30
Peruvian Steak Sandwich	11.8 oz	760	410	46	13	0	110	2180	55	3	13	38
Prosciutto & Chicken	12.5 oz	830	410	43	11	0	90	1390	62	7	8	45
Mendo's Original Pork Belly Banh Mi "Salad Style"	12.3 oz	800	470	51	12	0	70	710	60	4	9	24
	12.7 oz	570	370	41	9	0	50	720	35	5	23	18
The 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	29	8	0	95	1640	77	7	3	40
Chicken Pesto Caprese	13.8 oz	860	460	48	11	0	95	1150	57	4	5	42
The Bistro Steak	12.2 oz	800	360	39	6	0	85	1790	82	4	23	31
Mrs. Goldfarb's Unreal Reuben	15.7 oz	990	450	48	8	0	25	2570	95	8	18	41
The Impossibly Good Impossible Burger	12.3 oz	710	390	40	15	0	0	2000	56	6	13	26
Vegan Banh Mi	12.5 oz	650	250	27	3	0	0	840	78	4	21	23
Mario's Caprese	12.5 oz	1010	470	47	17	0	70	790	56	4	5	37
Mendo's Crispy Chicken Sandwich (Deep Fry)	13.5 oz	880	460	50	13	0	140	1260	66	5	16	41
Mendo's Crispy Chicken Sandwich (Turbo Chef)	13.0 oz	940	500	54	7	0	105	1280	77	5	20	35

## BLUE PLATE SPECIALS

Mario's Caprese	6.3 oz	500	240	24	8	0	35	360	28	2	3	18
Chicken Pesto Caprese	6.5 oz	360	160	17	3.5	0	40	480	28	2	3	19
The 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	420	39	2	10	11
"Not So Fried" Chicken	7.4 oz	450	220	24	3	0	45	670	39	3	5	17
The Bistro Steak	6.1 oz	400	180	20	2.5	0	40	880	41	2	12	15

## SALADS

Avocado & Quinoa Superfood Ensalada without dressing add chicken	16.1 oz	690	470	51	8	0	20	1090	47	15	10	19
	14.1 oz	400	210	22	6	0	20	570	41	14	5	19
	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
The Impossible Taco Salad without dressing	16.1 oz	640	440	45	7	0	0	1000	43	16	7	20
	14.1 oz	400	210	21	6	0	0	440	41	15	6	19
"Saved Drake Farms" Salad (CA) without dressing	16.4 oz	840	530	59	9	0	75	1030	49	8	36	34
	14.4 oz	610	320	35	8	0	75	930	46	8	33	34
"Saved Drake Farms" Salad (TX) without dressing	16.4 oz	830	470	51	3	0	60	860	61	8	34	34
	14.4 oz	610	260	27	1.5	0	60	770	58	8	32	34
The Sophisticated Chicken & Prosciutto Salad without dressing	16.0 oz	730	510	55	9	0	75	1600	28	9	16	35
	14.0 oz	500	300	31	7	0	75	1540	23	8	13	34
Mendo's Chicken Cobb Salad without dressing	16.1 oz	750	520	55	13	0	295	1520	16	6	7	45
	14.1 oz	500	290	31	12	0	295	1330	10	5	3	45
The Modern Caesar 2.0 without dressing add chicken	11.4 oz	610	460	50	10	0	130	990	23	7	6	21
	9.4 oz	290	170	18	6	0	25	590	20	7	4	17
	3.5 oz	110	20	2.5	0	0	60	500	0	0	0	20
Mama Chen's Chinese Chicken Salad without dressing	13.7 oz	640	340	38	2	0	60	1010	48	5	17	33
	11.7 oz	420	180	20	0	0	60	680	33	5	6	31
Mama Chen's Chinese Vegan-Style Salad without dressing	13.7 oz	730	420	47	3.5	0	0	720	58	5	20	28
	11.7 oz	510	260	30	2	0	0	390	43	5	8	27
Whole Wheat Tortilla - 1/2	1.5 oz	120	40	4	1.5	0	0	200	17.5	3.5	0	3





