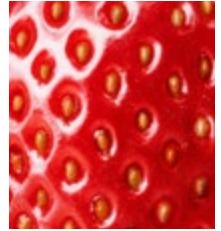




The information contained here is based on our standard serving sizes. Our nutritional content may vary because of variations in portion size or recipes, changes in growing seasons, or differences in the source of our ingredients. We periodically update this information. Occasionally we will also test new dishes, recipes, or suppliers and may not be able to reflect these changes within this guide. Nutrition facts provided about our standard menu items are based on Café Zupas' standardized recipes, representative values provided by suppliers, analysis using industry standard software, published resources, and are expressed in values based on federal rounding and other applicable regulations.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



**ALLERGEN
NOTICE**

GLUTEN

Even with strict adherence toward maintaining clean and organized kitchens, we have too much wheat and gluten present to be able to eliminate the cross-contamination on our equipment and food preparation areas. If you are highly allergic or intolerant to gluten, we ask you to exercise judgment regarding your individual needs.

OTHER FOOD ALLERGIES

Because we also offer many unique flavors, not every ingredient we use is listed in our menu descriptions. At any given time we may have peanuts, tree nuts, soy, milk, eggs, fish, shellfish, wheat, and gluten in our kitchens. There may be cross contact with your food because of shared cooking and preparation equipment with any of these products.

	Total Calories (cal)		Calories from Fat (fat cal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
GOOD LIFE BOWLS																						
Golden Curry Bowl	750		414		46		29		0		55		920		62		6		6		22	
Korean Kick Bowl	630		243		27		3.5		0		75		1250		72		7		21		27	
Korean Kick Bowl without dressing	520		153		17		3		0		75		1040		67		7		18		27	
Mediterranean Bowl	700		351		39		9		0		80		1090		62		10		10		30	
Mediterranean Bowl without dressing	570		234		26		8		0		80		1010		57		10		6		30	
Nourish Bowl	610		288		32		4.5		0		70		800		57		6		12		25	
Nourish Bowl without dressing	450		135		15		3.5		0		70		710		55		6		9		25	
Power Bowl 🌱	570		333		37		9		0		295		1290		20		7		4		38	
Power Bowl without dressing 🌱	470		240		27		8		0		290		1080		8		7		4		38	
Southwest Avocado Bowl	700		324		36		6		0		70		840		70		12		7		29	
Southwest Avocado Bowl without dressing	590		207		23		5		0		70		810		69		12		7		29	

	Total Calories (cal)		Calories from Fat (fat cal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
SOUPS	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large
Chicken Enchilada Chili 🌱	180	360	90	180	12	23	4.5	9	0	0	50	95	910	1820	11	22	2	3	2	5	6	13
Chicken Noodle	130	260	25	50	3	6	.5	1	0	0	35	70	950	1900	16	33	1	3	1	3	9	19
Chickpea & Vegetable 🌱🌱	60	120	15	30	1.5	3.5	0	0	0	0	0	0	830	1650	9	18	2	3	3	6	2	4
Golden Curry Soup	380	760	306	612	34	68	28	57	0	0	15	25	390	770	13	25	1	2	2	4	4	7
Lobster Bisque 🌱	350	700	290	590	35	69	23	45	0	0	135	270	730	1470	10	21	1	3	3	5	3	5
Mushroom Bisque 🌱🌱	250	500	200	390	23	46	15	30	0	0	85	165	760	1530	10	20	1	2	3	7	2	4
Southwest Potato & Green Chili	280	560	210	420	25	49	15	30	0	0	90	185	760	1520	15	30	2	3	2	4	3	6
Tomato Basil 🌱	280	560	200	400	23	47	10	20	0	0	55	110	1090	2180	18	37	2	3	12	23	2	4
The "Chris" Creamy Tomato Soup 🌱🌱	330	660	140	270	27	54	14	29	0	0	80	160	860	1720	14	27	1	2	6	13	5	10
Wisconsin Cauliflower 🌱🌱	430	860	360	720	43	86	26	53	0	0	170	340	520	1040	6	13	0	1	1	1	6	12

