

Item by Category	Calories (kcal)	Protein	Carbohydrates (gms)	Dietary Fiber (gms)	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)	Sodium (mgs)
<b>BREAKFAST</b>								
Bacon Sunrise Croissant Sandwich	660	23	40	2	44.0	17.9	0	1086
Bacon Sunrise English Muffin Sandwich	547	26	46	2	29.0	8.6	0	1179
Bacon Sunrise Bagel Sandwich	458	20	47	2	20.2	6.2	0	936
Breakfast Burrito With Pork Sausage	654	28	62	3	32.0	11.8	0	2006
Breakfast Potatoes	139	3	17	3	7.5	0.5	0	883
Combo Sunrise Croissant Sandwich	746	27	28	1	56.7	20.9	0	1739
Combo Sunrise English Muffin Sandwich	674	28	32	1	47.0	14.9	0	1798
Combo Sunrise Bagel Sandwich	574	23	34	1	36.6	11.7	0	1516
French Toast With Maple Syrup	351	7	68	1	5.7	1.4	0	543
Ham Sunrise Croissant Sandwich	566	22	38	2	35.3	14.4	0	1252
Ham Sunrise English Muffin Sandwich	464	24	43	2	21.8	6.0	0	1335
Ham Sunrise Bagel Sandwich	406	20	45	2	15.7	4.5	0	1066
Meatless Sunrise Croissant Sandwich	593	19	42	2	38.4	16.0	0	854
Meatless Sunrise English Muffin Sandwich	476	22	47	2	23.0	6.4	0	950
Meatless Sunrise Bagel Sandwich	408	17	48	2	15.9	4.6	0	774
Sausage Sunrise Croissant Sandwich	836	25	35	2	65.2	24.3	0	1546
Sausage Sunrise English Muffin Sandwich	744	27	39	1	53.0	16.7	0	1622
Sausage Sunrise Bagel Sandwich	605	21	40	2	38.9	12.4	0	1330
Scrambled Eggs Side	122	10	3	0	7.5	2.3	0	122
Scrambled Eggs, Tater Tots And Bacon Combo	549	19	41	4	30.2	9.7	0	1060
Scrambled Eggs, Tater Tots And Sausage Combo	875	25	43	4	62.6	20.4	0	1780
Wheat Toast With Butter	346	8	48	2	12.7	2.4	0	557
Wheat Toast	261	8	48	2	3.0	0.0	0	481
White Toast With Butter	346	8	48	2	12.7	2.4	0	677
White Toast	261	8	48	2	3.0	0.0	0	601
Bacon Side	171	10	0	0	13.3	4.8	0	514
Sausage Side	826	22	4	0	78.2	26.1	0	1955
Tater Tots	342	4	38	4	16.1	5.0	0	684
Breakfast Burrito With Turkey Sausage	529	25	61	3	20.1	7.8	0	1711
Combo Sunrise Croissant Sandwich With Turkey Sausage	538	25	27	1	35.5	13.7	0	1292
Combo Sunrise English Muffin With Turkey Sausage	466	26	31	1	25.8	7.7	0	1352
Combo Sunrise Bagel Sandwich With Turkey Sausage	412	22	33	1	20.1	6.1	0	1169
Sausage Sunrise Croissant Sandwich With Turkey Sausage	571	22	33	2	38.3	15.1	0	978
Sausage Sunrise English Muffin Sandwich With Turkey Sausage	479	24	38	1	26.0	7.5	0	1054
Sausage Sunrise Bagel Sandwich With Turkey Sausage	411	20	39	2	19.1	5.7	0	914
Scrambled Eggs, Tater Tots And Turkey Sausage Combo	580	23	41	4	32.6	10.2	0	1157
Bacon Side - Three Slices	128	7	0	0	9.9	3.6	0	384
Sausage Side With Turkey Sausage	125	9	1	0	9.5	3.0	0	370
Power Sunrise Bollo	300	18	40	5	9.0	4.4	0	712
<b>SALADS</b>								
Asian Chopped Salad With Chicken	640	38	60	9	29.2	6.2	0	1511
Asian Chopped Salad With Tofu	529	20	62	10	25.8	3.9	0	1326
Big House Salad	752	28	35	4	55.4	18.4	0	925
Bountiful Harvest Salad - Balsamic Vinaigrette	779	15	82	12	46.2	10.1	0	536
Chicken Caesar Salad	1036	47	23	8	84.4	18.7	0	869
Cobb Salad	875	44	15	5	69.4	19.4	0	1189
