

**NUTRITION FACTS**



**country style**

**BREAKFAST ITEMS**

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
<b>Breakfast Bagels</b>															
Breakfast Bagel Deluxe	203	500	14	6	1.2	30	1410	67	2	4	26	0	0	20	35
<b>Breakfast Sandwiches</b>															
BLT	137	250	12	5	0.2	25	420	28	2	4	8	20	20	4	10
Ham & Swiss	150	320	15	8	0.3	175	530	27	1	2	17	0	0	15	8
Sausage & Egg	171	380	18	11	0.3	180	560	26	1	2	16	10	0	10	8
Western	177	400	23	10	0.3	305	700	29	4	4	17	10	4	10	60
<b>Bagels</b>															
Plain	113	320	2.5	0.5	0	0	710	64	2	3	11	0	0	6	30
Sesame	113	290	3.5	0.4	0	0	610	55	3	3	10	0	0	8	30
Poppy Seed	113	290	3	0.2	0	0	610	55	3	3	10	0	0	8	30
Blueberry	113	320	2.5	0.5	0	0	700	65	3	6	10	0	0	2	30
Cinnamon Raisin	113	280	1.5	0.3	0	0	450	60	3	7	9	0	0	6	30
Multigrain	113	300	5	0.5	0	0	680	51	4	3	11	0	0	6	30
Whole Wheat & Honey	113	280	2	0.2	0	0	590	54	5	6	9	0	0	2	30
Everything	113	290	1.5	0.4	0	0	600	56	3	3	10	0	0	2	30
<b>Cream Cheese</b>															
Deli Style	28	90	9	5	0.2	25	110	1	0	1	2	10	0	2	0
Lite	28	60	4.5	3	0.1	15	115	2	0	2	2	6	0	4	0
Herb Lite	28	60	4	2.5	0.1	15	105	3	0	2	2	10	6	4	0
Strawberry	28	90	6	4	0.2	20	90	6	0	5	1	6	0	4	0

**NUTRITION FACTS**



**country style**

**LUNCH ITEMS**

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
<b>Sandwiches</b>															
Veggie (tomato, lettuce, cucumber, onion, peppers, mayo on texas bread)	316	310	7	1	0	0	1060	53	4	6	9	15	60	25	30
Chicken (tomato, lettuce on texas bread)	216	380	13	2	0	30	1210	47	3	2	19	10	15	25	40
Tuna Salad (tomato, lettuce on texas bread)	216	370	12	1.5	0	30	1080	46	3	1	22	10	15	20	80
Egg Salad (tomato, lettuce on texas bread)	217	400	17	3.5	0	250	680	47	3	1	16	10	15	25	35
Seafood Salad (tomato, lettuce on texas bread)	216	380	13	1.5	0	5	1210	54	1	6	13	15	20	6	30
Roast Beef (tomato, lettuce, onion, mayo on a panini)	341	440	9	2	0.1	35	1300	70	4	5	21	20	45	2	15
Ham (tomato, lettuce, onion and mayo on panini)	341	450	9	1.5	0	0	1590	75	4	6	18	20	45	6	8
Turkey (tomato, lettuce, onion and mayo on texas bread)	309	340	8	1	0	20	1230	51	4	5	19	20	45	25	30
Country Club (turkey, bacon, omato, lettuce, mayo on a panini)	383	710	30	9	0	75	2080	71	4	6	40	35	45	6	10
Back Bacon (tomato, lettuce, mustard sauce on a panini)	341	430	6	2	0	35	1880	69	4	4	25	15	45	2	10
Philly Cheese (cheddar cheese, tomato, onion on a panini)	284	510	7	3	0.1	30	1270	67	3	4	30	8	20	10	2
<b>Signature Sandwiches</b>															
Stacked Club	201	360	18	6	0.1	35	1270	29	2	2	19	25	35	15	15
Italian Deli	221	370	19	6	0.2	35	1400	31	2	4	20	10	35	15	15
Grilled Chicken Bistro	241	470	26	8	0.2	80	1120	31	2	8	28	15	25	10	15
<b>Wraps</b>															
Chicken Caesar	190	310	7	1.5	0.4	35	1110	44	2	2	20	8	10	10	35
Roast Beef & Cheddar	275	390	12	4	0.5	35	1670	51	3	5	23	20	30	20	25
Turkey & Swiss	275	340	8	3.5	0.5	30	1340	48	3	4	23	15	30	25	25
Ham & Cheddar	275	370	11	4.5	0.5	15	1560	52	3	5	19	15	30	25	25
<b>Soups</b>															
Caribbean Bean	250ML	150	1	0	0	0	1330	27	6	7	6	0	15	4	15
Chicken Gumbo	250ML	90	2	1	0	5	1210	12	2	5	4	0	8	6	10
Chicken Noodle Twist	250ML	100	2	0	0	5	980	15	1	1	4	0	2	2	8
Country Vegetable	250ML	60	1.5	1	0	0	1040	13	1	1	1	0	2	2	4
Cream of Broccoli	250ML	180	12	5	1.5	30	1090	16	1	5	3	0	15	8	6
Cream of Chicken	250ML	230	13	6	0.5	35	1220	21	1	6	6	0	2	10	6
Cream of Mushroom	250ML	190	11	5	1.5	30	1200	18	1	6	4	0	0	6	2
Cream of Potato & Leek	250ML	240	11	6	1.5	30	1310	29	3	5	5	0	2	10	6
Cream of Tomato & Roasted Pepper	250ML	110	2.5	1	0	10	950	19	2	9	4	0	35	8	8
Lentil w/ Bell Peper	250ML	240	1.5	0	0	0	1140	41	16	3	16	0	20	6	45
Minestrone	250ML	70	0	0	0	0	770	15	2	3	3	0	6	2	8
Smoked Turkey & Wild Rice	250ML	50	0.5	0.1	0	5	480	9	1	0	2	0	6	2	4
Butternut Squash & Potato Soup	250ML	180	5	2	1.5	5	880	31	2	9	3	110	8	6	4
Red Thai Chicken Curry Soup	250ML	180	8	6	1	10	990	21	1	2	5	10	15	2	8
Tuscan Sausage with Bean Soup	250ML	110	2.5	0.5	0	5	940	17	3	2	4	30	10	4	10

