

Name	Ingredient	Amount	Unit	Calories	Protein	Carbohydrate	Total Fat	Cholesterol	Saturated Fat	Trans Fat	Sodium	Fiber	Sugar	Cal From Fat
SMALL PLATES														
Blackened Lime Shrimp														
	With Sauce	Total	1 Each	264	18	17	15	135	2	0	896	3	10	132
	With No Sauce	Total	1 Each	164	17	16	5	125	0	0	606	5	9	42
Crispy Calamari														
	With Sauce	Total	1 Each	351	20	26	19	294	4	0	1052	4	9	137
	With No Sauce	Total	1 Each	191	20	12	7	294	2	0	812	2	1	65
Coconut Curry Chicken														
	With Sauce	Total	1 Each	592	31	59	25	105	10	0	1947	6	9	213
	With No Sauce	Total	1 Each	519	30	55	19	94	6	0	1633	6	7	161
Chicken Wild Mushroom														
	With Sauce	Total	1 Each	557	27	45	27	134	13	0	1487	4	7	245
	With No Sauce	Total	1 Each	464	27	43	19	104	8	0	1392	4	6	170
Almond Crusted Chicken Skewers														
	With Sauce	Total	1 Each	327	13	36	13	54	2	0	895	3	25	119
	With No Sauce	Total	1 Each	183	12	13	8	54	1	0	461	3	5	71
Ale Laced Chicken Tender														
	With Sauce	Total	1 Each	452	19	31	24	82	4	0	1097	1	14	216
	With No Sauce	Total	1 Each	212	19	15	4	59	1	0	749	1	0	40
Brown Sugar Roasted Pork Loin														
	With Sauce	Total	1 Each	553	23	72	21	59	6	1	792	6	49	187
	With No Sauce	Total	1 Each	354	22	29	17	59	6	1	777	3	17	154
Soup Flight														
	With Sauce	Total	1 Each	473	12	27	32	109	17	1	1159	3	9	290
	With No Sauce	Total	1 Each	473	12	27	32	109	17	1	1159	3	9	290
Seared Tofu														
	With Sauce	Total	1 Each	373	16	30	21	13	5	0	595	5	2	178
	With No Sauce	Total	1 Each	337	15	28	18	7	3	0	438	5	1	152
Almond Crusted Tuna														
	With Sauce	Total	1 Each	413	23	20	27	37	4	0	706	2	11	247
	With No Sauce	Total	1 Each	313	23	16	17	37	2	0	536	2	8	157
	Averages			Cals	Pro	Carb	Fat	Chol	Sat Fat	Trans	Sodium	Fiber	Sugar	Cal Fat
	With Sauce			442	21	37	23	112	7	0	1114	3	16	198
	With No Sauce			325	20	26	15	95	5	0	872	3	6	133
KIDS MENU														
Grilled Chicken Breast, Wheat Berry Rice														
	With Sauce	Total	1 Each	439	28	52	11	85	4	0	1706	5	14	98
	With No Sauce	Total		394	28	48	8	85	3	0	1442	5	12	70
Coconut Chicken														
	With Sauce	Total	1 Each	333	25	22	15	90	6	0	1296	2	15	138
	With No Sauce	Total		260	24	18	9	79	2	0	982	2	13	86
Chicken Tender Platter														
	With Sauce	Total	1 Each	505	15	38	29	75	4	0	1032	1	23	264
	With No Sauce	Total		195	15	19	3	45	0	0	614	1	7	30
Kids Chicken Caesar														
	With Sauce	Total	1 Each	415	28	24	22	104	4	0	1497	2	14	195
Macaroni and Cheese														
