



Nutritional Fact Sheet

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



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



Nutritional Fact Sheet

Smoothies	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Dietary Fiber (g)	Protein (g)
Blueberries Cozumel Classic Blends	20 oz	189	0	0	0	0	30	2	1
Island Time Yogurt Blends	20 oz	239	0	0	0	105	51	3	6
Blueberry Pie Yogurt Blends	20 oz	254	1	0	0	101	58	4	7
Strawberry Tweet Yogurt Blends	20 oz	290	0	0	0	101	66	3	7
Banana Boat Classic Blends	20 oz	295	1	0	0	11	56	4	1
Peach Paradise Classic Blends	20 oz	321	0	0	0	0	47	2	2
Banana Berry Classic Blends	20 oz	333	1	0	0	5	64	5	2
Strawberry Breeze Classic Blends	20 oz	365	0	0	0	10	72	4	1
Strawberry Coconut Classic Blends	20 oz	379	3	2	0	49	70	5	2
Pump Me Up (Fact shown is made with Banana)	20 oz	399	2	1	24	175	52	3	42
Get Going Yogurt Blends	20 oz	433	7	7	18	131	86	3	8
My Oasis Yogurt Blends	20 oz	447	14	12	0	329	69	11	7
Peanut Butter Treat Yogurt Blends	20 oz	458	15	3	0	234	72	5	14
Choc-A-Peel Yogurt Blends	20 oz	534	15	3	0	256	91	6	15
Banana Split Swirl Classic Blends	20 oz	636	22	21	53	28	111	5	3
Limited Time Offer (availability may vary by location)									
Spicy Chicken Wasabi Wrap	1 ea	817	48	11	59	1748	70	9	25