






	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R
1			<p>Recommended limits for a 2,000 calorie a day diet are 20g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however, individual needs may vary. Values compiled are estimates.</p>															
	Panini			Calories, g	Fat Cal	Total Fat, g	Saturated Fat, g	Trans Fat, g	Cholesterol, mg	Sodium, mg	Total Carbohydrates, g	Dietary Fiber, g	Sugar, g	Protein, g	Vitamin A, % DV	Vitamin C % DV	Calcium % DV	Iron % DV
2			STEAK PANINI	Nutritional values are based on a small panini. A medium is approximately the small value X 1.5 and a large is approximately the small value X 2.														
3	Steak and Cheese	Steak and Cheese		545	185	27	7	0	105	1871	49	2	2	28	22	20	24	25
4		Black and Blue		555	246	28	11	0	73	1770	52	2	1	27	6	0	22	24
5		Steak Horseradish		517	203	23	8	0	101	1405	52	3	3	28	26	22	33	26
6		Pepper Steak		476	185	21	6	0	90	2099	48	3	2	24	17	27	19	25
7		Swiss Steak Mushroom Melt		445	125	14	7	0	55	1500	54	2	3	26	4	0	24	24
8		Cheddar Steak		470	165	19	10	0	85	1390	50	2	2	30	8	2	34	24
9		Cheeseburger		517	190	22	7	0	70	1753	57	2	6	25	12	10	20	25
10			CHICKEN PANINI	Nutritional values are based on a small panini. A medium is approximately the small value X 1.5 and a large is approximately the small value X 2.														
11		Chicken Pesto		495	183	20	4	0	88	1267	48	2	1	27	27	23	21	21
12		Southwest Chicken		492	196	21	5	0	61	1545	49	2	1	26	12	10	16	20
13		Buffalo Chicken		463	166	24	9	0	62	2268	47	2	0	27	18	4	23	21
14		Sundried Tomato Chicken		486	180	21	4	0	52	1265	49	2	1	25	17	6	22	20
15		BBQ Chicken		224	80	9	4	0	55	900	21	0	17	16	5	9	17	4
16		Chicken Parm		232	113	12	4	0	80	873	8	1	6	19	23	36	26	7
17			COLDCUT PANINI	Nutritional values are based on a small panini. A medium is approximately the small value X 1.5 and a large is approximately the small value X 2.														
18		Classic Turkey		453	159	18	6	0	45	1734	52	2	2	23	24	11	15	17
19		Turkey Honey Dijon		438	119	14	5	0	48	1454	55	2	5	25	22	11	25	17
20		Turkey Club		255	163	19	6	0	49	1221	6	0	2	16	23	11	11	1
21		Classic Ham		453	164	19	6	0	50	1854	50	2	1	23	24	11	15	17
22		Italian Cold Cut		457	142	22	6	0	80	1847	48	2	1	26	31	28	20	18
23		Classic Tuna		553	260	29	7	0	45	1164	50	2	1	24	24	11	15	21
24		Tuna Artichoke		584	280	32	6	0	75	1053	47	2	0	25	14	18	19	23
25			VEGETABLE PANINI	Nutritional values are based on a small panini. A medium is approximately the small value X 1.5 and a large is approximately the small value X 2.														
26		Classic Veggie		443	165	19	5	0	62	884	48	2	1	17	23	35	28	19
27		Sundried Tomato Veggie		359	120	13	3	0	17	666	48	2	1	12	20	11	14	17
28		Mediterranean Veggie		361	108	13	3	0	38	953	50	2	1	12	24	23	10	18
29		Hummus Veggie		401	85	13	5	0	55	908	51	4	2	18	22	35	27	20
30		Caprese		334	95	11	3	0	10	740	48	2	2	12	7	7	15	16
31		Pepper Veggie		284	248	27	4	0	75	860	4	1	1	5	15	29	21	1


