

Festival | Açai

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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)
Signature Item												
Classic Açai Bowl	1 serving	270	27	3	0	0	0	55	56	1	34	3
Classic Açai Bowl	1 serving	470	45	5	0	0	0	75	95	1	61	4
Duke Dog Bowl	1 serving	290	41.5	5	2	0	0	65	56	0	38	3
Duke Dog Bowl	1 serving	490	56	7	2	0	0	85	94	0	64	4
Create Your Own												
Açai Sorbet - Large Bowl	1 serving	390	40.5	5	0	0	0	45	77	*	53	3
Agave	2 Tbsp.	100	0	0	0	0	0	0	28	0	26	0
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
Chia Seed	1 Tbsp.	60	24	3	0	0	0	0	5	5	0	3
Chocolate Chips	30 pieces	70	35	4	3	0	0	0	10	1	8	0
Coconut	2 Tbsp.	70	45	5	5	0	0	30	7	1	6	0
Flaxseed	1 Tbsp.	35	13.5	2	0	0	0	0	2	2	0	2
Granola	2 Tbsp.	110	13.5	2	0	0	0	65	23	0	8	2
Honey	1 Tbsp	60	0	0	0	0	0	0	17	0	17	0
Made Without Gluten Granola	2 Tbsp.	140	40.5	5	0	0	0	0	21	*	7	3
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.	17.5	0	0	0	0	0	3	26	<1	4	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

Festival | Cheese Please

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Signature Item												
Americana	1 each	710	369	41	18	0	105	1730	58	0	6	34
Genoa	1 each	720	405	45	14	0	70	1560	51	1	2	29
Pomodoro	1 each	410	117	13	6	0	40	550	49	1	3	20
Shenandoah	1 each	540	135	15	19	0	65	820	60	3	11	23
The Cali	1 each	520	216	24	11	0	60	900	54	0	3	25
Triple Club	1 each	730	333	37	14	0	110	2040	52	0	3	48
Create Your Own - Bread												
Italian Bread	2 slices	200	20	2	0	0	0	420	38	2	0	8
Made Without Gluten White Bread	2 slices	140	35	4	0	0	0	300	22	1	2	4
Multigrain Bread	2 slices	220	20	2	0	0	0	400	42	2	6	8
Sourdough	2 slices	300	30	3	0	0	0	560	60	2	2	12
Sprouted Grain Bread - Big 16	2 slices	200	18	2	0	0	0	270	36	8	2	12
Wheatberry Bread	2 slices	300	40	4	1	0	0	540	60	4	10	10
Create Your Own - Cheese												
American Cheese	1 slice	50	35	4	2.5	0	15	150	1	0	1	3
Cheddar	1 slice	50	25	2.5	4.5	0	15	90	0	0	0	3
Mozzarella cheese	1 slice	60	45	5	2.5	0	10	130	1	0	0	6
Pepper Jack	1 slice	50	35	4	2.5	0	15	85	1	0	0	3.5
Provolone	1 slice	50	35	4	2	0	10	120	1	0	0	3.5
Swiss	1 slice	60	45	4.5	3	0	15	35	1	0	0	5
Vegan Cheddar Cheese	1 oz.	50	15	1.5	0	0	0	125	10	2	0	1
Vegan Shredded Mozzarella	1/4 cup	90	50	6	2	0	0	280	7	1	0	1
Create Your Own - Protein												
Bacon	2 slices	80	50	6	2	0	20	220	0	0	0	6
Ham	6 slices	90	25	3	1	0	45	950	2	0	1	14
Pepperoni	8 pieces	75	65	7	3	0	15	255	<1	0	0	3
Salami	3 slices	57	45	5	2	0	12.5	225	0	0	0	2.5
Turkey	3 slices	60	6	1	0	0	22	573	2.5	0.5	1.2	10

