



## Nutritional Fact Sheet

| <b>Wraps</b>   |                     |                 |                     |                      |                     |                  |                    |                 |                          |                    |
|--|---------------------|-----------------|---------------------|----------------------|---------------------|------------------|--------------------|-----------------|--------------------------|--------------------|
| <b>(served with chips and salsa; listed separately below)</b>                                  |                     |                 |                     |                      |                     |                  |                    |                 |                          |                    |
|  | <b>Serving Size</b> | <b>Calories</b> | <b>Fat Calories</b> | <b>Total Fat (g)</b> | <b>Sat. Fat (g)</b> | <b>Chol (mg)</b> | <b>Sodium (mg)</b> | <b>Carb (g)</b> | <b>Dietary Fiber (g)</b> | <b>Protein (g)</b> |
| Chicken Caesar   | 10.5 oz             | 629             | 243                 | 27                   | 9                   | 85               | 2384               | 62              | 2                        | 36                 |
| Tex Mex Club   | 9 oz                | 619             | 261                 | 29                   | 11                  | 85               | 2181               | 52              | 2                        | 32                 |
| The Quesadilla   | 10.6 oz             | 635             | 270                 | 30                   | 12                  | 99               | 2728               | 53              | 2                        | 41                 |
| Chicken California   | 10 oz               | 615             | 243                 | 27                   | 8                   | 65               | 1582               | 63              | 3                        | 30                 |
| Bangkok Thai   | 10.5 oz             | 720             | 261                 | 29                   | 8                   | 50               | 1769               | 84              | 4                        | 33                 |
| Sonoma Veggie  | 9 oz                | 594             | 279                 | 31                   | 8                   | 39               | 1441               | 64              | 4                        | 15                 |
| Spicy Chicken Tender   | 10 oz               | 799             | 405                 | 45                   | 14                  | 104              | 2864               | 58              | 2                        | 37                 |
| Poblano Chicken Natu Wrap  | 13 oz               | 700             | 270                 | 30                   | 5                   | 10               | 1330               | 86              | 10                       | 24                 |
| Club Nouveau Natu Wrap   | 13 oz               | 480             | 130                 | 14                   | 7                   | 20               | 1460               | 62              | 5                        | 29                 |
| Hail Caesar! Natu Wrap   | 13 oz               | 710             | 320                 | 36                   | 8                   | 70               | 1460               | 69              | 4                        | 27                 |
| Tri-colored Tortilla chips   | 1 oz                | 140             | 70                  | 7                    | 2                   | 0                | 150                | 17              | 1                        | 2                  |
| Camille's Salsa  | 2 oz                | 19              | 0                   | 0                    | 0                   | 0                | 340                | 4               | 0                        | 0                  |
| <b>Grilled Hot Wraps</b>   |                     |                 |                     |                      |                     |                  |                    |                 |                          |                    |
| <b>(served with side Spring Mix salad with Raspberry Vinaigrette; listed separately below)</b> |                     |                 |                     |                      |                     |                  |                    |                 |                          |                    |
| Club Med   | 8.75 oz             | 501             | 144                 | 16                   | 6                   | 49               | 1605               | 54              | 3                        | 24                 |
| Mexican Daredevil  | 8.6 oz              | 678             | 324                 | 36                   | 10                  | 67               | 2217               | 59              | 2                        | 29                 |
| Paris Bistro   | 9.5 oz              | 499             | 234                 | 26                   | 7                   | 50               | 1504               | 61              | 7                        | 21                 |
| The Michelangelo   | 9.5 oz              | 502             | 126                 | 14                   | 5                   | 46               | 1459               | 59              | 3                        | 23                 |
| Spring Mix Salad (tossed with Raspberry Vinaigrette)   | 3 oz                | 28              | 0                   | 0                    | 0                   | 0                | 246                | 7               | 1                        | 0                  |
| <b>Sandwiches</b>  |                     |                 |                     |                      |                     |                  |                    |                 |                          |                    |