**NUTRITION FACTS**



**country style**

**LUNCH ITEMS**

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
<b>Stews</b>															
Chili	202	190	9	4	0.4	0	890	17	3	6	10	8	10	6	10
Chili w/ Cheddar Cheese	202	230	13	6	0.5	10	930	17	3	6	12	10	10	15	10
Chicken	202	190	9	4	0.4	35	890	17	3	6	10	8	10	6	10
Beef	202	110	3	1	0	10	960	15	3	4	7	30	4	2	6
<b>Salads</b>															
Country Salad	250	40	0.5	0.1	0	0	20	9	3	6	3	35	80	4	15
Tuna Salad	310	110	3.5	0.3	0	20	390	9	4	6	13	40	80	4	60
Egg Salad	310	130	7	1.5	0	185	95	10	4	6	9	40	80	8	20
Seafood Salad	283	110	4	0.3	0	0	440	14	3	8	6	35	80	4	15
Chicken Salad	283	110	4	0.5	0	20	440	10	3	6	10	35	80	4	20
Fruit Salad	280	340	0	0	0	0	55	88	4	80	4	20	60	2	4
<b>Rolls</b>															
Beef Sausage Roll (1/2 roll)	68	250	18	6	4.5	35	250	17	1	0	5	2	0	2	10
Jamician Patty	130	320	9	4.5	0.5	20	5	48	1	5	11	4	2	20	10

