

BOUDIN | SF™

BREAKFAST · LUNCH · DINNER · SOURDOUGH

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

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	1,390	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	1,330	64	2	3	29
Ham & Cheddar Cheese Sandwich	740	40	19	455	1,580	64	2	3	32
Sausage & Cheddar Cheese Sandwich	900	57	25	470	1,400	64	2	3	33
Scrambles									
Bacon & Peppers	640	48	15	665	1,340	22	3	2	30
Sausage & Tomato	760	61	23	690	1,180	22	3	3	33
Turkey & Broccoli	590	41	15	675	1,110	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

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 - Boudin Classics									
Chicken Salad	629	24	5	65	1,109	70	4	6	34
Tuna Salad	800	22	4	45	1,690	109	5	5	39
Turkey Havarti	705	33	4	62	2,046	107	4	5	45
Turkey Cranberry	487	4	0.1	44	1,459	82	3	14	34
California Veggie	668	31	15	60	1,007	70	9	7	27
Cold - Artisan Sandwiches									
Pesto Roast Beef	587	12	6	71	1,450	81	3	4	38
Chicken Pesto	670	37	6	95	1,030	45	2	4	38
Turkey Avocado	576	21	6	63	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
Hot - Burgers/ Clubs/ Grilled Cheese									
Baguette Burger	940	62	31	210	2,800	47	3	4	47
California Burger	907	44	18	142	2,829	74	9	3	52
Classic Burger with cheese	647	22	8	107	3,349	70	5	5	40
-- add Cheddar Cheese	171	14	9	45	264	1	0	0	11
-- add Pepper Jack Cheese	166	13	8	46	277	0	0	0	9
-- add Swiss Cheese	162	12	8	39	82	2	0	1	11
-- add Havarti Cheese	167	14	9	38	258	0	0	0	11
-- add Goat Cheese	103	8	6	22	146	1	0	1	6
BLT	647	34	7	26	1,432	66	3	4	21
Chicken Club	722	25	8	130	1,234	67	6	3	55
The Great Grilled Cheese	890	57	28	120	1,290	63	2	2	34
The Great with Bacon	1,050	69	33	155	2,010	63	2	2	45
Grilled Brie with Apples & Fig Jam (includes condiments)	830	58	28	130	1,080	51	3	21	31
Grilled Cheese with Fra' Mani Ham (includes condiments)	1,050	69	32	155	2,170	66	2	2	44
Grilled Swiss with Turkey & Cranberry Dijon (includes condiments)	870	55	25	130	1,450	57	3	19	39

Note: Sandwich numbers do not include condiments unless indicated

SALADS

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
CAESAR - entrée size									
- add for 2 oz. dressing	152	7	4	26	330	17	5	2	7
- add for 2 oz. dressing	240	26	5	20	600	2	0	2	2
CAESAR - small									
- add for 1 oz. dressing	82	4	3	11	200	9	2	1	4
- add for 1 oz. dressing	120	13	2	10	300	1	0	1	1
CAESAR with CHICKEN - entrée size									
- add for 2 oz. dressing	262	9	5	76	390	17	5	2	27
- add for 2 oz. dressing	240	26	5	20	600	2	0	2	2
CAESAR with CHICKEN - small									
- add for 1 oz. dressing	348	7	3	66	260	9	2	1	25
- add for 1 oz. dressing	120	13	2	10	300	1	0	1	1

