



Nutritional Fact Sheet

Wraps										
(served with chips and salsa; listed separately below)										
	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat. Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Dietary Fiber (g)	Protein (g)
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
Grilled Hot Wraps										
(served with side Spring Mix salad with Raspberry Vinaigrette; listed separately below)										
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
Sandwiches										
(served with chips and salsa; listed separately below)										
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 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
Flatbread Pizzas										
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
Panini Sandwiches										
(served with chips and salsa portion; listed separately)										
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
Soups										
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