

BISTRO—BON COEUR MENU ITEMS

| Item | Serving Size | Calories | Fat | % Cal. From Fat | Chol. | Protein | Carb. | Fiber | Sodium |
|---------------------------|--------------|----------|--------|-----------------|--------|---------|--------|--------|---------|
| BEEF | | | | | | | | | |
| BBQ Beef | 4 oz. | 237 | 7 g | 27% | 102 mg | 40 g | 0 g | 0 g | 57 mg |
| Beef Jambalaya | 8 oz. | 280 | 12 g | 39% | 41 mg | 14 g | 28 g | 2.5 g | 235 mg |
| Carved Eye of Round | 4 oz. | 216 | 8 g | 33% | 86 mg | 36 g | 0 g | 0 g | 399 mg |
| Carved Roast Beef | 4 oz. | 302 | 22 g | 66% | 83 mg | 26 g | 0 g | 0 g | 110 mg |
| Carved Strip Loin | 4 oz. | 226 | 9.9 g | 39% | 71 mg | 32 g | 0 g | 0 g | 76 mg |
| Eye of Round | 4 oz. | 216 | 8 g | 33% | 86 mg | 36 g | 0 g | 0 g | 399 mg |
| Grilled Beef Shish Kabob | 1 | 37 | 1 g | 24% | 13 mg | 5 g | 2 g | 0.4 g | 43 mg |
| Pepper Steak | 6 oz. | 240 | 16 g | 60% | 46 mg | 14 g | 10 g | 2 g | 740 mg |
| Roast Beef | 4 oz. | 302 | 22 g | 66% | 83 mg | 26 g | 0 g | 0 g | 110 mg |
| Sirloin Steak | 4 oz. | 206 | 6.4 g | 28% | 82 mg | 34.5 g | 0 g | 0 g | 267 mg |
| Sliced Roast Beef | 4 oz. | 302 | 22 g | 66% | 83 mg | 26 g | 0 g | 0 g | 110 mg |
| Steak Pizziollo | 4 oz. | 300 | 9.5 g | 29% | 68 mg | 37.6 g | 15.5 g | 5.4 g | 574 mg |
| Strip Loin | 4 oz. | 226 | 9.9 g | 39% | 71 mg | 32 g | 0 g | 0 g | 76 mg |
| Teriyaki Sirloin | 4 oz. | 238 | 8.8 g | 32% | 64 mg | 35 g | 1.3 g | 0 g | 275 mg |
| PASTA | | | | | | | | | |
| Herbed Pasta ▲ | 4.5 oz. | 186 | 2 g | 10% | 0 mg | 6 g | 36 g | 2 g | 2 mg |
| Lemon & Garlic Pasta ▲ | 1/2 cup | 215 | 8 g | 33% | 0 mg | 6 g | 32 g | 2 g | 23 mg |
| Linguine with Herbs ▲ | 4.5 oz. | 186 | 2 g | 10% | 0 mg | 6 g | 36 g | 2 g | 2 mg |
| Pasta Marinara ▲ | 1 cup | 180 | 2 g | 10% | 0 mg | 6 g | 34 g | 2.5 g | 258 mg |
| Pasta Primavera ▲ | 4 oz. | 270 | 4.5 g | 15% | 0 mg | 11 g | 47 g | 0.32 g | 164 mg |
| Pasta with Garlic Oil ▲ | 1/2 cup | 215 | 7.2 g | 30% | 0 mg | 5.3 g | 32.5 g | 1.6 g | 631 mg |
| Soba Noodles ■ | 4 oz. | 140 | 3 g | 19% | 0 mg | 5 g | 23 g | 1.3 g | 256 mg |
| PORK | | | | | | | | | |
| BBQ Pork Loin | 3 oz. | 253 | 13 g | 46% | 74 mg | 25 g | 9 g | 0 g | 310 mg |
| Carved Ham | 4 oz. | 177 | 9 g | 46% | 57 mg | 22 g | 2 g | 0 g | 1464 mg |
