

## Nutritional Facts



	Calories (kcal)	Calories from Fat (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)**	Cholesterol (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
<b>Dutchman Style Breakfast Platters - Values Include 2 Pieces of 7 Grain Bread with Butter &amp; Hash Browns</b>													
Boer's Breakfast	1207	476	55	97	9	10	53	17	0.7	673	202	9	2742
DeBakon & Eggs with Salad	977	445	36	70	8	10	50	13	0.6	488	90	6	1485
DeBakon & Eggs with Fruit	914	313	36	87	9	25	35	12	0.6	488	115	6	1478
DeBratwurst & Eggs with Salad	1370	764	50	74	8	14	85	26	0.8	590	90	13	2064
DeBratwurst & Eggs with Fruit	1306	632	50	91	9	29	71	25	0.8	590	115	13	2056
DeHam & Eggs with Salad	926	383	33	72	8	12	43	10	0.6	485	90	5	1686
DeHam & Eggs with Fruit	863	252	33	89	9	27	28	9	0.6	485	115	5	1679
DeSausage & Eggs with Salad	1101	560	35	72	8	12	62	18	0.7	522	90	9	1289
DeSausage & Eggs with Fruit	1037	428	36	89	9	27	48	17	0.7	522	115	9	1281
DeSteak & Eggs with Salad	1127	486	60	70	8	10	54	15	1.0	544	101	9	658
DeSteak & Eggs with Fruit	1063	354	60	87	9	25	40	14	1.0	544	126	9	651
DeTurkey Bacon & Eggs with Salad	1048	521	33	72	8	10	58	15	0.6	545	152	6	2010
DeTurkey Bacon & Eggs with Fruit	985	389	34	90	9	25	44	15	0.6	545	178	6	2002
DeVeggies & Eggs with Salad	1081	519	39	77	10	16	58	21	0.8	515	455	6	1003
DeVeggies & Eggs with Fruit	1017	387	40	94	11	30	43	20	0.8	515	480	6	996
Salmon & Eggs with Salad	883	379	27	70	8	10	42	10	0.6	466	93	5	786
Salmon & Eggs with Fruit	819	247	28	87	9	25	28	9	0.6	466	118	5	779
<b>Dutch Scrambles - Values Include 2 Pieces of 7 Grain Bread with Butter &amp; Hash Browns</b>													
Chicken with Salad	1180	548	48	84	11	18	61	19	0.8	782	324	6	1542
Chicken with Fruit	1117	416	49	101	12	33	46	18	0.8	782	349	6	1534
DeBakon with Salad	1175	552	48	83	11	18	62	20	0.8	775	320	7	1560
DeBakon with Fruit	1111	421	48	100	12	33	47	19	0.8	775	345	7	1552
Ham with Salad	1141	512	46	84	11	19	57	18	0.8	773	320	6	1694
Ham with Fruit	1077	380	46	102	12	34	42	17	0.8	773	345	6	1686
Mushroom with Salad	1105	503	40	85	11	19	56	18	0.8	756	322	6	949
Mushroom with Fruit	1042	372	41	102	13	34	42	17	0.8	756	347	6	942
Original with Salad	1090	501	38	83	11	18	56	18	0.8	756	320	6	946
Original with Fruit	1026	370	39	100	12	33	41	17	0.8	756	345	6	938
Roast Beef with Salad	1150	510	49	84	11	18	57	18	0.8	776	320	7	1306
Roast Beef with Fruit	1086	379	50	101	12	33	42	17	0.8	776	345	7	1298
Salami with Salad	1402	746	54	84	11	19	83	27	0.8	814	327	7	2335
Salami with Fruit	1339	614	55	101	12	33	69	26	0.8	814	352	7	2327
Sausage with Salad	1257	629	47	84	11	19	70	23	0.9	798	320	9	1429