Greek Salad	753	13	73	8	47.1	14.1	0	1878
Julienne Salad	783	52	19	3	56.0	17.5	0	2524
Sizzlin Steak And Blue Cheese Salad	1296	34	70	9	100.9	25.8	0	992
Tossed Garden Salad	199	6	32	8	6.5	0.2	0	1405
Bountiful Harvest Salad - Fat Free Raspberry Vinaigrette	715	15	92	14	34.0	8.1	0	749
Spinach Salad	554	26	29	7	36.9	9.5	0	808
Mediterranean Chicken Salad	625	23	58	6	34.3	6.0	0	944
Farmers Market Salad	397	12	57	12	13.7	6.2	0	591
Panzanella Salad	906	19	69	6	60.6	11.2	0	2350
Genoa Tuscan Salad	675	26	44	13	43.3	15.1	0	1328
<b>GRILL</b>								
Chicago Style Hot Dog - ONE Hot Dog with mustard, relish, tomatoes, onions, pickle chips & celery salt.	294	12	28	2	14.6	0.0	0	965
Italian Beef Sandwich	796	37	74	3	36.8	14.6	0	2704
Zesty Meatball Sub	554	22	86	7	12.1	4.7	0	1876
Buffalo Chicken Sandwich	458	40	34	1	16.3	5.0	0	619
Cajun Chicken Sandwich	361	37	34	1	7.1	1.5	0	438
Grilled Cheese On Texas Toast	504	16	54	2	24.8	8.2	0	992
Grilled Ham & Cheese On Texas Toast	559	23	56	2	26.6	8.6	0	1555
Marinated Chicken Sandwich	361	37	34	1	7.1	1.5	0	416
Reuben Sandwich	1093	60	51	5	70.3	21.1	0	3666
Six Oz Cheeseburger	697	40	39	2	41.1	15.1	0	849
Six Oz Hamburger	650	37	37	2	37.6	12.9	0	712
Donnelley Burger	758	49	33	1	45.8	18.2	0	830
French Fries	308	4	38	3	16.1	2.0	0	393
Turkey Burger	550	47	34	2	23.3	5.6	0	537
Veggie Burger	337	13	58	8	7.9	1.9	0	886
Grilled Bacon & Cheese On Texas Toast	639	23	58	2	34.0	11.4	0	1351
Grilled Chicken Club with Bacon & Cheese	443	40	30	1	16.2	6.0	0	668

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<b>SUBS</b>								
Prime Rib Sub	1609	61	78	5	117.4	38.4	0	2119
Hot Gobbler Sub	390	47	40	2	4.8	0.0	0	2693
Hot Tuna Sub	378	23	54	3	6.7	0.9	0	812
Roasted Vegetable Sub	320	10	56	4	5.7	0.4	0	593
Hot Gobbler Sub - All Natural Turkey	346	36	32	2	4.1	0.0	0	1611
Honey Glazed Ham Sub	620	40	70	3	15.3	6.6	0	2743
Triple Threat Sub - All Natural Turkey	557	38	66	3	12.1	5.2	0	2129
Triple Threat Sub -	571	42	68	3	12.3	5.2	0	2473
Chicago Combo Sub	723	43	66	3	30.5	11.0	0	2280
Roast Pork Loin Melt	901	70	80	6	32.9	10.1	0	1638
<b>PANINI</b>								
Club Panini	690	49	63	2	28.0	9.0	0	2517
Cuban Panini	584	42	61	3	19.6	6.7	0	2724
Italian Panini	738	39	64	3	34.8	10.1	0	2780
Reuben Panini	872	44	58	3	49.8	15.8	0	2679
Tuna Melt Panini	650	29	58	2	32.6	9.4	0	1495
Chicken Pesto Panini	730	44	57	3	35.1	9.7	0	1359
Caprese Panini	640	29	57	3	32.2	13.4	0	1469
Buffalo Chicken Panini	519	41	52	2	14.8	4.7	0	968
Club Panini - All Natural Turkey	661	42	57	2	27.6	9.0	0	1802
Cuban Panini - All Natural Turkey	565	37	58	3	19.4	6.7	0	2248
<b>SANDWICHES</b>								
Albacore Tuna Sandwich	335	22	14	7	7.0	0.7	0	717
Big Blt Sandwich	580	23	53	3	28.7	7.8	0	927
Chicken Caesar Wrap	397	36	51	5	5.9	1.0	0	736
Roast Turkey Breast Sandwich	400	40	18	7	6.1	0.0	0	1961
Smoked Ham Sandwich	507	36	19	7	13.4	4.1	0	2618
Stacked Corned Beef Sandwich	619	55	43	4	24.8	8.1	0	3720
Caprese Focaccia	727	31	64	4	38.6	14.7	0	1337
