



Baked Goods	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Apple Muffin	1	1 muffin	661	28	6	0	71	527	97	2	59	6
Banana Nut Muffin	1	1 muffin	697	36	6	0	71	512	86	3	44	7
Blueberry Muffins	1	1 muffin	481	22	3	0	71	449	66	2	37	5
Cherry Pecan Muffin	1	1 muffin	691	36	6	0	71	518	83	3	47	7
Double Chocolate Muffin	1	1 muffin	659	33	10	0	67	518	88	4	61	8
Gluten Free Apple Muffin	1	1 muffin	299	10	1	0	39	478	43	4	26	3
Lemon Poppy Seed Muffin	1	1 muffin	474	22	3	0	71	448	64	1	37	5
Pumpkin Cream Cheese Muffin	1	1 muffin	652	28	6	0	73	368	96	10	62	9
Pumpkin Muffin	1	1 muffin	550	21	2	0	52	306	88	10	53	8
Pumpkin Pecan Muffin	1	1 muffin	603	25	2	0	52	308	91	10	56	9
Raspberry Muffin	1	1 muffin	479	22	3	0	71	448	65	1	34	5
Apple Turnover	1	1 turnover	749	38	14	0	0	429	97	1	52	5
Bavarian Cream Turnover	1	1 turnover	762	46	17	0	0	390	81	2	32	5
Blueberry Turnover	1	1 turnover	752	38	14	0	0	291	97	2	50	6
Cherry Turnover	1	1 turnover	736	38	14	0	0	298	92	2	44	6
Peach Turnover	1	1 turnover	747	38	14	0	0	290	96	1	42	6
Raspberry Turnover	1	1 turnover	739	38	14	0	0	290	93	1	42	6
Butterscotch Oatmeal Cookies	1	1 cookie	480	21	11	0	29	373	69	2	36	6
Cherry Oatmeal Cookies	1	1 cookie	462	18	8	0	29	365	71	3	35	5
Chocolate Chip Cookies	1	1 cookie	510	25	15	0	70	323	72	3	44	5
Chocolate Chunk Pecan Cookie	1	1 cookie	557	32	17	0	63	347	64	5	35	7
Frosted Sugar Cookie	1	1 cookie	686	30	8	0	22	278	101	1	69	4
Gluten Free Cowboy Cookie	1	1 cookie	357	18	9	0	36	282	47	4	30	4
Peanut Butter Chocolate Chip Cookie	1	1 cookie	540	29	10	0	24	414	64	3	42	9
Peanut Butter Cookie	1	1 cookie	521	28	9	0	26	455	60	2	38	9
Sugar Cookie (no frosting)	1	1 cookie	492	29	7	0	22	246	54	1	23	4
White Chocolate Macadamia Nut Cookie	1	1 cookie	475	25	15	0	56	340	60	1	40	6



Baked Goods	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Banana Nut Bread	8	1 slice	397	20	3	0	45	312	50	2	25	4
Cherry Pecan Bread	8	1 slice	371	19	3	0	43	301	45	1	25	4
Lemon Poppy Seed Bread	8	1 slice	301	14	2	0	44	282	41	1	24	3
Pumpkin Bread	8	1 slice	382	15	1	0	36	213	61	7	37	6
Pumpkin Pecan Bread	8	1 slice	300	12	1	0	27	160	47	5	29	4
Apple Dumpling	2	1/2 dumpling	767	43	17	0	5	400	87	2	38	5
Apple Dumpling w/ Pecans	2	1/2 dumpling	821	47	17	0	5	400	91	3	41	5
Brownie w/ Fudge Icing	1	1 brownie	965	49	28	0	145	270	130	7	104	8
Brownie w/ Fudge Icing & Pecans	1	1 brownie	992	51	28	0	145	270	130	7	104	8
Brownie w/ Powdered Sugar	1	1 brownie	811	41	25	0	146	219	109	6	85	10
Carrot Cake Slice	8	1 slice	718	33	7	0	50	472	98	4	70	6
Caramel Pecan Roll	1	1 roll	413	17	5	0	15	275	57	2	34	5
Cinnamon Roll w/ Cream Cheese Icing	2	1/2 roll	646	15	9	0	29	334	124	10	100	4
Cinnamon Roll w/ Maple Icing	2	1/2 roll	594	11	7	0	29	280	121	1	98	4
Death by Chocolate Cake	8	1 slice	828	39	15	0	75	690	117	5	88	8
Fruit Bar	2	1/2 bar	552	29	12	0	0	278	67	2	31	4
Gluten Free Brownie	1	1 brownie	476	27	15	0	92	381	54	6	36	8
Goody Bar	1	1 bar	874	45	25	0	35	319	110	6	82	12
Lemon Bar	1	1 bar	779	28	12	0	131	435	426	1	95	8
Peanut Butter Bar	1	1 bar	1,198	62	19	0	0	535	146	10	103	27
Peanut Butter Cup	1	1 each	666	36	13	0	25	470	76	4	52	8
Pie Swirls	1	1 swirl	126	9	4	0	3	75	11	0	3	1
Pumpkin Bar	1	1 bar	597	28	6	0	54	436	83	2	62	4
Rice Krispy Treat	1	1 bar	565	18	11	0	49	470	93	0	38	5
Turtle Bar	1	1 bar	946	46	18	0	109	947	123	2	81	11
Bailey's Cheesecake	10	1 slice	580	39	21	0	149	409	45	1	28	8
Blueberry Swirl Cheesecake	10	1 slice	561	38	22	0	147	395	48	1	34	8
CC Topped Cheesecake	10	1 slice	804	50	27	0	163	528	77	2	51	11
Cherry Swirl Cheesecake	10	1 slice	557	38	22	0	147	396	46	1	33	8
Chocolate Chip Cheesecake	10	1 slice	653	44	26	0	153	408	58	2	42	10