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		Panini		Calories, g	Fat Cal	TotalFat, g	Saturated Fat, g	Trans Fat, g	Cholesterol, mg	Sodium, mg	Total Carbohydrates, g	Dietary Fiber, g	Sugar, g	Protein, g	Vitamin A, % DV	Vitamin C % DV	Calcium % DV	Iron % DV
2			Cheeses/Dairy	Nutritional values are based on a small panini. A medium is approximately the small value X 1.5 and a large is approximately the small value X 2.														
3			American Cheese	70	50	6	4	0	15	340	0	0	0	4	6	0	10	0
4			Cheddar Cheese	80	60	7	4	0	25	140	1	0	0	5	4	0	15	0
5			Provolone	80	50	6	3	0	15	180	0	0	0	5	4	0	15	0
6			Swiss	80	50	6	4	0	20	50	1	0	0	6	4	0	20	0
7			Mozzarella	35	25	3	2	0	10	43	0	0	0	3	2	0	8	0
8			Parmesan	25	20	2	1	0	5	95	0	0	0	2	1	0	8	0
9			Feta	35	18	2	2	0	8	170	1	0	1	3	0	0	5	0
10			Blue Cheese	50	36	4	3	0	13	190	1	0	0	3	0	0	8	0
11			Cream Cheese	99	89	10	6	0	31	84	1	0	0	2	0	0	23	0
12			Meats	Nutritional values are based on a small panini. A medium is approximately the small value X 1.5 and a large is approximately the small value X 2.														
13			Chicken	67	20	2	0	0	30	347	1	0	0	11	0	1	1	3
14			Steak	80	30	4	2	0	35	550	2	0	1	11	0	0	0	8
15			Ham	60	14	2	1	0	25	760	0	0	0	10	0	0	0	0
16			Ham	30	7	1	0	0	13	380	0	0	0	5	0	0	0	0
17			Turkey	60	9	1	0	0	20	640	2	0	1	10	0	0	0	0
18			Salami	25	18	2	1	0	6	115	0	0	0	2	0	0	0	1
19			Tuna	160	110	12	2	0	20	70	0	0	0	11	0	0	0	4
20			Egg	90	50	5	2	0	270	80	1	0	0	8	8	0	4	6
21			Sausage	230	198	22	8	0	45	340	0	0	0	7	0	0	0	0
22			Bacon	80	54	6	3	0	20	350	0	0	0	6	0	0	0	0
23			Condiments	Nutritional values are based on a small panini. A medium is approximately the small value X 1.5 and a large is approximately the small value X 2.														
24			Mayo	90	90	10	2	0	10	80	1	0	0	0	0	0	0	0
25			Mustard	15	0	0	0	0	0	150	0	0	0	0	0	0	0	0
26			Honey Mustard	65	50	6	1	0	8	90	4	0	3	0	0	0	0	0
27			Pesto	87	80	9	0	0	7	63	0	0	0	0	1	0	1	0
28			Chipotle	93	93	10	0	0	10	60	0	0	0	0	0	0	0	0
29			Sundried Tomato	87	80	9	1	0	7	57	0	0	0	0	0	0	1	0
30			Horseradish	6	0	0	0	0	0	48	2	1	1	0	0	0	8	0
31			Hummus	45	0	3	0	0	0	87	3	2	2	2	0	0	0	1
32			Franks Red Hot	0	0	0	0	0	0	600	0	0	0	0	0	0	0	2
33			A1	15	0	0	0	0	0	280	3	0	2	0	0	0	0	0
34			Oil	60	60	7	1	0	0	0	0	0	0	0	0	0	0	0
35			Balsamic Vinegar	13	0	0	0	0	0	0	2	0	2	0	0	0	0	0
36			Salt	0	0	0	0	0	0	148	0	0	0	0	0	0	0	0
37			Pepper	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
38			Vegetables	Nutritional values are based on a small panini. A medium is approximately the small value X 1.5 and a large is approximately the small value X 2.														
39			Lettuce	1	0	0	0	0	0	1	0	0	0	0	12	3	0	1
40			Spinach	2	0	0	0	0	0	6	0	0	0	0	13	3	1	1
41			Basil	1	0	0	0	0	0	0	0	0	0	0	0	0	4	0
42			Tomato	5	0	0	0	0	0	0	1	0	0	0	5	7	0	0

