

| Menu Item | Calories | Total Fat | Saturated Fat | Transaturated Fat | Cholesterol | Sodium | Dietary Fiber | Sugars | Protein | Vitamin A | Vitamin C | Calcium | Iron |
|-----------------------------|----------|--------------|---------------|-------------------|---------------|--------------|---------------|--------|---------|-----------|-----------|---------|------|
| Tuna Wrap | 222 | 10.1 g (15%) | 1.6 g (8%) | 0.2 g | 21 mg (7%) | 302 mg (13%) | 2.6 g (11%) | 2.9 g | 17.4 g | 4% | 12% | 4% | 9% |
| Tuna sandwich | 291 | 11.0 g (17%) | 1.8 g (9%) | 0.5 g | 21 mg (7%) | 434 mg (18%) | 4.5 g (18%) | 4.5 g | 21.1 g | 4% | 12% | 7% | 13% |
| Grilled Cheese | 480 | 33.2 g (51%) | 14.3 g (71%) | 1.1 g | 50 mg (17%) | 877 mg (37%) | 3.8 g (15%) | 3.1 g | 21.4 g | 30% | 0% | 46% | 8% |
| Hamburger* | 267 | 7.3 g (11%) | 2.9 g (15%) | 0.1 g | 62 mg (21%) | 262 mg (21%) | 1.4 g (6%) | 3.7 g | 26.0 g | 1% | 11% | 7% | 24% |
| Cheeseburger* | 387 | 17.3 g (27%) | 8.9 g (45%) | 0.4 g | 87 mg (29%) | 502 mg (21%) | 1.4 g (6%) | 3.7 g | 33.0 g | 11% | 11% | 27% | 24% |
| Egg Salad Wrap | 288 | 16.8 g (26%) | 3.2 g (16%) | 0.0 g | 332 mg (111%) | 606 mg (25%) | 8.2 g (33%) | 0.8 g | 16.2 g | 10% | 2% | 15% | 15% |
| Egg Salad Sandwich | 316 | 15.6 g (24%) | 3.6 g (18%) | 0.5 g | 332 mg (111%) | 528 mg (22%) | 4.0 g (16%) | 3.9 g | 18.4 g | 10% | 2% | 11% | 17% |
| Club House | 509 | 26.9 g (41%) | 12.1 g (61%) | 0.5 g | 87 mg (29%) | 957 mg (40%) | 4.3 g (17%) | 4.3 g | 38.5 g | 7% | 11% | 28% | 16% |
| Smoked Salmon | 99 | 2.9 g (4%) | 0.6 g (3%) | 0.0g | 14 mg (5%) | 877 mg (37%) | 1.2 g (5%) | 0.0 g | 12.1 g | 15% | 16% | 2% | 20% |
| Grilled Chicken Panini | 382 | 16.9 g (26%) | 6.9 g (34%) | 0.2 g | 140 mg (47%) | 434 mg (18%) | 0.8 g (3%) | 2.8 g | 48.7 g | 18% | 7% | 23% | 11% |
| Quiche | 126 | 7.9 g (12%) | 2.8 g (14%) | 0.0 g | 251 mg (84%) | 122 mg (5%) | 0.0 g (0%) | 3.3 g | 10.3 g | 7% | 0% | 11% | 9% |
| Asian Wrap | 340 | 15.1 g (23%) | 3.5 g (18%) | 0.0 g | 125 mg (42%) | 260 mg (11%) | 1.2 g (5%) | 3.0 g | 41.5 g | 15% | 25% | 4% | 13% |
| Grilled Vegetable Wrap | 324 | 12.4 g (19%) | 6.8 g (34%) | 0.0 g | 33 mg (11%) | 957 mg (40%) | 18.9 g (75%) | 10.6 g | 23.7 g | 102% | 316% | 39% | 24% |
| Honey Bourbon Chicken | 294 | 3.3 g (5%) | 1.0 g (5%) | 0.0 g | 73 mg (24%) | 955 mg (40%) | 0.7 g (3%) | 28.6 g | 24.0 g | 16% | 26% | 4% | 9% |
| Tuscan Chicken | 817 | 61.7 g (95%) | 10.2 g (51%) | 0.0 g | 125 mg (42%) | 925 mg (39%) | 5.6 g (22%) | 11.9 g | 48.8 g | 41% | 397% | 7% | 25% |
| Turkey Baguette | 282 | 9.0 g (14%) | 5.2 g (26%) | 0.0 g | 54 mg (18%) | 791 mg (33%) | 1.6 g (7%) | 5.1 g | 16.7 g | 9% | 15% | 8% | 7% |
| Marinated Vegetable Salad | 260 | 10.8 g (17%) | 7.0 g (35%) | 0.0 g | 29 mg (10%) | 967 mg (40%) | 6.5 g (26%) | 12.5 g | 17.7 g | 173% | 445% | 35% | 33% |
| Chicken Caesar Salad | 460 | 22.2 g (34%) | 8.0 g (40%) | 0.0 g | 145 mg (48%) | 862 mg (36%) | 1.7 g (7%) | 7.4 g | 52.5 g | 18% | 5% | 40% | 15% |
| Arugula Pear Salad | 516 | 32.8 g (50%) | 6.8 g (34%) | 0.0 g | 30 mg (10%) | 238 mg (10%) | 10.3 g (41%) | 26.7 g | 16.5 g | 27% | 31% | 19% | 12% |