Baked Goods	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Chocolate Peppermint Cheesecake	10	1 slice	684	48	26	0	177	423	54	2	35	9
Key Lime Cheesecake	10	1 slice	588	36	20	0	267	363	56	1	43	11
Oreo Cheesecake	10	1 slice	692	45	22	0	154	515	61	2	29	9
Pie Topped Cheesecake	10	1 slice	805	50	27	0	163	528	78	2	51	11
Plain Cheesecake	10	1 slice	572	40	23	0	163	426	45	1	31	9
Pumpkin Cheesecake	10	1 slice	537	32	18	0	125	402	56	7	38	10
Raspberry Swirl Cheesecake	10	1 slice	548	37	22	0	147	394	44	1	31	8
Strawberry Swirl Cheesecake	10	1 slice	557	37	22	0	147	395	46	1	33	8
Turtle Cheesecake	10	1 slice	714	47	24	0	165	450	62	2	44	10
Ultimate Chocolate Cheesecake	10	1 slice	683	48	26	0	154	404	55	3	35	9



Beverages	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
16 oz. Cappuccino w/Whole Milk	1	16 oz.	179	10	6	0	41	144	15	0	13	10
16 oz. Cappuccino w/2% Milk	1	16 oz.	156	6	4	0	24	156	15	0	14	10
16 oz. Cappuccino w/Skim Milk	1	16 oz.	108	0	0	0	6	156	16	0	14	10
16 oz. Cappuccino w/Soy Milk	1	16 oz.	127	4	1	0	0	127	13	1	10	8
16 oz. Chai w/ Soy Milk	1	16 oz.	295	6	3	0	0	157	54	1	46	6
16 oz. Chai w/2% Milk	1	16 oz.	331	8	5	0	34	179	57	0	50	8
16 oz. Chai w/Skim Milk	1	16 oz.	280	2	2	0	5	180	56	0	49	8
16 oz. Chai w/Whole Milk	1	16 oz.	337	10	7	0	33	170	55	0	48	8
16 oz. Coffee	1	16 oz..	43	2	1	0	0	18	6	0	6	0
16 oz. Hot Chocolate w/Skim Milk	1	16 oz.	334	3	2	0	8	237	63	2	55	14
16 oz. Hot Chocolate w/Soy Milk	1	16 oz.	360	9	3	0	0	197	59	3	50	11
16 oz. Hot Chocolate w/2% Milk	1	16 oz.	400	11	7	0	33	237	62	2	55	14
16 oz. Hot Chocolate w/Whole Milk	1	16 oz.	433	16	11	0	58	220	62	2	54	14
16 oz. Iced Cappuccino w/ Skim Milk	1	16 oz.	84	0	0	0	4	94	14	0	13	6
16 oz. Iced Cappuccino w/2% Milk	1	16 oz.	112	4	2	0	14	94	14	0	13	6
16 oz. Iced Cappuccino w/Whole Milk	1	16 oz.	126	6	4	0	25	87	14	0	12	6
16 oz. Iced Cappuccino w/Soy Milk	1	16 oz.	95	3	0	0	0	77	13	1	11	5
16 oz. Latte w/2% Milk	1	16 oz.	156	6	4	0	24	156	15	0	14	10
16 oz. Latte w/Soy Milk	1	16 oz.	127	4	1	0	0	127	13	1	10	8
16 oz. Latte w/Whole Milk	1	16 oz.	179	10	6	0	41	144	15	0	13	10
16 oz. Mocha w/ Whole Milk	1	16 oz.	402	12	8	0	41	173	66	2	56	11
16 oz. Mocha w/2% Milk	1	16 oz.	379	9	6	0	24	185	66	2	57	11
16 oz. Mocha w/Skim Milk	1	16 oz.	331	3	3	0	6	185	67	2	57	11
16 oz. Mocha w/Soy Milk	1	16 oz.	350	7	3	0	0	156	65	4	53	9
16 oz. SF Iced Cappuccino w/ Skim	1	16 oz.	66	0	0	0	4	97	10	0	9	6
16 oz. SF Iced Cappuccino w/ Whole	1	16 oz.	108	6	4	0	25	90	9	0	8	6
16 oz. SF Iced Cappuccino w/2% Milk	1	16 oz.	94	4	2	0	14	97	9	0	9	6
16 oz. SF Iced Cappuccino w/ Soy	1	16 oz.	77	3	0	0	0	80	8	1	6	5
16 oz. Latte w/Skim Milk	1	16 oz.	108	0	0	0	6	156	16	0	14	10
20 oz. Cappuccino w/Skim Milk	1	20 oz.	151	0	0	0	8	217	22	0	20	13
20 oz. Cappuccino w/Soy Milk	1	20 oz.	177	6	1	0	0	177	18	2	14	11
20 oz. Cappuccino w/Whole Milk	1	20 oz.	250	13	8	0	58	200	20	0	18	13
20 oz. Cappuccino w/2% Milk	1	20 oz.	217	8	5	0	33	217	20	0	20	13
20 oz. Chai w/2% Milk	1	20 oz.	414	10	6	0	43	223	71	0	62	10



