

**SEAFOOD**

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
0208917000001	FRIED CATFISH DINNER	1 each	425	850	390	44	9	0	130	36	27	1330	6	79
0208989000008	FRIED CATFISH SANDWICH	1 each	243	670	300	34	7	0	120	37	2	880	4	51
0208918000000	FRIED CLAM STRIP DINNER	1 each	425	960	400	44	7	0	25	17	30	2310	6	128
0208913000005	FRIED COD DINNER	1 each	425	790	320	36	7	0	55	23	29	1880	6	96
0208915000003	FRIED FLOUNDER DINNER	1 each	425	700	210	23	3	0	50	24	29	1730	6	105
0208912000006	FRIED HADDOCK DINNER	1 each	425	800	190	21	7	0	60	25	29	1830	6	96
0208914000004	FRIED SEA SCALLOP DINNER	1 each	425	830	360	39	8	0	100	36	27	1640	5	83
0208847000003	STORE FRIED BAY SCALLOP DINNER	1 each	NULL	830	360	39	8	0	100	36	27	1640	5	83
0208938000004	STORE FRIED TILAPIA DINNER	1 each	425	830	350	39	6	0	70	28	28	1810	6	95
0208981000006	FRIED SHRIMP DINNER	1 each	425	870	380	42	7	0	245	41	29	1440	5	85
0208990000004	FRIED COD SANDWICH	1 each	243	610	240	26	6	0	45	24	4	1420	4	67
0208919000009	FRIED HADDOCK SANDWICH	1 each	243	620	100	11	6	0	55	26	4	1380	4	67
0208991000003	FRIED TILAPIA SANDWICH	1 each	243	670	290	32	5	0	65	29	3	1280	4	67
0208988000009	FRIED SHRIMP SANDWICH	1 each	243	690	290	32	5	0	235	42	4	990	3	57
0208441000003	SIGNATURE LBSTR/SEAFD ROLL	1 each	163	330	170	19	3	0	35	10	5	910	1	29
0208474000001	SIGNATURE LUMP CRABCAKE SAND	1 Each	198	580	350	39	7	0	135	22	2	1060	2	34
0208073000006	SIGNATURE GOUR SEAFOOD SALAD	1/2 cup	113	200	140	15	2.5	0	35	8	2	1120	0	9
0208221000001	SIGNATURE GOUR SHRIMP ROLL	1 each	163	260	110	12	2	0	90	13	4	3070	1	25
0208652000007	SIGNATURE GOUR SHRIMP SALAD	1/2 cup	113	120	90	10	1.5	0	90	8	0	2850	0	0
0208458000003	SIGNATURE LBSTR/SEAFD SALAD	1 cup	227	390	310	35	5	0	65	10	1	1400	0	8
0208497000002	SIGNATURE MAC/ SHRIMP SALAD	1/2 cup	113	220	210	98	1.5	0	35	5	10	830	1	24
0208509000006	SIGNATURE MAC/SHRMP DELX SALAD	1/2 cup	113	220	210	98	1.5	0	35	5	10	830	1	24

SUSHI

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
0208194000008	ALASKAN ROLL 6 OZ	6 oz	113	160	50	6	1	0	10	6	2	45	1	22
0208195000007	AVOCADO & CUCUMBER ROLL 6 OZ	6 oz	113	150	35	4	1	0	0	2	1	360	2	27
0208265000005	BROWN RICE CALIFORNIA ROLL 4 OZ	4 oz	114	80	20	2	0	0	0	1	0	240	2	15
0208266000004	BROWN RICE SHRMP CALIF ROLL 4 OZ	4 oz	114	80	20	2	0	0	40	4	2	260	2	13
0208344000001	BROWN RICE SPICY CRAB ROLL 4 OZ	4 oz	114	80	15	2	0	0	20	1	1	280	1	15
0208292000009	BROWN RICE SPICY SHRIMP ROLL 4 OZ	4 oz	114	80	20	2	0	0	40	4	2	260	2	13
0208278000009	BROWN RICE SUPER CALIF ROLL 4 OZ	4 oz	114	70	15	2	0	0	0	1	0	75	2	15
0208277000000	BROWN RICE VEGETERIAN ROLL 4 OZ	4 oz	114	80	20	2	0	0	0	1	0	150	2	14
0208333000005	BROWN SPICY TUNA ROLL 4 OZ	4 oz	114	100	25	3	0	0	10	7	2	190	1	13
0208280000004	BRWN RICE SALMN AVOCADO RL 4 OZ	4 oz	114	100	35	3.5	0.5	0	5	4	0	150	2	13
0208293000008	BRWN RICE SHRMP TEMPURA RL 4 OZ	4 oz	114	140	60	7	1	0	15	3	4	220	1	16
0208279000008	BRWN RICE TUNA AVOCADO ROLL 4 OZ	4 oz	114	90	20	2	0	0	5	5	0	150	2	13
0208031000000	CALAMARI SALAD	1 oz	28	35	10	1	0	0	50	4	3	300	0	3
0208196000006	CALIFORNIA ROLL 4 OZ	4 oz	170	220	35	4	0.5	0	5	6	0	300	2	42
0208325000006	CATEPILLAR ROLL 4 OZ	4 oz	114	110	25	3	0	0	65	10	2	160	1	10
0208307000000	CHICKEN DUMPLING	2 oz	57	130	50	6	2	0	10	5	1	260	1	12
0208104000005	COOKED COMBO 8 OZ	8 oz	227	650	60	7	2	0	120	44	13	1370	2	88
0208109000000	CRAB COMBO 8 OZ	8 oz	227	310	170	19	2	0	35	7	2	510	1	38
0208970000000	CRAB PHILDELPHIA ROLL 4OZ	4 oz	113	200	70	8	2	0	20	5	4	640	0	27
0208197000005	CRAB ROLL 4 OZ	4 oz	113	60	45	5	0	0	0	2	0	100	0	12
0208052000003	CRAB SHUMAI 2 OZ	2 oz	57	120	70	8	2.5	0	10	3	3	290	0	11
0208409000007	CRAZY ROLL 4 OZ	4 oz	114	140	60	6	1	0	30	5	4	290	1	16
0208032000009	CRUNCH CRAB ROLL	4 oz	113	180	60	7	1.5	0	0	5	4	770	0	26
0208210000005	CUCUMBER ROLL 4 OZ	4 oz	113	50	0	0	0	0	0	1	0	40	0	11
0208410000003	DRAGON ROLL 4 OZ	4 oz	114	270	100	12	2.5	0	45	9	8	280	3	26
0208251000002	DYNAMITE ROLL 4 OZ	4 oz	114	130	15	2	0	0	10	5	3	280	1	22
0208219000006	EEL & AVOCADO ROLL 4 OZ	4 oz	113	100	10	1	0	0	5	4	4	130	0	18
0208223000009	EEL & CUCUMBER ROLL 4 OZ	4 oz	113	80	10	1	0	0	5	4	4	125	0	16
0208187000008	EEL POKE BOWL	12 oz.	340	480	90	10	2	0	80	16	12	1320	0	80
0208179000009	INARI 4 6 OZ	6 oz	170	220	40	4.5	1	0	0	7	3	340	1	39
0208411000002	KAMIKAZE ROLL 4 OZ	4 oz	114	100	10	1	0	0	5	4	1	250	0	18
0208312000002	LOBSTER ROLL 5 OZ	5 oz	142	210	20	2.5	1	0	5	5	1	500	2	41
0208332000006	NEW YORK ROLL	4 oz	114	130	30	3	0.5	0	15	6	0	150	2	19
0208147000000	NIGIRI SUSHI 4 6 OZ	6 oz	170	220	50	6	0.5	0	25	13	3	190	0	33
0208152000002	NIGIRI SUSHI 6 8OZ	8 oz	227	290	70	8	1	0	35	18	4	250	0	44
0208224000008	PHILADELPHIA ROLL 4 OZ	4 oz	113	240	110	12	6	0	45	10	0	160	1	22
0208114000002	PICKLED GINGER	1 oz	28	10	0	0	0	0	0	0	0	270	1	2
0208408000008	PINK LADY ROLL - 4 OZ	4 oz	114	80	20	2	0	0	10	4	1	65	0	20
0208543000000	PORK DUMPLING	2 oz	57	130	50	6	2	0	10	5	0	260	1	12
0208225000007	RAINBOW ROLL 4 OZ	4 oz	113	170	30	3.5	1	0	0	7	9	240	1	32
0208436000001	RED DRAGON ROLL - 4 OZ	4 oz	114	150	60	7	1	0	10	6	2	210	0	13
0208226000006	RICH ROLL 4 OZ	4 oz	113	110	30	3.5	0	0	10	4	2	170	0	15
0208228000004	SALMON & AVOCADO ROLL 4 OZ	4 oz	113	120	35	4	0.5	0	5	4	1	30	0	16
0208106000003	SALMON COMBO 7 OZ	7 oz	198	130	15	2	0	0	20	8	1	80	1	18
0208148000009	SALMON POKE BOWL	12 oz	340	440	70	8	2	0	40	16	12	1080	0	76
0208227000005	SALMON ROLL 4 OZ	4 oz	113	220	50	6	1.5	0	30	12	2	120	0	26
0208049000009	SEAWEED SALAD	2 oz	57	30	30	10	0	0	0	1	8	135	0	3
0208229000003	SHRIMP & AVOCADO ROLL 4 OZ	4 oz	113	120	50	6	0	0	55	6	4	230	1	20
0208230000009	SHRIMP & CUCUMBER ROLL 4 OZ	4 oz	113	90	20	2	0	0	40	4	3	160	0	14
0208320000001	SHRIMP CALIFORNIA ROLL 4 OZ	4 oz	114	80	15	1.5	0	0	20	4	3	110	0	14
0208108000001	SHRIMP COMBO 7 OZ	7 oz	199	230	140	16	1.5	0	35	11	3	540	4	26
0208830000003	SHRIMP DUMPLING	2 oz	57	130	50	6	2	0	15	4	0	320	1	13
0208050000005	SHRIMP SHUMAI 2 OZ	2 oz	57	120	70	8	2	0	25	5	1	280	0	10
0208398000002	SHRIMP TEMPURA ROLL 4 OZ	4 oz	113	240	70	8	1.5	0	20	7	4	700	0	36
0208240000006	SPICY CALIFORNIA ROLL 4 OZ	4 oz	113	150	45	5	0.5	0	5	2	3	220	1	21
0208138000002	SPICY COMBO 8 OZ	8 oz	227	360	130	14	2	0	30	15	16	500	1	68
0208242000004	SPICY CRAB ROLL 4 OZ	4 oz	113	160	45	5	0.5	0	15	6	1	210	1	20
0208243000003	SPICY SALMON ROLL 4 OZ	4 oz	113	210	35	3.5	1.5	0	20	9	1	120	0	22
0208252000001	SPICY SHRIMP ROLL 4 OZ	4 oz	113	170	20	2.5	1	0	25	8	4	250	1	20
0208256000007	SPICY TUNA ROLL 4 OZ	4 oz	113	150	30	3	0	0	10	9	1	130	1	20
0208296000005	SPRING ROLL 3 OZ	3 oz	85	190	25	2.5	0	0	25	5	4	1050	2	37
0208257000006	SUPER CALIFORNIA ROLL 4 OZ	4 oz	113	110	40	4.5	0.5	0	5	3	4	140	0	16



**BEVERAGES**

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
	CARIBOU LATTE SM 12 OZ	12 fl oz	322	150	70	8	5	0	25	9	12	115	0	12
0000000124020	CARIBOU MOCHA HOT SM 12 OZ	12 fl oz	420	490	260	29	16	0	105	14	37	190	0	38
0000000124030	CARIBOU CAPPUCCINO SM 12 OZ	12 fl oz	261	110	50	6	4	0	20	7	9	90	0	9
0000000124040	CARIBOU COFFEE DECAF SM 12 OZ	12 fl oz	341	5	0	0	0	0	0	0	0	5	0	0
0000000124050	CARIBOU EXPRESSO SM 12 OZ	12 fl oz	78	0	0	0	0	0	0	1	0	10	0	0
0000000124080	CARIBOU STMD MILK SM 12 OZ	12 fl oz	349	80	35	4	3	0	10	4	6	55	0	6
0000000124090	CARIBOU LATTE MED 16 OZ	16 fl oz	444	220	110	12	7	0	35	13	18	170	0	18
0000000124100	CARIBOU MOCHA HOT MED 16 OZ	16 fl oz	548	620	320	35	19	0	120	19	52	260	0	54
0000000124110	CARIBOU CAPPUCCINO MED 16 OZ	16 fl oz	330	130	60	7	4	0	20	8	10	110	0	10
0000000124120	CARIBOU COFFEE DECAF MED 16 OZ	16 fl oz	454	5	0	0	0	0	0	1	0	10	0	0
0000000124130	CARIBOU EXPRESSO MED 16OZ	16 fl oz	117	0	0	0	0	0	0	2	0	15	0	0
0000000124160	CARIBOU STMD MILK MED 16 OZ	16 fl oz	467	110	50	6	4	0	20	6	9	85	0	9
0000000124170	CARIBOU AMERICAN LG 20 OZ	20 fl oz	570	5	5	5	0	0	0	2	0	20	0	0
0000000124180	CARIBOU AMERICAN MED 16 OZ	16 fl oz	474	0	0	0	0	0	0	2	0	15	0	0
0000000124190	CARIBOU AMERICAN SM 12 OZ	12 fl oz	344	0	0	0	0	0	0	1	0	10	0	0
0000000124200	CARIBOU CAPPUCCINO LG 20 OZ	20 fl oz	400	150	70	8	5	0	25	10	12	125	0	12
0000000124240	CARIBOU COFFEE LG 20 OZ	20 fl oz	567	5	0	0	0	0	0	1	0	10	0	0
0000000124260	CARIBOU STMD MILK LG 20 OZ	20 fl oz	584	150	70	8	5	0	25	8	12	110	0	12
0000000124300	CARIBOU COLD PRESS 16 OZ	16 fl oz	345	0	0	0	0	0	0	0	0	0	0	0
0000000124330	CARIBOU EXPRESSO LG 20 OZ	20 fl oz	156	5	0	0	0	0	0	2	0	20	0	0
0000000124340	CARIBOU CHIA TEA SM 12 OZ	12 fl oz	386	290	90	10	6	0	30	10	38	150	0	39
0000000124350	CARIBOU CHIA TEA MED 16 OZ	16 fl oz	473	360	110	12	7	0	35	12	49	180	0	50
0000000124360	CARIBOU CHIA TEA LG 20 OZ	20 fl oz	561	430	140	15	8	0	45	13	60	210	0	61
0000000124370	CARIBOU AMERICAN ICED MED 16 OZ	16 fl oz	457	0	0	0	0	0	0	2	0	15	0	0
0000000124380	CARIBOU AMERICAN ICED LG 20 OZ	20 fl oz	570	5	5	5	0	0	0	2	0	20	0	0
0000000124390	CARIBOU EXPRESSO ICED MED 16OZ	16 fl oz	117	0	0	0	0	0	0	2	0	15	0	0
0000000124400	CARIBOU EXPRESSO ICED LG 20 OZ	20 fl oz	156	5	0	0	0	0	0	2	0	20	0	0
0000000124420	CARIBOU LATTE ICED MED 16 OZ	16 fl oz	356	120	60	7	4	0	20	7	9	90	0	9
0000000124430	CARIBOU LATTE ICED LG 20 OZ	20 fl oz	439	130	60	7	4	0	20	8	10	105	0	10
0000000124440	CARIBOU LATTE LG 20 OZ	20 fl oz	544	260	130	14	8	0	45	15	20	200	0	20
0000000124450	CARIBOU MOCHA ICED MED 16 OZ	16 fl oz	369	240	80	9	5	0	30	9	28	125	0	29
0000000124460	CARIBOU MOCHA ICED LG 20 OZ	20 fl oz	459	300	100	11	6	0	35	11	35	160	0	36
0000000124470	CARIBOU MOCHA HOT LG 20 OZ	20 fl oz	677	750	360	40	22	0	135	24	67	330	0	70
0000000124610	CARIBOU COLD PRESS 20 OZ	20 fl oz	432	5	0	0	0	0	0	0	0	5	0	0
0000000124670	COCA COLA ZERO	16 fl oz	474	0	0	0	0	0	0	0	0	55	0	0
0000000124680	LIPTON BRISK SWEET TEA	16 fl oz	474	110	0	0	0	0	0	0	29	65	0	29
0000000124690	FANTA ORANGE	16 fl oz	474	210	0	0	0	0	0	0	57	55	0	58
0000000124700	MELLO YELLOW	16 fl oz	474	210	0	0	0	0	0	0	58	65	0	58
0000000124710	SPRITE	16 fl oz	474	190	0	0	0	0	0	0	51	90	0	52
0000000124720	CAFFEINE FREE DIET COKE	16 fl oz	474	0	0	0	0	0	0	0	0	65	0	1
0000000124730	CAFFEINE FREE CLASSIC COKE	16 fl oz	474	200	0	0	0	0	0	0	54	50	0	54
0000000125190	MIST TWIST	16 fl oz	474	200	0	0	0	0	0	0	54	45	0	54
0000000125200	PEPSI	16 fl oz	474	200	0	0	0	0	0	0	55	45	0	55
0000000125210	DIET PEPSI	16 fl oz	474	0	0	0	0	0	0	0	0	75	0	0
0000000125220	MOUNTAIN DEW	16 fl oz	474	220	0	0	0	0	0	0	58	70	0	59
0000000125230	DIET MOUNTAIN DEW	16 fl oz	474	5	0	0	0	0	0	0	1	75	1	1
0000000125240	WILD CHERRY PEPSI	16 fl oz	474	210	0	0	0	0	0	0	56	40	0	56
0000000125250	MUG ROOT BEER	16 fl oz	474	190	0	0	0	0	0	0	52	60	0	52
0000000125260	RASPBERRY BRISK TEA	16 fl oz	474	100	0	0	0	0	0	0	26	55	0	26
0000000125350	CRUSH ORANGE	16 fl oz	474	220	0	0	0	0	0	0	58	65	0	59
0000000125370	DIET DR PEPPER	16 fl oz	474	0	0	0	0	0	0	0	0	95	0	0
0012000043215	PEPSI FLAV SHOT VANILLA	.5 fl oz	15	0	0	0	0	0	0	0	0	0	0	0
0012000043222	PEPSI FLAV SHOT CHERRY	.5 fl oz	15	0	0	0	0	0	0	0	0	0	0	0
0012000043246	PEPSI FLAV SHOT LEMON	.5 fl oz	15	0	0	0	0	0	0	0	0	0	0	0
0012000043277	PEPSI FLAV SHOT RAZ	.5 fl oz	15	0	0	0	0	0	0	0	0	0	0	0
0041000010033	LIPTON BRISK SWL	16 fl oz	474	110	0	0	0	0	0	0	29	55	0	29
0206258000001	WQ VANILLA ICE CREAM CUP 1	6 oz	170	360	190	21	13	0	75	5	31	130	0	41
0206260000006	WQ VANILLA ICE CREAM CONE 1	10.5 oz	175	550	110	12	8	0	45	3	18	240	0	91
0206266000000	WQ VANILLA ICE CREAM CUP 2	10 oz	284	600	310	34	22	0	130	9	52	220	0	69
0206267000009	WQ VANILLA ICE CREAM CONE 2	14.5oz	288	820	220	24	15	0	90	6	36	350	0	128
0206269000007	WQ CHOCOLATE ICE CREAM CUP 1	6 oz	170	390	190	21	13	0	75	8	33	150	0	41
0206270000003	WQ CHOCOLATE ICE CREAM CONE 1	10.5 oz	175	560	110	12	8	0	45	5	20	260	0	91
0206271000002	WQ CHOCOLATE ICE CREAM CUP 2	10 oz	284	650	310	34	22	0	130	13	56	260	0	69
0206273000000	WQ CHOCOLATE ICE CREAM CONE 2	14.5 oz	288	850	220	24	15	0	90	9	39	380	0	128
0206276000007	WQ STRAWBERRY ICE CREAM CUP 1	6 oz	170	330	160	18	10	0	65	5	33	115	0	44
0206277000006	WQ STRAWBERRY ICE CREAM CONE 1	10.5 oz	175	530	100	11	6	0	40	3	20	230	0	92
0206278000005	WQ STRAWBERRY ICE CREAM CUP 2	10 oz	284	560	270	30	17	0	110	9	56	190	0	73
0206279000004	WQ STRAWBERRY ICE CREAM CONE 2	14.5 oz	288	790	190	21	12	0	75	6	39	330	0	131
0206280000000	WQ MOOSE TRACKS ICE CREAM CUP 1	6 oz	170	490	260	28	15	0	50	8	39	180	3	52



