



Serving Size
 Calories
 Fat Calories
 Total Fat (g)
 Saturated Fat (g)
 Trans Fat (g)
 Cholesterol (mg)
 Sodium (mg)
 Total Carbohydrates (g)
 Protein(g)

| Sandwiches | | | | | | | | | | |
|----------------------------------|--------|------|-----|----|----|---|-----|------|-----|----|
| Charleston Smoked Turkey | 1 | 694 | 362 | 40 | 11 | 0 | 73 | 1723 | 46 | 34 |
| Italian Herc | 1 | 598 | 302 | 34 | 12 | 0 | 56 | 1581 | 51 | 27 |
| Roast Beef | 1 | 576 | 234 | 26 | 4 | 0 | 52 | 1230 | 67 | 23 |
| Smoked Ham and Cheese | 1 | 667 | 325 | 36 | 5 | 0 | 72 | 1265 | 72 | 19 |
| Café Chicken Salac | 1 | 592 | 324 | 36 | 13 | 1 | 90 | 1009 | 57 | 19 |
| Carolina Turkey Breas | 1 | 432 | 107 | 12 | 2 | 0 | 26 | 1236 | 55 | 23 |
| Tuna Salac | 1 | 452 | 207 | 23 | 3 | 0 | 30 | 889 | 42 | 20 |
| Paninis | | | | | | | | | | |
| French Dip | 1 | 565 | 191 | 21 | 6 | 0 | 51 | 1263 | 62 | 28 |
| Chipotle Chicker | 1 | 695 | 205 | 25 | 6 | 0 | 89 | 2109 | 80 | 43 |
| Pulled Pork | 1 | 581 | 129 | 16 | 4 | 0 | 43 | 1642 | 87 | 22 |
| Turkey Berry | 1 | 604 | 122 | 16 | 4 | 0 | 28 | 1218 | 93 | 22 |
| Portabellæ | 1 | 565 | 190 | 23 | 8 | 0 | 26 | 1464 | 68 | 24 |
| Wraps | | | | | | | | | | |
| Grilled Chicken Caesa | 1 | 641 | 223 | 25 | 7 | 0 | 92 | 1916 | 66 | 43 |
| Café Chicken Salac | 1 | 561 | 251 | 28 | 5 | 0 | 55 | 1161 | 61 | 19 |
| Tuna Salac | 1 | 566 | 242 | 27 | 4 | 0 | 30 | 1138 | 59 | 21 |
| Garden Veggic | 1 | 394 | 128 | 14 | 5 | 0 | 14 | 920 | 54 | 12 |
| Soups | | | | | | | | | | |
| Cream of Broccol | 8oz | 266 | 128 | 14 | 6 | 0 | 24 | 2046 | 24 | 10 |
| Loaded Potatc | 8oz | 221 | 74 | 8 | 4 | 0 | 12 | 1048 | 33 | 5 |
| Roasted Chicken Noodlk | 8oz | 112 | 22 | 2 | 1 | 0 | 24 | 1384 | 14 | 10 |
| French Onion | 8oz | 257 | 123 | 14 | 5 | 0 | 23 | 418 | 22 | 11 |
| Sourdough Bow | 1 | 130 | 9 | 1 | 0 | 0 | 0 | 290 | 25 | 5 |
| Salads (without dressing) | | | | | | | | | | |
| Café Carolina Signature Sala | 1 | 785 | 498 | 55 | 14 | 0 | 56 | 851 | 66 | 22 |
| Chicken Fiesta Salac | 1 | 489 | 198 | 22 | 9 | 0 | 63 | 1526 | 46 | 28 |
| Classic Greek Salac | 1 | 293 | 144 | 16 | 9 | 0 | 33 | 1692 | 24 | 21 |
| Café Cobb Salac | 1 | 599 | 285 | 32 | 16 | 0 | 287 | 1297 | 41 | 40 |
| Café Chicken Caesar Salac | 1 | 314 | 99 | 11 | 4 | 0 | 86 | 1146 | 24 | 34 |
| Café Caesar Salac | 1 | 113 | 54 | 6 | 3 | 0 | 19 | 322 | 9 | 9 |
| House Salac | 1 | 197 | 95 | 11 | 6 | 0 | 31 | 374 | 12 | 13 |
| Half Café Caesar | half | 57 | 27 | 3 | 2 | 0 | 10 | 131 | 5 | 5 |
| Half House Salac | half | 99 | 48 | 6 | 3 | 0 | 16 | 187 | 6 | 7 |
| Dressings | | | | | | | | | | |
| Blue Cheese | 2.5 oz | 400 | 375 | 43 | 8 | 0 | 50 | 800 | 5 | 2 |