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20 oz. Chai w/Skim Milk	1	20 oz.	344	2	2	0	6	225	69	0	61	10
20 oz. Chai w/Soy Milk	1	20 oz.	363	6	3	0	0	196	67	1	57	8
20 oz. Chai w/Whole Milk	1	20 oz.	415	12	8	0	41	213	68	0	60	10
20 oz. Coffee	1	20 oz.	58	3	1	0	0	25	8	0	8	0
20 oz. Hot Chocolate w/2% Milk	1	20 oz.	515	13	9	0	40	293	83	2	74	17
20 oz. Hot Chocolate w/Skim Milk	1	20 oz.	435	3	3	0	10	293	85	2	74	17
20 oz. Iced Cappuccino w/ 2%	1	20 oz.	174	6	4	0	24	156	19	0	19	10
20 oz. Iced Cappuccino w/Soy	1	20 oz.	145	4	1	0	0	127	18	1	15	8
20 oz. Iced Cappuccino w/Whole Milk	1	20 oz.	197	10	6	0	41	144	19	0	18	10
20 oz. Latte w/2% Milk	1	20 oz.	217	8	5	0	33	217	20	0	20	13
20 oz. Latte w/Skim Milk	1	20 oz.	151	0	0	0	8	217	22	0	20	13
20 oz. Latte w/Soy Milk	1	20 oz.	177	6	1	0	0	177	18	2	14	11
20 oz. Latte w/Whole Milk	1	20 oz.	250	13	8	0	58	200	20	0	18	13
20 oz. Mocha w/2% Milk	1	20 oz.	522	12	8	0	33	258	93	3	80	15
20 oz. Mocha w/Skim Milk	1	20 oz.	456	3	3	0	8	258	94	3	80	15
20 oz. Mocha w/Soy Milk	1	20 oz.	482	9	4	0	0	218	90	5	74	13
20 oz. Mocha w/Whole Milk	1	20 oz.	555	17	11	0	58	241	93	3	78	15
20 oz. SF Iced Cappuccino w/ Skim	1	20 oz.	108	0	0	0	6	159	16	0	14	10
20 oz. SF Iced Cappuccino w/ Whole	1	20 oz.	179	10	6	0	41	147	15	0	13	10
20 oz. SF Iced Cappuccino w/2%	1	20 oz.	156	6	4	0	24	159	15	0	14	10
20 oz. SF Iced Cappuccino w/Soy	1	20 oz.	127	4	1	0	0	130	13	1	10	8
Americano	1	10 oz.	2	0	0	0	0	8	1	0	0	0
Choice of Coffee Syrup	1	1 shot	18	0	0	0	0	0	5	0	5	0
Choice of Sugar Free Coffee Syrup	1	1 shot	0	0	0	0	0	3	0	0	0	0



Breakfast	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Bacon, Egg and Cheese Breakfast Sandwich	1	1 sandwich	983	64	18	0	495	1,540	68	6	1	37
Egg and Cheese Breakfast Sandwich	1	1 sandwich	880	56	15	0	379	1,240	66	6	1	31
Fresh Fruit Cup	1	1 cup	72	0	0	0	0	25	18	2	16	1
Ham & Cheese Scramble Wrap	1	1 wrap	444	24	10	0	361	832	32	1	2	25
Ham, Egg & Cheese Breakfast Sandwich	1	1 sandwich	933	59	16	0	401	1,745	66	6	1	38
Sausage & Red Pepper Scramble Wrap	1	1 wrap	562	34	14	0	485	1,100	36	1	2	27
Whole Grain Oatmeal	1	1 bowl	300	9	1	0	3	263	38	5	9	6
Yogurt Parfait with Granola	1	1 parfait	273	3	2	0	12	117	42	2	34	9



Dressings & Sides	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Au Jus	1	3 oz.	0	0	0	0	0	600	0	0	0	0
Add Baked Chicken Breasts	1	3.5 oz	139	6	1	0	60	630	0	0	0	22
Balsamic Vinaigrette	1	3 oz.	289	30	5	0	0	659	6	0	5	0
Blueberry Applesauce	1	1 serving	62	0	0	0	0	6	15	2	12	0
Coleslaw	1	1 serving	105	6	1	0	10	151	13	1	11	1
Creamy Caesar Dressing	1	3 oz.	369	37	6	0	28	822	9	0	3	0
Beef Gravy	1	3 oz.	56	4	1	0	7	335	6	1	0	0
Great Lakes Potato Chips	1	1 serving	225	14	2	0	0	188	24	2	1	3
Honey Mustard Dressing	1	3 oz.	381	35	6	0	41	564	15	1	13	1
Honey Mustard Vinaigrette	1	3 oz.	362	32	5	0	21	519	19	0	18	0
House Made Berry Cherry Vinaigrette	1	3 oz.	213	15	2	0	0	445	19	0	18	0
House Made Chipotle Ranch	1	3 oz.	311	31	6	0	33	363	5	0	3	2
House Made Ranch	1	3 oz.	314	32	6	0	34	322	4	0	3	2
Mediterranean Feta Dressing	1	3 oz.	283	31	6	0	0	1,162	3	0	0	3
Pesto Mayo	1	1 oz.	198	21	4	0	16	184	1	0	1	1
Pumpkin Bread	1	1 slice	382	15	1	0	36	213	61	7	37	6
Pumpkin Dressing	1	1.5 oz.	92	9	2	0	10	170	2	0	2	0
Raspberry Vinaigrette Dressing	1	3 oz.	317	26	4	0	0	730	22	0	21	0
Slice of Baguette	1	1 slice	108	3	0	0	0	205	19	1	0	4
Thousand Island Dressing	1	3 oz.	440	42	6	0	40	700	12	0	12	0