020977900000	CARIBOU TEA TROPICAL GREEN 12 OZ	12 fl oz	355	0	0	0	0	0	0	0	0	0	0	0
020978000006	CARIBOU TEA TROPICAL GREEN 16 OZ	16 fl oz	474	0	0	0	0	0	0	0	0	0	0	0
0209781000005	CARIBOU TEA TROPICAL GREEN 20 OZ	20 fl oz	592	0	0	0	0	0	0	0	0	0	0	0
0209789000007	PEPSI	32 fl oz	947	400	0	0	0	0	0	0	110	90	0	110
0209790000003	DIET PEPSI	32 fl oz	947	0	0	0	0	0	0	0	0	150	0	0
0209791000002	MOUNTAIN DEW	32 fl oz	947	440	0	0	0	0	0	0	116	140	0	118
0209792000001	MUG ROOT BEER	32 fl oz	947	380	0	0	0	0	0	0	104	120	0	104
0209793000000	PEPSI WILD CHERRY	32 fl oz	947	420	0	0	0	0	0	0	112	80	0	112
0209794000009	DIET MOUNTAIN DEW	32 fl oz	947	10	0	0	0	0	0	0	2	150	2	2
0209796000007	MIST TWIST	32 fl oz	947	400	0	0	0	0	0	0	108	90	0	108
0209797000006	LIPTON SWEET TEA	32 fl oz	947	220	0	0	0	0	0	0	58	130	0	58
0209799000004	LIPTON SWEET W/ LEMON	32 fl oz	947	220	0	0	0	0	0	0	58	110	0	58
0209800000009	RASPBERRY BRISK TEA	32 fl oz	947	200	0	0	0	0	0	0	52	110	0	52
0209801000008	CRUSH ORANGE	32 fl oz	947	440	0	0	0	0	0	0	116	130	0	118
0209802000007	DIET DR PEPPER	32 fl oz	947	0	0	0	0	0	0	0	0	190	0	0
0209803000006	FANTA ORANGE	32 fl oz	947	420	0	0	0	0	0	0	114	110	0	116
0209804000005	SPRITE	32 fl oz	947	380	0	0	0	0	0	0	102	180	0	103
0209805000004	CAFFEINE FREE DIET COKE	32 fl oz	947	0	0	0	0	0	0	0	0	130	0	1
0209806000003	CAFFEINE FREE CLASSIC COKE	32 fl oz	947	390	0	0	0	0	0	0	107	95	0	107
0209808000001	MELLO YELLOW	32 fl oz	947	420	0	0	0	0	0	0	116	130	0	116
0209809000000	DR PEPPER	32 fl oz	947	380	0	0	0	0	0	0	102	120	0	104
0209810000006	COCA COLA ZERO	32 fl oz	947	0	0	0	0	0	0	0	0	110	0	0

CHICKEN																
UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)		
020513800001	10 PC DRUM/THIGH BUCKET COLD	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0		
020514000006	10 PC CHICKEN BUCKET HOT	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0		
020514600000	10 PC CHICKEN BUCKET COLD	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0		
020560300000	WINGS SEA SALT	4 oz.	114	280	190	21	5	0	105	17	0	2480	0	6		
0205741000009	10 PC DRUM/THIGH BUCKET HOT	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0		
0205938000003	WINGS BUFFALO HOT	4 oz.	113	230	160	17	4.5	0	100	16	0	1260	0	4		
0205939000002	WINGS BUFFALO COLD	4 oz.	113	230	160	17	4.5	0	100	16	0	1260	0	4		
0205961000001	WINGS BBQ COLD	4 oz.	114	250	150	17	4.5	0	95	16	3	930	1	8		
0205962000000	WINGS OLD BAY HOT	4 oz.	113	260	170	19	5	0	110	18	0	1680	0	4		
0205963000009	WINGS BBQ HOT	4 oz.	113	250	160	17	4.5	0	100	17	2	910	1	7		
0205964000008	WINGS SRIRACHA	4 oz.	113	210	110	12	3.5	0	70	11	10	1220	1	12		
0205965000007	WINGS ASIAN BBQ HOT	4 oz.	113	250	160	18	5	0	105	18	3	970	0	8		
0205966000006	WINGS GARLIC PARMESAN	4 oz.	113	280	180	20	6	0	110	20	0	880	0	6		
0205967000005	WINGS RANCH HOT	4 oz.	113	270	170	19	5	0	110	18	0	920	0	5		
0206252000007	TENDERS - BUFFALO CHICKEN - HOT	1 each	30	220	80	9	1.5	0	30	14	4	860	0	21		
0206254000005	TENDERS - BUFFALO CHICKEN - COLD	1 each	30	60	20	2.5	0	0	10	4	1	230	0	6		
0206262000004	TENDERS - MRB CHICKEN HOT	1 each	30	60	25	2.5	0.5	0	10	4	1	260	1	6		
0206263000003	TENDERS - MRB CHICKEN COLD	1 each	30	60	25	2.5	0.5	0	10	4	1	260	1	6		
0206612000005	W2GO MILD WINGS-HOT	4 oz.	113	260	140	15	3	0	65	12	0	1360	1	18		
0206613000004	W2GO SPICY WINGS-HOT	4 oz.	113	260	140	15	3	0	60	12	0	1650	1	19		
0206615000002	W2GO MILD WINGS-COLD	4 oz.	113	260	140	15	3	0	65	12	0	1360	1	18		
0206616000001	W2GO SPICY WINGS-COLD	4 oz.	113	260	140	15	3	0	60	12	0	1650	1	19		
0207092000004	100 PC FRIED CHICKEN	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0		
0207104000008	FRIED CHICKEN 4 PC COLD	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0		
0207105000007	FRIED CHICKEN 8 PC COLD	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0		
0207115000004	12 PC FRIED CHICKEN - COLD	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0		
0207124000002	WING WHOLE ORIGINAL - HOT	4 oz.	114	290	200	22	5	0	110	18	0	850	0	4		
0207125000001	WING WHOLE ORIGINAL - COLD	4 oz.	114	290	200	22	5	0	110	18	0	850	0	4		
0207126000000	WING WHOLE SEASALT - HOT	4 oz.	114	280	190	21	5	0	105	17	0	2480	0	6		
0207129000007	WING WHOLE MEMPHIS BBQ - HOT	4 oz.	114	290	190	21	5	1	105	17	4	1340	0	8		
0207150000007	FRIED CHICKEN BREAST	4 oz.	114	210	140	15	4	0	75	18	0	620	0	0		
0207151000006	FRIED CHICKEN THIGHS	4 oz.	114	210	140	15	4	0	75	18	0	620	0	0		
0207152000005	FRIED CHICKEN DRUMSTICKS	4 oz.	114	210	140	15	4	0	75	18	0	620	0	0		
0207153000004	FRIED CHICKEN WINGS	4 oz.	114	210	140	15	4	0	75	18	0	620	0	0		
0207154000003	2 PC FRIED CHICK WHT 1 BRST-1W	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0		
0207155000002	2 PC FRIED CHICK DRK 1THIGH-1DRUM	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0		
0207156000001	4 PC FRIED CHICKEN 1B 1T 1W 1D	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0		
0207157000000	FRIED CHICKEN 8 PC HOT	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0		
0207158000009	12 PC FR CHICKEN-3 BRST 3 THGH	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0		
0207159000008	16 PC FR CHICKEN 4 BRST 4 THGH	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0		
0207214000004	TENDERS - CHICKEN - COLD	1 each	30	130	90	10	1	0	5	3	0	310	0	7		
0207216000002	8 PC FRIED DRUM/THIGH HOT	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0		
0207217000001	8 PC FRIED DRUM/THIGH COLD	4 oz.	113	210	140	15	4	0	75	18	0	620	0	0		
0207352000003	WING ZINGS HOT	4 oz.	114	280	170	19	4	0	95	18	0	1790	0	11		
0207369000003	WING DINGS HOT	4 oz.	114	200	150	17	4	0	85	14	0	1040	0	9		
0207370000009	WING DINGS COLD	4 oz.	113	200	150	17	4	0	80	14	0	1030	0	9		
0207380000006	WING ZINGS COLD	4 oz.	113	280	170	19	4	0	95	18	0	1780	0	11		
0207404000005	TENDERS - CHICKEN - HOT	1 each	30	130	90	10	1	0	5	3	0	310	0	7		
0207405000004	POPCORN CHICKEN	4 oz.	113	230	80	9	3	0	40	18	3	670	1	18		
0207968000008	WINGS MEMPHIS BBQ	4 oz.	114	290	190	21	5	1	105	17	4	1340	0	8		
0207983000007	WINGS CHIPOTLE HOT	4 oz.	113	260	170	19	5	0	110	18	0	870	0	4		
0207984000006	WINGS CHIPOTLE COLD	4 oz.	113	260	170	19	5	0	110	18	0	870	0	4		
0020682400000	ROTISSERIE CHICK - ROASTED HERB - HOT	4 oz.	112	210	130	14	4	0	70	17	1	710	0	3		
0020682500000	ROTISSERIE CHICK - ROASTED HERB - COLD	4 oz.	112	210	130	14	4	0	70	17	1	710	0	3		
0205116000009	ROTISSERIE CHICKEN BREAST	4 oz.	113	210	80	9	2.5	0	110	31	0	390	0	0		
0205512000009	ROTISSERIE CHICKEN HALF	4 oz.	114	200	130	14	4	0	70	18	0	570	0	0		
0205523000005	ROTISSERIE LEG 1/4 2PC - HOT	4 oz.	113	270	190	21	6	0	90	19	0	80	0	0		
0205524000004	ROTISSERIE LEG 1/4 2PC - COLD	4 oz.	113	270	190	21	6	0	90	19	0	80	0	0		
0205592000005	ROTISSERIE CHIC - CLASSIC HOT	4 oz.	113	200	130	14	4	0	70	18	0	570	0	0		
0205593000004	ROTISSERIE CHIC - CLASSIC COLD	4 oz.	113	200	130	14	4	0	70	18	0	570	0	0		
0205594000003	ROTISSERIE CHIC - SEASALT HOT	4 oz.	113	200	120	14	4	0	70	18	0	1440	0	1		
0205595000002	ROTISSERIE CHIC - MEMP BBQ HOT	4 oz.	113	210	120	14	4	0	70	18	2	830	0	2		
0205596000001	ROTISSERIE CHIC - SEASALT COLD	4 oz.	113	200	120	14	4	0	70	18	0	1440	0	1		
0205597000000	ROTISSERIE CHIC - MEMP BBQ COLD	4 oz.	113	210	120	14	4	0	70	18	2	830	0	2		
0205604000009	ROTISSERIE WONDER CHICK HOT	4 oz.	113	200	130	14	4	0	70	18	0	570	0	0		
0206064000004	ROTISSERIE CHIC - OLD BAY HOT	4 oz.	113	160	100	11	3	0	55	15	0	5730	0	0		
0206065000003	ROTISSERIE CHIC - OLD BAY COLD	4 oz.	113	160	100	11	3	0	55	15	0	5730	0	0		
0206067000001	ROTISSERIE CHIC - MEDITERR HOT	4 oz.	113	200	120	14	4	0	70	18	0	1060	0	2		
0206068000000	ROTISSERIE CHIC - MEDITERR COLD	4 oz.	113	200	120	14	4	0	70	18	0	1060	0	2		

0206079000006	ROTISSERIE CHIC - GARLIC HOT	4 oz	113	210	130	14	4	0	70	17	0	930	0	2
0206614000003	ROTISSERIE ABF CHICKEN -COLD	4 oz	113	190	130	14	4	0	70	17	0	490	0	0
0206617000000	ROTISSERIE ABF CHICKEN -HOT	4 oz	113	190	130	14	4	0	70	17	0	490	0	0
0206650000005	ROTISSERIE ORGANIC CHICKEN -HOT	4 oz	113	240	150	17	5	0	0	21	0	80	0	0
0206651000004	ROTISSERIE ORGANIC CHICKEN -COLD	4 oz	113	240	150	17	5	0	0	21	0	80	0	0
0207111000008	ROTISSERIE CHICK BREAST - COLD	4 oz.	113	210	80	9	2.5	0	110	31	0	390	0	0
0207127000009	ROTISSERIE WONDER OLD BAY HOT	4 oz.	113	150	90	10	3	0	50	13	0	7620	0	0
0207133000000	ROTISSERIE WONDER OLD BAY COLD	4 oz.	113	150	90	10	3	0	50	13	0	7620	0	0
0207135000008	ROTISSERIE WONDER MEDITER HOT	4 oz	113	210	100	11	3	0	50	16	1	4990	3	14
0207137000006	ROTISSERIE WONDER SEA SALT HOT	4 oz.	113	180	100	11	3	0	55	14	0	8420	1	8
0207138000005	ROTISSERIE WONDER SEA SALT COLD	4 oz.	113	180	100	11	3	0	55	14	0	8420	1	8
0207139000004	ROTISSERIE WONDER MEMPHIS HOT	4 oz.	113	240	100	11	3	3.5	50	14	17	2980	1	21
0207140000000	ROTISSERIE WONDER MEMPHIS COLD	4 oz.	113	240	100	11	3	3.5	50	14	17	2980	1	21
0207177000004	ROTISSERIE WONDER CHICK COLD	4 oz.	113	200	130	14	4	0	70	18	0	570	0	0
0207178000003	ROTISSERIE WONDER MEDITER COLD	NULL	113	210	100	11	3	0	50	16	1	4990	3	14
0207332000009	ROTISSERIE CHIC - GARLIC COLD	4 oz	113	210	130	14	4	0	70	17	0	930	0	2
0209592000003	ROTISSERIE CHIC - BRN SUG&HONEY HOT	4 oz.	113	220	140	15	4	0	70	18	2	480	0	3
0209595000000	ROTISSERIE CHIC - BRN SUG&HONEY COLD	4 oz.	112	220	140	15	4	0	70	18	2	480	0	3
0209610000008	ROTISSERIE BBQ CHICKEN - HOT	4 oz	113	220	130	14	4	0	70	18	1	580	0	2
0209611000007	ROTISSERIE BBQ CHICKEN - COLD	4 oz	113	220	130	14	4	0	70	18	1	580	0	2