		Total	1 Each	674	25	74	30	64	12	3	1425	3	13	274
Grilled Salmon														
	With Sauce	Total	1 Each	532	24	42	29	60	5	0	643	1	36	235
	With No Sauce	Total		447	24	20	29	60	5	0	318	1	17	235
Grilled Steak Medallion														
		Total	1 Each	281	22	15	14	57	3	0	825	1	11	98
	With Sauce	Total		236	22	11	11	57	2	0	561	1	9	70
	With No Sauce	Total												
Carrot Sticks														
		Total	1 Each	47	1	11	0	0	0	0	87	3	7	0
Fruit Cup														
		Total	1 Each	56	1	14	0	0	0	0	11	1	12	2
	Averages			Cals	Pro	Carb	Fat	Chol	Sat Fat	Trans	Sodium	Fiber	Sugar	Cal Fat
	With Sauce			454	24	38	22	76	6	0	1203	2	18	186
	With No Sauce			368	23	32	15	65	4	0	890	2	12	128
SIDES														
Garlic Mashed Potatoes														
		Total	1 Each	297	3	35	15	30	6	0	527	4	1	131
Grilled Vegetables														
		Total	1 Each	222	6	26	13	0	2	0	948	4	12	85
Sweet Mashed Potatoes														
		Total	1 Each	181	2	27	7	4	2	1	81	3	13	66
Roasted Corn Nut Salad														
		Total	1 Each	698	12	38	60	0	6	0	955	6	16	541
Wheat Berry Rice														
		Total	1 Each	295	7	45	9	15	4	0	703	5	1	83
Macaroni and Cheese														
		Total	1 Each	637	25	66	30	64	12	3	1373	2	6	274
Garlic Jack Grit Cake														
		Total	1 Each	679	20	55	40	130	23	0	750	0	0	361
Fruit Salad														
		Total	1 Each	125	2	32	0	0	0	0	31	3	27	4
Baby Field Greens														
		Total	1 Each	2	0	1	0	0	0	0	3	0	0	0
Apple														
		Total	1 Each	97	1	23	0	0	0	0	2	5	16	3
Croissant														
		Total	1 Each	95	2	9	6	0	1	2	56	0	2	50
Cibatta														
		Total	1 Each	224	7	40	3	0	0	0	470	2	0	27
	Averages			Cals	Pro	Carb	Fat	Chol	Sat Fat	Trans	Sodium	Fiber	Sugar	Cal Fat
				323	8	35	18	24	6	0	537	3	9	155

Name	Ingredient	Amount	Unit											
				Calories	Protein	Carbohydrate	Total Fat	Cholesterol	Saturated Fat	Trans Fat	Sodium	Fiber	Sugar	Cal From Fat
DESSERTS														
Mini Mango Icebox Pie	With Sauce	Total	1 Each	463	6	65	22	15	11	3	248	1	47	198
	With No Sauce, No Whip Cream	Total		370	6	54	16	15	5	3	240	1	37	144
Mini Key Lime Icebox Pie	With Sauce	Total	1 Each	513	7	76	21	20	12	3	248	0	61	189
	With No Sauce, No Whip Cream	Total		420	7	65	15	20	6	3	240	0	51	135
Mini Chocolate Silk Icebox Pie	With Sauce	Total	1 Each	513	7	76	21	20	12	3	248	0	61	189
	With No Sauce, No Whip Cream	Total		420	7	65	15	20	6	3	240	0	51	135
Mini Peanut Butter Icebox Pie	With Sauce	Total	1 Each	613	8	58	41	40	23	0	398	0	37	369
	With No Sauce, No Whip Cream	Total		520	8	47	35	40	17	0	390	0	27	315