CAESAR with SALMON - entrée size	472	32	11	96	1,340	17	5	5	29
- add for 2 oz. dressing	240	26	5	20	600	2	0	2	2
CAESAR with SALMON - small	412	29	9	91	1,210	9	2	1	26
- add for 1 oz. dressing	120	13	2	10	300	1	0	1	1
MEDITERRANEAN - entrée size (vegetarian)	445	24	11	45	1,399	44	7	3	14
- add for 2 oz. dressing	280	28	2	0	540	4	0	0	0
MEDITERRANEAN - half size (vegetarian)	227	13	6	20	705	22	3	2	7
- add for 1 oz. dressing	140	14	1	0	270	2	0	0	0
MEDITERRANEAN with CHICKEN - entrée size	585	29	13	115	1,559	44	6	5	35
- add for 2 oz. dressing	280	28	2	0	540	4	0	0	0
MEDITERRANEAN with CHICKEN - half size	337	15	7	80	765	22	3	2	28
- add for 1 oz. dressing	140	14	1	0	270	2	0	0	0
SPRING SALAD - entrée size (vegetarian - contains nuts)	495	31	9	35	561	49	8	39	13
- add for 2 oz. dressing	300	30	4	0	420	8	0	6	0
SPRING SALAD - small (vegetarian - contains nuts)	100	6	2	10	150	10	2	7	3
- add for 1 oz. dressing	150	15	2	0	210	4	0	3	0
SPRING SALAD with CHICKEN - entrée size (contains nuts)	615	34	10	90	631	49	8	39	33
- add for 2 oz. dressing	300	30	4	0	420	8	0	6	0
SPRING SALAD with CHICKEN - small (contains nuts)	210	9	2	64	196	10	1	7	25
- add for 1 oz. dressing	150	15	2	0	210	4	0	3	0
SPRING SALAD with SALMON - entrée size (contains nuts)	825	56	16	115	1,571	49	8	39	35
- add for 2 oz. dressing	300	30	4	0	420	8	0	6	0
SPRING SALAD with SALMON - small (contains nuts)	415	31	9	87	1,140	10	1	7	27
- add for 1 oz. dressing	150	15	2	0	210	4	0	3	0
WALDORF SALAD - entrée size (contains nuts)	580	33	10	105	320	34	8	23	41
- add for 2 oz. dressing	280	20	3	0	420	22	0	22	0
WALDORF SALAD - half size (contains nuts)	290	17	4	50	160	17	3	11	21
- add for 1 oz. dressing	140	10	2	0	210	11	1	11	0
THAI CITRUS CHICKEN - entrée size (contains nuts)	286	8	1.2	70	114	17	8	14	30
- add for 2 oz. dressing	164	9	1.8	0	546	24	1	15	5
THAI CITRUS CHICKEN - half size (contains nuts)	138	4	1	35	57	12	4	7	16
	82	5	1	0	273	8	1	7	2

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

SOUPS - STEWS - 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
BUTTERNUT SQUASH in a sourdough bread bowl (vegetarian - contains nuts)	548	15	8	50	1,533	92	4	6	13
-- soup only	263	14	8	50	887	33	2	4	3
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
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
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
CHICKEN POT PIE Stew in a sourdough bread bowl	645	19	11	115	1,886	81	5	9	35

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

BOUDIN SF COMBO (Choose any two items)

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Half Sandwich - Boudin Classics									
Chicken Salad	315	12	3	33	555	35	2	3	17
Tuna Salad	400	11	1	25	840	54	2	3	20
Turkey Havarti	352	16	2	31	1,023	53	2	2	22
Turkey Cranberry	244	2	1	22	729	41	1	7	17
California Veggie	326	15	7	30	402	35	5	3	14
Half Sandwich - Artisan Sandwiches									
Pesto Roast Beef	293	6	3	36	725	40	1	2	19
Chicken Pesto	344	3	0	40	681	54	2	3	24
Turkey Avocado	288	11	3	18	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
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 - contains nuts	100	6	2	10	150	10	2	7	3
-- with 1 oz. dressing	240	20	4	10	350	14	2	10	3
Bowl of Soup or Chili									
Beef Chili	430	24	9	60	1,650	33	8	7	21
Vegetarian Chili	310	13	2	0	1,430	44	9	6	10
Butternut Squash (vegetarian - contains nuts)	263	14	8	50	887	33	2	4	3
Broccoli Cheddar	330	25	14	70	1,240	17	1	5	14
Clam Chowder	200	10	4	20	610	19	1	7	7
Garlic Tomato	340	25	12	55	1,060	26	3	6	6
Rustic Tomato	290	20	7	40	1,120	22	4	7	7

BREADS

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Sourdough dinner 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
Sourdough Hamburger Bun (1 burger bun)	290	1	0	0	743	61	2	0	8
Multigrain CA Burger Bun (1 burger bun)	351	4	0	0	585	68	5	1	10
Sourdough Parmesan Crusted Focaccia Bread (sandwich portion)	528	19	3	4	1,580	77	3	0	12

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 (Mediterranean Salad) - 2 oz. served with entrée size	280	28	2	0	540	4	0	0	0
Herb Dressing (Mediterranean Salad) - 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

SALAD - ADD TOPPINGS

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Add Chicken - 2.5 oz.	110	3	1	55	65	0	0	0	21
Add Salmon - 3.6 oz.	320	25	7	80	1,010	0	0	0	23

KIDS MENU

	Cals (kcal)	Tot - Fat	Fat - S	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
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
*Cheese Pizza	480	14	8	45	930	68	5	24	20
*Grilled Cheese	450	18	11	50	600	60	2	23	11
*Mac & Cheese	400	9	2	15	570	69	3	30	11
*Ham Sandwich	270	3	1	25	850	49	2	22	11
*Peanut Butter & Jelly	670	26	5	0	620	97	5	53	18
*Turkey Sandwich	320	2	0	20	770	59	2	23	17

Note: Asterisked items include information for single serving container of applesauce.