Fruit Pies	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
10" Special Occasion Apple Crumb Pie	15	1 slice	578	31	12	0	0	345	69	2	33	4
10" Special Occasion Cherry Crumb Pie	15	1 slice	569	32	12	0	0	257	66	2	27	5
16" Special Occasion Apple Crumb Pie	50	1 slice	448	19	8	0	0	289	68	2	45	2
16" Special Occasion Cherry Crumb Pie	50	1 slice	437	19	8	0	0	177	64	2	38	4
20" Special Occasion ABC Crumb Pie	75	1 slice	415	18	7	0	0	172	62	2	38	3
20" Special Occasion Apple Crumb Pie	75	1 slice	420	17	7	0	0	276	64	1	42	2
20" Special Occasion Cherry Crumb Pie	75	1 slice	409	18	7	0	0	165	60	2	35	3
8" Special Occasion Apple Crumb Pie	6	1 slice	742	38	15	0	0	435	95	2	51	5
8" Special Occasion Cherry Crumb Pie	6	1 slice	730	38	15	0	0	324	91	3	44	6
Apple Crumb Pie	6	1 slice	676	30	13	0	0	405	97	2	60	4
Mini Apple Crumb Pie	2	1 slice	894	40	17	0	0	544	128	3	79	5
Mini Gluten Free Apple Crumb	2	1 slice	503	26	12	0	34	229	65	5	34	4
Apple Crumb w/ Pecans & Caramel	6	1 slice	764	36	13	0	0	410	103	2	64	3
Mini Apple Crumb w/Pecans & Caramel	2	1 slice	1,035	49	17	0	0	570	140	3	86	4
Apple Dumpling Pie	6	1 slice	541	28	11	0	2	380	66	3	29	4
Apple Dumpling w/ Caramel	6	1 slice	581	28	11	0	0	340	77	3	41	3
Apple Pie	6	1 slice	595	29	11	0	2	428	80	2	45	4
Mini Apple Pie	2	1 slice	773	41	15	0	2	532	97	2	48	6
Apple Honey Pie	6	1 slice	609	28	11	0	2	370	87	2	52	4
Mini Apple Honey Pie	2	1 slice	773	39	15	0	2	505	104	2	57	6
Bipartisan Pie	6	1 slice	846	38	15	0	0	323	120	5	66	7
Mini Bipartisan Pie	2	1 slice	855	36	14	0	0	309	128	5	74	8
Blackberry Peach Crumb Pie	6	1 slice	671	30	13	0	0	264	96	1	45	5
Mini Blackberry Peach Crumb Pie	2	1 slice	888	40	17	0	0	345	127	2	59	7
Blackberry Pie	6	1 slice	654	29	11	0	2	211	94	1	40	5
Mini Blackberry Pie	2	1 slice	846	41	15	0	2	297	114	1	40	8
Blueberry Crumb Pie	6	1 slice	670	31	13	0	0	265	95	4	56	4
Mini Blueberry Crumb Pie	2	1 slice	895	41	17	0	0	347	127	5	75	6
Blueberry Peach	6	1 slice	613	29	11	0	2	212	84	2	36	5
Mini Blueberry Peach Pie	2	1 slice	825	41	15	0	3	298	108	3	44	7
Blueberry Pie	6	1 slice	589	29	11	0	2	212	77	4	40	4
Mini Blueberry Pie	2	1 slice	774	41	15	0	2	298	96	5	43	6
Cherry Apple Crumb Pie	6	1 slice	675	31	13	0	0	321	97	2	59	4



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Mini Cherry Apple Crumb Pie	2	1 slice	893	41	17	0	0	418	127	3	77	6
Cherry Berry Pie	6	1 slice	601	29	11	0	2	223	80	2	35	5
Mini Cherry Berry Pie	2	1 slice	820	41	15	0	3	312	106	2	42	7
Cherry Crumb Pie	6	1 slice	663	31	13	0	0	283	92	3	53	5
Mini Cherry Crumb Pie	2	1 slice	876	41	17	0	0	371	121	3	68	7
Mini Gluten Free Cherry Crumb Pie	2	1 slice	504	26	12	0	34	115	64	5	34	5
Cherry Ganache Pie	6	1 slice	612	33	16	0	27	192	75	3	45	5
Mini Cherry Ganache Pie	2	1 slice	865	45	21	0	27	298	110	4	64	7
Cherry Peach Crumb Pie	6	1 slice	665	31	13	0	0	270	94	2	48	5
Mini Cherry Peach Crumb Pie	2	1 slice	879	41	17	0	0	355	123	2	63	7
Cherry Pie	6	1 slice	604	29	11	0	2	230	80	2	38	5
Mini Cherry Pie	2	1 slice	814	41	15	0	2	322	104	3	46	8
Lakeshore Berry Crumb	6	1 slice	675	31	13	0	0	301	95	2	55	4
Mini Lakeshore Berry Crumb Pie	2	1 slice	893	41	17	0	0	392	125	3	72	6
Lakeshore Berry	6	1 slice	632	29	11	0	2	245	88	2	46	4
Mini Lakeshore Berry Pie	2	1 slice	772	41	15	0	3	343	94	2	41	6
Michigan ABC Crumb Pie	6	1 slice	681	32	13	0	0	300	94	3	54	5
Mini Michigan ABC Crumb Pie	6	1 slice	938	45	18	0	0	415	129	4	72	7
Michigan ABC Pie	6	1 slice	634	30	12	0	2	251	85	3	43	5
Mini Michigan ABC Pie	2	1 slice	881	45	17	0	3	367	113	4	53	7
Mountain Berry Crumb Pie	6	1 slice	653	27	11	0	0	220	98	3	53	5
Mini Mountain Berry Crumb Pie	2	1 slice	823	34	13	0	0	276	123	4	65	7
Natural Apple Pie	6	1 slice	487	29	11	0	2	279	52	2	17	4
Mini Natural Apple Pie	2	1 slice	675	41	15	0	2	385	71	2	21	6
Natural Cherry Pie	6	1 slice	470	29	11	0	2	231	46	2	11	5
Mini Natural Cherry Pie	2	1 slice	655	41	15	0	2	324	63	3	15	7
Peach Crumb Pie	6	1 slice	678	30	13	0	0	264	98	1	48	5
Mini Peach Crumb Pie	2	1 slice	898	40	17	0	0	345	129	2	63	7
Peach Pie	6	1 slice	605	29	11	0	2	211	82	1	33	5
Mini Peach Pie	2	1 slice	781	41	15	0	2	297	98	1	32	7
Peach Raspberry Honey Pie	6	1 slice	600	28	10	0	0	200	86	1	41	5
Mini Peach Raspberry Honey Pie	2	1 slice	819	40	15	0	5	290	113	4	55	7
Peach Strawberry Pie	6	1 slice	608	29	11	0	2	211	80	2	35	5



