

SNACKS	SERVING SIZE		CALS (KCAL)	PROTEI N (G)	CARBS (G)	FIBRE (G)	SUGAR (G)	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SODIUM (MG)	VITAMIN A (%)	VITAMIN C (%)	CALCIU M (%)	IRON (%)
OLIVES	4.0	OZ	61.6	0.6	4.3	2.1	0.0	5.7	0.8	0.0	0.0	292.9	0.8	21.9	4.0	10.1
CHORIZOS	4.0	OZ	273.0	14.5	1.1	0.0	0.0	23.0	8.6	0.0	52.8	494.0	0.0	0.0	0.4	6.8
GHERKINS	4.0	OZ	80.0	0.2	20.0	2.0	18.0	0.2	0.0	0.0	0.0	300.0	0.0	0.0	0.0	0.0
STARTERS	SERVING SIZE		CALS (KCAL)	PROTEI N (G)	CARBS (G)	FIBRE (G)	SUGAR (G)	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SODIUM (MG)	VITAMIN A (%)	VITAMIN C (%)	CALCIU M (%)	IRON (%)
BISCUITS	1.0	EA	101.0	2.7	13.5	0.6	0.5	4.0	0.8	0.1	2.7	71.5	41.1	3.2	4.6	6.1
HUMMUS	142.0	G	254.0	7.4	28.6	3.5	3.8	12.5	1.4	0.0	0.0	200.2	0.8	8.4	5.5	21.0
GUACAMOLE	142.0	G	273.0	5.8	37.0	7.4	4.0	12.6	1.5	0.0	0.0	125.6	3.1	206.8	5.4	14.8
POKE	142.0	G	188.8	7.4	22.3	2.3	0.3	7.6	0.7	0.0	10.0	195.2	0.4	7.0	4.3	6.3
SHARES	SERVING SIZE		CALS (KCAL)	PROTEI N (G)	CARBS (G)	FIBRE (G)	SUGAR (G)	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SODIUM (MG)	VITAMIN A (%)	VITAMIN C (%)	CALCIU M (%)	IRON (%)
FONDUEMENTALE	284.0	G	266.0	6.1	43.4	3.5	23.1	7.2	4.2	0.1	23.2	375.5	5.6	23.6	11.5	5.9
BRIE FONDUE	284.0	G	328.0	9.4	46.5	3.8	25.6	12.2	7.3	0.1	41.1	414.6	8.6	31.6	11.8	6.6
NACHO POLLO	255.0	G	405.4	11.9	42.0	4.6	3.8	21.3	6.4	0.0	40.1	427.3	9.4	52.2	17.0	11.2
MUSSELS COCOTTE	283.5	G	282.2	28.2	10.7	0.3	0.6	10.8	4.0	0.1	77.1	690.3	15.5	39.1	8.0	66.6
SALADS	SERVING SIZE		CALS (KCAL)	PROTEI N (G)	CARBS (G)	FIBRE (G)	SUGAR (G)	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SODIUM (MG)	VITAMIN A (%)	VITAMIN C (%)	CALCIU M (%)	IRON (%)
KALE CAESAR SALAD	8.0	OZ	203.9	4.8	11.9	2.5	0.1	16.7	2.6	0.0	11.2	166.5	45.2	137.1	12.9	10.5
SPINACH SALAD	8.0	OZ	206.7	5.6	15.3	3.9	8.4	14.8	3.5	0.0	11.8	251.1	54.1	63.2	13.0	24.4
GRAINS+GREENS	8.0	OZ	186.4	3.3	14.9	2.9	5.1	13.7	1.6	0.0	0.0	83.2	26.5	83.2	8.6	10.2
SERIOUS KALE CAESAR	18.0	OZ	729.5	33.5	32.7	5.6	7.7	53.8	8.0	0.1	92.4	589.1	94.9	270.5	28.2	46.9
SERIOUS SPINACH SALAD	18.0	OZ	789.9	35.9	51.5	11.6	29.8	52.0	10.0	0.0	86.1	522.4	85.3	112.1	23.8	46.9
SERIOUS GRAINS+GREENS	18.0	OZ	756.4	35.1	53.3	11.0	25.4	48.4	6.6	0.0	62.5	230.5	56.9	178.6	20.2	37.9
SOUPS	SERVING SIZE		CALS (KCAL)	PROTEI N (G)	CARBS (G)	FIBRE (G)	SUGAR (G)	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SODIUM (MG)	VITAMIN A (%)	VITAMIN C (%)	CALCIU M (%)	IRON (%)
STRAIGHT UP TOMATO	12.0	OZ	135.6	2.9	23.5	3.0	14.5	3.4	0.5	0.0	0.0	425.9	3.6	36.6	7.3	17.7
SUNSET CORN	12.0	OZ	199.4	11.0	27.6	3.4	4.2	6.3	2.9	0.0	36.1	383.1	4.8	21.5	5.0	7.6