**NUTRITION FACTS**



**country style**

**DONUTS**

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
<b>Yeast</b>															
Glazed	57	210	10	4	0.3	0	280	26	1	7	4	0	0	2	10
Chocolate Raised	64	230	10	4.5	0.3	0	280	33	1	13	4	0	0	2	10
Vanilla Raised	64	230	10	4	0.3	0	280	33	1	13	4	0	0	2	10
Maple Raised	64	230	10	4	0.3	0	280	33	1	13	4	0	0	2	10
Sprinkled	64	240	11	5	0.3	0	290	33	1	13	4	0	0	2	10
Cherry Filled	85	290	11	5	0.4	5	330	43	1	21	5	0	0	2	10
Lemon Filled	85	290	11	5	0.4	5	350	42	1	19	5	0	0	2	10
Strawberry Filled	85	290	11	5	0.4	5	330	42	1	19	5	0	0	2	10
Banana Filled	85	290	11	5	0.5	5	330	41	1	18	5	0	0	2	10
Boston Crème	85	280	11	5	0.4	5	340	40	1	15	5	0	0	2	10
Apple & Spice	85	290	12	5	0.5	5	360	41	1	17	5	0	0	2	10
Dutchie	74	260	11	5	0.4	5	320	37	1	11	5	0	0	2	10
Fritter	89	300	12	5	0.5	5	350	42	1	19	5	0	0	2	10
Cinnamon Ring	106	370	17	7	0.5	5	490	52	5	9	8	0	6	20	50
<b>Cruller</b>															
French	63	160	11	5	0.5	40	130	15	0	5	1	0	0	0	2
Plain	64	250	13	6	0.1	10	300	30	1	14	3	0	0	2	10
Cherry	79	340	18	9	0.1	15	380	39	1	17	4	0	0	2	10
Orange	79	340	18	9	0.1	15	380	39	1	17	4	0	0	2	10
Chocolate	78	330	20	6	0.1	10	310	33	2	14	7	0	0	4	15
Sour Cream	64	310	19	9	0.2	10	250	31	1	15	3	0	0	2	10
<b>White Cake</b>															
Glazed	57	220	11	5	0.1	5	270	27	1	13	3	0	0	2	8
Chocolate Iced	64	250	11	5	0.1	5	270	34	1	19	3	0	0	2	10
White Iced	64	250	11	5	0.1	5	270	34	1	19	3	0	0	2	10
Marble Iced	64	250	11	5	0.1	5	270	34	1	19	3	0	0	2	10
Sprinkled	64	250	12	6	0.1	5	270	33	1	18	3	0	0	2	8
Toasted Coconut	64	260	15	8	0.2	5	270	30	1	14	3	0	0	2	10
Coconut	64	270	16	9	0.1	5	270	28	2	14	4	0	0	2	10
<b>Chocolate Cake</b>															
Glazed	57	220	10	5	0.1	5	270	28	1	13	3	0	0	2	10
Chocolate Iced	64	250	10	5	0.1	5	270	35	1	18	3	0	0	2	15
White Iced	64	250	10	5	0.1	5	270	35	1	19	3	0	0	2	10
Marble Iced	64	250	10	5	0.1	5	270	35	1	19	3	0	0	2	15
Sprinkled	64	250	11	6	0.1	5	270	35	1	18	3	0	0	2	10
Toasted Coconut	64	260	14	8	0.1	5	270	31	1	14	4	0	0	2	15
Coconut	64	270	15	9	0.1	5	270	30	2	14	4	0	0	2	15

**NUTRITION FACTS**



**country style**

**DONUTS**

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
<b>Country Bits</b>															
Yeast Glazed	17	60	3	1	0	0	80	8	0	3	1	0	0	0	2
Yeast Filled	22	70	3	1	0	0	80	11	0	5	1	0	0	0	2
Yeast Sprinkled	20	70	3	1.5	0	0	80	10	0	5	1	0	0	0	2
Yeast Coconut	20	80	4	2.5	0.1	0	80	9	0	3	1	0	0	0	4
White Cake Glazed	17	70	3	1.5	0	0	75	8	0	4	1	0	0	0	2
White Cake Sprinkled	20	80	3.5	2	0	0	75	11	0	6	1	0	0	0	2
White Cake Coconut	20	80	4.5	2.5	0	0	75	10	0	5	1	0	0	0	4
Chocolate Cake Glazed	17	70	3	1.5	0	0	80	9	0	4	1	0	0	0	4
Chocolate Cake Sprinkled	20	80	3.5	1.5	0	0	80	11	0	6	1	0	0	0	4
Chocolate Cake Coconut	20	80	4.5	2.5	0	0	80	10	0	5	1	0	0	0	4