Festival | Cheese Please Continued

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Create Your Own - Topping												
Apples	1/4 cup	15	0	0	0	0	0	0	4	<1	3	0
Basil	4-6 leaves	0	0	0	0	0	0	0	0	0	0	0
Carmelized Onions	1 oz.	30	20	2	0	0	0	0	2	0	1	0
Guacamole	1 serving	100	90	10	2	0	0	240	6	2	0	2
Pesto	2 Tbsp.	135	125	14	1.75	0	<5	150	<1	<1	0	1
Sliced Tomatoes	1 Tbsp	0	0	0	0	0	0	0	0	0	0	0
Create Your Own - Sauce												
Chipotle Mayo	3 Tbsp.	320	290	32	6	0	15	280	1	0	0	0
Honey Mustard	3 Tbps.	195	150	16.5	3	0	22.5	270	10.5	0	9	0
Pesto Mayo	3 Tbsp.	300	270	30	5	0	10	230	0	0	0	1
Ranch	3 Tbsp.	150	150	17	3	0	15	360	1.5	0	0	0
Vegan Mayo	3 Tbps.	270	270	30	3	0	0	240	0	0	0	0
Soup												
Tomato Soup	1 cup	157	0	0	0	0	30	874	36	2	5	4

Festival | Chopsticks

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Beef and Broccoli	5 oz.	120	30	4	1	0	25	270	11	2	6	13
General Kaz's Tofu	5 oz.	250	180	19	2	0	0	590	9	1	5	9
Mushroom Garlic Chicken	5 oz.	110	20	2	0	0	25	630	12	2	6	11
Noodle Bowl, Chow Mein	10 oz.	790	50	6	0	0	0	680	162	9	6	28
Noodle Bowl, Yakisoba	10 oz.	710	40	5	0	0	0	330	147	8	8	24
Orange Chicken	5 oz.	380	240	26	4	0	90	200	13	2	1	22
Rice Bowl, Fried	10 oz.	340	25	3	1	0	20	470	70	2	3	8
Rice Bowl, White	10 oz.	430	0	0	0	0	0	5	105	0	0	2
Sesame Chicken	5 oz.	350	190	21	4	0	80	580	19	2	9	19
Teriyaki Chicken	5 oz.	320	150	17	2	0	90	410	9	0	8	32
Vegetable Dumpling	1 each	53	9	1	1	0	0	127	9	2	2	2
Veggie Rolls	1 each	140	110	12	2	0	0	140	8	0	1	2

Festival | Deli

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Signature Item												
Italian Sub	1 each	480	234	26	8	0	40	1100	41	1	4	22
Mediterranean Veggie Ciabatta	1 each	420	117	13	3	0	5	1050	65	6	4	15
Roast Beef & Cheddar Flatbread Melt	1 each	470	140	16	13	0	70	1190	43	4	16	30
Create Your Own - Bread												
Italian Bread	2 slices	200	20	2	0	0	0	420	38	2	0	8
Made Without Gluten Tortilla Wrap	1 each	170	35	4	2	0	0	330	27	5	4	5
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	337.5	27	2.81	1.41	0	4.69	534.38	66.56	1.88	3.75	12.19
Mr. J's Egg Bagel	1 each	318.75	27	2.81	0.93	0	32.81	478.13	64.69	1.88	4.69	10.31
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	0.94	0	0	0	440.63	66.56	2.81	10.31	9.38
Sourdough	2 slices	300	30	3	0	0	0	560	60	2	2	12
Sprouted Grain Bread - Big 16	2 slices	200	18	2	0	0	0	270	36	8	2	12
Wheat Sub Roll	1 roll	220	22.5	2.5	1	0	0	410	45	4	3	8
Wheatberry Bread	2 slices	300	40	4	1	0	0	540	60	4	10	10
White Sub Roll	1 roll	220	18	2	0	0	0	430	43	2	3	9
Wrap, Honey Wheat	1 each	310	80	9	2.5	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, Sun-Dried Tomato Basil	1 - 12"	310	80	9	2.5	0	0	520	49	6	1	8
Create Your Own - Protein												
Bacon	2 slices	80	50	6	2	0	20	220	0	0	0	6
Beyond Chicken (meatless)	6 slices	130	30	3.5	0	0	0	330	5	3	0	20
Chicken Salad	1 serving	220	150	17	3.5	0	40	210	1	0	0	11
Ham	6 slices	90	25	3	1	0	45	950	2	0	1	14