	Total Calories (cal)		Calories from Fat (fat cal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
SALADS	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large
Avocado Caesar Salad	320	510	198	279	22	31	4.5	8	0	0	45	85	740	1340	11	20	2	3	1	2	16	33
Avocado Caesar Salad without dressing	170	370	72	153	8	17	2.5	6	0	0	40	80	560	1160	9	18	1	3	1	2	16	32
BBQ Chicken	340	430	162	198	18	22	3	4	0	0	25	70	690	1080	35	38	4	5	17	18	9	20
BBQ Chicken without dressing	230	330	72	108	8	12	1.5	2.5	0	0	20	65	540	920	33	36	4	5	17	17	8	19
California Cobb with Ranch Dressing 🥗	280	430	189	261	21	29	5	8	0	0	90	180	660	1200	9	12	2	3	3	4	13	29
California Cobb with Fresh Herb Vinaigrette	330	480	225	297	25	33	4.5	7	0	0	80	175	570	1110	12	16	3	4	6	7	15	31
California Cobb without dressing 🥗	170	320	90	171	10	19	3.5	6	0	0	80	175	510	1040	7	11	2	3	2	4	12	28
Chipotle Glazed Chicken	390	500	189	234	21	26	5	6	0	0	40	80	910	1300	38	41	5	6	20	20	12	23
Chipotle Glazed Chicken without dressing	290	400	99	144	11	16	3.5	5	0	0	35	75	710	1090	36	40	5	6	19	19	12	23
Mango Berry 🥭	190	220	90	90	10	10	1	1	0	0	0	0	115	130	23	30	2	4	19	23	3	3
Mango Berry without dressing 🥭	80	110	23	23	2.5	2.5	0	0	0	0	0	0	35	45	14	21	2	4	11	15	2	3
Nuts About Berries 🥜	230	260	135	135	15	15	1	1	0	0	0	0	65	75	22	30	3	6	18	21	2	3
Nuts About Berries without dressing 🥜	80	110	23	23	2.5	2.5	0	0	0	0	0	0	35	45	13	20	3	6	9	12	2	3
Strawberry Harvest	300	380	153	171	17	19	3.5	3.5	0	0	25	60	330	640	26	30	4	5	19	21	11	22
Strawberry Harvest without dressing	180	260	72	81	8	9	3	3	0	0	25	60	280	590	18	23	3	4	13	15	9	20

	Total Calories (cal)		Calories from Fat (fat cal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
SANDWICHES	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white
BBQ Brisket	700	710	351	360	39	40	7	8	0	0	40	40	1550	1580	68	69	5	4	13	13	19	18
Brisket Grilled Cheese	670	670	351	351	39	39	13	13	0	0	75	75	1270	1300	51	52	3	2	1	1	26	24
Ham & Provolone	640	640	315	315	35	35	7	7	0	0	60	60	1170	1200	53	24	4	3	2	2	23	22
Honey Bacon Club	590	650	270	290	30	32	8	9	0	0	50	50	1520	1650	53	61	2	2	12	12	22	23
Italian Club	820	820	486	486	54	54	11	11	0	0	65	65	1680	1710	54	55	4	3	2	2	21	20
Mediterranean Chicken	740	750	378	387	42	43	7	7	0	0	60	60	1190	1220	67	68	8	7	4	4	23	22
Pesto Chicken	670	730	370	390	40	42	9	10	0	0	70	70	1140	1270	46	54	3	3	3	3	26	27
Turkey Avocado Club	590	650	260	280	30	32	8	8	0	0	55	55	1490	1620	52	60	5	5	7	7	25	26
Turkey Bacon Avocado	580	640	260	280	29	31	8	9	0	0	55	55	1490	1620	51	59	5	5	7	7	25	26
Ultimate Grilled Cheese	610	670	360	380	39	41	12	12	0	0	50	50	880	1010	44	52	2	2	3	3	16	17
Veggie Crispy Chick'n 🥬	770	830	290	310	45	47	8	9	0	0	10	10	1060	1190	66	74	10	10	3	3	25	56
Veggie Crunch 🥬	650	660	342	351	38	39	5	6	0	0	15	15	820	850	66	67	8	7	4	4	13	12

	Total Calories (cal)		Calories from Fat (fat cal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
GREENS	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large
Baby Arugula	10	15	0	0	0	0	0	0	0	0	0	0	10	15	1	2	<1	<1	<1	1	<1	2
Baby Butter Lettuce Blend	10	15	0	0	0	0	0	0	0	0	0	0	40	65	2	2	0	0	1	1	1	1
Mixed Greens	10	15	0	0	0	0	0	0	0	0	0	0	20	25	2	2	1	1	0	1	1	1

