NUTRITION INFORMATION

BLEECKER ST.

	calories	fat (g)	protein (g)	carbs (g)	fiber (g)	sodium (mg)
SWEETS AND PASTRIES						
Blueberry Muffin	600	30	7	75	3	513
Lemon Poppy Seed Muffin	649	33	9	81	2	539
Bran Muffin	645	32	8	82	5	476
Chocolate-Chocolate Chip Muffin	664	7	9	81	3	527
Banana Nut Muffin	633	33	8	76	2	487
Cinnamon Roll	739	9	34	99	2	899
Blueberry Scone	472	25	7	56	2	422
Cinnamon Scone	481	25	7	56	6	422
Pecan Roll	734	37	10	94	4	833
Chocolate Cupcake	383	14	3	62	1	445
Yellow Cupcake	383	12	3	65	0	384
Peach Crisp	400	9	4	82	5	22
Apple Crisp	375	9	3	74	5	87
Peach Cobbler	432	2	9	97	4	164
Apple Cobbler	393	3	7	85	3	157
Vanilla Cookie Sandwich	495	22	4	71	1	230
Chocolate Cookie Sandwich	489	22	4	70	1	230
Oreo Crust Cheesecake	673	49	14	49	1	525
Chocolate Molten Cake	750	40	10	92	3	407
Pinneapple Upside-Down Cake	404	9	3	53	<1	310
Chocolate Chip Blondie	387	4	18	54	<1	335
Triple Chocolate Rocky Road Browine	378	5	15	59	1	193
Triple Chocolate Brownie	332	12	4	54	<1	191
Carrot Cake	747	46	7	80	2	315

	calories	fat (g)	protein (g)	carbs (g)	fiber (g)	sodium (mg)
CAFÉ SANDWICHES						
California Turkey	451	26	21	34	6	1457
Chicken Salad	662	24	43	44	3	1021
Tarragon Roast Beef	445	22	27	30	3	1051
Smoked Ham & Swiss	772	37	25	85	6	2073
Tuna Salad	534	20	33	38	3	1006
HOT PANINIS						
Chicken Cordon Bleu	928	38	64	70	3	1603
Four Cheese	840	44	42	68	3	1638
Chicken Pepper Jack	940	48	58	67	3	1476
Roast Beef & Asiago	753	33	48	69	3	2283
GARDEN FRESH SALADS						
Chicken Caesar Salad	486	24	36	31	5	1216
Cobb Salad	686	49	48	17	6	1771
Mandarin Cranberry Salad	385	16	7	61	8	378
Buffalo Bistro Salad	572	38	33	34	5	930
SIGNATURE SANDWICHES						
Hummus and Fetta	601	31	19	64	8	1209
Portobello Florentine	684	26	25	89	6	1698
Grilled Chicken & Pesto	647	37	39	38	2	869
HARVEST GRAIN SOUP						
12 oz	137	2.2	3.5	26.4	3	621
8 oz	91	1.4	2.3	17.6	2	414
TIMBERLINE CHILI						
12 oz	315	11	20.6	35.6	12	1220
8 oz	210	7.3	13.7	23.7	8	813
TOMATO FLORENTINE SOUP						
12 oz	109	1	2.9	24.3	1.5	702
8 oz	73	0.6	1.9	16.2	1	468
BROCCOLI CHEESE SOUP						
12 oz	383	24.3	17.6	25	1.5	1369
8 oz	255	16.2	11.7	16.6	1	913