



## NEW! BOWLS

|                                   | 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) |
|-----------------------------------|---------|-----------------|-------------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|-----------------|-------------|
| Chimichurri Steak & Shishito Bowl | 19.2 oz | 770             | 390               | 43            | 6                 | 0             | 65               | 1430        | 78               | 10        | 22              | 28          |
| Mediterranean Chicken Bowl        | 19.1 oz | 800             | 420               | 46            | 8                 | 0             | 135              | 1550        | 70               | 13        | 20              | 38          |
| Smoky Chicken Elote Bowl          | 19.6 oz | 700             | 330               | 36            | 9                 | 0             | 170              | 2020        | 59               | 8         | 11              | 39          |
| Chefs Pick November to Remember   | 15.8 oz | 1050            | 510               | 56            | 16                | 0             | 155              | 2140        | 92               | 8         | 35              | 48          |

## SANDWICHES

|                                       |         |      |     |    |     |   |     |      |    |   |    |    |
|---------------------------------------|---------|------|-----|----|-----|---|-----|------|----|---|----|----|
| "Not So Fried" Chicken                | 14.8 oz | 900  | 450 | 48 | 6   | 0 | 85  | 1350 | 79 | 5 | 10 | 35 |
| "Salad Style"                         | 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   | 12.3 oz | 800  | 470 | 51 | 12  | 0 | 70  | 710  | 60 | 4 | 9  | 24 |
| "Salad Style"                         | 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 |
| Chimichurri Steak and Bacon           | 13.2 oz | 940  | 490 | 54 | 10  | 0 | 110 | 2020 | 77 | 3 | 18 | 38 |
| 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 |

## CRISPY CHICKEN SETS

|                                               |         |      |     |    |    |   |     |      |    |   |    |    |
|-----------------------------------------------|---------|------|-----|----|----|---|-----|------|----|---|----|----|
| Mendo's Crispy Chicken Sandwich (turbo chef)  | 13.3 oz | 990  | 540 | 56 | 9  | 0 | 105 | 1360 | 78 | 6 | 21 | 35 |
| Mendo's Crispy Chicken Sandwich (fried)       | 13.2 oz | 1030 | 580 | 62 | 10 | 0 | 100 | 1320 | 77 | 5 | 21 | 33 |
| Hot Crispy Chicken Sandwich (turbo chef)      | 13.4 oz | 890  | 460 | 51 | 12 | 0 | 110 | 1980 | 60 | 4 | 19 | 49 |
| Hot Crispy Chicken Sandwich (fried chef)      | 13.3 oz | 930  | 510 | 57 | 12 | 0 | 105 | 1950 | 60 | 4 | 19 | 48 |
| Thai Hot Crispy Chicken Sandwich (turbo chef) | 14.2 oz | 860  | 390 | 43 | 9  | 0 | 90  | 1840 | 89 | 6 | 34 | 35 |
| Thai Hot Crispy Chicken Sandwich (fried)      | 14.2 oz | 900  | 440 | 49 | 10 | 0 | 85  | 1800 | 88 | 6 | 34 | 33 |

## 1/2 SANDWICH COMBOS

|                           |        |     |     |    |     |   |    |      |    |   |    |    |
|---------------------------|--------|-----|-----|----|-----|---|----|------|----|---|----|----|
| 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 |
| Chimichurri Steak & Bacon | 6.6 oz | 470 | 240 | 27 | 5   | 0 | 55 | 1010 | 38 | 2 | 9  | 19 |

