

TABLE OF CONTENTS

“SANDWICHES WITH CHARACTER®”	2
<i>Build Your Own Sandwich</i>	5
<i>Freshly Baked Artisan Breads</i>	7
<i>Extra Portions</i>	9
<i>Sauces</i>	11
SOUP’S ON!®.....	13
“COMBOS WITH CHARACTER®”	17
SALADS	19
<i>Deli Salads</i>	23
KID’S MEALS.....	25
FROM OUR BAKERY.....	27
DELI DELIGHTS.....	29
BEVERAGES	29
WHAT’S NEW – JANUARY – MARCH 2012	31
<i>Seasonal Soup Selections</i>	33

“SANDWICHES WITH CHARACTER®”


*Classics
Heated
Veggie
Wraps*



2


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REV – 1.19.12

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
"SANDWICHES WITH CHARACTER." - Classics									
PILGRIM'S PROGRESS	1 sandwich	630	27	3	95	1650	57	9	40
TURKEY WALNUT PESTO	1 sandwich	870	48	12	145	1970	58	9	49
SWEET LIBERTY	1 sandwich	660	22	8	115	1750	62	6	50
POT BELLY	1 sandwich	730	32	12	150	2290	58	3	49
REO SPEEDWAGON	1 sandwich	710	32	11	145	2190	57	3	44
RIO GRANDE CLUB	1 sandwich	900	55	15	135	2000	58	6	44
"SANDWICHES WITH CHARACTER." - Heated									
ABBOTT'S HABIT	1 sandwich	720	32	10	115	1920	70	3	46
CHICKEN PESTO	1 sandwich	720	32	10	165	1590	53	3	57
ERIK'S REUBEN	1 sandwich	820	39	15	140	3140	70	9	49
SEA DOG	1 sandwich	810	46	12	90	1730	70	4	33
ERIK "BERGER"	1 sandwich	770	45	15	150	2490	53	3	41
MARRAKECH EXPRESS	1 sandwich	870	41	15	140	2690	75	3	55
RAGING BULL	1 sandwich	710	36	11	140	1970	59	3	48

3

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	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (Mg)	Dietary Fiber (g)	Protein (g)
"SANDWICHES WITH CHARACTER®" - Veggie									
NATURAL HIGH	1 sandwich	860	49	18	90	1090	77	15	35
DEL MONTE SPECIAL	1 sandwich	680	42	11	50	830	63	13	17
FARMER'S MARKET	1 sandwich	640	30	4.5	15	960	84	15	17

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (Mg)	Dietary Fiber (g)	Protein (g)
"SANDWICHES WITH CHARACTER®" - Wraps									
THAI CHICKEN WRAP	1 wrap	580	18	4	65	1150	68	6	39
PEANUT SAUCE	2 oz	150	8	1.5	0	800	13	0	3
SHRIMP VERA CRUZ WRAP	1 wrap	490	20	4	225	1330	58	6	25
MEDITERRANEAN VEGGIE WRAP	1 wrap	520	21	11	55	1780	67	8	20

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Build Your Own Sandwich



	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
Build Your Own Sandwich – includes Erik's Secret Goo, Red Onions, Tomatoes and Sprouts and Your Choice of Bread									
CHICKEN BREAST	1 sandwich	260	16	25	100	680	5	21	29
TURKEY BREAST	1 sandwich	300	16	2	95	1170	5	1	33
PASTRAMI	1 sandwich	400	27	8	110	2000	8	1	31
HAM	1 sandwich	360	27	7	95	1790	5	1	22
ERIK'S TUNA SALAD	1 sandwich	360	29	4.5	55	900	10	2	17
AVOCADO	1 sandwich	310	30	4.5	20	160	15	9	3
CHEESE – MONTEREY JACK	1 sandwich	380	34	16	85	540	6	1	18
CHEESE - PEPPER JACK	1 sandwich	400	35	15	95	590	8	1	18
CHEESE - SWISS	1 sandwich	390	32	15	85	290	9	1	19
CHEESE - CHEDDAR	1 sandwich	400	36	17	95	600	6	1	18

6

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Freshly Baked Artisan Breads