CRAB BISQUE	12.0	OZ	140.5	5.8	15.6	2.6	4.8	4.7	2.4	0.0	26.2	457.6	11.1	101.9	7.4	9.0
BUTTERNUT SQUASH	12.0	OZ	84.9	1.5	15.8	3.0	10.5	2.4	0.3	0.0	0.0	490.4	17.2	23.9	4.4	3.6
CAULIFLOWER CHEDDAR	12.0	OZ	135.1	5.7	16.0	3.1	5.9	6.2	3.7	0.0	19.7	476.2	6.6	94.6	12.9	6.0
TOM KAH GAI	12.0	OZ	179.9	12.3	10.8	1.8	3.3	10.7	6.3	0.1	29.6	425.6	2.4	14.7	2.6	10.8
SANDWICHES	SERVING SIZE		CALS (KCAL)	PROTEI N (G)	CARBS (G)	FIBRE (G)	SUGAR (G)	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SODIUM (MG)	VITAMIN A (%)	VITAMIN C (%)	CALCIU M (%)	IRON (%)
GOOEY GRILLERS	180.0	G	247.9	17.6	8.2	0.4	0.8	16.1	10.0	0.1	55.8	471.9	12.9	0.1	47.7	2.6
DOS DIABLOS	180.0	G	201.9	9.9	9.2	0.6	1.3	14.1	7.9	0.1	41.8	395.4	10.5	16.8	19.9	4.0
TASTIEST CHICKEN	180.0	G	227.6	11.1	14.6	1.5	5.7	14.2	4.9	0.1	41.2	403.8	4.6	7.1	4.0	3.6
VEGITERRANEAN	180.0	G	210.1	7.5	23.7	3.5	6.4	10.1	2.9	0.0	12.6	354.8	6.7	20.6	4.0	3.6
EL CUBANO	180.0	G	245.6	14.0	13.8	1.6	2.8	15.0	4.3	0.1	47.0	428.4	2.4	16.4	8.1	8.8
SALMON BANH MI	170.0	G	188.7	13.3	14.4	1.5	5.3	9.2	1.9	0.0	29.8	428.7	10.7	11.0	3.9	8.1

MAINS	SERVING SIZE		CALS (KCAL)	PROTEI N (G)	CARBS (G)	FIBRE (G)	SUGAR (G)	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SODIUM (MG)	VITAMIN A (%)	VITAMIN C (%)	CALCIU M (%)	IRON (%)
FRENCH ONION	15.0	OZ	187.0	9.7	20.9	1.7	3.6	7.0	3.3	0.0	18.7	676.1	4.2	8.4	22.1	4.7
MAC AND CHEESE	14.0	OZ	493.4	22.1	53.1	2.5	6.8	21.2	12.7	0.1	69.4	535.4	20.1	5.8	43.1	16.9
MAC AND MORE	14.0	OZ	505.6	21.7	51.6	3.0	7.5	23.5	13.0	0.1	69.2	537.7	21.1	10.9	40.0	17.2
CHICKEN SALAD	16.0	OZ	353.1	18.6	16.3	5.7	6.9	25.5	6.3	0.1	50.1	557.3	68.3	109.7	25.3	35.0
SALMON SALAD	16.0	OZ	312.5	14.3	27.5	9.6	12.8	19.2	2.5	0.0	18.9	216.1	62.3	140.6	23.1	40.6
CHICKEN POT PIE	16.0	OZ	416.0	18.1	26.3	2.2	2.7	26.7	8.8	0.0	102.5	487.9	10.4	11.0	5.3	14.7
SHEPHERDS PIE	16.0	OZ	405.2	32.2	27.6	5.0	5.8	17.7	9.0	0.1	97.7	415.1	12.6	47.3	17.0	31.9
BOURGUIGNON	16.0	OZ	398.3	28.5	21.0	4.1	8.3	18.7	6.6	0.0	79.4	562.5	40.0	28.4	6.8	33.4
BURGOO	16.0	OZ	445.9	35.2	51.6	7.2	21.1	12.3	4.5	0.0	91.0	582.0	8.0	64.6	23.6	66.5
BUTTER CHICKEN	16.0	OZ	362.3	25.9	29.0	4.0	6.5	16.8	8.0	0.2	101.5	540.0	13.7	38.9	8.5	21.6
RATATOUILLE	16.0	OZ	349.1	15.4	29.2	7.2	11.9	19.5	9.4	0.0	31.6	589.2	27.9	211.0	19.8	28.3
JAMBALAYA	16.0	OZ	317.0	26.1	28.5	4.7	7.1	10.5	3.0	0.1	113.8	622.2	10.0	75.0	9.0	27.4
SIDES	SERVING SIZE		CALS (KCAL)	PROTEI N (G)	CARBS (G)	FIBRE (G)	SUGAR (G)	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SODIUM (MG)	VITAMIN A (%)	VITAMIN C (%)	CALCIU M (%)	IRON (%)
MASHED POTATOES	6.0	OZ	152.8	2.5	21.6	2.1	1.0	6.5	3.3	0.2	14.9	89.6	4.5	21.8	2.4	4.8
