

Corner Bistro - Breakfast

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Menu Item	Serving Size	Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Breakfast Bar												
Biscuit	1 each	200	72	8	5	0	0	440	28	<1	3	5
English Muffin	1 each	130	9	1	0	0	0	220	26	1	0	5
Egg	1 each	30	0	0	0	0	<5	110	<1	<1	0	6
Sausage	1 each	200	180	20	7	0	35	250	<1	0	0	5
Bacon	2 slices	50	36	4	2	0	10	140	0	0	0	4
Turkey Bacon	2 slices	60	36	4	1	0	30	230	1	0	<1	6
American Cheese	1 slice	45	32	4	2	0	10	125	<1	0	<1	2

*Some values for this nutrient are unavailable; the number listed is incomplete.

revised: 8/16/16

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

Corner Bistro - Grill

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Grill												
Hamburger	1 each	330	126	14	5	0	55	370	30	1	4	21
Cheeseburger	1 each	370	153	17	7	0	65	490	31	1	5	24
Malibu Gardenburger	1 each	330	99	11	2	0	0	750	51	5	6	10
Cheese Quesadilla	1 each	670	306	34	19	0	85	1500	62	4	8	27
Chicken Quesadilla	1 each	460	216	24	14	0	160	730	8	1	3	48
Veggie Quesadilla	1 each	630	270	30	15	*0	65	1570	68	5	10	22
Chicken Tender	3 each	483	352	30	6	0	75	1212	27	3	0	30
BBQ (sauce for chicken tenders)	1 packet	35	0	0	0	0	0	370	8	0	3	0
Honey Mustard (sauce for chicken tenders)	1 packet	45	4	0	*	*	0	115	9	1	5	1
Fries												
French Fries	1 serving	230	117	13	3	0	0	380	27	3	0	3
Large Fries	1 serving	290	144	16	4	0	0	470	34	3	0	4
Sweet Potato Fries	1 serving	300	153	17	2	0	0	160	34	4	9	3

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revised: 8/16/16

Corner Bistro - Whole Fruit & Beverage

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Menu Item	Serving Size	Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Fruit												
Red Apple	1 each	125	0	<1	0	0	0	2	29	5	22	1
Green Apple	1 each	97	0	<1	0	0	0	2	23	5	16	1
Banana	1 each	105	0	<1	0	0	0	1	27	3	14	1
Orange	1 each	69	0	<1	0	0	0	1	18	3	12	1
Beverage												
Sweet Tea	8 fl. oz.	80	0	0	0	0	0	0	20	0	20	0
Sweet Tea, Infused	8 fl. oz.	*70	*0	*0	*0	*0	*0	*0	*18	*<1	*18	*0
Pepsi	16 fl. oz.	200	0	0	0	0	0	40	55	0	55	0
Diet Pepsi	16 fl. oz.	0	0	0	0	0	0	50	0	0	0	0
Mountain Dew	16 fl. oz.	230	0	0	0	0	0	85	62	0	61	0
Diet Mountain Dew	16 fl. oz.	5	0	0	0	0	0	70	<1	0	0	0
Lemonade	12 fl. oz.	110	0	0	0	0	0	95	28	0	28	0
Root Beer	16 fl. oz.	210	0	0	0	0	0	85	57	0	57	0

