



Nutrition Information												Allergens					% Daily Value				
@ Serving Size	Calories	Total Fat (g)	Total Saturated Fat (g)	Polyunsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut	Vitamin A	Vitamin C	Calcium	Iron

BREAKFAST

Yo-Fruit (Strawberry)	1	180	4	1.5	1.5	5	95	440	30	2	27	8			x		x		8	70	25	4
Yo-Fruit (Blueberry)	1	197	4.5	1.5	2	5	95	390	33	2	30	8			x		x		8	20	25	4
English Muffin	1	130	1				270		25	2	1	5									8	10



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RUSTIC SALADS

Albacore	4 oz	169	7	1	3.5	45	620	10	>1		25								4		4
Antipasto	4 oz	274	24	7		35	910	210	5	1	11							80	15	20	4
Caprese	4 oz	310	22	10	1	45	500	160	5	>1	>1	23						40	15	70	6
Chicken	4 oz	191	10	2		70	320	170	6		21							2			6
Couscous	4 oz	211	1		0.5		50	400	42	6	8							2	6	6	10
Egg	4 oz	197	15	3.5		345	640	105	6		10							10	2	4	6
Farfalle	4 oz	232	8	1.5		25	105	250	26	1	14							40	10	4	10
Fruit	4 oz	38						150	10	1	8	>1						10	45	2	2
Grilled Vegeables																					
Insalata Baci	4 oz	168	6	2.5	1	10	280	120	19	1	1	9						10	8	15	6
Mediterranean																					
Pasta Primavera	4 oz	170	8	2.5		10	430	115	19	2	6							8	8	10	6
Penne con Pollo	4 oz	217	9	1.5		30	410	100	23	1	2	12						2	2	2	6
Pesto Tortellini																					
Potato	4 oz	81	2.5		1		240	250	14	1	>1	1						4	20		2
Quinoa	4 oz	139	2		1		5	290	28		3							10	10	4	8
Seven Grain	3.5 oz	150	8	0.5			400		17	3	1	4						2	10	2	10
Steamed Vegetables																					
Tomato	4 oz	49	3		1.5		310	10	5	2								15	30		2
Tuna	4 oz	148	7	1		25	410	150	5		15							2	2	2	6
Tuscan Bean	3.5 oz	180	9	0.5			560		20	5	1	4						2	25	2	10

DISCLAIMER: The nutritional fact is provided solely for the purpose of information. It is not intended for medical nutrition therapy. The recipes were analyzed using software provided by The CBORD Group, Inc

5/18/2011



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ENTRÉE SALADS

Walnut Apple	Each	418	24	8		20	400	370	46	7	33	11						20	15	20	8	
Caesar	Each	201	8	1.5		65	410	530	6	4	1	26						130	35	6	10	
Cobb	Each																					
Giardino	Each																					
Tuscan	Each	490	38	14		85	2990	370	10			27										

DRESSING

Balsamic Vin	2 oz	148	13	2	1.5		50		6			1										
Caesar	2 oz	374	41	4		66	250	15	>1			3	x	x				2	2	6	2	
Herb	2 oz	144	41	2.5	9		100	10	>1									2	2		2	



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ITALIAN PANINI

Jojo	Each	551	37	15		85	1950	240	18	7		37						50	40	80	20	
add Bread	4 oz	320					760		64	24	4.4	8										
Bandera	Each	481	38	12		50	1140	540	27	6		13										
add Bread																						
Classico																						
add Bread	4 oz	320					760		64	24	4.4	8										
Mozza ePom	Each	231	13	4	1.5	15	400	1000	23	13		12						70	50	80	70	
add Bread	4 oz	320					760		64	20		12										
Palermo																						
add Bread																						
Porco A massa																						
add Bread																						

AMERICAN PANINI

Monterey	Each	261	21	7		30	730	320	7	3	30	12						15	20	25	4	
add Bread	4 oz	320					760		64	20		12										
Baci Tuna																						
add Bread	4 oz	320					760		64	20		12										
Coast	Each	377	22	3.5	9	60	280	1240	24	10		24						650	190	15	20	
add Bread	4 oz	320					760		64	20		12										
Delano	Each	361	22	10		85	1570	120	6	1		31						30	20	20	15	
add Bread	4 oz	320					760		64	20		12										
Gallina																						
add Bread	4 oz	320					760		64	20		12										
Juneau	Each	185	11	2	5	25	830	260	4	1		16						80	100	2	6	



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add Bread	4 oz	320				760		64	20		12											
Palio	Each	209	6	1.5	2	90	540	310	4	1	32							30	25	4	8	
add Bread	4 oz	320				760		64	20		12											
Ravinia	Each	392	23	8	10	105	480	330	11	>1	32							30	15	8	8	
add Bread	4 oz	320				760		64	24	4.4	8											

GRILLED PANINI

Havana	Each	289	17	10		70	1070	230	6	>1	1	28						10	2	45	6	
add Bread	4 oz	320				760		64	20		12											
Portofino	Each	96	5	2.5	1.5	5	1070	340	6	2	7							60	20	15	15	
add Bread	4 oz	320				760		64	20		12											
Romano	Each	381	31	11		65	1160	180	9	>1	2	17						15	35	20	4	
add Bread	4 oz	320				760		64	20		12											
Tre Formaggi																						
add Bread																						

WRAP PANINI

Club Baci	Each	737	33	11	12	110	1070	500	63	4	44							50	30	35	25
Sonoma	Each	766	40	6		120	1270	690	58	8	42							45	40	20	30

PIZZETTE - PIZZA

Cortina	@9"																					
Margherita	@9"	760	29	10		40	1200	350	91	3	30							30	20	60	40	
Milano	@9"																					
Roma	@9"	988	48	12		35	2710	340	96	3	37							8	10	6	45	
Trapani	@9"	961	50	13		30	1680	280	95	5	29							8	4	20	40	



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SOUP

Minestrone	Cup	99	3			1200	310	16	3		3							50	15	4	6
Red lentil	Cup	179	3			1670	530	30	10		8							50	15	4	15
Tomato Basil	Cup	89	3			1250	410	15	2		2							50	15	4	6
Corn Crab Bisque	Cup	146	9	5	30	760	280	15			2							45	10	4	2
Cream of Ptato & Artichoke	Cup	144	9	5	30	770	280	15			2							45	10	4	4
Cream of Chiken & Cheese Tortellini	Cup	181	10	6	55	970	190	12	>1		11							45	4	6	6
Cream of Chicken & Wild Rice	Cup	72	1.5	0.5	>5	890	120	13	1		3							35	4	2	2
Crean of Potato & Artichoke	Cup	144	9	5	30	770	280	15			2							45	10	4	4