



Nutritional Guide

	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
<b>Breads</b>															
Baguette 1/6	103	4	0	0	0	0	241	22	1	0	3	0	0	0	7
Baguette 1/6 Multigrain	109	17	2	0	0	0	209	20	2	0	4	0	0	1	8
French Country	352	14	2	0	0	0	4	74	3	0	10	0	0	2	24
French Roll	174	4	0	0	0	0	408	37	2	0	5	0	0	8	2
Soft Roll Seeded Whole Wheat	191	63	7	3	0	32	329	27	1	6	5	181	0	10	2
Soft Roll	184	47	5	3	0	58	302	29	1	5	5	38	0	5	8
<b>Breakfast</b> <i>(includes appropriate sides)</i>															
Broche French Toast (no bacon)	620	282	31	17	0	221	715	68	4	19	14	640	26	82	18
Croissant Sandwich	992	647	72	39	0	621	1349	50	2	8	33	1232	0	227	21
Le Metro Breakfast Sandwich	390	296	33	10	0	500	1300	8	4	2	17	1226	11	93	3
Le Metro Breakfast Sand. <i>(egg whites only)</i>	282	197	22	6	0	20	1329	8	4	2	15	674	11	41	1
Breakfast Panini	807	289	32	14	0	561	1427	78	4	1	49	3616	8	276	27
Oatmeal	754	232	26	8	0	30	278	118	15	50	23	6470	130	275	6
Omelet - Smoked Salmon	934	581	65	28	0	822	1860	54	8	4	37	3515	51	182	13
Omelet - Chicken Pesto <i>(egg whites only)</i>	391	228	25	13	0	81	603	3	0	2	37	964	6	93	1
Omelet - Chicken Pesto	803	466	52	23	0	819	1217	39	3	3	45	2516	28	190	12
Omelet - Ham & Cheese <i>(egg whites only)</i>	463	277	31	19	0	95	647	6	0	2	39	906	0	463	0
Omelet - Ham & Cheese	878	487	54	27	0	826	1197	49	3	3	47	2335	22	328	2
Omelet - Med Vegetable <i>(egg whites only)</i>	361	238	26	13	0	59	518	3	1	2	25	1267	28	163	0
Omelet - Med Vegetable	757	460	51	23	0	797	1133	40	4	4	33	2994	52	263	12
Two Eggs & Bacon	689	415	46	20	0	531	1446	37	3	2	28	1669	25	82	16
Two Eggs & Canadian Bacon	614	308	34	14	0	559	2024	39	3	2	37	1669	25	89	11
Two Eggs & Ham	540	265	29	13	0	527	1265	41	3	2	28	1669	25	85	10
Parfait Vanilla Yogurt	342	99	11	4	0	17	123	52	6	34	13	195	113	0	0
Fruit Salad Bowl	322	13	1	0	0	0	112	80	9	71	6	11752	248	90	2
<b>Salads</b> <i>(Does not include dressing or bread)</i>															
Add Chicken	72	16	2	0	0	33	140	0	0	0	13	12	1	6	0
Add Smoked Salmon	66	22	2	1	0	13	723	0	0	0	10	50	0	6	0
Cobb	392	253	28	9	0	53	600	10	7	2	25	4638	26	137	6
Goat Cheese	376	239	27	10	0	29	394	19	4	5	18	7029	30	169	6
House	55	27	3	0	0	0	75	6	1	1	1	1931	6	13	2
Nicoise	268	94	10	3	0	248	1591	15	4	4	29	4676	27	103	4
Parisian	380	249	28	8	0	22	503	27	4	17	10	4032	10	185	1
<b>Salad Dressings</b>															
French Curry (2 oz)	296	295	33	5	0	34	366	0	0	0	1	53	0	7	0
Balsamic (2 oz)	349	351	39	6	0	0	126	0	0	0	0	52	0	47	2
Sherry (2 oz)	167	154	17	2	0	0	58	4	0	3	0	5	0	8	0