7

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	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
Freshly Baked Artisan Breads									
9-Grain Wheat	2 slices	240	2	0	0	480	48	4	6
Corn Rye Bread	2 slices	280	2	0	0	600	58	6	8
Peppered Onion Roll	1 roll	290	7	1	20	510	48	2	10
Sweet Molasses Bread	2 slices	260	1	0	0	520	56	6	8
Sweet French Roll	1 roll	310	5	.5	0	610	60	2	7
Sliced Sourdough	2 slices	260	0	0	20	520	52	2	8
Wheat Pocket Bread	1 pocket	340	3	0	0	520	66	10	12
White Pocket Bread	1 pocket	340	3	0	0	500	68	2	16
Ciabatta Roll	1 roll	240`	1.5	0	0	480	48	4	7
Udi's Gluten Free Bread									
Gluten-Free Whole Grain Bread	2 slices	230	6	.5	0	400	38	1	6

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Extra Portions




	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
Extra Portions: Available upon request									
TURKEY BREAST	2.5oz	90	2	0	40	510	0	0	16
SMOKED HAM	2.5oz	120	8	2.5	40	820	0	0	11
ROAST BEEF	2.5oz	80	2.5	.5	30	540	1	0	14
PASTRAMI	2.5oz	140	8	3	45	920	1	0	15
TUNA SALAD	2oz	120	9	1	15	370	2	0	9
CHICKEN BREAST	4oz	150	3.5	.5	80	530	0	0	28
HICKORY SMOKED BACON	2 strips	90	7	2.5	15	240	0	0	5
MONTEREY JACK CHEESE	1.25oz	130	11	7	30	190	0	0	9
PEPPER JACK CHEESE	1.25oz	140	11	6	40	220	1	0	9
SWISS CHEESE	1.25oz	130	10	6	35	70	2	0	10
CHEDDAR CHEESE	1.25oz	140	12	7	35	220	0	0	9
FRESH AVOCADO	2oz	90	9	1	0	0	5	4	1
ERIK'S WHOLE CRANBERRY SAUCE	2oz	70	0	0	0	0	19	2	0
DIJON MUSTARD	2oz	70	5	0	0	1370	6	0	4
HORSERADISH	2oz	40	0	0	5	110	7	0	3

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Sauces



	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
Sauces									
Erik's Secret Goo®	1oz	100	12	2	20	150	2	0	0
Walnut Pesto Aioli	2oz	210	23	4	40	280	2	0	0
Erik's Guacamole	2oz	90	8	1	0	5	5	4	1
Erik's Pesto	1oz	90	9	1.5	5	200	1	0	2
Erik's Sweet Hot Mustard	1.5oz	120	9	2	15	280	9	0	0

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SOUP'S ON!®

New England Clam Chowder

Butternut Squash

Vegetarian Vegetable

Chicken Vegetable Rice

Tomato Basil Bisque

"Texas Jailhouse" Chili®


Sourdough Soup Bowl




13

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	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
NEW ENGLAND CLAM CHOWDER - Made From Scratch From Erik's Family Recipes									
Cup	7oz	220	16	9	50	590	15	2	6
Bowl	9oz	280	20	11	65	750	19	2	8
Pot	16oz	500	36	20	120	1340	34	4	14
Quart	32oz	1000	72	40	240	2680	68	8	28
BUTTERNUT SQUASH SOUP - Made From Scratch From Erik's Family Recipes									
Cup	7oz	180	11	7	35	480	21	2	3
Bowl	9oz	240	15	9	45	620	27	2	4
Pot	16oz	420	26	16	80	1100	48	4	8
Quart	32oz	840	52	32	160	2200	96	8	16
VEGETARIAN VEGETABLE - Made From Scratch From Erik's Family Recipes									
Cup	7oz	50	0	0	0	420	11	3	3
Bowl	9oz	70	0	0	0	540	15	3	3
Pot	16oz	120	0	0	0	960	26	6	6
Quart	32oz	240	0	0	0	1920	52	12	12
CHICKEN VEGETABLE RICE - Made From Scratch From Erik's Family Recipes									
Cup	7oz	100	3.5	1	15	500	14	< 1	4
Bowl	9oz	120	4.5	1	15	640	18	1	6
Pot	16oz	220	8	2	30	1140	32	2	10
Quart	32oz	440	16	4	60	2280	64	4	20

