

NUTRITIONAL INFORMATION

	Calories	Carbs	Protein	Fat
Breakfast				
Breakfast Burrito (Plain)	614	62g	25g	28g
Breakfast Burrito (Bacon)	704	62g	30g	35g
Breakfast Burrito (Chicken)	674	63g	37g	29g
Breakfast Burrito (Ham)	674	64g	34g	30g
BYO Scramble (Veggie Scramble)	420	29g	20g	25g
Egg-Celent Bagel (Bacon)	358	26g	20g	20.1g
Egg-Celent Bagel (Ham)	328	28g	24g	15.1g
Egg-Celent Bagel (Turkey)	328	28g	26g	13.6g
Steel Cut Oatmeal Bowl (Plain)	254	35g	7g	9.1g
Steel Cut Oatmeal Bowl with Mixed Berries	325	60g	7g	7.5g
Yogurt Parfait with Mixed Berries	384	56g	17g	12.4g
Lunch				
<i>Panini/Wrap</i>				
Asparagus Ham Meltdown	486	42g	29g	23.2g
Bistro 212 Club	418	32g	30g	18.7g
BLTCA Wrap	599	60g	32g	26g
BYO Black Bean Burger	520	59	30	19
Chicken Bacon Ranch Wrap	610	57g	35g	26.7g
Chicken Cordon Bleu Sandwich	305	38g	27g	5.1g
Salmon Foccacia	528	51g	38g	19.3g
Spicy Turkey Avocado Wrap	545	61g	28g	20g
Turkey Artichoke Panini	375	42g	26g	12.2g
Tuscan Portabella Melt	429	46g	22g	19.6g
Veggie Wrap	449	56g	12g	19.6g
<i>Salads</i>				
Bistro 212 Garden Salad	189	21g	3g	12.5g
Chicken Cobb Salad	330	39g	31g	5.8g
Pecan Chicken Salad	388	31g	18g	22g
Strawberry Chicken Salad	297	21g	18g	18.4
Super Food Salad	318	17g	25g	32g
<i>Flat Bread Pizzas</i>				
Just Cheese Please Pizza	474	58g	26g	14.9g
Pesto Chicken Pizza	561	48g	32g	28.9g
Southwest Pizza	635	95g	31g	15.3g
<i>Kids Items</i>				
Cheese Pizza with Apple Slices	414	55g	22g	10.4g
Chicken Nuggets with Apple Slices	385	28g	17g	24g
Grilled Cheese with Apple Slices	284	35g	12g	11.4g
Mac N Cheese with Apple Slices	310	57g	10g	4.5g
PB & J Sandwich with Apple Slices	399	62g	10g	13g
<i>Sides</i>				
Side Salad with Ranch	75	8g	2g	4.6g
Sweet Potato Fries	119	5g	0g	11.2g
Apple Wood Bacon	90	0	5g	7g
Granola Bars	667	82.1g	15.3g	31.6g
One Egg with Slice of Toast	170	15g	9g	8.3g
Apple Slices with Peanut Butter	280	30g	6g	16g