Sausage with Fruit	1194	497	48	101	12	34	56	22	0.9	798	345	9	1421
Smoked Salmon with Salad	1123	512	43	83	11	18	57	18	0.8	762	323	6	1168
Smoked Salmon with Fruit	1059	381	44	100	12	33	43	17	0.8	762	348	6	1160
Spinach with Salad	1101	501	39	86	12	18	56	18	0.8	756	340	7	991
Spinach with Fruit	1038	370	39	103	13	33	41	17	0.8	756	365	7	983
Turkey Bacon with Salad	1222	603	46	85	11	18	67	21	0.8	812	361	7	1909
Turkey Bacon with Fruit	1158	472	46	102	12	33	53	20	0.8	812	387	7	1902
<b>Dutch Benedicts - Values Include 2 Dutch Rusks, Basted Eggs &amp; Hash Browns</b>													
Amsterdam with Salad	1052	533	34	66	6	9	59	14	0.4	576	204	6	1743
Amsterdam with Fruit	988	401	35	83	7	23	45	13	0.4	576	229	6	1736
BC with Salad	940	457	25	65	6	7	51	9	0.2	542	51	5	1019
BC with Fruit	876	326	26	82	7	21	36	8	0.2	542	77	5	1011
Benedutch with Salad	1095	599	33	65	6	9	67	20	0.6	582	360	5	1193
Benedutch with Fruit	1032	468	34	82	7	23	52	19	0.6	582	385	5	1186
Boers with Salad	1189	622	43	67	6	9	69	15	0.2	608	48	9	2489
Boers with Fruit	1125	491	44	85	7	24	55	14	0.2	608	73	8	2481
Hollandict with Salad	959	454	29	67	6	8	51	9	0.2	550	52	6	1068
Hollandict with Fruit	888	321	29	82	7	21	36	8	0.2	550	73	6	1059
Mediterranean with Salad	1007	504	25	72	8	10	56	13	0.2	561	216	7	1162
Mediterranean with Fruit	944	372	26	89	9	25	41	12	0.2	561	241	7	1154
Rotterdam with Salad	1086	574	36	65	6	8	64	16	0.4	578	204	6	1609
Rotterdam with Fruit	1022	442	37	82	7	22	49	15	0.4	578	229	6	1602
Seafood with Salad	1096	529	39	72	6	7	59	10	0.2	656	95	6	1241
Seafood with Fruit	1032	397	40	89	7	21	44	9	0.2	656	120	6	1233



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Shrimp with Salad	1219	589	48	79	6	7	66	11	0.2	763	135	7	1240
Shrimp with Fruit	1155	457	48	97	7	21	51	10	0.2	763	160	7	1233
Spinach & Chicken with Salad	1103	569	37	69	7	8	63	16	0.4	585	228	6	1636
Spinach & Chicken with Fruit	1039	438	38	86	8	23	49	15	0.4	585	253	6	1628
Spinach with Salad	1013	523	27	68	7	8	58	14	0.4	559	224	6	1040
Spinach with Fruit	949	391	28	85	8	22	44	13	0.4	559	249	6	1032
Spinich & Shrimp with Salad	1230	589	48	82	7	7	66	11	0.2	763	155	8	1285
Spinich & Shrimp with Fruit	1167	457	49	100	9	21	51	10	0.2	763	180	8	1278
Spinich Amsterdam with Salad	1064	533	35	69	7	9	59	14	0.4	576	224	6	1788
Spinich Amsterdam with Fruit	1000	401	35	86	8	23	45	13	0.4	576	249	6	1781
Volendam with Salad	1088	575	30	69	7	10	64	14	0.2	577	56	8	1284
Volendam with Fruit	1025	444	30	86	8	25	49	13	0.2	577	81	8	1276
<b>Dutch Open-Faced Omelettes - Values Include 2 Pieces of 7 Grain Bread with Butter &amp; Hash Browns</b>													
