

COOL BEANS CYBER CAFE

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
BAKED GOODS									
Bagel ▲	1	206	2 g	9%	0 mg	8 g	39 g	N/A	226 mg
Cream Cheese (Regular) ■	1 T.	51	5 g	88%	16 mg	1 g	0 g	0 g	43 mg
Cream Cheese (Lite) ■	1 T.	35	2.6 g	67%	8 mg	1.6 g	1 g	0 g	44 mg
Blondie Bar ■	1	300	13 g	39%	40 mg	5 g	39 g	0 g	300 mg
Cinnamon Twist ■	1	440	2.3 g	47%	25 mg	7 g	52 g	2 g	710 mg
Mini Scone ■	1	220	10.5 g	43%	7.5 mg	2.5 g	29 g	0.5 g	150 mg
Scone ■	1	440	21 g	43%	15 mg	5 g	57 g	1 g	300 mg
Ultimate Brownie Bar ■	1	360	17 g	43%	40 mg	4 g	48 g	1 g	170 mg
BEVERAGES									
Espresso ▲	16 oz.	9	0 g	0%	0 mg	0.5 g	2 g	0 g	N/A
Hot Cocoa with Skim Milk ■	12 oz.	224	0.8 g	3%	7 mg	12.5 g	42 g	0.5 g	204 mg
Hot Cocoa with Whole Milk ■	12 oz.	306	11.2 g	32%	46 mg	11.5 g	41 g	0.5 g	189 mg
Mocha Frappuccino ■	16 oz.	416	9 g	19%	0 mg	1.7 g	85 g	1.5 g	N/A
Starbucks Drip Coffee ▲	16 oz.	9	0 g	0%	0 mg	0.5 g	2 g	0 g	N/A
Vanilla Frappuccino ■	16 oz.	516	9 g	16%	0 mg	0 g	110 g	0 g	N/A
BREAKFAST ITEMS									
Bacon, Egg & Cheese Biscuit	1	568	37 g	59%	259 mg	21.4 g	37.3 g	1.3 g	1645 mg
Egg & Cheese Biscuit ■	1	464	28 g	54%	243 mg	16 g	37 g	1.3 g	1354 mg
Ham, Egg & Cheese Biscuit	1	498	30 g	54%	254 mg	20 g	37 g	1.3 g	1639 mg
Sausage, Egg & Cheese Biscuit	1	619	39 g	56%	289 mg	29 g	38 g	1.3 g	1739 mg
COFFEE CONDIMENTS									
Half & Half ■	2 T.	39	3.5 g	81%	11 mg	1 g	1.3 g	0 g	12 mg
Non Fat Milk ■	2 T.	11	0 g	0%	0.6 mg	1 g	1.5 g	0 g	16 mg
Sugar ▲	1 pack	15	0 g	0%	0 mg	0 g	4 g	0 g	0 mg
Whipped Cream ■	4 T.	50	4 g	72%	0 mg	0 g	4 g	0 g	0 mg
Whole Milk ■	2 T.	19	1 g	47%	4 mg	1 g	1.4 g	0 g	15 mg
COFFEE FLAVORED SYRUPS									
Almond ▲	2 T.	80	0 g	0%	0 mg	0 g	20 g	0 g	0 mg
Caramel ▲	2 T.	90	0 g	0%	0 mg	0 g	23 g	0 g	0 mg
Hazelnut ▲	2 T.	90	0 g	0%	0 mg	0 g	23 g	0 g	0 mg
Irish Cream ▲	2 T.	80	0 g	0%	0 mg	0 g	20 g	0 g	0 mg
Raspberry ▲	2 T.	80	0 g	0%	0 mg	0 g	20 g	0 g	0 mg
Vanilla ▲	2 T.	80	0 g	0%	0 mg	0 g	20 g	0 g	0 mg
GRAB 'N' GO SALADS									
Chef (w/o dressing & croutons)	1 pkg.	264	15.6 g	53%	173 mg	23 g	8 g	3.5 g	939 mg
Chef-Lg. (w/o dressing & croutons)	1 pkg.	542	32.7 g	54%	347 mg	46 g	16 g	5.2 g	1982 mg
Chicken BLT (w/o dressing & croutons)	1 pkg.	178	7.6 g	38%	36 mg	19 g	8.5 g	4 g	817 mg
Chicken Caesar (w/o dressing & croutons)	1 pkg.	168	8 g	42%	144 mg	16 g	8 g	3.5 g	628 mg
Chicken Caesar-Lg. (w/o dressing & croutons)	1 pkg.	277	13 g	42%	282 mg	27 g	13 g	4.7 g	1114 mg
Croutons ■	1 pkg.	35	1.5 g	39%	0 mg	<1 g	4 g	0 g	90 mg
Fruit Salad—Lg. ▲	1 pkg.	144	0 g	0%	0 mg	0 g	37 g	2.4 g	35 mg
Garden—Lg. (w/o dressing & croutons) ▲	1 pkg.	130	4 g	28%	0 mg	6 g	17.5 g	6.3 g	380 mg
Greek (w/o dressing) ■	1 pkg.	189	12.6 g	60%	45 mg	10 g	9 g	3 g	924 mg
Greek-Lg. (w/o dressing) ■	1 pkg.	279	19 g	61%	76 mg	15 g	12 g	2.8 g	1495 mg

■ These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.

▲ These items contain no meat, poultry, fish, eggs, milk, cheese, honey or gelatin.