## SALADS

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



## 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

|                                  |         |     |     |    |     |   |     |     |    |      |    |   |
|----------------------------------|---------|-----|-----|----|-----|---|-----|-----|----|------|----|---|
| Farmhouse Balsamic Vinaigrette   | 2 fl oz | 280 | 250 | 28 | 2   | 0 | 0   | 330 | 9  | 0    | 7  | 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 |
| 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

|                                         |       |     |     |    |     |   |    |      |    |   |   |    |
|-----------------------------------------|-------|-----|-----|----|-----|---|----|------|----|---|---|----|
| Thai Curry Squash Soup cup              | 6 oz  | 90  | 45  | 5  | 3.5 | 0 | 0  | 460  | 12 | 2 | 5 | 1  |
| Thai Curry Squash Soup bowl             | 12 oz | 190 | 90  | 11 | 7   | 0 | 0  | 920  | 25 | 3 | 9 | 3  |
| Greek Lemon Chicken and Farro Soup cup  | 6 oz  | 150 | 90  | 9  | 5   | 0 | 45 | 790  | 8  | 1 | 2 | 7  |
| Greek Lemon Chicken and Farro Soup bowl | 12 oz | 290 | 170 | 19 | 10  | 0 | 90 | 1580 | 17 | 2 | 4 | 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>Togarashi Green Beans &amp; Tofu</b>                 |        |                 |                   |               |                   |               |                  |             |                  |           |                 |             |
| Small                                                   | 4.5 oz | 230             | 150               | 17            | 3                 | 0             | 0                | 420         | 16               | 3         | 7               | 7           |
| Medium                                                  | 9 oz   | 460             | 300               | 34            | 6                 | 0             | 0                | 840         | 32               | 7         | 14              | 14          |
| Large                                                   | 18 oz  | 930             | 600               | 67            | 13                | 0             | 0                | 1670        | 65               | 13        | 27              | 29          |
| <b>Kale and Apple Salad</b>                             |        |                 |                   |               |                   |               |                  |             |                  |           |                 |             |
| Small                                                   | 3.5 oz | 250             | 190               | 21            | 3.5               | 0             | 0                | 125         | 17               | 3         | 8               | 1           |
| Medium                                                  | 7 oz   | 510             | 380               | 42            | 7                 | 0             | 0                | 250         | 35               | 6         | 16              | 2           |
| Large                                                   | 14 oz  | 1020            | 770               | 85            | 15                | 0             | 0                | 500         | 69               | 11        | 31              | 5           |
| <b>Wild Rice Salad w/ Butternut Squash &amp; Apples</b> |        |                 |                   |               |                   |               |                  |             |                  |           |                 |             |
| Small                                                   | 3.5 oz | 240             | 120               | 14            | 1.5               | 0             | 0                | 200         | 27               | 3         | 11              | 4           |
| Medium                                                  | 7 oz   | 470             | 250               | 27            | 3                 | 0             | < 5mg            | 410         | 54               | 7         | 23              | 8           |
| Large                                                   | 14 oz  | 940             | 490               | 54            | 6                 | 0             | 5                | 810         | 109              | 13        | 45              | 16          |
| <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>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>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 |

## WINES

|                          |         |     |   |   |   |   |   |    |   |   |   |   |
|--------------------------|---------|-----|---|---|---|---|---|----|---|---|---|---|
| SPELLBOUND Chardonnay    | 6 fl oz | 130 | 0 | 0 | 0 | 0 | 0 | 10 | 4 | 0 | 2 | 0 |
| SPELLBOUND Cabernet      | 6 fl oz | 140 | 0 | 0 | 0 | 0 | 0 | 0  | 5 | 0 | 0 | 0 |
| MATCHBOOK Tinto Rey Rose | 6 fl oz | 130 | 0 | 0 | 0 | 0 | 0 | 10 | 2 | 0 | 0 | 0 |
| NOTES Pinot Noir         | 6 fl oz | 140 | 0 | 0 | 0 | 0 | 0 | 0  | 4 | 0 | 0 | 0 |



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Trans Fat (g)  
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Carbohydrate (g)  
Fiber (g)  
Total Sugar (g)  
Protein (g)