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	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
TOMATO BASIL BISQUE - Made From Scratch From Erik's Family Recipes									
Cup	7oz	160	11	6	40	680	12	< 1	4
Bowl	9oz	200	15	8	50	880	16	1	6
Pot	16oz	360	26	14	90	1560	28	2	10
Quart	32oz	720	52	28	180	3120	56	4	20
"TEXAS JAILHOUSE CHILI"® - Made From Scratch From Erik's Family Recipes									
Cup	7oz	210	6	1.5	20	450	24	9	15
Bowl	9oz	270	8	2	30	570	31	11	19
Pot	16oz	480	14	4	50	1020	56	20	34
Quart	32oz	960	28	8	100	2040	112	40	68
Cheddar Cheese (served on side)	1 oz	110	9	6	30	180	0	0	7
Chopped Red Onions (served on side)	1 oz	10	0	0	0	0	3	0	0

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	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
SOUPS ON! Sourdough Soup Bowl									
SOURDOUGH SOUP BOWL	1 bowl	570	2	0	0	1190	116	4	19
NEW ENGLAND CLAM CHOWDER	1 bowl	850	22	11	65	1940	135	6	27
BUTTERNUT SQUASH	1 bowl	810	17	9	45	1810	143	6	23
VEGETARIAN VEGETABLE	1 bowl	640	2	0	0	1730	131	7	22
CHICKEN VEGETABLE RICE	1 bowl	690	6	1	15	1830	134	5	25
TOMATO BASIL BISQUE	1 bowl	770	17	8	50	2070	132	5	25
“TEXAS JAILHOUSE” CHILI	1 bowl	840	10	2	30	1760	147	15	38

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“COMBOS WITH CHARACTER®”


*Half Sandwich Combo
Light & Tasty Combo
The Square Meal
Sourdough Soup Bowl Combo*



17

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“COMBO’S WITH CHARACTER”[®]									
HALF SANDWICH COMBO	1 combo	390-1410	15-124	2-19	8-83	1020-3800	46-57	9-12	11-30
LIGHT & TASTY COMBO	1 combo	210-380	9-15	1-10	0-50	810-980	28-41	5-12	7-19
THE SQUARE MEAL	1 square meal	540 – 1540	18 – 119	4 – 22	15 – 154	1380-3870	50-110	9 – 20	20-50
SOURDOUGH SOUP BOWL COMBO <i>(w/o dressing)</i>	1 combo	800-1010	11-31	1-12	0-65	2120-2330	148-152	9-10	26-31

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SALADS

Chicken Gorgonzola Salad

Chicken Caesar Salad

Bay Shrimp Louie Salad

Salsa Ranch Salad

Chinese Chicken Salad

House Salad

Side House Salad

Side Caesar Salad


Dressings




19

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	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
SALADS: Made With Only the Freshest Greens and Served with Sliced Seeded Baguette and Butter									
CHICKEN GORGONZOLA SALAD (w/o dressing)	1 salad	450	20	8	105	1080	34	5	37
Fat-Free Raspberry Walnut Vinaigrette	2oz	70	0	0	0	820	15	0	0
CHICKEN CAESAR SALAD (hand-tossed with Erik's Famous Caesar Dressing)	1 salad	600	20	84	150	1860	24	4	44
BAY SHRIMP LOUIE SALAD (w/o dressing)	1 salad	230	14	2	220	810	12	6	19
Erik's Thousand Island Dressing	2oz	110	9	1	10	320	9	0	0

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	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
SALADS: Made With Only the Freshest Greens and Served with Sliced Seeded Baguette and Butter									
SALSA RANCH SALAD (w/o dressing)	1 salad	370	12	4	95	690	30	8	39
<i>Erik's Salsa Ranch Dressing</i>	2oz	230	23	4	10	430	4	0	0
CHINESE CHICKEN SALAD (w/o dressing)	1 salad	430	20	2	95	560	30	8	39
<i>Erik's Special Sesame Dressing</i>	2oz	180	14	2	0	600	11	0	2
HOUSE SALAD (w/choice of dressing)	1 salad	250	17	2	5	660	20	4	5
SIDE HOUSE SALAD (w/choice of dressing)	1 side salad	160	9	1	0	390	17	3	4
SIDE CAESAR SALAD (tossed w/ Erik's Famous Caesar Dressing)	1 side salad	170	1	40	20	510	15	2	9
ADD BAY SHRIMP	2oz	35	.5	0	110	300	0	0	8

