



### PANINI & OTHER GRILLED ITEMS

Item	CALORIES	CARB(g)	FAT(g)	PROTEIN(g)
Grilled Portobello	492	54	23	18
Artichoke/Olive	687	63	38	25
Grilled Chicken	676	50	31	46
Roasted Turkey	738	58	37	40
Savory Ham	462	50	17	24
Classic Italian	642	49	36	29
Roast Beef	686	54	29	52
Breakfast Egg	425	27	24	23
Breakfast Ham & Egg	518	30	29	32
Breakfast Burrito	632	24	43	36
Grilled Chicken Quesadilla	456	23	24	37
Grilled Artichoke Quesadilla	660	41	42	32
Kidz Grilled Cheese	350	27	18	18





### SALADS (w/o dressing)

Item	CALORIES	CARB(g)	FAT(g)	PROTEIN(g)
Chicken Caesar Cardini	384	8.5	19	41
Celebration	410	62	13	11
Blendzalad	398	59	13	11
Funsational	441	40	22	24
Fiesta Besta	475	32	31	19
Truly Great	536	45	33	22
<b>Dressing (2 tbsp)</b>				
Caesar	110	1	11	1
Champagne	140	1	15	0
Balsamic Vinaigrette	100	5	9	0
Bleu Cheese	140	2	14	1
Fat Free Ranch/Salsa Verde	33	6	<1	1
Rasperry-Walnut	40	9	0	0



# blendz®

fun fresh food



## SMOOTHIES 12 oz.

Item	CALORIES	CARB(g)	FAT(g)	PROTEIN(g)	SUGAR(g)
Breakfast Blendz	443	64	14	19	27
Going Nutz	364	44	15	18	36
Natural Buzz	201	41	3	5	34
Red Bull Blendz	195	47	1	2.5	43
Dreamy Creamy Caramel	255	52	0.5	12	43
Orange U Special	194	46	1	1.5	40
Campbell Craze	203	48	1	2	46
C-Quencher	181	43	1	1	39
Strawberry Surge	179	41	0.5	3	37
Lime So Excited	215	50	1	1	40
Most Wanted	200	47	0.5	3	43
The Blendzation	204	49	1	1	42
Berry Jam Packed	194	46	1	2	41
That's Crantastic	184	43	1	1	38
Passion Kiss	205	49	1	2	44
Peachy Keen	203	48	0.5	3	44
Mango Monsoon	203	49	1	1	46
Banana Rama Ding Dong	218	52	1	3	42



**SOUP 1 cup (8 oz.)**

Item	CALORIES	FAT(g)	SODIUM(mg)	CARB(g)	PROTEIN
Azteca Chicken & Rice	100	1.5	1000	16	4
Old-Fashioned Chicken Noodle	110	2.5	1160	15	6
Chicken Tortilla	90	2	930	15	6
Creamy Chicken & Dumpling	50	2	1100	16	7
Italian-Style Wedding Soup	120	4.5	920	15	5
Italian Minestrone Tortellini	120	2.5	750	19	4
Italian Vegetarian Noodle	60	0.5	910	12	3
Minestrone w/Chicken & Beef	120	2.5	870	17	6
Garden Vegetable Medley	70	0	730	15	2
Wild Mushroom & Barley	80	1.5	820	13	2
Heart of Artichoke Bisque	220	14	1100	16	6
Tomato Bisque	180	7	910	22	7
Vegetarian Chili w/Beans	140	2	1140	25	8
Pacific Northwest Clam Chowder	220	11	880	20	11