HOAGIES AND SANDWICHES															
UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)	
0476000016066	NATHANS BEEF FRANK	1 oz	29	140	110	13	5	0	10	6	1	590	0	1	
0205106000002	WRAP ROTISSERIE CHICKEN SALAD	1 Each	179	510	300	34	6	0	80	25	0	1030	2	23	
0205126000006	HOAGIE LG MEATBALL WHEAT OR WHITE	1 Each	593	1000	460	51	25	0	155	66	8	2740	9	84	
0205132000007	HOAGIE LG ITALIAN WHEAT	1 Each	505	1060	480	53	22	0	180	66	8	3840	9	81	
0205133000006	HOAGIE LG ROAST BEEF WHEAT	1 Each	448	570	90	10	3.5	0	105	47	5	1660	9	77	
0205135000004	HOAGIE LG HAM AND SWISS WHEAT	1 Each	505	830	210	23	14	0	135	67	8	2540	9	81	
0205136000003	HOAGIE LG SEAFOOD SALAD WHEAT	1 Each	448	770	310	34	4.5	0	70	25	10	1880	11	100	
0205325000005	SANDWICH CHICKEN W/ KH ROLL	1 each	175	410	170	19	4.5	0	60	19	9	1000	1	43	
0205341000003	SANDWICH FISH COD 4 OZ	1 each	158	370	120	14	4.5	0	55	16	10	820	1	45	
0205410000002	HOAGIE SM SEAFOOD SALAD WHEAT	1 Each	224	390	150	17	2	0	35	12	5	940	5	50	
0205454000006	HOAGIE SM TUNA	1 Each	228	580	320	35	5	0	40	21	13	1250	3	46	
0205456000004	SANDWICH KAISER HAM SWISS 803	1 Each	319	670	260	29	17	0	145	57	4	1510	2	44	
0205458000002	HOAGIE SM AMERICAN	1 Each	256	590	300	33	15	0	85	28	6	1900	4	46	
0205459000001	HOAGIE SM HAM AND SWISS	1 Each	256	440	110	12	7	0	65	34	6	1300	4	45	
0205460000007	HOAGIE SM ITALIAN	1 Each	256	560	240	27	11	0	90	33	6	1950	4	46	
0205461000006	HOAGIE SM TURKEY BREAST	1 Each	228	300	25	3	0.5	0	45	25	6	1060	4	45	
0205463000004	HOAGIE SM ROAST BEEF	1 Each	228	310	45	5	2	0	55	24	5	860	4	44	
0205465000002	HOAGIE SM CHEESE	1 Each	228	570	240	27	15	0	65	29	6	1250	5	58	
0205466000001	SANDWICH KAISER TURKEY BREAST	1 Each	234	310	30	3	0.5	0	65	31	4	1170	2	41	
0205469000008	HOAGIE SM SMO TURKEY	1 Each	228	310	35	3.5	0.5	0	40	24	11	1370	4	50	
0205495000003	SANDWICH HAM SWISS	1 Each	319	670	260	29	17	0	145	57	4	1510	2	44	
0205535000000	SANDWICH ROTISSERIE CHICK SALAD	1 Each	240	660	370	41	6	0	100	33	2	1440	2	36	
0205555000004	SANDWICH TUNA SALAD	1 Each	175	550	320	35	5	0	40	19	11	1180	2	40	
0205680000009	HOAGIE LG VEGETABLE	1 each	475	650	160	18	10	0	40	30	11	1470	8	91	
0205688000001	HOAGIE LG MEATBALL	1 Each	597	1030	440	49	26	0	155	67	10	2760	7	91	
0205694000002	HOAGIE SM MEATBALL	1 Each	300	530	230	26	13	0	75	33	6	1400	4	47	
0205727000009	HOAGIE LG CHICKEN SALAD WHEAT	1 Each	448	860	390	43	6	0	100	43	5	1980	9	77	
0205728000008	HOAGIE LG AMERICAN WHEAT	1 Each	505	1120	600	67	29	0	170	56	7	3740	9	81	
0205729000007	HOAGIE LG CHEESE WHEAT	1 Each	448	1000	410	46	25	0	110	51	7	2570	11	113	
0205730000003	HOAGIE LG VEGETABLE WHEAT	1 each	471	620	180	20	10	0	40	29	9	1450	10	84	
0205731000002	HOAGIE LG CLUB WHEAT	1 Each	448	580	70	7	2.5	0	90	52	7	2100	9	79	
0205732000001	HOAGIE LG SMO TURKEY WHEAT	1 Each	448	570	60	7	0.5	0	75	47	17	2660	9	89	
0205733000000	HOAGIE LG TURKEY BREAST WHEAT	1 Each	448	540	45	5	0.5	0	90	50	8	2050	9	80	
0205734000009	HOAGIE LG TUNA WHEAT	1 Each	448	960	450	50	7	0	55	36	19	2160	9	97	
0205744000006	HOAGIE SM CHICKEN SALAD WHEAT	1 Each	224	430	190	21	3	0	50	22	3	990	4	39	
0205746000004	HOAGIE SM ITALIAN WHEAT	1 Each	252	530	240	26	11	0	90	33	4	1920	4	41	
0205747000003	HOAGIE SM ROAST BEEF WHEAT	1 Each	224	280	45	5	2	0	55	23	3	830	4	39	
0205750000007	HOAGIE SM HAM AND SWISS WHEAT	1 Each	252	410	100	12	7	0	65	34	4	1270	4	40	
0205757000000	HOAGIE LG PHILLY CHEESESTEAK	1 Each	580	1650	960	108	32	0	220	54	11	1950	6	90	
0205759000008	HOAGIE SM PHILLY CHEESESTEAK	1 Each	504	1470	960	108	32	0	220	46	10	1490	4	52	
0205764000000	HOAGIE SM TURKEY BREAST WHEAT	1 Each	224	270	25	2.5	0	0	45	25	4	1030	4	40	
0205821000004	SANDWICH ROTISSERIE CHIK SALAD WHEAT	1 each	240	660	380	42	6	0	100	33	2	1460	2	34	
0205870000000	PINWHEEL GB CHIX BACON RANCH	1 Each	750	750	400	44	9	0	85	44	1	1020	0	53	
0205927000007	SANDWICH BLT	1 Each	149	290	80	9	2.5	0	15	13	4	800	3	42	
0205928000006	SANDWICH PEANUT BUTTER N JELLY	1 Each	95	320	110	12	1.5	0	0	9	13	400	3	45	
0206000000006	SAND SLIDER 4 PK TURKEY	1 Each	298	550	220	25	15	0	185	55	15	2460	0	36	
0206001000005	SAND SLIDER 4 PK RST BEEF	1 Each	298	340	90	10	5	0	155	44	6	1020	1	17	
0206002000004	SAND SLIDER 4 PK BAKED HAM	1 Each	298	590	250	28	13	0	175	52	14	2120	0	33	
0206073000002	HOAGIE SM TUNA WHEAT	1 Each	224	480	220	25	3.5	0	30	18	9	1080	5	48	
0206105000000	HOAGIE LG PHILLY CHEESESTEAK WHEAT	Each	576	1430	840	95	27	0	175	47	9	1880	8	83	
0206509000002	Z SANDW EGG SALAD ON WHT	1 Each	142	260	160	17	3.5	0	255	9	11	880	1	17	
0206517000001	Z SUB ITALIAN COLD CUT 6"	1 Each	233	420	160	18	7	0	85	28	6	1780	2	33	
0206518000000	Z TUNA SLD SANDW ON WHT	1 Each	142	260	170	18	3.5	0	50	19	3	440	0	6	
0206538000004	Z SUB AMERICAN HERO 6"	1 Each	283	550	280	32	15	0	105	31	8	2280	2	37	
0206539000003	Z SUB HAM AND SWISS 6"	1 Each	312	480	140	15	7	0	85	39	9	2050	4	47	
0206540000009	Z SUB HAM AND AMERICAN 6"	1 Each	289	460	140	16	9	0	85	35	9	2390	3	46	
0206541000008	Z SUB HAM AND PROVOLONE 6"	1 Each	289	440	120	13	6	0	75	34	8	2070	3	43	
0206586000001	SANDWICH PEANUT BUTR/JELLY WHEAT	1 Each	95	320	110	12	1.5	0	0	9	13	420	3	44	
0206587000000	SANDWICH TUNA SALAD WHEAT	1 Each	175	550	320	36	5	0	40	19	11	1190	2	39	
0206588000009	SANDWICH EGG SALAD WHEAT	1 Each	175	400	190	21	4	0	275	14	13	1250	2	40	
0206589000008	SANDWICH HAM SALAD WHEAT	1 Each	175	470	230	25	4	0	65	18	15	1710	2	43	
0206590000004	SANDWICH BLT WHEAT	1 each	149	300	90	10	2.5	0	15	13	4	840	3	41	
0206591000003	GRILLED CHEESE COOPER WHITE	1 Each	118	520	450	50	29	0	135	19	0	1620	0	5	
0206595000009	BUBBA VEGGIE BURGER MTO	1 Each	283	360	120	14	7	0	25	17	9	1340	7	47	
0206596000008	ROTISSERIE CHICKEN THIGH	4 oz	114	200	130	14	4	0	70	18	0	570	0	0	
0206597000007	ROTISSERIE CHICKEN LEG	4 oz	114	200	130	14	4	0	70	18	0	570	0	0	
0206598000006	ROTISSERIE CHICKEN BREAST	4 oz	113	210	80	9	2.5	0	110	31	0	390	0	0	
0206599000005	ROTISSERIE CHICKEN DRUMSTICK	4 oz	114	200	130	14	4	0	70	18	0	570	0	0	
0206602000008	NATHANS HOT DOG	1 each	109	340	190	22	9	1	65	12	8	850	1	247	

020663000009	Z PORK ROAST W KRAUT FS HOT FOODS	1 cup	227	300	110	12	4.5	0	90	33	5	960	2	9
0206703000006	Z EGG SLD W LET TOM ON ROLL	1 Each	231	440	160	18	3.5	0	255	15	13	1230	2	53
0206714000002	Z TURKEY ON ROLL	1 Each	179	280	25	3	0	0	50	26	4	1180	1	39
0206732000008	Z SHRIMP SALAD SANDWICH KAISER	1 Each	203	400	70	8	1	0	55	16	4	1010	2	65
0206740000007	Z SUB RST BF/AMER CHEESE 12"	1 Each	312	540	320	36	22	0	140	39	7	1970	2	15
0206741000006	Z SUB AMERICAN HERO 12"	1 Each	567	1090	570	63	31	0	215	62	16	4570	4	74
0206742000005	Z SUB ITALIAN COLD CUT 12"	1 Each	479	840	320	35	13	0	170	57	13	3570	4	67
0206745000002	Z SUB GRANDE ITALIAN RST BF 12"	1 Each	350	610	190	21	9	0	90	40	7	1840	3	61
0206747000000	Z SUB CHSPK TKY & AMERICAN 12"	1 Each	522	840	260	29	16	0	185	70	19	3230	7	82
0206757000007	ROAST BEEF AND CHEDDAR	1 Each	288	510	290	32	13	0	150	40	7	1150	1	12
0206758000006	CHICKEN SALAD/CROISSANT	1 Each	227	510	340	38	7	0	90	25	3	960	1	13
0206760000001	ITALIAN PANINI MTO	1 Each	380	1120	610	68	22	0	170	57	8	3590	4	61
0206763000008	RUEBEN PANINI MTO	1 Each	291	610	410	46	21	0	165	34	4	2190	2	10
0206764000007	WEIS CHEESE BURGER MTO DOUBLE	1 Each	539	1110	710	79	32	4	265	71	8	1270	3	27
0206765000006	CLUBAN PANINI MTO	1 Each	287	460	220	24	19	0	150	48	5	2480	0	14
0206876000001	Z SUB RST BF/AMER CHEESE 6"	1 Each	289	440	140	16	9	0	85	37	6	1530	4	42
0206877000000	Z SUB TURKEY AND SWISS 6"	1 Each	284	450	160	17	8	0	90	40	6	1340	3	38
0206878000009	Z SUB TURKEY AND AMERICAN 6"	1 Each	261	380	120	13	6	0	75	33	7	1730	3	40
0206881000003	Z CIABATTA ITALIAN DELIGHT	1 Each	378	1020	580	65	24	0	180	58	6	3450	2	44
0206902000005	Z SUB CHSPK TKY & AMERICAN 6"	1 Each	275	450	130	14	8	0	90	37	8	1840	4	48
0206913000001	Z SUB HAM AND PROVOLONE 12"	1 Each	289	480	90	10	5	0	60	34	7	2010	4	63
0206927000004	Z HOT DOG ON ROLL	1 Each	101	300	160	18	7	0	60	11	9	630	1	247
0206946000009	Z TUNA SLD SANDW ON ROLL	1 Each	203	430	170	19	3.5	0	50	24	5	780	1	41
0206947000008	Z TUNA SLD W LET TOM ON ROLL	1 Each	231	440	170	19	3.5	0	50	25	5	780	2	42
0207067000008	HOAGIE SM CHEESE WHEAT	1 Each	181	360	140	16	9	0	40	18	3	900	4	40
0207072000000	PRETZEL ROLL - ROTISSERIE CHICK SAL	1 Each	194	540	250	28	4	0	70	24	8	680	1	43
0207074000008	PRETZEL ROLL - TUNA	1 Each	194	600	300	33	4.5	0	40	19	17	800	1	56
0207084000005	SANDWICH EGG SALAD	1 Each	175	400	180	20	4	0	275	14	13	1240	2	42
0207085000004	SANDWICH HAM SALAD	1 Each	175	470	220	25	4	0	65	18	15	1700	2	45
0207119000000	PRETZEL ROLL - SMO TURKEY SWISS	1 each	307	560	190	21	10	0	90	43	12	1020	2	48
0207122000004	PRETZEL ROLL - HAM SWISS CHEESE	1 Each	307	600	210	24	12	0	100	42	18	1160	2	54
0207128000008	HOAGIE LG SMO TURKEY	1 Each	453	600	45	4.5	1	0	75	48	19	2680	7	96
0207287000000	HOAGIE CLUB SMALL	1 Each	228	320	35	4	1.5	0	45	27	6	1090	4	45
0207290000004	HOAGIE SM CHICKEN SALAD	1 Each	228	460	200	22	3.5	0	50	22	5	1030	4	44
0207291000003	HOAGIE SM SEAFOOD SALAD	1 Each	228	420	150	17	2.5	0	35	13	7	970	5	55
0207292000002	HOAGIE LG ITALIAN	1 Each	509	1090	460	51	23	0	180	67	10	3850	7	88
0207293000001	HOAGIE LG AMERICAN	1 Each	509	1150	580	64	30	0	170	57	9	3750	7	88
0207294000000	HOAGIE LG TURKEY BREAST	1 Each	453	570	30	3	1	0	90	51	10	2070	7	87
0207295000009	HOAGIE LG HAM AND SWISS	1 Each	509	860	190	21	14	0	135	68	10	2560	7	87
0207296000008	HOAGIE LG ROAST BEEF	1 Each	453	600	70	8	4	0	105	48	7	1680	7	84
0207297000007	HOAGIE LG CLUB	1 Each	453	610	50	5	3	0	90	53	9	2120	7	86
0207298000006	HOAGIE LG TUNA	1 Each	453	990	430	48	8	0	55	37	21	2180	7	104
0207299000005	HOAGIE LG CHEESE	1 each	328	750	270	30	18	0	75	38	7	1880	6	90
0207300000000	HOAGIE LG CHICKEN SALAD	1 Each	453	890	370	41	7	0	100	44	7	2000	7	84
0207301000009	HOAGIE LG SEAFOOD SALAD	1 Each	453	800	290	32	5	0	70	26	12	1900	9	107
0207360000002	PANINI ITALIAN HOT	1 Each	208	560	350	39	17	0	120	43	1	2870	1	5
0207361000001	PANINI ITALIAN COLD	1 Each	208	560	350	39	17	0	120	43	1	2870	1	5
0207381000005	HOAGIE SM VEGETABLE	1 Each	228	340	90	10	5	0	20	15	6	760	4	46
0207440000007	HOAGIE SM AMERICAN WHEAT	1 Each	252	560	300	33	15	0	85	28	4	1870	4	41
0207612000002	SLOPPY JOES - TURKEY	1 each	723	1660	700	78	26	0	250	92	39	4830	9	151
0207613000001	SLOPPY JOES - HAM	1 each	723	1710	740	82	29	0	230	85	42	5830	9	154
0207614000000	SLOPPY JOES - ROAST BEEF	1 Each	723	1700	750	84	30	0	270	88	34	4300	9	147
0207625000006	TURKEY SLOPPY JOE HALF	1 each	361	830	350	39	13	0	125	46	19	2410	4	75
0207626000005	HAM SLOPPY JOE HALF	1 each	361	850	370	41	14	0	115	42	21	2910	4	77
0207627000004	ROAST BEEF SLOPPY JOE HALF	1 Each	264	620	280	31	11	0	100	32	13	1570	3	54
0207691000009	HOAGIE SM VEGETABLE WHEAT	1 each	235	310	90	10	5	0	20	15	5	730	5	42
0207726000004	PINWHEEL GB PHILLY CHEESESTEAK	1 Each	142	300	120	13	4	0	30	15	2	660	2	30
0209091000009	SANDWICH LEBANON BOLO SELTZER	1 each	175	500	190	21	10	0	95	33	7	2660	2	42
0209092000008	SANDWICH LEB BOLO SWT SELTZER	1 each	226	540	200	22	11	0	80	30	19	2680	2	54
0209718000009	CLSSC PHLY CHZ STK W/ PROV WHEAT	1 Each	463	1370	740	83	33	0	220	58	2	2220	8	86
0209719000008	CLSSC PHLY CHZ STK W/ AMER WHEAT	1 Each	463	1440	770	86	38	0	255	58	2	2940	8	86
0209720000004	CLSSC PHLY CHZ STK W/ CHZ WHIZ WHEAT	1 Each	463	1340	690	77	25	0	185	44	9	2810	8	95
0209721000003	CLSSC PHLY CHZ STK W/ PROV WHITE	1 Each	468	1400	720	80	34	0	220	59	5	2240	6	93
0209722000002	CLSSC PHLY CHZ STK W/ AMER WHITE	1 Each	468	1470	750	84	39	0	255	59	5	2960	6	93
0476000015823	GB CHICK BACON RANCH WRAP	10 oz	284	780	380	43	12	0	135	39	4	2140	2	56
0706129033911	WRAP W2GO CHIX BACON RANCH	1 Each	750	750	400	44	9	0	85	44	1	1020	0	53
0706129033959	WRAP W2GO PHILLY CHEESESTEAK	1 Each	142	300	120	13	4	0	30	15	2	660	2	30

PIZZA & STROMBOLI															
UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)	
0004197007507	WHITE MUSHROOMS	1 oz	28	5	0	0	0	0	0	0	0	110	1		
0041497033041	SPINACH	1 oz	29	5	0	0	0	0	0	1	0	0	1	1	
0049000007493	BELL PEPPERS	1 oz	28	5	0	0	0	0	1	0	1	0	0	0	
0071070840201	BLACK OLIVES	1 oz	28	40	25	3	0	0	0	0	0	210	0	0	
0205720000006	MEATBALLS	4 oz	113	100	50	6	2.5	0	30	10	2	380	1	3	
0205895000009	DELI PIZZA CHEESE	1 oz	28	10	5	0.5	0	0	0	1	0	30	0	0	
0207045000006	STEFANOS PIZZA DOUGH BALL	1 each	624	1420	100	11	0	0	0	55	11	3280	11	274	
0476000009808	BACON	1 oz	28	170	140	15	6	0	50	6	0	700	0	0	
0490000041989	SAUSAGE PIZZA TOPPING	1 oz	29	90	70	8	2.5	0	20	5	0	270	0	1	
0490000050707	PEPPERONI	1 oz	28	140	110	13	5	0	10	6	1	590	0	1	
0490000191653	ONIONS	1 oz	28	10	0	0	0	0	0	0	1	0	0	3	
0205468000009	PIZZA SAUCE PIZZAIOLO	1/4 cup	57	40	15	2	0	0	0	1	5	270	0	6	
0205474000000	STROMBOLI - STORE MADE AMERICAN	4 oz.	113	270	150	17	8	0	40	15	2	1150	1	18	
0205491000007	STROMBOLI - STORE MADE VEG	4 oz.	113	200	100	11	7	0	30	9	2	740	1	19	
0205621000006	PIZZA LG STR MADE WHT W/CHIX/BROC	1 Pie	158	2040	460	51	20	0	175	97	18	4340	14	291	
0205622000005	PIZZA SLICE WHITE W/CHIX/BROC	1 Slice	158	260	60	6	2.5	0	20	12	2	540	2	36	
0205623000004	PIZZA LG STR MADE WHT W/SPIN/TOMAT	1 Pie	137	1740	270	30	12	0	75	74	15	3750	14	286	
0205624000003	PIZZA SLICE WHITE/SPINACH/TOMATO	1 Slice	199	310	45	5	2	0	15	13	3	640	3	51	
0205805000006	PIZZA LG COLD STR MADE VEGGIE	1 Pie	184	1800	260	29	4	0	20	70	32	5280	17	311	
0206030000007	PIZZA STR MADE BUFF CHICKEN	1 Slice	156	280	80	10	1.5	0	10	11	3	990	2	41	
0206036000001	PIZZA STR MADE SAUSAGE	1 Pie	156	2310	750	83	24	0	180	101	25	6440	11	297	
0206038000009	PIZZA SLICE BUFFALO CHICKEN	1 Slice	208	380	100	13	2	0	15	15	4	1320	2	54	
0206240000002	PIZZA LG COLD STR MADE PEP/ CHEESE	1 Pie	180	1890	420	47	13	0	40	76	27	5490	11	294	
0206576000004	PIZZA SLICE W MUSHROOM	1 Slice	189	280	35	4	0.5	0	5	11	4	800	2	49	
0206577000003	PIZZA SLICE PEPPERONI SAUSAGE	1 Slice	208	420	150	17	6	0	25	18	5	1280	2	50	
0206578000002	PIZZA SLICE PEPPERONI MUSHROOM	1 Slice	208	360	110	12	4	0	10	15	5	1180	2	50	
0206579000001	PIZZA SLICE MUSHROOM SAUSAGE	1 Slice	208	330	80	9	2.5	0	15	14	4	970	2	50	
0206580000007	PIZZA SLICE PEPPERONI	1 Slice	171	310	70	8	2	0	5	12	5	920	2	49	
0206581000006	PIZZA LARGE HOT MUSHROOM	1 Pie	142	1650	200	23	4	0	20	66	26	4770	12	296	
0206582000005	PIZZA LARGE HOT PEPPERONI SAUSAGE	1 Pie	156	2500	920	102	33	0	140	105	29	7690	11	298	
0206583000004	PIZZA LARGE HOT PEPPERONI MUSHROOM	1 Pie	156	2180	650	72	23	0	60	88	30	7080	12	300	
0206584000003	PIZZA LARGE HOT MUSHROOM SAUSAGE	1 Pie	156	1990	480	53	14	0	100	84	26	5820	12	298	
0206585000002	PIZZA SLICE WHITE	1 Slice	180	440	200	22	7	4	15	14	2	800	2	47	
0207261000002	PIZZA LARGE HOT CHEESE	1 Pie	128	1630	200	23	4	0	20	65	25	4330	11	293	
0207273000007	STROMBOLI - STORE MADE AMER HOT	4 oz.	113	270	150	17	8	0	40	15	2	1150	1	18	
0207274000006	STROMBOLI - STORE MADE ITAL HOT	4 oz.	113	290	150	17	7	0	45	16	1	1070	1	18	
0207275000005	STROMBOLI - STORE MADE VEG HOT	4 oz.	113	200	100	11	7	0	30	9	2	740	1	19	
0207302000008	PIZZA SLICE CHEESE	1 Slice	170	270	35	4	0.5	0	5	11	4	720	2	49	
0207312000005	PIZZA SLICE CHICK BCN RANCH	1 Slice	199	450	160	18	5	0	45	18	3	1100	2	47	
0207399000004	PIZZA LG COLD STR MADE-CHEESE	1 Pie	128	1630	200	23	4	0	20	65	25	4330	11	293	
0207429000004	PIZZA STR MADE- BBQ CHICKEN	1 Pie	152	2030	340	38	10	0	125	94	42	6220	21	323	
0207430000000	PIZZA STR MADE PHILLY CHSE STK	1 Pie	152	1940	400	44	16	0	125	92	28	5620	12	300	
0207433000007	PIZZA SLICE BBQ CHICKEN	1 Slice	203	340	60	6	1.5	0	20	16	7	1030	4	54	
0207434000006	PIZZA SLICE PHILLY CHS STK	1 Slice	196	320	70	7	2.5	0	20	15	4	940	2	49	
0207445000002	PIZZA SLICE VEGGIE	1 Slice	246	300	45	5	0.5	0	5	12	5	880	3	52	
0207446000001	PIZZA SLICE HAWAIIAN	1 Slice	208	310	40	4.5	1	0	10	14	8	900	2	53	
0207447000000	PIZZA SLICE MARGHERITA	1 Slice	190	380	110	12	5	0	35	18	5	830	2	50	
0207448000009	PIZZA SLICE MEATBALL	1 Slice	193	290	45	5	1	0	10	13	5	800	2	49	
0207560000000	PIZZA FRESH MARGHERITA	1 Pie	140	2250	640	71	31	2	200	109	29	4970	12	298	
0207680000003	PIZZA SLICE SAUSAGE	1 Slice	208	390	120	14	4	0	30	17	4	1070	2	50	
0207683000000	PIZZA STR MADE MEATBALL	1 Pie	145	1750	260	29	7	0	55	77	28	4790	12	296	
0207696000004	PIZZA LG STR MADE WHITE HOT	1 Pie	135	2650	1190	132	40	25	100	83	12	4800	12	283	
0207698000002	PIZZA STR MADE HAWAIIAN	1 Pie	152	1810	230	26	5	0	65	84	42	5390	12	312	
0207700000006	PIZZA STR MADE CHIX BACON RANCH	1 Pie	199	2720	960	106	31	0	285	105	18	6590	12	283	
0207705000001	PIZZA STR MADE VEGGIE LOVERS	1 Pie	184	1800	260	29	4	0	20	70	32	5280	17	311	
0207706000000	STROMBOLI - STORE MADE ITALIAN LB	4 oz.	113	290	150	17	7	0	45	16	1	1070	1	18	

