NUTRITION INFORMATION

NOLTE RESTAURANT

University Dining Services
University of Minnesota
Driven to Discover℠

Nutrition information for entrée selections can be found at www.netnutrition.dining.umn.edu

	serving	calories	fat (g)	protein (g)	carbs (g)	fiber (g)	sodium (mg)
BREAD OPTIONS							
Multigrain	1 slice	120	1.5	5	21	3	200
Wheat	1 slice	120	1.5	5	21	3	200
Pita	9″ Pita	228	1	7.6	46.2	1.8	446
Sourdough	1 slice	96	1	3	18	1	213
PANINI MEAT OPTIONS							
Oven Roasted Turkey	3 oz	90	2.2	13.5	3	0	675
Roast Beef	3 oz	105	4.5	16.5	1.5	0	825
Baked Ham	3 oz	90	3	16.5	0	0	795
Hummus on Pita	2 Tbsp /1 pita	278	4	8.6	51.2	2.8	606
Egg Salad	3 oz	177	16	6.8	1.2	0.3	268
Tuna Salad	3 oz	186	14.6	11.7	0.9	0.3	474
Pepperoni	8 slices	130	12	6	0	0	470
Chicken Salad	3 oz	240	19	15	0.6	0.2	302
DRESSING OPTIONS							
Mayonnaise	1 Tbsp	100	11	0	0	0	85
Low Fat Mayonnaise	1 Tbsp	50	5	0	1	0	120
Dijon Mustard	1 Tbsp	15	0	0	3	0	210
Regular Mustard	1 Tbsp	9	0.6	0.6	1.2	0.6	168
CHEESE OPTIONS							
Cheddar	1 oz	114	9.4	7.1	0.4	0	176
Swiss	1 oz	107	7.8	8.1	1	0	74
Provolone	1 oz	100	7.5	7.3	0.6	0	248
Pepper Jack	1 oz	110	9	6	1	0	190
OTHER							
Potato Salad	½ cup	191	13.9	3.8	13.5	1.2	516

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SIGNATURE PANINI'S							
Chicken Club	1 serving	637	28.2	51.1	42.1	6	1134
Chicken Cordon Blue	1 serving	581	19.2	57.3	42.6	6	1259
Italian	1 serving	630	32.4	42	42.9	6	2211
Stacker	1 serving	540	22.8	39.9	43.5	6	1425
Vegetarian	1 serving	400	15.9	19.7	43.4	6.4	828
CREATE-YOUR-OWN SALAD							
Chicken	4 oz	120	1	25	0	0	75
Extra Firm Tofu	3 oz	158	10.5	17.6	1.7	1.7	17.6
TOPPING OPTIONS							
Cherry Tomatoes	½ cup	15	0.2	0.6	3.4	0.8	6.5
Craisins	¼ cup	98	0	0	25	1.5	0
Cucumbers	6 slices	6	0	0	25	1.5	0
Red Onions	1 oz	9	0	0.2	2.1	0.3	2
Ripe Olives	6 small	24	1.8	0	1.2	0.6	168
Croutons	1 cup	122	5	3	19	1	209
Pita Chips	1 oz	130	5	3	19	1	270
Parmesan Cheese	1 Tbsp	23	1.5	2.1	02	0	93
Shredded Cheese	¼ cup	114	9.3	7	0.3	0	175
Red & Green Peppers	½ cup	16	0	0.2	1.9	0.6	0.5
Sunflower Seeds	1 Tbsp	47	4.4	2.1	0.8	0.9	3
Tortilla Strips	0.5 oz	71	3.7	1	8.9	0.9	75
DRESSING OPTIONS							
Caesar	¼ cup	300	32	2	2	0	840
Italian	¼ cup	172	16.8	0.4	6	0	972
Ranch	¼ cup	296	31.2	0.8	2.6	0.2	574
Raspberry Vinaigrette	¼ cup	60	0	0	14	0	580
FRESH SALADS							
Chicken Caesar	1 salad	619	46.5	33.3	18.2	54	1332
California Salad	1 salad	691	45	31.9	37.1	6	840