| <b>(served with chips and salsa; listed separately below)</b>                                  |                     |                 |                     |                      |                     |                  |                    |                 |                          |                    |
| Café Chicken Salad (2 slices of bread value not included)                                      | 8.5 oz              | 506             | 267                 | 30                   | 7                   | 97               | 661                | 15              | 1                        | 32                 |
| Apple-Walnut Tuna Salad Sandwich (2 slices of bread value not included)                        | 8.5 oz              | 562             | 321                 | 36                   | 8                   | 54               | 750                | 16              | 2                        | 30                 |
| Camille's Club (3 slices of bread value not included)  | 13.6 oz             | 449             | 284                 | 32                   | 12                  | 74               | 1220               | 18              | 1                        | 25                 |
| Ham & Swiss (2 slices of bread value not included)   | 9.61 oz             | 224             | 116                 | 13                   | 5                   | 49               | 784                | 10              | 1                        | 18                 |
| Turkey Deluxe (2 slices of bread value not included)   | 8.36 oz             | 278             | 133                 | 15                   | 5                   | 49               | 807                | 16              | 1                        | 19                 |
| Honey Wheatberry Bread   | 1 slice             | 110             | 15                  | 1.5                  | 0                   | 0                | 220                | 21              | 1                        | 4                  |
| White Bread  | 1 slice             | 100             | 22.5                | 2.5                  | 0.5                 | 0                | 175                | 16              | 0.5                      | 3                  |
| Marble Reuben Rye Bread  | 1 slice             | 100             | 15                  | 1.5                  | 0                   | 0                | 190                | 18              | <1                       | 3                  |
| Tri-colored Tortilla chips   | 1 oz                | 140             | 70                  | 7                    | 2                   | 0                | 150                | 17              | 1                        | 2                  |
| Camille's Salsa  | 2 oz                | 19              | 0                   | 0                    | 0                   | 0                | 340                | 4               | 0                        | 0                  |
| <b>Flatbread Pizzas</b>  |                     |                 |                     |                      |                     |                  |                    |                 |                          |                    |
| Zorba the Greek  | 9" pizza            | 756             | 262                 | 29.1                 | 9.4                 | 66               | 1638               | 84.4            | 5.6                      | 39.2               |
| Rustic Italian   | 9" pizza            | 563             | 123                 | 14                   | 5                   | 15               | 937                | 86              | 6                        | 21                 |
| Bangkok Thai   | 9" pizza            | 811             | 224                 | 24.8                 | 6.1                 | 45               | 1676               | 111.9           | 6.1                      | 34.8               |
| Kickin' BBQ Chicken  | 9" pizza            | 694             | 168                 | 18.6                 | 6.8                 | 58               | 1401               | 96.9            | 4                        | 34.7               |
| Just a Cheese  | 9" pizza            | 623             | 166                 | 18                   | 8                   | 30               | 1028               | 83              | 6                        | 26                 |
| <b>Panini Sandwiches</b>   |                     |                 |                     |                      |                     |                  |                    |                 |                          |                    |
| <b>(served with chips and salsa portion; listed separately)</b>                                |                     |                 |                     |                      |                     |                  |                    |                 |                          |                    |
| Napa Valley Chicken  | 11.25 oz            | 605             | 140                 | 16                   | 8                   | 104              | 1687               | 68              | 3                        | 46                 |
| Turkey Habanero  | 12 oz               | 560             | 138                 | 15                   | 8                   | 65               | 1638               | 72              | 2                        | 33                 |
| Italian Roast Beef   | 10.12 oz            | 618             | 204                 | 23                   | 8                   | 74               | 1910               | 68              | 3                        | 35                 |
