

ADA Exchange Guide



	Fruit	Meat	Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Sandwiches								
Charleston Smoked Turkey	0	0	4	0	0	3	1	6
Italian Hero	0	0	3	0	0	3	1	4
Roast Beef	0	0	3	0	0	4	1	3
Smoked Ham and Cheese	0	0	2	0	0	4	1	5
Café Chicken Salad	0	0	2	0	0	3	1	6
Carolina Turkey Breast	0	0	3	0	0	3	1	0
Tuna Salad	0	0	3	0	0	2	1	3
Paninis								
French Dip Panini	0	0	4	0	0	4	0	2
Chipotle Chicken Panini	0	0	6	0	0	5	0	1
Pulled Pork Panini	0	0	8	0	0	5	0	1
Turkey Berry Panini	1	0	3	0	2	5	0	1
Portabella Panini	0	0	3	0	0	4	0	2
Wraps								
Grilled Chicken Caesar	0	0	6	0	0	4	0	2
Café Chicken Salad	0	0	3	0	0	4	0	3
Tuna Salad	0	0	3	0	0	4	0	3
Garden Veggie	0	0	2	0	0	3	1	1
Soups								
Cream of Broccoli	0	0	1	0	1	0	1	2
Loaded Potatc	0	0	1	0	1	0	0	0
Roasted Chicken Noodle	0	0	1	0	1	0	0	2
French Onion	0	0	1	0	0	0	0	1
Sourdough Bowl	0	0	0	0	2	0	0	0
Salads (without dressing)								
Café Carolina Signature Salad	0	0	3	0	0	1	2	10
Chicken Fiesta Salad	0	0	4	0	0	2	2	2
Classic Greek Salad	0	0	3	0	0	1	2	2
Café Cobb Salad	0	0	6	0	0	2	2	3
Café Chicken Caesar Salad	0	0	5	0	0	1	2	1
Café Caesar Salad	0	0	1	0	0	0	2	0
House Salad	0	0	2	0	0	0	2	1
Half Café Caesar Salad	0	0	1	0	0	0	1	0
Half House Salad	0	0	1	0	0	0	1	1
Dressings								
Blue Cheese	0	0	0	0	0	0	0	9
Classic Caesar	0	0	0	0	0	0	0	7
Honey Mustard	0	0	0	0	0	0	0	8
Greek	0	0	0	0	2	0	0	6
Poppy Seed	0	0	0	0	1	0	0	6
Ranch	0	0	0	0	0	0	0	6
House Red Wine Vinaigrette	0	0	0	0	0	0	0	1
Thousand Island	0	0	0	0	0	0	0	4
Spicy Ranch	0	0	0	0	0	0	0	9
Salad Plates & Quiche								
Spinach and Bacon Quiche	0	0	2	0	2	0	1	8
Veggie Quiche	0	0	2	0	2	0	2	7
Broccoli and Cheese Quiche	0	0	2	0	3	0	2	8
Quiche Lorraine	0	0	2	0	2	0	0	7
Tomato and Bacon Quiche	0	0	2	0	2	0	1	8
Mediterranean Quiche	0	0	2	0	2	0	1	7
Sausage and Cheese Quiche	0	0	3	0	2	0	0	9
Café Chicken Salad Plate	0	0	3	0	1	0	1	6
Café Tuna Salad Plate	0	0	3	0	1	0	1	6
Café Salad Sampler	0	0	2	0	1	0	1	5
Flatbreads								
Chicken Caesar Flatbreads	0	0	6	0	0	2	1	9
Classic Pepperoni Flatbread	0	0	6	0	0	3	0	3
Classic Tomato Basil Flatbread	1	0	4	0	0	2	1	2
Hawaiian BBQ Pork Flatbreac	1	0	7	0	0	6	0	5
Spicy Café Italiano Flatbreac	0	0	6	0	0	4	1	9
Spinach Artichoke Flatbread	0	0	6	0	0	3	1	7
Sides								
Cole Slaw	0	0	0	0	0	0	1	2
Potato Salad	0	0	0	0	0	1	0	2
Side Fruit	1	0	0	0	0	0	0	0
Breakfast Sandwiches & Platters								
Bagel Sandwich w/ Sausage, Egg & Cheese	0	0	1	0	0	4	0	3
Bagel Sandwich w/ Bacon, Egg & Cheese	0	0	5	0	0	4	0	3
Bagel Sandwich w/ Ham, Egg & Cheese	0	0	5	0	0	4	0	2
Croissant Sandwich w/ Sausage, Egg & Cheese	0	0	1	0	0	3	0	7
Croissant Sandwich w/ Bacon, Egg & Cheese	0	0	4	0	0	3	0	7

