

## Top Dog - Madison Bread

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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)
<b>Panini</b>												
Chicken Salsa Ranch Panini	1 each	570	230	26	26	8	0	75	920	55	2	5
Four Cheese Panini	1 each	470	162	18	18	12	0	55	870	52	0	3
Italian Melt	1 each	890	469	52	52	20	0	105	2470	68	3	8
Pesto Turkey & Mozzarella	1 each	330	140	16	16	4	0	30	850	30	4	4
Roast Beef and Provolone Panini	1 each	310	120	14	14	5	0	45	610	28	3	3
Tuscan Vegetable	1 each	600	288	32	32	7	1	40	800	55	2	6
<b>MTO Salad</b>												
Bacon, Diced	2 Tbsp	110	65	7	3	0	33	378	1	10	0	10
Balsamic Vinaigrette	2 Tbsp.	60	45	5	0	0	0	180	4	0	4	0
Black Olives	2 Tbsp	25	25	3	0	0	0	130	1	1	0	0
Broccoli	1/4 cup	10	0	0	0	0	0	10	1	1	0	1
Carrots	1/4 cup	10	0	0	0	0	0	20	3	1	1	0
Cheddar Cheese	1/4 cup	110	81	9	5	0	30	180	0	0	0	7
Cherry Tomatos	1/4 cup	0	0	0	0	0	0	0	1	0	1	0
Chicken, Seasoned	4 oz.	170	63	7	2	0	75	160	1	0	0	24
Corn	1/4 cup	25	0	0	0	0	0	0	6	1	3	1
Creamy Caesar	2 Tbsp.	170	162	18	3	0	10	240	1	0	1	1
Croutons	6 croutons	30	10	1	0	0	0	85	5	0	0	1
Dill Pickles, Spears	1 each	0	0	0	0	0	0	660	0	0	0	0
Garbanzo Beans	1/4 cup	60	9	1	0	0	0	70	10	2	0	3
Hard-cooked egg	1 each	80	45	5	2	0	185	70	1	0	1	6
Honey Mustard Dressing	2 Tbsp.	130	110	12	2	0	15	170	7	0	6	0
Lettuce Mix	4 oz.	20	0	0	0	0	0	5	4	1	3	1
Light Italian Dressing	2 Tbsp.	40	30	4	1	0	0	270	2	0	2	0
Light Raspberry Vinaigrette	2 Tbsp.	70	50	6	1	0	0	120	5	0	2	0

Mandarin Oranges	1/4 cup	10	0	0	0	0	0	0	0	3	0	2	0
Pear	1/4 cup	15	0	0	0	0	0	0	0	4	0	3	0
Peas	1/4 cup	20	0	0	0	0	0	0	30	4	1	1	1
Raisins	1/4 cup	65	0	0	0	0	0	0	5	15	1	15	<1
Ranch	2 Tbsp.	90	90	10	2	0	10	260	1	0	0	1	1
Red Onion	1/4 cup	0	0	0	0	0	0	0	0	3	0	1	0
Red Wine Vinegar	2 Tbsp.	0	0	0	0	0	0	0	0	0	0	0	0
Spinach	1 cup	15	0	0	0	0	0	45	2	1	0	0	2
Sunflower Seeds	2 Tbsp.	80	65	8	1	0	0	0	0	3	1	0	3
Vegetable Oil	2 Tbsp.	240	240	28	4	0	0	0	0	0	0	0	0
<b>Sides</b>													
Chip, Homemade	1 cup	160	70	8	2	0	0	230	21	2	2	<1	2
Fruit Salad	1/2 cup	60	0	0	0	0	0	15	16	1	1	15	0
Italian Pasta Salad	1/2 cup	170	80	9	2	0	0	660	19	2	2	2	4
Potato Salad	1/2 cup	220	110	12	2	0	10	540	27	3	3	7	2