	Total Calories (cal)		Calories from Fat (fat cal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
PROTEIN																						
Sliced Avocado	10		9		1		0		0		0		0		<1		0		0		1	
Smoked Brisket	140		99		11		4		0		35		450		2		0		0		10	
Cage-Free Egg	60		36		4		1.5		0		180		65		0		0		0		6	
All-Natural Grilled Chicken	30		13		0.5		0		0		15		150		<1		0		0		5	
All-Natural Roasted Chicken	45		18		2		1		0		20		190		<1		0		0		5	

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
DESSERTS/SPREADS											
Balsamic Vinaigrette	160	153	17	1	0	0	90	4	0	3	0
BBQ Sauce	60	0	0	0	0	0	240	15	0	13	0
Buttermilk Ranch Dressing	110	90	10	1.5	0	5	250	2	0	< 1	< 1
Cafe Zupas Sauce	150	99	11	1.5	0	5	130	9	0	8	0
Chipotle Ranch Dressing	110	90	10	1.5	0	5	240	2	0	< 1	< 1
Fresh Herb Vinaigrette	160	144	16	1	0	0	100	6	0	6	0
Ginger Peanut Dressing	110	90	10	1	0	0	220	5	0	4	<1
Honey Cilantro Glaze	60	0	0	0	0	0	390	17	0	15	0
Italian Spread	210	189	21	3	0	10	160	3	0	0	0
Lemon Oregano Vinaigrette	140	126	14	1	0	0	85	5	0	4	0
Mango Yogurt Dressing	100	63	7	0.5	0	0	40	8	0	8	< 1
Mayo Spread	210	189	21	3	0	10	150	2	0	0	0
Pesto Spread	200	180	20	3	0	10	160	2	0	0	0
Poppyseed Dressing	160	117	13	1	0	0	30	10	0	10	0
Red Pepper Hummus	80	54	6	0	0	0	105	4	3	0	2
Roasted Tomatillo Vinaigrette	110	108	12	1	0	0	25	1	0	0	0
Secret Sauce	160	126	14	2	0	5	180	6	0	4	0
Spicy Spread	210	189	21	3	0	10	160	2	0	0	0
Strawberry Champagne Vinaigrette	130	81	9	0.5	0	0	55	11	0	11	0
Sweet Chili BBQ Sauce	45	0	0	0	0	10	290	11	0	9	0
White BBQ Sauce	200	180	20	3	0	10	140	2	0	0	0

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SALAD/BOWL TOPPINGS											
Applewood-Smoked Bacon	40	25	3	1	0	10	160	0	0	0	3
Baby Cucumbers	2	0	0	0	0	0	0	0	0	0	0
Basmati Rice	90	18	2	0	0	0	230	16	0	0	2
Black Beans	10	0	0	0	0	0	30	2	1	0	1
Black Olives	20	15	1.5	0	0	0	65	0	0	0	0
Blueberries	5	0	0	0	0	0	0	2	0	1	0
Cage-Free Eggs	35	20	2.5	1	0	85	30	0	0	0	3
Diced Mango	10	0	0	0	0	0	0	3	0	3	0
Diced Red Onions	4	0	0	0	0	0	0	1	0	0	0
Edamame	20	10	1	0	0	0	0	1	1	0	2
Fire-Roasted Corn	20	0	0	0	0	0	0	4	1	1	1
Goat Cheese	25	18	2	1	0	10	25	0	0	0	2
Grape Tomatoes	5	0	0	0	0	0	0	1	0	1	0
Microgreens	0	0	0	0	0	0	0	0	0	0	0
Mixed Berries [Raspberries & Blackberries]	30	0	0	0	0	0	0	7	3	3	1
Red Pepper Hummus	80	54	6	0	0	0	105	4	3	0	2
Roasted Cauliflower	10	5	0.5	0	0	0	10	<1	0	0	0
Roasted Sweet Potatoes	80	72	8	0.5	0	0	10	2	0	0	0
Shredded Cheddar Cheese	50	40	4.5	2.5	0	10	85	0	0	0	3
Shredded Fontina Cheese	30	20	3	2	0	10	60	0	0	0	2
Shaved Parmesan Cheese	40	20	2	2	0	0	115	0	0	0	4
Sliced Apples	10	0	0	0	0	0	0	3	<1	2	0
Sliced Grapes	25	0	0	0	0	0	0	6	0	5	0
Sliced Strawberries	10	0	0	0	0	0	0	2	0	1	0
Sugar Snap Peas	4	0	0	0	0	0	0	1	0	0	0
Tri-Color Peppers	3	0	0	0	0	0	0	0	0	0	0
Tzatziki	50	40.5	4.5	4	0	0	75	2	0	1	1
Wild Rice Blend	80	0	0	0	0	0	0	16	<1	0	2