## BEERS

|                                                      |       |     |   |   |   |   |   |    |    |   |      |      |
|------------------------------------------------------|-------|-----|---|---|---|---|---|----|----|---|------|------|
| MADEWEST Standard Blonde Ale                         | 12 oz | 210 | 0 | 0 | 0 | 0 | 0 | 20 | 18 | 0 | 1    | 2    |
| MIKKELLER Windy Hill Hazy IPA                        | 12 oz | 220 | 0 | 0 | 0 | 0 | 0 | 20 | 13 | 0 | 1    | 2    |
| MODERN TIMES Ice Pilsner                             | 12 oz | 160 | 0 | 0 | 0 | 0 | 0 | 20 | 15 | 0 | 1    | 1    |
| MOTHER EARTH Boo Koo IPA                             | 12 oz | 210 | 0 | 0 | 0 | 0 | 0 | 20 | 12 | 0 | 1    | 2    |
| PIZZA PORT Chronic Ale Amber                         | 12 oz | 170 | 0 | 0 | 0 | 0 | 0 | 20 | 12 | 0 | 1    | 1    |
| PIZZA PORT Shark Bite Red Ale                        | 12 oz | 220 | 0 | 0 | 0 | 0 | 0 | 20 | 18 | 0 | < 1g | 2    |
| SMOG CITY IPA                                        | 12 oz | 230 | 0 | 0 | 0 | 0 | 0 | 20 | 13 | 0 | 1    | 2    |
| STONE Dayfall Belgian White                          | 12 oz | 210 | 0 | 0 | 0 | 0 | 0 | 20 | 18 | 0 | 1    | 2    |
| THREE WEAVERS Cloud City Hazy IPA                    | 12 oz | 210 | 0 | 0 | 0 | 0 | 0 | 20 | 12 | 0 | 1    | 2    |
| 21ST AMENDMENT Brew Free!<br>Or Die 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    |
| FIRESTONE Mind Haze Hazy IPA                         | 12 oz | 200 | 0 | 0 | 0 | 0 | 0 | 20 | 11 | 0 | 1    | 2    |
| MAGNOLIA Kalifornia Kolsch                           | 12 oz | 150 | 0 | 0 | 0 | 0 | 0 | 20 | 12 | 0 | 1    | < 1g |
| SEISMIC Megathrust IPA                               | 12 oz | 240 | 0 | 0 | 0 | 0 | 0 | 20 | 14 | 0 | 1    | 2    |
| SIERRA NEVADA Hazy Little Thing Hazy IPA             | 12 oz | 230 | 0 | 0 | 0 | 0 | 0 | 20 | 17 | 0 | < 1g | 2    |
| SUDWERK People's Pilsner                             | 12 oz | 190 | 0 | 0 | 0 | 0 | 0 | 20 | 14 | 0 | 1    | 1    |
| TRACK 7 Panic IPA                                    | 12 oz | 220 | 0 | 0 | 0 | 0 | 0 | 20 | 13 | 0 | 1    | 2    |
| TRUMER Pils Pilsner                                  | 12 oz | 180 | 0 | 0 | 0 | 0 | 0 | 20 | 14 | 0 | 1    | 1    |
| COMMUNITY Texas Lager                                | 12 oz | 120 | 0 | 0 | 0 | 0 | 0 | 20 | 10 | 0 | 1    | 1    |
| DEEP ELLUM BREWING Easy Peasy IPA                    | 12 oz | 170 | 0 | 0 | 0 | 0 | 0 | 20 | 14 | 0 | 1    | 2    |
| KARBACH BREWING<br>Southern Wheat Belgian White      | 12 oz | 160 | 0 | 0 | 0 | 0 | 0 | 30 | 13 | 0 | 0    | 2    |
| LONE PINT BREWERY Yellow Rose IPA                    | 12 oz | 230 | 0 | 0 | 0 | 0 | 0 | 20 | 17 | 0 | < 1g | 2    |
| SPINDLETAP Boomtown Blonde Ale                       | 12 oz | 190 | 0 | 0 | 0 | 0 | 0 | 20 | 16 | 0 | < 1g | 2    |
| ST ARNOLD Art Car IPA                                | 12 oz | 230 | 0 | 0 | 0 | 0 | 0 | 20 | 13 | 0 | < 1g | 2    |
| ST ARNOLD Fancy Lawnmower<br>German-Style Kolsch     | 12 oz | 170 | 0 | 0 | 0 | 0 | 0 | 20 | 13 | 0 | < 1g | < 1g |
| TUPPS BREWERY Juice Pack Pale Ale                    | 12 oz | 170 | 0 | 0 | 0 | 0 | 0 | 20 | 13 | 0 | 1    | 2    |

