

Grill

ITEM	SERVING SIZE	CALORIES (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	CHOL (mg)	CARBS (g)	SODIUM (mg)	FIBER (g)
Hot Dog	3.5 oz	309	10.6	20.1	7.8	35	22.7	684	1.3
Hamburger	5 oz	288	35	15	6.7	117	0	107	0
Turkey Burger	5 oz	237	35.5	11.8	3.4	152	0	144	0
Garden Burger	1 patty	100	5	3.5	1	5	14	420	5
Grilled Chicken Breast	5 oz	234	44	5	1.4	121	0	105	0
Kaiser Roll	2 oz	167	5.6	2.5	0.3	0	30	310	1.3
Whole Wheat Bun	2 oz	118	6.4	1.6	0.5	0	24.6	257	4.3
Brioche	2 oz	236	5.6	12.8	7.4	84	25.4	360	0.6
Regular Burger Bun	2 oz	170	4.8	4.1	1	1	28.6	296	1.7

Sandwich

ITEM	SERVING SIZE	CALORIES (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	CHOL (mg)	CARBS (g)	SODIUM (mg)	FIBER (g)
Grilled Chicken Breast	4 oz	187	35.2	4.1	1.1	197	0	84	0
Black Forest Ham	4 oz	122	20.3	2	0	61	4.1	1177	0
Roast Beef	4 oz	142	22.3	5.1	3	61	0	1014	0
Salami, Genoa	4 oz	284	15.8	22.8	9.2	74	2.6	1210	0
Chicken Salad	4 oz	260	18	19.6	3.5	62	1.6	179	0.5
Tuna Salad	4 oz	212	18	10.5	1.8	15	10.7	456	0
White Bread	2 slices	151	4.3	1.9	0.4	0	28.7	387	1.4
Whole Wheat Bread	2 slices	120	8	2	0	0	22	250	4
Rye Bread	2 slices	128	5.3	0.6	0.2	0	30	278	1.2
7-Grain	2 slices	143	5.7	2.2	0.5	0	26.4	277	3.6
Baguette	4 oz	299	12	0	0	0	59.8	658	2
Wheat Baguette	4 oz	279	12	2	0	0	55.8	658	6
Ciabatta	4 oz	334	10.7	8	1.3	0	54.8	762	2.7
12" Tortilla Wrap	1 tortilla	210	6	5	1.5	0	36	540	2
Romaine Lettuce	1 piece	1.7	0.1	0	0	0	0.3	0.8	0.2
Red Tomato	2 slices	7.2	1.3	0	0	0	1.6	2	0.5
American Cheese	2 slices	110	6	9	5	20	1	360	0
Mozzarella	2 oz	120	12	9	5	30	0	50	0
Pepperjack, 2%	2 oz	135	10.8	6.8	4.1	27	5.4	974	0
Cheddar Cheese	2 slices	160	10	14	8	50	0	270	0
Muenster Cheese	1 oz	110	7	9	6	30	0	180	0
Swiss, Low Fat & Low Sodium	2 slices	220	20	14	9	50	2	150	0
Mayo	1T	90	0	10	1.5	5	0	90	0

Salad Bar

ITEM	SERVING SIZE	CALORIES (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	CHOL (mg)	CARBS (g)	SODIUM (mg)	FIBER (g)
Tofu	1 oz	17	2	0.8	0	0	0.7	10	0
Tuna, White	1 oz	36	6.7	0.8	0.2	12	0	107	0
Grilled Chicken	1 oz	47	8.8	1	0.3	24	0	21	0
Turkey Breast	1 oz	38	8.5	0.2	0	24	0	15	0
Shrimp	1 oz	17.5	4.5	0	0	33.8	0	137.5	0
Egg, Hard-Cooked	1 oz	42	3.5	2.8	0.9	120	0.3	36	0
Egg, Hard-Cooked	1 egg	74.5	6.2	5	1.6	212.5	0.6	63	0
Black Beans	1 oz	26	1.7	0.08	0.02	0	4.7	109	1.9
Kidney Beans	1 oz	24	1.5	0.1	0.01	0	4.4	97	1.8
Chickpeas	1 oz	34	1.4	0.3	0.03	0	6.4	85	1.2
Feta Cheese	1 oz	70	4	6	3.5	15	1	350	0
Cheddar Cheese	1/4 c	110	7	9	5	30	0	180	0
Parmesan Cheese	2 t	20	4	1	1	5	0	50	0
Couscous	1 oz	32	1	0.05	0	0	6.6	1.4	0.4
Quinoa	1 oz	27	0.9	0.4	0	0	5	1.5	0.5
Artichoke Hearts	1 oz	8	0.3	0.2	0	0	1.5	40	0.8
Beets, Sliced	1 oz	9	0.3	0.04	0	0	2	55	0.5
Broccoli	1 oz	10	0.8	0.1	0	0	1.9	9.3	0.7
Broccoli Rabe	1 oz	6.3	0.9	0.1	0	0	0.8	9.4	0.8
Cabbage, Red	1 oz	9	0.4	0.05	0	0	2	7.7	0.6
Carrots	1 oz	12	0.3	0.07	0	0	3	20	0.8
Cauliflower	1 oz	4	0.6	0.06	0	0	0.7	8.6	0.7
Celery	1 oz	4.5	0.2	0.05	0	0	0.8	23	0.5
Cottage Cheese	1 oz	20	3.5	0.3	0.18	1.1	0.7	115	0
Green Beans	1 oz	10	0.5	0.1	0	0	2.2	0.3	0.9
Lettuce	1 oz	5	0.4	0.08	0.01	0	0.9	4.8	0.5
Lettuce	1 oz	4.5	0.3	0.09	0.01	0	0.9	2.3	0.6
Mushrooms	1 oz	6	0.9	0.1	0.01	0	0.9	1.4	0.3
Olives	1 oz	33	0.2	3	0.4	0	1.8	247	0.9
Onions	1 oz	12	0.3	0.02	0	0	2.9	0.9	0.4
Peas	1 oz	23	1.5	0.1	0	0	4	1.4	1.4
Peppers	1 oz	7	0.3	0.09	0	0	1.7	0.6	0.6
Pumpkin Seeds	1 oz	148	9	12	2.3	0	3.8	5	1
Radishes	1 oz	5	0.2	0	0	0	1	11	0.5