COOL BEANS CYBER CAFE, CONT.

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
Greek Dressing ■	2 T.	161	17 g	95%	5 mg	1 g	1 g	0 g	290 mg
Jerk Chicken (w/o dressing & croutons)	1 pkg.	116	4 g	31%	21 mg	12 g	8 g	3.5 g	365 mg
Jerk Chicken-Lg. (w/o dressing & croutons)	1 pkg.	205	7.2 g	32%	42 mg	20 g	15 g	4.7 g	757 mg
Spinach Chicken (w/o dressing & croutons)	1 pkg.	275	14.5 g	47%	267 mg	26.5 g	9.7 g	4 g	1144 mg
Tossed (w/o dressing & croutons) ▲	1 pkg.	55	0.5 g	8%	0 mg	3.3 g	9.3 g	3.2 g	111 mg
GRAB 'N' GO SANDWICHES									
Chicken Salad Sandwich	1 pkg.	333	21 g	57%	41 mg	13 g	23 g	1.2 g	398 mg
Egg Salad Sandwich ■	1 pkg.	313	19 g	55%	288 mg	12.3 g	23.3 g	1 g	759 mg
Ham & Cheese Sandwich	1 pkg.	249	7 g	25%	56 mg	20.6 g	26 g	1 g	1453 mg
Peanut Butter & Jelly Sandwich ▲	1 pkg.	356	16 g	40%	0 mg	11 g	42 g	2.6 g	429 mg
Tuna Salad Sandwich	1 pkg.	321	17 g	48%	34 mg	20 g	22 g	1 g	579 mg
Turkey Sandwich	1 pkg.	202	1.3 g	5%	45 mg	23.6 g	24 g	1 g	951 mg
SIDES									
Broccoli Salad ■	1 pkg.	134	11.5 g	77%	111 mg	4.6 g	3 g	1.3 g	219 mg
Chicken Salad Cup	1 pkg.	237	21 g	80%	43 mg	10 g	2 g	0 g	200 mg
Captain's Wafers ▲	1 pkg.	35	1.25 g	32%	0 mg	0.5 g	4.5 g	0 g	53 mg
Cottage Cheese & Fruit Salad ■	1 pkg.	112	4 g	32%	13 mg	11 g	8 g	0.2 g	347 mg
Fruit Salad—Sm. ▲	1 pkg.	88	0 g	0%	0 mg	0 g	22 g	1.4 g	21 mg
Fruit & Yogurt Cup ■	1 pkg.	375	3 g	7%	8 mg	8 g	79 g	3.5 g	135 mg
Garden Salad-Sm. (w/o dress. & croutons) ▲	1 pkg.	45	0.5 g	10%	0 mg	2.7 g	7.4 g	3.2 g	40 mg
Hard Boiled Eggs ■	2	150	10.6 g	64%	424 mg	12.6 g	1 g	0 g	124 mg
Tuna Salad Cup	1 pkg.	216	16 g	67%	34 mg	16 g	2 g	0 g	N/A
Captain's Wafers ▲	1 pkg.	35	1.25 g	32%	0 mg	0.5 g	4.5 g	0 g	53 mg
SPECIALTY SANDWICHES									
Bagelwich (Ham & Turkey)	1 pkg.	499	11 g	20%	73 mg	34 g	66 g	2 g	1532 mg
Ham & Cheese On A Kaiser Roll	1 pkg.	292	7.5 g	23%	56 mg	22 g	34 g	1 g	1539 mg
Ham & Cheese Pita	1 pkg.	416	14 g	30%	68 mg	26.5 g	46 g	1 g	1748 mg
Pretzelwich (Ham & Cheese)	1 pkg.	568	16 g	25%	82 mg	33 g	73 g	1.5 g	1902 mg
Pretzelwich (Turkey)	1 pkg.	574	14 g	22%	82 mg	41 g	71 g	1.5 g	1522 mg
Turkey On A Kaiser Roll	1 pkg.	250	2 g	7%	45 mg	26 g	32 g	1 g	1039 mg
Veggie Pita ■	1 pkg.	408	8.4 g	19%	1 mg	13 g	70 g	8.3 g	776 mg
SPECIALTY SUBS									
Italian Sub (on wheat)	1 pkg.	442	18 g	37%	76 mg	32 g	38 g	3 g	1995 mg
Italian Sub (on white)	1 pkg.	451	18.5 g	37%	76 mg	30 g	41 g	2 g	2185 mg
Roast Beef Sub	1 pkg.	534	22.4 g	38%	91 mg	44 g	39 g	2 g	2016 mg
Three Cheese Sub ■	1 pkg.	662	38 g	52%	44 mg	32 g	48 g	4.2 g	1625 mg
Turkey & Cheese Sub	1 pkg.	370	10 g	24%	65 mg	31 g	39 g	2 g	1570 mg
Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Calcium
CEREAL SMOOTHIES									
Dreamweaver (made w/ skim milk) ■	1 serving	327	1.8 g	5%	4 mg	8.2 g	69.6 g	3.6 g	257 mg
Mango Moon (made w/ skim milk) ■	1 serving	313	2 g	6%	4 mg	8.2 g	65.5 g	2.9 g	255 mg
Moondance (made w/ skim milk) ■	1 serving	317	2.2 g	6%	4 mg	8.2 g	66 g	4.6 g	260 mg

■ These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.

▲ These items contain no meat, poultry, fish, eggs, milk, cheese, honey or gelatin.

