

BOUDIN

NUTRITIONAL GUIDELINES 2009

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

SANDWICHES

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
California Veggie	668	31	15	60	1007	70	9	7	27
Chicken Pesto	515	3	4	66	1904	80	3	4	38
Chicken Salad	609	22	3	55	1529	70	4	6	30
Ham & Swiss	495	12	6	73	1826	65	3	4	33
Italian Classic	938	45	19	114	3142	82	3	0	47
Pesto Roast Beef	587	12	6	71	1450	81	3	4	38
Tender Roast Beef	448	5	1	51	1151	70	4	6	31
Tuna Salad	660	20	3	45	1430	82	4	5	35
Turkey Avocado	576	21	6	64	1401	64	8	3	38
Turkey Cranberry	487	4	0	44	1459	82	3	14	34
Turkey Havarti	577	11	5	64	1759	80	3	4	42

Note: Sandwich numbers above 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	200	12	2	5	270	19	5	3	7
- with 2 oz. dressing	440	38	7	25	870	21	5	5	9
CAESAR SALAD with CHICKEN - entrée size	290	13	2	50	790	19	5	3	24
- with 2 oz. dressing	530	39	7	70	1,390	21	5	5	26
CAESAR SALAD - small	110	6	2	5	170	9	2	1	4
- with 1 oz. dressing	230	19	4	15	470	2	2	2	5
*CHINESE CHICKEN - entrée size	443	15	3	50	965	48	7	11	28
- with 2 oz. dressing	680	36	6	50	1,730	59	7	22	28
COBB CHOPPED - entrée size	570	32	13	310	1,920	17	6	10	5
- with 2 oz. dressing	870	62	18	310	2,240	25	6	16	50
Pasta Salad - small	400	12	3	10	730	59	3	4	15
SPRING SALAD - entrée size	530	33	10	40	640	48	7	38	14
- with 2 oz. dressing	830	63	14	40	1,060	56	7	44	14
SPRING SALAD with CHICKEN - entrée size	620	35	10	85	1,160	48	7	38	32
- with 2 oz. dressing	930	64	15	100	1,160	66	7	44	35
SPRING SALAD - small	90	6	2	10	150	7	2	5	3
- with 1 oz. dressing	240	21	4	10	360	11	2	8	3
WALDORF CHOPPED - entrée size	670	35	9	80	790	59	9	47	33
- with 2 oz. dressing	950	55	12	80	1210	81	9	69	33

Note: add 100 calories for 1/6 cut of baguette 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	712	25	8	58	2,293	92	10	9	31
-- Chili only	430	24	9	60	1,650	33	8	7	21
BROCCOLI CHEDDAR in a bread bowl	588	23	12	64	1,841	75	3	7	21
-- soup only	300	22	13	65	1,200	17	1	5	12
CARROT GINGER in a sourdough bread bowl	516	17	7	37	1,518	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	1,257	77	3	9	17
-- soup only	200	10	4	20	610	19	1	7	7
French Onion in a sourdough bread bowl	545	16	7	34	2,276	82	3	7	19
-- soup only	220	12	5	25	1,610	23	1	5	7
Garlic Tomato Soup in a sourdough bread bowl	628	26	12	56	1,667	85	5	8	7
-- soup only	340	25	12	55	1,060	26	3	6	6
Spring Asparagus in a sourdough bread bowl	527	18	9	50	1,845	75	5	6	18
-- soup only	240	18	9	50	1,270	16	3	4	8
Tomato Bread in a sourdough bread bowl	596	23	8	44	1,799	81	6	10	17
-- soup only	310	22	8	45	1,150	22	4	8	7

Note: Bread bowl numbers account for 3.8 oz of bread (top portion) and does not include 1 oz. butter pat.

PIZZA

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Cheese	920	39	22	130	2,190	90	8	4	52
Chicken Pesto	970	39	18	140	2,390	95	9	7	60
Goat Cheese & Sun-dried Tomato	950	37	21	115	2,650	106	12	16	51
Pepperoni	870	37	20	115	2,250	90	9	5	44
Tomato Basil Garlic	800	31	16	90	1,800	91	9	5	41

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	337	16	7	30	500	36	5	3	14
Chicken Pesto	258	2	2	33	485	40	1	2	19
Chicken Salad	305	11	2	28	765	18	1	2	8
Ham & Swiss	248	6	3	36	913	33	1	2	16
Italian Classic	469	23	10	57	1571	41	1	0	24
Pesto Roast Beef	293	6	3	36	725	40	1	2	19
Tender Roast Beef	224	3	1	26	575	35	2	3	16
Tuna Salad	330	10	2	25	720	41	2	2	18
Turkey Avocado	288	11	3	32	700	32	4	2	19
Turkey Cranberry	244	2	1	22	729	41	2	7	17
Turkey Havarti	288	5	3	32	879	40	2	2	21
Small Salads									
CAESAR SALAD - small	110	6	2	5	170	9	2	1	4
- with 1 oz. dressing	230	19	4	15	470	2	2	2	5
SPRING SALAD - small	90	6	2	10	150	7	2	5	3
- with 1 oz. dressing	240	21	4	10	360	11	2	8	3
Pasta Salad - small	400	12	3	10	730	59	3	4	15
Bowl of Soup or Chili									
Beef Chili	430	24	9	60	1,650	33	8	7	21
Broccoli Cheddar	300	22	13	65	1,200	17	1	5	12
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	1,610	23	1	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
Tomato Bread	310	22	8	45	1,150	22	4	8	7

BREADS

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Baguette (1/6 ct served with salads)	100	0	0	0	226	21	1	1	3
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