Fruit Pies	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Mini Peach Strawberry Pie	2	1 slice	749	41	15	0	2	296	85	3	29	7
Raspberry Apple Crumb Pie	6	1 slice	710	31	13	0	0	315	97	2	57	4
Mini Raspberry Apple Crumb Pie	2	1 slice	896	41	17	0	0	413	129	2	74	6
Raspberry Pie	6	1 slice	650	30	11	0	2	211	92	1	40	5
Mini Raspberry Pie	2	1 slice	840	42	15	0	2	297	112	1	40	7
Rhubarb Pie	6	1 slice	617	29	11	0	2	211	84	1	40	5
Mini Rhubarb Pie	2	1 slice	790	41	15	0	2	297	99	1	40	8
Splenda Apple	6	1 slice	465	29	11	0	2	430	46	2	12	4
Mini Splenda Apple Pie	2	1 slice	644	41	15	0	3	534	63	2	15	6
Splenda Blueberry Pie	6	1 slice	468	29	11	0	2	212	46	4	8	4
Mini Splenda Blueberry	2	1 slice	436	28	10	0	2	199	43	3	8	4
Splenda Cherry Pie	6	1 slice	473	29	11	0	2	230	46	2	9	5
Mini Splenda Cherry Pie	2	1 slice	656	41	15	0	2	321	64	3	12	8
Strawberry Champagne Pie	6	1 slice	882	42	18	0	<5	350	110	4	67	3
Strawberry Rhubarb Crumb Pie	6	1 slice	643	30	13	0	0	264	84	2	47	5
Mini Strawberry Rhubarb Crumb Pie	2	1 slice	854	41	17	0	0	345	112	3	61	7
Strawberry Rhubarb Pie	6	1 slice	589	29	11	0	2	211	74	2	35	5
Mini Strawberry Rhubarb Pie	2	1 slice	797	41	15	0	3	297	96	3	42	7
Vernors Cherry Pie	6	1 slice	898	38	14	0	0	270	129	3	39	10
Mini Vernors Cherry Pie	2	1 slice	710	39	15	0	2	307	83	3	30	7



Macaroni & Cheese	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Base Macaroni & Cheese	1	1	654	36	18	1.5	75	1840	51	3	8	23
Bacon Topping Choice	1	1	171	15	6	0	20	590	0	0	0	8
Black Bean Corn Relish Topping Choice	1	1	54	1	0	0	0	90	9	2	2	2
Swiss Cheese Topping Choice	1	1	35	4	2	0	10	25	0	0	0	3
Cheddar Cheese Topping Choice	1	1	45	4	2	0	10	75	0	0	0	3
Chili Topping Choice	1	1	48	2	1	0	5	160	5	1	2	3
Pesto Topping Choice	1	1	23	2	0	0	0	45	0	0	0	0
Sriracha Topping Choice	1	1	5	0	0	0	0	125	1	0	1	0
Tomato Topping Choice	1	1	8	0	0	0	0	0	2	0	1	0
1/2 Macaroni & Cheese in Combo	1	1	452	25	12	0	55	1350	39	1	5	18
Bacon Topping Choice in Combo	1	1	86	8	3	0	10	295	0	0	0	4
Black Bean Corn Relish Topping Choice in Combo	1	1	27	1	0	0	0	45	5	1	1	1
Swiss Cheese Topping Choice in Combo	1	1	18	2	1	0	2	13	0	0	0	2
Cheddar Cheese Topping Choice in Combo	1	1	23	2	1	0	5	38	0	0	0	2
Chili Topping Choice in Combo	1	1	24	1	1	0	3	80	3	1	1	2
Pesto Topping Choice in Combo	1	1	12	1	0	0	0	23	0	0	0	0
Sriracha Topping Choice in Combo	1	1	3	0	0	0	0	63	1	0	1	0
Tomato Topping Choice in Combo	1	1	4	0	0	0	0	0	1	0	1	0



Cream Pies & Other Pies	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Bailey's Cream Pie	6	1 slice	581	34	19	0	71	228	61	3	38	8
Mini Bailey's Cream Pie	2	1 slice	725	44	25	0	82	284	74	3	43	10
Banana Cream Pie	6	1 slice	514	26	14	0	89	259	62	2	32	7
Mini Banana Cream Pie	2	1 slice	578	33	18	0	76	273	65	2	30	7
Butterscotch Cream Pie	6	1 slice	575	32	20	0	86	281	65	1	45	8
Mini Butterscotch Cream Pie	2	1 slice	705	41	25	0	91	332	77	1	51	10
Chocolate Cream Pie	6	1 slice	574	34	19	0	85	253	62	3	39	8
Chocolate Mint Cream Pie	6	1 slice	574	34	19	0	85	253	62	2	39	8
Mini Chocolate Mint Cream Pie	2	1 slice	700	43	24	0	91	300	73	3	44	10
Chocolate Stout Pie	6	1 slice	655	45	26	0	80	135	56	3	33	4
Mini Chocolate Stout Pie	2	1 slice	684	49	27	0	80	155	55	3	28	4
Coconut Cream Pie	6	1 slice	557	31	18	0	86	256	63	3	38	8
Mini Coconut Cream Pie	2	1 slice	689	40	24	0	91	302	75	4	44	9
Key Lime Pie	6	1 slice	467	18	11	0	171	247	66	0	56	10
Mini Key Lime Pie	2	1 slice	610	31	15	0	171	246	70	1	49	11
Lemon Meringue Pie	6	1 slice	544	16	7	0	109	159	93	2	63	4
Mini Lemon Meringue Pie	2	1 slice	632	23	9	0	109	204	100	2	63	4
Mocha Cream Pie	6	1 slice	570	33	19	0	84	251	62	3	39	8
Mini Mocha Cream Pie	2	1 slice	688	42	24	0	87	292	72	3	42	10
Peanut Butter Cream Pie	6	1 slice	617	39	17	0	83	358	55	2	32	13
Mini Peanut Butter Cream Pie	2	1 slice	719	46	21	0	91	397	65	2	36	14
Pecan Chocolate Pie	6	1 slice	747	40	15	0	121	221	89	3	54	7
Mini Pecan Chocolate Pie	2	1 slice	769	44	16	0	105	243	86	3	47	8
Pecan Pie	6	1 slice	638	35	11	0	104	205	74	2	43	6
Mini Pecan Pie	2	1 slice	859	48	15	0	133	272	96	2	55	8
Pumpkin Cream Pie	6	1 slice	447	25	14	0	73	234	48	2	27	7
Mini Pumpkin Cream Pie	2	1 slice	546	33	18	0	73	270	56	2	30	8
Pumpkin Pecan Pie	6	1 slice	515	21	7	0	42	333	75	18	42	12
Mini Pumpkin Pecan Pie	2	1 slice	643	28	10	0	49	402	90	21	48	15
Pumpkin Pie	6	1 slice	498	19	7	0	42	337	75	18	42	12
Mini Pumpkin Pie	2	1 slice	589	24	9	0	49	400	86	20	45	14
Raspberry Cream Pie	6	1 slice	503	26	14	0	68	224	62	1	37	6
Raspberry Key Lime Pie	6	1 slice	451	18	11	0	245	200	62	0	45	8