Fudge Brownie		Total	1 Each	1229	19	190	46	60	6	7	401	11	103	412
Cupcake-Vanilla Bean		Total	1 Each	250	2	33	17	55	10	0	170	0	25	153
Cupcake- Red Velvet		Total	1 Each	320	2	34	20	50	12	0	190	1	24	180
Cookies M&M Choc Chunk		Total	1 Each	520	6	78	20	50	9	0	400	2	52	180
Cookies Macadamia White Choc		Total	1 Each	530	6	70	27	45	10	0	320	3	27	243
Cookies Oatmeal Raisin		Total	1 Each	520	7	81	20	40	8	0	310	4	45	180
Cookies Red Velvet		Total	1 Each	570	7	78	27	50	14	0	270	2	51	243
Cookies Reese's PB Chocolate		Total	1 Each	580	14	59	41	40	19	0	330	5	35	369
Cookies S'more		Total	1 Each	540	19	80	23	45	11	0	390	3	53	207
Cookies Triple Chocolate		Total	1 Each	460	6	79	16	45	7	0	310	2	27	144
		Averages		544	8	75	26	41	12	1	302	2	46	233
		Cupcake Averages		285	2	34	19	53	11	0	180	1	25	167
		Cookie Averages		531	9	75	25	45	11	0	333	3	41	224
PANINIS														
Asian Chicken Crunch	With Sauce	Total	1 Each	557	21	63	23	62	3	0	1425	5	14	204
	With No Sauce	Total		446	20	60	13	55	1	0	1151	5	11	110
Chicken BLT	With Sauce	Total	1 Each	568	34	59	21	86	3	0	1843	4	14	190
	With No Sauce	Total		439	32	57	9	74	1	0	1558	4	12	78
Chicken Caesar	With Aioli	Total	1 Each	589	33	58	24	99	4	0	1958	4	13	214
	With No Aioli	Total		439	32	57	9	74	1	0	1558	4	12	79
Smoky Southwest Chicken	With Dressing	Total	1 Each	698	40	69	29	95	6	0	1502	3	12	262
	With No Dressing	Total		618	40	68	21	85	5	0	1202	3	11	190
Chicken Tender	With Dressing	Total	1 Each	634	28	65	26	84	7	0	1539	2	12	236
	With No Dressing	Total		494	28	59	13	69	5	0	1399	2	7	119
Chicken Waldorf	With Sauce	Total	1 Each	653	21	79	28	45	4	0	1602	4	33	250
Pork	With Aioli	Total	1 Each	763	34	74	36	90	12	3	1815	3	30	326
	With No Aioli	Total		614	34	63	25	80	9	2	1678	3	19	224
Grilled Salmon	With Aioli	Total	1 Each	795	34	65	45	70	7	0	1330	4	17	403
	With No Aioli	Total		668	0	63	32	60	5	0	1066	4	15	288
Grilled Steak	With Aioli	Total	1 Each	599	32	58	25	70	5	2	1737	3	15	287
	With No Aioli	Total		487	31	56	14	62	3	2	1455	3	13	228
Tomato Mozzarella	With Pesto	Total	1 Each	572	20	54	32	24	11	0	1427	3	11	286
	With No Pesto	Total		473	18	53	21	21	9	0	1246	3	11	191
Tuna Melt	With Aioli	Total	1 Each	731	44	54	39	108	7	0	2009	3	10	351
	With No Aioli	Total		619	43	52	28	100	5	0	1727	3	8	292
Turkey Club	With Aioli	Total	1 Each	559	31	54	23	71	7	0	1832	3	11	284
	With No Aioli	Total		439	29	50	12	55	5	0	1652	3	8	167
Vegetable	With Vinaigrette	Total	1 Each	596	13	62	34	15	6	0	1762	4	15	306
	With No Vinaigrette	Total		456	13	56	21	15	4	0	1737	4	9	189