| Carved Pork Loin | 4 oz. | 294 | 18 g | 55% | 99 mg | 33 g | 0 g | 0 g | 541 mg |
| Honey Glazed Ham | 4 oz. | 177 | 9 g | 46% | 57 mg | 22 g | 2 g | 0 g | 1464 mg |
| Grilled Pork Chop | 1 piece | 340 | 18.5 g | 49% | 116 mg | 41 g | 0 g | 0 g | 82 mg |
| Honey Mustard Pork Chops | 1 | 303 | 19 g | 56% | 49 mg | 18 g | 15 g | 0 g | 1824 mg |
| Montreal Pork Chop | 1 | 255 | 19 g | 67% | 49 mg | 18 g | 3 g | 0 g | 912 mg |
| Pork Loin | 4 oz. | 294 | 18 g | 55% | 99 mg | 33 g | 0 g | 0 g | 541 mg |
| Roasted Pork Loin | 4 oz. | 294 | 18 g | 55% | 99 mg | 33 g | 0 g | 0 g | 541 mg |
| Sliced Ham | 4 oz. | 177 | 9 g | 46% | 57 mg | 22 g | 2 g | 0 g | 1464 mg |
| POTATOES | | | | | | | | | |
| Baked Potato ▲ | 1 | 220 | 0 g | 0% | 0 mg | 4.6 g | 51 g | 4.8 g | 16 mg |
| Baked Sweet Potato ▲ | 1 | 120 | 0 g | 0% | 0 mg | 2 g | 28 g | 3.4 g | 11 mg |
| Garlic Roasted Potatoes ▲ | 3 pieces | 97 | 5 g | 46% | 0 mg | 1 g | 12 g | 1.2 g | 531 mg |
| Parsley Potatoes ▲ | 1/2 cup | 82 | 0 g | 0% | 0 mg | 2.8 g | 17 g | 2 g | 4 mg |
| Roasted Potatoes ▲ | 4 oz. | 151 | 7 g | 42% | 0 mg | 2 g | 20 g | 2 g | 225 mg |
| Sweet Potato Cakes ■ | 1 | 91 | 0.6 g | 6% | 15 mg | 1.5 g | 20 g | 1.1 g | 48 mg |
| POULTRY | | | | | | | | | |
| Cajun Chicken | 4 oz. | 268 | 4 g | 13% | 96 mg | 35.8 g | 10.6 g | 1 g | 88 mg |
| Carved Chicken | 4 oz. | 217 | 9 g | 37% | 95 mg | 34 g | 0 g | 0 g | 80 mg |
| Carved Turkey Breast | 4 oz. | 204 | 8 g | 35% | 84 mg | 33 g | 0 g | 0 g | 71 mg |

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

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BISTRO—BON COEUR MENU ITEMS, CONT.

| Item | Serving Size | Calories | Fat | % Cal. From Fat | Chol. | Protein | Carb. | Fiber | Sodium |
|--------------------------------------|--------------|----------|--------|-----------------|--------|---------|--------|-------|---------|
| Chicken & Vegetable Stir Fry | 6 oz. | 119 | 1 g | 7% | 37 mg | 17.6 g | 10 g | 2.7 g | 1232 mg |
| Chicken Breast Cacciatore | 1 piece | 176 | 4 g | 20% | 72 mg | 27 g | 8 g | 1.3 g | 741 mg |
| Four Peppercorn Chicken | 3 oz. | 218 | 8.3 g | 34% | 71 mg | 16 g | 12.8 g | 1.3 g | 458 mg |
