

BOUDIN

- **You are Pumping up the Protein**

Protein is powerful because of its ability to multi-task. It helps to repair muscles and tissues, boost your immune system, produce hormones and enzymes, and control hydration levels.

You've probably heard the saying, "You can never have too much of a good thing," but when it comes to protein, you can. Just because something is good for you, doesn't mean "the more, the better." Even though protein is considered your body's building blocks, too much can actually harm you in the long run.

- SOUPS: (numbers below account for 3.8 oz., top portion, of the bread bowl)
 - Broccoli Cheddar Soup in a Bread Bowl: 21 g protein
 - French Onion Soup in a Bread Bowl: 19 g protein
 - Beef Chili in a Bread Bowl: 31 g protein
- SALADS:
 - Spring Salad with Chicken: 32 g protein
 - Waldorf Chopped Salad: 33 g protein
 - Cobb Chopped Salad: 50 g protein
- SANDWICHES: (excludes condiments)
 - Chicken Salad Sandwich: 30 g protein
 - Tender Roast Beef Sandwich: 31 g protein
 - Ham & Swiss Sandwich: 33 g protein
 - Tuna Sandwich: 35 g protein
 - Pesto Roast Beef Sandwich: 38 g protein
 - Turkey Avocado Sandwich: 38 g protein
 - Chicken Pesto Sandwich: 38 g protein
 - Turkey Havarti Sandwich: 42 g protein
 - Italian Classic Sandwich: 47 g protein
 - Turkey Cranberry Sandwich: 34 g protein
- PIZZAS:
 - Tomato Basil Garlic Pizza: 41 g protein
 - Pepperoni Pizza: 44 g protein
 - Goat Cheese and Sun Dried Tomato Pizza: 51 g protein
 - Cheese Pizza: 52 g protein
 - Chicken Pesto Pizza: 60 g protein