

Festival - Burger Studio

Disclaimer: The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (Kcals)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Sandwiches - Burger												
Angus Burger	1 each	470	207	23	8	*0	67	624	42	2	*	22
Double Angus Burger	1 each	708	387	43	17	*0	121	814	43	2	*	36
Angus Burger with Cheese	1 each	516	243	27	11	*0	78	807	42	2	*	24
Double Angus Burger with Cheese	1 each	800	459	51	21	*0	144	1182	43	2	*	41
Sandwiches												
Turkey Burger	1 each	432	135	15	3	*0	56	707	43	2	*	23
Double Turkey Burger	1 each	623	225	25	6	*0	102	981	45	2	*	37
Turkey Burger with Cheese	1 each	479	162	18	6	*0	67	891	43	2	*	25
Double Turkey burger with Cheese	1 each	724	297	33	10	*0	125	1343	46	2	*	42
Sandwiches - Chicken												
All Natural Char Grilled Chicken Breast Sandwich	1 each	320	63	7	2	*0	51	564	41	2	*	23
All Natural Char Grilled Chicken Breast with Cheese	1 each	366	90	10	4	*0	62	748	41	2	*	26
Crispy All Natural Chicken Breast Sandwich	1 each	422	117	13	3	*0	35	848	53	2	*	22
Crispy All Natural Chicken Breast Sandwich with cheese	1 each	468	144	16	5	*0	46	1035	53	2	*	25
Crispy All Natural Chicken Breast Tenders	3 piece	462	279	31	6	*0	45	808	21	1	*	25
Sandwiches - Vegetarian												
Veggie Burger	1 each	310	90	10	2	*0	0	730	49	7	7	10
Cheese												
American Cheese - Yellow or White	1 slice	53	36	4	3	*0	13	211	0	0	*	3
Blue Cheese Crumbles	1 slice	50	36	4	3	*0	11	198	0	0	*	3
Cheddar Cheese	1 slice	57	45	5	3	*0	15	88	0	0	*	4
Monterey Jack	1 slice	53	36	4	3	*0	13	76	0	0	*	3
Swiss Cheese	1 slice	54	36	4	3	*0	13	27	1	0	*	4
Toppings												
Bacon	2 slices	79	54	6	2	*0	16	337	0	0	*	5
Fried Egg	1 each	83	54	6	2	*0	175	139	1	0	*	6
Banana Peppers	1 serving	2	0	0	0	*0	0	91	1	0	*	0
Grilled Red Peppers	1 serving	53	27	3	0	*0	0	132	8	1	*	1
Guacamole	1 Tbsp.	37	27	3	0	*0	0	53	3	2	*	1
Iceberg lettuce	1 serving	2	0	0	0	*0	0	1	0	0	*	0
Jalapenos	1 serving	2	0	0	0	*0	0	0	0	0	*	0
Pickles	1 serving	2	0	0	0	*0	0	124	0	0	*	0
Pico De Gallo	1 serving	7	0	0	0	*0	0	52	2	0	*	0
Red Onions	1 serving	6	0	0	0	*0	0	1	1	0	*	0
Tomato	1 serving	5	0	0	0	*0	0	1	1	0	*	0
Toppings - Sauces												
A-1	1 Tbsp.	13	0	0	0	*0	0	233	3	0	*	0
BBQ Sauce (dipping for tenders only)	2 oz.	95	0	0	0	*0	0	520	20	0	*	0
Bistro Sauce	1 Tbsp.	320	306	34	5	*0	27	528	3	1	*	1
Buffalo Blue Sauce	1 Tbsp.	34	18	2	2	*0	6	938	2	0	*	2
Chipotle Mayo	1 Tbsp.	229	216	24	4	*0	20	211	2	0	*	1
Creamy Ranch (Dipping Tenders only)	2 oz.	289	270	30	5	*0	152	561	3	0	*	1
Dijon Mustard	1 Tbsp.	10	9	1	0	*0	0	161	1	0	*	1
Honey Mustard (dipping for tenders only)	2 oz.	170	54	6	0	*0	0	0	3	0	*	0
Horseradish Mustard	1 Tbsp.	147	135	15	2	*0	13	207	2	0	*	0
Ketchup	1 Tbsp.	14	0	0	0	*0	0	158	4	0	*	0
Mayonnaise	1 Tbsp.	101	99	11	2	*0	10	86	0	0	*	0
Mustard	1 Tbsp.	10	9	1	0	*0	0	161	1	0	*	1
Pesto Mayo	1 Tbsp.	192	189	21	3	*0	15	175	0	0	*	0
Fries and Sides												
Fresh Cut Fries	1 serving	301	198	22	4	*0	0	144	26	3	*	6
Twister Fries	1 serving	400	189	21	5	*0	0	378	47	4	*	5
Bread												
Kaiser Roll	1 each	234	36	4	1	*0	11	433	41	2	*	8
Gluten-Free Bun	1 each	190	45	5	0	0	0	360	32	4	5	5
Breakfast												
Egg and Cheese Biscuit	1 each	400	189	21	10	*0.5	220	1130	37	<1	4	16
Bacon, Egg, & Cheese Biscuit	1 each	497	234	26	9	*0	203	1557	41	1	*	20
Sausage, Egg and Cheese Biscuit	1 each	600	369	41	16	*1	250	1370	37	1	4	20
Sausage	1 each	200	180	20	7	0	35	250	<1	0	0	5
bacon	1 slice	45	32	4	2	0	10	160	0	0	0	2
Sausage with Cheese Biscuit	1 each	520	315	35	15	1	45	1210	37	1	4	13
Biscuit	1 each	270	108	12	6	0	0	840	35	<1	3	6
Hash Brown Patty	1 each	198	153	17	5	*0	10	250	240	3	*	1