| Classic Caesar | 2.5 oz | 325 | 300 | 33 | 6 | 0 | 38 | 800 | 5 | 5 |
| Honey Mustarc | 2.5 oz | 400 | 363 | 40 | 5 | 0 | 38 | 425 | 8 | 0 |
| Greek | 2.5 oz | 275 | 248 | 28 | 4 | 0 | 0 | 800 | 6 | 6 |
| Poppy Seec | 2.5 oz | 318 | 266 | 30 | 6 | 0 | 0 | 463 | 13 | 0 |
| Ranch | 2.5 oz | 275 | 245 | 28 | 5 | 0 | 19 | 613 | 6 | 1 |
| House Red Wine Vinaigrette | 2.5 oz | 63 | 57 | 6 | 1 | 0 | 0 | 350 | 3 | 0 |
| Thousand Islanc | 2.5 oz | 250 | 200 | 20 | 4 | 0 | 25 | 875 | 13 | 0 |
| Spicy Ranch | 2.5 oz | 432 | 403 | 45 | 6 | 0 | 40 | 1040 | 5 | 2 |
| Salad Plates and Quiche | | | | | | | | | | |
| Spinach and Bacon Quiche | 1 | 626 | 407 | 45 | 13 | 0 | 208 | 868 | 33 | 22 |
| Veggic Quiche | 1 | 611 | 378 | 42 | 12 | 0 | 209 | 712 | 39 | 19 |
| Broccoli and Cheese Quiche | 1 | 639 | 405 | 45 | 14 | 0 | 219 | 716 | 55 | 21 |
| Quiche Lorraine | 1 | 626 | 392 | 44 | 13 | 0 | 230 | 1177 | 34 | 24 |
| Tomato and Bacon Quiche | 1 | 679 | 446 | 50 | 15 | 0 | 229 | 1046 | 33 | 24 |
| Mediterranean Quiche | 1 | 605 | 386 | 43 | 13 | 0 | 216 | 940 | 37 | 18 |
| Sausage and Cheese Quiche | 1 | 718 | 491 | 55 | 17 | 0 | 235 | 907 | 34 | 33 |
| Café Chicken Salad Plat | 1 | 438 | 297 | 33 | 8 | 0 | 91 | 968 | 20 | 19 |
| Café Tuna Salad Plat | 1 | 453 | 284 | 32 | 6 | 0 | 53 | 938 | 20 | 22 |
| Café Salad Sample | 1 | 396 | 270 | 30 | 6 | 0 | 56 | 962 | 18 | 15 |
| Flatbreads | | | | | | | | | | |
| Chicken Caesar | 1 | 915 | 572 | 64 | 22 | 0 | 115 | 2037 | 40 | 42 |
| Classic Pepperon | 1 | 781 | 443 | 29 | 23 | 0 | 127 | 2079 | 37 | 40 |
| Classic Tomato Basi | 1 | 519 | 210 | 23 | 13 | 0 | 67 | 1293 | 40 | 31 |
| Hawaiian BBQ Pork | 1 | 1027 | 381 | 43 | 19 | 0 | 125 | 3147 | 102 | 52 |
| Spicy Café Italianc | 1 | 989 | 552 | 61 | 26 | 0 | 138 | 3067 | 54 | 47 |



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Calories
Fat Calories
Total Fat (g)
Saturated Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Total Carbohydrates (g)
Protein(g)

| | | | | | | | | | | |
|---|---|-----|-----|----|----|---|-----|------|-----|----|
| Spinach Artichoke | 1 | 834 | 443 | 49 | 26 | 0 | 148 | 2074 | 45 | 45 |
| Side Items | | | | | | | | | | |
| Cole Slaw | 1 | 128 | 102 | 11 | 2 | 0 | 8 | 354 | 7 | 1 |
| Potato Salad | 1 | 179 | 93 | 10 | 2 | 0 | 85 | 661 | 13 | 3 |
| Side Fruit | 1 | 69 | 0 | 0 | 0 | 0 | 0 | 1 | 6 | 0 |
| Breakfast Sandwiches & Platters | | | | | | | | | | |
| Bagel Sandwich w/ Sausage, egg & | 1 | 690 | 274 | 30 | 14 | 0 | 275 | 1128 | 65 | 35 |
| Bagel Sandwich w/ Bacon, egg & cheese | 1 | 672 | 249 | 28 | 12 | 0 | 273 | 1266 | 64 | 37 |
| Bagel Sandwich w/ Ham, egg & cheese | 1 | 637 | 201 | 22 | 11 | 0 | 279 | 1591 | 66 | 39 |
