

## SPRING 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)
Impossible BURGER QUEEN	12.3 oz	710	390	40	15	0	0	2000	56	6	13	26
Green Goddess Turkey Avocado Toast	13.1 oz	570	210	21	2.5	0	55	1050	64	17	13	34
Green Goddess Vegetarian Avocado Toast	11.4 oz	550	280	29	3.5	0	0	550	67	20	13	14
Salade Nicoise Vegetarian without dressing	15.4 oz	500	310	33	3.5	0	185	1220	41	8	13	11
Salade Nicoise with Chicken without dressing	13.4 oz	250	90	8	2	0	185	1020	34	8	10	11
Salade Nicoise with Tuna without dressing	18.9 oz	610	330	35	3.5	0	245	1720	41	8	13	31
Salade Nicoise with Tuna without dressing	16.9 oz	360	110	11	2	0	245	1520	35	8	10	31
Salade Nicoise with Tuna without dressing	19.4 oz	670	380	40	4	0	230	1620	45	9	13	31
Salade Nicoise with Tuna without dressing	17.4 oz	420	150	16	2.5	0	230	1420	39	8	10	31

## 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
Mary's Fried Chicken Sandwich (select locations)	14.1 oz	1030	550	60	11	0	145	1690	82	5	15	38
"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 Chimmichurri Steak	12.8 oz	850	380	40	10	0	100	2210	77	5	10	41
Mendo's Smokehouse Tempah 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 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	45	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	650	430	46	8	0	20	990	48	15	8	19
add chicken	14.1 oz	400	190	20	6	0	20	620	43	14	5	19
	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	850	550	61	10	0	75	990	48	8	35	34
	14.4 oz	620	320	35	8	0	75	930	46	8	33	34
The Impossible Taco Salad without dressing	16.1 oz	640	420	43	7	0	0	1050	46	16	7	20
	14.1 oz	400	190	19	6	0	0	490	43	16	6	20
Mama Chen's Chinese Chicken Salad without dressing	14.4 oz	660	370	41	2.5	0	60	1230	49	8	21	33
	12.4 oz	420	200	22	1	0	60	660	32	7	6	32
The Vegetarian Chinese Salad without dressing	14.4 oz	750	440	50	4.5	0	0	980	59	8	24	28
	12.4 oz	510	270	31	3	0	0	410	42	8	9	27
Mama Chen's Chinese Vegan Salad without dressing	13.4 oz	610	380	42	4.5	0	0	860	43	8	24	24
	11.4 oz	370	210	23	3	0	0	290	26	8	9	23
Mary's Chicken Cobb Salad without dressing	16.2 oz	750	520	55	13	0	295	1530	17	6	7	45
	14.2 oz	510	300	31	12	0	295	1330	10	5	3	45
The Modern Caesar 2.0 without dressing	11.4 oz	610	440	47	10	0	130	1070	27	8	6	22
add chicken	9.4 oz	290	140	15	6	0	25	670	24	8	4	18
	0	110	20	2.5	0	0	60	500	0	0	0	20
The Sophisticated Chicken & Prosciutto Salad without dressing	17.7 oz	770	540	58	10	0	80	1900	29	9	18	38
	15.7 oz	550	330	35	8	0	80	1840	25	9	14	37
Ellen's BBQ Fried Chicken Salad without dressing	18.2 oz	840	470	49	2	0	65	1720	66	9	15	30
	16.2 oz	610	260	27	2	0	65	1350	62	9	12	30
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
Mary's Free Range 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
Free Range 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
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 Brioche (select locations)	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
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

## DRESSINGS & SAUCES

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
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
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

		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	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
Santorini 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
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	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 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
Pachamama Pork Green Chili	cup	8 oz	320	180	19	4	0	70	830	14	3	5	21
	bowl	16 oz	630	360	37	8	0	140	1650	29	7	9	43
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

# Nutritional Information



		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)
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## BEVERAGES

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 Hoppyalis 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
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

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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

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
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
MATCHBOOK Rose' Of Tempranillo	4 fl oz	80	0	0	0	0	0	10	2	0	0	0
	6 fl oz	130	0	0	0	0	0	10	2	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	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
SPELLBOUND 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	100	0	0	0	0	0	0	2	0	0	0
	6 fl oz	150	0	0	0	0	0	0	4	0	0	0
GUNDLACH BUNDSCHU Sonoma Coast 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
HESS Artein 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	100	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	150	0	0	0	0	0	10	4	0	1	0
ALEXANDER VALLEY Organic Cabernet Sauvignon	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