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

Revised: 8/24/16

Festival - Cheese Please

Disclaimer: The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (Kcals)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Specialty Sandwiches**												
Pomodoro	1 each	425	136	16	8	0	48	820	39	4	3	32
Genoa	1 each	635	370	41	14	0	72	1518	38	4	2	32
Americana	1 each	665	378	42	6	0	115	1610	49	4	11	33
Shenandoah	1 each	620	324	36	18	0	80	1100	46	4	7	16
The Cali	1 each	465	225	25	22	0	40	740	42	5	3	21
Premium Sandwiches**												
Triple club	1 each	680	306	34	14	0	90	2000	60	6	5	43
Made to Order												
Bread												
Italian Bread	2 slices	280	20	3	0	0	0	500	52	2	2	10
Multigrain Bread	2 slices	200	28	4	0	0	0	340	38	4	2	8
Sourdough	2 slices	300	28	4	0	0	0	560	60	2	2	12
Wheatberry Bread	2 slices	300	36	4	1	0	0	540	59	4	9	10
Udi's Bread	2 slices	140	36	4	0	0	0	300	22	1	4	4
Cheese												
American Cheese	1 slice	50	36	4	2	0	13	140	<1	0	1	3
Provolone Cheese	1 slice	50	34	4	2	0	10	124	0	0	0	4
Swiss Cheese	1 slice	54	35	4	3	0	13	27	<1	0	0	4
Cheddar Cheese	1 slice	86	64	7	5	0	23	133	0	0	0	5
Pepper Jack Cheese	1 slice	51	37	4	3	0	12	74	0	0	0	3
Mozzarella cheese	1 slice	55	27	3	2	0	12	120	0	0	0	6
Meats												
Pepperoni	1 serving	60		6	2	0	12	208	<1	0	0	2
Ham	1 serving	110	45	5	2	0	40	1020	2	0	2	16
Bacon	2 slices	120	90	10	4	0	25	430	<1	0	<1	6
Turkey	1 serving	80	14	2	0	0	30	780	4	<1	1	13
Toppings												
Tomato	1 serving	5	0	0	0	0	0	0	1	0	<1	0
Basil	1 serving	0	0	0	0	0	0	0	0	0	0	0
Pesto	1 serving	140	126	14	2	0	<5	150	<1	<1	0	1
Apples	1 serving	15	0	0	0	0	0	0	4	<1	3	0
Guacamole	1 serving	60	45	5	1	0	0	100	3	1	0	<1
Caramelized Onions	1 serving	50	32	4	1	0	0	0	4	<1	2	<1
Sauces												
Ranch	1 serving	280	54	28	5	2	20	360	2	0	<1	0
Pesto Mayo	1 serving	380	369	41	6	1	20	310	1	0	<1	1
Chipotle Mayo	1 serving	440	423	47	7	1	25	400	2	0	1	0
Honey Mustard	1 serving	270	207	23	4	0	30	360	13	0	12	<1
Soup												
Tomato Soup	1 serving	200	108	12	6	0	30	510	19	4	10	5