		Averages												
				639	30	63	30	71	6	0	1675	3	16	277
				516	27	58	18	63	4	0	1452	3	11	180
All Paninis Include Ciabatta Bread - No Sides														
BREADS														
Ciabatta, 4x4		Total	1 Each	220	7	40	3	0	0	0	470	2	0	27
Flatbread, Plain		Total	1 Each	290	9	54	5	0	1	0	700	2	2	45
Croissant		Total	1 Each	95	2	9	6	0	1	2	56	0	2	50
Ciabatta Siide		Total	1 Each	224	7	40	3	0	0	0	470	2	0	27
		Averages		255	8	47	4	0	1	0	585	2	1	36

Name	Ingredient	Amount	Unit	Calories	Protein	Carbohydrate	Total Fat	Cholesterol	Saturated Fat	Trans Fat	Sodium	Fiber	Sugar	Cal from Fat
BURGERS														
Bison Burger														
	With Sauce	Total	1 Each	723	34	57	38	91	11	1	954	2	13	317
	With No Sauce	Total	1 Each	637	34	49	33	87	10	1	675	2	6	269
Black Bean Burger														
	With Sauce	Total	1 Each	804	27	109	29	15	4	0	1563	14	16	257
	With No Sauce	Total	1 Each	741	27	107	23	9	3	0	1458	14	14	204
Tuna Burger														
	With Sauce	Total	1 Each	674	47	68	22	46	3	0	2308	5	10	202
	With No Sauce	Total	1 Each	562	46	66	11	38	1	0	2026	5	8	143
		Averages												
	With Sauce			Cals	Pro	Carb	Fat	Chol	Sat Fat	Trans	Sodium	Fiber	Sugar	Cal Fat
	With No Sauce			734	36	78	30	51	6	0	1608	7	13	259
				647	36	74	22	45	5	0	1386	7	9	205
SALADS														
Asian Salad		Total	1 Each	404	11	42	24	0	3	2	256	7	16	215
Caesar Salad		Total	1 Each	211	8	25	10	6	2	2	339	3	4	91
Club Salad		Total	1 Each	483	23	29	32	65	12	2	657	6	12	290
Market Salad		Total	1 Each	315	8	36	18	0	2	2	83	6	20	160
Mediterranean Salad		Total	1 Each	359	10	29	25	16	6	2	681	5	13	222
Small Caesar Salad		Total	1 Each	153	5	17	8	3	2	2	197	1	3	70
Small F2O Salad		Total	1 Each	227	8	17	15	16	5	2	300	2	6	135
Small House		Total	1 Each	242	11	18	15	31	6	2	258	2	8	135
Southwest Salad		Total	1 Each	519	20	55	27	46	10	2	421	7	15	243
Spinach Salad with Mango		Total	1 Each	326	15	27	19	31	8	2	619	5	13	169
Spinach Salad with Peaches		Total	1 Each	316	15	25	19	31	8	2	619	5	11	169
Spinach Salad with Pear		Total	1 Each	322	14	26	19	31	8	2	619	5	11	168
Wedge Salad		Total	1 Each	390	21	21	25	56	11	2	939	4	9	227
Fig Salad		Total	1 Each	507	16	58	26	32	9	2	642	8	38	230
Salads Do Not Include Dressing Or Proteins		Averages												
				Cals	Pro	Carb	Fat	Chol	Sat Fat	Trans	Sodium	Fiber	Sugar	Cal Fat
				341	13	30	20	26	7	2	474	5	13	180
SALAD DRESSINGS														
Balsamic Vinaigrette			2 oz	280	0	12	26	0	4	0	50	0	12	234
Blue Cheese			2 oz	260	2	4	28	40	6	0	740	0	4	252
Caesar			2 oz	300	2	2	30	50	5	0	800	0	2	270