SOUPS															
UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)	
0007795875108	SOUP - CHICKEN ENCHILADA	12 oz	340	280	110	12	5	0	45	15	3	1150	4	28	
0020637600000	SOUP - ANGUS BEEF	8 oz	227	270	120	13	5	0	40	14	5	620	9	21	
0020637700000	SOUP - NEW ENGLAND CLAM CHOWDER	8 oz	227	310	23	14	0	0	85	9	5	920	1	15	
0020637900000	SOUP - SHRIMP & ROASTED CORN CHOWDER	8 oz	227	100	11	5	0	0	45	7	10	780	2	25	
0020638000000	SOUP - MARYLAND CRAB	8 oz	227	90	15	1.5	0	0	15	6	4	760	2	13	
0020638100000	SOUP - BROCCOLI CHEDDAR	8 oz	227	240	160	18	11	0.5	55	9	3	670	2	13	
0020638400000	SOUP - BAKED POTATO	8 oz	227	210	130	14	8	0	45	5	3	580	2	20	
0020638500000	SOUP - HEARTY BEEF VEGETABLE	8 oz	227	120	35	4	1	0	20	9	5	790	3	13	
0020638600000	SOUP - CHICKEN NOODLE	8oz	227	100	25	3	1	0	25	7	2	680	1	11	
0020662500000	SOUP - SPRING VEGETABLE	8 oz	227	80	20	2	0	0	0	2	6	870	2	15	
0020662700000	SOUP - LASAGNA TKY SAUSAGE	8 oz	227	170	70	8	3	0	30	10	4	770	2	15	
0020664100000	SOUP - LOADED CAULIFLOWER CHEDDAR	8 oz	227	190	120	13	8	0	40	8	3	650	2	12	
0020739500000	SOUP - CHICKEN N DUMPLINGS	8 oz	227	170	50	6	2	0	60	10	1	670	1	21	
0020740800000	SOUP - ITAL WEDDING W/MEATBALLS	8 oz	227	130	60	7	2.5	0	25	6	1	730	1	10	
0055284123006	CHICKEN POT PIE SOUP	8 oz.	227	220	90	10	3	0	55	14	1	580	2	19	
0020676900000	SOUP - RIP ROARIN CRAB	8 oz	227	210	100	11	6	0	50	8	7	760	1	19	
0077958750165	SOUP - RIP ROARIN CRAB	12 oz	340	310	150	16	9	0	75	12	10	1140	2	28	
0077958750219	SOUP - MARYLAND CRAB	12 oz	340	130	20	2	0	0	20	9	6	1140	3	19	
0077958750400	SOUP - ITAL WEDDING W/MEATBALLS	12 oz	340	190	90	10	3.5	0	35	9	1	1090	2	15	
0077958751087	SOUP - CHICKEN N DUMPLINGS	12 oz	340	250	80	9	3	0	90	15	1	1000	2	31	
0077958751346	SOUP - TKY SAUSAGE W/KALE	12 oz	341	180	45	5	1.5	0	30	11	5	1110	5	20	
0077958751643	SOUP - CHICKEN ENCHILADA	8 oz	227	190	70	8	3.5	0	30	10	2	770	3	19	
0077958751940	SOUP - TOMATO/ZUCCHINI	8 oz	227	140	60	7	4.5	0	20	5	8	400	3	13	
0077958801058	SOUP - HEARTY BEEF VEGETABLE	12 oz	340	180	50	6	1.5	0	30	13	7	1180	4	19	
0206436000007	Z HB CHICKEN POT PIE	1 cup	227	290	110	13	3.5	0	95	29	3	820	1	15	
0476000017360	SOUP - TOMATO/ZUCCHINI	12 oz	340	210	90	10	7	0	30	7	12	600	4	19	
0476000017377	Z HF MD CRABHOUSE CRAB	8 oz	227	210	100	11	6	0	50	8	7	760	1	19	
0476000017568	SOUP - LOADED CAULIFLOWER CHEDDAR	12 oz	340	310	150	16	9	0	75	12	10	1140	2	28	
0476000017575	SOUP - LASAGNA TKY SAUSAGE	12 oz	340	310	150	16	9	0	75	12	10	1140	2	28	
0476000017582	SOUP - SPRING VEGETABLE	12 oz	340	310	150	16	9	0	75	12	10	1140	2	28	
0476000018015	SOUP - ORG TOMATO	12 oz	340	310	150	16	9	0	75	12	10	1140	2	28	
0779580750086	SOUP - NEW ENGLAND CLAM CHOWDER	12 oz	341	470	310	35	21	0	130	14	8	1380	2	23	
0779587501414	SOUP - BAKED POTATO	12 oz	340	310	190	21	12	0	65	7	4	870	3	30	
0779587502336	SOUP - SHRIMP & ROASTED CORN CHOWDER	12 oz	340	330	150	16	7	0	65	10	15	1170	3	37	
0779587504170	SOUP - CHICKEN NOODLE	12 oz	340	150	40	4.5	1.5	0	35	10	3	1020	2	16	
0779587504248	SOUP - ANGUS BEEF CHILI	12 oz	341	410	180	20	8	0	60	21	8	930	14	32	
0779587509120	SOUP - BROCCOLI CHEDDAR	12 oz	340	360	240	27	16	0.5	80	13	4	1000	3	19	
ENTREES & HOT BAR															
UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)	
0019600069102	PANCAKES	1 Each	45	150	15	1.5	0.5	0	0	5	6	450	1	31	
0205162000008	BEEF EMPANADA	4 oz	113	380	270	30	12	0	95	19	0	570	0	8	
0209766000006	PESTO SALMON	4 oz	114	230	120	14	2.5	0	55	18	0	330	0	2	
0476000006142	GRILLED ALSAKA SALMON	4 oz	114	120	35	4	0.5	0	65	21	0	220	0	1	
0476000006159	GOLDEN ALE BEER COD	4 oz	114	220	90	10	2.5	0	30	12	1	690	1	20	
0476000006715	ALE BATTERED HADDOCK	4 oz	114	230	100	11	2.5	0	35	13	1	660	1	20	
0476000006722	FLOUNDER FILLETS	3 oz	85	140	10	1	0	0	25	11	1	480	1	22	
0476000010156	ROAST VEGETABLE MEDLEY	8 oz.	227	360	250	28	7	0	65	18	4	970	3	12	
0476000014055	BREAD CHICKEN CUTLET	3 oz.	84	200	80	9	2.5	0	70	20	0	280	0	6	
0476000014932	PLAIN OMELETS	1 Each	84	210	170	19	3.5	0	255	7	1	330	0	3	
0476000014949	CHEESE OMELETS	1 Each	84	230	180	20	6	0	230	9	1	460	0	2	
0476000015151	BREAKFAST SAUSAGE LINKS	1 Each	23	90	70	8	2.5	0	15	3	1	170	0	1	
0476000015168	FRENCH TOAST STICKS	1 Each	27	80	30	3.5	1	0	5	2	3	65	0	11	
0476000015212	ROUND CHEESE RAVIOLI	8 oz.	227	450	160	18	10	0	95	19	4	810	3	51	
0476000015229	PENNE	5 oz.	140	260	10	1	0	0	0	9	4	0	2	51	
0476000015243	CHUNKY MARINARA SAUCE	4.5 oz.	125	60	15	1.5	0	0	0	2	7	570	2	11	
0476000015793	LEMON GRILLED CHICKEN	3 oz	85	90	10	1	0	0	45	15	2	600	0	3	
0476000015809	GRILLED CHICKEN BREAST	1 eacj	85	110	15	1.5	0	0	70	22	1	600	0	1	
0476000015878	FLOUNDER ITALIANO	4 oz	113	240	80	9	2	0	100	21	1	280	1	15	
0476000015908	HONEY GLAZED CARROTS	3 oz.	85	5	0	0	0	0	0	1	14	135	2	18	
0476000016073	1/2 SLAB SMOKED RIBS	3 oz.	84	240	150	17	6	0	60	20	0	270	0	0	
0476000016196	GOLDEN ALE HADDOCK	4 oz	114	220	90	10	2.5	0	30	12	1	690	1	20	
0476000016875	SPUD BITES MINI TOTS	12 pieces	82	170	170	80	1	0	0	2	0	360	2	20	
0476000017094	VEGETABLE FRIED RICE	4 oz.	113	150	25	3	0	0	5	3	1	320	0	27	
0476000017100	GENERAL TSO DARK MEAT CHICKEN	5 oz.	142	310	60	7	1.5	0	30	10	31	810	1	52	
0476000017490	3 CHEESE ALFREDO SAUCE	5 oz.	140	260	10	1	0	0	0	9	4	0	2	51	
0476000017797	SMOKED PULLED PORK	1 oz	29	140	110	13	5	0	10	6	1	590	0	7	
0476000017827	GREEN BEAN CASSEROLE	8 oz.	227	130	70	8	3.5	0	15	3	3	960	3	13	
0476000017834	BROCOLI & RICE CASSEROLE	8 oz.	227	310	130	14	7	0	30	7	4	1120	2	18	
0490000044492	ROSINA STUFFED SHELLS	4.5 oz.	128	260	80	9	5	0	55	12	3	370	1	32	

0011596404257	POTATO PANCAKES	2.5 oz.	76	100	25	3	0.5	0	30	3	1	270	1	15
0201295000007	GARLIC GREEN BEANS	3 oz.	85	30	5	0.5	0	0	0	1	3	0	2	6
0205196000005	PULLED CHICKEN	4 oz.	113	120	15	1.5	0	0	55	16	7	990	2	10
0205199000002	PULLED PORK	4 oz.	113	270	110	13	5	0	70	27	7	530	2	10
0205213000001	VEGETABLE LASAGNA	1 cup	227	330	130	14	5	0	25	13	6	950	3	37
0205473000001	POTATO KNISH	6.5 oz.	184	260	260	35	0	0	6	3	6	620	3	51
0205510000001	FRENCH FRIES	3 oz.	84	120	35	4	1	0	0	2	1	330	2	19
0205695000001	SWEET CORN NUGGETS MCCAIN	6 nuggets	82	190	50	6	1	0	0	3	2	420	2	31
0206102000003	CREAMED CORN WITH BACON	4 oz	113	180	80	9	5	0	30	4	6	210	2	20
0206103000002	MASHED SWEET POTATOES	1/2 cup	113	110	15	1.5	1	0	5	2	7	190	3	22
0206231000004	PULLED BBQ ROT CHICKEN	5 oz.	142	220	70	8	2	0	120	30	5	680	2	8
0206474000007	Z ROAST BEEF W/GRAVY HB	5 oz	140	100	30	3.5	1	0	35	11	0	680	0	5
0206487000001	Z HB CHCKEN CORDON BLEU	8 oz	227	460	220	24	9	0	205	60	1	910	0	1
0206494000001	Z MEAL HAM AND CABBAGE	1 cup	227	160	30	3	1	0	40	15	5	750	3	18
0206500000001	Z MEAL CORNED BEEF AND CABBAGE	1 cup	227	140	5	1	0	0	35	16	4	750	3	17
0206502000009	Z MEAL TURKEY IN GRAVY	5 oz	142	90	15	2	0	0	30	13	1	780	0	5
0206608000002	SANTA FE CHICKEN EGG ROLL	2 pieces	170	340	90	10	4.5	0	25	16	6	920	5	47
0206610000007	MAC & CHEESE BATTER WEDGES	6 pieces	136	330	140	16	5	0	15	9	5	990	3	37
0206620000004	MAC & CHEESE WEDGES CUP	6 pieces	136	330	140	16	5	0	15	9	5	990	3	37
0206646000002	BEEF LASAGNA ROLL UP	6 oz	170	200	70	8	3.5	0	40	13	1	490	2	20
0206669000003	SAUSAGE WITH PEPPERS AND ONIONS	1 each	195	240	120	14	4.5	0	35	11	7	740	3	14
0206689000007	Z STUFFED CHICKEN BREAST	1 each	238	490	210	24	10	0	165	45	2	1250	1	26
0206788000007	PULLED BBQ CHICKEN	4 oz.	113	120	15	1.5	0	0	55	16	7	990	2	10
0206792000000	PULLED BBQ PORK	4 oz.	113	270	110	13	5	0	70	27	7	530	2	10
0206891000000	Z HB SMOTHERED CHICK W MUSH-ONIO	1 each	567	880	540	61	17	0	225	63	11	2160	5	23
0206926000005	Z HAM SLICES W PINEAPPLE	1 each	289	550	30	3.5	1	0	45	14	111	1040	0	118
0206932000006	Z INNOVASIAN SWEET N SOUR PORK	1 cup	240	340	320	36	1	0	35	12	46	410	2	65
0206948000007	Z MEAL STOUFF SCALLOPED POTATOES	1/2 cup	131	140	60	7	1.5	0	5	3	3	520	1	15
0206951000001	Z MEAL STOUFF MAC AND CHEESE	1 cup	227	310	140	15	6	0	30	13	3	760	1	30
0206952000000	Z MEAL STOUFF LASAGNA WITH MEAT SAUC	1 cup	227	280	90	10	5	0	40	16	8	700	2	32
0206953000009	Z MEAL STOUFF CHICKEN AND DUMPLINGS	1 cup	227	280	130	14	2.5	0	55	15	7	840	2	23
0206954000008	Z MEAL STOUFF ESCALLOPED APPLES	4 oz	114	120	15	1.5	0	0	0	0	23	0	1	27
0206955000007	Z MEAL STOUFF SALISBURY STEAK W GRAV	1 cup	227	260	130	14	6	0.5	55	19	3	840	1	14
0206956000006	Z MEAL STOUFF STUFFED CABBAGE	1 each	217	200	80	9	3	0	25	9	7	590	2	21
0206957000005	Z MEAL STOUFF STUFFED GREEN PEPPER	1 each	196	150	80	9	2	0	20	8	5	520	2	17
0206958000004	Z MEAL STOUFF SWEDISH MEATBALLS	1/2 cup	140	230	140	16	6	1	35	13	3	520	1	9
0206959000003	Z MEAL STOUFF MAC AND BEEF W TOM	1 cup	228	210	50	6	2	0	20	10	9	7400	2	30
0206967000002	ROMA POLISH SAUS/SAUERKRAUT	1 each	140	170	100	11	4	0	30	10	4	970	3	3
0206968000001	ROMA SAUS/PEPPERS/ONIONS	1 each	195	240	120	14	4.5	0	35	11	7	740	3	14
0207016000004	MOZZERELLA STICKS	1 each	35	110	45	5	2.5	0	10	5	1	320	0	9
0207024000003	CREAMED SPINACH	4 oz	114	180	180	124	14	2	5	4	3	370	3	8
0207025000002	CHICKEN POT PIE	4 oz	114	110	45	5	1.5	0	15	7	0	370	1	10
0207051000007	GRILLED CHICKEN	1 each	85	110	15	1.5	0	0	70	22	1	600	0	1
0207062000003	POT STICKERS	7 pieces	140	270	120	13	3	0	20	11	3	510	2	26
0207063000002	ORZO W/ROASTED TOMATO/CAPERS	1/2 cup	113	190	70	8	0	0	0	5	4	310	2	23
0207064000001	TABOULI	1/2 cup	113	180	100	11	0.5	0	0	3	2	470	2	17
0207091000005	ONION RINGS	3 oz.	91	170	90	10	2.5	0	0	2	3	500	2	20
0207130000003	POTATO WEDGES WARM	3 oz	85	120	30	3.5	0.5	0	0	2	0	410	2	20
0207171000000	SYRUP	1 Tbsp	15	50	0	0	0	0	0	0	9	15	0	11
0207203000008	STUFFED SHELLS IN SAUCE	6 oz	170	260	90	10	5	0	50	12	5	510	1	31
0207241000008	STUFFED MEATBALLS	2 Meatballs	142	200	130	14	7	0.5	40	11	2	500	2	6
0207426000007	SHRIMP/KRAB CAKE	4 oz	113	210	110	12	2	0	65	10	5	650	1	15
0207515000000	BLACK BEANS	1/2 cup	113	380	10	1	0	0	0	24	2	10	18	71
0207517000008	YELLOW RICE	1/2 cup	113	380	0	0	NULL	NULL	NULL	10	2	1470	10	87
0207564000006	CRAB PRETZEL	1 each	276	550	180	35	20	0	110	26	5	2510	2	83
0209811000005	ASIAN BAR - SHRIMP	4 oz	114	100	60	7	1	0	110	11	0	450	0	0
0209812000004	ASIAN BAR - TOFU	4 oz	114	130	100	11	1.5	0	0	9	1	10	0	2
0209813000003	ASIAN BAR - BEEF	4 oz	114	200	110	13	3.5	0	75	22	0	90	0	0
0209814000002	ASIAN BAR - CHICKEN	4 oz	114	180	80	9	1.5	0	80	24	0	50	0	0
0209904000004	LASAGNA ROLL UP	1 cup	227	330	140	16	7	0.5	60	18	1	400	0	27
0209905000003	APRICOT BOURBON BBQ CHIC THIGHS	5 oz	142	300	110	12	3	0	115	32	10	390	0	13
0265745000009	MAMA MANC SAUSAGE/SAUCE	1 each	142	210	140	16	6	0	30	12	4	570	0	6
0266577000007	JALAPENO CHED STUFD - HOT	2 pieces	65	110	25	2.5	2.5	0	10	4	2	380	3	18
0267483000006	JALAPENO CHED STUFD - COLD	2 pieces	65	110	25	2.5	2.5	0	10	4	2	380	3	18
0476000015175	SAUSAGE GRAVY	1/4 cup	62	90	70	8	2	0	15	2	0	240	0	2
0476000015847	HERB ROASTED POTATOES	4 oz	113	190	50	6	1	0	0	4	1	360	4	32
0476000015854	GRILLED VEGETABLES	4 oz	113	70	30	3	0.5	0	0	1	6	50	2	9
0476000015939	ROASTED VEGETABLES	4 oz.	113	60	30	3.5	0	0	0	2	3	170	2	7
0639511940224	SWEET & SOUR PORK	4 oz	114	160	15	1.5	0.5	0	15	6	22	190	1	31
0695119290062	VEGETABLE FRIED RICE	4 oz.	113	150	25	3	0	0	5	3	1	320	0	27
0695119374304	VEGETABLE SPRING ROLL	1 Each	28	40	5	0.5	0	0	0	1	2	150	0	7

