

# BOUDIN

## NUTRITIONAL GUIDELINES

The numbers listed below are in accordance with the FDA's guidelines for reporting nutrition information.  
Updated: October 2011

### SANDWICHES

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
<b>Boudin Classics</b>									
Chicken Salad	609	22	3	55	1,529	70	4	6	30
Tuna Salad	660	20	3	45	1,430	82	4	5	35
Turkey Havarti	577	11	5	64	1,759	80	3	4	42
Turkey Cranberry	487	4	0	44	1,459	82	3	14	34
California Veggie	668	31	15	60	1,007	70	9	7	27
<b>Artisan Sandwiches</b>									
Italian Classic	938	45	19	114	3,142	82	3	0	47
Pesto Roast Beef	587	12	6	71	1,450	81	3	4	38
Chicken Pesto	515	3	4	66	1,904	80	3	4	38
Turkey Avocado	576	21	6	64	1,401	64	8	3	38
Chicken with Chipotle Aioli (includes chipotle aioli)	750	29	4	90	970	85	6	17	39
Fra'Mani Ham & Brie	848	33	12	95	2,588	104	5	19	39

**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)
<b>CAESAR - entrée size</b>									
- add for 2 oz. dressing	152	7	4	26	330	17	5	2	7
<b>CAESAR - small</b>									
- add for 1 oz. dressing	82	4	3	11	200	9	2	1	4
<b>CAESAR with CHICKEN - entrée size</b>									
- add for 2 oz. dressing	262	9	5	76	390	17	5	2	27
<b>CAESAR with CHICKEN - small</b>									
- add for 1 oz. dressing	120	13	2	10	300	1	0	1	1
<b>MEDITERRANEAN - entrée size (vegetarian)</b>									
- add for 2 oz. dressing	445	24	11	45	1,399	44	7	3	14
<b>MEDITERRANEAN - half size (vegetarian)</b>									
- add for 1 oz. dressing	227	13	6	20	705	22	3	2	7
<b>MEDITERRANEAN with CHICKEN - entrée size</b>									
- add for 2 oz. dressing	585	29	13	115	1,559	44	6	5	35
<b>MEDITERRANEAN with CHICKEN - half size</b>									
- add for 1 oz. dressing	337	15	7	80	765	22	3	2	28
<b>SPRING SALAD - entrée size (vegetarian - contains nuts)</b>									
- add for 2 oz. dressing	495	31	9	35	561	49	8	39	13
<b>SPRING SALAD - small (vegetarian - contains nuts)</b>									
- add for 1 oz. dressing	100	6	2	10	150	10	2	7	3
<b>SPRING SALAD with CHICKEN - entrée size (contains nuts)</b>									
- add for 2 oz. dressing	615	34	10	90	631	49	8	39	33
<b>SPRING SALAD with CHICKEN - small (contains nuts)</b>									
- add for 1 oz. dressing	210	9	2	64	196	10	1	7	25
<b>THAI CITRUS CHICKEN - entrée size (contains nuts)</b>									
- add for 2 oz. dressing	286	8	1	70	114	17	8	14	30
<b>THAI CITRUS CHICKEN - half size (contains nuts)</b>									
- add for 1 oz. dressing	138	4	1	35	57	12	4	7	16
<b>WALDORF SALAD - entrée size (contains nuts)</b>									
- add for 2 oz. dressing	580	33	10	105	320	34	8	23	41
<b>WALDORF SALAD - half size (contains nuts)</b>									
- add for 1 oz. dressing	290	17	4	50	160	17	3	11	21

**Note:** Salad numbers do not include fresh baguette or 1 oz. butter pat.

### SOUPS - STEWS - CHILI

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
<b>BEEF CHILI in a sourdough bread bowl</b>									
-- Chili only	712	25	8	58	2,293	92	10	9	31
<b>BROCCOLI CHEDDAR in a sourdough bread bowl</b>									
-- soup only	430	24	9	60	1,650	33	8	7	21
<b>BUTTERNUT SQUASH in a sourdough bread bowl (contains nuts)</b>									
-- soup only	588	23	12	64	1,841	75	3	7	21
<b>CLAM CHOWDER in a sourdough bread bowl</b>									
-- soup only	300	22	13	65	1,200	17	1	5	12
<b>Garlic Tomato Soup in a sourdough bread bowl</b>									
-- soup only	548	15	8	50	1,533	92	4	6	13
<b>Tomato Bread in a sourdough bread bowl</b>									
-- soup only	263	14	8	50	887	33	2	4	3
<b>CHICKEN POT PIE Stew in a sourdough bread bowl</b>									
-- soup only	480	11	4	20	1,257	77	3	9	17
<b>Tomato Bread in a sourdough bread bowl</b>									
-- soup only	200	10	4	20	610	19	1	7	7
<b>CHICKEN POT PIE Stew in a sourdough bread bowl</b>									
-- soup only	628	26	12	56	1,667	85	5	8	7
<b>Tomato Bread in a sourdough bread bowl</b>									
-- soup only	340	25	12	55	1,060	26	3	6	6
<b>Tomato Bread in a sourdough bread bowl</b>									
-- soup only	596	23	8	44	1,799	81	6	10	17
<b>Tomato Bread in a sourdough bread bowl</b>									
-- soup only	310	22	8	45	1,150	22	4	8	7
<b>Tomato Bread in a sourdough bread bowl</b>									
-- soup only	645	19	11	115	1,886	81	5	9	35

**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)
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Cheese - (vegetarian)	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 - (vegetarian)	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)
<b>Half Sandwich</b>									
Chicken Salad	305	11	2	28	765	18	1	2	8
Tuna Salad	330	10	2	25	720	41	2	2	18
Turkey Havarti	288	5	3	32	879	40	2	2	21
Turkey Cranberry	244	2	1	22	729	41	2	7	17
California Veggie	326	15	7	30	402	35	5	3	14
Italian Classic	469	23	10	57	1,571	41	1	0	24
Pesto Roast Beef	293	6	3	36	725	40	1	2	19
Chicken Pesto	258	2	2	33	485	40	1	2	19
Turkey Avocado	288	11	3	32	700	32	4	2	19
Chicken with Chipotle Aioli (includes chipotle aioli)	380	15	2	45	480	42	3	9	20
Fra'Mani Ham & Brie	424	16	6	47	1,294	52	3	10	19
<b>Small Salads</b>									
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
<b>Bowl of Soup / Chili</b>									
Beef Chili	430	24	9	60	1,650	33	8	7	21
Broccoli Cheddar	300	22	13	65	1,200	17	1	5	12
Butternut Squash (vegetarian - contains nuts)	263	14	8	50	887	33	2	4	3
Clam Chowder	200	10	4	20	610	19	1	7	7
Garlic Tomato	340	25	12	55	1,060	26	3	6	6
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 1 oz.	145	15	2	7	334	3	0	0	0
Horseradish Mayo 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 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)
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
Herb Dressing - 2 oz. served with entrée size	280	28	2	0	540	4	0	0	0
Herb Dressing - 1 oz. served with small size	140	14	1	0	270	2	0	0	0
Thai Citrus Peanut Dressing - 2 oz. served with entrée size	160	10	2	0	540	16	0	16	4
Thai Citrus Peanut Dressing - 1oz. served with small size	80	5	1	0	270	8	0	8	2