Dijon Vinaigrette			2 oz	200	0	8	20	0	3	0	340	0	6	180
Honey Mustard			2 oz	280	0	12	26	30	4	0	280	0	10	234
Oriental Apricot			2 oz	160	0	14	12	0	2	0	240	2	8	108
Ranch			2 oz	200	2	2	20	20	3	0	580	0	2	180
Southwest Ranch		Total	2 oz	160	0	2	16	20	2	0	600	0	2	144
		Averages												
				Cals	Pro	Carb	Fat	Chol	Sat Fat	Trans	Sodium	Fiber	Sugar	Cal Fat
				230	1	7	22	20	4	0	454	0	6	200
PROTEIN ADD ON														
Blackened Chicken Tenders 1/2 Portion		Total	1 Each	66	9	1	1	25	0	0	326	0	0	11
Seared Tofu 1/2 Portion		Total	1 Each	131	6	4	11	0	1	0	98	1	2	95
Blackened Lime Shrimp		Total	1 Each	71	15	1	1	125	0	0	402	0	1	8
Blackened Chicken Tenders		Total	1 Each	132	18	2	2	50	0	0	662	0	1	22
Calamari		Total	1 Each	189	20	12	7	294	2	0	811	2	1	65
Almond Crusted Chicken Skewers		Total	1 Each	127	11	4	5	54	1	0	358	1	0	48
Chicken Tenders		Total	1 Each	159	14	11	3	45	0	0	563	0	1	30
Grilled Chicken Breast		Total	1 Each	160	23	8	4	74	1	0	865	0	5	32
Bourbon Salmon Grilled		Total	1 Each	308	23	6	21	60	4	0	187	0	6	185
Tuna Salad		Total	1 Each	393	30	6	29	84	3	0	1170	0	3	263
Steak Grilled		Total	1 Each	149	21	2	6	57	2	0	626	0	1	48
Tofu Seared		Total	1 Each	262	12	7	21	0	3	0	196	2	3	189
Almond Crusted Tuna Filet		Total	1 Each	267	23	9	16	37	2	0	434	1	3	140
Waldorf Salad		Total	1 Each	386	12	32	24	40	3	0	838	2	27	213
Smoky Slow Cooked Pulled Chicken		Total	1 Each	180	25	6	7	61	0	0	335	0	5	62
		Averages												
				Cals	Pro	Carb	Fat	Chol	Sat Fat	Trans	Sodium	Fiber	Sugar	Cal Fat
				199	17	7	10	67	1	0	525	1	4	94
ENTREES														
Chicken Mushroom														
	With Sauce	Total	1 Each	498	49	26	20	187	9	0	2262	2	18	181
	With No Sauce	Total	1 Each	405	49	24	12	157	4	0	2167	2	17	106
Chicken Tenders Full														
	With Sauce	Total	1 Each	562	29	39	26	113	4	0	1475	1	15	237
	With No Sauce	Total	1 Each	322	29	23	6	90	1	0	1127	1	1	61
Chicken Skewers 3/4														
	With Sauce	Total	1 Each	566	24	71	18	109	3	0	1273	3	54	161
	With No Sauce	Total	1 Each	304	23	18	13	109	2	0	819	3	6	113
Chicken Skewers Full														
	With Sauce	Total	1 Each	629	30	73	21	136	4	0	1452	4	54	185
	With No Sauce	Total	1 Each	367	29	20	16	136	3	0	998	4	6	137

Name	Ingredient	Amount	Unit											
				Calories	Protein	Carbohydrate	Total Fat	Cholesterol	Saturated Fat	Trans Fat	Sodium	Fiber	Sugar	Cal from Fat
Chicken Tenders 3/4	With Sauce	Total	1 Each	510	24	35	25	98	4	0	1290	1	15	226
	With No Sauce	Total	1 Each	270	24	19	5	75	1	0	942	1	1	50
Coconut Chicken	With Sauce	Total	1 Each	627	49	31	34	179	12	0	2442	2	20	276
