

# Club Café & Deli Nutrition Information

## Simple Saute

	Calories	Total Fat	Saturated	Sodium	Fiber	Protein	Carbs
<b>Protein</b>							
Chicken	125	1g	0g	74mg	0g	26g	0g
1/2 Chicken	62	1g	0g	37mg	0g	13g	0g
Ground Turkey	170	10g	3g	90mg	0g	19g	0g
1/2 Ground Turkey	85	5g	2g	45mg	0g	9g	0g
<b>Starch</b>							
Brown Rice	328	2g	0g	3mg	5g	7g	69g
1/2 Brown Rice	218	2g	0g	2mg	4g	5g	46g
Pasta	318	2g	0g	2mg	4g	12g	62g
1/2 Pasta	212	1g	0g	1mg	2g	8g	41g
Quinoa	350	12g	1g	23mg	10g	26g	41g
1/2 Quinoa	234	8g	1g	16mg	7g	17g	27g
<b>Sauce</b>							
Buffalo	99	5g	2g	1794mg	0g	0g	18g
1/2 Buffalo	66	3g	1g	1196mg	0g	0g	12g
Greek Yogurt Sauce	32	0g	0g	34mg	0g	5g	3g
1/2 Greek Yogurt Sauce	16	0g	0g	17mg	0g	3g	2g
Mango Thai	49	1g	0g	138mg	1g	1g	13g
1/2 Marinara	28	0g	0g	558mg	1g	1g	7g
Salsa	12	0g	0g	87mg	1g	0g	3g
1/2 Salsa	6	0g	0g	44mg	0g	0g	2g
Sesame Peanut	178	15g	2g	393mg	1g	4g	9g
1/2 Sesame Peanut	89	8g	1g	197mg	0g	2g	4g
Sweet Teriyaki	57	0g	0g	615mg	0g	1g	13g
1/2 Sweet Teriyaki	29	0g	0g	308mg	0g	0g	7g
<b>Vegetables</b>							
Broccoli	15	.2g	<.1g	15mg	1.2g	1.3g	3g
1/2 Broccoli	9	.1g	0g	9mg	.8g	.6g	1.8g
Carrots	25	.1g	<.1g	42mg	1.7g	.6g	5.9g
1/2 Carrots	15	0g	0g	25mg	1g	.4g	3.5g
Celery	7	.1g	<.1g	40mg	.8g	.3g	1.7g
1/2 Celery	4	0g	0g	24mg	.6g	.2g	1g
Edamame Beans	188	8.7g	1g	19mg	5.4g	16.6g	14.1g
1/2 Edamame Beans	113	5.2g	.6g	11.4mg	3.2g	9.7g	8.4g
Green Peppers	9	.1g	<.1g	1mg	.8g	.4g	1.2g
1/2 Green Peppers	5	0g	0g	.7mg	.6g	.3g	.7g
Mushrooms	8	.1g	<.1g	2mg	.4g	1.1g	1.2g
1/2 Mushrooms	4.8	0g	0g	1.2mg	.3g	.8g	.7g
Pea Pods	21	.1g	<.1g	2mg	1.3g	1.4g	3.7g
1/2 Pea Pods	13	0g	0g	1.2mg	.9g	.9g	2.2g
Pineapple	21	0g	0g	0mg	<1g	0g	10.8g
1/2 Pineapple	25	0g	0g	0mg	.6g	0g	6.5g
Red Onions	32	0g	0g	3mg	1.5g	1g	7g
1/2 Red Onions	19	0g	0g	2mg	1g	1g	4g
Red Peppers	12	.1g	<.1g	1mg	1g	1g	3g
1/2 Red Peppers	7	0g	0g	1mg	1g	0g	2g
Tomatoes	16	0g	0g	5mg	1g	1g	3g
1/2 Tomatoes	10	0g	0g	3mg	1g	1g	2g
Water Chestnuts	60	0g	0g	9mg	2g	1g	15g
1/2 Water Chestnuts	36	0g	0g	5mg	1g	1g	9g
<b>Dietitian Choice</b>							
Dietitian's	458	18g	2g	432mg	5g	22g	55g

## Beverages

	Calories	Total Fat	Saturated	Sodium	Fiber	Protein	Carbs
12oz Skim Milk	135	0g	0g	195mg	0g	14g	20g
12oz 2% Milk	195	8g	6g	150mg	0g	12g	18g
12oz Chocolate Milk	195	1.5g	1g	147mg	2g	12g	38g
14oz Muscle Milk Pro	240	9g	1.5g	430mg	2g	25g	10g
14oz Oh Yeah Protein	200	6g	1g	350mg	1g	32g	4g
16oz V8 Smoothies	240	0g	0g	190mg	2g	2g	58g
Cali Dreaming Shake	336	1g	0g	94mg	6g	27g	36g
Dietitian Delight Shake	294	1g	0g	155mg	4g	14g	58g
Oreo Protein Shake	646	8g	1g	521mg	1g	41g	95g
Peanut Butter Ban Shal	250	3g	0g	250mg	5g	15g	44g
Spa La La Shake	294	14g	2g	160mg	6g	15g	31g

