

BOUDIN | SF™

BREAKFAST · LUNCH · DINNER · SOURDOUGH

The numbers listed below are in accordance with the FDA's guidelines for reporting nutrition information.

BREAKFAST

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Classics									
Sourdough French Toast w/2 slices of Bacon	690	23	9	135	910	107	4	51	16
Traditional w/2 slices of bacon & side of hash browns	450	32	11	635	960	19	3	1	22
Traditional w/2 sausage patties & side of hash browns	810	67	23	705	1390	19	3	1	34
Granola & Yogurt Parfait	480	7	2	5	310	101	9	45	14
Oatmeal w/dried cranberries & brown sugar	430	5	0	5	430	79	8	36	19

Breakfast Sandwiches

Bacon & Cheddar Cheese Sandwich	750	43	20	445	1330	64	2	3	29
Ham & Cheddar Cheese Sandwich	740	40	19	455	1580	64	2	3	32
Sausage & Cheddar Cheese Sandwich	900	57	25	470	1400	64	2	3	33

Scrambles

Bacon & Peppers	640	48	15	665	1340	22	3	2	30
Sausage & Tomato	760	61	23	690	1180	22	3	3	33
Turkey & Broccoli	590	41	15	675	1110	23	4	1	36
Vegetable	460	33	11	630	580	22	4	2	19

Sides

Bacon, two medium slices	70	5	2	15	290	0	0	0	5
Fruit Cup	120	0	0	0	25	30	3	25	2
Hashbrowns	120	5	2	5	370	17	2	0	2
*Multigrain Toast	300	1	0	0	700	62	4	2	10
Sausage patty (1)	210	20	7	40	360	0	0	0	8
*Sourdough Toast	300	1	0	0	680	62	2	2	10

Kids Breakfast

Yogurt & Fresh Fruit Cup	120	2	1	5	65	22	4	17	6
Sourdough French Toast	480	13	5	85	420	86	3	47	7
Cheesy Scrambled Eggs w/side of hash browns	350	27	11	405	490	11	1	1	17

Note: *Sourdough and Multigrain Toast does not include 1 oz. butter pat or 1 oz. Strawberry Jam

SANDWICHES

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Cold									
California Veggie	668	31	15	60	1007	70	9	7	27
Chicken Pesto	688	6	1	80	1362	108	5	6	47
Chicken Salad	629	24	5	65	1109	70	4	6	34
Ham & Swiss	495	12	6	73	1826	65	3	4	33
Italian Classic	1067	46	19	121	3434	109	3	4	51
Tender Roast Beef	533	12	5	75	1286	70	4	6	37
Tuna Salad	800	22	4	45	1690	109	5	5	39
Turkey Avocado	576	21	6	63	1401	64	8	3	38
Turkey Havarti	705	33	4	62	2046	107	4	5	45
Turkey Cranberry	487	4	0.1	44	1459	82	3	14	34
Hot									
Baguette Burger	970	63	30	225	790	46	3	4	53
BLT	647	34	7	26	1432	66	3	4	21
Chicken Club	707	24	7	114	1139	71	4	4	52
Crab Cake	827	41	6	89	1879	85	7	5	31
Grilled Cheese	890	57	28	120	1290	63	2	2	34

Note: Sandwich numbers do not include condiments

SALADS

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
CAESAR SALAD - entrée size									
- with 2 oz. dressing	200	12	2	5	350	19	5	3	7
	440	38	7	25	930	21	5	5	9
CAESAR SALAD with CHICKEN - entrée size									
- with 2 oz. dressing	310	15	3	60	440	19	5	3	27
	550	41	8	80	730	21	5	5	29
CAESAR SALAD - small									
- with 1 oz. dressing	110	6	2	5	210	9	2	1	4
	230	19	4	15	500	10	2	2	5
CAESAR SALAD with CHICKEN - small									
- with 1 oz. dressing	220	9	2	60	290	10	2	1	25
	340	22	5	70	580	11	2	2	26
*CHINESE CHICKEN - entrée size									
- with 2 oz. dressing	473	17	4	60	535	50	7	12	32
	710	38	7	60	1,300	61	7	23	32
COBB CHOPPED - entrée size									
- with 2 oz. dressing	600	33	14	325	1,480	18	6	9	53
	900	63	19	325	1,800	24	6	15	53
GARDEN GREEN - small									
- with 1 oz. dressing	5	0	0	0	10	1	0	0	0
	145	14	2	0	210	5	0	3	0
SPRING SALAD - entrée size									
- with 2 oz. dressing	530	33	10	40	640	48	7	38	14
	810	61	14	40	840	52	7	41	14
SPRING SALAD with CHICKEN - entrée size									
- with 2 oz. dressing	650	36	11	100	760	48	7	38	35
	930	64	15	100	1,160	66	7	44	35
SPRING SALAD - small									
- with 1 oz. dressing	100	6	2	10	150	10	2	7	3
	240	20	4	10	350	14	2	10	3
WALDORF CHOPPED - entrée size									
- with 2 oz. dressing	730	39	11	100	390	60	9	47	39
	1010	59	14	100	810	82	9	69	39

Note: Add 150 calories for 2 oz. sourdough roll and 75 calories for 2 breadsticks on Chinese Chicken salad.