Cream Pies & Other Pies	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Raspberry Lemon Silk Pie	6	1 slice	500	32	19	0	49	170	48	1	26	3
Mini Raspberry Lemon Silk Pie	2	1 slice	500	32	19	0	49	170	48	1	26	3
Strawberry Cream Pie	6	1 slice	439	25	13	0	70	225	48	1	8	6
Mini Strawberry Cream Pie	2	1 slice	570	34	18	0	83	286	61	1	34	8
Sweet Potato Pie with Pecan Topping	6	1 slice	668	31	12	0	65	301	91	2	69	5



Exclusively GT Pie	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Beef Pot Pie	6	1 slice	549	33	13	0	39	596	43	2	2	16
Mini Beef Pot Pie	2	1 slice	723	44	16	0	34	725	62	3	1	18
Chicken Pot Pie	6	1 slice	513	32	12	0	39	773	40	2	3	17
Mini Chicken Pot Pie	2	1 slice	692	43	16	0	34	881	59	3	3	19
Shepherds Pot Pie	6	1 slice	364	23	9	0	16	715	30	4	2	6
Mini Shepherds Pot Pie	2	1 slice	800	50	19	0	21	1,166	70	6	2	12
Taco Pot Pie	6	1 slice	575	39	16	0	33	875	40	2	0	15
Mini Taco Pot Pie	2	1 slice	716	50	19	0	33	948	51	2	0	17
Mini Turkey & Corn Bread Stuffing Pot Pie	2	1 slice	423	21	8	0	20	980	45	3	5	15
GT Beef Pasty	1	1 pasty	938	58	23	1	130	1880	77	4	3	13
GT Buffalo Chicken Pasty	1	1 pasty	825	47	13	0	110	2700	74	3	3	25
GT Breakfast Pasty	1	1 pasty	1084	65	22	0	450	2270	80	3	3	29
Asparagus Quiche Lorraine Slice	4	1 slice	556	42	19	0	239	681	28	1	5	21
Bacon Lorraine Quiche Slice	4	1 slice	645	50	23	0	305	900	29	1	5	24
Broccoli Cheddar Quiche Slice	4	1 slice	562	41	19	0	232	487	29	2	5	17
Mini Broccoli Cheddar Quiche	2	1 slice	484	36	16	0	188	422	25	1	4	15
Mediterranean Quiche Slice	4	1 slice	583	42	20	0	295	960	33	2	5	19
Pesto Bacon Quiche	4	1 slice	660	51	22	0	300	890	30	<1	5	23
Mini Sausage Pepper Quiche	2	1 slice	565	45	19	0	212	645	25	1	3	18
Quiche Lorraine Slice	4	1 slice	564	42	20	0	244	678	28	1	5	22
Mini Quiche Lorraine	2	1 slice	490	37	17	0	198	593	25	1	3	19
Roasted Squash & Kale Quiche Slice	4	1 slice	595	42	19	0	285	500	41	3	6	19
Shrimp Asparagus Quiche Slice	4	1 slice	559	40	19	0	270	952	30	2	5	22
Spinach Bacon Quiche Slice	4	1 slice	609	46	21	0	295	830	29	2	4	22
Mini Spinach Bacon Quiche	2	1 slice	482	37	16	0	200	1,790	25	1	3	16
Spinach Mushroom Quiche Slice	4	1 slice	585	45	22	0	246	566	29	1	5	22
Mini Spinach Mushroom Quiche	2	1 slice	473	36	17	0	189	379	25	1	4	16