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revised: 8/16/16

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Corner Bistro - Deli

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Menu Item	Serving Size	Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Signature Sandwich												
Turkey, Bacon & Cheddar Baguette	1 each	880	387	43	14	0	95	2140	84	4	4	40
Chicken and Swiss Club on Ciabatta	1 each	660	243	27	7	*0	140	1200	51	3	4	51
Ham, Turkey and Cheddar on Flatbread	1 each	990	468	52	14	1	90	2370	92	4	7	41
Mozzarella, Tomato and Basil on Focaccia	1 each	610	369	41	11	0	55	1070	39	3	4	22
Soup*												
Chili	12 oz.	345	108	12	5	*	53	1335	39	12	8	23
Chili	16 oz.	460	144	16	6	*	70	1780	52	16	10	30
Potato Soup	12 oz.	780	378	42	26	*1.5	113	720	86	6	*13.5	15
Potato Soup	16 oz.	1040	504	56	34	*2	150	960	114	8	*18	20
Tomato Soup	12 oz.	180	14	2	0	0	0	1065	41	5	12	2
Tomato Soup	16 oz.	240	18	2	0	0	0	1420	54	6	16	2
Broccoli Cheddar Soup	12 oz.	294	189	21	12	0	66	1866	17	3	5	14
Broccoli Cheddar Soup	16 oz.	392	252	28	16	0	88	2488	22	4	6	18
Chicken Noodle Soup	12 oz.	135	27	3	1	*	30	1305	17	<1	<1	9
Chicken Noodle Soup	16 oz.	180	36	4	1	*	40	1740	22	1	1	12
Vegetarian Minestrone Soup	12 oz.	135	14	2	0	0	0	1200	26	5	8	6
Vegetarian Minestrone Soup	16 oz.	180	18	2	0	0	0	1600	34	6	10	8
Chicken Tortilla Soup	12 oz.	195	68	8	4	0	38	1875	21	2	5	11
Chicken Tortilla Soup	16 oz.	260	90	10	5	0	50	2500	28	2	6	14
New England Clam Chowder	12 oz.	300	162	18	6	0	30	1410	27	3	5	9
New England Clam Chowder	16 oz.	400	216	24	8	0	40	1880	36	4	6	12
Vegetable Soup	12 oz.	120	14	2	0	0	0	173	21	3	6	3
Vegetable Soup	16 oz.	160	18	2	0	0	0	230	28	4	8	4
Made-To-Order Deli												
Bread												
Rye Bread	2 slices	200	18	2	0	0	0	560	40	2	0	6
White Bread	2 slices	130	9	1	0	0	0	250	25	1	3	5
Whole Wheat Bread	2 slices	120	10	1	0	0	0	220	22	4	2	8
3Feller Artisan Bread	2 slices	170	41	5	0	0	0	310	28	<1	3	4
White Sub Roll	1 roll	230	99	1	0	0	0	350	35	1	1	6
Wheat Sub Roll	1 roll	230	14	4	1	*0	<5	450	40	4	4	10
Wrap, Jalapeno Cheese	1 - 12"	300	81	9	2	0	0	940	47	1	1	9
Wrap, Spinach	1 - 12"	300	80	9	3	0	0	820	47	1	2	9
Wrap, Sun-Dried Tomato Basil	1 - 12"	300	80	9	3	0	0	940	47	1	2	9
Wrap, Honey Wheat	1 - 12"	300	80	9	3	0	0	790	47	3	4	9
Udi's Tortilla Wrap	1 each	170	171	4	2	0	0	330	27	5	4	5
Bagel	1 each	300	0	1	0	0	0	430	63	4	11	10
Protein												
Ham	3 oz.	98	33	4	1	0	43	926	3	0	3	14
Turkey Breast	3 oz.	88	15	2	0	0	37	789	4	0	3	14

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Roast Beef	3 oz.	115	42	5	2	0	43	330	0	0	0	19
Beyond Chicken (meatless)	3 oz.	120	25	3	0	0	0	360	5	2	0	20
Chicken Salad	3 oz.	136	130	14	2	0	8	136	1	0	1	0
Tuna Salad	3 oz.	231	172	19	16	0	32	326	1	0	1	13
Bacon	2 slices	50	36	4	2	0	10	140	0	0	0	4
Cheese												
American	1 slice	50	36	4	2	0	13	140	<1	0	1	3
Cheddar	1 slice	60	41	5	3	0	15	90	0	0	0	4
Pepper Jack	1 slice	51	37	4	3	0	12	74	0	0	0	3
Provolone	1 slice	50	34	4	2	0	10	124	0	0	0	4
Swiss	1 slice	54	35	4	3	0	13	27	<1	0	0	4
Toppings												
Banana Peppers	1 oz.	8	3	0	0	0	0	474	1	1	1	0
Black Olives	1 oz.	33	27	3	0	0	0	208	2	1	0	0
Cucumbers	1 oz.	4	0	0	0	0	0	1	1	0	1	0
Dill Pickle Spears	1	0	0	0	0	0	0	350	<1	0	0	0
Green Leaf Lettuce	1 oz.	4	0	0	0	0	0	8	1	0	0	0
Hummus, Plain	1/4 cup	120	72	8	0	0	0	320	14	4	2	4
Hummus, Red Pepper	1/4 cup	60	72	8	0	0	0	320	14	4	2	4
Jalapeno Peppers	1 oz.	8	3	0	0	0	0	474	1	1	1	0
Sliced Green Bell Peppers	1 oz.	6	1	0	0	0	0	1	1	1	1	0
Sliced Red Onions	1 oz.	11	0	0	0	0	0	1	3	1	1	0
Sliced Tomatoes	1 oz.	5	0	0	0	0	0	2	1	0	1	0
Condiments												
Hummus, Plain	3 oz.	180	95	11	0	0	0	480	21	6	3	6
Hummus, Red Pepper	3 oz.	181	95	11	0	0	0	480	21	6	3	6
Mayonnaise, Chipotle	2 Tbsp.	220	216	24	4	0	15	200	1	0	<1	0
Mayonnaise	2 Tbsp.	210	207	23	4	0	15	150	<1	0	<1	0
Mustard, Dijon	2 Tbsp.	40	23	3	0	0	0	680	2	1	<1	2
Mustard, Yellow	2 Tbsp.	20	0	0	0	0	310	1	<1	0	1	0
Mustard, Honey	2 Tbsp.	130	108	12	2	0	15	180	7	0	6	0
Ranch	2 Tbsp.	140	130	15	3	0	10	280	2	0	1	0