| Honey Dijon Chicken Breast | 1 piece | 189 | 9 g | 43% | 62 mg | 22 g | 5 g | 0 g | 287 mg |
| Low Fat Chick. Salad w/ White Grapes | 2.5 oz. | 130 | 6 g | 42% | 36 mg | 14 g | 5 g | 0.7 g | 208 mg |
| Mesquite Chicken | 4 oz. | 163 | 3.5 g | 19% | 84 mg | 31 g | 0 g | 0 g | 73 mg |
| Sliced Turkey Breast | 4 oz. | 204 | 8 g | 35% | 84 mg | 33 g | 0 g | 0 g | 71 mg |
| Teriyaki Chicken Breast | 1 piece | 142 | 2 g | 13% | 47 mg | 19 g | 12 g | 0 g | 414 mg |
| Turkey Breast | 4 oz. | 204 | 8 g | 35% | 84 mg | 33 g | 0 g | 0 g | 71 mg |
| Turkey London Broil | 4 oz. | 204 | 8 g | 35% | 84 mg | 33 g | 0 g | 0 g | 71 mg |
| SALADS | | | | | | | | | |
| Citrus Salad ▲ | 1/2 cup | 62 | 0 g | 0% | 0 mg | 0 g | 17 g | 2 g | 5 mg |
| Citrus Salad with Pineapple ▲ | 1/2 cup | 60 | 0 g | 0% | 0 mg | 0 g | 15 g | 2 g | 5 mg |
| Cucumber Salad ▲ | 1/2 cup | 60 | 0 g | 0% | 0 mg | 1 g | 15 g | 1 g | 170 mg |
| Fruit Salad ▲ | 1/2 cup | 60 | 0 g | 0% | 0 mg | 0 g | 16 g | 1 g | 14 mg |
| Tropical Fruit Salad ▲ | 1/2 cup | 70 | 0 g | 0% | 0 mg | 0 g | 17 g | 1 g | 10 mg |
| SEAFOOD | | | | | | | | | |
| Baked Cod | 1 piece | 90 | 2 g | 20% | 43 mg | 18 g | 0 g | 0 g | 15 mg |
| Baked Halibut | 4 oz. | 160 | 3.3 g | 18% | 46 mg | 30 g | 0 g | 0 g | 270 mg |
| Baked Flounder | 1 piece | 78 | 2 g | 23% | 22 mg | 14 g | 1 g | 0 g | 63 mg |
| Baked Orange Roughy | 4 oz. | 140 | 5.5 g | 35% | 29 mg | 21 g | 0 g | 0 g | 284 mg |
| Salsa for Orange Roughy | 1/4 cup | 9 | 0 g | 0% | 0 mg | 0 g | 2 g | 0.5 g | 139 mg |
| Broiled Flounder | 1 piece | 149 | 5 g | 30% | 60 mg | 24 g | 2 g | 0 g | 462 mg |
| Broiled Haddock | 4 oz. | 127 | 1 g | 7% | 84 mg | 27 g | 0 g | 0 g | 291 mg |
| Broiled Salmon | 4 oz. | 252 | 13.8 g | 49% | 81 mg | 29 g | 1 g | 0 g | 262 mg |
| Catfish with Roasted Garlic | 1 serving | 267 | 15 g | 51% | 103 mg | 31 g | 2 g | 0 g | 193 mg |
| Cod with Spinach & Tomatoes | 1 piece | 145 | 1 g | 6% | 62 mg | 28 g | 6 g | 1.2 g | 200 mg |
| Gingered Flounder | 1 serving | 149 | 5 g | 30% | 64 mg | 25 g | 1 g | 0 g | 505 mg |
| Grilled Cod | 4 oz. | 106 | 1 g | 8% | 53 mg | 22 g | 0 g | 0 g | 239 mg |
| Grilled Flounder | 4 oz. | 109 | 4 g | 33% | 44 mg | 17 g | 0 g | 0 g | 216 mg |
| Grilled Haddock | 4 oz. | 112 | 1 g | 8% | 73 mg | 224 g | 0 g | 0 g | 86 mg |
