

MENU ITEM	PORTION	CALORIES	TOTAL FAT	SAT FAT	CARB	SODIUM	FIBER	PROTEIN	VEGAN	VEGETARIAN	MADE W/O GLUTEN	DAIRY FREE	FIT
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SOUP

CREAM OF ROOT VEGETABLE	8 OZ	100	2	0	20	191	2	2			X	X	X
AMISH STYLE CHICKEN & CORN	8 OZ	110	2	1	15	142	1	8				X	X
ARROZ CON POLLO	8 OZ	265	4	1	33	319	5	12				X	X
BAKED POTATO	8 OZ	105	4	2	14	210	1	3			X		X
BEEF BARLEY	8 OZ	100	6	1	5	152	1	8				X	X
BLACK BEAN	8 OZ	110	1	0	20	188	6	6	X	X	X	X	X
BRAISED BEEF STEW	8 OZ	270	14	5	8	186	2	27			X		X
BROCCOLI CHEDDAR	8 OZ	170	10	2	15	285	2	5					X
BUTTERNUT SQUASH	8 OZ	65	1	0	15	425	1	1		X	X		X
CHICKEN & FARRO	8 OZ	100	2	0	15	140	2	5					X
CHICKEN & WILD RICE	8 OZ	65	1	0	10	365	2	4			X	X	X
CHICKEN FENNEL, FARRO, MUSHROOM	8 OZ	100	2	0	15	140	2	5					X
CHICKEN NOODLE, EXTRA HEARTY	8 OZ	105	4	1	15	470	1	5				X	X
CHICKEN POT PIE STEW	8 OZ	255	4	1	35	320	3	15				X	X
CHICKEN TORTILLA	8 OZ	100	3	0	15	130	3	6					
CHILI - LIME TORTILLA & SHRIMP	8 OZ	605	17	3	119	635	9	41				X	
COCONUT CURRY CAULIFLOWER	8 OZ	110	6	6	12	600	3	2	X	X	X	X	
COWBOY CHILI	8 OZ	200	10	3	13	223	2	6			X		X
CREAM OF BROCCOLI	8 OZ	115	5	3	13	223	2	6		X	X		X
CREAM OF CHICKEN W/ HAM	8 OZ	125	8	2	10	913	1	3					
CREAM OF TURKEY	8 OZ	185	13	4	10	960	1	7			X	X	
ESCAROLE	8 OZ	60	37	1	4	211	1	3			X	X	X
FIRE ROASTED CORN CHOWDER	8 OZ	110	3	0	19	414	3	4	X	X	X	X	X
FLORENTINE MINESTRONE	8 OZ	80	1	0	16	124	3	3	X		X	X	X

MENU ITEM	PORTION	CALORIES	TOTAL FAT	SAT FAT	CARB	SODIUM	FIBER	PROTEIN	VEGAN	VEGETARIAN	MADE W/O GLUTEN	DAIRY FREE	FIT
GREEK EGG & LEMON	8 OZ	125	4	2	13	188	0	9			X		X
HARVEST SOUP	8 OZ	55	1	0	11	142	3	3			X	X	X
ITALIAN WEDDING	8 OZ	285	12	3	24	697	1	19					
LENTIL BUTTERNUT SQUASH & CHARD	8 OZ	300	1	0	60	199	11	37	X	X	X	X	X
MANHATTAN CLAM CHOWDER	8 OZ	105	2	0	15	195	3	8					X
MUSHROOM BARLEY	8 OZ	98	2	0	17	137	4	3				X	X
NEW ENGLAND CLAM CHOWDER	8 OZ	195	8	1	20	248	1	12					X
PASTA FAGIOLI	8 OZ	235	10	3	24	403	6	13					X
PORK POSOLE ROJO	8 OZ	175	9	3	11	147	3	13				X	X
POTATO SOUP	8 OZ	75	2	1	16	35	1	1		X	X		X
PUMPKIN LEEKPOTATO LEEK	8 OZ	105	5	1	12	154	1	3					X
PUMPKIN BISQUE	8 OZ	130	2	3	27	271	1	1			X		X
PUREED ROASTED ONION & MUSH	8 OZ	95	6	1	10	639	2	3			X	X	
REUBEN SOUP	8 OZ	200	12	6	13	862	2	11					
ROASTED VEGETABLE & WILD RICE	8 OZ	125	5	1	18	173	2	3			X	X	X
SEAFOOD BISQUE	8 OZ	260	12	2	122	273	1	22					X
SHRIMP & CORN CHOWDER	8 OZ	235	10	3	22	516	1	17					
SIX BEAN	8 OZ	140	1	0	25	116	7	9	X	X	X	X	X
SMOKED GOUDA RED PEPPER	8 OZ	230	16	7	12	651	1	10		X			
SPLIT PEA	8 OZ	100	1	0	18	71	6	6	X	X	X	X	X
STUFFED PEPPER	8 OZ	255	14	3	15	677	2	12			X		
SUMMER GARDEN	8 OZ	215	8	1	31	513	8	7	X	X	X	X	X
THAI COCONUT CURRY	8 OZ	115	10	5	15	380	2	2	X	X		X	X
THREE BEAN VEGETARIAN CHILI	8 OZ	165	5	1	26	434	8	7	X	X	X	X	X
TOMATO & RED LENTIL	8 OZ	130	1	0	24	105	5	8	X	X	X	X	X
TOMATO BASIL	8 OZ	90	6	1	9	141	4	2	X	X	X	X	X

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TURKEY & RICE	8 OZ	75	2	0	9	261	1	4			X	X	X
TURKEY CHILI	8 OZ	340	18	4	20	384	5	28					
TURKEY NOODLE	8 OZ	100	4	1	12	289	1	5				X	X
TUSCAN FARRO & KALE	8 OZ	80	3	0	12	147	3	4		X			X
VEGAN BEYOND TEXAS CHILI	8 OZ	235	12	4	20	650	7	15		X			
VEGETABLE & TORTELLINI	8 OZ	120	5	1	16	190	3	5					X
VEGETARIAN VEGETABLE	8 OZ	50	0	0	11	82	2	2	X	X	X	X	X
WHITE BEAN	8 OZ	125	1	0	22	298	7	8	X	X	X	X	X