

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbohydrate(g)	Dietary Fiber (g)
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PANINIS

Italian	284	715	355	40	18	0	120	2372	53	3.5
English	229	384	30	5.7	1	0	60	1416	48	4
American	226	460	120	13	5.0	0	75	1780	47	3
Canadian	162	410	170	17	8.0	0	40	1160	47	3
Genovese	309	516	215	23.0	4.0	0	80	1273	49	4
French	147	485	245	25.0	12	0	73	935	255	3
Caprese	204	495	240	26.0	9	0	40	618	46	3

SALADS

Classic Caesar Salad	178	410	320	34	7	0.0	30	980	18	2
Chicken Caesar Salad	304	570	350	38	7.5	0	110	1610	20	2
Signature Italian Salad	351	541	318	36	11	0	107	1454	21	3
Caprese Salad	240	280	135	15	9	0.0	60	270	16	1
Antipasto Salad	395	744	230	45	15	15.0	370	2481	51	6

BREAKFAST PANINIS

Italian	228	575	232.5	26.5	12.75	0	350	1632.5	46.5	3
American	189	490	153	16	6.0	0	305	878	47	3
French	189	490	213	22	9.8	0	330	808	47	3
Vegetarian	225	453	173	19	8	0	320	695	48	4

CROISSANT

Plain	85	320	140	16.0	10	1	40	300	38	1
Strawberry and Cream Cheese Croissant	100	330	130	15.0	10.0	0	45	370	42	1
Egg, Cheese and Bacon Croissant	102	300	160	18.0	8	0	100	880	24	1
Ham, Egg and Cheese Croissant	100	200	100	11.0	5	0	85	320	18	0

MUFFINS

Wild Blueberry Muffin	64	220	80	9	2	0	30	270	32	1
Banana Nut Muffin	64	220	100	11	1.5	0	25	210	29	1
Chocolate Chip Muffin	64	220	100	11	3	0	30	180	28	1

DESSERTS & PASTRIES

Bomboloni	70	223	71	8	2.0	0	32	153	32	1
Cannoli	79	260	90	1	4	20	40	35	0	22
Chocolate Lava Cake	112	350	200	22	8	0	70	290	38	1
Chocolate Molten Lava Cake	108	370	200	22	11	0	120	400	41	3
Chocolate Trilovv Cake	204	730	510	57	32	2	195	620	55	2
Key Lime Pie	142	440	310	35	23	0	75	280	37	1
Lemon Berry Mascarpone	218	700	350	39	15	0	105	440	81	0
Tiramisu	125	400	190	21	14	0	90	105	44	0
Pineapple Upside Down Cake	140	100	150	17	10	0	95	380	66	1
Red Velvet Cake	93	300	150	17	6	2	35	370	34	1
CF Strawberry Cake	76	330	240	27	6	0	40	0	18	0

GELATO

Banana Dulce Gelato	100	200	80	9	5.0	0	30	50	26	0
Butter Pecan Gelato	100	220	120	14	7.0	0	35	470	21	1
Butterfinger Gelato	100	220	110	12	6.0	0	35	80	23	1
Coconut Gelato	100	210	100	11	7.0	0	35	50	26	1
Coffee Chocolate Chip Gelato	100	190	90	11	7.0	0	40	55	22	1
Cookie Dough Gelato	100	210	100	11	7.0	0	35	65	26	0
Cookies & Cream Gelato	100	220	110	12	8.0	0	35	80	24	0
Dark Chocolate Gelato	100	220	90	10	5.0	0	75	45	31	1
Hazelnut Gelato	100	250	150	18	6.0	0	35	50	20	1
Makers Manhattan Gelato	100	190	90	10	6.0	0	35	55	21	0
Pistachio Gelato	100	230	120	14	7.0	0	35	55	23	1
Sea Salt Caramel Gelato	100	250	110	12	5.0	0	30	85	31	1
Straciatella Gelato	100	190	100	11	7.0	0	35	50	21	0
Strawberry Gelato	100	200	90	11	7.0	0	40	55	22	0
Vanilla Bean Gelato	100	200	90	11	7.0	0	40	55	22	0
Peanut Butter Cup Gelato	100	270	160	18	8.0	0	30	120	23	1
Strawberry Cheesecake Gelato	100	210	80	9	6.0	0	35	50	21	0
Mint Chocolate Chip Gelato	100	200	70	8	5.0	0	30	55	28	0
Cherry Chocolate Truffle Gelato	100	220	100	11	6.0	0	35	65	23	0
Souffle Gelato	100	230	110	12	6.0	0	50	50	26	0
Foanog Gelato	100	200	90	10	6.0	0	45	55	24	0

OTHER

Yogurt, Fruit and Granola Parfait	330	354	53	6	3	0	15	270	64	4
Biscotti	35	160	50	6	3	0	30	105	24	1

Sugars (g)	Protein(g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
7	36	19%	20%	18%	24%
2.4	29	0%	12%	0%	27%
1	35	8%	0%	15%	21%
1	17	8%	0%	15%	15%
8	35	17%	22%	11%	15%
0	20	6%	0%	15%	15%
8	18	23%	20%	35%	11%
4	8	82%	4%	6%	4%
4	36	82%	6%	8%	8%
13	36	28%	45%	19%	16%
14	18	34%	40%	21%	2%
8	30	20%	25%	2%	27%
0	34	13%	0%	18%	25%
1	21	13%	0%	11%	21%
0	23	13%	0%	13%	21%
1	21	48%	15%	16%	24%
5	6	1%	0%	8%	10%
18	5	1%	15%	2%	10%
1	11	4%	0%	10%	8%
3	7	0%	0%	0%	0%
19	3	0%	0%	4%	6%
16	3	0%	0%	4%	6%
17	3	2%	0%	4%	6%
13	6	0%	0%	3%	4%
6	6	4%	0%	10%	4%
17	4	4%	0%	2%	10%
40	5	0%	0%	6%	15%
40	6	40%	2%	10%	10%
24	4	20%	4%	6%	0%
51	7	15%	6%	8%	10%
33	5	4%	0%	4%	8%
49	5	0%	6%	6%	6%
23	4	6%	0%	4%	6%
12	2	0%	0%	0%	0%
26	4	6%	15%	10%	0%
20	4	8%	0%	15%	2%
21	5	8%	0%	10%	0%
26	3	8%	0%	10%	0%
21	4	8%	0%	10%	2%
22	4	8%	0%	10%	0%
23	10	8%	0%	15%	2%
27	5	6%	0%	10%	10%
19	5	8%	2%	10%	2%
20	4	8%	0%	15%	0%
22	5	8%	0%	15%	2%
23	5	6%	0%	10%	0%
20	4	8%	0%	10%	2%
21	4	8%	4%	15%	0%
21	4	8%	0%	15%	0%
24	5	8%	0%	10%	2%
18	4	8%	0%	10%	0%
27	4	6%	2%	15%	0%
24	4	8%	2%	10%	0%
23	5	8%	0%	10%	6%
23	4	8%	0%	10%	0%
47	11	2%	21%	36%	5%
13	3	0%	0%	2%	4%