21

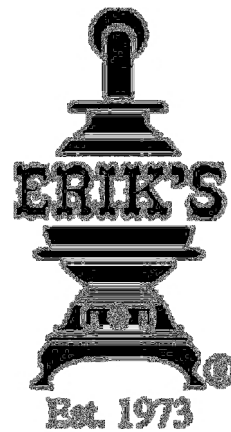
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	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
Dressings: Unless noted all Erik's Salads served with two (2), 2oz dressing portions									
Bleu Cheese	2oz	150	15	4	20	320	0	0	4
Erik's Natural House	2oz	190	19	4	0	260	2	0	0
Erik's Famous Caesar	2oz	170	15	4	30	420	4	0	0
Erik's Salsa Ranch	2oz	230	23	4	10	430	4	0	< 1
Erik's Special Sesame	2oz	180	14	2	0	600	11	0	2
Erik's Thousand Island Dressing	2oz	110	9	1	10	320	9	0	0
Fat-Free Raspberry Walnut Vinaigrette	2oz	70	0	0	0	820	15	0	0
Ranch	2oz	270	29	0	20	460	4	0	< 1

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Deli Salads


*Potato Salad
Macaroni Salad
Pasta Salad*



23

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	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
Deli Salads									
POTATO SALAD, REGULAR	8oz	340	23	4	95	850	28	2	6
POTATO SALAD, LARGE	12oz	510	34	6	140	1280	43	3	9
MACARONI SALAD, REGULAR	8oz	570	36	5	30	860	50	3	8
MACARONI SALAD, LARGE	12oz	850	53	7	50	1290	75	5	12
PASTA SALAD, REGULAR	8oz	640	64	7	19	1870	11	4	6
PASTA SALAD, LARGE	12oz	960	96	10	15	2800	17	6	8

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KID'S MEALS



25

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	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
KID'S MEALS									
ANNIE ANKLE BITER	½ sandwich	490	22	4.5	0	250	65	5	14
CHARLIE CHEESEPOCKET (w/jack & cheddar cheese)	½ sandwich	310	13	7	35	460	34	< 1	17
TOMMY TURKEY	½ sandwich	260	9	1	50	820	25	2	20

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FROM OUR BAKERY



27

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	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (MG)	Sodium (MG)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
FROM OUR BAKERY									
CARROT CAKE	1 slice	350	18	3	45	470	43	2	6
SEASONAL BREADS	1 bread	390-400	16-18	2-4	15-25	300-370	48-51	1-4	6-8
CHOCOLATE MARBLE BREAD	1 bread	400	18	4	25	370	51	1	6
DOUBLE FUDGE BROWNIE	1 brownie	420	22	13	120	200	54	0	4
CHOCOLATE CHIP COOKIE	1 cookie	200	12	3	20	110	43	< 1	3
"CHIPPIES"™	1 bag	220	10	6	20	90	32	1	2

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DELI DELIGHTS & BEVERAGES


See beverage container for Nutritional Information



29

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REV – 1.19.12

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
DELI DELIGHTS									
WHOLE KOSHER DILL PICKLE	1 pickle	5	0	0	0	580	1	1	0
JAR OF KOSHER DILL SPEARS	<i>See jar for calorie count</i>	-	-	-	-	-	-	-	-
CHIPS	<i>See bag for calorie content</i>	-	-	-	-	-	-	-	-

BEVERAGES: see beverage container for Nutritional Information

WHAT'S NEW – JANUARY 24 – MARCH 19

2012


Barnbuster
Erik's BLAST
The Cannonball Express II



31

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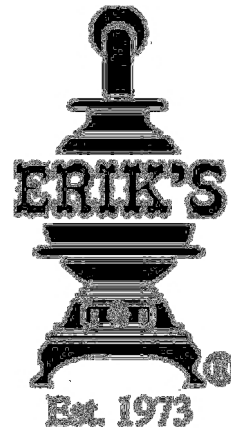
REV – 1.19.12

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
WHAT'S NEW – JANUARY 24 – MARCH 19 2012															
BARNBUSTER (5OZ OF "AUS JUS" SERVED ON THE SIDE)	1 sandwich	490	80	10	1.5	65	1700	69	2	15	35	6	6	10	35
ERIK'S AUS JUS SAUCE	5oz	25	0	0	0	0	1020	2	0	0	0	0	0	0	10
ERIK'S BLAST	1 sandwich	750	350	42	11	85	1430	62	8	1	25	8	140	10	20
THE CANNONBALL EXPRESS II	1 sandwich	610	220	25	11	50	1680	68	6	14	25	25	8	35	25