Broccoli & Cheese with fruit	1007	376	39	91	11	26	42	17	0.6	762	382	6	917
Chicken with Fruit	1119	423	49	98	11	30	47	19	0.6	788	387	6	1508
Chicken with Salad	1183	555	48	81	10	16	62	20	0.6	788	362	6	1516
Denver with Fruit	1072	386	46	96	11	30	43	17	0.6	779	378	6	1658
Denver with Salad	1135	518	45	79	10	15	58	18	0.6	779	353	6	1666
Double Dutch with Fruit	1079	437	44	90	9	27	49	22	0.8	788	516	6	1163
Double Dutch with Salad	1143	569	44	72	8	13	63	23	0.8	788	491	6	1170
Meat Lovers with Fruit	1343	602	64	92	9	29	67	23	0.7	839	165	10	3272
Meat Lovers with Salad	1407	734	64	75	8	14	82	24	0.7	839	140	10	3280
Mediterranean with Fruit	1002	349	37	100	12	31	39	15	0.6	758	336	7	1099
Mediterranean with Salad	1065	481	37	83	11	16	54	16	0.6	758	311	7	1106
Mexican with Fruit	1057	403	40	95	11	30	45	19	0.6	772	433	6	1579
Mexican with Salad	1120	535	39	78	10	15	60	20	0.6	772	408	6	1587
Plain with Fruit	883	291	30	89	9	26	33	11	0.6	732	162	6	732
Plain with Salad	947	422	30	72	8	11	47	12	0.6	732	136	6	739
Rio Grande with Fruit	1045	379	36	101	13	33	42	18	0.6	767	296	6	1446
Rio Grande with Salad	1109	510	35	84	11	19	57	18	0.6	767	271	6	1453
Salami & Cheese with Fruit	1153	497	45	90	9	27	56	22	0.6	791	369	6	1602
Salami & Cheese with Salad	1217	629	45	73	8	12	70	23	0.6	791	344	6	1609
Shrimp with Fruit	1453	746	39	108	9	28	83	21	0.6	1063	200	7	2293
Shrimp with Salad	1517	878	39	90	8	13	98	22	0.6	1063	175	7	2301
Smoked Salmon with Fruit	1548	818	45	108	10	28	91	23	0.6	1050	192	8	2448
Smoked Salmon with Salad	1612	950	44	91	9	13	106	24	0.6	1050	167	8	2455
Southwest Chili with Fruit	1215	453	51	108	10	30	51	22	0.6	805	414	8	1572
Southwest Chili with Salad	1279	585	50	91	9	15	65	23	0.6	805	389	9	1579
Spinach & Cheese with Fruit	1009	375	38	92	11	26	42	17	0.6	762	385	7	952
Spinach & Cheese with Salad	1073	507	38	75	10	12	57	18	0.6	762	360	7	960
Sweet Apple with Fruit	942	292	31	105	11	40	33	11	0.6	732	173	6	733
Sweet Apple with Salad	1006	423	30	88	10	26	47	12	0.6	732	148	6	740
Swiss (Dutch Style) with Fruit	1029	377	44	91	9	28	42	17	0.8	773	318	6	1679
Swiss (Dutch Style) with Salad	1093	509	44	73	8	13	57	18	0.8	773	292	6	1686
Veggie with Fruit	945	296	33	101	12	32	33	11	0.6	732	180	6	824
Veggie with Salad	1009	427	33	84	11	17	48	12	0.6	732	155	6	831
Boer's with Fruit	1720	877	72	111	12	36	98	36	0.9	976	551	10	3665
Boer's with Salad	1783	1009	72	94	11	21	112	37	0.9	976	526	10	3673
<b>French Toast</b>													
Canuck	1205	320	64	154	9	1	36	11	0.0	898	310	11	2996
Chocolate Strawberry	1517	384	44	239	9	24	43	21	0.0	502	331	9	2071
