

## Corner Bistro | Breakfast

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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>Breakfast Sandwiches</b>												
Bacon & Egg on a Biscuit	1 each	440	217	25	12	0	260	1160	35	0	3	19
Bacon & Egg on an English Muffin	1 each	280	110	13	4	0	260	540	24	1	1	18
Bacon, Egg & Cheese on a Biscuit	1 each	490	252	29	15	0	275	1310	36	0	4	22
Bacon, Egg, & Cheese on an English Muffin	1 each	330	145	17	7	0	275	690	25	1	2	21
Egg & Cheese on a Biscuit	1 each	410	202	23	13	0	255	1090	36	0	4	16
Egg & Cheese on an English Muffin	1 each	250	95	11	5	0	255	470	25	1	2	15
Sausage & Egg on a Biscuit	1 each	540	320	36	16	0	270	1180	36	0	3	18
Sausage & Egg on an English Muffin	1 each	380	213	24	8	0	270	560	25	1	1	17
Sausage Biscuit	1 each	460	270	30	14	0	30	1100	36	0	3	11
Sausage, Egg & Cheese on an English Muffin	1 each	430	248	28	11	0	285	710	26	1	2	20
Sausage, Egg, & Cheese on a Biscuit	1 each	590	355	40	19	0	285	1330	37	0	4	21
Turkey Bacon & Egg on a Biscuit	1 each	410	185	22	10	0	260	1260	35	0	3	17
Turkey Bacon & Egg on an English Muffin	1 each	250	78	10	2	0	260	640	24	1	1	16
Turkey Bacon, Egg & Cheese on an English Muffin	1 each	300	113	14	5	0	275	790	25	1	2	19
Turkey Bacon, Egg, & Cheese on a Biscuit	1 each	460	220	26	13	0	275	1410	36	0	4	20
<b>Greek Yogurt Bar</b>												
Banana	1/4 cup	33	0	0	0	0	0	0	9	1	5	<1
Blueberries	2 Tbsp.	11	0	0	0	0	0	0	3	1	2	0
Coconut	2 Tbsp.	70	45	5	5	0	0	30	7	1	6	0
Dried Cranberries	1 Tbsp.	33	1	0	0	0	0	1	8	1	10	0
Granola	2 Tbsp.	42	13	2	0	0	0	32	6	1	3	1
Greek Yogurt - Vanilla	1 cup	190	0	0	0	0	5	75	28	0	25	19
Mango	1/4 cup	15	1	0	0	0	0	0	4	<1	4	0
Peanut Butter	2 Tbsp.	200	140	16	4	0	0	160	7	2	3	8
Pineapple	2 Tbsp.	18	0	0	0	0	0	3	26	<1	4	0
Raspberries	2 Tbsp.	8	0	0	0	0	0	0	2	1	1	0
Sliced Almonds	1 Tbsp.	30	24	3	0	0	0	0	1	1	0	1
Strawberries	2 Tbsp.	7	0	0	0	0	0	0	2	1	1	0
Yogurt - Strawberry	1 cup	200	15	2	1	0	10	100	39	0	29	7

## Corner Bistro | Grill

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<b>Signature Items</b>												
BBQ Sauce	4 Tbsp.	140	0	0	0	0	0	580	36	0	32	0
Chicken Tender	3 each	470	270	30	5	0	45	1140	29	2	0	21
Fresh Tri-blend Cheeseburger	1 each	570	342	38	15	0	100	730	27	0	8	30
Fresh Tri-blend Hamburger	1 each	520	306	34	12	0	85	590	26	0	7	27
Grilled Cheese	1 each	550	251	28	18	0	60	900	47	0	2	24
Grilled Chicken Sandwich	1 each	380	144	16	3	0	60	560	28	2	5	27
Honey Mustard	4 Tbsp.	260	220	22	4	0	30	360	14	0	12	0
Malibu Gardenburger	1 each	320	90	10	1	0	0	910	48	6	6	10
Trademark Double Burger	1 each	890	576	64	26	0	180	790	27	0	8	50
<b>Panini</b>												
Caprese	1 each	590	290	32	7	0	45	810	54	3	3	18
Cheese Quesadilla	1 each	360	120	14	5	0	15	870	50	3	3	10
Chicken Cordon Blue Panini	1 each	620	200	22	8	0	75	1490	64	3	13	36
Chicken Quesadilla	1 each	480	250	27	14	0	70	1280	40	3	5	24
Veggie Quesadilla	1 each	470	180	21	10	0	40	1220	56	8	4	17
<b>Sides</b>												
French Fries	1 serving	220	110	13	3	0	0	350	25	3	1	3
Large Fries	1 serving	270	140	16	4	0	0	440	31	3	2	3
Sweet Potato Fries	1 serving	270	126	14	2	0	0	130	32	4	9	3
<b>Grill Additional Items</b>												
Beef Patty	1 patty	320	230	26	11	0	80	60	0	0	0	20
Cheddar	1 slice	50	25	3	5	0	15	90	0	0	0	3
Green Lettuce Leaf	1 leaf	0	0	0	0	0	0	0	0	0	0	0
Malibu Gardenburger Patty	1 patty	170	70	8	1	0	0	610	21	4	2	5
Martin's Potato Roll	1 each	130	20	2	1	1	0	170	23	2	5	7
Pepper Jack	1 slice	50	35	4	3	0	15	85	1	0	0	4
Provolone	1 slice	50	35	4	2	0	10	120	1	0	0	4
Swiss	1 slice	60	45	5	3	0	15	35	1	0	0	5
Tomato Slice	1 slice	0	0	0	0	0	0	0	1	0	1	0
Whole Wheat Hanburger Bun	1 each	150	20	2	0	0	0	300	27	2	4	5