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

Revised: 8/24/16

**Nutritionals are based on Multigrain bread.

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

Festival - Chopsticks

Disclaimer: The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (Kcals)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Appetizers												
Veggie Rolls	1 each	140	110	12	2	0	0	140	8	0	1	2
Dumpling	1 each	106	18	2	1	0	0	253	17	3	4	4
Made-To-Order												
Rice												
Rice Bowl, White	1 serving	430	0	0	0	0	0	5	105	0	0	2
Rice Bowl, Fried	1 serving	340	25	3	1	0	20	470	70	2	3	8
Noodle Bowl, Chow Mein	1 serving	790	50	6	0	0	0	680	162	9	6	28
Noodle Bowl, Yakisoba	1 serving	710	40	5	0	0	0	330	147	8	8	24
Topping												
Beef and Broccoli	1 serving	120	30	4	1	0	25	270	11	2	6	13
General Kaz's Tofu	1 serving	250	180	19	2	0	0	590	9	1	5	9
Mushroom Garlic Chicken	1 serving	110	20	2	0	0	25	630	12	2	6	11
Orange Chicken	1 serving	380	240	26	4	0	90	200	13	2	1	22
Sesame Chicken	1 serving	350	190	21	4	0	80	580	19	2	9	19
Teriyaki Chicken	1 serving	320	150	17	2	0	90	410	9	0	8	32

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

Created: 10/5/15

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

Festival - Eats

Disclaimer: The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Menu Item	Serving Size	Calories (Kcals)	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)
Meals												
Hand-Carved Turkey	3 oz.	140	45	5	2	*0	65	500	1	0	<1	23
Quarter Rotisserie Chicken	1 serving	430	216	24	7	*0	155	900	2	<1	0	48
BBQ Chicken	3 oz.	190	54	6	2	0	75	550	3	<1	2	28
BBQ Pork	3 oz.	250	144	16	5	0	80	330	4	0	4	20
Roll												
Kaiser Roll	1 each	230	27	3	1	0	0	430	43	2	3	8
Hamburger Roll	1	160	23	3	1	0	0	250	29	1	4	5
Sides**												
Broccoli	1/2 cup	20	0	0	0	0	0	20	4	2	<1	1
Green Beans	3 oz.	30	0	0	0	0	0	0	7	3	1	2
Carrot	1/2 cup	25	0	0	0	0	0	45	6	2	3	<1
Sauteed Muchrooms	1/2 cup	140	126	14	2	*0	0	100	2	<1	0	2
Zuchinni & Tomatoes	1/2 cup	45	14	2	0	*0	0	125	7	2	4	1
Mashed Potatoes	1/2 cup	120	32	4	2	*0	10	80	21	2	2	2
Macaroni and Cheese	1/2 cup	210	99	11	6	*0	25	340	20	<1	*3	10
Ranch Fries	4.75 oz.	190	72	8	2	0	0	480	27	3	0	3
Corn	1/2 cup	70	5	1	0	0	0	0	18	2	3	2
Peas	1/2 cup	100	27	3	2	0	0	95	13	5	4	5
Peach Crisp	1 each	160	54	6	4	*0	15	10	26	<1	16	1
Coleslaw	1/2 cup	160	144	16	3	0	10	160	5	1	1	<1
Sauce												
Original BBQ	2 fl. oz.	110	0	0	0	0	0	450	27	0	24	<1
Ranch BBQ	2 fl. oz.	220	198	22	4	0	15	580	5	0	4	0
Honey BBQ	2 fl. oz.	76	0	0	0	0	0	356	17	0	14	<1
Chipotle BBQ	2 fl. oz.	110	0	0	0	0	0	440	26	0	23	<1
Carolina-Style BBQ	2 fl. oz.	60	36	4	2	0	10	360	5	<1	4	1
Gravy	1 fl. oz.	35	23	3	2	*0	5	85	2	0	0	0
Breads												
Corn Bread	1 each	120	32	4	1	*0	20	250	20	0	8	2
Cranberry Bread	1 each	160	9	1	0	*0	0	290	34	<1	19	2