Cinnamon Raisin	523	218	20	63	12	27	24	12	0.0	482	174	3	505
Dutch	1088	215	38	180	11	25	24	9	0.3	455	291	9	1987
French Vanilla	1422	296	50	236	16	41	33	7	0.0	445	492	11	2013
Fruit Topping	980	163	38	163	9	11	18	5	0.0	439	274	9	1947
Hawaiian	1328	328	48	200	11	42	36	17	0.0	499	330	10	2786
Maple	1540	273	42	275	9	75	30	13	0.0	459	350	10	1996

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<b>Hash-n-Eggs - Values Include 2 Pieces of 7 Grain Bread with Butter, Cheese &amp; Two Eggs</b>													
DeBakon	1004	452	40	73	9	13	50	21	0.9	552	382	6	1811
Chicken	962	396	43	73	9	13	44	19	0.9	521	345	5	1443
Ham	923	360	40	73	9	14	40	17	0.9	512	341	5	1595
Meat Lovers	1280	633	61	74	9	15	71	28	0.9	587	345	8	3035
Mushroom	887	352	35	74	10	14	39	17	0.9	495	343	5	850
Salami	1184	595	49	72	9	14	66	27	0.9	554	348	6	2236
Sausage	1039	478	42	73	9	14	53	23	1.0	537	341	7	1330
Shrimp	1028	421	47	79	9	13	47	19	0.9	609	384	6	1068
Smoked Salmon	938	372	43	72	9	13	42	18	0.9	508	347	5	1291
Turkey Bacon	1004	452	40	73	9	13	50	21	0.9	552	382	6	1811
<b>Other Breakfast Stuff</b>													
De Snack	504	122	6	51	5	3	14	3	0.2	23	28	2	474
Fresh Fruit Cup	190	5	1	49	5	42	1	0	0.0	0	32	0	41
Oatmeal	606	55	13	130	7	94	6	3	0.1	11	199	2	58
Stormy Fruit with Bagel	693	82	25	134	9	58	9	2	0.0	13	310	11	654
Stormy Fruit with Muffin	566	124	18	97	7	49	14	3	0.0	35	410	9	410
Stormy Fruit with Toast	596	151	20	98	9	55	17	7	0.4	33	346	10	453
Toast (2 Pieces, 7 Grain Bread with Butter)	198	86	5	24	3	5	10	5	0.4	20	50	2	309
Power Breakfast with Bagel	905	143	31	165	11	67	16	3	0.0	13	313	23	661
Power Breakfast with Muffin	742	172	23	123	9	59	19	4	0.0	30	388	21	361
Power Breakfast with Toast	807	211	25	129	11	64	24	8	0.4	33	348	21	460
<b>Special Pannekoeken</b>													
#1 Granola	1319	197	22	260	12	175	22	5	0.2	215	227	20	582
#2 Trail Mix	949	197	17	176	6	119	22	6	0.2	215	183	3	568
#3 Vegetarian	549	244	28	51	5	6	27	13	0.2	258	547	3	910
#4 Hash (DeBakon)	1116	460	40	95	8	6	51	14	0.2	368	396	5	2242
#4 Meatlovers Hash	1397	667	55	97	8	9	74	22	0.2	432	400	7	3509
#5 Apple DeBakon & Onion	671	237	27	85	8	17	26	6	0.0	228	246	5	1460
#6 Maple Banana Walnut	1137	430	23	166	10	95	48	5	0.0	205	313	6	543
#7 Rio Grande	512	211	22	52	5	5	23	11	0.0	254	406	3	948
#8 Boer's	1652	868	58	106	6	6	97	22	0.2	1010	233	9	4130
#9 The Canadian	874	228	37	128	3	72	25	7	0.0	658	293	6	1441
#10 DeBratwurst & Born 3 Eggs	789	418	43	50	3	4	46	15	0.1	719	213	9	1628
#11 Banana Strawberry & Whip	752	255	17	113	7	52	28	13	0.0	269	271	3	645
#12 Mixed Fresh Fruit & Whip	628	252	16	81	5	14	28	13	0.0	269	272	3	648