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	Fruit	Meat	Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Croissant Sandwich w/ Ham, Egg & Cheese	0	0	5	0	0	3	0	5
Grilled Sourdough w/ Sausage, Egg & Cheese	0	0	5	0	0	4	0	3
Grilled Sourdough w/ Bacon, Egg & Cheese	0	0	5	0	0	4	0	3
Grilled Sourdough w/ Ham, Egg & Cheese	0	0	5	0	0	4	0	1
Huevos Wrapcheros	0	0	5	0	0	4	0	5
Breakfast Wrap w/ Sausage, Egg & Cheese	0	0	4	0	0	3	0	5
Breakfast Wrap w/ Bacon, Egg & Cheese	0	0	4	0	0	3	0	5
Breakfast Wrap w/ Ham, Egg & Cheese	0	0	5	0	0	4	0	4
Breakfast Platter/Bacon/Country Sourdough	0	0	4	0	0	2	0	3
Breakfast Platter/Sausage/Country Sourdough	0	0	4	0	0	2	0	5
Breakfast Platter/Bacon/Natural Grain	0	0	5	0	0	2	0	4
Breakfast Platter/Sausage/Natural Grain	0	0	4	0	0	2	0	6
Breakfast Platter/Bacon/Cracked Wheat	0	0	5	0	0	4	0	4
Breakfast Platter/Sausage/Cracked Wheat	0	0	4	0	0	5	0	6
Breakfast Platter/Bacon/White Sourdough	0	0	5	0	0	4	0	3
Breakfast Platter/Sausage/White Sourdough	0	0	4	0	0	4	0	5
Ham and Cheddar Sweet Potato Biscuits	0	0	2	0	0	8	0	0
Bagels, Muffins & Other Breakfast								
Honey Cinnamon Twist	0	0	1	0	0	4	0	0
Yogurt Parfait	1	0	0	1	3	0	0	0
Blueberry Muffin	0	0	1	0	0	3	0	2
Cranberry Muffin	0	0	1	0	0	3	0	2
Morning Harvest Muffin	0	0	1	0	0	3	0	3
Pumpkin Muffin	0	0	1	0	0	3	0	2
Peach Muffin	0	0	1	0	0	3	0	2
Lemon Poppy Seed Muffin	0	0	1	0	0	3	0	3
Banana Nut Muffin	0	0	1	0	0	3	0	2
Blueberry Crunch Bagel	0	0	0	0	0	4	0	0
Cinnamon Raisin Bagel	0	0	0	0	0	4	0	0
Everything Bagel	0	0	0	0	0	4	0	0
French Toast Bagel	0	0	0	0	0	4	0	0
Multigrain Bagel	0	0	0	0	0	4	0	0
Plain Bagel	0	0	0	0	0	4	0	0
Sesame Bagel	0	0	0	0	0	4	0	0
Bakery								
Café Blue Vanilla Cupcake	0	0	0	0	0	3	0	3
Café Blue Chocolate Cupcake	0	0	0	0	0	3	0	3
Chocolate Baby Bunt Cake	0	0	0	0	0	3	0	2
Cookie- Heath Toffee	0	0	0	0	0	3	0	4
Cookie- Chocolate Chunk	0	0	0	0	0	3	0	4
Cookie- M&M	0	0	0	0	0	3	0	3
Cookie- Oatmeal Raisin	0	0	0	0	0	3	0	3
Cookie- White Chocolate Macademia Nut	0	0	0	0	0	3	0	4
Lemon Bar	0	0	0	0	0	4	0	4
Goey Butter Cake	0	0	0	0	0	5	0	3
Supreme Brownie	0	0	0	0	0	4	0	5
Chocolate Croissant	0	0	0	0	0	3	0	4
Apple Basket	0	0	0	0	0	3	0	5
Plain Rice Crispy Treat	0	0	0	0	0	8	0	1
M&M Rice Crispy Treat	0	0	0	0	0	10	0	3
Inside Out Peanut Butter Cup	0	0	0	0	0	5	0	4
Breads								
Country Sourdough slice	0	0	0	0	0	2	0	0
Cracked Wheat slice	0	0	0	0	0	2	0	0
Croissant	0	0	0	0	0	2	0	0
Double Twist Roll	0	0	0	0	0	3	0	0
Kaiser Roll	0	0	0	0	0	2	0	0
Natural Grain slice	0	0	0	0	0	1	0	0
White Sourdough slice	0	0	0	0	0	2	0	0
Sweet Potato Biscuit	0	0	0	0	0	4	0	0
Sun Dried Tomato Baguette portion	0	0	0	0	0	2	0	0
Parisian Baguette portion	0	0	0	0	0	2	0	0