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

Revised: 8/24/16

**Sides are offered on a rotation. Please see shop for today's special

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

Festival - Flats

Disclaimer: The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Menu Item	Serving Size	Calories (Kcals)	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 Stacks												
Gyro	1 each	1006	482	54	19	0	95	3001	98	5	13	33
Veggie	1 each	631	189	21	8	0	35	1301	84	5	7	31
Italian	1 each	725	266	30	14	0	65	1700	73	2	5	38
Taco	1 each	766	284	32	16	0	105	1821	78	2	6	39
Falafel	1 each	831	297	33	6	0	55	1371	112	10	6	26
Premium Stacks												
Chicken Pesto	1 each	975	477	53	15	*0	88	1740	75	3	5	49
Dipping Sauce												
House Sauce	2 oz.	340	324	36	6	*0.5	20	400	3	0	3	0
Sour Cream	2 oz.	90	72	8	5	*0	30	70	2	0	2	<1
Ranch	2 oz.	280	54	28	5	2	20	360	2	0	<1	0
Salsa	2 oz.	10	45	0	0	*0	0	130	3	<1	1	<1
Side												
Apple, Red	1 each	125	0	<1	0	0	0	2	29	5	22	1
Apple, Green	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

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

Revised: 8/24/16

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

Festival - Fresh

Disclaimer: The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (Kcals)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Made to Order												
Base												
Romaine Lettuce	1 cup	5	0	0	0	0	0	0	1	<1	<1	1
Iceburg Lettuce	1 cup	10	0	0	0	0	0	5	2	<1	1	1
Spinach	1 cup	7	0	0	0	*	0	22	1	<1	0	<1
Protein												
Chicken, Baked	3 oz.	140	45	5	1	0	65	75	0	0	0	24
Chicken, Seasoned	3 oz.	140	45	5	1	*0	65	170	0	0	0	24
Marinated Tofu	3 oz.	132	46	5	1	0	0	318	15	2	0	9
Chicken Tenders	3 oz.	160	54	6	1	0	25	570	12	0	0	14
Toppings												
Blue Cheese	1/4 cup	120	83	9	7	0	29	351	2	0	0	7
Feta Cheese	1/4 cup	90	70	7	5	0	30	400	1	0	1	5
Parmesan Cheese	1/4 cup	91	46	5	3	0	21	126	3	0	0	9
Cheddar Cheese	1/4 cup	250	190	21	13	0	65	390	<1	0	0	16
Hard-cooked egg	1/4 cup	60	35	4	1	0	140	50	0	0	0	5
Garbanzo Beans	1/4 cup	60	10	1	0	0	0	45	8	3	0	3
Kidney Beans	1/4 cup	59	3	<1	0	0	<1	50	10	3	<1	4
Tomatoes	1/2 cup	27	3	<1	0	0	0	8	6	2	4	2
Broccoli	1/2 cup	14	1	<1	0	0	0	14	3	1	<1	1
Red Grapes	1/4 cup	29	0	0	0	0	0	<1	8	<1	7	<1
Mandarin Oranges	1/2 cup	60	0	0	0	0	0	8	14	1	12	<1
Pepperoncini	1 Tbsp	13	0	0	0	0	0	429	3	1	0	<1
Black Beans and Corn	1 fl oz	30	5	1	0	0	0	60	5	2	<1	1
Bacon Bits	1/4 cup	120	70	8	3	0	35	410	<1	0	0	10
Chow Mein Noodles	1/4 cup	68	26	3	1	0	0	124	9	<1	<1	1
Tortilla Straw	1/4 cup	43	11	1	<1	0	0	14	7	1	0	<1
Sunflower Seeds	2 Tbsp.	260	200	23	3	0	0	0	11	5	1	9
Dried Cranberries	2 Tbsp.	140	0	<1	0	0	0	1	37	3	29	0
Raisins	2 Tbsp.	113	2	<1	0	0	0	4	30	1	22	1
Croutons	1/4 cup	70	35	4	0	0	0	80	8	0	0	1
Dressings												
Honey Mustard	2 Tbsp.	130	108	12	2	0	15	180	7	0	6	0
Creamy Caesar	2 Tbsp.	140	135	15	3	0	0	260	1	0	<1	<1
Blue Cheese	2 Tbsp.	150	144	16	3	0	15	250	<1	0	<1	1
Fat Free Ranch	2 Tbsp.	35	4.5	1	0	*	<5	270	8	0	2	0
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
Vegetable Oil	1 Tbsp.	121	121	13	2	0	0	0	0	0	0	0
Red Wine Vinegar	1 Tbsp.	0	0	0	0	0	0	0	0	0	0	0