#13 The Windmill	1102	707	40	62	3	3	79	23	0.4	553	511	3	2891
#14 Abby Perogie	1063	418	36	89	7	7	47	20	0.2	323	442	4	1456
#15 Ogoogo	439	167	22	47	4	1	19	7	0.0	234	391	3	717
#16 Chocolate Strawberry Whip	898	360	20	119	4	30	40	21	0.0	289	265	3	683
#17 Meat Lovers & Edam Cheese	1098	663	63	51	3	6	74	29	0.4	413	534	7	4197
#19 Amsterkoek	1275	808	49	69	3	6	90	27	0.4	1007	552	5	3433
#18 Apple Cheddar & Stroop	781	251	27	109	5	30	28	13	0.0	264	585	3	947
#20 Peach Melba	618	251	16	78	5	29	28	13	0.0	269	263	3	645
<b>Savory Insider Pannekoeken</b>													
2 Eggs	457	163	25	48	3	1	18	4	0.0	635	214	4	663
Cheese	614	313	34	49	4	6	35	18	0.6	276	650	3	1132
DeBakon & Mushrooms	442	158	28	45	3	1	18	4	0.0	233	170	3	1453
DeBakon	442	158	27	45	3	1	18	4	0.0	233	173	3	1453
DeBakon & 2 Eggs	582	239	39	47	3	1	27	7	0.0	663	213	4	1583
DeBakon & Cheese	633	311	41	46	3	3	35	15	0.4	280	486	3	1851
DeBakon & Stroop	622	157	27	93	3	17	17	4	0.0	233	171	3	1517
DeBakon, Mushroom & Cheese	639	312	42	46	3	4	35	15	0.4	280	486	3	1852
Ham	391	97	24	48	3	3	11	1	0.0	230	173	3	1655
Ham & 2 eggs	531	178	36	50	3	3	20	4	0.0	660	213	4	1785
Ham & Cheese	580	250	37	48	3	5	28	13	0.4	278	485	3	2051
Ham & Mushroom	399	98	25	49	3	3	11	1	0.0	230	174	3	1656
Ham & Pineapple	474	96	24	69	4	23	11	1	0.0	230	169	3	1663

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Ham, Mushroom & Cheese	682	327	45	49	3	6	36	18	0.6	301	642	3	2252
Mushroom	330	84	15	47	4	2	9	1	0.0	205	175	3	535
Mushroom & Cheese	519	237	29	47	4	4	26	13	0.4	252	487	3	932
Sausage	566	273	27	47	3	3	30	9	0.1	268	173	6	1257
Sausage & 2 Eggs	706	354	39	49	3	3	39	12	0.1	698	213	8	1387
Sausage & Apple Sauce	598	272	26	56	4	11	30	9	0.1	268	172	6	1257
Turkey Bacon	513	234	24	48	3	1	26	7	0.0	290	235	4	1978
Turkey bacon & 2 Eggs	653	315	36	50	3	1	35	10	0.0	720	275	5	2108
Turkey Bacon & Cheese	702	388	38	48	3	3	43	18	0.4	337	547	4	2375
Turkey Bacon & Mushroom	641	311	39	48	3	1	35	10	0.0	318	232	5	2899
Turkey Bacon & Stroop	693	234	24	96	3	17	26	7	0.0	290	234	4	2041
Turkey Bacon, Mushroom & Cheese	710	389	39	49	3	4	43	18	0.4	337	548	4	2376
<b>Sweet Topped Pannekoeken</b>													
3 Berry & Whip	651	251	16	86	3	19	28	13	0.0	269	255	2	664
Apple, Raisins & Cinnamon	656	82	15	130	8	79	9	1	0.0	205	222	5	551
Apple, Sugar & Cinnamon	396	82	13	68	4	21	9	1	0.0	205	182	3	531
Apple, Sugar, Cinnamon & Whip	615	252	16	78	4	28	28	13	0.0	269	268	3	641
Banana & Whip	660	254	17	89	6	29	28	13	0.0	269	261	3	642
Blackberry & Whip	643	252	17	84	6	33	28	13		269	275	3	643
Blueberry & Whip	625	252	16	81	4	31	28	13		269	260	3	641
Brown Sugar	655	81	13	136	3	92	9	1	0.0	205	169	2	530