SOUPS & CHILI

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
BEEF CHILI in a sourdough bread bowl	718	25	9	58	2,294	92	10	8	31
-- Chili only	430	24	9	60	1,650	33	8	7	21
VEGETARIAN CHILI in a sourdough bread bowl	595	14	20	1	2,077	103	11	8	20
-- Chili only	310	13	2	0	1,430	44	9	6	10
BROCCOLI CHEDDAR in a bread bowl	616	26	14	72	1,887	76	3	7	24
-- soup only	330	25	14	70	1,240	17	1	5	14
CARROT GINGER in a sourdough bread bowl	516	17	7	37	1,519	79	4	8	11
-- soup only	230	16	8	40	870	20	2	6	1
CLAM CHOWDER in a sourdough bread bowl	480	11	4	20	1,258	78	3	9	17
-- soup only	200	10	4	20	610	19	1	7	7
FRENCH ONION in a sourdough bread bowl	588	19	9	45	2,338	83	3	8	23
-- soup only	220	12	5	25	1,650	23	2	5	7
GARLIC TOMATO in a sourdough bread bowl	674	30	14	65	1,736	85	5	9	16
-- soup only	340	25	12	55	1,060	26	3	6	6
SPRING ASPARAGUS in a sourdough bread bowl	529	19	9	50	1,913	75	5	6	18
-- soup only	240	18	9	50	1,270	16	3	4	8
RUSTIC TOMATO in a sourdough bread bowl	578	21	7	41	1,792	81	6	9	17
-- soup only	290	20	7	40	1,120	22	4	7	7

Note: Bread bowl numbers account for 3.8 oz of bread (top portion) and do not include butter pat.

PIZZA

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
BBQ Chicken	870	26	13	120	2230	107	9	17	51
Cheese	810	31	17	95	2060	91	8	5	43
Pepperoni	840	36	18	105	2290	90	8	4	40
Veggie	840	36	16	75	1890	93	8	6	39

BEST OF BOUDIN (Choose any two items)

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Half Sandwich									
California Veggie	326	15	7	30	402	35	5	3	14
Chicken Pesto	344	3	0	40	681	54	2	3	24
Chicken Salad	315	12	3	33	555	35	2	3	17
Ham & Swiss	248	6	3	36	913	33	1	2	16
Italian Classic	533	23	9	60	1717	54	1	2	25
Tender Roast Beef	267	6	3	38	643	35	2	3	18
Tuna Salad	400	11	1	25	840	54	2	3	20
Turkey Avocado	288	11	3	18	700	32	4	2	19
Turkey Havarti	352	16	2	31	1023	53	2	2	22
Turkey Cranberry	244	2	1	22	729	41	1	7	17
Small Salads									
CAESAR SALAD - small	110	6	2	5	210	9	2	1	4
- with 1 oz. dressing	230	19	4	15	500	10	2	2	5
SPRING SALAD - small	100	6	2	10	150	10	2	7	3
- with 1 oz. dressing	240	20	4	10	350	14	2	10	3
Soups & Chilis									
Beef Chili	430	24	9	60	1,650	33	8	7	21
Vegetarian Chili	310	13	2	0	1,430	44	9	6	10
Broccoli Cheddar	330	25	14	70	1,240	17	1	5	14
Carrot Ginger	230	16	8	40	870	20	2	6	1
Clam Chowder	200	10	4	20	610	19	1	7	7
French Onion	220	12	5	25	1,650	23	2	5	7
Garlic Tomato	340	25	12	55	1,060	26	3	6	6
Spring Asparagus	240	18	9	50	1,270	16	3	4	8
Rustic Tomato	290	20	7	40	1,120	22	4	7	7
Half Pizzas									
BBQ Chicken	430	13	6	60	1110	53	5	8	25
Cheese	400	15	8	50	1030	45	4	2	21
Pepperoni	420	18	9	50	1150	45	4	2	20
Veggie	420	18	8	35	940	47	4	3	19

ENTREES

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Baked Chicken Rigatoni	914	54	29	200	1259	57	4	6	49
Crab Macaroni & Cheese	640	29	16	115	1110	53	3	5	38
Joe's Special	840	61	19	745	1360	18	5	6	56

BREADS

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Sourdough roll (2 oz., served with entrée salad)	150	0	0	0	340	31	1	1	0
Butter Croissant (1 whole)	390	21	17	0	210	42	3	5	8
Sliced Sourdough (2 slices)	300	1	0	0	680	62	2	2	10
Sourdough Sandwich Roll (1)	375	1	0	0	850	77	2	2	12
Multigrain (2 slices)	295	4	0.3	0.07	493	57	4	0.8	9

CONDIMENTS

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Balsamic Dressing 0.4 oz.	60	6	1	0	84	2	0	1	0
Dijon Mayo (Ham/Swiss & Italian Classic) 1 oz.	145	15	2	7	334	3	0	0	0
Horseradish Mayo (Roast Beef sandwich) 1 oz.	172	18	3	9	149	1	0	0	0
Mayo 1 oz.	203	22	3	0	3	0	0	0	0
Pesto Mayo (Chicken Pesto sandwich only) 1.5 oz.	235	25	4	14	271	2	0	0	2
Sun-dried Tomato Spread (veggie sandwich only) 1 oz.	77	6	1	0	108	5	1	2	1

SALAD DRESSINGS

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Asian Sesame - 2 oz. served with Chinese Chicken Salad	237	21	3	0	765	11	0	11	0

Balsamic - 2 oz. served with entrée size	300	30	4	0	420	8	0	6	0
Balsamic - 1 oz. served with small salad	150	15	2	0	210	4	0	3	0
Caesar - 2 oz. served with entrée salad	240	26	5	20	600	2	0	2	2
Caesar 1 oz. served with small salad	120	13	2	10	300	1	0	1	1
Honey Mustard - 2 oz. served with Chopped Waldorf	280	20	3	0	420	22	0	22	0
Vinaigrette - 2 oz. served with Chopped Cobb	300	30	5	0	320	6	0	6	0