## 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)
Grilled Cheddar Cheese Sandwich	5.4 oz	610	360	39	21	0	130	650	43	2	8	22
Peanut Butter & Jelly	4.9 oz	520	210	23	4.5	0	40	410	69	5	24	14
Cheddar Cheese Quesadilla	4.9 oz	410	230	24	11	0	45	670	35	7	0	16
Turkey & Cheddar Sandwich	6.1 oz	540	270	30	14	0	125	740	43	2	8	26
Crispy Chicken												
--Deep Fry	5.6 oz	370	160	17	1.5	0	65	910	31	< 1g	2	23
--Turbo Chef	6.0 oz	320	130	14	2.5	0	60	670	18	2	3	30
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
Fruit												
--Celery & Carrots	2.5 oz	20	0	0	0	0	0	60	4	2	2	0
--Green Apples	2 oz	35	0	0	0	0	0	0	8	2	5	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
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
Classic Caesar Dressing	2 fl oz	340	310	34	4	0	110	420	4	0	2	4
Ginger Honey Ponzu Vinaigrette	2 fl oz	200	160	18	1.5	0	0	760	10	0	9	< 1g
Jalapeno Salsa Verde	2 fl oz	25	15	2	0	0	0	170	3	< 1g	2	0
Miso Mustard Sesame Dressing	2 fl oz	230	160	18	1.5	0	0	330	15	0	12	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 Roja	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

Ciabatta	3.7 oz	260	35	3.5	0.5	0	0	160	47	2	0	7
Gluten Free Bread	5.3 oz	420	170	18	2	0	0	920	62	6	8	6
Mom's Seeded Whole Wheat	4.1 oz	320	60	6	2	0	10	400	58	2	4	8
Plant-Based Brioche Bun	2.0 oz	210	70	7	1.5	0	0	250	30	1	5	6
Potato Brioche Hoagie	2.5 oz	240	60	6	1	0	35	500	38	2	3	8
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
White Rye	4.2 oz	280	10	1.5	0	0	0	820	60	4	0	10
Whole Wheat Tortilla	3.3 oz	230	80	8	3	0	0	400	35	7	0	5

## SOUPS

Chicken Tortilla Soup cup	6 oz	120	40	4	0	0	20	740	13	2	3	8
Chicken Tortilla Soup bowl	12 oz	250	80	8	1	0	40	1480	27	4	7	17
Coconut Lentil Soup cup	6 oz	170	80	7	4.5	0	0	570	19	7	< 1g	7
Coconut Lentil Soup bowl	12 oz	340	150	14	9	0	0	1130	38	14	1	14



## 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)
<b>Thai Watermelon and Cucumber Salad</b>												
- Small	3.5 oz	90	45	5	0.5	0	0	420	11	< 1g	8	1
- Medium	7 oz	180	90	10	1.5	0	0	840	22	2	17	2
- Large	14 oz	350	180	20	3	0	0	1680	44	3	34	5
<b>Roasted Summer Corn &amp; Farro Salad</b>												
- Small	3.5 oz	160	80	8	1.5	0	< 5mg	320	18	3	3	4
- Medium	7 oz	310	150	17	3	0	5	630	36	5	6	9
- Large	14 oz	620	300	33	6	0	15	1260	72	11	11	18
<b>Farro-Tabbouleh-ish</b>												
- Small	3.5 oz	150	90	9	1.5	0	5	240	15	2	6	3
- Medium	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
<b>French Green Beans &amp; Feta</b>												
- Small	3.3 oz	110	90	9	1.5	0	< 5mg	290	7	3	3	3
- Medium	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
<b>Curried Couscous</b>												
- Small	4.5 oz	290	180	18	0	0	0	600	25	2	7	2
- Medium	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
<b>Pickles &amp; Dill Potato Salad</b>												
- Small	4.5 oz	270	160	17	1	0	0	250	24	1	2	2
- Medium	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
<b>Spicy Dijon Potato Salad</b>												
- Small	4.5 oz	270	170	17	1	0	0	430	23	2	1	2
- Medium	9 oz	540	330	34	2	0	0	860	47	3	2	4
- Large	18 oz	1080	670	69	4	0	0	1730	94	6	4	8
<b>Marinated Red Beets &amp; Quinoa</b>												
- Small	4.5 oz	200	90	9	1	0	0	270	27	4	11	5
- Medium	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
<b>Basil Pesto Shells</b>												
- Small	3.5 oz	260	140	16	4	0	15	490	22	2	1	8
- Medium	7 oz	520	290	31	8	0	30	980	43	3	2	16
- Large	14 oz	1030	570	62	17	0	55	1970	87	6	5	32
<b>Almond Romesco Shells</b>												
- Small	3.5 oz	180	70	8	1	0	0	330	22	2	2	5
- Medium	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

## BEVERAGES

Puck's - Diet Black Cherry small	12 fl oz	0	0	0	0	0	0	0	0	0	0	0
Puck's - Diet Black Cherry 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
Puck's - Black Cherry 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
Puck's - Vanilla Cream 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
Puck's - Root Beer 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
Puck's - Mandarin Orange 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
Puck's - Lemon Lime 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
Puck's - Diet Cola 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
Puck's - Cola 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
Iced Tea 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
Lemonade - 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