Revised: 6/17/2016

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

Festival - Montague's Deli

Disclaimer: The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (Kcals)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bread												
White Sub Roll	1 roll	230	9	1	0	0	0	350	35	1	1	6
Wheat Sub Roll	1 roll	230	32	4	1	*0	<5	450	40	4	4	10
White Bread	2 slices	130	9	1	0	0	0	250	25	1	3	5
Wheatberry Bread	2 slices	300	36	4	1	0	0	540	59	4	9	10
Wheat Bread	2 slices	120	10	1	0	0	0	220	22	4	2	8
Bagel, Plain	1 each	300	9	1	0	0	0	430	63	4	11	10
Wrap, Jalapeno Cheese	1 - 12"	310	60	7	3	0	0	1100	50	2	0	8
Wrap, Spinach	1 - 12"	310	60	7	3	0	0	740	51	2	0	9
Wrap, Tomato Basil	1 - 12"	310	60	7	3	0	0	720	52	2	0	8
Wrap, Honey Wheat	1 - 12"	290	7	3	0	0	0	750	50	6	0	9
Pretzel Roll	1 each	270	18	2	0	0	0	555	51	2	1	9
Udi's Wrap	1 each	170	36	4	2	0	0	330	27	5	4	5
Udi's Bread	2 slices	140	36	4	0	0	0	300	22	1	4	4
Protein												
Bacon	2 slices	37	25	3	1	0	9	101	0	0	0	3
Beyond Chicken	3 oz.	120	25	3	0	0	0	360	5	2	0	20
Ham	3 slices	110	45	5	2	0	40	1020	2	0	2	16
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
Pepperoni	8 pieces	75	63	7	3	0	15	260	<1	0	0	3
Roast Beef	3 slices	120	45	5	2	0	45	350	0	0	0	20
Chicken Salad	3.2 oz.	230	171	19	3	*0	45	230	2	0	<1	12
Tuna Salad	3.2 oz.	230	171	19	3	*0	30	320	1	0	<1	13
Salami	3 slices	120	99	11	4	0	20	450	<1	0	<1	5
Turkey, Breast	3 slices	80	14	2	0	0	30	780	4	<1	1	13
Turkey, Smoked	3 slices	80	14	2	0	0	40	830	2	<1	1	15
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 Pepper	1/4 cup	5	<1	0	0	0	0	584	<1	0	0	<1
Black Olives	2 Tbsp.	30	24	3	<1	0	0	125	1	<1	0	<1
Cucumbers	1/4 cup	5	0	0	0	0	0	0	2	0	<1	0

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

Green Peppers	1/4 cup	8	1	<1	0	0	0	1	2	<1	1	<1
Hummus, Plain	2 Tbsp.	60	32	4	0	0	0	160	7	2	1	2
Hummus, Red Pepper	2 Tbsp.	60	32	4	0	0	0	160	7	2	1	2
Jalapenos	2 Tbsp.	5	0	0	0	0	0	355	1	<	0	0
Lettuce	1 leaf	0	0	0	0	*	0	10	<1	0	0	0
Pickle Slices	1/4 cup	10	0	0	0	0	0	970	1	<1	<1	0
Red Onion	1/4 cup	10	0	0	0	0	0	0	2	0	<1	0
Spicy Red Pepper Relish	2 Tbsp.	0	0	0	0	0	0	240	<1	0	0	0
Sweet Pepper	1 oz.	5	0	0	0	*	0	390	1	0	*	0
Tomato	2 slices	5	0	0	0	0	0	0	1	0	<1	0
Condiments												
Italian	2 Tbsp.	40	32	4	1	0	0	260	2	0	2	0
Mayonnaise	1 Tbsp.	110	100	12	2	0	5	75	0	0	0	0
Chipotle Mayonnaise	1 Tbsp.	110	100	12	2	0	8	100	0	0	<1	0
Light Mayonnaise	1 Tbsp.	35	30	4	1	0	<5	125	<1	0	0	0
Dijon Mustard	1 Tbsp.	15	10	1	0	0	0	340	<1	0	0	1
Honey Mustard Dijon	1 Tbsp.	70	50	6	1	0	5	90	3	0	3	0
Yellow Mustard	1 Tbsp.	10	0	0	0	0	155	<1	0	0	<1	0
Ranch	2 Tbsp.	140	126	14	3	1	10	180	1	0	<1	0
Vegetable Oil	1 Tbsp.	121	121	13	1.5	0	0	0	0	0	0	0
Red Wine Vinegar	1 Tbsp.	0	0	0	0	0	0	0	0	0	0	0
Vinegar and Oil	2 Tbsp.	180	180	20	2	0	0	0	0	0	0	0
Side												
Apple, Red	1 each	125	0	<1	0	0	0	2	29	5	22	1
Apple, Green	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
Dill Pickles, Spears	1 each	4	0	0	0	0	0	283	<1	0	0	0