| Grilled Tuna | 3 oz. | 118 | 1 g | 8% | 49 mg | 25 g | 0 g | 0 g | 40 mg |
| Grilled Whitefish | 3.5 oz. | 170 | 7 g | 37% | 76 mg | 24 g | 0 g | 0 g | 64 mg |
| Herb Crusted Salmon | 5 oz. | 381 | 25 g | 59% | 105 mg | 38 g | 1 g | 0 g | 183 mg |
| Lemon Pepper Cod | 4 oz. | 124 | 1 g | 7% | 62 mg | 26 g | 0 g | 0 g | 281 mg |
| Shrimp & Broccoli Stir Fry | 1/2 cup | 108 | 4.2 g | 35% | 82 mg | 12.7 g | 5.3 g | 1.8 g | 157 mg |
| Shrimp Jambalaya | 4.5 oz. | 192 | 4 g | 19% | 64 mg | 12 g | 27 g | 1.5 g | 670 mg |
| SIDE DISHES | | | | | | | | | |
| Applesauce ▲ | 1/2 cup | 97 | 0 g | 0% | 0 mg | 0 g | 25 g | 1.5 g | 4 mg |
| Baked Beans ▲ | 1/2 cup | 118 | 0.6 g | 3% | 0 mg | 6 g | 26 g | 6.3 g | 500 mg |
| Barley Pilaf ▲ | 5 oz. | 191 | 3 g | 14% | 0 mg | 3 g | 38 g | 6 g | 282 mg |
| Brown Rice ▲ | 1/2 cup | 108 | 0.8 g | 7% | 0 mg | 2.5 g | 22 g | 1.8 g | 5 mg |
| Caribbean Rice ▲ | 1/2 cup | 96 | 0 g | 0% | 0 mg | 2 g | 22 g | 1 g | 307 mg |
| Corny Couscous ▲ | 4 oz. | 250 | 3 g | 11% | 0 mg | 7.7 g | 49.2 g | 3.5 g | 391 mg |
| Couscous Pilaf ▲ | 5 oz. | 168 | 5.7 g | 30% | 0 mg | 4 g | 25 g | 2.3 g | 20.2 mg |

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BISTRO—BON COEUR MENU ITEMS, CONT.

| Item | Serving Size | Calories | Fat | % Cal. From Fat | Chol. | Protein | Carb. | Fiber | Sodium |
|------------------------------|--------------|----------|--------|-----------------|-------|---------|--------|--------|---------|
| Creamy Fruit Salad ■ | 1/2 cup | 65 | 1 g | 14% | 1 mg | 0 g | 14 g | 0.7 g | 8 mg |
| Drunken Beans ▲ | 4 oz. | 79 | 0.6 g | 7% | 0 mg | 3.6 g | 13 g | 3.7 g | 650 mg |
| Edamame Medley ■ | 1/2 cup | 134 | 6 g | 40% | 1 mg | 11 g | 9 g | 4 g | 15 mg |
| Egg Noodles ■ | 1 cup | 210 | 2 g | 9% | 53 mg | 8 g | 40 g | 2 g | 11 mg |
| Egyptian Lentils ▲ | 1 cup | 340 | 6 g | 16% | 0 mg | 12 g | 60 g | 9.5 g | 296 mg |
| Lemon Dill Rice ▲ | 1/2 cup | 108 | 0 g | 0% | 0 mg | 3 g | 24 g | 1 g | 379 mg |
| Mexican Corn ▲ | 1/2 cup | 100 | 1 g | 9% | 0 mg | 3 g | 23 g | 2.7 g | 260 mg |
| Noodles Florentine ■ | 8 oz. | 267 | 7 g | 24% | 52 mg | 9 g | 42 g | 4.5 g | 97 mg |
| Orzo with Toasted Sesame ▲ | 1 spoon | 216 | 3.6 g | 15% | 0 mg | 6.5 g | 39 g | 1.5 g | 2 mg |