Salad Bar (continued)

ITEM	SERVING SIZE	CALORIES (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	CHOL (mg)	CARBS (g)	SODIUM (mg)	FIBER (g)
Raisins	1 oz	85	0.9	0.1	0	0	22	3	1
Sugar Snap Peas	1 oz	11	0.9	0.07	0	0	2	1.1	0.8
Sunflower Seeds	1 oz	175	5	16	1.7	0	5.8	0.8	3.2
Tomatoes	1 oz	5	0.2	0.06	0	0	1.1	1.4	0.3
Dried Cranberries	1 oz	92	0	0	0	0	23	0	1.4
Walnuts	1 oz	185	4.3	18.5	1.7	0	3.9	0.6	1.9
Almonds	1 oz	180	6	15	1	0	6	0	3
Wasabi Peas	1 oz	112	4.3	2.6	0.4	0	0	198	3.4
Bacon, Crumbled	1 oz	122	12.2	8.1	4.1	41	0	771	0

SALAD DRESSINGS

Ranch	2T	150	0	16	2.5	10	1	280	0
Light Ranch	2T	70	0	4.5	0.5	10	7	370	0
Fat Free Ranch	2T	50	0	0	0	0	11	330	0
Blue Cheese	2T	160	1	16	3.5	20	2	320	0
Thousand Island	2T	150	0	15	2.5	15	4	210	0
Italian	2T	70	0	7	1	0	2	310	0
Creamy Caesar	2T	130	1	13	2.5	15	2	330	0

Soups

ITEM	SERVING SIZE	CALORIES (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	CHOL (mg)	CARBS (g)	SODIUM (mg)	FIBER (g)
Au Bon Pain									
Baked Stuffed Potato	12 oz	350	9	21	10	60	30	990	2
Baked Stuffed Potato	16 oz	470	12	28	13	80	39	1320	3
Beef Stew	12 oz	300	18	16	3	55	25	1070	3
Beef Stew	16 oz	410	24	21	3	70	33	1430	4
Broccoli Cheddar	12 oz	320	10	21	10	50	22	1480	2
Broccoli Cheddar	16 oz	420	13	28	13	70	29	1970	3
Chicken & Dumpling	12 oz	220	10	7	3	50	29	1320	2
Chicken & Dumpling	16 oz	290	14	9	4	70	39	1760	3
Chicken Florentine	12 oz	240	8	13	6	35	25	1030	1
Chicken Florentine	16 oz	320	11	17	7	50	34	1380	2
Chicken Noodle (low fat)	12 oz	140	8	3	1	5	21	1380	2
Chicken Noodle (low fat)	16 oz	190	11	4	1	10	28	1830	2
Clam Chowder	12 oz	320	9	18	7	55	27	1020	1
Clam Chowder	16 oz	450	13	24	10	75	37	1360	2
Corn & Green Chili Bisque	12 oz	250	5	14	7	35	29	1540	3
Corn & Green Chili Bisque	16 oz	340	7	19	9	45	38	2050	3
Corn Chowder	12 oz	350	9	18	8	50	40	1120	3
Corn Chowder	16 oz	460	11	23	11	65	53	1500	4
Curried Rice & Lentil Soup (low fat)	12 oz	150	9	2	0	0	30	1260	8
Curried Rice & Lentil Soup (low fat)	16 oz	190	11	3	0	0	40	1670	11
French Moroccan Tomato Lentil (low fat, gluten free)	12 oz	180	10	2	0	0	32	1050	8
French Moroccan Tomato Lentil (low fat, gluten free)	16 oz	240	14	3	0	0	430	1400	11
French Onion	12 oz	120	3	4	2	10	18	2120	2
French Onion	16 oz	160	4	5	3	15	24	2830	2
Garden Vegetable (low fat)	12 oz	80	3	2	0	0	14	1010	3
Garden Vegetable (low fat)	16 oz	100	4	2	0	0	18	1340	3
Italian Wedding	12 oz	150	7	6	2	15	18	1450	2
Italian Wedding	16 oz	200	10	8	3	20	24	1930	3