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revised: 8/16/16

*Soup items offered on a rotation

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Corner Bistro - Salad Bar

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Made-to-Order Salad												
Base												
Iceberg Lettuce	1 cup	8	0	0	0	*	0	6	2	<1	1	<1
Spinach	1 cup	10	0	0	0	*	0	35	2	<1	0	1
Spring Mix*	1 cup	10	0	0	0	0	0	10	2	2	<1	<1
Romaine*	1 cup	5	0	0	0	*	0	10	1	<1	0	0
Protein												
Beyond Chicken (meatless)	3 oz.	120	25	3	0	0	0	360	5	2	0	20
Turkey	3 oz.	80	14	2	0	0	30	780	4	<1	1	13
Ham	3 oz.	110	45	5	2	0	40	1020	2	0	2	16
Tuna	2 oz.	70	14	2	0	*	25	210	0	0	0	13
Topping												
Avocado*	1/2 each	160	132	15	2	0	0	7	9	7	1	2
Boiled Egg	1 each	80	45	5	2	0	185	70	<1	0	<1	6
Chicpeas*	1/4 cup	60	10	1	0	0	0	45	8	3	0	3
Black Beans*	1/4 cup	50	0	0	0	0	0	45	8	4	0	3
Tomatoes	1/4 cup	10	0	0	0	0	0	0	2	<1	1	0
Cucumber	1/2 cup	10	0	0	0	0	0	0	3	0	1	0
Carrots	1/4 cup	15	0	0	0	0	0	25	3	<1	2	0
Green Peppers	1/2 cup	15	0	0	0	0	0	0	3	1	2	1
Yellow & Red Peppers*	1/2 cup	15	0	0	0	0	0	0	3	1	2	1
Banana Peppers	1/4 cup	0	0	0	0	0	0	580	<1	0	0	0
Corn	1/4 cup	36	0	0	0	0	0	0	8	1	2	1
Broccoli	1/2 cup	20	0	0	0	*	0	20	4	2	1	2
Red Onion	1/4 cup	10	0	0	0	*	0	0	2	0	<1	0
Black Olives*	2 Tbsp.	19	16	2	0	0	0	123	1	<1	0	0
Jalapeno*	1/4 cup	7	0	0	0	0	0	434	1	<1	<1	0
Cheddar Cheese	1/4 cup	250	189	21	13	0	75	390	<1	0	0	16
Swiss	1/4 cup	106	72	8	5	0	25	50	0	0	0	7
Mozzarella	1/4 cup	84	54	6	4	*	22	176	<1	0	0	6
Blue Cheese*	1/4 cup	120	81	9	6	0	30	350	2	0	0	7
Feta Cheese*	1/4 cup	90	63	7	5	0	30	400	1	0	1	5
Parmesan Cheese*	2 Tbsp.	42	25	3	2	0	9	180	1	0	0	3
Mushroom	1/4 cup	0	0	0	0	0	0	0	<1	0	0	1
Mandarin Oranges	1/4 cup	23	0	0	0	0	0	3	6	0	6	0
Raisins	2 Tbsp.	110	0	0	0	0	0	0	30	1	22	1
Dried Cranberries	2 Tbsp.	62	0	0	0	0	0	1	17	1	15	0
Bacon Bits	1/4 cup	140	99	11	5	0	30	480	0	0	0	10

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Quinoa	1/2 cup	107	15	2	0	0	0	9	19	2	*0	4
Sunflower Seeds	2 Tbsp.	260	200	23	3	0	0	0	11	5	1	9
Dressings												
Honey Dijon	2 Tbsp.	130	108	12	2	0	15	180	7	0	6	0
Italian	2 Tbsp.	40	32	4	1	0	0	260	2	0	2	0
Ranch	2 Tbsp.	100	90	10	2	0	10	260	1	0	<1	<1
Light Ranch	2 Tbsp.	35	5	1	0	*	<5	270	8	0	2	0
Blue Cheese	2 Tbsp.	150	140	16	3	0	15	250	<1	0	<1	1
Balsamic Vinaigrette	2 Tbsp.	60	45	5	1	0	0	200	4	0	4	0
Lite Raspberry Vinaigrette	2 Tbsp.	70	45	5	1	0	0	120	4	0	2	0

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Revised: 7/7/16

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Corner Bistro - Whole Fruit & Beverage

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Fruit												
Red Apple	1 each	125	0	<1	0	0	0	2	29	5	22	1
Green Apple	1 each	97	0	<1	0	0	0	2	23	5	16	1
Banana	1 each	105	0	<1	0	0	0	1	27	3	14	1
Orange	1 each	69	0	<1	0	0	0	1	18	3	12	1
Beverage												
Sweet Tea	8 fl. oz.	80	0	0	0	0	0	0	20	0	20	0
Sweet Tea, Infused	8 fl. oz.	*70	*0	*0	*0	*0	*0	*0	*18	*<1	*18	*0
Pepsi	16 fl. oz.	200	0	0	0	0	0	40	55	0	55	0
Diet Pepsi	16 fl. oz.	0	0	0	0	0	0	50	0	0	0	0
Mountain Dew	16 fl. oz.	230	0	0	0	0	0	85	62	0	61	0
Diet Mountain Dew	16 fl. oz.	5	0	0	0	0	0	70	<1	0	0	0
Lemonade	12 fl. oz.	110	0	0	0	0	0	95	28	0	28	0
Root Beer	16 fl. oz.	210	0	0	0	0	0	85	57	0	57	0

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revised: 8/16/16