

Items	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Protein (g)	Sodium (mg)	Fiber (g)
Sides:								
Fries , Regular	3oz	160	7	1.5	22	2	270	2
Mashed potatoes	5oz	128	5	1	19	2	381	2
Mozzarella sticks	4 sticks	240	10	6	24	16	840	4
Onion Rings	5 rings	240	13	2	28	3	213	1
Rice	4oz	120	0	0	26	2	0	0
Gravy, Beef	2oz	15	0.5	0	3	0	270	0
Vegetarian Sandwiches:								
Bella Burger	1 each	385	12	5	54	17	922	4
Cheese Quesadilla	1 each	892	54	30	63	38	1133	4
Ciabatta Bella Napoli	1 each	516	21	7	65	21	1409	4
Garden Burger	1 each	374	4	1	61	21	838	7
Grilled Cheese	1 each	416	25	9	35	13	1251	1
Mendocino Grilled Veggie	1 each	369	16	7	42	17	552	6
Vegetable Sub	1 each	475	25	5	55	15	880	5
Grilled Italian Cheese	1 each	405	22	7	38	13	1068	2
Wraps:								
Baja Fajita	1 each	381	11	3	60	10	686	5
Golden Gate	1 each	555	18	5	56	36	1779	4
Holly Wood Hill	1 each	640	27	9	65	34	948	5
Oregon Wood (veg)	1 each	549	17	7	79	19	686	7
San Fernando Valley (veg)	1 each	467	12	4	75	16	573	4
Seattle Sizzler	1 each	749	33	10	82	31	2333	5
Chicken	1 each	777	21	8	106	37	706	5
Chicken sandwiches/Dishes:								
Chicken Carbonara chicken	1 each	701	26	9	152	29	1696	6
Chicken, Avocado and Cheddar Melt	1 each	480	18	8	45	32	796	3
Chicken Buttermilk Ranch	1 each	540	9	2	155	23	1412	6
Chicken Buttermilk Ranch Club	1 each	602	15	4	157	25	1486	7
Chicken Buttermilk ranch, Cordon Blue	1 each	616	13	4	157	31	1997	6
Chicken Buttermilk Ranch, Parmesan	1 each	624	15	6	159	28	1832	6
Flatbread Chicken	1 each	321	15	7	23	22	694	2
Chicken Quesadilla	1 each	765	40	20	64	37	874	5
Meat Sandwiches/Dishes:								
Fried Cod on a Bun	1 each	219	4	1	23	22	343	2
Grilled Tuna and Cheese	1 each	425	18	6	34	29	1203	1
Grilled ham and Cheese	1 each	414	22	7	33	28	1713	1
Hot Beef Sandwich	1 each	403	14	5	50	18	822	3
Hot Turkey Sandwich	1 each	367	8	2	53	20	1742	3
Philly steak sandwich	1 each	491	18	8	51	28	1148	3
Steak Hoagie	1 each	505	25	9	44	26	1011	2
Bear Club Panini	1 each	728	35	13	72	32	1080	5
Poutine	1 each	550	33	15	45	18	900	4

Breakfast:								
Egg	1 egg	71	5	1.5	0	6	147	0
Toast, White	1 slice	80	1	0	15	2	204	1
Toast, Wheat	1 slice	90	1.5	0	17	4	170	2
Ham	2oz	103	5	2	2	10	766	0
Bacon	2 slices	54	5.5	2	0	1	71	0
Sausage	1 each	132	11	3	0	9	290	0
Bacon Breakfast Wrap	1 each	388	23	10	26	19	527	1
Bacon sandwich on bagel	1 each	563	21	10	63	27	933	2
Bacon sandwich on English muffin	1 each	369	21	10	27	19	522	1
Ham sandwich on English muffin	1 each	390	18	8	28	29	1268	1
Ham Sandwich on a bagel	1 each	584	19	9	64	37	1678	2
Ham Breakfast wrap	1 each	409	20	9	26	29	1273	1
Sausage Breakfast Wrap	1 each	466	28	11	26	26	746	1
Sausage Sandwich on Bagel	1 each	641	26	11	63	35	1152	2
Sausage sandwich on English muffin	1 each	447	26	10	27	27	741	1
Breakfast sandwich (no meat) on a bagel	1 each	509	16	8	63	26	862	2
Breakfast sandwich (no meat) on and English Muffin	1 each	315	15	7	27	18	452	1
Breakfast Wrap (no meat)	1 each	334	17	8	26	18	456	1
Hash brown	1 each	120	7	1	15	1	250	1
French toast	3 slices	360	6	3	60	10	585	3