0695119402304	SWEET & SOUR CHICKEN W/VEG	4 oz	114	160	40	4.5	0	0	25	9	15	260	0	22
0695119402335	BLACK PEPPER CHICKEN	4 oz	114	100	10	1	0	0	15	9	7	540	1	14
0695119402380	SESAME ORANGE CHICKEN	1 cup	227	410	80	9	0	0	35	16	32	840	0	68
0695119404001	GENERAL TSO CHICKEN	5 oz.	142	310	60	7	1.5	0	30	10	31	810	1	52
0695119404193	VEGETABLE LO MEIN	4 oz	114	210	90	10	1	0	0	3	8	540	1	26
0695119600427	PORK EGG ROLLS	1 Each	85	150	50	6	2	0	10	5	3	420	2	19
0696633300046	GREEN BEANS	3 oz	85	35	10	1	0	0	0	1	2	270	2	4
0696633300053	MASHED POTATOES	1/2 cup	113	160	80	8	5	0	25	3	1	440	2	18
0696633300121	SEASONED CORN	3 OZ	85	80	15	2	0	0	0	2	5	170	2	15
0711171437822	SCALLOPED POTATOES	5 oz.	140	210	100	11	7	0	35	6	2	470	2	20
0020682700000	MANICOTTI	1 each	149	160	50	6	3.5	0	35	9	6	520	2	17
0020682900000	TWICE BAKED POTATO	1 each	227	360	160	18	10	0.5	60	10	3	890	3	39
0020681300000	SHANGHAI NOODLES	1 cup	227	300	80	9	1	0	10	7	16	1090	5	43
0020720300000	SM STUFFED SHELLS W/SAUCE	6oz	170	260	90	10	5	0	50	12	5	510	1	31
0205115000000	SM SEASONED CORN	4 oz.	113	100	25	2.5	0.5	0	0	2	6	220	2	20
0205117000008	FAM MEAL VEGETABLE LO MEIN	1 cup	240	430	170	19	2.5	0	0	7	17	1130	2	55
0205121000001	FAM MEAL SEASONED CORN	4 oz.	113	100	25	2.5	0.5	0	0	2	6	220	2	20
0205340000004	SM GRILLED CHICKEN BREAST	3 oz.	85	110	15	1.5	0	0	70	22	1	600	0	1
0205346000008	SM MAMA MANCINI MEATLOAF	5 oz.	140	270	180	20	10	1	75	13	4	640	0	13
0205347000007	SM MAMA MANCINI MEATBALLS	5 oz	142	190	110	12	6	0	45	18	3	720	2	4
0205355000006	SM STUFFED CABBAGE OLD FASH	1 each	195	240	70	8	3	0	35	12	14	800	2	29
0205357000004	SM WONDER CHICKEN POT PIE	1 cup	227	220	90	10	3	0	50	13	1	590	2	20
0205358000003	SM CHICKEN PARMESAN	1 each	170	220	100	11	3	0	65	20	4	530	0	10
0205360000008	SM CHICKEN CUTLET	1 each	85	200	80	9	2.5	0	70	20	0	280	0	6
0205404000001	SM CHEESE RAVIOLI W/TOMATO SCE	1 cup	227	220	70	8	3.5	0	30	9	10	980	4	29
0205409000006	SM GENERAL TSO CHICKEN DK MIT	1 cup	227	500	100	11	2.5	0	45	16	50	1290	2	84
0205414000008	SM SESAME ORANGE CHICKEN	1 cup	227	410	80	9	0	0	35	16	32	840	0	68
0205415000007	SM SWEET N SOUR CHICKEN	1 cup	227	320	80	9	0	0	45	18	30	520	0	43
0205427000002	SM PORK EGG ROLLS	1 each	85	150	50	6	2	0	10	5	3	420	2	19
0205429000000	SM VEGETABLE SPRING ROLL	1 each	28	40	5	0.5	0	0	0	1	2	150	0	7
0205432000004	FAM MEAL MASHED POTATOES	1/2 cup	113	160	80	8	5	0	25	3	1	440	2	18
0205433000003	FAM MEAL ROASTED VEGETABLES	1/2 cup	113	60	30	3.5	0	0	0	2	3	170	2	7
0205440000003	ROAST TURKEY MEAL	1 each	454	350	120	13	6	0	105	37	24	2050	5	46
0205442000001	FRIED CHICKEN MEAL	1 each	425	720	350	39	13	0	210	51	20	1510	6	62
0205444000009	SM POTATO PANCAKES	1 each	76	100	25	3	0.5	0	30	3	1	270	1	15
0205446000007	SM MASHED POTATOES	1/2 cup	113	160	80	8	5	0	25	3	1	440	2	18
0205449000004	SM SCALLOPED POTATOES	5 oz.	140	210	100	11	7	0	35	6	2	470	2	20
0205450000000	SM HONEY GLAZED CARROTS	3 oz.	85	5	0	0	0	0	0	1	14	135	2	18
0205470000004	SM ROASTED VEGETABLES	1/2 cup	113	60	30	3.5	0	0	0	2	3	170	2	7
0205471000003	CHICKEN TENDER MEAL	1 each	397	1000	610	68	12	1	55	23	8	2440	6	77
0205490000008	SM SAUS/PEPPERS/ONIONS	8 oz.	227	360	250	28	7	0	65	18	4	970	3	12
0205669000006	GENERAL TSO MEAL	1 each	425	770	140	16	2.5	0	50	22	57	2070	2	132
0205891000003	FLOUNDER MEAL	1 each	340	510	180	20	8	0	130	28	9	880	5	51
0206363000002	FAM MEAL VEGETABLE SPRING ROLL	1 each	28	40	5	0.5	0	0	0	1	2	150	0	7
0206364000001	FAM MEAL PORK EGG ROLL	1 each	85	150	50	6	2	0	10	5	3	420	2	19
0206366000009	FAM MEAL SESAME ORANGE CHICKEN	1 cup	227	410	80	9	0	0	35	16	32	840	0	68
0206367000008	FAM MEAL SWEET N SOUR CHICKEN	1 cup	227	320	80	9	0	0	45	18	30	520	0	43
0206372000000	FAM MEAL CHEESE RAVIOLI/TOMATO SAUCE	1 cup	227	220	70	8	3.5	0	30	9	10	980	4	29
0206388000001	FAM MEAL MAMA MAN MEATLOAF	5 oz.	140	270	180	20	10	1	75	13	4	640	0	13
0206389000000	FAM MEAL GRILLED CHIX BREAST	3 oz.	85	110	15	1.5	0	0	70	22	1	600	0	1
0206390000006	FAM MEAL POTATO PANCAKES	1 each	76	100	25	3	0.5	0	30	3	1	270	1	15
0206601000009	1/2 RACK OF RIBS COLD	3 oz.	84	210	120	14	5	0	50	16	3	400	1	4
0206621000003	FAM MEAL PENNE W/CHICK ALFREDO	1 cup	240	340	100	11	6	0	55	22	7	960	3	37
0206622000002	SM PENNE W/ALFRED SCE & GRILLED CHIX	1 cup	240	340	100	11	6	0	55	22	7	960	3	37
0206648000000	SM POTSTICKERS	7 pieces	140	270	120	13	3	0	20	11	3	510	2	26
0206649000009	FAM MEAL POTSTICKERS	7 pieces	140	270	120	13	3	0	20	11	3	510	2	26
0020670700000	SM MAC & CHEESE RESER	1 cup	240	330	160	17	10	0.5	55	16	4	1130	1	28
0206705000004	FAM MEAL MAC & CHEESE RESER	1 cup	240	330	160	17	10	0.5	55	16	4	1130	1	28
0206776000002	CHIPOTLE CHICKEN MEAL	1 each	397	930	70	8	1.5	0	25	42	5	2030	29	176
0206777000001	SM BEEF EMPANADA	4 oz.	113	270	110	13	5	0	70	27	7	530	2	10
0206785000000	PULLED CHICKEN	1 each	454	620	200	23	6	0	150	36	32	2340	6	70
0206786000009	FAM MEAL PULLED BBQ CHICKEN	4 oz.	113	120	15	1.5	0	0	55	16	7	990	2	10
0206787000008	SM PULLED BBQ CHICKEN	4 oz.	113	120	15	1.5	0	0	55	16	7	990	2	10
0206789000006	PULLED PORK MEAL	1 each	454	850	350	39	14	0	175	53	31	1640	6	70
0206790000002	FAM MEAL PULLED BBQ PORK	4 oz.	113	270	110	13	5	0	70	27	7	530	2	10
0206791000001	SM PULLED BBQ PORK	4 oz.	113	270	110	13	5	0	70	27	7	530	2	10
0206794000008	FAM MEAL BEEF PICADILLO	4 oz.	113	120	15	1.5	0	0	55	16	7	990	2	10
0206795000007	SM PICADILLO	4 oz.	113	120	15	1.5	0	0	55	16	7	990	2	10
0206797000005	FAM MEAL BEEF EMPANADA	1 each	99	300	120	13	5	0	30	12	1	550	2	33
0206961000008	FAM MEAL GEN TSO CHIC DK MEAT	1 cup	227	500	100	11	2.5	0	45	16	50	1290	2	84
0206962000007	FAM MEAL VEGETABLE FRIED RICE	4 oz.	113	150	25	3	0	0	5	3	1	320	0	27

0206963000006	SM VEGETABLE LO MEIN	1 cup	240	430	170	19	2.5	0	0	7	17	1130	2	55
0206964000005	SM VEGETABLE FRIED RICE	4 oz	113	150	25	3	0	0	5	3	1	320	0	27
0206966000003	GENERAL TSO MEAL NR	1 each	425	790	140	15	3	0	70	25	59	2290	4	134
0207174000007	MEATLOAF MEAL BEEF GRAVY	1 each	397	550	290	32	16	1.5	100	18	11	1450	4	53
0207341000007	FAM MEAL STUFFED SHELLS W/SAUCE	6 oz	170	260	90	10	5	0	50	12	5	510	1	31
0207415000001	SESAME ORANGE CHICK MEAL NR	1 each	425	680	120	13	0	0	40	22	39	1610	0	117
0209836000004	FAM MEAL CHICKEN PARMESAN	1 each	170	220	100	11	3	0	65	20	4	530	0	10
0209837000003	FAM MEAL CHICKEN CUTLET	1 each	85	200	80	9	2.5	0	70	20	0	280	0	6
0209838000002	FAM MEAL HERB ROASTED POTATO	4 oz.	113	190	50	6	1	0	0	4	1	360	4	32
0209839000001	FAM MEAL MAMA MANCINI MEATBALLS	5 oz	142	190	110	12	6	0	45	18	3	720	2	4
0209840000007	FAM MEAL STUFFED CABBAGE GB	1 each	195	240	70	8	3	0	35	12	14	800	2	29
0209841000006	FAM MEAL WONDER CHICKEN POT PIE	1 cup	227	220	90	10	3	0	50	13	1	590	2	20
0209843000004	FAM MEAL HONEY GLAZED CARROTS	3 oz.	85	5	0	0	0	0	0	1	14	135	2	18
0209844000003	FAM MEAL SCALLOPED POTATOES	5 oz.	140	210	100	11	7	0	35	6	2	470	2	20
0209845000002	FAM MEAL SAUSAGE/PEPPERS/ONIONS	8 oz.	227	360	250	28	7	0	65	18	4	970	3	12
0020682600000	FAM MEAL MANICOTTI	1 each	149	160	50	6	3.5	0	35	9	6	520	2	17
0020681100000	FAM MEAL SHANGHAI NOODLES	1 cup	227	300	80	9	1	0	10	7	16	1090	5	43
0020681200000	SM SHANGHAI NOODLES	1 cup	227	300	80	9	1	0	10	7	16	1090	5	43
0020680700000	SM CORN SOUFFLE	3 oz	85	190	60	7	1	0	55	5	16	210	0	30
0020680900000	SM ROASTED BUTTERNUT SQUASH	1/2 cup	113	120	70	8	1	0	0	1	5	320	2	15

**ICE CREAM & DESSERTS**

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
0206258000001	WQ VANILLA ICE CREAM CUP 1	6 oz	170	360	190	21	13	0	75	5	31	130	0	41
0206260000006	WQ VANILLA ICE CREAM CONE 1	10.5 oz	175	550	110	12	8	0	45	3	18	240	0	91
0206266000000	WQ VANILLA ICE CREAM CUP 2	10 oz	284	600	310	34	22	0	130	9	52	220	0	69
0206267000009	WQ VANILLA ICE CREAM CONE 2	14.5oz	288	820	220	24	15	0	90	6	36	350	0	128
0206269000007	WQ CHOCOLATE ICE CREAM CUP 1	6 oz	170	390	190	21	13	0	75	8	33	150	0	41
0206270000003	WQ CHOCOLATE ICE CREAM CONE 1	10.5 oz	175	560	110	12	8	0	45	5	20	260	0	91
0206271000002	WQ CHOCOLATE ICE CREAM CUP 2	10 oz	284	650	310	34	22	0	130	13	56	260	0	69
0206273000000	WQ CHOCOLATE ICE CREAM CONE 2	14.5 oz	288	850	220	24	15	0	90	9	39	380	0	128
0206276000007	WQ STRAWBERRY ICE CREAM CUP 1	6 oz	170	330	160	18	10	0	65	5	33	115	0	44
0206277000006	WQ STRAWBERRY ICE CREAM CONE 1	10.5 oz	175	530	100	11	6	0	40	3	20	230	0	92
0206278000005	WQ STRAWBERRY ICE CREAM CUP 2	10 oz	284	560	270	30	17	0	110	9	56	190	0	73
0206279000004	WQ STRAWBERRY ICE CREAM CONE 2	14.5 oz	288	790	190	21	12	0	75	6	39	330	0	131
0206280000000	WQ MOOSE TRACKS ICE CREAM CUP 1	6 oz	170	490	260	28	15	0	50	8	39	180	3	52
0206281000009	WQ MOOSE TRACKS ICE CREAM CONE 1	10.5 oz	175	620	150	17	9	0	30	5	23	270	2	97
0206285000005	WQ MOOSE TRACKS ICE CREAM CUP 2	10 oz	284	820	430	47	26	0	85	13	65	300	4	86
0206286000004	WQ MOOSE TRACKS ICE CREAM CONE 2	14.5 oz	288	970	300	33	18	0	60	9	45	410	3	140
0206287000003	WQ MINT CHOCO CHIP ICE CREAM CUP 1	6 oz	170	410	210	23	15	0	65	5	36	115	0	49
0206288000002	WQ MINT CHOCO CHIP ICE CREAM CONE 1	10.5 oz	175	580	120	14	9	0	40	3	21	230	0	95
0206289000001	WQ MINT CHOCO CHIP ICE CREAM CUP 2	10 oz	284	690	350	39	26	0	110	9	60	190	0	82
0206291000006	WQ MINT CHOCO CHIP ICE CREAM CONE 2	14.5 oz	288	880	240	27	18	0	75	6	42	330	0	137
0206292000005	WQ COOKIES N CREAM ICE CREAM CUP 1	6 oz	170	410	190	21	13	0	65	5	36	240	0	52
0206293000004	WQ COOKIES N CREAM ICE CREAM CONE 1	10.5 oz	175	580	110	12	8	0	40	3	21	310	0	97
0206294000003	WQ COOKIES N CREAM ICE CREAM CUP 2	10 oz	284	690	310	34	22	0	110	9	60	410	0	86
0206295000002	WQ COOKIES N CREAM ICE CREAM CONE 2	14.5 oz	288	880	220	24	15	0	75	6	42	480	0	140
0206298000009	WQ P'NUT BUTTR RIPPLE ICE CRM CUP 1	6 oz	170	440	260	28	12	0	65	10	28	270	3	41
0206299000008	WQ P'NUT BUTTR RIPPLE ICE CRM CONE 1	10.5 oz	175	590	150	17	7	0	40	6	17	330	2	91
0206300000003	WQ P'NUT BUTTR RIPPLE ICE CRM CUP 2	10 oz	284	730	430	47	19	0	110	17	47	450	4	69
0206301000002	WQ P'NUT BUTTR RIPPLE ICE CRM CONE 2	14.5 oz	288	910	300	33	14	0	75	12	33	510	3	128
0206305000008	WQ BUTTER PECAN ICE CREAM CUP 1	6 oz	170	410	230	26	12	0	65	8	28	360	0	41
0206306000007	WQ BUTTER PECAN ICE CREAM CONE 1	10.5 oz	175	580	140	15	7	0	40	5	17	380	0	91
0206307000006	WQ BUTTER PECAN ICE CREAM CUP 2	10 oz	284	690	390	43	19	0	110	13	47	600	0	69
0206308000005	WQ BUTTER PECAN ICE CREAM CONE 2	14.5 oz	288	880	270	30	14	0	75	9	33	620	0	128
0206310000000	WQ VANILLA MILKSHAKE	18 oz	510	830	420	47	29	0	170	16	70	330	0	91
0206312000008	WQ CHOCOLATE MILKSHAKE	18 oz	510	880	420	47	29	0	170	21	75	380	0	91
0206313000007	WQ STRAWBERRY MILKSHAKE	18 oz	510	780	380	42	24	0	145	16	75	310	0	96
0206314000006	WQ MOOSE TRACKS MILKSHAKE	18 oz	510	1090	560	62	34	0	120	21	86	430	5	112
0206316000004	WQ CHOCO CHIP MILKSHAKE	18 oz	510	930	470	52	34	0	145	16	81	310	0	106
0206318000002	WQ COOKIES N CREAM MILKSHAKE	18 oz	510	930	420	47	29	0	145	16	81	560	0	112
0206319000001	WQ P'NUT BUTTR RIPPLE MILKSHAKE	18 oz	510	980	560	62	26	0	145	26	65	620	5	91
0206331000003	WQ BUTTER PECAN MILKSHAKE	18 oz	510	930	510	57	26	0	145	21	65	800	0	91
0020991700000	BAKED RAISIN BREAD PUDDING	1/2 cup	113	200	40	4.5	1.5	0	160	7	22	160	1	31
0206603000007	W2GO KING SIZE SOFT PRETZEL	1 each	145	340	20	2	0	0	0	10	0	1100	2	73
0206604000006	W2GO PRETZEL STICK	1 Stick	68	190	25	2.5	1	0	0	6	0	490	2	35
0206605000005	W2GO CHED CHS SFTD PRETZEL	1 each	99	260	70	8	4.5	0	20	8	1	520	1	39

**SALADS & DESSERTS**

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
0072368103730	DELALLO C ANTIPASTI PROVOLINI	100 g	100	230	160	18	6	0	25	9	2	1010	3	8
0072368103853	DELALLO C JUMBO CALAMATA OLIVES	15 g	15	20	20	2	0.5	0	0	0	0	280	0	1
0072368103860	DELALLO C OLIVES SEASON MEDLEY	15 g	15	25	15	2	0	0	0	0	0	290	0	1