| Croissant Sandwich w/ Sausage, egg & | 1 | 709 | 400 | 45 | 22 | 1 | 309 | 1046 | 49 | 32 |
| Croissant Sandwich w/ Bacon, egg & | 1 | 691 | 374 | 42 | 21 | 1 | 307 | 884 | 48 | 34 |
| Croissant Sandwich w/ Ham, egg & | 1 | 656 | 327 | 36 | 19 | 1 | 313 | 1508 | 50 | 37 |
| Grilled Sourdough w/ Sausage, egg, & | 1 | 659 | 256 | 28 | 13 | 0 | 276 | 1346 | 62 | 34 |
| Grilled Sourdough w/ Bacon, egg & | 1 | 641 | 231 | 26 | 12 | 0 | 274 | 1485 | 61 | 36 |
| Grilled Sourdough w/ Ham, egg & cheese | 1 | 606 | 184 | 20 | 10 | 0 | 280 | 1609 | 62 | 38 |
| Huevos Wrapcheros | 1 | 754 | 369 | 41 | 15 | 0 | 771 | 1190 | 54 | 38 |
| Breakfast Wrap w/ Sausage, egg & | 1 | 691 | 347 | 39 | 13 | 0 | 439 | 1266 | 52 | 31 |
| Breakfast Wrap w/ Bacon, egg & cheese | 1 | 673 | 322 | 36 | 12 | 0 | 436 | 1404 | 52 | 33 |
| Breakfast Wrap w/ Ham, egg & cheese | 1 | 664 | 281 | 31 | 11 | 0 | 454 | 2069 | 54 | 40 |
| Breakfast Platter Bacon/Country | 1 | 471 | 209 | 23 | 8 | 0 | 636 | 1067 | 32 | 31 |
| Breakfast Platter Sausage/Country | 1 | 552 | 291 | 32 | 11 | 0 | 648 | 969 | 33 | 29 |
| Breakfast Platter Bacon/Natural Grain | 1 | 512 | 245 | 27 | 8 | 0 | 635 | 1017 | 33 | 34 |
| Breakfast Platter Sausage/Natural Grain | 1 | 592 | 327 | 36 | 11 | 0 | 648 | 919 | 34 | 32 |
| Breakfast Platter Bacon/Cracked Whea | 1 | 612 | 254 | 28 | 8 | 0 | 635 | 1337 | 67 | 38 |
| Breakfast Platter Sausage/Cracked | 1 | 692 | 336 | 37 | 12 | 0 | 648 | 1239 | 68 | 36 |
| Breakfast Platter Bacon/ White | 1 | 592 | 218 | 24 | 8 | 0 | 636 | 1197 | 53 | 36 |
| Breakfast Platter Sausage/White | 1 | 672 | 300 | 35 | 11 | 0 | 648 | 1099 | 54 | 34 |
| Ham and Cheddar Sweet Potato Biscuit | 2 | 908 | 190 | 20 | 10 | 2 | 66 | 1698 | 144 | 32 |
| Bagels, Muffins & Other Breakfasts | | | | | | | | | | |
| Honey Cinnamon Twis | 1 | 650 | 315 | 35 | 10 | 1 | 3 | 676 | 69 | 9 |
| Yogurt Parfait | 1 | 404 | 50 | 6 | 1 | 0 | 0 | 130 | 82 | 5 |
| Blueberry Muffin | 1 | 306 | 114 | 13 | 2 | 0 | 46 | 521 | 43 | 5 |
| Cranberry Muffin | 1 | 308 | 110 | 12 | 1 | 0 | 36 | 290 | 45 | 6 |
| Morning Harvest Muffin | 1 | 375 | 201 | 22 | 4 | 0 | 46 | 388 | 40 | 5 |
| Pumpkin Muffin | 1 | 330 | 138 | 15 | 1 | 0 | 44 | 231 | 44 | 5 |
| Peach Muffin | 1 | 300 | 123 | 14 | 2 | 0 | 31 | 288 | 39 | 5 |
| Lemon Poppy Seed Muffin | 1 | 310 | 193 | 22 | 4 | 0 | 31 | 390 | 44 | 6 |
| Banana Nut Muffin | 1 | 310 | 139 | 15 | 2 | 0 | 39 | 341 | 41 | 5 |
| Blueberry Crunch Bage | 1 | 297 | 18 | 2 | 1 | 0 | 0 | 450 | 61 | 11 |
| Cinnamon Raisin Bage | 1 | 310 | 15 | 2 | 1 | 0 | 0 | 450 | 64 | 11 |
| Everything Bage | 1 | 310 | 20 | 3 | 1 | 0 | 0 | 680 | 61 | 11 |
| French Toast Bage | 1 | 320 | 30 | 3 | 2 | 0 | 10 | 470 | 63 | 11 |