## Snacks

Almonds Raw 1 oz	169	14.8 g	1.1 g	1mg	3.1 g	6 g	6 g
Apple	60	0g	0g	1mg	4g	0g	21g
Apple Sauce	45	0g	0g	0mg	1g	0g	12g
Baked Lays Chips	130	2g	0g	200mg	2g	2g	26g
Banana	121	0g	0g	1mg	4g	2g	23g
Breakfast Cookie	270	8g	3g	210mg	6g	5g	43g
Caveman Bar	200	11g	1g	65mg	3g	5g	19g
Cottage Cheese 2%	102	2g	1g	459mg	0g	16g	6g
French Fries Small	472	17g	4g	940mg	7g	7g	63g
French Fries Large	661	24g	5g	1320mg	9g	9g	170g
Frozen Yogurt Cone	120	0g	0g	62mg	0g	4g	23g
Fruit & Yogurt Parfait	400	0g	0g	192mg	5g	25g	71g
Fruit Mixed 1/2 Pint	66	0g	0g	6mg	1g	1g	25g
Grapes	52	0g	0g	2mg	1g	0g	8g
Grk Yogurt with Berries	140	0g	0g	50mg	0g	11g	22g
Kind Fruit & Nut Bar	180	11g	2g	30mg	4g	5g	23g
Oh Yeah One Pro Bar	220	7g	5g	140mg	9g	21g	24g
Oh Yeah Protein Bar	340	13g	8g	105mg	2g	28g	33g
Quinoa Bowl	368	7g	1g	62mg	7g	16g	66g
RAC No Bake Pro Bar	194	9g	2g	22mg	2g	7g	25g
Sweet Potato Tots Sm	918	49g	7g	1693mg	10g	6g	114g
Sweet Potato Tots Lg	1468	78g	11g	2709mg	16g	10g	183g

## Wraps

	Calories	Total Fat	Saturated	Sodium	Fiber	Protein	Carbs
Buffalo Wrap	852	43g	10g	2631mg	4g	46g	18g
Chicken Caesar Wrap	974	58g	15g	2478mg	6g	49g	62g
Thai Chicken Wrap	524	15g	5g	1228mg	6g	34g	68g
Turkey Bacon Ranch	811	43g	16g	2595mg	3g	41g	63g

## Grill Sandwiches

Bacon Ched Burger	856	54g	20g	1466mg	2g	39g	51g
Buffalo Chicken Sandwi	882	50g	15g	1816mg	1g	48g	57g
Classic Cheeseburger	706	46g	16g	1068mg	1g	33g	37g
Gr Chicken Sandwich	509	6g	1g	778mg	5g	45g	62g
RAC Veggie Burger	448	7g	1g	778mg	12g	23g	77g
Turkey Burger	337	14g	4g	353mg	6g	30g	24g

## Favorites

Chicken Tenders	627	35g	9g	1549mg	1g	41g	37g
Grilled Cheese	641	33g	13g	1236mg	2g	26g	58g
add Ham	94	3g	2g	1140mg	2g	12g	42g
add Tuna	100	0g	0g	198mg	1g	19g	5g
Quesadilla	738	46g	27g	1365mg	3g	35g	47g
add Chicken	821	47g	27g	1408mg	2g	53g	44g
Quinoa Bowl	368	7g	1g	62mg	7g	16g	66g

## Deli Sandwiches (includes meat, cheese and multigrain bread)

Tuna Sandwich Half	385	14g	3g	904mg	3g	25g	38g
Tuna Sandwich Full	770	27g	6g	1808mg	6g	49g	76g
Turkey Sandwich Half	284	6g	3g	879mg	2g	24g	30g
Turkey Sandwich Full	570	12g	6g	1761mg	4g	49g	60g

## Kids Meals

Cheeseburger	598	23g	8g	1112mg	2g	34g	33g
Chicken Tenders	311	16g	5g	768mg	0g	20g	18g
Cold Deli Plate	571	29g	15g	860mg	3g	36g	41g
Grilled Cheese	459	29g	10g	1129mg	1g	15g	35g
Mac-n-Cheese	310	9g	2g	550mg	2g	11g	45g
Pasta Plate Buttered	281	13g	7g	3mg	2g	7g	35g
Pasta Plate Marinara	207	1g	0g	560mg	3g	8g	42g

## Salads

Caesar Salad	564	48	12g	1440mg	4g	17g	17g
add Chicken	187	4g	1g	84mg	0g	35g	0g
Thai Chicken Salad	536	22g	5g	746mg	6g	41g	47g