Festival | Deli Continued

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Plain Hummus	3 oz.	290	190	21	0	0	0	340	18	4	4	7
Red Pepper Hummus	1/4 cup	210	135	15	3	0	0	375	12	12	0	6
Roast Beef	3 oz.	110	40	4.5	2	0	45	330	0	0	0	18
Salami	3 slices	57	45	5	2	0	12.5	225	0	0	0	2.5
Tuna Salad	1 serving	210	140	16	3	0	25	280	0	0	0	12
Turkey	3 slices	60	6	1	0	0	22	573	2.5	0.5	1.2	10
Create Your Own - Cheese												
American Cheese	1 slice	50	35	4	2.5	0	15	150	1	0	1	3
Cheddar	1 slice	50	25	2.5	4.5	0	15	90	0	0	0	3
Pepper Jack	1 slice	50	35	4	2.5	0	15	85	1	0	0	3.5
Provolone	1 slice	50	35	4	2	0	10	120	1	0	0	3.5
Swiss	1 slice	60	45	4.5	3	0	15	35	1	0	0	5
Vegan Cheddar Cheese	1 oz.	50	15	1.5	0	0	0	125	10	2	0	1
Create Your Own - Topping												
Banana Peppers	2 Tbsp	0	0	0	0	0	0	150	0	0	0	0
Cucumbers	1 Tbsp	0	0	0	0	0	0	0	0	0	0	0
Green Leaf Lettuce	1 leaf	0	0	0	0	0	0	0	0	0	0	0
Jalapeno Peppers	1 Tbsp	0	0	0	0	0	0	95	0	0	0	0
Pickle Slices	2 Tbsp.	0	0	0	0	0	0	260	0.5	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
Spinach	6-8 leaves	0	0	0	0	0	0	10	0	0	0	0
Sweet Pepper	2 Tbsp.	20	0	0	0	0	0	130	5	0	4	0
Create Your Own - Sauce												
Honey Mustard	2 Tbsp.	130	100	11	1.5	0	15	180	7	0	6	0
Light Mayonnaise	1 Tbsp.	35	30	3.5	0.5	0	<5	100	1	0	0	0
Lite Italian Dressing	2 Tbps.	25	15	1.5	0	0	0	410	3	0	2	0
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	2 Tbsp.	0	0	0	0	0	0	330	0	0	0	0
Olive Oil	1 Tbsp.	130	130	14	2	0	0	0	0	0	0	0

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

Updated: 2/7/18

Festival | Deli Continued

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)
Plain Hummus	2 Tbsp	97	63	7	0	0	0	113	6	1	1	2
Ranch	2 Tbsp.	100	100	11	1.5	0	10	240	1	0	0	0
Red Pepper Hummus	2 Tbsp.	70	45	5	1	0	0	125	4	4	0	2
Red Wine Vinegar	2 Tbps.	0	0	0	0	0	0	0	0	0	0	0
Vegan Mayo	1 Tbps.	90	90	10	1	0	0	80	0	0	0	0
Pickle												
Dill Pickle Spears	1 each	0	0	0	0	0	0	65	0	0	0	0