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

Revised: 7/26/2016

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

Festival - Planet Fuego

Disclaimer: The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Menu Item	Serving Size	Calories (Kcals)	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)
Made-to-Order												
Base												
Tortilla (Taco)	1- 6"	90	23	3	1	0	0	230	14	0	<1	2
Tortilla (Burrito)	1-12"	310	72	8	3	0	0	820	49	1	2	8
Corn Tortilla (Taco)	1 each	60	23	3	0	0	0	0	9	<1	0	<1
Tortilla Bowl (Salad)	1 each	380	126	14	3	0	0	670	54	3	2	9
Tortilla Chips (Nachos)	1 serving	348	96	11	2	0	0	362	58	8	1	7
Filling												
Rice	1 serving	90	0	0	0	*0	0	34	20	0	0	2
Roasted Chicken	1 serving	130	27	3	1	*0	85	130	0	0	0	24
Roasted Chicken (Taco)	1 serving	43	9	1	0	*0	28	43	0	0	0	8
Taco Beef	1 serving	190	108	12	5	*0	60	530	3	0	1	17
Taco Beef (Taco)	1 serving	73	45	5	2	*0	23	210	1	0	1	7
Black Beans	1 serving	53	0	0	0	*0	0	188	9	5	*0	3
Black Beans (Taco)	1 serving	18	0	0	0	*0	0	63	3	2	*0	1
Pinto Beans	1 serving	60	0	0	0	*0	0	405	11	5	0	3
Pinto Beans (Taco)	1 serving	20	0	0	0	*0	0	135	4	2	0	1
Double Bean	1 serving	75	0	0	0	*0	0	395	13	7	0	2
Fajita Veggies	1 serving	25	0	0	0	*0	0	15	6	<1	3	<1
Vegetarian Portabella Mushroom	1 serving	15	0	0	0	*0	0	20	2	<1	<1	<1
Toppings												
Cheddar Cheese	1 serving	115	90	10	6	0	30	175	<1	0	0	7
Cheddar Cheese (Quesadilla)	1 serving	230	171	19	12	0	60	350	<1	0	0	14
cheddar Cheese (Taco)	1 serving	58	45	5	3	0	15	88	<1	0	0	4
Jack Cheese	1 serving	110	81	9	6	0	38	165	<1	0	0	7
Jack Cheese (Quesadilla)	1 serving	220	162	18	11	0	55	330	<1	0	0	14
Jack Cheese (Taco)	1 serving	55	41	5	3	0	19	83	<1	0	0	4
Lettuce	1 serving	23	0	0	0	*	0	15	5	2	3	2
Onion	1 serving	10	0	0	*	0	0	0	3	0	1	0
Tomato	1 serving	5	0	0	0	*	0	0	1	0	<1	0
Jalapeno	1 serving	10	0	0	0	0	0	530	2	<1	<1	0
Portabella Mushrooms	1 serving	25	9	1	0	*0	0	35	4	1	2	2
Lime	1 serving	0	0	0	0	*	0	0	<1	0	0	0
Sour Cream	1 serving	45	36	4	3	*0	15	35	1	0	1	<1
Cilantro	1 serving	2	0	0	0	*	0	8	<1	<1	0	<1
Avocado Ranch Dressing	1 serving	100	90	10	2	*	<5	160	2	<1	<1	<1
Salsa Ranch	1 serving	90	81	9	2	*0	10	290	2	0	1	<1
Guacamole	1 serving	110	90	10	2	0	0	200	5	3	0	1
Guacamole	1 serving	220	180	20	3	0	0	400	10	6	0	2
Warm Dos Queso	1 serving	165	126	14	9	*0	45	715	1	0	0	9
Warm Dos Queso	1 serving	330	243	27	18	*0	90	1430	2	0	0	18
Salsa												
Pico de Gallo	1 serving	10	0	0	0	*0	0	95	2	<1	1	0
Salsa	1 serving	10	0	0	0	*0	0	130	3	<1	1	<1
Black Bean & Corn	1 serving	40	0	0	0	*0	0	110	8	2	*<1	2
Verde	1 serving	10	0	0	0	*0	0	130	2	<1	1	0
Roja	1 serving	40	9	1	0	*0	0	380	7	<1	*0	<1
Fire Roasted	1 serving	10	0	0	0	*0	0	35	2	<1	1	0
Vegetarian Sides												
Zoca Signature Rice	1 serving	120	5	1	0	*0	0	45	27	0	0	3
Charro Beans	1 serving	90	5	1	0	*0	0	280	16	6	<1	6
Seasoned Black Beans	1 serving	80	0	0	0	*0	0	290	15	6	*<1	5
Rice & Beans	1 serving	140	9	1	0	*0	0	140	27	2	1	4
Tortilla Chips & Snack Dips												
Guacamole & Tortilla Chips	1 serving	501	289	28	4	0	0	700	59	13	<1	7
Queso & Tortilla Chips	1 serving	611	359	35	19	*0	90	1730	51	7	<1	23
Pico de Gallo & Tortilla Chips	1 serving	306	89	8	1	*0	0	520	55	9	3	6
Salsa & Tortilla Chips	1 serving	306	89	8	1	*0	0	590	55	8	3	6
Tortilla Chips	1 serving	281	8	8	1	0	0	300	49	7	<1	5

