

	Cals (kcal)	Cals from Fat	Tot. Fat (g)	Fat-S (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugars (g)	Prot (g)
<b>BREAKFAST</b>											
Sourdough French Toast	930	170	18	7	0	450	860	168	7	94	26
Traditional w/2 slices of bacon & side of hash browns	689	440	49	18	1	681	1457	32	3	1	30
Granola & Greek Yogurt Parfait	380	35	4	1	0	5	230	74	6	32	15
<b>BREAKFAST SANDWICHES</b>											
Bacon & Cheddar Cheese Sandwich	710	420	48	21	1	465	1450	40	1	2	30
Ham & Cheddar Cheese Sandwich	620	350	40	18	1	455	1270	40	1	2	27
<b>SCRAMBLES</b>											
Bacon & Peppers	884	578	65	26	1	716	1478	39	5	4	38
Turkey & Broccoli	759	461	52	20	1	704	1585	35	5	3	39
Vegetable	628	401	45	17	1	663	1132	35	5	3	23
<b>SIDES</b>											
Bacon, two medium slices	115	80	9	3	0	23	365	0	0	0	8
Fruit Cup	100	5	0	0	0	0	20	26	2	21	1
Potato wedges	292	167	19	8	0	24	468	28	3	0	3
* Multigrain Toast	207	21	2	0	0	0	322	39	2	7	7
* Sourdough Toast	110	5	0	0	0	0	270	24	1	0	3
Note: * Sourdough and Multigrain Toast does not include 1 oz. butter pat or 1 oz. Strawberry Jam											
<b>SANDWICHES</b>											
<b>CLASSICS</b>											
Chicken Salad - contains nuts	530	200	23	4	0	60	1110	55	3	5	26
Tuna Salad	580	240	26	5	0	60	1200	52	3	3	33
Turkey Havarti	740	310	35	9	0	80	1620	67	3	5	36
Turkey Cranberry	600	250	27	4	0	60	1330	57	3	6	27
California Veggie - (vegetarian)	590	240	27	10	0	45	940	67	7	6	21
<b>ARTISAN</b>											
Chicken Pesto	710	280	32	5	0	80	1400	70	3	6	36
The Italian Classic	970	480	53	19	0	125	2980	71	2	6	44
Turkey Avocado	760	360	40	9	0	80	1410	62	6	4	35
Ham 'N Brie on Rosemary Focaccia	870	220	24	10	0	105	2500	116	6	26	43
<b>HOT SANDWICHES</b>											
The Original Baguette Burger	930	430	48	23	2	175	1260	70	3	5	51
The California Baguette Burger	1,130	590	66	21	1	155	1290	81	7	16	55
The Blue Note Baguette Burger	900	430	48	21	2	160	1520	69	3	5	48
Chicken Club	820	420	47	12	0	125	1450	54	4	3	44
The Great Grilled Cheese	730	410	46	23	1	110	1340	50	2	0	31
The Great with Bacon	870	500	56	27	1	140	1780	51	2	0	40
Grilled Brie with Apples & Fig Jam- (vegetarian)	850	360	40	21	0	105	1370	93	5	32	32
Grilled Cheese w/ Ham (includes condiments)	930	540	61	26	1	150	2220	53	2	2	41
French Dip	520	45	5	0	0	75	2780	73	4	5	47
Tuna Melt	1,110	620	70	27	1	170	2000	61	3	5	59
<b>PIZZA</b>											
Cheese - (vegetarian)	550	210	24	13	0	80	1250	52	4	2	31
Chicken Pesto	660	270	30	12	0	110	1510	56	6	4	41
Goat Cheese & Sun-dried Tomato	630	240	27	16	0	80	1220	63	7	9	34
Pepperoni	570	250	27	14	0	85	1420	51	4	1	28
Tomato Basil Garlic - (vegetarian)	490	180	20	10	0	60	1040	52	5	2	25
<b>BREADS</b>											
Sourdough dinner roll (2 oz., served with entrée salad)	150	5	0	0	0	0	340	31	1	1	0
Sourdough Baguette (4.1 oz.)	307	9	1	0	0	0	697	63	2	2	10
Sliced Sourdough (2 slices)	220	10	0	0	0	0	270	24	1	0	3