0072368103877	DELALLO C GREEK FETA SALAD	100 g	100	290	190	21	14	0	65	18	0	1500	0	2
0072368103891	DELALLO BLUE CHEESE STUFF OLIVES	15 g	15	35	30	3.5	1	0	0	1	0	280	0	1
0072368127699	DELALLO ANTIPASTO PROVOLINI	100 g	100	230	160	18	6	0	25	9	2	1010	3	8
0072368156002	DELALLO ART BRUSCHETTA	100g	100	290	190	21	14	0	65	18	0	1500	0	2
0072368156026	DELALLO BRUSCHETTA OLIVES	100 g	100	290	190	21	14	0	65	18	0	1500	0	2
0072368600932	DELALLO ITAL STY FAR MUSH	30 g	30	30	20	2	0.5	0	0	1	2	40	4	2
0072368701172	DELALLO PEPPER DROPS	100g	100	290	190	21	14	0	65	18	0	1500	0	2
0476000011153	DELALLO GREEK FETA SALAD	100 g	100	290	190	21	14	0	65	18	0	1500	0	2
0020957900000	BAKED PUMPKIN BREAD PUDDING	1/2 cup	113	150	40	4.5	2	0	65	6	5	300	1	19
0020750300000	CRANBERRY AMBROSIA	1/2 cup	113	210	20	2.5	1.5	0	0	0	42	50	3	51
0020680600000	KOREAN KIMCHI	1/2 cup	113	110	40	4.5	0.5	0	0	1	12	730	2	16
0011596930381	BROCCOLI, CAULIFLOWER, & CHEESE SALAD	1/2 cup	100	230	180	20	3.5	0	5	5	4	400	2	7
0020569200000	CHICK PEA SALAD	1/2 cup	113	140	70	8	1	0	0	5	1	450	5	14
0020679900000	SWEET MAPLE BACON CHOPPED SALAD	1/2 cup	113	170	100	11	2.5	0	0	3	10	240	2	16
0020957800000	POWER CRUNCH SALAD	1/2 cup	113	240	150	17	2.5	0	0	3	12	125	3	19
0044276027606	MANDARINE ORANGE MIST	1/2 cup	113	180	40	4.5	4.5	0	0	1	29	140	0	33
0205137000002	W2GO RED POTATO SALAD	1/2 cup	113	230	130	14	3	0	25	3	8	330	1	23
0205148000008	SEAFOOD SALAD SUPREME	1/2 cup	113	260	180	20	2.5	0	45	6	3	610	1	15
0205150000003	W2GO POTATO SALAD	1/2 cup	113	210	100	11	1.5	0	15	2	9	440	2	25
0205151000002	W2GO EGG POTATO SALAD	1/2 cup	113	240	130	15	2	0	25	2	9	440	2	25
0205152000001	W2GO CREAMY COLE SLAW	1/2 cup	113	230	120	13	2	0	10	1	27	390	2	30
0205154000009	W2GO MACARONI SALAD	1/2 cup	113	270	270	125	2	0	15	3	12	400	1	31
0205155000008	W2GO PEPPER SLAW	1/2 cup	113	60	0	0	0	0	0	1	11	500	2	14
0205157000006	W2GO HAM SALAD	1/2 cup	113	300	190	21	3.5	0	55	13	12	1270	0	17
0205158000005	W2GO BAKED LIMA BEANS	1/2 cup	113	140	5	0.5	0	0	0	4	17	400	4	31
0205161000009	ISABELLE'S TUNA SALAD	1/2 cup	114	250	160	18	3.5	0	50	18	2	410	0	3
0205168000002	WEGMAN'S CHOW CHOW	1/2 cup	113	260	180	20	2.5	0	45	6	3	610	1	15
0205175000002	CRANBERRY RELISH - CUP	1/2 cup	113	150	0	0	0	0	0	0	29	15	1	36
0205178000009	CRANBERRY RELISH	1/2 cup	113	150	0	0	0	0	0	0	29	15	1	36
0205186000008	W2GO AMISH MACARONI SALAD	1/2 cup	113	360	210	24	3.5	0	25	4	15	360	1	33
0205187000007	W2GO AMISH POTATO SALAD	1/2 cup	113	200	100	11	1.5	0	15	2	7	340	2	23
0205202000005	TAPIOCA PUDDING	1/2 cup	113	110	20	2.5	1.5	0	10	2	14	135	0	19
0205208000009	PINEAPPLE WALNUT PARFAIT	8 oz	227	510	220	24	10	0	0	4	65	190	0	73
0205218000006	NELL'S BROCCOLI SALAD	1/2 cup	113	320	260	29	6	0	25	5	9	610	1	12
0205601000002	COBB W/ROTIS CHICKEN SALAD FOR 2	1 Each	395	450	280	31	12	0	265	31	6	1270	3	12
0205715000004	PASTA ITALIANO SALAD	1/2 cup	113	270	170	19	1	0	0	2	10	410	1	26
0205775000006	SUPERFOOD SALAD	1/2 cup	113	140	140	34	0	0	0	0	15	190	5	22
0206334000000	DOWN HOME ORIG RICE PUDDING	1/2 cup	113	150	25	3	1.5	0	15	4	17	135	0	25
0206335000009	NO-BAKE CHEESECAKE	1 each	125	360	220	24	13	0	70	8	34	350	0	39
0206336000008	DOWN HOME FLAVOR RICE PUDDING	1/2 cup	110	140	20	2	1	0	30	3	19	40	0	25
0206369000006	RESER BROCCOLI SALAD - CUP	1/2 cup	113	310	210	24	4.5	0	15	5	15	220	2	19
0206475000006	Z SALAD ANTIPASTA SALAD	4 oz.	113	35	35	14	0	0	0	1	2	60	2	4
0206483000005	OLD BAY MACARONI SALAD	1/2 cup	113	250	250	117	2	0	15	3	12	1930	1	29
0206607000003	MEXICAN STREET CORN	1/2 cup	113	210	100	11	2.5	0	10	4	8	170	3	22
0206628000006	LEMON PASTA & WHEATBERRY	1/2 cup	113	310	230	25	5	0	10	6	1	360	2	18
0206784000001	QUINOA TABOULI	1 each	10	160	90	10	0.5	0	0	3	2	420	2	15
0206793000009	ORZO W/ROASTED TOMATO/CAPERS	1/2 cup	113	190	70	8	0	0	0	5	4	310	2	23
0207096000000	MR RONS RICE PUDDING	1/2 cup	113	150	25	3	1.5	0	15	4	17	135	0	25
0207164000000	EGG SALAD	1/2 cup	114	250	160	17	3.5	0	255	9	10	860	0	14
0207211000007	MR RONS COLESLAW	1/2 cup	113	200	120	14	2.5	0	5	1	19	35	2	22
0207231000001	SENR RICE PUDDING	1/2 cup	113	130	30	3.5	2	0	15	3	17	50	0	21
0207259000007	BUFFALO CHICKEN SALAD FOR 2	16 oz	446	740	490	55	16	0	60	28	6	3070	5	37
0207260000003	CHEF SALAD FOR 2	1 Each	456	410	210	24	14	0	290	32	9	1050	4	15
0207384000002	GRAND PA'S AMISH BAKED BEANS	1/2 cup	113	140	10	1	0	0	5	5	16	530	3	29
0207386000000	W2GO ANTIPASTO SALAD	1/2 cup	113	270	190	22	6	0	20	7	2	810	2	12
0207420000003	ROTISSERIE CHICKEN SALAD	4 oz.	113	310	240	27	4	0	70	18	0	680	0	0
0207421000002	BBQ CHICKEN SALAD	4 oz.	113	180	60	6	1.5	0	100	24	4	540	1	6
0207436000004	ANTIPASTO SALAD FOR 2	4 oz	113	200	160	23	7	0	35	12	2	800	1	4
0207437000003	CAESAR SALAD FOR 2	4 oz.	113	180	180	124	22	0	15	6	2	330	2	11
0207439000001	SALAD FOR 2 CHICKEN CAESAR SALAD FOR 2	1 each	320	400	180	32	5	0	100	35	5	1010	4	26
0207498000004	GERMAN POTATO SALAD	1/2 cup	113	120	10	1	0	0	0	2	10	360	1	26
0207504000004	STEAKHOUSE POTATO SALAD	1/2 cup	113	250	160	18	5	0	25	5	6	530	1	18
0207507000001	BUFFALO CHICKEN SALAD	4 oz	113	190	130	15	2.5	0	35	7	4	1300	1	8
0207530000009	FRESH FRUIT SALAD	1/2 cup	113	45	0	0	0	0	0	1	9	10	1	12
0207718000005	LEMON CAPELLINI SALAD	1/2 cup	113	230	130	15	2.5	0	0	5	2	580	2	20
0207719000004	RESER BROCCOLI SALAD	1/2 cup	113	310	210	24	4.5	0	15	5	15	220	2	19
0207987000003	BACON, TOMATO, & PASTA SALAD	4 oz	113	230	150	16	4	0	25	6	3	630	1	16
0209614000004	GORGONZOLA ALUTMUN SLAW	1/2 cup	113	270	190	21	4	0	25	3	14	290	2	17
0209906000002	BROCCOLI, FETA & ORZO SALAD	5 oz	140	260	140	15	2.5	0	10	7	2	710	2	24
0209907000001	CARAMEL APPLE CRUNCH SALAD	1/2 cup	113	230	90	10	4	0	15	3	23	80	3	33
0265617000007	GREEK PASTA SALAD	1/2 cup	113	100	60	6	2.5	0	60	7	2	240	1	5



0020991700000	BAKED RAISIN BREAD PUDDING	1/2 cup	113	200	40	4.5	1.5	0	160	7	22	160	1	31
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**BREADS AND BAGELS**

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
0210629000002	PUMPERNICKEL BAGELS	1 Each	128	310	10	1	0	0	0	11	7	650	6	67
0210630000008	SESAME SEED BAGELS	1 Each	128	320	20	2	0	0	0	12	8	710	5	67
0210598000003	CREAM CHEESE BAGELS	1 Each	184	510	190	21	14	0	70	16	12	930	5	71
0210624000007	EVERYTHING BAGELS	1 Each	128	320	20	2	0	0	0	12	8	790	5	67
0210627000004	PLAIN BAGELS	1 Each	128	310	10	1	0	0	0	12	8	720	5	67
0210642000003	ASIAGO CHEESE BAGELS	1 Each	128	320	25	3	1.5	0	5	13	7	760	5	64
0210054000004	WHOLE GRAIN BAGELS	1 Each	128	310	30	3.5	0	0	0	13	9	650	10	64
0212580000008	PUMPKIN RAISIN BAGELS	1 Each	128	310	10	1	0	0	0	11	11	660	5	67
0212581000007	CRANBERRY ORANGE BAGELS	1 Each	128	310	10	1	0	0	0	11	10	680	6	69
0210623000008	EGG BAGELS	1 Each	128	320	10	1	0	0	0	12	8	790	5	67
0210626000005	ONION BAGELS	1 Each	128	310	10	1	0	0	0	12	8	710	5	68
0210599000002	BUTTERED BAGEL	1 Each	156	510	210	23	14	0	60	12	8	910	5	67
0210621000000	BLUEBERRY BAGELS	1 Each	128	310	10	1	0	0	0	12	8	710	5	68
0210622000009	CINNAMON RAISIN BAGELS	1 Each	128	310	10	1	0	0	0	11	11	680	6	69
0210628000003	POPPY SEED BAGELS	1 Each	128	320	20	2	0	0	0	12	8	710	5	67
0210631000007	WHOLE WHEAT BAGELS	1 Each	128	300	10	1	0	0	0	11	8	660	7	67
0213308000003	8 GRAIN BAGELS	1 Each	113	310	15	1.5	0	0	0	10	3	420	3	60
0213310000008	EGG ALL NATURAL BAGEL	1 Each	113	330	20	2.5	0	0	30	10	5	480	2	65
0212579000002	COUNTRY APPLE BAGELS	1 Each	128	320	10	1	0	0	0	11	13	670	6	70
0212584000004	JALAPENO CHEDDAR BAGELS	1 Each	128	320	30	3.5	3.5	0	5	13	8	900	6	72
0210717000006	CHOCOLATE CHIP BAGELS	1 Each	128	320	25	2.5	1	0	0	11	10	690	5	68
0212588000000	PUMPERNICKEL RAISIN BAGELS	1 Each	128	310	10	1	0	0	0	11	7	650	6	67
0212586000002	SUNDRIED TOMATO BAGELS	1 Each	128	310	10	1	0	0	0	12	8	730	5	68
0213309000002	CINNAMON RAISIN BAGELS	1 Each	113	310	10	1	0	0	0	10	10	410	2	63
0212071000005	TRIBECA-FRENCH DEMI BAGUETTE BREAD	1 Each	106	190	10	1	0	0	0	7	1	440	1	38
0210001000002	KAISER ROLLS	1 Each	85	240	50	6	1	0	0	8	2	390	3	39
0210031000003	WHEAT KAISER ROLLS	1 Each	78	220	50	6	1	0	0	8	2	310	3	35
0210035000009	ONION POCKET ROLLS	1 Each	71	140	20	2	0	0	5	5	5	210	1	27
0210040000001	STEAK/SAUSAGE ROLLS	1 Each	92	240	50	5	0	0	0	10	2	430	3	42
0210679000007	BOLILLO ROLLS	1 Each	92	290	70	8	0	0	0	10	1	470	2	47
0210944000008	PRETZEL BUNS-SANDWICH/HAMBURGER	1 Each	85	270	45	5	0.5	0	0	9	0	510	2	50
0210014000006	ONION ROLLS	1 Each	64	170	25	3	0.5	0	0	4	4	240	4	32
0210023000004	KNOT ROLLS	1 Each	78	240	60	6	0	0	10	8	4	240	3	37
0210044000007	CLUB ROLLS	1 Each	71	200	50	5	0	0	0	7	1	320	3	32
0210512000003	PORTUGUESE ROLLS - VIEIRA	1 Each	85	200	20	2	0	0	0	8	0	420	2	40
0213173000009	SANDWICH ROLLS	1 Each	70	220	45	5	0	0	0	6	4	310	2	37
0213174000008	HOT DOG ROLLS	1 Each	57	170	5	0.5	0	0	0	5	4	270	1	32
0213184000005	SUB ROLLS	1 Each	121	360	50	6	0	0	0	11	4	630	3	64
0213185000004	BLUNT ROLLS	1 Each	78	230	50	5	0	0	0	7	1	400	2	40
0213192000004	HAMBURGER ROLLS	1 Each	62	170	5	0.5	0	0	0	5	4	300	1	35
0213337000005	ALL BUTTER CHEESE CROISSANT	1 Each	108	340	150	17	10	0	50	5	11	370	1	41
0210945000007	PRETZEL ROLLS-STEAK/SUBMARINE	1 Each	85	250	30	3.5	0.5	0	0	8	0	460	1	45
0490000101522	BUTTERMILK BISCUIT DOUGH	3 oz.	90	280	120	13	8	0	0	6	3	970	1	34
0212990000001	SOFT PRETZEL NUGGETS 8CT	1 each	13	35	5	0.5	0	0	0	1	0	60	0	6

