



BREAKFAST · LUNCH · DINNER · SOURDOUGH

- **You are Lowering Fat Intake**

Fat is necessary in a healthy diet. Together with protein, fats help to form muscles, nerves, blood vessels and other important structures in the body. However, too much fat increases the risks of serious health problems, such as high blood pressure, heart disease, stroke, and diabetes, to name a few.

If you are looking to lower your intake, we recommend the following menu items:

- SOUPS:
 - Clam Chowder in a Bowl: 10 g fat/4 g saturated fat
 - French Onion Soup in a Bowl: 12 g fat/5 g saturated fat
 - Vegetarian Chili in a Bowl: 13 g fat/1.5 g saturated fat
 - Carrot Ginger Soup in a Bowl: 16 g fat/8 g saturated fat
 - Spring Asparagus Soup in a Bowl: 18 g fat/9 g saturated fat
- SALADS (bread not included):
 - Small Caesar Salad w/o Dressing: 6 g fat/1.5 g saturated fat
 - Small Spring Salad w/o dressing: 6 g fat/2 g saturated fat
 - Small Caesar Salad with Chicken w/o Dressing: 9 g fat/ 2 g saturated fat
 - Classic Caesar Salad w/o Dressing: 12 g fat/2 g saturated fat
 - Classic Caesar Salad with Chicken w/o Dressing: 15 g fat/2.5 g saturated fat
- SANDWICHES: (excludes condiments)
 - Half Sandwich – Tuna Salad: 11 g fat/1.5 g saturated fat
 - Half Sandwich – Roast Beef: 6 g fat/3 g saturated fat
 - Half Sandwich – Turkey Cranberry: 2 g fat/1 g saturated fat
 - Half Sandwich – Ham & Swiss: 6 g fat/3 g saturated fat
 - Half Sandwich – Chicken Pesto: 3 g fat/0 g saturated fat
- PIZZAS:
 - Half Pizza – BBQ Chicken: 13 g fat/6 g saturated fat
 - Half Pizza – Cheese: 15 g fat/8 g saturated fat
 - Half Pizza – Spinach & Mushroom Alfredo: 16 g fat/8 g saturated fat
- BREAKFAST:
 - Sides: Fruit Cup: 0 g fat/0 g saturated fat
 - Oatmeal: 4.5 g fat/0 g saturated fat
 - Sides: Hash Browns: 5 g fat/1.5 g saturated fat
 - Granola & Yogurt Parfait: 7 g fat/2 g saturated fat
 - Sourdough French Toast with Bacon: 23 g fat/9 g saturated fat