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
DRY TOPPINGS											
Candied Pecans	40	32	3.5	0	0	0	25	3	0	3	0
Chopped Cashews	50	35	4.5	.5	0	0	60	3	0	1	2
Chopped Pistachios	20	14	1.5	0	0	0	0	0	0	0	1
Cinnamon Almonds	45	20	2.5	0	0	0	15	6	0	5	1
Crispy Chickpeas	45	13.5	1.5	0	0	0	25	6	1	0	2
Dried Cranberries	35	0	0	0	0	0	0	9	1	7	0
Pumpkin Seeds	45	30	4	.5	0	0	0	2	1	0	2
Sliced Almonds	45	35	4	0	0	0	0	1	1	0	2
Tortilla Strips	90	40	4.5	.5	0	0	0	10	2	0	1

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SOUP MIX-INS											
All-Natural Grilled Chicken	45	15	1.5	0	0	20	115	0	0	0	7
Applewood-Smoked Bacon	40	25	3	1	0	10	160	0	0	0	3
Crispy Onions	60	45	4.5	0	0	0	40	5	0	0	0
Goat Cheese	35	25	3	2	0	10	35	1	0	0	2
Oyster Crackers	64	23	2.6	0	0	0	140	9	1	0	1
Rotini Noodles	80	15	2	0	0	15	0	13	1	0	2
Shaved Parmesan Cheese	40	20	2	2	0	0	115	0	0	0	4
Shredded Cheddar Cheese	50	40	4.5	2.5	0	10	85	0	0	0	3
Shredded Fontina Cheese	30	20	3	2	0	10	60	0	0	0	2
Sliced Avocado	70	60	7	1	0	0	0	4	3	0	1
Sour Cream	40	35	4	2.5	0	15	30	1	0	1	1
Tortilla Strips	90	40	4.5	.5	0	0	0	10	2	0	1

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SANDWICH ADD-ONS											
Applewood-Smoked Bacon	40	25	3	1	0	10	160	0	0	0	3
Sliced Avocado	70	60	7	1	0	0	0	4	3	0	1
Sliced Cheddar Cheese	80	63	7	4	0	20	135	1	0	0	4
Sliced Ham	15	9	.5	0	0	5	170	<1	0	<1	2
Sliced Muenster Cheese	80	54	6	4	0	20	150	0	0	0	5
Sliced Smoked Gouda	80	45	5	4	0	15	290	1	0	0	5
Sliced Tomatoes	0	0	0	0	0	0	0	<1	0	0	0
Sliced Turkey	15	0	0	0	0	5	135	0	0	0	3

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
DESSERTS											
Caramel Rockslide Brownie	550	310	35	15	.5	105	230	56	2	42	5
Chocolate-Dipped Cookie	210	81	9	6	0	-5	135	31	<1	19	3
Chocolate-Dipped Strawberry	45	20	2	2	0	0	0	7	1	6	1
Chocolate Mousse Cake	630	400	44	22	0	120	570	57	2	41	5
Crème Brûlée Cheesecake	350	220	24	14	0	105	260	28	2	19	5
Crispy Marshmallow Bar	450	130	14	11	0	20	320	69	1	50	5
Salted Caramel Crème Brûlée	420	290	34	23	0	130	110	31	0	25	2

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CHIPS & BREAD											
Lays® Oven Baked Original	140	35	4	.5	0	0	180	25	2	3	2
Miss Vickie's Sea Salt & Vinegar	210	110	12	1.5	0	0	230	23	2	2	2
Miss Vickie's Smokehouse BBQ	210	100	12	2	0	0	200	23	2	2	2
Fresh Baguette Bread	130	0	0	0	0	0	320	26	0	0	4

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
KIDS MEALS											
Chicken Strips	200	110	12	3	0	45	520	10	2	0	13
Fresh Fruit Cup 	35	0	0	0	0	0	0	9	1	7	0
Grilled Cheese-Ancient Grain 	410	180	19	8	0	35	690	41	2	2	16
Grilled Cheese-Italian Ciabatta 	470	200	21	9	0	35	820	49	2	2	17
Kid's Soup-Chicken Enchilada Chili 	130	70	9	3.5	0	35	680	8	1	2	5
Kid's Soup-Chicken Noodle	110	20	2.5	.5	0	30	710	16	1	1	8
Kid's Soup-Chickpea & Vegetable  	35	10	1	0	0	0	500	5	1	2	1
Kid's Soup-Lobster Bisque 	260	220	26	17	0	100	550	8	1	2	2
Kid's Soup-Mushroom Bisque  	190	150	17	11	0	65	570	8	1	3	2
Kid's Soup-Southwest Potato & Green Chili	210	160	19	11	0	70	570	11	1	1	2
Kid's Soup-Tomato Basil  	210	150	18	7	0	40	820	14	1	9	2
Kid's Soup-Wisconsin Cauliflower 	320	270	32	20	0	130	390	5	0	1	5