Chilled Grilled Vegetable Wrap	368	12	69	4	4.2	0.2	0	660
Holiday Turkey Sandwich - All Natural Turkey	587	32	80	10	15.4	1.1	0	1454
Holiday Turkey Sandwich -	616	40	86	10	15.8	1.1	0	2169
Turkey Havarti Crunch	694	51	86	4	17.6	6.7	0	2488
Turkey Havarti Crunch - All Natural Turkey	660	42	79	4	17.1	6.7	0	1655
Roast Turkey Breast Sandwich - All Natural Turkey	373	34	12	7	5.8	0.0	0	1223
Mediterranean Chicken Salad Sandwich	673	29	54	4	38.2	6.0	0	918
Mediterranean Chicken Salad Wrap	885	33	69	6	52.8	9.6	0	1088
Tarragon Beef Sandwich	703	31	23	7	38.8	13.4	0	1275
Southwest Chicken Club	760	49	14	7	40.8	12.7	0	1253
Crispy Chicken Wrap - Sweet Chili Sauce & Ranch Dressing	484	13	54	3	23.2	3.9	0	658
Muffaletta Sandwich	848	25	70	3	47.0	9.1	0	3426
Peanut Butter & Jelly on White	902	29	102	7	46.8	8.9	0	951
Peanut Butter & Jelly on Wheat	902	29	102	7	45.8	8.9	0	871
<b>PIZZA</b>								
Spinach Garlic & Tomato Pizza	868	55	61	4	46.8	19.3	0	1816
BBQ Chicken Pizza	1239	77	100	3	59.6	22.4	0	2514
Three Meat Pizza	1430	75	65	4	95.5	35.6	0	3448

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<b>BAKERY</b>								
<b>Large Muffins</b>								
Apple Spice	420	6	54	8	20.0	4.0	0	380
Banana Walnut	510	6	65	2	25.0	3.0	0	492
Blueberry	546	7	69	2	27.0	5.0	0	438
Bran	380	7	70	10	10.0	2.0	0	630
Carrot	420	6	48	8	22.0	4.0	0	340
Chocolate Chip	496	11	70	3	20.0	6.0	0	611
Corn	390	8	70	4	10.0	2.0	0	670
Cranberry	440	6	52	8	24.0	4.0	0	340
Cream Cheese	420	6	48	8	22.0	4.0	0	340
Double Choc Chip	520	7	63	2	27.0	4.0	0	480
Lemon Poppy	460	7	60	3	22.0	4.0	0	340
Orange	440	8	66	3	17.0	3.0	0	480
Pumpkin Walnut	440	6	50	1	24.0	4.0	0	380
Strawberry Cheese	450	6	66	2	18.0	9.0	0	540
Zucchini	576	8	72	2	28.0	4.0	0	442
<b>Raised Donuts</b>								
Chocolate	270	3	27	1	17.0	4.0	0	245
Vanilla	270	3	27	1	17.0	4.0	0	245
Glaze	300	5	38	2	14.0	4.0	0	290
Gize Twist	300	5	38	2	14.0	4.0	0	290
Chco Long John	270	3	27	1	17.0	4.0	0	245
Van Long John	270	3	27	1	17.0	4.0	0	245
Sugar Twist								
Van French	260	2	21	0	20.0	9.0	0	105
Choc French	260	2	21	0	20.0	9.0	0	105
<b>Cake Donuts</b>								
Apple Spice	270	3	34	1	14.0	6.0	0	350
Chocolate	370	3	35	1	24.0	11.0	0	390
Double Cho	380	4	36	2	25.0	11.0	0	410
Plain	260	2	34	1	12.0	3.0	0	270
Old Fashion Cake	370	4	47	0	19.0	7.0	0	290
Powder Sugar	340	4	38	1	22.0	10.0	0	300
Cinnamon Sugar	340	3	38	1	22.0	10.0	0	300
Strawberry	330	3	43	1	17.0	7.0	0	350
Chco. Coconut	290	3	33	1	17.0	5.0	0	360
Van. Coconut	290	3	33	1	17.0	5.0	0	360
<b>Bismarks</b>								
Chocolate	390	5	52	2	19.0	8.0	0	360
Jelly	300	3	42	1	15.0	6.0	0	330
<b>Fritters</b>								
Apple	410	4	60	2	17.0	7.0	0	380
<b>Cookies</b>								
Choc Chip	441	5	62	2	19.0	7.0	0	317
Oatmeal Raisin	388	5	60	4	14.0	3.0	0	319
Macadamia White Choc	459	5	56	2	25.0	8.0	0	307
Double Choc Chip	441	5	58	4	23.0	8.0	0	316
<b>Brownies</b>								
Brownies	423	4	54	2	23.0	4.0	0	202
Rice Krispy Treats	310	3	65	0	5.0	1.0	0	240