BASMATI RICE	6.0	OZ	63.4	1.3	13.7	0.2	0.1	0.1	0.1	0.0	0.0	110.9	0.4	0.0	0.7	0.7
FLATBREAD	60.0	G	120.7	3.6	19.8	0.9	1.4	2.4	0.2	0.0	0.0	224.5	0.0	0.0	1.0	9.9
HOUSE BREAD	60.0	G	106.2	3.4	21.8	1.1	0.6	0.8	0.1	0.0	0.0	273.8	0.5	0.2	0.7	3.6
DESSERTS	SERVING SIZE		CALS (KCAL)	PROTEI N (G)	CARBS (G)	FIBRE (G)	SUGAR (G)	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SODIUM (MG)	VITAMIN A (%)	VITAMIN C (%)	CALCIU M (%)	IRON (%)
STICKY TOFFEE	115.0	G	294.9	4.0	49.8	2.9	32.9	10.0	3.7	0.1	37.6	114.4	5.6	30.1	8.0	10.1
CHOCOLATE CHILI POT	115.0	G	225.0	4.2	30.6	1.1	25.9	10.9	6.3	0.1	44.6	112.8	9.9	0.8	9.9	7.1
CHOCOLATE MOUSSE	100.0	ML	250.9	5.0	18.6	1.5	13.5	16.8	9.7	0.0	111.8	47.9	12.3	0.6	5.8	7.4
CARAMEL APPLE CRUMBLE	115.0	G	252.1	3.5	53.0	4.4	29.2	4.5	2.5	0.1	12.0	75.0	3.8	9.2	3.2	8.2
BANANA BREAD PUDDING	115.0	G	263.3	5.3	39.8	2.7	18.9	11.0	4.7	0.1	33.5	126.9	5.4	10.9	13.4	17.6
VANILLA ICE CREAM	2.0	OZ	69.6	1.2	7.9	0.2	7.1	3.7	2.3	0.0	14.7	26.8	3.9	0.3	3.9	0.2
BRUNCH	SERVING SIZE		CALS (KCAL)	PROTEI N (G)	CARBS (G)	FIBRE (G)	SUGAR (G)	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SODIUM (MG)	VITAMIN A (%)	VITAMIN C (%)	CALCIU M (%)	IRON (%)
AVOCADO TOAST	8.0	OZ	362.2	5.4	25.6	14.3	2.3	29.9	4.3	0.0	0.0	199.1	2.0	36.2	3.2	10.4
RICOTTA TOAST	8.0	OZ	302.4	16.7	25.5	1.3	10.8	15.3	6.7	0.0	38.7	239.0	13.6	9.5	31.4	6.1
BURGOO + EGGS	16.0	OZ	397.0	25.7	42.8	4.6	12.3	14.5	5.3	0.1	109.6	459.6	50.6	42.0	23.2	45.3
EGGS RATATOUILLE	16.0	OZ	283.4	13.8	18.2	4.1	6.9	17.7	7.9	0.0	77.7	440.6	21.2	120.1	22.1	18.6
CROQUE MONSIEUR	170.0	G	151.7	13.0	9.7	0.8	0.7	6.3	3.5	0.0	42.0	620.0	10.1	10.7	16.4	9.2
KENTUCKY HOT BROWN	170.0	G	242.6	18.9	12.6	2.1	2.8	12.8	5.8	0.1	59.4	442.4	14.0	21.4	13.8	11.3
BBQ PORK TATER SKILLET	16.0	OZ	315.9	16.3	23.8	3.2	4.4	18.1	7.8	0.0	144.1	657.2	26.0	35.5	24.7	17.6
CARAMEL APPLE FRENCH TOAS	16.0	OZ	550.8	8.1	73.0	7.4	37.5	28.2	17.1	0.1	137.9	333.7	30.2	15.0	26.8	11.4
FEATURES	SERVING SIZE		CALS (KCAL)	PROTEI N (G)	CARBS (G)	FIBRE (G)	SUGAR (G)	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOL (MG)	SODIUM (MG)	VITAMIN A (%)	VITAMIN C (%)	CALCIU M (%)	IRON (%)
SEAFOOD POTAGE	12.0	OZ	287.7	17.5	20.7	1.9	1.9	14.2	4.7	0.0	79.4	433.9	11.0	32.4	9.5	72.9
MUSHROOM MEDLEY	12.0	OZ	135.5	3.9	9.3	1.8	3.5	8.4	2.8	0.0	12.2	401.5	5.1	12.5	4.9	6.7
MADRAS LENTIL	12.0	OZ	188.4	10.5	30.0	5.6	2.5	3.8	0.5	0.0	0.0	363.8	0.9	13.7	5.0	25.4
BABUSHKAS BORSCHT	12.0	OZ	150.1	3.2	22.6	5.2	12.2	5.4	0.6	0.0	0.0	479.0	3.2	50.7	5.9	23.6
GRAND MAMANS SPLIT PEA	12.0	OZ	166.6	10.3	26.5	3.6	6.6	1.8	0.5	0.0	3.7	439.1	7.9	16.4	4.8	14.3
CHICKEN HARIRA	12.0	OZ	154.6	12.1	19.8	4.5	6.1	3.6	1.0	0.0	30.6	433.8	7.6	42.6	5.0	14.6