



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 Salad	1	592	324	36	13	1	90	1009	57	19
Carolina Turkey Breas	1	432	107	12	2	0	26	1236	55	23
Tuna Salad	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
Portabella	1	565	190	23	8	0	26	1464	68	24
Wraps										
Grilled Chicken Caesar	1	641	223	25	7	0	92	1916	66	43
Café Chicken Salad	1	561	251	28	5	0	55	1161	61	19
Tuna Salad	1	566	242	27	4	0	30	1138	59	21
Garden Veggie	1	394	128	14	5	0	14	920	54	12
Soups										
Cream of Broccoli	8oz	266	128	14	6	0	24	2046	24	10
Loaded Potato	8oz	221	74	8	4	0	12	1048	33	5
Roasted Chicken Noodle	8oz	112	22	2	1	0	24	1384	14	10
French Onior	8oz	257	123	14	5	0	23	418	22	11
Sourdough Bowl	1	130	9	1	0	0	0	290	25	5
Salads (without dressing)										
Café Carolina Signature Salac	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 Salad	1	293	144	16	9	0	33	1692	24	21
Café Cobb Salad	1	599	285	32	16	0	287	1297	41	40
Café Chicken Caesar Salad	1	314	99	11	4	0	86	1146	24	34
Café Caesar Salad	1	113	54	6	3	0	19	322	9	9
House Salad	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 Salad	half	99	48	6	3	0	16	187	6	7
Dressings										



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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 Mustard	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 Seed	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 Island	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
Veggie 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 Plate	1	438	297	33	8	0	91	968	20	19
Café Tuna Salad Plate	1	453	284	32	6	0	53	938	20	22
Café Salad Sampler	1	396	270	30	6	0	56	962	18	15
Flatbreads										
Chicken Caesar	1	915	572	64	22	0	115	2037	40	42
Classic Pepperoni	1	781	443	29	23	0	127	2079	37	40
Classic Tomato Basil	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 Italian	1	989	552	61	26	0	138	3067	54	47
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 & cheese	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 & cheese	1	709	400	45	22	1	309	1046	49	32
Croissant Sandwich w/ Bacon, egg & cheese	1	691	374	42	21	1	307	884	48	34



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Croissant Sandwich w/ Ham, egg & cheese	1	656	327	36	19	1	313	1508	50	37
Grilled Sourdough w/ Sausage, egg, & cheese	1	659	256	28	13	0	276	1346	62	34
Grilled Sourdough w/ Bacon, egg & cheese	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 & cheese	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 Sourdough	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 Grair	1	512	245	27	8	0	635	1017	33	34
Breakfast Platter Sausage/Natural Grair	1	592	327	36	11	0	648	919	34	32
Breakfast Platter Bacon/Cracked Wheat	1	612	254	28	8	0	635	1337	67	38
Breakfast Platter Sausage/Cracked Wheat	1	692	336	37	12	0	648	1239	68	36
Breakfast Platter Bacon/ White Sourdough	1	592	218	24	8	0	636	1197	53	36
Breakfast Platter Sausage/White Sourdough	1	672	300	35	11	0	648	1099	54	34
Ham and Cheddar Sweet Potato Biscuits	2	908	190	20	10	2	66	1698	144	32
Bagels, Muffins & Other Breakfast										
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 Bagel	1	310	15	2	1	0	0	480	61	11
Sesame Bagel	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



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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
Goey 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
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 Roll	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 portior	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 Biscuit	1	326	24	3	1	1	1	327	71	5