Festival | Eats

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Signature Item												
BBQ Chicken Sandwich	1 serving	230	70	8	2	0	45	150	0	0	0	7
BBQ Pork Sandwich	1 serving	290	100	11	4	0	55	180	0	0	0	15
Hand-Carved Turkey	3 oz.	100	25	2.5	0.5	0	0	250	29	1	4	5
Quarter Rotisserie Chicken	1 serving	350	20	2	0.5	1	0	170	23	2	5	7
Roasted Pork	3 oz.	160	45	5	0	0	0	360	32	4	5	5
Shredded Chicken	3 oz.	100	20	2	0	0	0	300	27	2	4	5
Vegatarian Chicken Nuggets	6 each	270	105	12	1.5	0	0	525	27	6	3	18
Bread												
Corn Bread	1 each	150	45	4.5	1	0	30	320	25	0	10	2
Cranberry Bread	1 each	200	54	6	2.5	0	10	270	34	0	18	2
Hamburger Potato Roll	1 roll	160	25	2.5	0.5	0	0	250	29	1	4	5
Kaiser Roll	1 each	230	30	3.5	0.5	0	0	440	43	2	3	8
Made without Gluten Hamburger Roll	1 roll	190	45	5	0	0	0	360	32	4	5	5
Martin's Potato Roll	1 each	130	20	2	0.5	1	0	170	23	2	5	7
Whole Wheat Hamburger Bun	1 each	150	20	2	0	0	0	300	27	2	4	5
Sauce												
Honey BBQ Sauce	1/4 cup	5	0	0	0	0	0	420	16	0	14	0
Mesquite Ranch Dressing	3 Tbsp.	140	135	15	2	0	15	550	1	0	0	0
South Carolina BBQ Sauce	1/4 cup	45	27	3	2	0	10	420	10	0	7	0
Texas BBQ Sauce	1.4 cup	80	0	0	0	0	0	370	20	0	17	0
Side (offered on a rotation)												
Carrots	1/2 cup	45	0	0	0	0	0	80	11	3	5	1
Cornbread Stuffing	1/2 cup	120	10	1	0	0	0	660	23	1	3	4
Green Beans	1/2 cup	25	0	0	0	0	0	0	7	4	3	1
Macaroni and Cheese	1/2 cup	160	50	6	0	0	20	210	18	0	2	6
Mashed Potatoes	1/2 cup	110	30	3	2	0	10	125	20	2	2	2
Old-Fashioned Cole Slaw	1/2 cup	270	220	25	4.5	0	10	430	6	2	4	1
Peach Crisp	1/2 cup	160	54	6	3.5	0	15	5	27	1	18	2

Festival | Eats Continued

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Ranch Potato Wedges	1/2 cup	180	80	10	2.5	0	0	260	22	3	0	3
Seasoned Corn	1/2 cup	80	0	0	0	0	0	65	15	3	6	3
Seasoned Green Peas	1/2 cup	120	35	4	2	0	0	115	15	5	5	6
Steamed Broccoli	1/2 cup	30	5	0	0	0	0	30	6	3	2	3

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Create Your Own - Base												
Romaine Lettuce	1 cup	10	0	0	0	0	0	0	2	1	1	1
Spinach	1 cup	15	0	0	0	0	0	45	2	1	0	2
Create Your Own - Protein												
Beyond Chicken (meatless)	6 slices	130	30	3.5	0	0	0	330	5	3	0	20
Breaded Chicken	3 oz.	220	130	14	2.5	0	25	470	12	1	0	11
Marinated Tofu	3 oz.	110	27	3	0	0	0	370	13	1	9	6
Seasoned Chicken	3 oz.	150	70	8	2.5	0	55	170	0	0	0	18
Create Your Own - Topoing												
Bacon Bits	2 Tbps.	60	35	4	1.5	0	20	210	1	0	0	6
Banana Peppers	2 Tbsp	0	0	0	0	0	0	150	0	0	0	0
Black Olives	2 Tbsp.	45	45	4.5	0	0	0	250	2	2	0	0
Broccoli	6 each	45	0	0	0	0	0	37	6	3	3	1.6
Carrot	1/4 cup	10	0	0	0	0	0	20	3	1	1	0
Corn	1/4 cup	35	2.5	0.25	0	0	0	0	8	1	1.5	1
Feta Cheese Crumbles	1/4 cup	70	50	6	4	0	15	350	1	0	0	4
Garbonzo Beans	1/4 cup	60	10	1	0	0	0	70	10	2.5	0	3
Grape Tomato	4 each	10	0	0	0	0	0	0	3	1	2	1
Green Peas	1/4 cup	25	0	0	0	0	0	36	5	1.5	1.6	1.75
Hard Boiled Eggs	3 Tbsp.	80	45	5	1.5	0	185	60	1	0	1	6
Kidney Beans	1/4 cup	60	0	0	0	0	0	70	11	4	1.5	3.5
Mandarin Oranges	1/3 cup	25	0	0	0	0	0	3	6.6	0.3	5.3	0
Parmesan Cheese	1 Tbps.	20	15	1.5	1	0	<5	120	0	0	0	2
Quinoa	1/4 cup	50	5	1	0	0	0	0	9	1	0	2
Raisins	1 Tbps.	35	0	0	0	0	0	2.5	7.5	<1	7	0
Red Grapes	1/4 cup	26	0	0	0	0	0	1	7	0	6	0
Shredded Cheese	2 Tbsp.	55	40	4.5	3	0	12.5	90	0.5	0	0	3.5
Sliced Mushrooms	1/4 cup	5	0	0	0	0	0	1	0.5	0	0	0.5
Vegan Shredded Cheese	1/4 cup	90	50	6	2	0	0	280	7	1	0	1