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Updated: 7/23/18

## Corner Bistro | Deli

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<b>Signature Items</b>												
Turkey Cuban Baguette	1 each	860	310	35	14	0	115	2900	85	3	2	46
Turkey, Bacon & Cheddar Baguette	1 each	690	210	23	9	0	60	1820	86	1	2	29
<b>Bread</b>												
Made Without Gluten White Bread	2 slices	140	35	4	0	0	0	300	22	1	2	4
Mr. J's Asiago Cheese Bagel	1 each	338	27	3	1	0	5	534	67	2	4	12
Mr. J's Egg Bagel	1 each	319	27	3	1	0	33	478	65	2	5	10
Mr. J's Everything Bagel	1 each	Contact Mr. J's Bagels for Nutrition information. Phone# 540-432-1386.										
Mr. J's Plain Bagel	1 each	Contact Mr. J's Bagels for Nutrition information. Phone# 540-432-1386.										
Mr. J's Sesame Seeds Bagel	1 each	Contact Mr. J's Bagels for Nutrition information. Phone# 540-432-1386.										
Mr. J's Wheat Bagel	1 each	300	9	1	0	0	0	441	67	3	10	9
Rye Bread	2 slices	220	9	1	0	0	0	520	42	1	1	10
Sprouted Grain Bread - Big 16	2 slices	200	18	2	0	0	0	270	36	8	2	12
Udi's Tortilla Wrap	1 each	170	35	4	2	0	0	330	27	5	4	5
Wheat Sub Roll	1 roll	220	23	3	1	0	0	410	45	4	3	8
Wheatberry Bread	2 slices	300	40	4	1	0	0	540	60	4	10	10
White Bread	2 slices	130	14	2	0	0	0	260	25	0	3	4
White Sub Roll	1 roll	220	18	2	0	0	0	430	43	2	3	9
Whole Wheat Bread	2 slices	120	9	1	0	0	0	220	22	4	1	8
Wrap, Honey Wheat	1 each	310	80	9	3	0	0	520	49	6	1	8
Wrap, Jalapeno Cheese	1 each	310	60	7	3	0	0	1100	50	2	0	8
Wrap, Spinach	1 each	310	60	7	3	0	0	740	51	2	0	9
Wrap, White	1 each	310	60	7	3	0	0	740	52	2	0	8
<b>Protein</b>												
Bacon	2 slices	80	50	6	2	0	20	220	0	0	0	6
Beyond Chicken (meatless)	6 slices	130	30	4	0	0	0	330	5	3	0	20
Chicken Salad	1 serving	270	190	21	4	0	50	270	1	0	0	14
Ham	6 slices	90	25	3	1	0	45	950	2	0	1	14
Roast Beef	3 slices	90	15	2	1	0	40	260	1	1	0	18
Tuna Salad	1 serving	220	160	17	4	0	30	310	0	0	0	12
Turkey Breast	4 slices	80	8	1	0	0	29	764	3	1	2	14

