BOUDIN | SF™

BREAKFAST · LUNCH · DINNER · SOURDOUGH

- **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 account for 3.8 oz., top portion, of bread only)
    - Vegetarian Chili in a Bread Bowl: 20 g protein
    - French Onion Soup in a Bread Bowl: 23 g protein
    - Broccoli Cheddar Soup in a Bread Bowl: 24 g protein
    - Beef Chili in a Bread Bowl: 31 g protein

  - SALADS:
    - Chinese Chicken Salad: 32 g protein
    - Spring Salad with Chicken w/o Dressing: 35 g protein
    - Waldorf Chopped Salad: 39 g protein
    - Cobb Chopped Salad: 53 g protein

  - SANDWICHES:
    - Crab Cake Sandwich: 31 g protein
    - Ham & Swiss Sandwich: 33 g protein
    - Chicken Salad Sandwich: 34 g protein
    - Grilled Cheese Sandwich: 34 g protein
    - Turkey Cranberry Sandwich: 34 g protein
    - Roast Beef Sandwich: 37 g protein
    - Turkey Avocado Sandwich: 38 g protein
    - Chicken Pesto Sandwich: 47 g protein
    - Tuna Salad Sandwich: 39 g protein
    - Italian Classic Sandwich: 51 protein
    - Chicken Club Sandwich: 52 g protein
    - Baguette Burger: 53 g protein

  - PIZZAS:
    - Spinach & Mushroom Alfredo Pizza: 32 g protein
    - Veggie Pizza: 39 g protein
    - Pepperoni Pizza: 40 g protein
    - Cheese Pizza: 43 g protein
    - BBQ Chicken Pizza: 51 g protein

- ENTRÉE'S (bread and butter not included):
  - Tilapia al Forno: 31 g protein
  - Crab Macaroni & Cheese: 38 g protein
  - Baked Chicken Rigatoni: 49 g protein

- BREAKFAST:
  - Bacon & Peppers Scramble (toast not included): 30 g protein
  - Sausage & Tomato Scramble (toast not included): 33 g protein
  - Sausage & Cheddar Cheese Sandwich: 33 g protein
  - Traditional Breakfast with Sausage and hash browns (toast not included): 34 protein
  - Turkey & Broccoli Scramble (toast not included): 36 g protein
  - Vegetable Breakfast Pizza: 45 g protein
  - Ham & Tomato Breakfast Pizza: 52 g protein
  - Bacon & Tomato Breakfast Pizza: 57 g protein