# Nutritional Information

## BEERS

	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)
OSKAR BLUES Mama's Little Yella Pils	12 oz	180	0	0	0	0	0	0	20	15	0	<1g	2
REFUGE Blood Orange Wit	12 oz	200	0	0	0	0	0	0	20	17	0	4	1
KARL STRAUSS Follow the Sun Pilsner	12 oz	180	0	0	0	0	0	0	20	15	0	<1g	2
MODERN TIMES Lomaland Saison	12 oz	190	0	0	0	0	0	0	20	14	0	<1g	2
KARL STRAUSS Aurora Hopyyalis IPA	12 oz	280	0	0	0	0	0	0	20	27	0	<1g	2
MADEWEST Standard Pils	12 oz	170	0	0	0	0	0	0	20	7	0	<1g	2
MOTHER EARTH Cali Creamin	12 oz	150	0	0	0	0	0	0	20	6	0	<1g	2
OFFSHOOT Relax Hazy IPA	12 oz	200	0	0	0	0	0	0	20	9	0	<1g	2
PORT BREWING Sharkbite Red	12 oz	220	0	0	0	0	0	0	20	18	0	<1g	2
ALESMITH Nut Brown Ale	12 oz	180	0	0	0	0	0	0	20	13	0	<1g	2
BEAR REPUBLIC Racer 5 IPA	12 oz	240	0	0	0	0	0	0	20	13	0	<1g	2
21ST AMENDMENT Blood Orange IPA	12 oz	240	0	0	0	0	0	0	20	15	0	<1g	2
DRAKES Hefeweizen	12 oz	160	0	0	0	0	0	0	20	12	0	<1g	2
GREEN FLASH Blonde Ale	12 oz	150	0	0	0	0	0	0	20	7	0	<1g	1
DEVICE BREWING COMPANY West Coast IPA	12 oz	240	0	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	0	20	17	0	<1g	2
FIRESTONE Union Jack IPA	12 oz	240	0	0	0	0	0	0	20	17	0	<1g	2
JACKRABBIT BREWING COMPANY Bigwig Nut Brown Ale	12 oz	180	0	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	0	20	17	0	<1g	2
TORTUGA BREWING Cristobal Lager	12 oz	170	0	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	0	20	18	0	<1g	2
PIZZA PORT California Honey Bloom Blonde Ale	12 oz	180	0	0	0	0	0	0	20	15	0	<1g	2
PIZZA PORT Swami's IPA	12 oz	250	0	0	0	0	0	0	20	19	0	<1g	2
KARL STRAUSS Red Trolley Ale	12 oz	200	0	0	0	0	0	0	20	14	0	<1g	1
ST ARNOLDS Fancy Lawnmower German-Style Kolsch	12 oz	170	0	0	0	0	0	0	20	13	0	<1g	<1g
SPINDLETAP Boomtown Blonde Ale	12 oz	190	0	0	0	0	0	0	20	16	0	<1g	2
BALLAST POINT Sculpin IPA	12 oz	220	0	0	0	0	0	0	20	13	0	<1g	2
ST ARNOLDS Art Car IPA	12 oz	230	0	0	0	0	0	0	20	13	0	<1g	2
KARBACH BREWING Hopadillo IPA	12 oz	210	0	0	0	0	0	0	30	12	0	2	2
8TH WONDER Hopston Texas IPA	12 oz	200	0	0	0	0	0	0	20	11	0	<1g	2
KARBACH BREWING Weekend Warrior Pale Ale	12 oz	170	0	0	0	0	0	0	40	11	0	2	2
LONE PINT BREWERY Brown Ale	12 oz	200	0	0	0	0	0	0	20	11	0	<1g	2
SPINDLETAP Houston Haze IPA	12 oz	220	0	0	0	0	0	0	20	16	0	<1g	2
SMOG CITY Sabre Toothed Squirrel	12 oz	240	0	0	0	0	0	0	20	18	0	<1g	2
LONE PINT BREWERY Yellow Rose IPA	12 oz	230	0	0	0	0	0	0	20	17	0	<1g	2
KARBACH BREWING Southern Wheat	12 oz	160	0	0	0	0	0	0	30	13	0	0	2
DEEP ELLUM BREWING Easy Peasy IPA	12 oz	170	0	0	0	0	0	0	20	14	0	1	2
COMMUNITY BEER Texas Lager	12 oz	120	0	0	0	0	0	0	20	10	0	1	1
TUPPS BREWERY Juice Pack Pale Ale	12 oz	170	0	0	0	0	0	0	20	13	0	1	2