Ginger	655	81	15	128	3	78	9	1		205	169	2	530
Maple Syrup	650	83	13	131	3	79	9	1	0.0	205	249	4	541
Icing Sugar	336	81	13	51	3	7	9	1		205	169	2	530
Lemon	351	81	13	56	5	9	9	1	0.0	205	189	2	530
Peach & Whip	592	251	16	71	4	23	28	13		269	260	2	644
Pineapple	442	81	13	78	4	32	9	1	0.0	205	169	3	545
Pineapple & Whip	661	251	16	89	4	38	28	13	0.0	269	255	3	655
Plain	307	81	13	44	3		9	1		205	169	2	530
Raisin & Sugar	596	81	15	113	7	65	9	1	0.0	205	209	4	550
Raspberry & Whip	642	252	16	84	6	33	28	13		269	265	3	643
Strawberry & Whip	647	252	16	86	4	37	28	13		269	265	3	643
Stroop	524	81	13	100	3	25	9	1	0.0	205	171	2	596
<b>The Frying Dutchman Hamburgers - Values include side salad with De Dressing</b>													
Canadian	712	479	32	30	3	10	53	16	0.2	91	240	4	2349
Gentle John	782	520	38	31	3	10	58	18	0.2	306	260	5	2414
Halibut	642	309	45	36	5	12	34	4	0.0	70	123	4	629
Meek Myrtle	762	488	33	37	4	12	54	16	0.0	97	300	4	2207
Simple Simon	718	480	33	30	3	10	53	16	0.2	91	235	4	2228
Chicken Hobo	663	334	53	31	3	11	37	10	0.2	137	243	4	1023
Humble Helen	894	610	37	37	4	13	68	22	0.2	129	456	7	2466
<b>Sandwiches - Values include side salad with De Dressing</b>													
Beef Dip (includes 1/4 cup of Au Jus Dip & Hashbrowns)	1341	234	32	195	9	9	26	7	0.2	58	268	11	31240
BLT	797	353	33	96	11	57	39	10	0.0	58	372	4	1971
Clubhouse with Turkey Breast	663	361	32	49	7	17	40	11	0.7	103	96	4	1653
Clubhouse with Chicken Breast	666	356	33	49	7	17	40	11	0.7	88	85	4	1591
Seafood Clubhouse	1090	264	43	162	11	10	29	4	0.0	96	258	10	2155
Grilled 3 Cheese & Tomato	594	337	24	52	6	32	37	14	0.1	67	535	3	996
Philly Cheese Steak	1004	348	47	110	9	12	39	14	0.0	146	390	8	17438
Rembrant	543	293	29	29	4	10	33	8	0.3	271	126	3	2342
Rembrant-Smoked Salmon	474	283	19	26	4	8	32	8	0.3	244	129	3	1412
Rembrant-DeBakon	532	323	24	27	4	8	36	10	0.3	256	136	3	1482
Rembrant-Shrimp	480	283	19	27	4	8	32	8	0.3	244	139	3	1090
Rembrant-Spinach	549	293	29	31	4	10	33	8	0.3	271	136	3	2365
Shrimp Melt	813	379	39	63	4	4	42	15	0.7	233	338	6	1534
Western Scramble	457	219	18	50	6	28	24	3	0.0	334	122	3	791
Quesadilla (Cheese)	954	522	28	75	10	16	58	26	0.2	113	583	4	1907
Quesadilla (Chicken)	1026	568	38	77	10	16	63	28	0.2	140	587	5	2503

## Nutritional Facts



	Calories (kcal)	Calories from Fat (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g) **	Cholesterol (mg)	Calcium (mg)	Iron (mg)	Sodium (mg)
Quesadilla BBQ Cheese	988	523	28	88	10	25	58	26	0.2	113	587	5	2298
Quesadilla BBQ Chicken & Cheese	1079	569	38	89	10	25	63	28	0.2	140	591	5	2894
<b>Dutch Treats</b>													