Salads & Wraps	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Caesar Salad	1	1 salad	486	40	7	0	33	990	26	6	3	4
Caesar Wrap	1	1 wrap	397	21	4	0	17	697	43	12	1	8
Cherry Chicken Salad	1	1 salad	620	27	6	0	73	1,379	65	4	41	29
Cherry Chicken Wrap	1	1 wrap	564	20	5	0	73	1,298	64	11	22	33
Chicken Caesar Salad	1	1 salad	625	46	8	0	92	1,619	26	6	3	25
Chicken Caesar Wrap	1	1 wrap	536	27	5	0	76	1,326	43	12	1	29
Chicken Fiesta Salad	1	1 salad	799	55	13	0	121	1,829	39	7	8	38
Chicken Fiesta Wrap	1	1 wrap	682	35	9	0	98	1,711	53	13	3	38
Cobb Salad	1	1 salad	479	35	12	0	190	1070	14	6	5	33
Greek Salad	1	1 salad	448	38	7	0	10	2,673	22	8	1	6
Greek Salad Wrap	1	1 wrap	527	33	4	0	5	2,679	46	14	1	9
House Salad	1	1 salad	452	39	10	0	52	645	17	3	5	10
House Salad Wrap	1	1 wrap	432	24	7	0	35	674	42	11	3	14
Maurice Salad	1	1 salad	501	31	10	0	222	1,564	20	3	15	35
Mediterranean Veggie Wrap	1	1 wrap	503	25	4	0	15	1,480	61	15	5	16
Michigan Fall Salad	1	1 salad	619	32	7	0	35	860	78	9	15	18
Quinoa Almond Wrap	1	1 wrap	622	29	3	0	11	1	78	18	22	16
Spinach Salad with Goat Cheese	1	1 wrap	586	46	8	0	45	705	39	5	29	6
Spinach with Goat Cheese Wrap	1	1 wrap	573	31	6	0	34	664	61	14	19	12
Strawberry Fields Salad	1	1 salad	447	26	4	0	10	577	48	4	38	6
Strawberry Fields Salad Wrap	1	1 wrap	510	20	3	0	10	594	71	13	29	12



Sandwiches	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Cherrywood BLT	1	1 sandwich	860	55	12	0	40	1,620	71	3	1	21
Chicken Focaccia	1	1 sandwich	645	30	10	0	100	2,270	50	2	1	40
Chicken Parmesan	1	1 sandwich	725	35	11	0	105	3,750	61	3	9	45
Chicken Pesto w/ Roasted Red Pepper	1	1 sandwich	592	27	5	0	75	2,120	51	3	1	31
Chicken Quesadilla	1	1 sandwich	885	53	23	0	181	1,934	52	9	3	48
Classic Turkey	1	1 sandwich	660	26	4	0	72	1,816	71	3	3	32
Egg Salad Sandwich	1	1 sandwich	598	24	5	0	496	1,047	69	6	4	29
GT Chicken Salad Sandwich	1	1 sandwich	617	39	10	0	57	908	49	2	15	19
GT Club	1	1 sandwich	811	38	10	0	100	2,170	73	3	3	43
GT Grilled Cheese	1	1 sandwich	881	54	22	0	90	1,790	68	2	0	35
Kid's Cheese Quesadilla	1	1 sandwich	446	24	12	0	67	683	36	10	0	24
Kid's Grilled Cheese	1	1 sandwich	559	27	9	0	37	933	65	6	0	20
Kid's Mac & Cheese	1	1 serving	444	25	12	0	55	1330	38	1	5	17
Kid's PB & J	1	1 sandwich	564	18	4	0	0	799	85	8	15	21
Lighthouse Turkey Cheddar	1	1 sandwich	871	48	12	0	106	1,985	69	7	2	40
Manitou	1	1 sandwich	912	53	14	0	95	2,190	69	7	1	40
Mediterranean Veggie	1	1 sandwich	495	15	3	0	10	1,090	77	6	4	17
Reuben	1	1 sandwich	734	38	10	0	86	2,262	60	2	9	37
Smoked Ham & Havarti	1	1 sandwich	617	23	9	0	69	2,143	63	3	2	32
Tuna Sandwich	1	1 sandwich	639	25	4	0	56	1,182	69	7	2	38
Turkey, Bacon & Avocado	1	1 sandwich	654	32	6	0	80	2,230	54	5	6	33
Turkey Reuben with Coleslaw	1	1 sandwich	758	37	9	0	85	1,888	71	3	19	35
Turkey with Cherrywood Smoked Bacon	1	1 sandwich	469	8	3	0	64	2,430	54	2	4	32



Smoothies	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Banana Fruit Smoothie	1	16 oz.	326	0	0	0	0	250	78	3	53	11
Cherry Fruit Smoothie	1	16 oz.	280	0	0	0	0	267	65	1	30	12
Chocolate Cherry Specialty Smoothie	1	16 oz.	481	1	0	0	0	404	113	2	104	17
Extreme Peach Smoothie	1	16 oz.	397	1	0	0	0	33	98	2	93	0
Mandarin Orange Passion Smoothie	1	16 oz.	480	1	0	0	0	125	118	0	106	0
Mango Mania Smoothie	1	16 oz.	416	1	0	0	0	43	104	0	89	0
Mixed Berry Smoothie	1	16 oz.	176	0	0	0	0	119	44	0	39	2
Mocha Specialty Smoothie	1	16 oz.	439	0	0	0	0	388	104	1	96	16
Peach Fruit Smoothie	1	16 oz.	292	0	0	0	0	250	70	0	53	12
Pie Shake (average pie)	1	16 oz.	841	42	21	0	101	338	101	1	70	13
Pina Colada Smoothie	1	16 oz.	460	4	0	0	0	35	108	2	96	0
Pomegranate Blueberry Smoothie	1	16 oz.	440	1	0	0	0	45	110	0	98	0
Raspberry Fruit Smoothie	1	16 oz.	275	1	0	0	0	250	64	0	53	11
Strawberry Banana Fruit Smoothie	1	16 oz.	418	0	0	0	0	371	95	2	87	16
Strawberry Banana Smoothie	1	16 oz.	176	0	0	0	0	119	47	0	40	2
Strawberry Bomb Smoothie	1	16 oz.	400	0	0	0	0	29	101	0	75	0
Strawberry Fruit Smoothie	1	16 oz.	247	0	0	0	0	250	55	1	54	11
Very Cherry Smoothie	1	16 oz.	359	1	0	0	0	29	88	0	69	0
Wild Berry Smoothie	1	16 oz.	400	1	0	0	0	45	100	0	92	0