	With No Sauce	Total	1 Each	481	47	22	22	157	4	0	1814	1	15	172
Coconut Salmon 3/4	With Sauce	Total	1 Each	621	32	16	47	107	15	0	1166	2	9	397
	With No Sauce	Total	1 Each	475	30	7	35	85	7	0	538	1	4	293
Coconut Salmon Full	With Sauce	Total	1 Each	802	50	16	59	152	18	0	1216	2	9	500
	With No Sauce	Total	1 Each	656	48	7	47	130	10	0	588	1	4	396
Crispy Calamari	With Sauce	Total	1 Each	579	41	41	28	589	5	0	1965	5	14	217
	With No Sauce	Total	1 Each	419	41	27	16	589	3	0	1725	3	6	145
Grilled Chicken	With Sauce	Total	1 Each	509	47	26	24	147	4	0	2166	1	16	186
	With No Sauce	Total	1 Each	448	47	22	19	147	3	0	1752	1	16	137
Grilled Salmon 3/4	With Sauce	Total	1 Each	564	30	46	28	75	5	0	1082	1	39	227
	With No Sauce	Total	1 Each	404	29	5	28	75	5	0	161	0	5	226
Grilled Salmon Full	With Sauce	Total	1 Each	849	48	52	49	120	9	0	1578	1	43	442
	With No Sauce	Total	1 Each	689	47	11	49	120	9	0	657	0	9	441
Pork Loin 3/4	With Sauce	Total	1 Each	739	42	84	28	112	9	0	1449	5	64	251
	With No Sauce	Total	1 Each	415	40	14	22	112	9	0	1425	0	12	197
Pork Loin Full	With Sauce	Total	1 Each	924	61	91	36	168	12	0	2160	5	71	328
	With No Sauce	Total	1 Each	600	59	21	30	168	12	0	2136	0	19	274
Grilled Steak Entrée	With Sauce	Total	1 Each	380	43	11	18	114	4	0	819	1	7	135
	With No Sauce	Total	1 Each	319	43	7	13	114	3	0	405	1	7	86
Grilled Steak Mushroom	With Sauce	Total	1 Each	488	45	13	28	153	11	0	967	2	8	219
	With No Sauce	Total	1 Each	395	45	11	20	123	6	0	872	2	7	144
Entrees Do Not Include Sides														
Averages				Cals	Pro	Carb	Fat	Chol	Sat Fat	Trans	Sodium	Fiber	Sugar	Cal Fat
With Sauce				615	40	42	31	160	8	0	1548	2	28	261
With No Sauce				436	39	16	22	149	5	0	1133	1	8	186
SOUPS														
Chicken Tortilla 1/2 Portion	Total	8 oz		322	18	23	19	55	5	0	1104	3	7	168
Chicken Tortilla Full Portion	Total	12 oz		483	27	35	28	82	7	0	1657	5	11	252
Chicken Vegetable 1/2 Portion -8oz	Total	8 oz		316	17	15	20	90	10	0	1116	1	0	176
Chicken Vegetable Full Portion	Total	12 oz		474	25	23	29	135	15	0	1673	1	3	265
Chicken Minestrone 1/2 Portion- 8oz	Total	8 oz		201	7	27	9	6	1	0	717	6	9	77
Chicken Minestrone Full Portion-12 oz	Total	12 oz		302	11	40	13	10	1	0	1075	9	13	115
Corn Chowder 1/2 Portion- 8 oz	Total	8 oz		385	7	37	20	41	7	3	907	3	15	178
Corn Chowder Full Portion -12oz	Total	12 oz		578	11	56	30	61	11	4	1360	4	22	267
Sweet Potato Bisque 1/2 Portion-8oz	Total	8 oz		713	6	65	46	122	24	3	624	8	31	412
Sweet Potato Bisque Full Portion	Total	12 oz		1070	9	97	69	182	36	5	936	12	47	618