Bouncer - Beef with Salad	710	261	36	92	9	51	29	4	0.0	450	200	6	1390
Bouncer - Cheese with Hashbrowns	1287	528	57	125	12	54	59	29	1.0	546	902	5	2008
Bouncer - Cheese with Salad	1075	596	54	91	9	56	66	30	0.9	536	902	5	1923
Bouncer - Ham & Cheese with Hashrowns	1338	538	65	126	12	55	60	29	1.0	563	902	6	2756
Bouncer - Ham & Cheese with Salad	1126	607	62	92	9	57	67	30	0.9	553	902	5	2671
Bouncer - Ham with Hashrowns	912	194	35	126	12	51	22	4	0.2	456	200	6	1863
Bouncer - Ham with Salad	701	262	32	92	9	52	29	4	0.0	447	200	5	1778
Beef Croquettes with Fries, Salad & Bun	924	415	18	103	2	9	46	9	0.0	25	61	2	1569
<b>Salads</b>													
Amsterdam	414	222	28	25	5	7	25	7	0.1	56	126	4	1541
Caesar	785	554	24	36	6	10	62	24	0.3	83	536	4	1515
Caesar Salad - Chicken Strips	1169	795	45	49	6	10	88	29	0.3	83	551	5	2290
Caesar Salad - Grilled Chicken	986	657	46	39	6	10	73	27	0.3	141	545	4	2840
Chef	846	276	33	111	8	8	31	8	0.2	41	310	6	2154
Green Salad with De Dressing	150	135	1	5	1	3	15	1	0.0	0		0	20
Spinach Salad with Mushrooms	668	399	7	62	9	30	44	12	0.0	19	91	4	883
Spinach Salad with Orange Pieces	713	402	7	77	11	42	45	11	0.0	19	132	4	882
Spinach Salad with Sliced Strawberries	783	399	7	94	11	60	44	11	0.0	19	104	5	885
Van Gogh	568	229	41	49	6	28	25	6	0.0	94	191	4	1476
<b>Soup</b>													
Dutch Pea Soup with Crackers	82	5	5	11	2	2	1	0	0.0	11	6	5	384
Souper Deal-Dutch Pea Soup	616	284	14	63	8	16	32	13	0.0	21	48	8	1065
Chili Deal	801	382	27	75	13	25	42	19	0.0	55	145	13	1619
Chili with Garlic Toast	648	247	26	70	12	21	27	18	0.0	55	143	12	1598
<b>Wraps - Values include a cup Chicken Noodle soup</b>													
Chicken Caesar	978	533	39	76	10	8	59	15	0.1	94	324	6	3203
Chicken Cucumber	863	405	41	76	8	9	45	14	0.0	89	402	5	2639
Chicken Salad	784	338	34	79	8	13	38	13	0.0	84	387	5	2587
Clubhouse	684	223	37	78	8	11	25	6	0.0	78	190	5	2485
Clubhouse DeBakon	793	345	36	79	8	9	38	14	0.0	76	390	5	2619
Clubhouse Turkey Bacon	852	409	34	82	8	9	45	16	0.0	123	442	6	3056
Coconut Chicken Curry	1112	405	41	138	10	8	45	28	0.0	59	194	9	2993
Crispy BLT Chicken	1068	483	52	96	9	11	54	16	0.0	109	417	7	3185
Thai Wrap	990	472	30	101	8	23	52	8	0.0	47	200	6	1973
Tropical Chicken	745	240	26	102	9	33	27	9	0.0	52	292	5	2095
Veggie	675	287	21	78	9	9	32	8	0.0	30	271	5	1652
Western Scramble	1049	384	34	102	9	7	43	17	0.2	421	404	6	1533
Fajita Beef	816	294	53	76	9	9	33	15	0.3	120	314	8	1872
Fajita Chicken	675	242	31	77	9	9	27	12	0.0	76	309	5	2389

\* Trans Fats are found naturally in some ingredients such as meat and cheese. These values represent naturally occurring Trans Fat as we do not use any artificial Trans Fats.