## Corner Bistro | Deli Continued

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<b>Cheese</b>												
American Cheese	1 slice	50	35	4	3	0	15	150	1	0	1	3
Cheddar	1 slice	50	25	3	5	0	15	90	0	0	0	3
Pepper Jack	1 slice	50	35	4	3	0	15	85	1	0	0	4
Provolone	1 slice	50	35	4	2	0	10	120	1	0	0	4
Swiss	1 slice	60	45	5	3	0	15	35	1	0	0	5
<b>Toppings</b>												
Banana Peppers	2 Tbsp	0	0	0	0	0	0	150	0	0	0	0
Black Olives	1 Tbsp	25	25	3	0	0	0	130	1	1	0	0
Cucumbers	1 Tbsp	0	0	0	0	0	0	0	0	0	0	0
Dill Pickle Spears	1 each	0	0	0	0	0	0	65	0	0	0	0
Green Leaf Lettuce	1 leaf	0	0	0	0	0	0	0	0	0	0	0
Hummus, Plain (as protein)	3 oz.	210	120	14	2	0	0	510	21	6	3	9
Hummus, Red Pepper (as protein)	1/4 cup	210	135	15	3	0	0	375	12	12	0	6
Jalapeno Peppers	1 Tbsp	0	0	0	0	0	0	95	0	0	0	0
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
<b>Spread</b>												
Greek Yogurt Dressing	2 Tbps.	10	0	0	0	0	0	190	1	0	1	2
Guacamole	2 Tbsp.	60	45	5	1	0	0	105	3	2	0	1
Hummus, Plain	2 Tbsp	70	40	5	1	0	0	170	7	2	1	3
Hummus, Red Pepper	2 Tbsp.	70	45	5	1	0	0	125	4	4	0	2
Mayonnaise	1 Tbsp.	110	100	11	2	0	5	75	0	0	0	0
Mayonnaise, Chipotle	1 Tbsp.	110	100	11	2	0	5	90	0	0	0	0
Mustard, Dijon	1 Tbsp.	15	0	0	0	0	0	360	0	0	0	0
Mustard, Yellow	2 Tbsp.	0	0	0	0	0	0	310	6	0	3	0
Ranch	2 Tbsp.	100	100	11	2	0	10	240	1	0	0	0
Vegan Mayo	1 Tbps.	90	90	10	1	0	0	80	0	0	0	0

## Corner Bistro | Salad Bar

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<b>Salad Bar</b>												
Beyond Chicken (meatless)	6 slices	130	30	4	0	0	0	330	5	3	0	20
Broccoli	6 each	45	0	0	0	0	0	37	6	3	3	2
Carrot	1/4 cup	10	0	0	0	0	0	20	3	1	1	0
Chia Seed	1 Tbsp.	60	24	3	0	0	0	0	5	5	0	3
Corn	1/4 cup	35	3	0	0	0	0	0	8	1	2	1
Croutons	6 croutons	30	10	1	0	0	0	85	5	0	0	1
Flaxseed	1 Tbsp.	35	14	2	0	0	0	0	2	2	0	2
Grape Tomato	4 each	10	0	0	0	0	0	0	3	1	2	1
Grilled Chicken Breast	1 each	130	40	5	1	0	55	290	0	0	0	21
Mustard, Honey	2 Tbsp.	130	100	11	2	0	15	180	7	0	6	0
Quinoa	1/4 cup	50	5	1	0	0	0	0	9	1	0	2
Romaine Lettuce	1 cup	10	0	0	0	0	0	0	2	1	1	1
Shredded Cheese	2 Tbsp.	55	40	5	3	0	13	90	1	0	0	4
Spinach	1 cup	15	0	0	0	0	0	45	2	1	0	2
Sunflower Seeds	1 Tbsp.	60	43	5	1	0	0	47	2	1	0	2
Vegan Dressing	0	0	0	0	0	0	0	0	0	0	0	0

## Corner Bistro | Pasta Bar

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Breadstick	1 each	130	5	1	0	0	0	290	27	1	1	5
Mac & Cheese	1/2 cup	230	90	10	6	0	25	410	26	1	5	10
Penne with Meat Sauce	1 serving	290	110	13	5	1	35	55	31	3	5	13
Penne with Spaghetti Sauce	1 serving	240	9	1	0	0	0	35	50	0	8	8
Whole Grain Penne with Spaghetti Sauce	1 serving	10	2	0	0	0	0	45	48	8	8	8
<b>Pasta Bar Create Your Own</b>												
Alfredo Sauce	1/2 cup	280	220	25	8	1	35	680	7	0	4	6
Meat Sauce	1/2 cup	250	150	17	6	1	50	70	11	3	5	13
Penne Pasta	1 cup	180	10	1	0	0	0	0	38	2	2	6
Spaghetti Sauce	1/2 cup	60	0	0	0	0	0	30	12	3	6	2
Whole Grain Pasta	1 cup	170	10	2	0	0	0	15	36	5	2	6
Zucchini Noodles	1 cup	46	0	0	0	0	0	15	9	3	6	3