Soup	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Baked Potato Soup Bowl	1	12 oz.	317	15	9	0	57	788	35	3	7	11
Baked Potato Soup Cup	1	8 oz.	187	9	5	0	34	466	21	2	4	6
Bean & Sausage Soup Bowl	1	12 oz.	216	13	3	0	13	1,146	19	4	1	8
Bean & Sausage Soup Cup	1	8 oz.	128	8	2	0	8	677	11	2	1	5
Beef Barley Soup Bowl	1	12 oz.	140	4	1	0	13	1,158	20	3	3	8
Beef Barley Soup Cup	1	8 oz.	83	2	1	0	8	684	12	2	2	5
Beef Vegetable Soup Bowl	1	12 oz.	204	10	3	0	45	1,358	17	3	3	13
Beef Vegetable Soup Cup	1	8 oz.	120	6	2	0	26	803	10	2	2	8
Black Bean Vegetable Soup Bowl	1	12 oz.	229	6	1	0	0	1,196	33	10	1	10
Black Bean Vegetable Soup Cup	1	8 oz.	135	3	0	0	0	707	20	6	1	6
Broccoli Cheese Soup Bowl	1	12 oz.	229	14	8	0	38	1,690	17	1	5	13
Broccoli Cheese Soup Cup	1	8 oz.	135	8	5	0	23	999	10	1	3	8
Butternut Squash Bisque Bowl	1	12 oz.	356	22	10	0	51	789	40	1	23	5
Butternut Squash Bisque Cup	1	8 oz.	211	13	6	0	30	466	23	1	14	3
Chicken & Rice Soup Bowl	1	12 oz.	153	5	1	0	13	1,795	23	1	4	6
Chicken & Rice Soup Cup	1	8 oz.	90	3	1	0	8	1,061	14	1	2	4
Chicken Dumpling Soup Bowl	1	12 oz.	216	8	2	0	57	1,349	24	1	3	13
Chicken Dumpling Soup Cup	1	8 oz.	128	5	1	0	34	797	14	1	2	8
Chicken Noodle Soup Bowl	1	12 oz.	127	5	2	0	32	1,451	14	1	1	8
Chicken Noodle Soup Cup	1	8 oz.	75	3	1	0	19	857	8	1	1	5
Chicken Tortilla Soup Bowl	1	12 oz.	178	6	1	0	19	1,171	23	3	4	10
Chicken Tortilla Soup Cup	1	8 oz.	105	3	1	0	11	692	14	2	2	6
Chili Bowl	1	12 oz.	280	13	5	0	45	1,324	23	6	5	18
Chili Cup	1	8 oz.	165	8	3	0	26	782	14	4	3	11
Clam Chowder Bowl	1	12 oz.	229	10	5	0	38	1,133	24	1	6	10
Clam Chowder Cup	1	8 oz.	135	6	3	0	23	669	14	1	4	6
Cream of Broccoli Soup Bowl	1	12 oz.	229	15	9	0	57	1,095	18	1	8	6
Cream of Broccoli Soup Cup	1	8 oz.	135	9	5	0	34	647	11	1	5	4
Cream of Potato Soup Bowl	1	12 oz.	331	22	12	0	64	891	26	1	3	6
Cream of Potato Soup Cup	1	8 oz.	196	13	7	0	38	526	15	1	2	4
French Onion Soup Bowl	1	12 oz.	165	12	5	0	19	1,286	13	1	5	3
French Onion Soup Cup	1	8 oz.	98	7	3	0	11	760	8	1	3	2
Italian Wedding Soup Bowl	1	12 oz.	140	5	2	0	13	1,171	17	1	1	6



Soup	Servings per Container	Serving Size	Calories (kCal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Italian Wedding Soup Cup	1	8 oz.	83	3	1	0	8	692	10	1	1	4
Lobster Bisque Bowl	1	12 oz.	484	37	23	0	153	1,426	24	0	10	14
Lobster Bisque Cup	1	8 oz.	286	22	14	0	90	842	14	0	6	8
Minestrone Soup Bowl	1	12 oz.	127	3	0	0	0	827	20	4	4	5
Minestrone Soup Cup	1	8 oz.	75	2	0	0	0	489	12	2	2	3
Potato Cheese Soup Bowl	1	12 oz.	242	12	8	0	38	1,795	24	1	5	12
Potato Cheese Soup Cup	1	8 oz.	143	7	5	0	23	1,061	14	1	3	7
Shrimp & Corn Chowder Bowl	1	12 oz.	318	17	6	0	76	955	31	3	9	10
Shrimp & Corn Chowder Cup	1	8 oz.	188	10	4	0	45	564	18	2	5	6
Stuffed Pepper Soup Bowl	1	12 oz.	127	6	1	0	6	1,120	13	1	3	5
Stuffed Pepper Soup Cup	1	8 oz.	75	3	1	0	4	662	8	1	2	3
Tomato Basil Bisque Bowl	1	12 oz.	381	31	20	0	103	1,246	19	4	12	6
Tomato Basil Bisque Cup	1	8 oz.	235	19	12	0	64	740	12	2	7	4
Tomato Tortellini Soup Bowl	1	12 oz.	255	13	8	0	38	840	29	1	6	5
Tomato Tortellini Soup Cup	1	8 oz.	150	8	5	0	23	496	17	1	4	3
Vegetarian Vegetable Soup Bowl	1	12 oz.	140	5	1	0	0	1,082	20	3	4	4
Vegetarian Vegetable Soup Cup	1	8 oz.	83	3	0	0	0	639	12	2	2	2
White Chili Bowl	1	12 oz.	229	6	1	0	19	1,833	32	9	4	17
White Chili Cup	1	8 oz.	135	3	0	0	11	1,083	19	5	2	10