## Top Dog - Mongolian Grill

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<b>Signature Item</b>												
Asian Salad	1 serving	380	90	10	1	0	0	770	65	4	22	5
General Tso's Chicken Stir-Fry	1 serving	520	90	10	2	0	55	1260	74	4	13	29
Made Without Gluten Stir-Fry	1 serving	490	100	11	3	0	55	280	73	2	14	23
<b>Dumpling</b>												
Chicken Dumpling	5 each	220	30	4	1	0	25	700	34	2	3	11
Dumpling Sauce	1/4 cup	120	0	0	0	0	0	1890	27	0	26	4
Pork Bao Dumpling	5 each	390	110	12	5	0	40	900	49	3	2	15
Pork Dumpling	5 each	270	80	9	3	0	30	600	32	1	3	14
Thai Basil Dumpling	5 each	330	50	6	2	0	30	800	50	3	1	16
Vegetable Dumpling	5 each	210	25	3	0	0	0	590	42	3	3	6
<b>MTO Stir-Fry</b>												
Beef	1/2 cup	150	54	6	3	0	55	1520	0	0	0	21
Brown Rice	1 cup	230	20	2	0	0	0	10	47	2	0	5
Chicken	1/2 cup	190	99	11	3	0	60	1490	0	0	0	21
Country Curry Sauce	1/4 cup	110	90	10	7	0	0	95	2	0	0	2
Fiery Sweet Thai Sauce	1/4 cup	90	30	3	2	0	0	740	11	0	10	2
Fried Rice	1 cup	260	54	6	1	0	25	370	46	2	2	6
Noodles	1 cup	240	0	0	0	0	0	130	54	2	0	4
Oriental Blend Stir Fry	1/4 cup	15	0	0	0	0	0	10	3	1	1	1
Pork	1/2 cup	180	63	7	1	0	55	1580	1	0	0	22
Scallion	2 Tbsp	0	0	0	0	0	0	0	0	0	0	0
Schezuan Hot Sauce	1/4 cup	80	40	5	2	0	0	550	7	0	4	2
Spicy Sesame Vinaigrette	2 oz.	200	170	19	3	0	0	560	8	0	6	1
Teriyaki Sauce	1/4 cup	100	25	3	0	0	0	510	16	0	13	1

Tofu	1/2 cup	100	45	5	1	0	0	15	2	1	<1	10
White Rice	1 cup	250	5	1	0	0	0	10	54	1	0	5
<b>MTO Pad Thai</b>												
Lime Wedge	1 wedge	5	0	0	0	0	0	0	1	0	0	0
Pad Thai Sauce	3/4 cup	360	0	0	0	0	0	4660	64	0	79	2
Peanuts	1 Tbsp	60	7	1	0	0	0	60	3	1	1	3
Scrambled Egg	1/4 cup	60	35	4	2	0	170	150	0	0	0	6
Shrimp	1/2 cup	60	0	0	0	0	125	350	0	0	0	15
Thai Peanut Dressing	2 oz.	230	160	18	4	0	0	680	14	1	10	5
<b>Sides</b>												
Chinese Donuts	3 each	290	120	13	6	0	0	840	37	1	4	6
Crab Ragoon	5 each	440	25	3	2	0	10	940	87	0	0	11
Garden Spring Roll	1 each	150	50	6	2	0	<5	450	21	2	2	4
Pork Egg Roll	1 each	220	120	14	3	2	15	460	18	2	2	7

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

Updated: 8/29/17

## Top Dog - Dog Pound

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<b>Signature Item</b>												
Cheese Pizza	1 each	420	153	17	8	0	30	910	45	0	2	24
Chocolate Chip Cookie	1 each	500	210	23	12	0	35	370	71	3	44	5
Cinnamon Roll	1 each	420	120	14	3	0	0	520	64	2	12	10
Hot Chocolate	8 oz.	10	0	0	0	0	0	20	2	0	2	0
Hot Dog	1 each	490	320	35	13	2	60	1320	27	0	3	17
Nachos	1 each	620	243	27	6	2	10	1000	14	0	0	10
Oatmeal Raisin Cookie	1 each	480	180	20	11	0	35	400	69	4	38	6
Pepperoni Pizza	1 each	560	279	31	13	0	60	1420	45	0	2	29
Soft Pretzel	1 each	340	10	1	0	0	0	300	74	2	2	10