Dijon (2 oz)	342	340	38	4	0	31	255	1	0	0	1	51	0	9	0

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<b>Savory Tarts</b> <i>(Does not include sides)</i>															
Ham and Mushroom	568	337	37	15	0	76	1633	33	5	11	27	3806	49	521	2
Mozzarella Tomato	538	321	36	16	0	75	832	29	3	4	29	2079	22	337	3
<b>Quiche</b> <i>(Does not include sides)</i>															
Lorraine 4" (individual size)	757	464	52	30	0	378	878	43	1	3	30	1120	1	278	10
Smoked Salmon 4" (individual size)	768	526	58	34	0	394	1060	39	1	3	22	1773	5	156	11
Spinach 4" (individual size)	829	558	62	37	0	393	530	42	2	4	28	6232	1	408	11
<b>Crepes</b> <i>(Does not include sides)</i>															
Breakfast (with bacon)	819	552	61	32	0	617	1982	23	1	8	41	1693	3	572	9
Chicken Florentine	416	168	19	10	0	132	827	25	4	8	37	9663	6	280	4
Strawberries and Cream	552	325	36	22	0	162	513	47	2	30	10	96	52	26	9
Smoked Salmon	584	379	42	20	0	102	1164	29	2	11	23	2295	13	107	4
<b>Sandwiches</b> <i>(Does not include sides)</i>															
1/2 Chicken Curry	483	269	30	11	0	73	1148	39	3	13	16	770	5	39	9
1/2 Chicken Pesto	382	168	19	7	0	63	1182	27	2	2	27	975	6	341	8
1/2 Chicken Salad	464	302	34	11	0	71	1051	28	2	5	13	1050	7	30	8
1/2 Croque Monsieur	350	183	20	12	0	75	603	22	1	4	21	514	0	320	5
1/2 French Dip	397	149	17	4	0	57	184	38	2	1	23	144	3	99	14
1/2 Garlic Chicken	309	123	14	3	0	43	533	26	2	2	18	578	29	104	8
1/2 Ham & Cheese	313	124	14	5	0	36	814	29	2	2	19	1552	6	202	8
1/2 Mozz & Tomato	343	118	13	6	0	34	785	41	2	2	15	646	5	222	12
1/2 Tuna Salad	421	248	28	4	0	94	1169	24	3	2	20	1083	9	42	9
1/2 Turkey & Swiss	471	261	29	9	0	47	1781	29	4	3	22	471	11	105	13
1/2 Turkey Florentine	233	58	6	3	0	37	997	28	3	4	16	2960	26	137	8
<b>Sides</b>															
Apple Wood Smoked Bacon	209	161	18	7	0	15	627	0	0	0	9	0	0	0	6
Canadian Bacon	175	96	11	5	0	55	1198	1	0	0	18	145	0	7	1
Chicken Salad	302	241	27	3	0	48	330	3	1	1	13	1664	9	41	1
Curried Chicken Salad	341	207	23	3	0	50	459	19	3	12	17	1291	6	59	2
Extra Egg	74	45	5	2	0	212	70	0	0	0	6	244	0	26	1
French Fries	214	60	7	1	0	0	1198	35	3	0	3	421	31	20	1
Ham	69	12	1	0	0	12	510	4	0	0	10	0	0	3	0
Potato Salad	110	40	4	0	0	4	330	16	2	2	2	137	19	21	1
Salad Fruit Cup	168	7	1	0	0	0	58	42	5	37	3	6143	130	47	1
Seasoned Red Potatoes	246	141	16	8	0	30	698	24	3	2	3	1498	41	35	2
Smoked Salmon	54	17	2	0	0	10	544	1	0	0	8	1094	1	16	1
Tuna Salad	477	337	37	5	0	74	824	6	1	2	29	1626	11	60	2

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<b>Soups</b> <i>(includes bread)</i>															