**NUTRITION FACTS**



**country style**

**BAKED GOODS**

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
<b>Muffins</b>															
Carrot	115	370	18	2.5	0	50	120	48	4	27	5	6	2	2	10
Morning Glory	115	340	14	3	0	40	65	51	5	30	5	45	2	4	10
Lemon Cranberry	115	310	12	2.5	0	60	220	46	4	2	7	0	2	4	8
Banana	115	370	17	2.5	0.3	60	100	52	4	29	6	4	4	2	10
Chocolate Chunk	115	240	13	2.5	0	40	330	27	1	13	3	50	0	2	8
Blueberry	115	330	13	2.5	0	55	170	47	4	24	6	6	2	4	10
Low Fat Apple Oatmeal	115	290	9	0.5	0	0	260	47	2	20	5	0	0	2	10
Raisin Bran	115	300	13	2	0	55	125	46	8	22	8	8	0	6	20
Low Fat Fibre	115	280	7	0.5	0	0	250	51	7	27	5	0	2	2	15
Very Berry	115	360	17	3	0	45	160	45	4	21	7	0	4	4	10
Strawberry Banana Yogurt	115	320	16	2.5	0	65	280	44	1	26	3	0	4	2	2
Double Chocolate	115	370	18	4	0	65	120	49	1	27	4	0	6	0	15
Corn Muffin	115	400	15	1	0	5	400	60	0	26	7	2	4	0	100
<b>"Good For You" Muffins</b>															
Pomegranate Bran	150	400	20	3	0.3	70	530	56	9	28	8	4	0	4	10
Banana Mango	110	380	14	2	0	60	80	54	2	30	6	4	8	8	20
Whole Wheat Blueberry	150	440	21	2	0	85	400	55	6	27	8	4	0	4	15
Twelve Grain	127	380	14	1.5	0	55	300	57	6	26	8	2	2	4	15
Fruit & Flax Fibre	127	320	12	1	0	55	240	49	8	23	8	2	2	4	15
<b>Tea Biscuit</b>															
Plain	71	170	5	1	1	0	540	26	1	4	4	0	2	4	10
Cheese	71	190	7	2.5	1	5	540	24	1	4	5	2	0	8	8
Raisin	71	180	4.5	1	1	0	480	30	1	6	4	0	0	2	10
Blueberry	71	160	4.5	1	1	0	480	24	1	4	4	0	0	2	8
<b>Cookies</b>															
White Chocolate Macadamia	42	200	10	2.5	2	10	135	23	1	15	2	8	0	2	6
Peanut Butter	42	190	11	2	2.5	10	150	20	1	10	4	0	0	0	40
Oatmeal Raisin	42	170	6	1	2	10	125	24	1	13	3	8	0	2	6
Triple Chocolate	42	190	9	3	2	10	120	24	1	16	2	6	0	2	6
Chocolate Chunk	42	190	9	2.5	2	10	150	24	1	14	2	8	0	0	6
<b>Croissants</b>															
Plain	85	270	13	3	4.5	0	310	33	2	4	5	0	0	0	15
Cheddar Cheese	95	310	17	6	4.5	15	420	30	1	4	9	6	0	15	10
Chocolate Chunk	95	330	16	6	4	0	280	42	3	14	6	0	0	2	20
Fruit Filled	95	270	11	3	4	0	290	37	1	10	5	0	0	0	10
<b>Tarts</b>															
Raisin Butter Tart	80	350	16	4	0	45	180	49	1	28	4	0	0	4	20
Pecan Butter Tart	80	370	19	4	0	45	180	45	1	25	4	0	0	4	20
<b>Danish</b>															
Spinach & Cheese	113	310	14	4	4.5	30	390	37	2	4	7	0	8	6	20
Strawberry Cheese	120	360	16	5	5	10	340	47	2	15	6	0	4	2	15

NUTRITION FACTS															
 <b>country style</b> <b>BEVERAGES</b>	Serving Size (ml)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
	<b>Hot</b>														
Coffee *	10 oz	50	2.5	1.5	0	10	5	7	0	7	0.4	2	0	2	0
Decaf *	10 oz	50	2.5	1.5	0	10	5	7	0	7	0.4	2	0	2	0
Tea **	10 oz	30	0.2	0	0	0	15	7	0	7	0.4	0	0	2	0
Hot Chocolate	10 oz	110	2	0.5	0	0	190	24	1	21	1	0	0	10	2
French Vanilla Frothy Coffee	10 oz	110	3.5	3.5	0	0	5	20	0	14	1	0	0	2	0
<b>Specialty Drinks</b>															
Espresso	40	10	0	0	0	0	5	0	0	0	0.2	0	0	0	0
Cappuccino	244	80	3	2	0	10	15	6	0	5	5	0	6	10	0
Latte	244	70	2.5	1.5	0	10	20	5	0	4	4	0	4	10	0
Mocha Latte	244	70	1.5	1	0	5	25	8	0	6	3	0	2	6	0
Belgian Hot Chocolate	244	80	1.5	1	0	5	20	14	1	13	3	0	2	6	0
Green Tea Latte	241	190	3.5	2.5	0	15	120	30	0	27	8	0	6	30	2
<b>Cold</b>															
Fountain Pop	10 oz	110	0	0	0	0	25	29	0	29	0	0	0	0	0
Milk	250	130	5	3	0.1	20	130	12	0	12	9	10	4	30	0
Chocolate Milk	250	180	2.5	1.5	0	15	200	32	0	31	7	15	0	25	4
Country Style Orange Juice	300	140	0.2	0.1	0	0	5	31	1	26	2	30	100	3	2
Country Style Apple Juice	284	140	0	0	0	0	7	33	0	30	0.3	0	100	2	2
Country Style Grapefruit Juice	300	120	0	0	0	0	5	28	0	23	0	0	100	2	4
Country Style Lemonade	300	140	0	0	0	0	13	36	0	32	0	0	0	2	2
Tropical Drinks	10 oz	100	0	0	0	0	40	24	0	24	0	0	0	0	0
Polar Cappuccino	10 oz	150	3	0	1.5	0	40	30	0	26	2	0	0	4	0
Vanilla Cappuccino	10 oz	300	9	4	1.5	20	90	52	0	45	3	6	0	6	0
Chocolate Caramel Cappuccino	10 oz	280	10	7	1.5	0	150	45	0	35	2	0	0	10	2