## WINES

### WHITES

	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)
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
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
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
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
NOTES 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

## CATERING

### SANDWICHES

The Farm Club	1/2 sandwich	380	160	17	4	0	50	810	34	3	4	20
The Bistro Steak	1/2 sandwich	390	130	15	2.5	0	40	830	47	2	11	17
Chicken Pesto Caprese	1/2 sandwich	430	230	24	5	0	45	570	28	2	3	21
Mario's Caprese	1/2 sandwich	500	230	24	8	0	35	400	28	2	3	19
Prosciutto & Chicken	1/2 sandwich	420	210	22	5	0	45	680	31	3	4	22
Vegan Banh Mi	1/2 sandwich	320	110	12	1.5	0	0	420	39	2	10	11

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

Spring & Summer Farmers Market Salad	Small	17.6 oz	430	230	24	2.5	0	0	260	49	15	17	15
	Large	30.2 oz	810	450	46	4.5	0	0	460	85	28	31	27
	Greek Yogurt Poppyseed - 1oz	1.0 oz	120	90	11	1	0	0	180	5	0	4	<1g
Fall & Winter Farmers Market Salad	Small	16.5 oz	650	320	35	11	0	50	600	75	16	56	21
	Large	28.0 oz	1130	580	63	17	0	75	930	125	27	92	36
	Maple Sherry Vinaigrette - 1oz	1.0 oz	140	120	14	1	0	0	75	5	0	5	0
Avocado & Quinoa Superfood Ensalada	Small	34.2 oz	1010	560	58	16	0	50	1440	95	34	12	46
	Large	65.9 oz	1790	930	97	26	0	80	2430	183	64	24	82
	Chipotle Vin - 1oz	1.0 oz	140	130	15	1	0	0	260	3	0	2	0
Save Drake Farm's Salad	Small	23.5 oz	1030	580	63	14	0	30	1110	98	18	71	28
	Large	42.5 oz	1910	1060	115	24	0	55	1880	190	34	138	51
	Citrus Vin - 1oz	1.0 oz	120	110	13	1	0	0	25	1	0	<1g	0
Mama Chen's Chinese Salad	Small	19.5 oz	590	310	35	2	0	0	340	59	16	13	25
	Large	33.7 oz	1060	560	62	3	0	0	640	108	27	22	44
	Miso Mustard Sesame - 1oz	1.0 oz	110	80	9	1	0	0	170	8	0	6	<1g
The Modern Caesar 2.0	Small	25.2 oz	650	430	45	10	0	25	640	49	24	10	26
	Large	47.0 oz	1210	780	81	19	0	50	1340	92	43	19	51
	Classic Caesar Dressing - 1oz	1.1 oz	170	150	17	2	0	55	210	2	0	1	2
Field Greens Salad	Small	16.0 oz	110	10	1	0	0	0	20	25	7	16	4
	Large	30.0 oz	220	20	2	0	0	0	40	52	14	33	8
	Balsamic - 1oz	1.0 oz	150	130	15	1	0	0	10	4	0	3	0



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

	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)
Roasted Summer Corn & Farro Salad												
Small	40.0 oz	1780	870	95	16	0	40	3610	205	31	32	51
Large	80.0 oz	3570	1740	190	32	0	85	7210	411	62	64	101
Farro Tabbouleh-ish												
Small	40.0 oz	1740	1000	107	16	0	85	2790	175	27	69	30
Large	80.0 oz	3480	2000	213	32	0	170	5580	349	53	137	61
Curried Couscous												
Small	36.0 oz	2330	1440	143	0	0	0	4830	197	18	54	18
Large	72.0 oz	4660	2890	286	0	0	0	9670	394	36	107	36
Marinated Red Beets & Quinoa												
Small	32.0 oz	1430	610	65	7	0	0	1880	189	29	79	35
Large	64.0 oz	2860	1220	129	14	0	0	3770	378	57	158	69
Basil Pesto Shells												
Small	33.0 oz	2360	1050	115	25	0	100	3220	228	17	12	64
Large	57.5 oz	4140	1840	201	43	0	180	5640	399	29	20	113
Almond Romesco Shells												
Small	33.0 oz	1610	660	71	8	0	10	3040	203	19	16	46
Large	65.5 oz	3220	1320	142	16	0	20	6060	406	37	32	91
Pickles & Dill Potato Salad												
Small	36.0 oz	2180	1320	133	8	0	0	1970	191	12	15	16
Large	72.0 oz	4360	2640	265	15	0	0	3930	382	24	31	31
Spicy Dijon Potato Salad												
Small	36.0 oz	2170	1340	137	8	0	0	3450	188	12	8	16
Large	72.0 oz	4330	2670	274	16	0	0	6900	375	24	17	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
Romesco Veggie	1 piece	220	120	12	2	0	20	280	24	2	5	4
Caprese	1 piece	260	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
Balsamic Steak & Bacon	1 piece	220	100	11	2	0	20	440	22	1	<1g	8
Italian Prosciutto and Fig	1 piece	190	60	6	3	0	35	410	24	1	7	8