Soups (continued)

ITEM	SERVING SIZE	CALORIES (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	CHOL (mg)	CARBS (g)	SODIUM (mg)	FIBER (g)
Au Bon Pain									
Jamaican Black Bean (low fat, reduced sodium)	12 oz	180	16	1	0	0	45	460	25
Jamaican Black Bean (low fat, reduced sodium)	16 oz	240	22	2	0	0	61	610	33
Mediterranean Pepper (low fat, reduced sodium)	12 oz	100	5	3	0	0	18	580	5
Mediterranean Pepper (low fat, reduced sodium)	16 oz	140	7	4	0	0	24	770	7
Old Fashioned Tomato Rice (low fat, reduced sodium)	12 oz	120	4	1	0	0	24	340	7
Old Fashioned Tomato Rice (low fat, reduced sodium)	16 oz	170	6	2	0	0	32	460	7
Pasta E Fagiole	12 oz	240	11	8	2	5	36	930	7
Pasta E Fagiole	16 oz	320	15	11	3	5	49	1240	7
Potato Cheese	12 oz	250	7	14	8	50	25	1340	7
Potato Cheese	16 oz	330	9	18	11	65	33	1790	7
Potato Leek	12 oz	290	5	18	10	55	29	1240	7
Potato Leek	16 oz	380	6	24	13	70	38	1650	7
Red Beans, Italian Sausage & Rice	12 oz	200	15	5	2	10	38	1140	7
Red Beans, Italian Sausage & Rice	16 oz	270	19	7	2	15	5	1520	7
Southern Black-Eyed Pea (low fat)	12 oz	180	12	2	0	5	31	950	7
Southern Black-Eyed Pea (low fat)	16 oz	250	16	2	1	10	42	1260	7
Southwest Tortilla	12 oz	200	4	11	3	10	24	1290	7
Southwest Tortilla	16 oz	260	5	14	4	15	31	1720	7
Southwest Vegetable (low fat, reduced sodium)	12 oz	100	4	3	0	0	17	370	7
Southwest Vegetable (low fat, reduced sodium)	16 oz	140	5	4	0	0	23	490	7
Split Pea with Ham (low fat)	12 oz	210	19	2	0	5	42	1190	7
Split Pea with Ham (low fat)	16 oz	280	24	2	0	10	56	1590	7
Tomato Basil Bisque (reduced sodium)	12 oz	210	6	8	5	25	29	490	7
Tomato Basil Bisque (reduced sodium)	16 oz	280	8	11	7	35	39	660	7

Soups (continued)

ITEM	SERVING SIZE	CALORIES (g)	PROTEIN (g)	FAT (g)	SAT FAT (g)	CHOL (mg)	CARBS (g)	SODIUM (mg)	FIBER (g)
Au Bon Pain									
Tomato Florentine (low fat)	12 oz	120	5	3	1	5	19	1390	7
Tomato Florentine (low fat)	16 oz	160	7	4	1	10	25	1850	7
Tuscan Vegetable	12 oz	170	7	5	2	10	24	1170	7
Tuscan Vegetable	16 oz	230	9	7	3	10	32	1570	7
Vegetable Beef Barley (low fat)	12 oz	140	10	3	2	30	21	1830	7
Vegetable Beef Barley (low fat)	16 oz	190	13	4	2	40	28	2440	7
Vegetarian Chili (low fat)	12 oz	260	14	3	0	0	45	1260	7
Vegetarian Chili (low fat)	16 oz	350	18	4	0	0	60	1680	7
Vegetarian Lentil (low fat)	12 oz	140	10	2	0	0	32	1260	7
Vegetarian Lentil (low fat)	16 oz	190	14	2	0	0	42	1680	7
Vegetarian Minestrone (low fat)	12 oz	120	5	2	0	0	21	1120	7
Vegetarian Minestrone (low fat)	16 oz	160	6	2	0	0	28	1490	7
Wild Mushroom Bisque	12 oz	190	5	10	2	10	24	1410	7
Wild Mushroom Bisque	16 oz	260	7	13	3	15	32	1870	7