| Parmesan Orzo ■ | 3 oz. | 183 | 4.3 g | 21% | 4 mg | 6.8 g | 29.4 g | 1.7 g | 86 mg |
| Ratatouille ▲ | 4 oz. | 30 | 0.6 g | 18% | 0 mg | 1 g | 5 g | 1 g | 119 mg |
| Red Beans & Rice ▲ | 4 oz. | 83 | 1 g | 11% | 0 mg | 4 g | 15 g | 2.2 g | 343 mg |
| Red Rice with 5 Vegetables ▲ | 3 oz. | 155 | 6 g | 35% | 0 mg | 5 g | 20 g | 1.5 g | 375 mg |
| Rice ▲ | 1/2 cup | 100 | 0 g | 0% | 0 mg | 2 g | 22 g | 0.35 g | 100 mg |
| Rice & Black Beans ▲ | 4 oz. | 89 | 0.5 g | 5% | 0 mg | 4 g | 17 g | 0.4 g | 292 mg |
| Rice Pilaf | 1 scoop | 153 | 5.4 g | 32% | 0 mg | 2 g | 24 g | 1 g | 441 mg |
| Salsa Rice ▲ | 5 oz. | 218 | 0 g | 0% | 0 mg | 4.2 g | 48 g | 1.4 g | 126 mg |
| Sauerkraut ▲ | 1/2 cup | 22 | 0 g | 0% | 0 mg | 1 g | 5 g | 3 g | 780 mg |
| Spanish Rice ▲ | 4 oz. | 121 | 0.7 g | 5% | 0 mg | 2.6 g | 25 g | 1 g | 289 mg |
| Spinach & Cannellini Beans ▲ | 3.5 oz. | 72 | 1 g | 13% | 0 mg | 6 g | 12 g | 2.6 g | 155 mg |
| Succotash ▲ | 1/2 cup | 86 | 0.7 g | 7% | 0 mg | 3 g | 17 g | 1.5 g | 38 mg |
| Three Beans & Rice ▲ | 8 oz. | 233 | 4.8 g | 19% | 0 mg | 4.7 g | 42 g | 2 g | 382 mg |
| Vegetable Paella ▲ | 4 oz. | 152 | 4 g | 24% | 0 mg | 3 g | 26 g | 1 g | 56 mg |
| White Rice ▲ | 1/2 cup | 103 | 0.2 g | 2% | 0 mg | 2 g | 22 g | 0 g | 1 mg |
| White & Wild Rice ▲ | 1/2 cup | 93 | 0 g | 0% | 0 mg | 2.6 g | 20 g | 1 g | 193 mg |
| VEGETABLES | | | | | | | | | |
| Asparagus ▲ | 4 spears | 15 | 0 g | 0% | 0 mg | 2.0 g | 2.7 g | 1.2 g | 200 mg |
| Baked Acorn Squash ▲ | 1/2 cup | 57 | 0 g | 0% | 0 mg | 1 g | 15 g | 4.5 g | 196 mg |
| Broccoli ▲ | 1/2 cup | 25 | 0 g | 0% | 0 mg | 2.8 g | 5 g | 2.7 g | 214 mg |
| Brussel Sprouts ▲ | 1/2 cup | 33 | 0 g | 0% | 0 mg | 2.8 g | 6.4 g | 3 g | 210 mg |
| Carrots ▲ | 1/2 cup | 26 | 0 g | 0% | 0 mg | 0.9 g | 6 g | 2.5 g | 235 mg |
| Cauliflower ▲ | 1/2 cup | 17 | 0 g | 0% | 0 mg | 1.4 g | 3.4 g | 2.4 g | 208 mg |
| Corn ▲ | 1/2 cup | 66 | 0 g | 0% | 0 mg | 2.3 g | 16 g | 2 g | 196 mg |
| Corn on the Cob ▲ | 1 ear | 121 | 1 g | 7% | 0 mg | 3 g | 2.5 g | 2.8 g | 242 mg |
| Cut Green Beans ▲ | 1/2 cup | 20 | 0 g | 0% | 0 mg | 1.8 g | 4 g | 2 g | 198 mg |
| Green Beans ▲ | 1/2 cup | 20 | 0 g | 0% | 0 mg | 1.8 g | 4 g | 2 g | 198 mg |