| Veganini   | 12.75 oz            | 570             | 163                 | 18                   | 9                   | 54               | 1615               | 78              | 5                        | 20                 |
| Tri-colored Tortilla chips   | 1 oz                | 140             | 70                  | 7                    | 2                   | 0                | 150                | 17              | 1                        | 2                  |
| Camille's Salsa  | 2 oz                | 19              | 0                   | 0                    | 0                   | 0                | 340                | 4               | 0                        | 0                  |
| <b>Soups</b>   |                     |                 |                     |                      |                     |                  |                    |                 |                          |                    |
| Creamy Tuscan Tomato   | 8 oz/12 oz          | 210/315         | 140/210             | 16/24                | 7/10.5              | 40/60            | 920/1380           | 15/22.5         | 3/4.5                    | 3/4.5              |
| Red Chicken Chili  | 8 oz/12 oz          | 170/225         | 45/67.5             | 5/7.5                | 1/1.5               | 20/30            | 1120/1680          | 20/30           | 3/4.5                    | 12/18              |
| Red Potato and Cheddar   | 8 oz/12 oz          | 270/405         | 150/225             | 17/25.5              | 9/13.5              | 45/67.5          | 1020/1530          | 19/28.5         | 2/3                      | 11/16.5            |
| Rosemary Chicken Noodle  | 8 oz/12 oz          | 90/135          | 25/37.5             | 2.5/3.75             | 0/0                 | 25/37.5          | 1240/1860          | 11/16.5         | 0/0                      | 5/7.5              |



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| Salads  |              |          |              |               |              |           |             |          |                   |             |
|---|--------------|----------|--------------|---------------|--------------|-----------|-------------|----------|-------------------|-------------|
| (served with 1 package saltines and 2 ounce dressing*portion; listed separately below unless otherwise noted) | Serving Size | Calories | Fat Calories | Total Fat (g) | Sat. Fat (g) | Chol (mg) | Sodium (mg) | Carb (g) | Dietary Fiber (g) | Protein (g) |
| Café Chicken Salad  | 11.5 oz      | 412      | 243          | 27            | 8            | 96        | 1008        | 13       | 2                 | 32          |
| Chicken Caesar Salad includes 2 oz. Caesar Dressing   | 11.4 oz      | 323      | 144          | 16            | 6            | 69        | 1398        | 16       | 1                 | 27          |
| Caesar Salad includes 2 oz. Caesar Dressing   | 8.4 oz       | 221      | 135          | 15            | 6            | 39        | 956         | 15       | 1                 | 13          |
| Apple-Walnut Tuna Salad   | 11.5 oz      | 419      | 279          | 31            | 8            | 52        | 996         | 13       | 2                 | 29          |
| The Chef Salad  | 13 oz        | 315      | 180          | 20            | 8            | 70        | 836         | 16       | 2                 | 22          |
| Bangkok Thai Salad  | 12.5 oz      | 229      | 90           | 10            | 1            | 47        | 554         | 20       | 2                 | 25          |
| The House Salad   | 8.4 oz       | 152      | 108          | 12            | 5            | 24        | 508         | 12       | 2                 | 7           |
| The Ultimate Salad-Chicken Salad (includes 2 oz. Caesar Dressing)   | 14 oz        | 587      | 387          | 43            | 10           | 126       | 1756        | 26       | 3                 | 36          |
| The Ultimate Salad-Tuna Salad (includes 2 oz. Caesar Dressing)  | 14 oz        | 594      | 423          | 47            | 10           | 170       | 1768        | 26       | 3                 | 33          |
| <i>*dressing options vary by location; list below is not comprehensive of all possible choices</i>            |              |          |              |               |              |           |             |          |                   |             |
| Ranch Dressing  | 2 oz         | 186      | 184.5        | 20.5          | 2.8          | 19        | 539         | 2        | 0                 | 0           |
| Creamy Caesar Dressing  | 2 oz         | 205      | 153          | 17            | 2.79         | 9         | 911         | 3.72     | 0                 | 2           |
| Tangy Tomato Bacon Kraft Signature Dressing   | 2 oz         | 170      | 90           | 10            | 1.7          | 0         | 595         | 15       | 0                 | 0           |
| Honey Mustard Dressing  | 2 oz         | 242      | 180          | 20            | 2.79         | 28        | 390         | 13       | 0                 | 0           |
| Sesame Oriental Dressing  | 2 oz         | 242      | 189          | 21            | 1.86         | 0         | 763         | 13       | 0                 | 0           |
| Raspberry Vinaigrette Kraft Free Dressing   | 2 oz         | 51       | 0            | 0             | 0            | 0         | 493         | 12       | 0                 | 0           |
| Golden Italian Dressing   | 2 oz         | 260      | 234          | 26            | 3.72         | 0         | 540         | 3.72     | 0                 | 0           |
| Blue Cheese Dressing  | 2 oz         | 260      | 252          | 28            | 3.72         | 2         | 538         | 2        | 0                 | 2           |