Butternut Squash BOWL	427	145	16	4	0	7	1034	68	2	18	9	846	81	47	21
Butternut Squash CUP	265	74	8	2	0	3	637	45	2	9	6	423	40	24	14
Chicken Veg BOWL	220	36	4	0	0	31	2315	30	1	1	16	849	1	25	8
Chickpea Vegetable CUP	161	20	2	0	0	15	1278	26	1	0	9	425	1	13	7
Corn Chowder BOWL	699	495	55	34	0	197	308	46	1	3	10	940	24	29	18
Corn Chowder CUP	401	250	28	17	0	99	274	34	1	2	6	470	12	15	13
French Onion BOWL	276	176	20	11	0	53	186	9	0	1	16	478	0	464	2
French Onion CUP	168	105	12	5	0	27	132	7	0	0	9	243	0	240	2
Tomato Basil BOWL	389	188	21	14	0	58	1101	46	4	14	10	101	65	26	31
Tomato Basil CUP	246	96	11	7	0	29	671	34	3	7	6	50	32	13	19
<b>Kids Menu</b> <i>(*does not include sides)</i>															
Eggs and Bacon <i>(includes sides)</i>	691	518	58	26	0	550	1345	11	1	2	29	1587	16	75	11
Petite French Toast <i>(includes sides)</i>	334	165	18	10	0	107	485	32	2	13	8	314	35	38	9
Crepe*	279	163	18	12	0	68	235	12	0	4	17	471	0	450	1
Grilled Cheese*	461	304	34	21	0	112	523	25	1	3	15	1009	2	331	9
Ham Sandwich*	320	108	12	7	0	60	783	33	1	6	19	191	0	183	8
Turkey Sandwich*	311	105	12	7	0	70	840	32	1	7	18	208	3	184	9
<b>Pastries</b>															
Croissant Butter	470	243	27	17	0	71	631	49	2	7	7	17	0	3	15
Croissant Chocolate	641	334	37	22	0	87	731	67	2	17	9	998	0	68	4
Almond Croissant	617	340	38	21	0	115	551	62	3	24	9	1001	0	77	3
Raspberry Almond Croissant	639	340	38	21	0	115	558	67	3	28	9	1001	1	77	3
Blueberry Twist	588	209	23	14	0	112	501	89	1	54	7	724	0	39	2
Cinnamon Roll	484	284	32	14	0	114	424	43	3	12	9	695	0	67	3
Custard Brioche	466	139	15	8	0	188	524	70	2	26	11	26	0	15	51
Danish Cheese	510	444	49	31	0	167	122	8	0	7	6	382	0	24	0
Danish Ham Cheese	591	447	50	31	0	165	1524	13	3	4	21	528	4	365	9
Danish Raspberry Cheese	529	407	45	29	0	150	119	22	0	20	5	27	2	22	2
Jesuit	355	123	14	6	0	84	397	51	2	10	8	9	0	12	75
Scone Rasin	530	205	23	13	0	127	458	73	2	22	10	14	2	19	22
<b>Mini Desserts</b>															
Chocolate Mousse	660	393	44	26	0	81	26	78	6	68	6	8	0	35	6
Chocolate Dipped Strawberry	83	40	4	2	0	3	12	10	1	9	1	17	15	31	0
Cream Puffs	399	214	24	13	0	30	55	42	1	39	6	58	0	110	1
Fruit Tarts	133	90	10	6	0	73	15	11	1	8	2	12	7	5	2
Lemon Blueberry Trifle	171	79	9	5	0	80	82	21	1	14	3	311	4	54	1
Mocha Trifle	169	114	13	8	0	68	14	14	0	13	1	183	0	9	2
Strawberry Cheesecake Trifle	134	81	9	5	0	50	41	12	1	10	2	185	17	14	1
Raspberry Cake	207	91	10	5	0	76	56	26	2	22	4	58	0	110	1
<b>Specialty Desserts</b>															
Crème Brûlée	415	272	30	17	0	404	51	31	0	27	7	1250	1	117	1
Éclair	310	148	16	8	0	182	154	34	1	22	7	368	0	49	2