| Grilled Zucchini ▲ | 3 oz. | 47 | 2.5 g | 48% | 0 mg | 1.3 g | 5.2 g | 0.4 g | 72 mg |
| French Cut Green Beans ▲ | 1/2 cup | 20 | 0 g | 0% | 0 mg | 1.8 g | 4 g | 2 g | 198 mg |
| Herb Roasted Vegetables ▲ | 5 oz. | 136 | 11.8 g | 78% | 0 mg | 2.2 g | 7.4 g | 2.7 g | 19.6 mg |
| Italian Blend Vegetables ▲ | 1/2 cup | 23 | 0 g | 0% | 0 mg | 0.75 g | 4 g | 1.5 g | 215 mg |
| Italian Vegetables ▲ | 1/2 cup | 23 | 0 g | 0% | 0 mg | 0.75 g | 4 g | 1.5 g | 215 mg |
| Mixed Vegetables ▲ | 1/2 cup | 54 | 0 g | 0% | 0 mg | 2.6 g | 12 g | 4 g | 225 mg |
| Mushrooms Provencale ▲ | 2 T. | 26 | 0.7 g | 4% | 0 mg | 1 g | 4 g | 0.7 g | 119 mg |
| Napoli Blend Vegetables ▲ | 1/2 cup | 23 | 0 g | 0% | 0 mg | 0.75 g | 4 g | 1.5 g | 215 mg |
| Peas ▲ | 1/2 cup | 62 | 0 g | 0% | 0 mg | 4 g | 11.4 g | 4.4 g | 261 mg |

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| Item | Serving Size | Calories | Fat | % Cal. From Fat | Chol. | Protein | Carb. | Fiber | Sodium |
|---------------------------------------|--------------|----------|-------|-----------------|-------|---------|--------|--------|---------|
| Peas & Carrots | 3 oz. | 80 | 0 g | 0% | 0 mg | 5 g | 15 g | 5 g | 21 mg |
| Peas & Pearl Onions ▲ | 1/2 cup | 53 | 0 g | 0% | 0 mg | 3 g | 9 g | 3 g | 72 mg |
| Roasted Cauliflower with Red Onions ▲ | 3 oz. | 35 | 0.7 g | 18% | 0 mg | 1 g | 5.5 g | 1.7 g | 65 mg |
| Seasoned Cabbage ▲ | 4 oz. | 74 | 2 g | 24% | 0 mg | 1 g | 13 g | 0.7 g | 76 mg |
| Sesame Green Beans ▲ | 3 oz. | 38 | 2 g | 47% | 0 mg | 0.5 g | 4.5 g | 0.2 g | 497 mg |
| Spinach ▲ | 1/2 cup | 26 | 0 g | 0% | 0 mg | 3 g | 5 g | 2.8 g | 274 mg |
| Squash ▲ | 1/2 cup | 11 | 0 g | 0% | 0 mg | 0.76 g | 1.5 g | 0.76 g | 203 mg |
| Stewed Tomatoes ▲ | 4 oz. | 68 | 4 g | 53% | 0 mg | 1 g | 7 g | 1.6 g | 262 mg |
| Wax Beans ▲ | 1/2 cup | 19 | 0 g | 0% | 0 mg | 1 g | 4 g | 2 g | 198 mg |
| Yellow Squash ▲ | 1/2 cup | 11 | 0 g | 0% | 0 mg | 0.76 g | 1.5 g | 0.76 g | 203 mg |
| VEGETARIAN DISHES | | | | | | | | | |
| Artichoke & Spinach Pie ▲ | 1 serving | 114 | 6 g | 47% | 0 mg | 5 g | 10 g | 1.6 g | 540 mg |
| Blackened Tofu ▲ | 4 pieces | 95 | 3 g | 28% | 0 mg | 9 g | 8 g | 0.8 g | 41 mg |
| Falafel In A Pita | | | | | | | | | |
| Falafel ▲ | 1 | 256 | 12 g | 42% | 0 mg | 10 g | 27 g | 7 g | 195 mg |