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Seasonal Soup Selections


*Alphabetical
Subject to Change*




33

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REV – 1.19.12

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
BEEF STEW – Seasonal Selections									
Cup	7oz	170	9	2.5	35	530	12	2	11
Bowl	9oz	220	11	3.5	45	690	16	2	15
Pot	16oz	400	20	6	80	1220	28	4	26
Quart	32oz	800	40	12	160	2440	56	8	52
CHICKEN STEW - Seasonal Selections									
Cup	7oz	170	10	4	50	640	13	2	10
Bowl	9oz	210	13	5	60	820	17	2	12
Pot	16oz	380	24	9	110	1460	30	4	22
Quart	32oz	760	48	18	220	2920	60	8	44
CHICKEN TORTILLA SOUP - Seasonal Selections									
Cup	7oz	70	4	1	15	660	7	< 1	3
Bowl	9oz	90	5	1	15	850	9	1	4
Pot	16oz	160	9	2	30	1520	16	2	8
Quart	32oz	320	18	4	60	3040	32	4	16
ITALIAN SAUSAGE LENTIL - Seasonal Selections									
Cup	7oz	110	4.5	1.5	15	660	12	4	7
Bowl	9oz	150	6	1.5	15	840	16	6	9
Pot	16oz	260	10	3	30	1500	28	10	16
Quart	32oz	520	20	6	60	3000	56	20	32
JAMBALAYA - Seasonal Selections									
Cup	7oz	170	16	2.5	45	800	15	2	11
Bowl	9oz	220	20	3.5	55	1030	19	2	12
Pot	16oz	400	36	6	100	1840	34	4	26
Quart	32oz	800	72	12	200	3680	68	8	52

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	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
KICKIN' CHICKEN – Seasonal Selections									
Cup	7oz	190	11	3	20	520	18	2	5
Bowl	9oz	250	15	4	30	660	24	2	7
Pot	16oz	440	26	7	50	1180	42	4	12
Quart	32oz	880	52	14	100	2360	84	8	24
MINESTRONE - Seasonal Selections									
Cup	7oz	110	2	0	< 5	570	17	3	6
Bowl	9oz	150	3	.5	5	730	22	3	8
Pot	16oz	260	5	1	10	1300	40	6	14
Quart	32oz	520	10	2	20	2600	80	12	28
POTATO BACON SOUP - Seasonal Selections									
Cup	7oz	170	10	5	30	670	16	< 1	7
Bowl	9oz	220	12	7	40	870	20	1	9
Pot	16oz	400	22	12	70	1540	36	2	16
Quart	32oz	800	44	24	140	3080	72	4	32
SEAFOOD BISQUE - Seasonal Selections									
Cup	7oz	230	18	9	90	850	13	1	8
Bowl	9oz	300	23	12	115	1100	17	2	11
Pot	16oz	530	40	21	200	1950	29	3	19
Quart	32oz	1070	80	43	400	3900	59	5	37

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	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (Mg)	Sodium (Mg)	Carbs. (g)	Dietary Fiber (g)	Protein (g)
SPLIT PEA W/HAM – Seasonal Selections									
Cup	7oz	170	1.5	0	< 5	510	29	11	13
Bowl	9oz	220	2	.5	5	650	374	15	17
Pot	16oz	400	4	1	10	1160	66	26	30
Quart	32oz	800	8	2	20	2320	132	52	60
THAI CURRY COCONUT CHICKEN SOUP - Seasonal Selections									
Cup	7oz	200	14	8	25	620	12	2	6
Bowl	9oz	260	18	10	15	790	15	3	8
Pot	16oz	450	32	18	25	1410	27	5	14
Quart	32oz	910	64	36	45	2810	54	9	27
TURKEY CHILI - Seasonal Selections									
Cup	7oz	170	9	2	25	680	12	3	10
Bowl	9oz	220	11	3	35	880	16	3	13
Pot	16oz	400	20	5	60	1560	28	6	24
Quart	32oz	800	40	10	120	3120	56	12	48

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