Festival | Fresh Continued

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Create Your Own - Garnish												
Chia Seed	1 Tbsp.	60	24	3	0	0	0	0	5	5	0	3
Croutons	6 croutons	30	10	1	0	0	0	85	5	0	0	1
Dried Cranberries	2 Tbps.	65	2.5	0.25	0	0	0	2.5	16.4	1.5	19	0
Flaxseed	1 Tbsp.	35	13.5	2.25	0	0	0	0	2	1.5	0	1.5
Sunflower Seeds	1 Tbsp.	60	43	5	1	0	0	47	2	1	0	2
Create Your Own - Dressing												
Balsamic Vinaigrette	2 Tbps.	60	45	5	0.5	0	0	200	5	0	4	0
Balsamic Vinegar	2 Tbps.	28	0	0	0	0	0	8	5	0	5	0
Caesar Dressing	2 Tbps.	150	140	16	3	0	15	220	1	0	0	1
French Dressing	2 Tbsp.	130	110	12	2	0	0	210	7	0	6	0
Honey Mustard	2 Tbsp.	150	130	14	2	0	10	135	7	0	7	0
Lite Italian Dressing	2 Tbps.	25	15	1.5	0	0	0	410	3	0	2	0
Olive Oil	1 Tbsp.	130	14	2	0	0	0	0	0	0	0	0
Ranch	2 Tbsp.	100	100	11	1.5	0	10	240	1	0	0	0
Red Wine Vinegar	2 Tbps.	0	0	0	0	0	0	0	0	0	0	0
Vegetable Oil	1 Tbsp.	130	130	14	2	0	4	0	0	0	0	0

Festival | Java City 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)
Create Your Own												
Bacon, Egg, & Cheese Bagel	1 each	0	0	0	0	0	0	0	0	0	0	0
Bacon, Egg, & Cheese Ciabatta	1 each	560	297	33	13	0	320	960	34	*	3	28
Egg & Cheese Bagel	1 each	550	180	20	9	0	285	840	70	*	11	21
Egg & Cheese Ciabatta	1 each	410	198	22	9	0	285	570	33	*	3	17
Sausage, Egg & Cheese Bagel	1 each	690	297	33	13	0	310	1100	71	*	11	25
Sausage, Egg & Cheese Ciabatta	1 each	550	315	35	14	0	310	830	34	*	3	21

Festival | Mezzalena

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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)
BBQ Chicken Pizza	1 slice	340	90	10	4	0	25	760	48	0	12	19
Cheese Pizza	1 slice	270	72	8	3.5	0	15	670	38	1	3	16
Meat Lover's Pizza	1 slice	370	153	17	7	0	35	910	39	1	4	20
Meatball Pizza	1 slice	330	117	13	6	0	25	780	39	1	4	18
Mushroom Pizza	1 slice	290	90	10	4	0	15	690	38	1	4	16
Pepperoni Pizza	1 slice	310	108	12	5	0	25	820	38	1	3	17
Primavera Pizza	1 slice	280	81	9	3.5	0	15	660	40	1	5	16
Sausage Pizza	1 slice	330	126	14	5	0	30	810	38	1	3	18
Spinach & Ricotta Pizza	1 slice	310	99	11	5	0	25	830	39	1	4	18

