



	portion size	calories	total fat (g)	saturated fat (g)	sodium (mg)	total carb (g)	dietary fiber (g)	protein (g)
MEXICAN STREET CORN	8 FLOZ	150	7	4	940	20	2	5

ingredients: water, corn, cream (milk), roasted corn, onions, red peppers, contains less than 2% of: modified food starch, sour cream (cream, cultures), roasted garlic, parmesan cheese (part-skim milk, cultures, salt, enzymes), white corn flour, cotija cheese [cultured part-skim milk, salt, enzymes], salt, three chiles blend puree (water, ancho chiles, pasilla chiles, guajillo chiles), lime juice concentrate, smoked paprika, spice, rice flour.

THAI STYLE CHICKEN AND RICE	8 FLOZ	240	17	7	920	16	LESS THAN 1 GRAM	6
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ingredients: chicken stock, heavy cream (milk), chicken meat, rice, mushrooms, canola oil, red peppers, contains less than 2% of: green peppers, diced tomatoes in tomato juice, tomato puree, portobello mushrooms, modified food starch, salt, enriched wheat flour, sugar, worcestershire sauce (distilled white vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), basil, cilantro, soy sauce (water, wheat, soybeans, salt), grain flavored distilled vinegar (distilled vinegar, grain extracts from wheat, sake cake, rice and corn, salt), garlic, yeast extract, coconut oil, fish sauce (water, anchovy extract, salt, sugar), paprika extract for color.

CHICKEN AND SAUSAGE JAMBALAYA	8 FLOZ	220	10	3.5	920	17	2	14
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Ingredients: water, spaetzle dumplings, water, enriched flour, whole egg, enriched durum flour, salt, turmeric, onions, carrots, cooked diced white meat chicken, celery, heavy cream (milk), enriched flour, contains less than 2% of sweet green peas, chicken base, chicken broth base, sugar, yeast extract, soy protein isolate, chicken base, unsalted butter, canola oil, chives, spices.

ROASTED RED PEPPER GOUDA BISQUE	8 FLOZ	260	20	6	780	15	3	6
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Ingredients: water, diced tomatoes in juice, heavy cream (from milk), tomato paste, roasted red bell pepper puree, sugar, pasteurized gouda cheese, skim milk, cream, casein, salt, unsalted butter, soybean oil, contains less than 2% of modified cornstarch, enriched flour, garlic, salt, spices, onion powder, citric acid, natural smoke flavor, soy lecithin, paprika.

SPICY HARISSA WHITE BEAN	8 FLOZ	130	3	0	550	19	7	5
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Ingredients: water, tomato puree, cooked great northern beans, diced tomatoes in tomato juice, red peppers, kale, carrots, onions, celery, roasted red peppers, roasted garlic, extra virgin olive oil, modified food starch, spices, salt, smoked paprika, lemon juice concentrate.

WHITE CHEDDAR CAULIFLOWER BISQUE	8 FLOZ	320	26	15	830	9	LESS THAN 1 GRAM	10
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ingredients: cream (milk), water, cheddar cheese blend, cauliflower, modified food starch, onions, vegetable oil, roasted garlic, salt, dehydrated garlic, dehydrated onions, black pepper, thyme.

BROCCOLI CHEDDAR	8 FLOZ	220	17	8	730	14	1	5
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ingredients: water, broccoli, heavy cream (from milk), pasteurized processed cheddar cheese, water, milkfat, salt, broccoli puree, onions, enriched flour, canola oil, unsalted butter, salt, dijon mustard, chicken stock, chicken, chicken fat, sugar, hydrolyzed corn protein, pepper sauce, hydrolyzed corn gluten, paprika, turmeric.