| Multigrain Bage | 1 | 310 | 25 | 3 | 1 | 0 | 0 | 440 | 62 | 11 |
| Plain Bage | 1 | 310 | 15 | 2 | 1 | 0 | 0 | 480 | 61 | 11 |
| Sesame Bage | 1 | 310 | 30 | 3 | 1 | 0 | 0 | 470 | 61 | 12 |
| Bakery | | | | | | | | | | |
| Café Blue Vanilla Cupcake | 1 | 360 | 157 | 17 | 2 | 0 | 5 | 97 | 43 | 0 |
| Café Blue Chocolate Cupcake | 1 | 359 | 157 | 17 | 3 | 0 | 5 | 102 | 43 | 0 |
| Chocolate Baby Bunt Cake | 1 | 273 | 110 | 12 | 5 | 0 | 19 | 127 | 39 | 3 |
| Cookie-Heath Toffee | 1 | 380 | 170 | 19 | 7 | 4 | 30 | 310 | 46 | 5 |
| Cookie-Chocolate Chunk | 1 | 380 | 170 | 18 | 7 | 4 | 25 | 250 | 48 | 4 |
| Cookie-M&M | 1 | 370 | 150 | 16 | 6 | 3 | 25 | 250 | 50 | 4 |
| Cookie-Oatmeal Raisin | 1 | 330 | 130 | 15 | 4 | 4 | 25 | 260 | 46 | 4 |
| Cookie-White Chocolate Macadamia Nut | 1 | 380 | 180 | 20 | 8 | 3 | 20 | 240 | 47 | 4 |
| Lemon Bar | 1 | 418 | 192 | 22 | 14 | 0 | 40 | 402 | 52 | 6 |
| Goosey Butter Cake | 1 | 467 | 177 | 20 | 8 | 0 | 84 | 324 | 69 | 5 |
| Supreme Brownie | 1 | 503 | 241 | 27 | 16 | 1 | 118 | 365 | 60 | 6 |
| Chocolate Croissant | 1 | 370 | 207 | 23 | 8 | 0 | 10 | 260 | 40 | 5 |
| Apple Basket | 1 | 490 | 288 | 32 | 9 | 0 | 32 | 190 | 46 | 5 |
| Plain Rice Crispy Treat | 1 | 578 | 110 | 12 | 4 | 0 | 13 | 505 | 118 | 5 |
| M&M Rice Crispy Treat | 1 | 791 | 205 | 23 | 10 | 0 | 28 | 535 | 148 | 8 |
| Inside Out Peanut Butter Cup | 1 | 581 | 256 | 28 | 0 | 0 | 66 | 409 | 76 | 8 |



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 Calories
 Fat Calories
 Total Fat (g)
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| Breads | | | | | | | | | | |
|----------------------------------|---|-----|-----|----|---|---|----|-----|----|---|
| Country Sourdough slice | 1 | 140 | 0 | 0 | 0 | 0 | 0 | 350 | 29 | 5 |
| Cracked Wheat Sunflower slice | 1 | 140 | 20 | 3 | 1 | 0 | 0 | 310 | 32 | 6 |
| Croissant | 1 | 330 | 144 | 16 | 9 | 1 | 35 | 400 | 45 | 8 |
| Double Twist Rol | 1 | 220 | 30 | 4 | 1 | 0 | 30 | 200 | 41 | 8 |
| Kaiser Rol | 1 | 200 | 25 | 3 | 1 | 0 | 15 | 350 | 37 | 8 |
| Natural Grain slice | 1 | 90 | 18 | 2 | 0 | 0 | 0 | 150 | 15 | 4 |
| White Sourdough slice | 1 | 140 | 10 | 1 | 0 | 0 | 0 | 280 | 27 | 5 |
| Sun Dried Tomato Baguette portio | 1 | 130 | 10 | 1 | 0 | 0 | 0 | 260 | 25 | 5 |
| Parisian Baguette portior | 1 | 130 | 10 | 1 | 0 | 0 | 0 | 270 | 27 | 5 |
| Sweet Potato Biscui | 1 | 326 | 24 | 3 | 1 | 1 | 1 | 327 | 71 | 5 |

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| | 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 Flatbread | 1 | 0 | 7 | 0 | 0 | 6 | 0 | 5 |
| Spicy Café Italiano Flatbread | 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 Macadama 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 |