## Corner Bistro | Soup

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Black Bean Santa Fe Soup	12 fl. oz.	230	21	2	0	0	8	1440	41	12	5	12
Black Bean Santa Fe Soup	16 fl. oz.	300	28	3	0	0	10	1920	54	16	6	16
Boston Clam Chowder	12 fl. oz.	293	107	12	5	0	41	1290	33	2	11	12
Boston Clam Chowder	16 fl. oz.	290	142	16	7	0	55	1720	44	2	15	16
Broccoli Cheddar Soup	12 fl. oz.	210	108	12	4	0	23	1200	20	2	8	5
Broccoli Cheddar Soup	16 fl. oz.	280	144	16	7	0	20	1600	26	2	10	6
Broccoli Cheese Soup	12 fl. oz.	323	188	21	8	0	41	1230	23	3	11	9
Broccoli Cheese Soup	16 fl. oz.	430	250	28	11	0	55	1640	30	4	15	12
Chicken Gumbo	12 fl. oz.	90	6	<1	0	0	8	1210	18	2	3	3
Chicken Gumbo	16 fl. oz.	120	8	<1	0	0	10	1620	24	2	4	4
Chicken Noodle Soup	12 fl. oz.	140	48	5	2	*0	23	1365	17	0	0	6

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Chicken Noodle Soup	16 fl. oz.	180	63	7	2	*0	30	1820	22	0	0	4
Chicken Tortilla Soup	12 fl. oz.	180	20	2	0	0	8	1230	30	9	<1	9
Chicken Tortilla Soup	16 fl. oz.	230	26	3	0	0	10	1640	40	12	1	12
Garden Vegetable Soup	12 fl. oz.	120	0	0	0	0	0	1200	29	3	14	3
Garden Vegetable Soup	16 fl. oz.	160	0	0	0	0	0	1600	38	4	18	4
Italian Wedding Soup	12 fl. oz.	165	48	5	2	0	15	1125	20	2	2	8
Italian Wedding Soup	16 fl. oz.	220	64	7	3	0	20	1500	26	2	2	10
Loaded Potato Soup	12 fl. oz.	525	300	33	15	1	75	1305	39	3	3	18
Loaded Potato Soup	16 fl. oz.	700	400	44	20	1	100	1740	52	4	4	24
Minestrone Soup	12 fl. oz.	180	30	3	0	0	0	720	36	12	6	12
Minestrone Soup	16 fl. oz.	240	40	4	0	0	0	960	48	16	8	16
Potato Bacon Soup	12 fl. oz.	260	100	11	5	0	30	1240	31	4	9	9
Potato Bacon Soup	16 fl. oz.	390	150	17	7	0	45	1860	46	6	13	14
Potato Soup	12 fl. oz.	353	161	18	8	0	41	1335	38	3	14	11
Potato Soup	16 fl. oz.	470	214	24	11	0	55	1780	50	4	19	14
Three Bean Chili	12 fl. oz.	290	41	5	1	0	0	570	47	17	15	14
Three Bean Chili	16 fl. oz.	380	54	6	1	0	0	760	62	22	20	18
Timberline Chili	12 fl. oz.	440	171	19	7	1	70	1490	37	8	13	29
Timberline Chili	16 fl. oz.	590	234	26	10	2	95	1990	50	11	17	38
Tomato Basil Soup	12 fl. oz.	420	270	30	9	0	45	1275	30	5	24	6
Tomato Basil Soup	16 fl. oz.	560	360	40	12	0	60	1700	40	6	32	8
Tomato Creamy Bisque	12 fl. oz.	230	98	11	5	0	26	1470	25	2	16	8
Tomato Creamy Bisque	16 fl. oz.	310	130	15	6	0	35	1960	34	2	21	10
Tomato Soup	12 fl. oz.	330	184	20	11	0	70	1284	25	3	17	12
Tomato Soup	16 fl. oz.	450	250	28	15	0	95	1720	34	4	23	16
Vegetarian Chili	12 fl. oz.	270	22	2	0	0	0	615	51	17	8	12
Vegetarian Chili	16 fl. oz.	360	30	3	0	0	0	820	68	22	10	16

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