CHICKEN & DUMPLING	8 FLOZ	170	6	2	830	22	2	8
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ingredients: water, spaetzle dumplings (water, enriched flour), whole egg, salt, wheat gluten, turmeric, onions, carrots, cooked diced white meat chicken, celery, heavy cream (from milk), enriched flour, sweet green peas, chicken base, soy and corn protein, sugar, potato flour, carrot powder, turmeric, chicken broth base, sugar, potato starch, chicken base, potato flour, unsalted butter, canola oil, chives, spices.

CHICKEN GUMBO	8 FLOZ	160	7	2.5	1850	21	2	5
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ingredients: Water, diced tomatoes in juice, okra, celery, cooked dark meat chicken, cooked enriched white rice, tomato paste, chicken fat, red bell peppers, salt, seasoning, corn gluten, wheat and soy protein, white pepper, garlic salt, spices, turmeric, sugar.

CHICKEN NOODLE	8 FLOZ	80	1.5	0	640	11	LESS THAN 1 GRAM	5
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ingredients: water, carrots, cooked diced white meat chicken, enriched pasta product, egg white, whole egg, celery, onions, chicken base, soy sauce, yeast extract, onion, soybean oil, modified food starch, salt, sugar, spices.

CLAM CHOWDER	8 FLOZ	230	13	5	700	18	1	5
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ingredients: water, chopped sea clams, potatoes, heavy cream (milk), celery, onions, canola oil, clam base (cooked clams in clam juices, salt, flavoring [cod], butter, dehydrated potatoes, onion powder, enriched wheat flour, wheat protein, sunflower oil, salt, garlic, spices, parsley.

CORN CHOWDER	8 FLOZ	240	12	6	740	28	2	6
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ingredients: water, corn, corn puree, heavy cream (milk), potatoes, cream style corn, onions, vegetable base, salt, sugar, corn oil, potato flour, carrots, unsalted butter, canola oil, enriched flour, cornstarch, chicken base, soy protein, sugar, potato flour, carrot powder, turmeric sugar, bacon base, salt, yeast extract, ham stock, smoke flavoring, salt, celery salt, granulated garlic, cayenne pepper.

CURRIED RICE & LENTIL	8 FLOZ	100	1	0	710	23	6	6
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ingredients: water, tomato puree, diced tomatoes in juice, lentils, enriched parboiled rice, carrot, celery, leeks, onions, red bell peppers, soy and corn protein, corn oil, onion powder, sugar, garlic powder, turmeric, corn starch, curry powder, pepper sauce, paprika.