| Saltines  | 2 crackers   | 25       | 9            | 1             | 0            | 0         | 90          | 4.5      | 0                 | 0           |
| Smoothies   |              |          |              |               |              |           |             |          |                   |             |
| Strawberry Breeze   | 20 oz        | 350      | 4.5          | 0.5           | 0            | 0         | 20          | 92       | 2                 | 1           |
| Banana Split Swirl  | 20 oz        | 800      | 333          | 37            | 36           | 0         | 40          | 124      | 3                 | 2           |
| Strawberry Coconut  | 20 oz        | 380      | 27           | 3             | 2            | 0         | 20          | 93       | 3                 | 1           |
| Banana Berry  | 20 oz        | 300      | 9            | 1             | 0            | 0         | 15          | 77       | 3                 | 1           |
| Peach Paradise  | 20 oz        | 200      | 0            | 0             | 0            | 0         | 15          | 50       | 1                 | 1           |
| Banana Boat   | 20 oz        | 220      | 4.5          | 0.5           | 0            | 0         | 0           | 56       | 2                 | 1           |
| Blueberries Cozumel   | 20 oz        | 160      | 0            | 0             | 0            | 0         | 5           | 42       | 3                 | 1           |
| Breakfast   |              |          |              |               |              |           |             |          |                   |             |
| Herb Garden   | 10 oz        | 441      | 153          | 17            | 3            | 4         | 1121        | 51       | 2                 | 17          |
| Vegetarian Zenergy  | 11.2 oz      | 400      | 90           | 10            | 2            | 2         | 1242        | 55       | 4                 | 20          |
| 3 Cheese Scrambler  | 12 oz        | 630      | 270          | 30            | 16           | 68        | 1793        | 52       | 6                 | 30          |
| Swiss Scrambler   | 11.1 oz      | 521      | 135          | 15            | 8            | 45        | 1510        | 50       | 6                 | 31          |
| Ranchero  | 12.9 oz      | 576      | 225          | 25            | 12           | 53        | 2001        | 55       | 3                 | 30          |
| Original Breakfast Wrap with bacon  | 8 oz         | 575      | 234          | 26            | 10           | 42        | 2059        | 52       | 2                 | 31          |
| Original Breakfast Wrap with ham  | 8 oz         | 560      | 216          | 24            | 10           | 35        | 1873        | 52       | 2                 | 29          |
| Breakfast on a Muffin with bacon  | 6.4 oz       | 498      | 206          | 23            | 8.6          | 323       | 982         | 47       | 4.6               | 26          |
| Breakfast on a Muffin with ham  | 6.4 oz       | 470      | 160          | 18            | 6.7          | 326       | 1156        | 48       | 4.6               | 29.2        |
| Seasonal Fruit Cup  | 6 oz         | 90       | 5            | 0.6           | 0.1          | 0         | 12          | 20       | 1.4               | 1.2         |
| Desserts  |              |          |              |               |              |           |             |          |                   |             |
| Chocolate Chunk Cookie  | 3 oz         | 430      | 105          | 12            | 6            | 36        | 300         | 52       | 2                 | 4           |
| White Chocolate Cherry Cookie   | 3 oz         | 300      | 87.5         | 10            | 6            | 40        | 270         | 46       | 2                 | 4           |
| Oatmeal Raisin Cookie   | 3 oz         | 300      | 122.5        | 7             | 5            | 10        | 300         | 30       | 4                 | 6           |
| Peanut Butter Cookie  | 3 oz         | 400      | 245          | 28            | 8            | 30        | 530         | 34       | 4                 | 10          |
| White Chocolate Macadamia Nut Cookie  | 3 oz         | 340      | 140          | 16            | 6            | 30        | 240         | 48       | 2                 | 4           |
| Kid's Menu  |              |          |              |               |              |           |             |          |                   |             |
| (served with chips and salsa; listed separately below)  |              |          |              |               |              |           |             |          |                   |             |
| Grilled Cheese  | 4.75 oz      | 604      | 279          | 31            | 18           | 77        | 1133        | 55       | 2                 | 29          |
| Classic PB&J  | 6.05 oz      | 716      | 306          | 34            | 7            | 0         | 835         | 65       | 5                 | 22          |
| Banana Wrap   | 7.12 oz      | 734      | 333          | 37            | 8            | 0         | 1039        | 86       | 11                | 24          |
| Chicken Wrapper   | 6.25 oz      | 461      | 144          | 16            | 6            | 50        | 1313        | 50       | 6                 | 30          |
| Tri-colored Tortilla chips  | 1 oz         | 140      | 70           | 7             | 2            | 0         | 150         | 17       | 1                 | 2           |
| Camille's Salsa   | 2 oz         | 19       | 0            | 0             | 0            | 0         | 340         | 4        | 0                 | 0           |