| Pita Bread ▲ | 1 | 165 | 1 g | 5% | 0 mg | 6 g | 33 g | 1.3 g | 322 mg |
| Taziki Sauce ■ | 2 T. | 40 | 3.5 g | 80% | 0 mg | 1 g | 2 g | 0 g | 65 mg |
| Grilled Tofu w/ Snow Peas & Peppers ▲ | 4 oz. | 58 | 2 g | 31% | 0 mg | 4 g | 6 g | 1.1 g | 156 mg |
| Hot & Spicy Tofu Vegetable Stir-Fry ▲ | 4 oz. | 54 | 2 g | 33% | 0 mg | 4 g | 5 g | 0.8 g | 34 mg |
| Tofu Stir-Fry ▲ | 4 oz. | 66 | 2.7 g | 37% | 0 mg | 2.6 g | 6.6 g | 2.8 g | 21 mg |
| Seitan with BBQ Sauce ▲ | 1 oz. | 65 | 1 g | 14% | 0 mg | 2 g | 12 g | 0 g | 164 mg |
| Spinach & Mushroom Fajita Filling ■ | 4 oz. | 103 | 7 g | 61% | 3 mg | 8 g | 8 g | 3 g | 293 mg |
| Flour Tortilla ▲ | 1 | 110 | 2 g | 16% | 0 mg | 3 g | 20.5 g | 0.5 g | 120 mg |
| Vegan Chili ▲ | 8 oz. | 162 | 2 g | 11% | 0 mg | 9 g | 27 g | 6.6 g | 1196 mg |
| Vegan "Meat"balls ▲ | 1 | 35 | 1 g | 26% | 0 mg | 4 g | 3 g | 2 g | 65 mg |
| Vegan Pizza ▲ | 1 slice | 235 | 1.2 g | 5% | 0 mg | 7 g | 49 g | 2.5 g | 493 mg |
| Vegetable Stir-Fry ▲ | 6 oz. | 52 | 0 g | 0% | 0 mg | 3 g | 10 g | 3 g | 241 mg |
| DESSERTS | | | | | | | | | |
| Sugar Free Chocolate Pudding ■ | 1/2 cup | 100 | 4 g | 36% | 0 mg | 1 g | 17 g | 1 g | 200 mg |
| Sugar Free Jell-O ■ | 1/2 cup | 10 | 0 g | 0% | 0 mg | 1 g | 0 g | 0 g | 55 mg |
| Sugar Free Vanilla Pudding ■ | 1/2 cup | 90 | 3.5 g | 35% | 0 mg | 0 g | 14 g | 0 g | 180 mg |
| SHERBET | | | | | | | | | |
| Orange Sherbet ■ | 1 cup | 240 | 2 g | 7% | 10 mg | 0 g | 54 g | 0 g | 90 mg |
| Lemon Sherbet ■ | 1 cup | 240 | 2 g | 7% | 10 mg | 0 g | 54 g | 0 g | 90 mg |
| Red Raspberry Sherbet ■ | 1 cup | 240 | 2 g | 7% | 10 mg | 0 g | 54 g | 0 g | 90 mg |
| Rainbow Sherbet ■ | 1 cup | 240 | 2 g | 7% | 10 mg | 0 g | 54 g | 0 g | 90 mg |
| MISC. | | | | | | | | | |
| Citrus Salsa ▲ | 2 oz. | 50 | 2 g | 36% | 0 mg | 1.7 g | 7.5 g | 1.8 g | 1087 mg |
| Cranberry Sauce ▲ | 2T. | 52 | 0 g | 0% | 0 mg | 0 g | 13.5 g | 0 g | 10 mg |
| Four Fruit Chutney ▲ | 1 T. | 27 | 0.8 g | 27% | 0 mg | 0 g | 5 g | 0.6 g | 79 mg |
| Garlic & Onion Spread ■ | 1 T. | 26 | 0.9 g | 31% | 0 mg | 0.4 g | 4.3 g | 0.5 g | 38 mg |
| Peppercorn Sauce | 2 oz. | 17 | 1 g | 53% | 0 mg | 0 g | 2 g | 0 g | 134 mg |
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