## 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 | 470 | 240 | 27 | 5   | 0 | 55 | 1010 | 38 | 2 | 9  | 19 |
| 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)

|                                      | 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) |
|--------------------------------------|---------|-----------------|-------------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|-----------------|-------------|
| 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          |
| Farmhouse Vinaigrette - 1oz          | 1.0 oz  | 140             | 120               | 14            | 1                 | 0             | 0                | 160         | 4                | 0         | 4               | 0           |
| 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          |
| Farmhouse Vinaigrette - 1oz          | 1.0 oz  | 140             | 120               | 14            | 1                 | 0             | 0                | 160         | 4                | 0         | 4               | 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)

|                                                  |         |      |      |     |    |   |     |      |     |    |     |     |
|--------------------------------------------------|---------|------|------|-----|----|---|-----|------|-----|----|-----|-----|
| Togarashi Green Beans & Tofu Salad               | 32.0 oz | 1650 | 1070 | 119 | 22 | 0 | 0   | 2970 | 115 | 24 | 48  | 52  |
|                                                  | 64.0 oz | 3300 | 2150 | 238 | 45 | 0 | 0   | 5940 | 231 | 48 | 96  | 103 |
| Kale and Apple Salad                             | 24.0 oz | 1750 | 1320 | 146 | 26 | 0 | 0   | 860  | 119 | 19 | 54  | 8   |
|                                                  | 56.0 oz | 4090 | 3080 | 340 | 60 | 0 | 0   | 2020 | 277 | 45 | 126 | 18  |
| Wild Rice Salad with Butternut Squash and Apples | 32.0 oz | 2160 | 1130 | 124 | 13 | 0 | 15  | 1860 | 248 | 31 | 104 | 38  |
|                                                  | 64.0 oz | 4320 | 2250 | 247 | 27 | 0 | 30  | 3720 | 497 | 61 | 207 | 75  |
| 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  |
| 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  |
| 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

|                                                | 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) |
|------------------------------------------------|----------|-----------------|-------------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|-----------------|-------------|
| 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  |

## KIDS CORNER

|                                       |         |      |     |    |     |   |    |      |    |      |      |    |
|---------------------------------------|---------|------|-----|----|-----|---|----|------|----|------|------|----|
| 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 sando | 330  | 100 | 11 | 6   | 0 | 30 | 580  | 46 | 2    | 2    | 13 |
| Peanut Butter & Jelly Sack Lunch      | 1 sando | 460  | 140 | 16 | 2.5 | 0 | 0  | 510  | 73 | 5    | 18   | 12 |
| Turkey & Cheddar Sack Lunch           | 1 sando | 380  | 100 | 11 | 5   | 0 | 55 | 840  | 47 | 2    | 2    | 24 |

## DESSERTS

|                                   |         |     |     |    |     |   |    |     |    |      |    |   |
|-----------------------------------|---------|-----|-----|----|-----|---|----|-----|----|------|----|---|
| 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 |
| <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 |

## BREAKFAST

|                              |                  |           |          |         |        |        |         |         |          |        |          |         |
|------------------------------|------------------|-----------|----------|---------|--------|--------|---------|---------|----------|--------|----------|---------|
| Yogurt & Granola Bowl +Honey | 9.0 oz<br>1.0 oz | 340<br>90 | 160<br>0 | 17<br>0 | 8<br>0 | 0<br>0 | 20<br>0 | 80<br>0 | 31<br>23 | 5<br>0 | 19<br>23 | 19<br>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       |