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43			Green Pepper	2	0	0	0	0	0	0	0	0	0	0	1	10	0	0
44			Cucumber	4	0	0	0	0	0	1	1	0	0	0	1	1	0	0
45			Artichoke	4	0	0	0	0	0	47	0	0	0	0	0	0	0	2
46			Raw Mushrooms	6	0	0	0	0	0	1	1	0	0	1	0	1	0	1
47			Roasted Mushrooms	5	5	0	0	0	0	10	0	0	0	0	0	0	0	0
48			Raw Onion	6	0	0	0	0	0	1	2	0	1	0	0	2	1	0
49			Roasted Onion	10	5	0	0	0	0	10	1	0	1	0	0	2	0	0
50			Roasted Peppers	5	0	0	0	0	30	1	0	0	0	0	10	18	0	1
51			Banana Peppers	0	0	0	0	0	0	230	0	0	0	0	0	0	0	0
52			Jalepeno Peppers	6	2	0	0	0	0	368	1	1	1	0	0	0	5	0
53			Pickles	2	0	0	0	0	0	123	1	0	0	0	1	0	1	1
54			Black Olives	25	20	3	0	0	0	125	1	0	0	0	0	0	0	0
55			Crispy Onions	45	30	4	2	0	0	60	3	0	0	0	0	0	0	0
56			Breads	Nutritional values are based on a small panini. A medium is approximately the small value X 1.5 and a large is approximately the small value X 2.														
57			Small Roll	220	10	1	0	0	0	550	45	2	0	9	0	0	4	16
58			Wrap	220	45	5	2	0	0	480	38	3	2	6	0	0	25	6
59			Gluten Free Roll	300	81	9	1	0	80	360	48	0	2	4	0	0	4	0
60			Plain Bagel	263	9	1	0	0	0	474	58	2	5	9	0	0	0	0
61			Cinnamon/Raisin Bagel	273	10	1	0	0	0	425	60	3	12	9	0	0	0	0
62			Croutons	65	23	3	1	0	1	174	9	1	1	2	0	0	2	2
63			Dressings	Nutritional values are based on a small panini. A medium is approximately the small value X 1.5 and a large is approximately the small value X 2.														
64			Balsamic Vinaigrette	130	120	14	2	0	0	200	1	0	0	0	0	0	0	0
65			Caesar	150	140	16	3	0	10	240	1	0	1	1	0	0	4	0
66			Greek Vinaigrette	110	108	12	2	0	0	330	2	0	1	0	0	0	0	0
67			Ranch	110	100	22	4	0	8	480	0	0	0	0	0	0	0	0
68			Chipotle	186	186	20	0	0	20	120	0	0	0	0	0	0	0	0
69			Maple Syrup	100	0	0	0	0	0	110	50	0	32	0	0	0	0	0
70			Honey	64	0	0	0	0	0	1	17	0	17	0	0	0	1	0

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2	SOUP/MACCARONI AND CHEESE			Values based on an 8oz cup.											
3			Hugarian Mushroom	230	140	16	6	0	25	710	16	2	4	6	
4			Cheddar Broccoli GF, VG	320	220	24	15	0	70	750	15	1	1	11	
5			Chicken Noodle DF	100	20	2	0	0	25	720	11	1	2	11	
6			Italian Wedding	170	60	6	2	0	15	650	16	1	2	11	
7			Veggie Chilli GF, DF, VG	180	25	2	0	0	0	530	33	10	7	9	
8			Corn Chowder	230	100	11	4	0	20	660	28	2	5	6	
9			Clam Chowder	330	200	22	14	0	90	960	21	1	5	9	
10			Lobster Bisque	220	150	16	10	0	65	830	13	1	3	4	
11			Turkey Gumbo DF	150	35	4	1	0	25	660	16	2	3	11	
12			Garden Vegetable GF, DF, VG	100	35	4	0	0	0	500	14	4	7	3	
13			Tomato Bisque GF, VG	160	100	11	6	0	40	520	12	3	7	3	
14			Tomato Basil GF, DF, VG	90	35	4	0	0	0	590	13	2	8	2	
15			Minestrone VG	130	25	3	0	0	0	600	21	4	4	6	
16			Pumpkin Bisque GF	210	100	11	7	0	35	360	23	2	13	4	
17			Pasta Fagioli	210	45	5	1	0	5	640	28	4	3	12	
18			Baked Potato	220	130	14	8	0	45	580	19	2	3	5	
19			Mac and Cheese	520	270	30	19	0	90	1210	44	2	3	21	
20															
21				GF GLUTEN FREE											
22				DF DAIRY FREE											
23				VG VEGETARIAN											