**CAKES AND CUPCAKES**

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
021075600005	FRESH STRAWBERRY PARFAIT	1 Each	234	500	190	21	17	0	10	3	59	360	1	75
021076100007	BANANA PARFAITS	1 Each	213	510	190	21	17	0	10	3	59	390	1	77
021072500005	CHOCOLATE PEANUT BUTTER PARFAIT	1 Each	278	690	290	33	22	0	25	8	69	460	3	93
0210391000002	PEACH PARFAIT	1 Each	234	530	190	21	17	0	10	3	65	330	1	82
0210696000004	GERMAN CHOCOLATE CAKE 1/8	1 Slice	170	680	380	43	17	0	85	9	43	650	2	72
0210722000008	WHITE COCONUT CAKE 1/8	1 Slice	156	590	300	33	20	0	35	6	44	330	2	72
0210758000003	CHOCOLATE PARFAIT	1 Each	213	490	180	20	16	0	25	4	55	330	2	75
0210802000003	PELLMAN CHOCOLATE CREME CAKE 1/8	1 Slice	142	460	210	24	11	0	55	7	35	550	2	53
0210701000005	BLACK FOREST CAKE 1/8	1 Slice	177	720	370	41	18	0	85	7	42	770	2	81
0210811000001	PELLMAN CARROT CAKE 1/8	1 Slice	213	880	540	60	16	0	130	10	48	740	2	76
0210905000009	TOUCH OF STRAWBERRY CAKE (1/8)	1 Slice	170	670	320	35	17	0	85	7	43	720	0	79
0210840000003	PELLMAN BANANA CAKE 1/8	1 Slice	156	530	240	27	15	0	65	5	47	340	2	69
0210940000002	PBTR CUP TRIPLE CHOC CAKE-1/8	1 Slice	213	800	390	44	16	0	75	11	69	350	4	96
0210198000007	PUMPKIN SPICE CAKE SLICE-PELLMAN 1/8	1 Slice	198	650	340	37	13	0	105	7	45	490	2	77
0210757000004	BLUEBERRY PARFAITS	1 Each	234	570	190	21	17	0	10	3	73	410	1	91
0210872000002	TRIPLE CHOCOLATE CAKE 1/8	1 Slice	198	690	300	34	15	0	55	9	69	410	6	97
0210774000001	LEMON PARFAIT	1 Each	213	510	190	22	17	0	10	3	59	420	0	76
0210659000003	CHERRY PARFAIT	1 Each	234	530	190	21	17	0	10	3	64	370	1	82
0212190000009	BOSTON CREME PARFAITS	1 Each	213	640	260	29	20	0	10	4	75	360	2	89
0212143000001	PELLMAN RASP CHOC CAKE 1/8	1 Slice	241	790	330	37	17	0	65	9	86	550	6	116
0212684000003	BAKERY CRUMB CAKE APPLE CARMEL	1 Each	170	670	330	37	18	0	80	9	39	460	2	83
0210733000004	PELLMAN FUDGY PB RIPPLE CAKE 1/8	1 Slice	198	710	370	41	21	0	35	9	62	370	4	84
0212324000004	CHOCOLATE CHERRY PARFAITS	1 Each	234	510	170	19	15	0	25	4	60	330	2	81
0212326000002	CHOCOLATE FRESH STRAWBERRY PARFAITS	1 Each	234	490	190	21	17	0	25	3	57	320	2	73
0212686000001	BAKERY ORIGINAL BUTTER CRUMB CAKE	1 Each	170	720	360	40	12	0	80	8	40	550	1	85
0212993000008	4 LAYER RAINBOW CAKE SLICE	1 Each	112	450	230	26	8	0	60	3	33	230	0	53
0213718000006	BAKERY CRUMB CAKE APPLE CARMEL	1 Each	170	670	330	37	18	0	80	9	39	460	2	83
0213720000001	BAKERY ORIGINAL BUTTER CRUMB CAKE	1 Each	170	720	360	40	12	0	80	8	40	550	1	85
0212325000003	APPLE PARFAIT	1 Each	234	540	190	21	17	0	10	3	68	360	1	84
0212336000009	SINGLE VAN CUPCAKE W/ VAN SATIN WHIP	1 Each	57	210	90	10	7	0	10	2	8	160	0	28
0212363000003	SINGL CHOC CUPCAKE W/CHOC SATIN WHIP	1 Each	57	180	70	8	6	0	15	3	18	200	1	27
0212814000002	VAN BUTTERCREME CHOC CRITTER CUPCAKE	1 Each	191	810	350	39	14	0	45	4	97	420	2	114
0212822000001	CHOC SATIN WHIP SIMPLY VAN CUPCAKE	1 Each	104	350	140	15	9	0	25	4	33	310	1	48
0212829000004	VAN BUTTERCREME VAN BRTHDY CUPCAKE	1 Each	149	580	250	27	9	0	25	4	66	360	1	80
0212830000000	VAN SATIN WHIP CHOC BRTHDY CUPCAKE	1 Each	128	430	210	23	16	0	45	4	40	400	2	54
0212835000005	VAN SATIN WHIP VAN STRWBRY CUPCAKE	1 Each	149	420	180	20	14	0	25	5	40	330	1	54
0212843000004	VAN SATIN WHIP VAN ROSE CUPCAKE	1 Each	149	540	270	29	23	0	25	5	50	360	1	64
0212973000004	VAN/CHOC STN WHP CHOC BLCK-WHT CUPCK	1 Each	156	520	250	27	21	0	45	5	49	420	2	66
0212977000000	CHOC SATIN WHIP CHOC LVR CUPCAKE	1 Each	140	440	190	21	14	0	45	5	41	400	2	58
0212978000009	CHOC SATIN WHIP VAN CHOC LVR CUPCAKE	1 Each	140	440	190	21	14	0	25	5	41	330	1	58
0212983000001	VAN STN WHIP VAN CRITTER CUPCAKE	1 Each	163	600	280	31	21	0	25	5	59	370	1	76
0212335000000	SINGLE VAN CUPCAKE W/ CHOC BUTTRCRM	1 Each	64	260	100	12	4	0	10	2	16	160	0	36
0212337000008	SINGLE VAN CUPCAKE W/CHOC SATIN WHIP	1 Each	57	200	80	9	6	0	10	3	7	160	0	28
0212340000002	SINGLE CHOC CUPCAKE W/VAN SATIN WHIP	1 Each	57	190	80	9	6	0	15	2	19	200	1	27
0212365000001	SINGL YLW CUPCAKE W/PUMPKIN WHIP	1 Each	57	230	80	9	3.5	0	10	2	13	170	0	32
0212821000002	CHOC SATIN WHIP SIMPLY CHOC CUPCAKE	1 Each	104	350	140	16	9	0	45	4	33	380	2	49
0212833000007	CHOC SATIN WHIP VAN STRWBRY CUPCAKE	1 Each	149	410	170	19	12	0	25	5	38	330	1	55
0212838000002	CHOC SATIN WHIP CHOC ROSE CUPCAKE	1 Each	149	530	250	28	21	0	45	5	47	420	2	66
0212975000002	VAN/CHOC BTRCRM CHOC BRTHDY CUPCAKE	1 Each	149	570	250	28	10	0	45	4	61	420	2	77
0212982000002	VAN STN WHIP CHOC CRITTER CUPCAKE	1 Each	163	600	290	32	22	0	45	5	59	440	2	76
0212339000006	SINGLE CHOC CUPCAKE W/CHOC BUTTRCRM	1 Each	64	240	100	11	3.5	0	15	2	27	210	1	35
0212819000007	CHOC BUTTERCREME SIMPLY CHOC CUPCAKE	1 Each	119	440	190	21	7	0	45	4	48	400	2	64
0212334000001	SINGLE VAN CUPCAKE W/ VAN BUTTRCRM	1 Each	64	260	100	12	4	0	10	2	18	160	0	38
0212338000007	SINGLE CHOC CUPCAKE W/VAN BUTTRCRM	1 Each	64	240	100	11	3.5	0	15	2	29	210	1	37
0212815000001	DBL DTCH CHOC LOVERS CHOC CUPCAKE	1 Each	196	710	320	35	12	0	45	5	80	510	4	100
0212816000000	DBL DTCH CHOC LOVERS VAN CUPCAKE	1 Each	196	710	310	34	12	0	25	5	80	440	3	99
0212817000009	PEANUT BUTTER BUTTRCRM CHOC CUPCAKE	1 Each	175	680	320	35	11	0	45	7	70	490	3	87
0212818000008	PEANUT BUTTER BUTTRCRM VAN CUPCAKE	1 Each	175	680	310	35	11	0	25	7	70	420	2	87
0212820000003	CHOC BUTTERCREME SIMPLY VAN CUPCAKE	1 Each	119	450	180	20	7	0	25	4	48	330	1	63
0212825000008	VAN SATIN WHIP SIMPLY CHOC CUPCAKE	1 Each	104	360	150	17	10	0	45	4	34	380	2	48
0212826000007	VAN SATIN WHIP SIMPLY VAN CUPCAKE	1 Each	104	360	150	16	10	0	25	4	34	310	1	48
0212828000005	VAN BUTTERCREME CHOC BRTHDY CUPCAKE	1 Each	149	580	250	28	9	0	45	4	65	420	2	81
0212831000009	VAN SATIN WHIP VAN BRTHDY CUPCAKE	1 Each	128	440	200	22	16	0	25	4	40	330	1	53
0212836000004	CHOC BUTTRCRM CHOC ROSE CUPCAKE	1 Each	192	800	370	41	15	0	45	4	91	460	3	109
0212837000003	CHOC BUTTRCRM VAN ROSE CUPCAKE	1 Each	192	810	360	40	14	0.5	25	4	91	400	2	108
0212839000001	CHOC SATIN WHIP VAN ROSE CUPCAKE	1 Each	149	530	240	27	21	0	25	5	47	360	1	65
0212823000000	VAN BUTTERCREME SIMPLY CHOC CUPCAKE	1 Each	119	450	190	21	7	0	45	4	51	400	2	65
0212824000009	VAN BUTTERCREME SIMPLY VAN CUPCAKE	1 Each	119	450	180	20	6	0	25	4	51	330	1	65
0212832000008	CHOC SATIN WHIP CHOC STRWBRY CUPCAKE	1 Each	149	410	180	20	13	0	45	5	38	400	2	56

0212834000006	VAN SATIN WHIP CHOC STRWBRY CUPCAKE	1 Each	149	420	190	21	14	0	45	5	40	400	2	55
0212840000007	VAN BUTTERCREME CHOC ROSE CUPCAKE	1 Each	192	820	370	41	14	0	45	4	97	460	2	113
0212841000006	VAN BUTTERCREME VAN ROSE CUPCAKE	1 Each	192	820	360	40	14	0.5	25	4	97	390	1	113
0212842000005	VAN SATIN WHIP CHOC ROSE CUPCAKE	1 Each	149	540	270	30	23	0	45	5	50	420	2	64
0212974000003	VAN/CHOC STN WHP VAN BLCK-WHT CUPCK	1 Each	156	530	240	27	20	0	25	5	49	350	1	65
0212980000004	CHOC SATIN WHIP VAN BRTHDY CUPCAKE	1 Each	128	420	180	20	14	0	25	5	38	330	1	54
0212971000006	VAN/CHOC BTRCRM CHOC BLCK-WHT CPCKE	1 Each	198	770	340	38	13	0	45	4	89	490	3	107
0212972000005	VAN/CHOC BTRCRM VAN BLCK-WHT CUPCK	1 Each	198	770	340	37	13	0.5	25	4	89	430	2	107
0212976000001	VAN/CHOC BTRCRM VAN BRTHDY CUPCAKE	1 Each	149	570	250	27	9	0	25	4	61	360	1	77
0212979000008	CHOC SATIN WHIP CHOC BIRTHDA CUPCAKE	1 Each	128	420	190	21	14	0	45	5	38	400	2	55
0212981000003	VAN BTRCRM VAN CRITTER CUPCAKE	1 Each	191	810	350	38	13	0.5	25	4	98	360	1	113
0213986000005	COCONUT MERINGUE SLICE	1 Slice	163	410	180	20	10	0	0	5	39	290	1	56
0213996000002	LEMON MERINGUE SLICE	1 slice	163	340	90	10	4.5	0	0	1	41	400	0	61

CANDY AND FUDGE																
UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)		
021077500000	CHOC COATED STRAWBERRIES- 3 CT.	1 Each	38	70	35	4	2.5	0	0	1	6	5	1	8		
0089449114554	PRETZEL MILK CHOC W/M&M'S	1 oz	30	140	60	7	4	0	5	2	16	65	0	20		
0089449114653	MILK CHOC PRETZEL W/CHOC NONPAREILS	1 oz	30	140	60	7	4.5	0	0	1	18	45	1	22		
0089449114615	MILK CHOC PRETZEL W/MULTI SEEDS	1 oz	30	130	45	5	3	0	5	2	13	105	1	21		
0089449003018	ALMOND BARK MILK CHOCOLATE	1 oz	30	170	100	11	5	0	5	3	13	15	1	15		
0089449163019	NONPAREILS MILK CHOCOLATE	1 oz	30	160	70	8	5	0	5	2	17	20	1	20		
0089449163026	NONPAREILS DARK CHOCOLATE	1 oz	30	150	70	8	5	0	5	2	16	10	2	19		
0089449024013	VAN CARAMEL-MILK CHOC W/DARK STRING	1 oz	30	130	50	6	3.5	0	10	1	14	30	0	19		
0089449025126	VAN CARAMEL-DARK CHOC W/SEA SALT	1 oz	30	130	50	6	3.5	0	10	1	14	150	1	19		
0089449101011	BULK-PECAN CARAMEL PATTIE-MILK	1 oz	30	150	80	9	4	0	10	2	13	30	1	16		
0089449574563	3 RING DARK CHOC RED/WHT STRING	1 oz	30	150	70	7	4.5	0	0	2	11	115	1	19		
0089449611060	NONPAREILS DARK CHOC RED/WHT SEEDS	1 oz	30	150	70	8	4.5	0	0	2	16	0	2	20		
0089449679701	MILK CHOC PRETZEL W/RED-GREEN STRING	1 oz	30	150	70	7	4.5	0	5	2	12	135	1	19		
0089449060011	FUDGE MELTAWAY WITH CHOCOLATE	1 oz	30	150	60	6	4	0	5	2	18	30	1	20		
0089449864312	MILK CHOCOLATE POTATO CHIP CLUSTER	1 oz	30	160	90	10	5	0	5	2	11	50	1	17		
0089449163187	PEANUT BUTTER NONPAREILS W/WHT SEEDS	1 oz	30	140	50	6	8	0	0	3	14	60	1	17		
0089449116015	MILK CHOCOLATE 3 RING PRETZEL	1 oz	30	150	60	6	4.5	0	5	2	12	130	1	19		
0089449116039	WHITE CHOCOLATE 3 RING PRETZEL	1 oz	30	150	60	7	6	0	5	1	14	135	0	20		
0089449116718	PRETZEL MILK CHOC W/JIMMIES	1 oz	30	150	70	7	3.5	0	5	2	12	95	1	20		
0089449672757	BULK-MILK PRETZEL W/REESE'S PIECES	1 oz	30	150	60	7	4.5	0	0	3	14	90	1	19		
0089449539357	MILK CHOC PRETZEL W/SAND CKIE CHIPS	1 oz	30	140	60	7	3.5	0	0	2	12	135	1	20		
0089449021029	VAN BTRCRM-DARK CHOC W/WHT STRING	1 oz	30	140	50	5	3.5	0	5	1	20	15	1	21		
0089449131124	BULK-CHOCOLATE TRUFFLE-DARK	1 oz	30	140	60	6	4	0	5	1	17	10	1	19		
0089449137218	BULK-SF VANILLA CARAMEL MILK	1 oz	30	110	60	6	4	0	10	1	19	10	0	19		
0089449678766	DARK CHOC PRETZEL W/FALL STRING	1 oz	30	150	70	7	4.5	0	0	2	11	120	1	19		
0089449054003	DOUBLE DIPT MINT- MILK/CHOC CHOC	1 oz	30	130	45	5	3	0	5	1	20	5	1	22		
0089449116022	DARK CHOCOLATE 3 RING PRETZEL	1 oz	30	150	70	8	4.5	0	5	2	11	120	1	19		
0089449114769	MILK CHOC PRETZEL W/TOFFEE CHIPS	1 oz	30	150	60	6	3.5	0	10	2	15	140	1	21		
0089449102018	PEANUT SMOOTHIE	1 oz	30	170	100	11	6	0	5	3	14	45	1	15		
0089449072021	JUMBO VAN MARSHMALLOW-DARK CHOC	1 oz	30	120	35	4	3	0	0	1	15	15	1	22		
0089449036122	CHERRY GOLD FOILED-DARK CHOCOLATE	1 oz	30	130	60	6	3.5	0	5	1	16	10	1	18		
0089449036115	CHERRY RED FOILED-MILK CHOCOLATE	1 oz	30	130	60	6	3.5	0	5	1	17	15	1	18		
0089449120029	RASPBERRY JELLY DARK CHOCOLATE	1 oz	30	120	30	3.5	2.5	0	0	1	18	20	1	23		
0089449006101	ALMOND BUTTERCRUNCH	1 oz	30	150	70	8	3.5	0	5	2	17	90	1	19		
0089449675116	DARK CHOC PRETZEL W/WHITE STRING	1 oz	30	150	70	8	5	0	0	2	12	100	1	19		
0089449672504	MILK CHOC PRETZEL W/PNTBTR MINICHIPS	1 oz	30	150	70	8	5	0	5	4	12	105	1	18		
0089449003025	ALMOND BARK DARK CHOCOLATE	1 oz	30	160	100	11	5	0	5	3	12	5	2	14		
0089449021012	VAN BTRCRM-MILK CHOC W/WHT STRING	1 oz	30	140	50	5	3.5	0	5	1	20	20	0	21		
0089449024020	VAN CARAMEL-DARK CHOC W/MILK STRING	1 oz	30	130	50	6	3.5	0	10	1	14	30	1	19		
0089449011013	CASHEW CARAMEL PATTIE-MILK CHOCOLATE	1 oz	30	140	70	8	4	0	10	2	13	35	1	17		
0089449135511	BULK-SF PECAN CARAMEL PATTIE-MILK	1 oz	30	120	70	8	3.5	0	5	2	18	0	1	19		
0089449136457	BULK-SF CHERRY IN SILVER FOIL-MILK	1 oz	30	100	60	6	3.5	0	5	1	17	0	1	18		
0089449139816	BULK-SF MILK PRETZEL	1 oz	30	130	70	8	4.5	0	5	2	11	110	1	19		
0089449536868	3 RING MLK CHOC RED/WHT STRING	1 oz	30	150	70	7	4	0	5	2	12	135	1	19		
0089449096119	MILK CHOCOLATE PEANUT BUTTER CUP	1 oz	30	160	100	11	6	0	5	3	14	40	1	16		
0089449679718	BULK-DARK PRZTL W/RED-GREEN STRING	1 oz	30	150	70	7	4.5	0	0	2	11	115	1	19		
0089449015035	WHITE COCONUT BON BON	1 oz	30	150	50	5	5	0	0	1	20	20	0	22		
0089449127011	MILK CHOCOLATE STRAWBERRY CREAM	1 oz	30	130	35	4	2.5	0	5	1	22	10	0	23		
0089449800198	DARK CHOCOLATE VANILLA CREAM DROP	1 oz	30	140	25	3	2	0	0	1	23	40	1	26		
0089449099011	MILK CHOCOLATE PEANUT CLUSTER	1 oz	30	160	100	12	4	0	5	4	10	15	1	13		
0089449027014	MILK CHOCOLATE CARAMEL & MARSHMALLOW	1 oz	30	130	35	4	2.5	0	5	1	15	25	0	21		
0089449050036	COCONUT HAYSTACK WHITE MLK BTM	1 oz	30	170	100	11	9	0	5	2	16	35	2	17		

0089449673570	WHITE CHOCOLATE COOKIE CUP	1 oz	30	150	70	8	5	0	0	1	15	100	1	20
0089449021227	DARK CHOC VANILLA BUTRCRM W/SEA SALT	1 oz	30	140	50	5	3.5	0	5	1	20	160	1	21
0089449025119	MILK CHOC VAN CARAMEL W/SEA SALT	1 oz	30	130	50	6	3.5	0	10	1	15	150	0	19
0089449096614	MILK CHOC PEANUT BTR CARAMEL CUP	1 oz	30	150	80	8	4.5	0	5	2	13	40	1	16
0089449674454	MILK CHOCOLATE SMORES	1 oz	30	130	50	5	3	0	5	2	16	40	1	21
0089449096126	DARK CHOCOLATE PEANUT BUTTER CUP	1 oz	30	160	100	11	6	0	5	3	14	40	1	16