## Catering

### SANDWICHES

The Farm Club	1/2 sandwich	380	160	17	4	0	50	810	34	3	4	20
Mendoza's Chimmichurri 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	45	480	28	2	3	19
Turkey and Cranberry	1/2 sandwich	310	50	6	0.5	0	30	580	45	2	9	16
Prosciutto & Mary's 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)

	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)	
Field Greens	Small Large	16.0 oz 30.0 oz	110 220	10 20	1 2	0 0	0 0	20 40	25 52	7 14	16 33	4 8	
Balsamic - 1oz	1.0 oz	150	130	15	1	0	0	10	4	0	3	0	
Mama Chens Salad	Small Large	21.5 oz 36.5 oz	590 1060	320 560	35 62	2 3	0 0	290 550	60 109	17 29	14 23	25 43	
Miso Mustard Sesame - 1oz	1.0 oz	120	80	10	0.5	0	0	290	9	0	8	< 1g	
The Modern Caesar 2.0	Small Large	25.2 oz 47.0 oz	650 1190	410 720	42 74	10 18	0 0	25 50	720 1540	53 102	24 44	10 19	27 54
Caesar Dressing - 1oz	1.1 oz	170	150	17	2	0	55	210	2	0	1	2	
Save Drake Farm's Salad	Small Large	23.5 oz 42.5 oz	1030 1910	590 1070	64 116	14 24	0 0	30 55	1100 1870	98 189	18 34	71 138	28 51
Citrus Vin - 1oz	1.0 oz	120	110	13	1	0	0	25	1	0	< 1g	0	
Avocado & Quinoa Superfood Ensalada	Small Large	34.2 oz 65.9 oz	1000 1780	520 870	54 90	15 25	0 0	50 80	1560 2630	101 193	35 66	12 24	47 85
Chipotle Vin - 1oz	1.0 oz	120	110	13	1	0	0	180	2	0	2	0	
Spring/Summer Seasonal Salad	Small Large	17.6 oz 30.2 oz	430 810	230 450	24 46	2.5 4.5	0 0	0 0	260 460	49 85	15 28	17 31	15 27
Greek Yogurt Poppyseed - 1oz	1.0 oz	120	90	11	1	0	0	180	5	0	4	< 1g	
Fall/Winter Seasonal Salad	Small Large	16.5 oz 28.0 oz	650 1130	320 580	35 63	11 17	0 0	50 75	600 930	75 125	16 27	56 92	21 36
Maple Sherry Vinaigrette - 1oz	1.0 oz	140	120	14	1	0	0	75	5	0	5	0	
Add Chicken for Salads	Small Large	5.0 oz 10.0 oz	150 300	30 60	3.5 7	0 0	0 0	85 170	710 1420	0 0	0 0	0 0	29 57

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

Curried CousCous	Small Large	36.0 oz 72.0 oz	2330 4660	1440 2890	143 286	0 0	0 0	0 0	4830 9670	197 394	18 36	54 107	18 36
Marinated Red Beets & Quinoa	Small Large	32.0 oz 64.0 oz	1430 2860	610 1220	65 129	7 14	0 0	0 0	1930 3870	189 378	29 57	79 157	35 69
Healthiest Side Salad Ever	Small Large	24.0 oz 56.0 oz	1180 2750	670 1560	74 174	6 13	0 0	0 0	490 1140	129 300	20 47	69 161	19 44
Basil Pesto Shells	Small Large	33.0 oz 57.5 oz	2040 3570	890 1560	97 170	25 43	0 0	110 190	3330 5820	229 401	17 30	12 21	68 119
Almond Romesco Shells	Small Large	33.0 oz 65.5 oz	1610 3220	660 1320	71 142	8 16	0 0	10 20	3040 6060	203 406	19 37	16 32	46 91
Pickles & Dill Potato Salad	Small Large	36.0 oz 72.0 oz	2180 4360	1320 2640	133 265	8 15	0 0	0 0	1970 3930	191 382	12 24	15 31	16 31
Spicy Potato Salad	Small Large	36.0 oz 72.0 oz	2170 4330	1340 2670	137 274	8 16	0 0	0 0	3430 6860	188 375	12 24	8 17	16 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





## SKEWERS

	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)
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	75.0 oz	2530	2120	211	14	0	0	3590	113	44	56	22

## BOXED LUNCH 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 Including Dips	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	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 Creminelli 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