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

Revised: 6/9/16

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

Festival - Skillets

Disclaimer: The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Menu Item	Serving Size	Calories (Kcals)	Calories		Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
			From Fat (Kcals)	Total Fat (g)								
Premium Skillets												
Grilled Vegetable and Cheese	1 Serving	690	396	44	14	*0	510	940	46	4	7	29
Ham and Cheese	1 Serving	620	360	40	14	*0	525	1130	32	2	5	32
Bacon and Cheese	1 Serving	630	378	42	14	*0	520	980	32	2	4	30
Sausage and Cheese	1 Serving	840	576	64	22	*0	555	1130	32	2	4	34
Skillets Made-To-Order												
Egg	1 Serving	100	54	6	2	0	240	230	<1	0	0	9
Cheddar Cheese	1 Serving	110	81	9	6	0	30	180	0	0	0	7
Potatoes Hash Brown	1 Serving	50	0	0	0	0	0	20	11	1	0	1
Ham	1 Serving	35	14	2	1	0	15	320	<1	0	<1	5
Bacon	1 Serving	140	99	11	5	0	30	480	0	0	0	10
Sausage	1 Serving	200	180	20	7	0	35	250	<1	0	0	5
Green Peppers	1 Serving	5	0	0	0	*	0	0	1	0	<1	0
Onion	1 Serving	10	0	0	0	*	0	0	3	0	1	0
Tomatoes	1 Serving	5	0	0	0	*	0	0	1	0	<1	0
Biscuit	1 Serving	320	81	9	3	3	0	950	47	<1	7	7
Premium Crepes												
Peaches and Creams	1 Serving	662	338	38	25	0	105	806	70	1	*	12
Apple and Vanilla Pudding	1 Serving	524	123	14	8	0	43	685	93	6	*	10
Crepes Made-To-Order												
Crepe, small	1 Serving	80	18	2	1	*0	18	160	13	0	3	3
Crepe, large	1 Serving	240	54	6	3	*0	55	480	38	1	10	9
Toppings												
Bananas	2 oz.	50	0	0	0	*	0	0	13	1	7	<1
Strawberries	2 oz.	20	0	0	0	*	0	0	4	1	3	0
Blueberries	2 oz.	30	0	0	0	*	0	0	7	2	5	0
Apples	1 slice	0	0	0	0	*	0	0	0	0	0	0
Peach Pie Filling	2 oz.	25	0	0	0	0	0	0	5	0	4	0
Vanilla Pudding	2 oz.	80	36	4	1	2	0	80	11	0	9	<1
Sweeten Cream Cheese	1 Tbsp.	50		5	3	*	15	50	<1	0	0	<1
Dried Cranberries	1 oz.	90	0	0	0	*	0	0	23	2	18	0
Honey	1 oz.	90	0	0	0	*	0	0	23	0	23	0
Raisins	1 oz.	80	0	0	0	*	0	0	22	1	17	<1
Walnuts	1 oz.	190	162	18	2	*	0	0	4	2	<1	4
Cinnamon	1 Tbsp.	19	0	0	0	0	0	1	6	4	0	0
Cinnamon Sugar	1 Tbsp.	27	0	0	0	0	0	0	7	1	6	0
Powdered Sugar	1 Tbsp.	29	0	0	0	0	0	0	7	0	7	0
Whipped Topping	1 oz.	15	9	1	1	*	0	0	1	0	1	0
Sauces/Spreads												
Caramel Sauce	1 oz.	89	3	0	0	0	1	51	21	0	21	0
Chocolate Sauce	1 oz.	68	3	0	0	0	0	31	16	0	14	1
Nutella	1 oz.	152	83	9	3	0	0	11	16	1	16	2
Maple Syrup	1 oz.	110	0	0	0	0	0	65	28	0	19	0
Raspberry Sauce	1 oz.	58	0	0	0	0	0	22	15	0	14	0