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<b>Tarts (individual size)</b>															
Apple	248	121	13	8	0	55	176	30	2	11	3	441	2	14	1
Lemon	255	183	20	11	0	217	72	14	0	11	6	160	4	30	2
Mixed Berry	238	38	4	2	0	57	45	52	4	36	3	96	50	41	2
Mixed Fruit	326	117	13	6	0	64	48	50	4	39	5	164	64	100	2
Strawberry	324	120	13	8	0	92	55	52	2	38	3	485	47	77	1
<b>Cakes (individual size)</b>															
Black Forest	524	189	21	12	0	159	226	80	2	67	5	146	11	31	6
Cappuccino Mousse	424	180	20	10	0	139	116	54	1	43	6	146	11	31	6
Coconut Mango Mousse	602	254	28	17	0	158	197	81	2	71	9	146	11	31	6
Princess	643	407	45	25	0	235	157	52	3	34	10	146	11	31	6
Strawberry White Chocolate Mousse	450	206	23	11	0	138	121	56	2	48	8	602	15	141	1
Three Layer	693	435	48	28	0	150	148	61	2	52	8	50	2	52	7
<b>Cookies</b>															
Raspberry Filled	345	150	17	9	0	68	57	44	1	30	5	55	1	55	6
Chocolate Chip	647	300	33	20	0	97	406	84	3	52	6	16	0	8	17
Lemon	524	233	26	16	0	102	6	68	2	29	6	801	5	22	2
Madeleine (each)	31	20	2	1	0	15	23	3	0	3	0	70	0	9	0
Meringue Chocolate	127	11	1	1	0	0	23	29	0	28	2	0	0	3	0
Meringue Plain	109	0	0	0	0	0	23	26	0	26	1	0	0	1	0
Palmier	248	77	9	5	0	21	379	37	1	0	5	248	0	10	2
Sugar Cookie (avg. depending on shape)	106	44	5	3	0	24	9	14	0	6	2	152	0	7	1
Sugar Cookie Small	51	21	2	1	0	11	5	7	0	3	1	74	0	3	0
<b>Beverages</b>															
Americano Lrg	0	0	0	0	0	0	9	0	0	0	0	0	0	7	0
Americano Sml	0	0	0	0	0	0	7	0	0	0	0	0	0	5	0
Brewed Coffee Lrg	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Brewed Coffee Sml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cafe au Lait Lrg	136	66	7	4	0	23	91	10	0	12	7	231	0	256	0
Cafe au Lait Sml	102	50	6	3	0	17	68	8	0	9	5	174	0	192	0
Cafe Latte Lrg	207	101	11	6	0	35	140	16	0	18	11	352	0	390	0
Cafe Latte Sml	165	80	9	5	0	27	111	12	0	14	9	280	0	310	0
Cappuccino Lrg	60	29	3	2	0	10	42	5	0	5	3	102	0	113	0
Cappuccino Sml	35	17	2	1	0	6	24	3	0	3	2	59	0	65	0
Chai Latte Lrg	210	101	11	6	0	35	138	16	1	18	11	355	0	402	0
Chai Latte Sml	176	85	9	5	0	29	116	14	1	15	9	297	0	338	0
Espresso Lrg	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0
Espresso Sml	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Hot Chocolate Lrg	397	143	16	8	0	45	189	51	0	51	14	453	0	456	28
Hot Chocolate Sml	282	106	12	6	0	34	137	35	0	35	10	338	0	328	19
White Choc Mocha Sml	236	104	12	7	0	34	154	24	0	25	10	338	1	330	0
White ChocolateMocha Lrg	352	143	16	9	0	45	231	40	0	41	15	453	2	462	0

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