\* single cream, single sugar

\*\* single milk, single sugar

**NUTRITION FACTS**



**country style**

**FEATURE ITEMS**

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Tuscan Turkey Club Sandwich	320	630	20	3.5	0	65	1710	84	5	14	29	8	45	15	25
Tuscan Turkey Club Wrap	218	350	18	3	0	30	1210	32	3	3	18	8	20	15	15
Strawberry Banana Freeze	10 oz	150	0	0	0	0	70	35	0	28	0	0	0	4	0
Strawberry Banana Split	10 oz	290	9	6	1.5	0	120	54	0	46	0.5	0	0	2	0
Toffee Apple Danish	99	330	18	7	0.3	15	240	39	1	14	4	0	10	6	2
Tuscan Turkey Breakfast Sandwich	171	300	14	3	0	155	680	29	2	3	17	6	6	10	8
Iced Latte	10oz	150	5	3	1	10	140	21	0	12	4	6	2	20	2
Espresso Freeze	10oz	120	2	0	1	0	35	21	0	19	2	0	0	2	0

**NUTRITIONAL FACTS**



	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
<b>Original - 6" Serving Size (served on plain sesame bread)</b>															
Stacked Club	253	500	19	5	0.1	30	1500	56	3	2	22	25	50	15	25
Bistro Deli Classic	268	500	19	6	0.2	30	1530	58	3	4	23	10	60	15	25
BLT	188	420	15	3	0	40	840	61	3	14	13	10	35	0	20
Smokey Turkey	247	450	15	4	0.1	50	1220	57	3	10	20	15	35	10	20
Traditional Tuna	255	440	13	3.5	0.1	65	1120	56	3	9	26	15	40	10	80
Traditional Egg	255	470	18	6	0.2	285	710	56	4	9	20	15	40	15	30
<b>Signature - 6" Serving Size (served on plain sesame bread)</b>															
Grilled Chicken Bistro	270	590	25	7	0.2	90	1270	58	3	10	30	15	70	10	20
Mediterranean Chicken	275	530	20	2.5	0.1	35	1060	57	3	3	27	6	90	10	25
Meatball Deluxe	255	550	21	7	0.4	30	1200	60	3	4	28	6	45	15	35
Chicken Parm	327	600	19	2	0.4	25	1650	79	4	8	25	10	90	35	30
The Original Steak & Cheese	218	490	16	5	0.1	55	960	60	2	13	24	4	15	10	15
<b>Grillers</b>															
Tuna Melt	310	490	10	3	0.1	45	1210	71	5	4	29	15	25	15	80
Spicy Buffalo Chicken	331	630	17	4.5	0.5	40	1430	91	6	7	27	10	30	15	35
Tuscan Bacon Turkey	268	540	11	2.5	0	35	1430	78	5	10	30	4	6	15	25
The Clubhouse	323	620	22	7	0.2	45	1820	74	5	6	30	15	20	15	30
<b>Wraps</b>															
Chicken Caesar	157	330	13	3.5	0	50	970	30	1	1	24	8	40	0	15
Greek	208	260	16	2.5	0.1	35	960	33	2	2	20	6	50	0	15
Cranberry Chicken	217	360	11	3	0	50	1040	40	2	10	24	8	80	0	15
Mango Turkey	180	250	10	1	0	10	900	32	2	1	10	10	50	2	15
<b>Salads</b>															
Garden	276	120	8	0.1	0	0	310	11	4	8	3	35	100	6	15
Caesar	163	140	9	3	0	15	300	8	2	4	8	35	45	4	10
Cranberry Chicken	354	200	2.5	1	0	35	640	26	4	19	18	35	110	4	15
Mediterranean	212	150	12	5	0	25	530	6	3	4	7	30	60	4	10