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

Revised: 8/24/16

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

Festival - Soup

Disclaimer: The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (Kcals)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Soups												
Bread Bowl (extra)	1 each	170	22.5	2.5	0	*0	10	320	30	1	1	6
Cream of Broccoli Soup	12 oz.	120	67.5	7.5	4.5	0	30	540	9	3	3	3
Cream of Broccoli Soup	16 oz.	160	99	11	7	*0	30	720	14	3	3	4
Vegetable Soup	12 oz.	180	13.5	1.5	0	0	0	315	33	6	6	6
Vegetable Soup	16 oz.	220	18	2	0	*0	0	420	44	9	8	8
Beef Noodle Soup	12 fl. oz.	210	72	8	2	*0	55	470	17	2	*2	16
Beef Noodle Soup	16 fl. oz.	260	99	11	3	*0	65	620	22	2	*3	19
Creamy Chicken Rice Soup	12 fl. oz.	230	108	12	7	*0	30	360	26	<1	7	7
Creamy Chicken Rice Soup	16 fl. oz.	310	144	16	9	*0	45	480	35	<1	9	9
Tomato Soup	12 fl. oz.	300	162	18	9	0	45	765	28.5	6	15	7.5
Tomato Soup	16 fl. oz.	400	216	24	12	0	60	1020	38	8	20	10
Broccoli Cheddar Soup	12 fl. oz.	360	207	23	12	*0	40	680	24	3	8	15
Broccoli Cheddar Soup	16 fl. oz.	480	270	30	17	*0	50	900	32	4	10	20
Italian Wedding Soup	12 fl. oz.	200	108	12	4.5	*0	25	590	14	2	2	9
Italian Wedding Soup	16 fl. oz.	270	144	16	6	*0	30	790	19	2	3	12
Chicken Double Noodle Soup	12 fl. oz.	170	54	6	1	*0	30	460	24	2	*2	5
Chicken Double Noodle Soup	16 fl. oz.	220	72	8	1.5	*0	45	610	32	2	*3	7
Vegetable Chili	12 fl. oz.	160	13.5	1.5	0	*0	0	190	31	9	*8	7
Vegetable Chili	16 fl. oz.	210	18	2	0	*0	0	250	41	12	*11	10
Chicken & Wild Rice Soup	12 fl. oz.	100	9	1	0	*0	<5	240	19	2	*2	4
Chicken & Wild Rice Soup	16 fl. oz.	130	13.5	1.5	0	*0	<5	320	25	3	*3	5
Jerk Chicken Soup	12 fl. oz.	240	81	9	2	*0	30	560	29	6	*4	13
Jerk Chicken Soup	16 fl. oz.	320	108	12	2.5	*0	45	740	39	7	*5	17
Cheddar Bacon Potato Soup	12 fl. oz.	540	279	31	16	*0	75	860	47	4	15	19
Cheddar Bacon Potato Soup	16 fl. oz.	720	378	42	22	*0	100	1140	62	5	20	26
French Onion Soup	12 oz.	345	162	18	7.5	*0	22.5	675	33	3	*9	12
French Onion Soup	16 oz.	460	225	25	10	*0	30	910	44	5	*12	16
Vegetable Barley Soup	12 fl. oz.	130	40.5	4.5	0.5	*0	0	210	20	4	3	3
Vegetable Barley Soup	16 fl. oz.	170	54	6	1	*0	0	290	26	5	4	4
Chili Con Carne	12 fl. oz.	380	117	13	5	*0	60	440	40	9	*12	25
Chili Con Carne	16 fl. oz.	510	162	18	7	*0	80	590	53	12	*16	34
Chicken & Pinto Bean Chili	12 fl. oz.	350	81	9	1.5	*0	85	610	32	11	5	34
Chicken & Pinto Bean Chili	16 fl. oz.	470	108	12	2.5	*0	115	810	43	14	6	46

*Offered on Rotation

Created: 10/5/15

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