Tomato Bisque 1/2 Portion	Total	8 oz		318	2	16	24	90	16	0	943	2	10	212
Tomato Bisque Full Portion	Total	12 oz		476	3	25	35	134	24	0	1413	3	14	318
Wild Mushroom 1/2 Portion-8 oz	Total	8 oz		499	3	9	45	159	29	0	518	1	3	401
Wild Mushroom Full Portion	Total	12 oz		745	4	13	66	238	43	0	773	2	5	598
Lentil Soup Full Portion	Total	12 oz		435	17	54	20	0	2	0	960	14	6	176
Lentil Soup 1/2 Potion	Total	8 oz		290	11	36	13	0	2	0	640	9	4	117
Averages				Cals	Pro	Carb	Fat	Chol	Sat Fat	Trans	Sodium	Fiber	Sugar	Cal Fat
Total				475	11	36	30	88	15	1	1026	5	12	272
1/2 Portions				381	9	29	24	70	12	1	821	4	10	218
Full Portions				570	13	43	36	105	17	1	1231	6	15	326

Name	Ingredient	Amount	Unit	Calories	Protein	Carbohydrate	Fat	Cholesterol	Saturated Fat	Trans Fat	Sodium	Fiber	Sugar	Cal from Fat
Chicken Curry	F2O Recipe, Protein, Chicken Curry Filling, 1 ounce est.	6	oz.	515	33	22	33	109	5	0	646	8	8	293
	F2O Bread, Ciabatta, Rustica Sandwich 4x4, Wenner	1	item	220	8	42	3	0	0	0	660	2	1	23
	F2O Recipe, Onions, Pickled, 1 oz svg	0.2	oz.	15	0	3	0	0	0	0	1	1	2	0
	F2O Dessert, Lollipop, 1 ea (est. wt 1 oz each)	1	item	25	0	5	0	0	0	0	30	0	5	0
	F2O Vegetable, Spring Mix, Sysco SUPC7759566	0.25	oz.	2	0	0	0	0	0	0	2	0	0	0
Total				777	42	73	35	109	5	0	1340	11	16	316
Chicken Thai	F2O Recipe, Protein, Chicken Thai Filling, 1 ounce est.	6	oz.	448	32	17	28	104	5	0	707	1	3	252
	F2O Bread, Ciabatta, Rustica Sandwich 4x4, Wenner	1	item	220	8	42	3	0	0	0	660	2	1	23
	Asian Slaw, 1 oz	1	item	74	1	12	3	0	1	0	94	3	7	29
	F2O Dessert, Lollipop, 1 ea (est. wt 1 oz each)	1	item	25	0	5	0	0	0	0	30	0	5	0
	F2O Vegetable, Spring Mix, Sysco SUPC7759566	0.25	oz.	2	0	0	0	0	0	0	2	0	0	0
Total				769	42	76	34	104	5	0	1493	6	16	303
Salmon Burger	F2O Recipe, Salmon Burger Prep, 1 each	1	svg.	330	24	42	7	107	2	0	477	3	1	65
	F2O Bread, Flatbread, 8 inch, Plain, Aladdin	1	item	290	9	54	5	0	1	0	700	2	2	
	F2O Recipe, Relish, Corn, 1 fluid ounce	1	fl. oz.	118	2	10	9	0	1	0	258	1	4	81
	Avocado, California	0.125	item	56	1	3	5	0	1	0	3	2	0	46
	Tomatoes, Red	0.8	oz.	6	0	1	0	0	0	0	2	0	1	1
	F2O Recipe, Sauce, Horseradish Aioli, 1 oz	0.5	fl. oz.	112	1	2	11	8	2	0	282	0	2	96
	F2O Vegetable, Spring Mix, Sysco SUPC7759566	0.3	oz.	7	1	2	0	0	0	0	8	1	0	0
	F2O Dressing, Honey Mustard	0.5	fl. oz.	140	0	6	13	15	2	0	140	0	5	117
	F2O Dessert, Lollipop, 1 ea (est. wt 1 oz each)	1	item	25	0	5	0	0	0	0	30	0	5	0
	F2O Recipe, Onions, Pickled, 1 oz svg	0.2	oz.	15	0	3	0	0	0	0	1	1	2	0