Festival | Skillets

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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)
Signature Item												
Bacon & Eggs	1 serving	610	378	42	14	0	425	990	29	3	2	27
Chicken & Spinach Crepe	1 serving	690	414	69	15	0	145	1750	43	1	8	29
Egg & Grilled Vegetable Skillet	1 serving	650	387	43	12	0	410	940	43	5	5	25
Ham and Cheese	1 serving	650	378	42	13	0	420	1190	39	4	3	29
Ham, Egg & Cheese Crepe	1 serving	640	324	36	18	0	400	1810	42	0	10	42
Sausage and Cheese	1 serving	810	576	64	21	0	455	1260	30	3	2	30
Custom Skillet												
Bacon	2 slices	140	100	11	3.5	0	35	390	1	0	0	10
Biscuit	1 each	280	117	13	8	0	0	860	35	0	3	6
Carrot	1/4 cup	10	0	0	0	0	0	20	3	1	1	0
Diced Ham	1/4 cup	70	25	3	1	0	25	640	1	0	1	10
Egg	1 each	80	50	6	2	0	240	80	0	0	0	7
Green Bell Peppers	1 Tbsp	0	0	0	0	0	0	0	1	0	0	0
Onion	1 Tbsp	5	0	0	0	0	0	0	2	0	0	0
Potatoes Hash Brown	3 oz.	70	0	0	0	0	0	30	16	2	0	2
Sausage	1 each	180	153	17	6	0	30	240	1	0	0	5
Shredded Cheese	2 Tbsp.	55	40	4.5	3	0	12.5	90	0.5	0	0	3.5
Sliced Mushrooms	1/4 cup	5	0	0	0	0	0	1	0.5	0	0	0.5
Tomatoes	1 Tbsp	0	0	0	0	0	0	0	0	0	0	0
Zucchini	2 Tbps.	5	0	0	0	0	0	0	1	0	1	0
Custom Crepe												
Apple Pie Filling	1/3 cup	70	0	0	0	0	0	10	17	1	14	0
Banana	1/4 cup	33	0	0	0	0	0	0	9	1	4.5	<1
Blueberries	2 Tbsp.	11	0	0	0	0	0	0	2.5	0.5	2	0
Caramel Sauce	2 Tbsp	130	5	0.5	0	0	0	75	30	0	30	0
Cinnamon	1 Tbsp.	15	0	0	0	0	0	0	6	3	0	0
Cinnamon Sugar	1 Tbsp.	27	0	0	0	0	0	0	7	1	6	0
Crepe, large	6 oz.	320	81	9	3	0	80	670	51	0	11	11

Festival | Skillets Continued

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)
Crepe, small	2 oz.	110	27	3	1	0	25	220	17	0	4	4
Dried Cranberries	2 Tbps.	65	2.5	0.25	0	0	0	2.5	16.4	1.5	19	0
Honey	1 Tbsp	60	0	0	0	0	0	0	17	0	17	0
Maple Syrup	2 Tbsp	0	0	0	0	0	0	65	27	0	19	0
Nutella	2 Tbps.	200	110	12	4	0	0	15	21	1	21	2
Peaches Pie Filling	1/3 cup	120	0	0	0	0	0	10	30	0	26	0
Powdered Sugar	1 Tbsp.	30	0	0	0	0	0	0	12.5	0	12	0
Raisins	1 Tbps.	35	0	0	0	0	0	2.5	7.5	<1	7	0
Raspberry Sauce	2 Tbsp.	58	0	0	0	0	0	21.7	14.57	0	13.7	0
Strawberries	2 Tbsp.	7	0	0	0	0	0	0	1.5	0.5	1	0
Vanilla Pudding	1/4 cup	70	12.5	1.5	1.5	0	0	110	14	0	8.5	0
Walnuts	2 Tbsp.	90	80	9	1	0	0	0	2	1	0.5	2
Whipped Cream Cheese	1 Tbsp.	45	40	4.5	3	0	15	50	0	0	1	2
Whipped Topping	2 Tbsp	25	20	2	2	0	0	0	2	0	0	0
White Chocolate Sauce	2 Tbsp	67	0	0.28	0.28	0	0	30.5	17	0.2	14.2	0

Festival | Soup

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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)
Bread Bowl	1 each	450	0	0	0	0	0	870	90	3	3	18
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
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

Festival | Soup Continued

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)
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

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

Updated: 2/7/18