	portion size	calories	total fat (g)	saturated fat (g)	sodium (mg)	total carb (g)	dietary fiber (g)	protein (g)
GARDEN VEGETABLE	8 FLOZ	60	1	0	760	10	2	2
ingredients: water, corn, onions, diced tomatoes in juice, cabbage, broccoli, carrots, celery, zucchini, green bell peppers, wax beans, vegetable base, salt, sugar, corn oil, potato flour, carrot powder, tomato paste, corn protein, soy protein concentrate, corn oil, onion powder, garlic powder, turmeric, mushroom base, unsalted butter [cream], flavoring, sherry cooking wine, roasted granulated garlic, pepper sauce, curry powder.								
ITALIAN WEDDING	8 FLOZ	120	5	1.5	490	11	2	6
ingredients: water, diced tomatoes in juice, chicken meatballs (chicken, water, textured soy protein concentrate, eggs, breadcrumbs), soy protein concentrate, romano cheese, onions, macaroni (semolina wheat flour, egg white), carrots, spinach, celery, chopped garlic, olive oil, salt, chicken stock, chicken, chicken fat, sugar, corn protein, turmeric.								
LEMON ORZO CHICKEN	8 FLOZ	160	8	4	780	14	1	7
ingredients: water, pasta product (water, semolina, egg white), white meat chicken strips, heavy cream, onions, carrots, celery, chicken stock, canola oil, chicken broth base, sugar, potato starch, chicken base, chopped garlic, spices, salt, chicken flavor, lemon juice concentrate, sugar.								
PARMESAN KALE & ITALIAN SAUSAGE	8 FLOZ	220	14	7	920	13	LESS THAN 1 GRAM	9
ingredients: water, onions, italian sausage, parmesan cheese, enriched flour, chablis wine, kale, heavy cream, unsalted butter, garlic, chicken base, chicken broth base, sugar, potato starch, cornstarch, rendered bacon fat, parmesan cheese, whey [milk], chicken base, soy and corn protein, potato flour, carrot powder, turmeric, black pepper.								
BAKED STUFFED POTATO	8 FLOZ	250	16	7	670	23	1	7
ingredients: water, potatoes, heavy cream (from milk), onions, shredded hash brown potatoes, cream cheese, canola oil, bacon bits, potato flakes, green onions, salt, chicken base, soy and corn protein, carrot powder, turmeric, parmesan cheese, chives, pepper sauce, spices, sugar.								
ROASTED POBLANO AND CHEDDAR SOUP	8 FLOZ	290	23	14	810	13	LESS THAN 1 GRAM	8
ingredients: water, cream (milk), white cheddar cheese, roasted green chiles, roasted poblano chili peppers, tomatillos, american cheese, butternut squash, butter, sour cream, roasted onions, lime juice, white corn masa, modified food starch, corn tortilla chip, skim milk, canola oil, salt, green onions, sugar, roasted garlic, cilantro, chipotle adobo puree.								
SOUTHWEST TORTILLA SOUP	8 FLOZ	130	6	2	590	17	2	3
ingredients: water, diced tomatoes in juice, yellow corn flour, corn, onions, green bell peppers, tomato paste, red bell peppers, carrots, celery, unsalted butter, canola oil, chopped garlic, chicken base, beef base, soy protein, potato flour, whey, corn oil, paprika, salt, cilantro, sugar.								
TOMATO BASIL BISQUE	8 FLOZ	160	7	4.5	250	20	LESS THAN 1 GRAM	4
ingredients: water, diced tomatoes in juice, tomato paste, heavy cream (milk), celery, flour, carrot puree, onions, unsalted butter, basil, salt.								
VEGETABLE BEEF BARLEY SOUP	8 FLOZ	110	2	1	470	15	3	8
ingredients: water, carrots, beef, celery, barley flakes, onions, beef base, soy protein, potato flour, whey [milk], corn oil, paprika, sunflower oil, granulated garlic, heavy cream (milk), tomato paste, soy and wheat protein, salt, sugar.								
VEGETARIAN MINESTRONE	8 FLOZ	70	0.5	0	770	15	3	3
ingredients: water, diced tomatoes in juice, tomato paste, carrots, cooked kidney beans, onions, celery, zucchini, macaroni (semolina [wheat], egg whites), corn, cabbage, vegetable soup base, tomato paste, canola oil, potato flour, chopped garlic, salt, corn starch.								
VEGETARIAN POZOLE	8 FLOZ	180	6	0.5	780	27	4	5
ingredients: water, white hominy, corn, black beans, white kidney beans, onions, tomatoes in juice, canola oil, tomato paste, sugar, red bell peppers, poblano chili peppers, green bell peppers, jalapeno peppers, cilantro, dried chili peppers, salt, soy and corn protein, smoked paprika, onion powder, dried garlic, lime juice, pepper sauce, corn oil, garlic powder, turmeric.								
WILD MUSHROOM BISQUE	8 FLOZ	120	6	1	680	14	2	3
ingredients: water, onions, mushrooms, flour, canola oil, heavy cream (milk), tomato paste, shiitake mushrooms, sherry cooking wine, garlic, salt, soy and corn protein, wood ear mushrooms, chives, potato flour, corn oil, sugar, parsley, onion powder, dried oyster mushrooms, unsalted butter, garlic powder, turmeric.								

2000 calories a day is used for general nutrition advice, but calorie needs vary.

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

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