	F2O Recipe, Jalapenos, Pickled, 1 oz svg	0.2	oz.	15	0	3	0	0	0	0	1	1	2	0
Total				1112	38	131	50	131	7	0	1902	11	23	406
Coconut Curry Sauce	F2O Sauce, Coconut Curry, 1 fl oz	1	oz.	146	2	9	12	22	8	0	628	1	5	104
Vegetable Of The Day	Vegetable, Corn, Yellow, Yield from Cob, USDA	1	item	124	4	26	2	0	0	0	22	2	8	36
	Caesar Dressing	0.5	oz.	150	1	1	15	25	3	0	400	0	1	68
	Parmesan Cheese			57	6	0	4	14	3	3	142	0	0	38
	Chopped Herbs	0.1	oz.	1	0	0	0	0	0	0	0	0	0	0
	F2O Spice, Tofu Seasoning/French Fry Salt, Pett, #3-745	0.003	oz.	0	0	0	0	0	0	0	22	0	0	0
Total				331	11	27	21	39	6	3	586	2	9	142
Vegetable Of The Day	Broccoli	6	oz.	57	6	12	0	0	0	0	57	3	3	6
	F2O Oil, Extra Virgin	0.17	fl. oz.	41	0	0	5	0	1	0	0	0	0	43
	Salt & Pepper Mix	0.1	oz.	3	0	1	0	0	0	0	739	0	1	0
	Balsamic Reduction	1	oz.	140	0	6	13	0	2	0	25	0	6	117
	Total				240	6	19	18	0	3	0	821	3	10
Vegetable Of The Day	Asparagus	6	oz.	18	2	4	0	0	0	0	0	2	2	0
	F2O Oil, Extra Virgin	0.17	fl. oz.	41	0	0	5	0	1	0	0	0	0	43
	Salt & Pepper Mix	0.1	oz.	3	0	1	0	0	0	0	739	0	1	0
	Balsamic Reduction	1	oz.	140	0	6	13	0	2	0	25	0	6	117
	Total				201	2	11	18	0	3	0	764	2	9
Vegetable Of The Day	Yellow Squash	6	oz.	57	6	12	0	0	0	0	57	3	3	6
	Smokey Dredge	0.17	fl. oz.	32	0	0	4	0	0	0	105	0	0	32
	Salt & Pepper Mix	0.1	oz.	3	0	1	0	0	0	0	739	0	1	0
	Balsamic Reduction	1	oz.	140	0	6	13	0	2	0	25	0	6	117
	Total				232	6	19	17	0	2	0	926	3	10
Salmon Hush Puppies 4pk	F2O Recipe, Salmon Burger Prep, 1oz each	1	svg.	220	16	28	5	72	1	0	318	2	0	43
	Asian Slaw, 1 oz	1	item	74	1	12	3	0	1	0	94	3	7	29
	F2O Dressing, Honey Mustard	0.5	fl. oz.	140	0	6	13	15	2	0	140	0	5	117
	F2O Recipe, Sauce, Horseradish Aioli, 1 oz	0.5	fl. oz.	112	1	2	11	8	2	0	282	0	2	96
	Total				546	18	47	32	95	5	0	833	4	14
Salmon Hush Puppies 6pk	F2O Recipe, Salmon Burger Prep, 1oz each	1	svg.	330	24	42	7	107	2	0	477	3	1	65
	Asian Slaw, 1 oz	1	item	74	1	12	3	0	1	0	94	3	7	29
	F2O Dressing, Honey Mustard	0.5	fl. oz.	140	0	6	13	15	2	0	140	0	5	117
	F2O Recipe, Sauce, Horseradish Aioli, 1 oz	0.5	fl. oz.	112	1	2	11	8	2	0	282	0	2	96
	Total				656	26	61	34	131	6	0	992	5	14
Salmon Hush Puppies 8pk	F2O Recipe, Salmon Burger Prep, 1oz each	1	svg.	439	32	56	10	143	2	0	635	4	1	86
	Asian Slaw, 1 oz	1	item	74	1	12	3	0	1	0	94	3	7	29
	F2O Dressing, Honey Mustard	0.5	fl. oz.	140	0	6	13	15	2	0	140	0	5	117
	F2O Recipe, Sauce, Horseradish Aioli, 1 oz	0.5	fl. oz.	112	1	2	11	8	2	0	282	0	2	96
	Total				766	34	75	36	166	6	0	1151	6	14
Barbecue Sauce		1oz	50	0	12	0	0	0	0	240	0	10	0	
Raspberry Vinaigrette		1oz	70	0	13	2	0	0	0	30	0	11	20	