## SKEWERS (24 per order) & APPETIZERS

Chili 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
Chinese Tofu	1 skewer	60	40	4.5	0	0	0	75	3	0	1	2
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 10-15)	75.0 oz	2370	2000	201	14	0	0	4400	121	45	61	22

## BOXED LUNCH SALADS

Avocado & Quinoa Superfood Ensalada	8.2 oz	210	100	11	3	0	10	290	23	8	3	10
Chipotle Vinaigrette	1.75 fl oz	210	200	23	1.5	0	0	320	4	0	3	0
Mama Chen's Salad with Chicken	5.9 oz	230	110	12	1.5	0	30	330	18	3	3	16
Miso Mustard Sesame Vinaigrette	2 fl oz	230	160	18	1.5	0	0	330	15	0	12	1
Mama Chen's Salad with Tofu	5.9 oz	280	150	17	2.5	0	0	190	23	3	4	13
Miso Mustard Sesame Vinaigrette	2 fl oz	230	160	18	1.5	0	0	330	15	0	12	1
The Modern Caesar 2.0	7.3 oz	190	90	10	2	0	35	410	10	5	3	16
Classic Caesar Dressing	1.75 fl oz	300	270	30	3.5	0	95	370	4	0	2	4
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



	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)
<b>KIDS CORNER</b>												
Cucumber Cream Cheese Baby Baguette	3.2 oz	140	50	6	3	0	20	280	18	< 1g	2	4
Turkey and Smoked Gouda Baby Baguette	3.2 oz	240	120	13	3.5	0	40	520	16	< 1g	< 1g	13
Chicken and Havarti Baby Baguette	3.4 oz	240	130	14	4.5	0	35	490	16	< 1g	0	13
Peanut Butter & Jelly Platter	1 piece	120	35	4	0.5	0	0	130	18	1	5	3
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
Peanut Butter & Jelly Sack Lunch	1 sandwich	460	140	16	2.5	0	0	510	73	5	18	12
Turkey & Cheddar Sack Lunch	1 sandwich	380	100	11	5	0	55	840	47	2	2	24

<b>CHIPS</b>												
Original	1.5 oz	210	120	14	2.5	0	0	170	23	2	0	3

<b>DESSERTS</b>												
Brownie	1 piece	180	80	9	6	0	45	130	23	1	19	2
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
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
Magic Bar	1 piece	210	90	11	6	0	25	30	27	< 1g	22	2
Raspberry Bar	1 piece	170	30	3.5	2	0	15	45	32	< 1g	18	2
Russian Tea Cookie	1 piece	150	80	9	4	0	15	15	15	< 1g	4	2

<b>Northern CA Stores</b>												
Chocolate Chunk	1 piece	210	100	11	7	0	30	320	29	2	17	4
Chocolate Bomb	1 piece	180	50	6	3.5	0	<5	30	32	3	27	4
Corn off the Cob	1 piece	220	90	10	6	0	40	30	32	<1	19	2
Lemon Cheesecake	1 piece	200	60	7	4	0	30	110	32	<1	18	2
Oat, Hemp and Date	1 piece	210	70	8	6	0	65	30	33	3	19	3

<b>BREAKFAST</b>												
Yogurt & Granola Bowl +Honey	9.0 oz 1.0 oz	340 90	160 0	17 0	8 0	0 0	20 0	80 0	31 23	5 0	19 23	19 0
Mendo's Avocado Toast	8.1 oz	480	250	25	3.5	0	0	840	59	19	8	13
Prosciutto & Avocado Toast	9.7 oz	580	280	29	6	0	220	1880	57	16	10	30
Dark Chocolate Croissant	2.5 oz	300	140	16	11	0	15	270	33	2	9	6
Almond Croissant	3.6 oz	420	230	26	14	0.5	45	280	39	2	14	8
Raspberry Danish	3.8 oz	310	130	14	10	0	35	290	36	3	13	6
Wild Blueberry Danish	4.6 oz	340	150	16	11	0	55	310	40	2	12	7
Lemon Poppy Seed Muffin	4.4 oz	490	240	26	2.5	0	90	510	58	1	33	7
Wild Blueberry Muffin	5 oz	540	240	27	5	0	95	620	67	2	36	7