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BOTTLED/CANNED DRINKS											
Vitamin Water® Zero Squeezed™ [20 oz]	0	0	0	0	0	0	0	5	0	0	0
Vitamin Water® Zero XXX™ [20 oz]	0	0	0	0	0	0	0	4	0	0	0
Vitamin Water® Zero Rise™ [20 oz]	0	0	0	0	0	0	0	4	0	0	0
Gold Peak® Sweet Tea [18.5 oz]	190	0	0	0	0	0	0	48	0	48	0
Gold Peak® Unsweetened Tea [18.5 oz]	0	0	0	0	0	0	0	0	0	0	0
Smartwater® [20 oz]	0	0	0	0	0	0	0	0	0	0	0
Milk 2% [8 oz]	120	45	5	3	0	20	115	12	0	12	8
Coke® [12 oz can]	140	0	0	0	0	0	45	39	0	39	0
Diet Coke® [12 oz can]	0	0	0	0	0	0	40	0	0	0	0
Sprite® [12 oz can]	140	0	0	0	0	0	65	38	0	38	0

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
FOUNTAIN DRINKS						Nutritional information based on standard 16oz serving with 1/3 cup ice.					
Barq's Root Beer®	190	0	0	0	0	0	60	48	0	48	0
Cherry Coke®	190	0	0	0	0	0	45	46	0	46	0
Coca-Cola Classic®	180	0	0	0	0	0	40	44	0	44	0
Coke Zero Sugar®	0	0	0	0	0	0	45	0	0	0	0
Diet Coke®	0	0	0	0	0	0	55	0	0	0	0
Diet Dr. Pepper®	0	0	0	0	0	0	75	0	0	0	0
Dr. Pepper®	190	0	0	0	0	0	75	51	0	94	0
Fresca®	0	0	0	0	0	0	15	39	0	39	0
Gold Peak® Unsweetened Tea	0	0	0	0	0	0	0	0	0	0	0
Hi-C Flashin' Fruit Punch®	170	0	0	0	0	0	80	47	0	47	0
Minute Maid® Light Lemonade	10	0	0	0	0	0	45	2	0	0	0
Powerade® Mountain Blast	100	0	0	0	0	0	125	24	0	24	0
Sprite®	160	0	0	0	0	0	75	40	0	40	0
Vitamin Water XXX® Pomegranate Acai Blueberry	0	0	0	0	0	0	45	1	0	0	0

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
HOUSE-MADE DRINKS						Nutritional information based on standard 16oz serving with 1/3 cup ice.					
Raspberry Citrus Infusion	110	0	0	0	0	0	20	30	0	28	0
Orange Berry Infusion	100	0	0	0	0	0	15	28	0	26	0
Mango Mojito Mocktail	60	0	0	0	0	0	20	17	0	15	0
Sunshine Shot	200	0	0	0	0	0	25	47	0	24	0

	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CATERED ITEMS											
Good Life Bowls	[see individual bowls for nutrition information]										
Salads	[see individual salads for nutrition information]										
Sandwiches	[see individual sandwiches for nutrition information]										
Soups	[see individual soups for nutrition information]										
Box Lunches	Combinations vary [see individual items for nutrition information]										
Desserts	[see individual desserts for nutrition information]										
Fresh Berry Tray [serving size 5 oz]	60	0	.5	0	0	0	0	14	5	8	1

	Total Calories (cal)		Calories from Fat (fat cal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
SEASONAL SANDWICHES	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white	wheat	white
Turkey Cranberry Brie	510	520	171	180	19	20	7	7	0	0	45	45	1300	1330	65	66	4	3	12	12	22	21
Turkey Cranberry	500	500	162	162	18	18	6	6	0	0	45	45	1140	1170	60	61	4	3	11	11	22	21
SEASONAL SOUPS	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large	half	large
Pumpkin Chorizo	260	520	180	360	20	40	12	23	0	0	75	150	990	1970	16	32	3	7	3	7	5	10


 VEGETARIAN


 KETO/LOW-CARB

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