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2	BREAKFAST PANINI																	
3			Egg, Sausage, American Cheese	610	308	34	14	0	330	1310	46	2	0	28	14	0	18	22
4	Swiss Steak Mushroom		Egg, Bacon, American Cheese	460	164	18	9	0	305	1320	46	2	0	27	14	0	18	22
5			Egg, Ham, American Cheese	410	117	13	6	0	298	1350	46	2	0	26	14	0	18	22
6			Vermont	720	318	35	14	0	340	1220	97	2	32	29	12	0	23	22
7			California	559	254	28	9	0	322	1189	47	2	0	28	26	3	25	23
8			Mediterranean	444	165	18	4	0	317	743	48	2	1	20	34	22	18	24
9			Philly	472	145	16	8	0	320	1530	49	2	2	32	15	12	18	30
10			Vegetarian	444	165	18	4	0	317	743	48	2	1	20	34	22	18	24
11	BREAKFAST ALTERNATIVES																	
12			Grilled Plain Bagel	263	9	1	0	0	0	474	58	2	5	9	0	0	0	0
13			Grilled Cinnamon Raisin Bagel	273	10	1	0	0	0	425	60	3	12	9	0	0	0	0
14			Grilled Everything Bagel	272	20	2	0	0	0	437	57	4	6	10	0	0	0	0
15			Cream Cheese	99	89	10	6	0	31	84	1	0	0	2	0	0	23	0

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		Panini		Calories, g	Fat Cal	TotalFat, g	Saturated Fat, g	Trans Fat, g	Cholesterol, mg	Sodium, mg	Total Carbohydrates, g	Dietary Fiber, g	Sugar, g	Protein, g	Vitamin A, % DV	Vitamin C % DV	Calcium % DV	Iron % DV	
2	KIDS MENU																		
3		Grilled Cheese	360	60	13	4	0	30	1230	45	2	0	17	12	0	24	16		
4		Ham and Cheese Panini	350	74	9	5	0	40	1650	45	2	0	23	6	0	14	16		
5		Turkey and Cheese Panini	350	69	8	4	0	35	1530	47	2	1	23	6	0	14	16		
6		Kids Salad with dressing	211	123	25	5	0	9	663	17	5	1	2	203	63	6	10		
7		Mac and Cheese	520	270	30	19	0	90	1210	44	2	3	21	0	0	0	0		
8		Cup of Soup	Refer to nutritional information for Soups.																
9	BEVERAGES																		
10		Chocolate Milk	150	25	3	2	0	15	180	23	0	22	8	10	0	30	4		
11		Juice Box	100	0	0	0	0	0	15	24	0	21	0	10	100	2	0		
12		Bottled Water	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
13	SIDES																		
14		Original Salted Chips	150	80	8	2	0	0	100	16	1	0	2	0	10	0	2		
15		Maui Onion Chips	150	80	8	2	0	0	160	16	1	1	2	0	10	0	2		
16		Rosmary Olive Oil Chips	150	80	8	2	0	0	240	15	1	0	2	0	10	0	2		
17		Half Jumbo Cookie	305	125	14	5	0	18	260	43	2	25	3	4	0	2	10		
18		Goldfish Crackers	200	60	7	2	0	5	360	28	1	0	5	0	0	4			

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				Calories, g	Fat Cal	TotalFat, g	Saturated Fat, g	Trans Fat, g	Cholesterol, mg	Sodium, mg	Total Carbohydrates, g	Dietary Fiber, g	Sugar, g	Protein, g	Vitamin A, % DV	Vitamin C % DV	Calcium % DV	Iron % DV	
2	Chips and Crackers																		
3			Oyster Crackers	66	18	2	0	0	0	60	11	0	0	1	0	0	0	0	
4			Original Salted Chips	150	80	8	2	0	0	100	16	1	0	2	0	10	0	2	
5			Maui Onion Chips	150	80	8	2	0	0	160	16	1	1	2	0	10	0	2	
6			Rosmary Olive Oil Chips	150	80	8	2	0	0	240	15	1	0	2	0	10	0	2	
7	DESSERTS/BAKED GOODS																		
8			Peanutbutter Cookie	580	290	32	9	0	35	580	65	3	39	10	15	0	6	10	
9			Chocolate Chunk Cookie	610	250	28	10	0	35	520	85	3	50	6	8	0	4	20	
10			Oatmeal Cookie	430	120	13	4	0	30	590	73	4	45	6	10	0	4	15	