| Chicken Waldorf Salad | 584 | 17.2 g (26%) | 3.5 g (18%) | 0.0 g | 126 mg (42%) | 194 mg (8%) | 14.3 g (57%) | 46.5 g | 47.9 g | 215% | 205% | 23% | 26% |
| Chicken Nachos | 929 | 41.2 g (63%) | 16.3 g (82%) | 0.0 g | 184 mg (61%) | 477 mg (20%) | 13.1 g (52%) | 2.4 g | 64.4 g | 26% | 15% | 61% | 18% |
| Bruschetta Flatbread | 92 | 1.0 g (2%) | 0.0 g (0%) | 0.0 g | 1 mg (0%) | 16 mg (1%) | 5.1 g (20%) | 10.5 g | 3.5 g | 51% | 87% | 1% | 28% |
| Grilled Vegetable Flatbread | 82 | 0.5 g (1%) | 0.0 g (0%) | 0.0 g | 0 mg (0%) | 220 mg (9%) | 5.1 g (20%) | 7.3 g | 4.4 g | 26% | 143% | 5% | 7% |
| Baked Penne | 99 | 0.9 g (1%) | 0.0 g (0%) | 0.0 g | 24 mg (8%) | 99 mg (4%) | 0.0 g (0%) | 0.7 g | 4.3 g | 2% | 2% | 2% | 7% |
| Hot Dog | 120 | 1.9 g (3%) | 0.0 g (0%) | 0.0 g | 0 mg (0%) | 206 mg (9%) | 0.9 g (4%) | 2.7 g | 4.1 g | 0% | 0% | 6% | 8% |
| Small Tossed Salad** | 40 | 0.4 g (1%) | 0.0 g (0%) | 0.0g | 0 mg (0%) | 29 mg (1%) | 3.5 g (14%) | 1.0 g | 1.9 g | 47% | 35% | 7% | 24% |
| Medium Tossed Salad** | 78 | 0.8 g (1%) | 0.0 g (0%) | 0.0 g | 0 mg (0%) | 47 mg (2%) | 6.8 g (27%) | 2.1 g | 3.6 g | 71% | 62% | 12% | 46% |
| Large Tossed Salad** | 116 | 1.2 g (2%) | 0.0 g (0%) | 0.0 g | 0 mg (0%) | 65 mg (3%) | 10.1 g (40%) | 3.1 g | 5.4 g | 95% | 88% | 18% | 68% |
| Small Spinach Salad** | 64 | 0.7 g (1%) | 0.0 g (0%) | 0.0 g | 0 mg (0%) | 41 mg (2%) | 5.9 g (24%) | 6.9 g | 2.6 g | 96% | 55% | 7% | 11% |
| Medium Spinach Salad** | 122 | 1.3 g (2%) | 0.0 g (0%) | 0.0 g | 0 mg (0%) | 61 mg (3%) | 11.2 g (45%) | 13.8 g | 4.4 g | 145% | 99% | 11% | 17% |
| Large Spinach Salad** | 179 | 1.9 g (3%) | 0.0 g (0%) | 0.0 g | 0 mg (0%) | 82 mg (3%) | 16.5 g (66%) | 20.6 g | 6.3 g | 194% | 143% | 16% | 24% |
| Small Fruit Salad | 43 | 0.3 g (0%) | 0.0 g (0%) | 0.0 g | 0 mg (0%) | 5 mg (0%) | 2.8 g (11%) | 7.0 g | 0.8 g | 2% | 38% | 1% | 2% |
| Medium Fruit Salad | 87 | 0.6 g (1%) | 0.0 g (0%) | 0.0 g | 0 mg (0%) | 9 mg (0%) | 5.7 g (23%) | 14.0 g | 1.6 g | 3% | 76% | 3% | 4% |
| Large Fruit Salad | 174 | 1.2 g (2%) | 0.0 g (0%) | 0.0 g | 0 mg (0%) | 18 mg (1%) | 11.3 g (45%) | 28.0 g | 3.2 g | 6% | 151% | 6% | 8% |
| Mixed Berry Smoothie | 105 | 1.6 g (3%) | 1.2 g (6%) | 0.0 g | 7 mg (2%) | 107 mg (4%) | 1.3 g (5%) | 11.1 g | 7.2 g | 2% | 14% | 25% | 2% |
| Berry Smooth add protein | 216 | 1.7 g (3%) | 1.3 g (7%) | 0.0 g | 9 mg (3%) | 160 mg (7%) | 1.8 g (7%) | 11.4 g | 34.2 g | 2% | 16% | 38% | 3% |
| Matcha Green Tea Smoothie | 108 | 1.5 g (2%) | 1.2 g (6%) | 0.0g | 7 mg (2%) | 107 mg (4%) | 0.8 g (3%) | 12.8g | 7.0 g | 5% | 4% | 25% | 3% |
| Matcha Smoothie add protein | 219 | 1.6 g (2%) | 1.3 g (7%) | 0.0g | 9 mg (3%) | 160 mg (7%) | 1.2 g (5%) | 13.1 g | 34.0 g | 5% | 6% | 38% | 4% |
| Oatmeal Chocolate Cookie | 370 | 20.1 g (31%) | 5.6 g (28%) | 0.0 g | 2 mg (1%) | 257 mg (11%) | 2.6 g (10%) | 16.9 g | 4.9 g | 14% | 0% | 4% | 13% |
| Muffin (Small) | 135 | 2.4 g (4%) | 0.0 g (0%) | 0.0 g | 15 mg (5%) | 125 mg (5%) | 2.8 g (11%) | 6.9 g | 3.3 g | 0% | 1% | 4% | 6% |
| Muffin (Large) | 271 | 4.8 g (7%) | 0.0 g (0%) | 0.0 g | 30 mg (10%) | 257 mg (11%) | 4.5 g (18%) | 13.7 g | 6.6 g | 1% | 1% | 8% | 13% |

** No condiments

** No dressings