

Corner Bistro

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)
Breakfast												
American Cheese	1 slice	40	30	4	2	0	10	125	1	0	1	2
Bacon	2 slices	160	100	12	4	0	40	440	0	0	0	12
Buttermilk Biscuit	1 each	190	60	7	5	0	0	650	26	1	3	4
Egg Substitute	1 each	30	0	0	0	0	0	110	1	0	0	6
English Muffin	1 each	120	10	1	0	0	0	210	24	1	1	5
Pork Sausage Patty	1 each	200	180	20	7	0	35	390	1	0	0	0
Turkey Bacon	2 slices	50	18	3	0	0	20	320	0	0	0	4
Greek Yogurt Bar												
Greek Yogurt - Plain	1/2 cup	65	0	0	0	0	5	40	5	0	5	12
Greek Yogurt - Vanilla	1/2 cup	95	0	0	0	0	<5	38	14	0	13	10
Granola	2 Tbsp	43	5	1	0	0	0	26	9	1	3	1
Chocolate Chips	1 Tbsp	70	35	4	3	0	0	0	10	1	8	0
Roasted Peanuts	1 Tbsp	75	75	8	0	0	0	0	0	0	0	0
Honey	1 Tbsp	60	0	0	0	0	0	0	17	0	17	0
Raisins	2 Tbsp	65	0	0	0	0	0	5	16	1	15	<1
Grill												
Fresh Tri-blend Cheeseburger	1 each	410	180	20	8	1	80	530	26	<1	6	30
Cheese Quesadilla	1 each	800	441	49	27	0	115	2150	58	0	6	41
Chicken Quesadilla	1 each	840	432	48	23	0	155	2010	57	0	6	52
Chicken Tender	3 each	345	210	24	5	0	53	720	17	2	2	15
Farmhouse Chicken Sandwich	1 each	380	110	12	2	0	75	650	37	3	10	33
French Fries	1 serving	230	110	13	3	0	0	40	25	3	0	3
Grilled Cheese	1 each	370	230	25	13	0	40	840	26	0	5	12
Large Fries	1 serving	290	140	16	4	0	0	50	32	3	0	3
Southwest Gardenburger	1 each	450	190	21	5	0	15	940	54	8	10	14
Sweet Potato Fries	1 serving	270	130	14	2	0	0	130	33	4	9	3
Veggie Quesadilla	1 each	740	387	43	21	0	95	2170	63	2	8	35
Deli - Menu Item												
Chicken and Swiss Club on Ciabatta	1 each	650	369	41	12	0	120	970	30	0	1	41
Ham, Turkey and Cheddar on Flatbread	1 each	1010	459	51	17	0	120	2540	86	*	5	45
Mozzarella, Tomato and Basil on Focaccia	1 each	630	342	38	12	0	75	740	44	1	3	24
Turkey, Bacon & Cheddar Baguette	1 each	920	351	39	16	0	115	2410	90	0	4	43
Deli - MTO												
3Feller Artisan Bread	1 slice	113	29	3	1	0	19	230	18	1	3	5
American Cheese	1 slice	40	30	4	2	0	10	125	1	0	1	2
Bacon	2 slices	160	100	12	4	0	40	440	0	0	0	12
Bagel	1 each	300	10	1	0	0	0	360	62	4	7	10
Banana Peppers	1 Tbsp	0	0	0	0	0	0	315	<1	0	0	0
Beyond Chicken (meatless)	6 slices	130	30	4	0	0	0	330	5	3	0	20
Black Olives	1 Tbsp	12	10	1	0	0	0	50	1	0	0	0
Cheddar	1 slice	40	18	2	4	0	13	68	0	0	0	3
Chicken Salad	1 serving	270	200	22	4	0	60	280	2	0	0	14
Cucumbers	1 Tbsp	0	0	0	0	0	0	0	0	0	0	0
Dill Pickle Spears	1 each	3	0	0	0	0	0	270	1	0	0	0
Green Leaf Lettuce	1 leaf	0	0	0	0	0	0	0	0	0	0	0
Ham	3 slices	110	40	4	2	0	40	960	2	0	2	15
Hummus, Plain	2 Tbsp	70	40	5	1	0	0	170	7	2	1	3
Hummus, Plain (as protein)	3 oz.	210	120	14	2	0	0	510	21	6	2	9
Hummus, Red Pepper	2 Tbsp.	60	30	4	0	0	0	140	7	2	1	2
Hummus, Red Pepper (as protein)	1/4 cup	180	90	11	0	0	0	420	21	6	3	6
Jalapeno Peppers	1 Tbsp	0	0	0	0	0	0	215	<1	0	<1	0
Mayonnaise	1 Tbsp.	100	100	11	2	0	10	75	0	0	0	0
Mayonnaise, Chipotle	1 Tbsp.	100	100	11	2	0	10	90	0	0	0	0
Mustard, Dijon	1 Tbsp.	15	0	0	0	0	0	360	0	0	0	0
Mustard, Honey	1 Tbsp.	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Mustard, Yellow	1 Tbsp.	0	0	0	0	0	0	155	3	0	2	0
Pepper Jack	1 slice	50	70	4	3	0	15	85	<1	0	0	4

Provolone	1 slice	50	35	4	3	0	10	125	<1	0	0	4
Ranch	2 Tbsp.	90	90	10	2	0	10	260	1	0	1	1
Roast Beef	3 slices	120	38	5	2	0	38	510	2	0	2	18
Rye Bread	1 slice	120	10	1	0	0	0	280	20	1	0	3
Sliced Green Bell Peppers	1 Tbsp	0	0	0	0	0	0	0	1	0	0	0
Sliced Red Onions	1 Tbsp	5	0	0	0	0	0	0	2	0	0	0
Sliced Tomatoes	1 Tbsp	0	0	0	0	0	0	0	0	0	0	0
Swiss	1 slice	55	40	5	3	0	13	70	<1	0	<1	4
Tuna Salad	1 serving	280	210	23	5	0	40	400	3	0	0	16
Turkey Breast	3 slices	70	5	1	0	0	30	590	3	0	2	12
Udi's Tortilla Wrap	1 each	170	35	4	2	0	0	330	27	5	4	5
Wheat Sub Roll	1 roll	170	25	3	1	0	0	180	28	3	3	6
White Bread	2 slice	130	10	1	0	0	0	250	25	0	3	5
White Sub Roll	1 roll	500	50	6	0	0	0	600	94	4	4	16
Whole Wheat Bread	2 slice	140	20	2	0	0	0	300	26	4	4	6
Wrap, Honey Wheat	1 - 12"	300	70	8	3	0	0	700	49	3	3	8
Wrap, Jalapeno Cheese	1 - 12"	300	80	9	3	0	0	940	47	1	1	9
Wrap, Spinach	1 - 12"	300	70	8	3	0	0	680	49	2	2	8
Wrap, Sun-Dried Tomato Basil	1 - 12"	300	110	12	13	0	0	830	49	2	2	8