**DONUTS AND PASTRIES**

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
0210283000004	GLAZED CAKE DONUTS	1 Each	85	330	140	16	6	0	15	4	22	440	1	43
0210280000007	GLAZED CHOCOLATE CAKE DONUTS	1 Each	85	320	140	16	6	0	10	4	21	330	1	42
0210110000009	BAVARIAN CRM FILLED CHOC ICD DONUTS	1 Each	120	360	150	16	6	0	0	6	18	370	2	47
0210258000008	GLAZED RAISED DONUTS	1 Each	92	310	120	13	5	0	0	5	17	320	1	44
0210264000009	COFFEE RING GLAZED	1 Each	106	360	140	15	6	0	0	6	17	370	3	51
0210291000003	APPLE CRISP GLAZED CAKE DONUTS	1 Each	85	310	120	13	5	0	25	4	25	330	1	47
0210292000002	PUMPKIN CAKE DONUTS GLAZED	1 Each	85	300	120	13	6	0	25	4	22	370	1	43
0212040000005	JELLY FILLED DONUTS-SUFGANYOT	1 Each	92	250	0	0	0	0	0	0	53	45	1	58
0210289000008	GLAZED SOUR CREAM CAKE DONUTS	1 Each	85	330	140	15	6	0	10	4	23	310	1	46
0210259000007	GLAZED APPLE FRITTERS	1 Each	106	370	160	18	7	0	0	5	20	370	2	50
0210210000008	CHOC YEAST RAISED GLAZED DONUTS	1 Each	106	330	140	16	4.5	0	0	7	18	430	2	51
0210108000004	ANGEL CREME FILLED CHOC ICD DONUTS	1 Each	120	470	220	24	9	1	0	6	32	360	1	60
0210111000008	LEMON FILLED WHITE ICED DONUTS	1 Each	120	360	130	14	5	0	0	6	24	370	1	52
0212862000009	VANILLA ICED STRAWBERRY CAKE DONUTS	1 Each	106	410	170	19	8	0	30	4	31	380	1	54
0212865000006	SUGARED BLUEBERRY CAKE DONUTS	1 Each	78	320	140	16	7	0	25	4	22	350	1	40
0212866000005	VANILLA ICED BLUEBERRY CAKE DONUTS	1 Each	92	360	150	16	7	0	25	4	30	350	1	48
0212870000008	POWDERED CHOCOLATE CAKE DONUTS	1 Each	78	310	150	16	6	0	10	4	16	330	1	37
0212872000006	CHOCOLATE ICED CHOCOLATE CAKE DONUTS	1 Each	92	360	170	19	7	0	10	4	22	350	2	43
0212876000002	ANGEL CREME FILLED GLAZED DONUT	1 Each	120	470	210	23	9	0	0	6	34	340	1	62
0212880000005	PEANUT BUTTER FILLED AND ICED DONUT	1 Each	140	600	310	34	12	0	0	10	37	420	3	66
0212881000004	LEMON FILLED POWDERED DONUT	1 Each	106	320	130	14	6	0	0	6	14	370	1	43
0212885000000	BAVARIAN CREME FILLED POWDERED DONUT	1 Each	106	310	120	13	5	0	0	6	12	350	1	41
0212888000007	BAVARIAN CREME GLAZED DONUTS	1 Each	120	350	120	13	5	0	0	6	22	350	1	52
0212899000003	CINNAMON SUGAR TWIST DONUTS	1 Each	64	230	90	10	4	0	0	5	9	250	2	29
0212905000003	RASPBERRY FILLED VANILLA ICED DONUT	1 Each	120	370	120	13	5	0	0	6	33	350	1	57
0212906000002	RASPBERRY FILLED PEANUT BUTTER ICED	1 Each	120	380	140	15	6	0	0	7	30	370	1	55
0212914000001	PUMPKIN CAKE DONUTS SUGARED	1 Each	78	290	120	13	6	0	25	4	19	370	1	39
0212916000009	PUMPKIN CAKE DONUTS VANILLA ICED	1 Each	92	330	120	13	6	0	25	4	27	370	1	47
0212919000006	APPLE CRISP CAKE DONUTS CINN SUGARED	6 Each	78	300	120	13	5	0	25	4	22	330	2	43
0212922000000	PUMPKIN LOG DONUTS	1 Each	121	440	170	18	7	0	0	6	33	350	2	63
0212937000002	RASPBERRY CHEESECAKE DONUT	1 Each	120	410	170	18	7	0	0	6	31	370	1	55
0212942000004	CHOC YEAST RAISED WHITE ICED DONUTS	1 Each	106	340	150	16	4.5	0	0	7	18	430	2	50
0212854000000	CHOCOLATE ICED RAISED DONUTS	1 Each	92	330	150	16	6	0	0	5	13	340	2	40
0212861000000	SUGARED STRAWBERRY CAKE DONUTS	1 Each	92	370	170	19	8	0	30	4	23	380	1	46
0212863000008	CHOCOLATE ICD STRAWBERRY CAKE DONUTS	1 Each	106	420	200	22	9	0	30	4	27	400	2	51
0212871000007	VANILLA ICED CHOCOLATE CAKE DONUTS	1 Each	92	350	150	16	6	0	10	4	26	330	1	46
0212877000001	ANGEL CREME FILLED POWDERED DONUT	1 Each	106	440	210	23	9	0	0	6	25	330	1	52
0212878000000	PEANUT BUTTER FILLED CHOC ICD DONUT	1 Each	135	570	300	33	11	0	0	9	34	410	3	62
0212882000003	LEMON FILLED VAN ICED COCONUT DONUT	1 Each	128	390	150	16	7	0	0	6	24	370	1	53
0212883000002	LEMON FILLED VAN ICED CRUMB DONUT	1 Each	135	420	150	17	7	0	0	7	30	390	1	62
0212891000001	APPLE FILLED VANILLA ICED DONUTS	1 Each	120	350	120	13	5	0	0	6	24	340	1	53
0212892000000	APPLE FILLED POWDERED DONUTS	1 Each	106	320	120	14	5	0	0	6	14	340	1	43
0212897000005	CINNAMON SUGAR APPLE FRITTERS	1 Each	92	340	160	18	7	0	0	5	12	370	3	41
0212904000004	RASPBERRY FILLED POWDERED DONUT	1 Each	106	330	120	13	5	0	0	6	23	350	1	47
0212907000001	RASPBERRY FILLED SUGARED DONUT	1 Each	106	330	120	13	5	0	0	6	25	350	1	48
0212909000009	RED VELVET POWDERED CAKE DONUTS	1 Each	78	300	120	13	6	0	25	4	18	380	2	39
0212910000005	RED VELVET SUGARED CAKE DONUTS	1 Each	78	300	120	13	6	0	25	4	20	380	2	40
0212913000002	PUMPKIN CAKE DONUTS POWDERED	1 Each	78	290	120	13	6	0	25	4	17	370	1	38
0212918000007	APPLE CRISP CAKE DONUTS SUGARED	1 Each	78	300	120	13	5	0	25	4	22	330	1	43
0212934000005	FRENCH CRULLERS GLAZED	1 Each	60	210	130	14	3.5	4	30	1	10	85	0	18
0212935000004	FRENCH CRULLERS VANILLA ICED	1 Each	60	210	130	15	3.5	4	30	1	10	80	0	18
0212938000001	BROWNIE BATTER LONG JOHN DONUTS	1 Each	113	420	190	21	8	0	0	7	23	370	2	51
0212943000003	VANILLA ICED CAKE DONUTS	1 Each	92	360	150	16	6	0	15	4	27	440	1	47
0212944000002	CINNAMON SUGAR CAKE DONUTS	1 Each	78	320	140	16	6	0	15	4	19	430	2	39
0210416000000	RED VELVET GLAZED CAKE DONUTS	1 Each	85	310	120	13	6	0	25	4	23	380	2	44
0212853000001	POWDERED RAISED DONUTS	1 Each	78	280	120	13	5	0	0	5	7	320	1	34
0212855000009	COCONUT CHOCOLATE ICED RAISED DONUTS	1 Each	99	360	160	18	6	0	0	5	16	340	2	45
0212864000007	GLAZED BLUEBERRY CAKE DONUTS	1 Each	85	330	140	16	7	0	25	4	25	350	1	44
0212875000003	ANGEL CRM FILLED CHOC ICD COCONUT	1 Each	128	520	260	28	12	0	0	6	31	350	2	58
0212887000008	BAVARIAN CRM CHOC ICD COCONUT DONUT	1 Each	128	390	170	19	8	0	0	6	19	370	2	48
0212889000006	APPLE FILLED VAN ICD CRUMB DONUTS	1 Each	135	420	140	16	6	0	0	7	29	360	1	63
0212890000002	APPLE FILLED VAN ICD CINN DONUTS	1 Each	128	380	120	13	5	0	0	6	31	340	2	60
0212895000007	PEANUT BUTTER ICED COFFEE RING	1 Each	106	380	160	17	7	0	0	7	15	390	3	48
0212898000004	GLAZED TWIST DONUTS	1 Each	78	260	90	10	4	0	0	5	17	250	1	38
0212901000007	JELLY FILLED PEANUT BUTTER ICD DNTS	1 Each	106	360	140	15	6	0	0	7	23	340	1	50
0212902000006	JELLY FILLED POWDERED DONUTS	1 Each	92	320	120	13	5	0	0	6	15	320	1	43
0212908000000	RASPBERRY FILLED VAN ICED CRMB DONUT	1 Each	135	440	140	16	6	0	0	7	38	380	1	67
0212911000004	RED VELVET VANILLA ICED CAKE DONUTS	1 Each	99	370	140	15	6	0	25	4	31	380	2	54
0212923000009	BANANA SPLIT LONG JOHN DONUT	1 Each	120	360	150	16	6	0	0	6	20	370	2	48

0212851000003	CINNAMON SUGAR RAISED DONUTS	1 Each	78	280	120	13	5	0	0	5	9	320	2	35
0212852000002	SUGARED RAISED DONUTS	1 Each	78	280	120	13	5	0	0	5	9	320	1	35
0212856000008	COCONUT WHITE ICED RAISED DONUTS	1 Each	99	350	140	16	7	0	0	5	17	320	1	43
0212860000001	GLAZED STRAWBERRY CAKE DONUTS	1 Each	106	400	170	19	8	0	30	4	31	380	1	55
0212867000004	SUGARED VANILLA CAKE DONUTS	1 Each	78	320	140	16	6	0	15	4	19	440	1	39
0212868000003	CHOCOLATE ICED VANILLA CAKE DONUTS	1 Each	92	370	170	19	7	0	15	4	23	460	2	44
0212869000002	SUGARED SOUR CREAM CAKE DONUTS	1 Each	78	320	140	15	6	0	10	4	20	310	1	42
0212873000005	CHOCOLATE CREAMIE CAKE DONUTS	1 Each	85	340	180	20	7	0	10	4	19	340	1	39
0212874000004	ANGEL CRM FILLED DNT WITH SPRINKLES	1 Each	128	520	250	28	10	0	0	6	33	350	2	63
0212879000009	PEANUT BUTTER FILLED POWDERED DONUT	1 Each	120	520	270	30	11	0	0	9	28	390	2	56
0212884000001	BAVARIAN CRM CHOC ICED SPRINKLD DONUT	1 Each	128	390	160	18	6	0	0	6	21	370	2	53
0212886000009	BAVARIAN CREME VAN ICED COCONUT DONUT	1 Each	128	380	140	16	7	0	0	6	23	350	1	51
0212893000009	VANILLA ICED COFFEE RING	1 Each	106	370	140	15	6	0	0	6	17	370	3	50
0212894000008	CHOCOLATE ICED COFFEE RING	1 Each	106	380	160	18	7	0	0	6	13	390	4	47
0212896000006	CINNAMON SUGAR COFFEE RING	1 Each	92	330	130	15	6	0	0	6	9	370	4	42
0212900000008	JELLY FILLED VANILLA ICED DONUTS	1 Each	106	350	120	13	5	0	0	6	25	320	1	52
0212903000005	JELLY FILLED VANILLA ICED CRUMB DONUT	1 Each	120	420	140	16	6	0	0	6	31	340	1	62
0212912000003	RED VELVET CREAM CHEESE CAKE DONUTS	1 Each	99	410	180	20	9	0	30	4	31	400	2	51
0212915000000	PUMPKIN CAKE DONUTS CINN SUGARED	1 Each	78	290	120	13	6	0	25	4	19	370	2	39
0212917000008	APPLE CRISP CAKE DONUTS POWDERED	1 Each	78	300	120	13	5	0	25	4	20	330	1	42
0212921000001	APPLE CRISP CAKE DONUTS VANILLA ICED	1 Each	92	340	120	13	5	0	25	4	30	330	1	51
0212936000003	FRENCH CRULLERS CHOCOLATE ICED	1 Each	60	210	150	16	4.5	4	30	1	7	95	0	15
0212940000006	CHOC YEAST RAISED GRAN SGR DONUTS	1 Each	92	300	140	16	4.5	0	0	7	10	430	2	42
0212941000005	CHOC YEAST RAISED POWDERED DONUTS	1 Each	92	300	150	16	4.5	0	0	7	8	430	2	41
0212850000004	WHITE ICED RAISED DONUTS	1 Each	92	320	120	13	5	0	0	5	17	320	1	43
0212939000000	CHOC YEAST RAISED CHOC ICED DONUTS	1 Each	106	350	170	19	6	0	0	7	14	450	3	47
0210105000007	ECLAIRS	1 each	105	330	160	18	3.5	1	95	5	25	250	1	39
0210242000007	BLUEBERRY TURNOVERS	1 Each	133	430	180	20	10	0	0	4	36	250	1	59
0212035000003	LOBSTR TAIL SFOGLIATELLE PASTRY	1 Each	192	490	160	17	7	0	65	10	26	690	2	73
0210240000009	APPLE TURNOVERS	1 Each	133	360	100	12	4.5	0	0	5	31	380	1	58
0210243000006	CHERRY TURNOVERS	1 Each	133	350	100	12	4.5	0	0	5	31	380	1	56
0210285000002	APPLE DUMPLINGS	1 Each	220	510	210	23	6	0	0	6	28	70	4	72
0210104000008	CREAM PUFFS	1 each	98	320	160	18	3.5	1	95	5	24	240	1	38
0210972000001	LARGE CANNOLI - FILLED	1 Each	106	320	90	10	8	0	50	10	31	60	0	41
0213701000006	COCONUT CUSTARD DANISH SNAILS	1 Each	113	290	120	13	7	0	0	4	19	320	0	40
0213707000000	STRAWBERRY DANISH SNAILS	1 Each	106	280	100	11	4.5	0	0	4	22	300	0	43
0213727000004	CINNAMON CRISPIES	1 Each	128	540	230	25	7	6	0	5	39	220	3	71
0213655000008	BLUEBERRY TURNOVERS	1 Each	71	220	80	8	4	0	0	2	21	40	1	33
0213694000007	APPLE DANISH SNAILS	1 Each	106	270	100	11	4.5	0	0	4	21	330	0	41
0213698000003	CHERRY DANISH SNAILS	1 Each	106	270	100	11	4.5	0	0	4	21	300	0	42
0213702000005	STREUSSEL TOPPED DANISH SNAILS	1 Each	81	280	120	14	6	0	0	4	15	290	0	38
0213706000001	PINEAPPLE DANISH SNAILS	1 Each	106	260	100	11	4.5	0	0	4	19	320	0	41
0213654000009	JELLY TURNOVERS	1 Each	71	220	80	8	4	0	0	2	22	35	0	34
0213656000007	CHERRY TURNOVERS	1 Each	71	210	80	8	4	0	0	2	18	25	1	30
0213705000002	PEACH DANISH SNAILS	1 Each	106	270	100	11	4.5	0	0	4	21	280	0	41
0213708000009	WALNUT DANISH SNAILS	1 Each	99	410	260	29	6	0	0	8	13	270	2	35
0213695000006	BLUEBERRY DANISH SNAILS	1 Each	106	280	100	11	4.5	0	0	4	25	320	0	46
0213697000004	CHEESE DANISH SNAILS	1 Each	106	310	150	16	8	0	15	5	20	370	0	40
0213699000002	CINNAMON SUGAR DANISH SNAILS	1 Each	78	250	100	11	4.5	0	0	4	18	270	1	38
0213704000003	LEMON FILLED DANISH SNAILS	1 Each	106	270	110	12	5	0	0	4	21	340	0	42



MUFFINS															
UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)	
0210074000008	GOURMET CORN MUFFINS	1 Each	160	560	260	29	5	0.5	75	6	32	480	2	68	
0210079000003	GOURMET CHERRY ALMOND MUFFINS	1 Each	167	600	260	28	6	0	100	7	46	460	1	79	
0210090000006	CRANBERRY ORANGE MUFFINS	1 Each	167	590	260	29	6	0	80	6	44	500	1	75	
0210073000009	GOURMET BLUEBERRY MUFFINS	1 Each	167	590	250	28	5	26	75	6	42	480	0	77	
0210080000009	GOURMET PISTACHIO MUFFINS	1 Each	167	640	300	33	6	0.5	85	8	45	490	1	78	
0210082000007	GOURMET DOUBLE DUTCH MUFFINS	1 Each	167	630	300	33	8	0.5	75	7	50	540	3	80	
0210083000006	GOURMET PINA COLADA MUFFINS	1 Each	167	600	270	30	8	0	75	6	45	450	2	77	
0210086000003	GOURMET APPLE SPICE MUFFINS	1 Each	167	600	260	29	6	0	80	6	44	460	1	77	
0210088000001	GOURMET GINGERBREAD MUFFINS	1 Each	167	640	270	30	6	0.5	80	6	51	480	1	85	
0210092000004	GOURMET LEMON POPPY MUFFINS	1 Each	167	620	280	31	6	0	90	6	45	510	0	80	
0210072000000	GOURMET BANANA NUT MUFFIN	1 Each	167	620	520	58	6	0	75	6	45	480	0	77	
0210078000004	GOURMET BUTTER RUM MUFFIN	1 Each	167	650	280	31	8	0	75	15	51	480	0	82	
0210081000008	GOURMET RAISIN BRAN MUFFINS	1 Each	160	520	210	24	4.5	0	70	6	39	450	4	73	
0210085000004	GOURMET CHOC. CHIP MUFFINS	1 Each	167	600	250	27	7	0	75	6	49	440	1	81	
0210091000005	GOURMET PUMPKIN MUFFINS	1 Each	167	580	250	28	5	0	75	6	42	450	1	75	
0210095000001	GOURMET CINNAMON CHIP MUFFINS	1 Each	167	600	250	28	8	0	75	6	49	440	1	81	
0213291000004	LARGE SINGLE BANANA NUT MUFFIN	1 each	113	420	190	21	3.5	0	45	5	29	330	1	52	
0213293000002	LARGE SINGLE CHOCOLATE CHIP MUFFIN	1 each	113	430	200	22	5	0	55	5	33	320	1	55	
0213294000001	LARGE SINGLE HONEY BRAN MUFFIN	1 each	113	410	180	20	3.5	0	65	5	30	340	2	54	
0210300000000	GOURMET RED VELVET MUFFINS	1 Each	167	650	330	36	7	0.5	110	7	43	460	1	74	
COOKIES & BROWNIES															
UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)	
0212276000008	GOURMET FUDGE BROWNIES	1 Each	96	370	120	13	4	0	0	4	40	310	2	61	
0212277000007	GOURMET WALNUT FUDGE BROWNIES	1 Each	96	390	160	17	4	0	0	5	37	280	3	57	
0376950003812	APRICOT POCKETS COOKIE	1 cookie	17	90	40	4.5	3	0	5	1	5	40	0	11	
0376958004170	CHERRY JELLY TOP COOKIES	1 cookie	20	100	50	6	5	0	0	1	4	25	0	11	
0376950004802	LINZER TARTS	1 cookie	27	130	60	7	4	0	0	1	6	70	0	17	
0376950003430	RAINBOW LAYER COOKIES	1 cookie	22	100	50	6	3.5	0	10	1	8	40	0	13	
0376950007520	RAINBOW SPRINKLE COOKIES	1 oz	30	160	90	10	7	0	0	1	8	35	0	18	
0376950002440	STRAWBERRY LEAF COOKIES	1 cookie	12	60	30	3.5	2.5	0	0	1	2	30	0	11	
0376950006066	ALMOND TARTLETTE	1 cookie	14	70	40	4.5	1.5	0	0	2	3	20	0	7	
0376950050724	SUGAR FREE CHOCOLATE CHIP COOKIES	1 oz	30	150	80	9	8	0	0	2	0	60	3	18	
0376950050410	SUGAR FREE CHOCOLATE MARBLE COOKIES	1 cookie	9	45	25	3	2	0	0	1	0	0	1	5	
0376950050892	SUGAR FREE ORANGE FAN COOKIES	1 cookie	13	60	35	3.5	2.5	0	0	1	0	15	1	7	
0376950003294	RASPBERRY POCKET COOKIE	1 cookie	18	90	35	4	2	0	0	1	5	35	0	12	
0376950052568	SUGAR FREE RASPBERRY POCKET COOKIES	1 cookie	15	70	40	4.5	3.5	0	0	1	0	0	1	8	
0376958004002	CHOCOLATE DRIZZLED SPRITZ COOKIES	1 cookie	22	140	70	8	5	0	0	1	8	35	1	17	
0376950018212	HONEY DUTCH BOY COOKIE	1 cookie	19	90	40	4.5	3	0	5	1	4	50	0	12	
0376950002686	PISTACHIO LEAF COOKIES	1 cookie	12	60	30	3.5	2.5	0	0	1	3	30	0	7	
0376950000842	RASPBERRY NAPOLEON	1 oz	30	150	70	8	4.5	0	10	2	9	60	0	20	
0376950009098	SNOWBALL MELT-A-WAY	1 cookie	16	80	40	4.5	2.5	0	0	1	4	45	0	10	
0210130000003	PEANUT BUTTER FILLED WHOOPIE PIES	1 Each	124	560	290	33	9	0	50	6	50	350	1	60	
0037695000206	STRAWBERRY LEAF COOKIE	1 oz	30	160	80	8	6	0	5	2	6	70	1	28	
0210129000007	WHOOPIE PIES	1 Each	113	480	240	27	10	0	50	4	44	300	0	54	
0212422000005	CHOCOLATE RUGELACH	1 oz	30	120	60	6	2	0	10	1	6	75	0	16	
0212419000001	APRICOT RUGELACH	1 oz	30	110	70	8	4.5	0	20	1	3	30	0	11	
0212423000004	APRICOT KIPFELS	1 oz	30	100	90	10	6	0	65	2	2	0	0	12	
0212420000007	RASPBERRY RUGELACH	1 oz	30	110	70	8	4.5	0	20	1	2	35	1	9	
0212421000006	CINNAMON NUT RUGELACH	1 oz	30	140	100	11	4.5	0	20	2	2	35	1	11	
0212424000003	RASPBERRY KIPFELS	1 oz	30	100	50	6	3.5	0	35	1	4	35	1	11	