Multigrain (2 slices)	300	30	4	0	0	1	500	58	4	0	8
Sourdough Parmesan Crusted Multigrain (2 slices)	420	130	14	5	0	20	780	59	4	1	13
Rosemary Focaccia (2 slices)	960	140	16	2	0	0	2280	178	8	10	28
Fish Shaped Sourdough for Kids (7g)	15	0	0	0	0	0	40	3	0	0	0
<b>COOKIES</b>											
The Royale	390	200	22	11	0	35	240	48	3	31	4
White Chocolate Macadamia Nut	390	190	21	11	0	40	270	49	1	33	4
Chocolate Chip	360	150	17	10	0	45	270	53	2	34	3
Mini Chocolate Chip	120	50	6	4	0	15	90	18	1	11	1
Peanut Butter	380	180	20	8	0	15	530	45	2	28	6
Oatmeal Raisin	330	100	6	0	0	45	270	54	3	21	5
Mini Oatmeal Raisin	110	35	4	2	0	15	90	18	1	7	2
Snickerdoodle	370	140	16	10	0	65	280	52	1	29	4

	Cals (kcal)	Cals from Fat	Tot. Fat (g)	Fat-S (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugars (g)	Prot (g)
<b>SALADS</b>											
Classic Caesar - entrée size - add for 2 oz. dressing (contains anchovy)	389	184	20	12	1	46	895	39	7	3	14
Classic Caesar - half size - add for 1 oz. dressing (contains anchovy)	245	229	25	5	0	23	565	2	0	1	2
Classic Caesar with Chicken - entrée size - add for 2 oz. dressing (contains anchovy)	529	220	25	12	1	116	1,282	40	7	3	37
Classic Caesar with Chicken - half size - add for 1 oz. dressing (contains anchovy)	245	229	25	5	0	23	565	2	0	1	2
Classic Caesar with Chicken - half size - add for 1 oz. dressing (contains anchovy)	265	110	13	6	0	58	641	20	4	2	19
Asian Chicken - entrée size - (contains nuts) - add for 2 oz. dressing	324	103	12	1	0	69	538	26	8	14	31
Asian Chicken - half size - (contains nuts) - add for 1 oz. dressing	162	52	6	1	0	35	269	13	4	7	16
Cobb Salad - entrée size - add for 2 oz. dressing	438	221	24	10	0	319	1,098	13	6	5	43
Cobb Salad - half size - add for 1 oz. dressing	219	111	12	5	0	159	549	6	3	3	22
BBQ Chicken - entrée size - add for 2 oz. dressing	351	78	9	1	0	70	732	37	11	7	31
BBQ Chicken - half size - add for 1 oz. dressing	308	198	22	3	0	20	1,020	30	0	28	2
Spring Salad - entrée size - (contains nuts) - add for 2 oz. dressing	516	299	33	11	0	31	768	45	10	27	16
Spring Salad - half size - (contains nuts) - add for 1 oz. dressing	328	296	33	5	1	0	410	8	0	7	1
Spring Salad - entrée size with Chicken - (contains nuts) - add for 2 oz. dressing	655	335	37	12	1	101	1,165	46	10	27	39
Add Chicken - 3.5 oz.	328	296	33	5	1	0	410	8	0	7	1
Note: Salad numbers do not include side bread or butter pat.	139	36	36	1	0	70	397	1	0	0	23
<b>SOUPS - CHILI</b>											
Chili with Sourdough Bread Bowl Top -- Chili only	655	170	18	7	2	61	1,628	93	13	7	32
Vegetarian Chili with Sourdough Bread Bowl Top -- Chili only (vegetarian)	370	150	17	7	2	60	980	34	11	5	22
Broccoli Cheddar with Sourdough Bread Bowl Top -- soup only	615	123	14	2	0	1	2,068	104	13	10	21
Butternut Squash with Sourdough Bread Bowl Top -- soup only (vegetarian - contains nuts)	330	120	13	2	0	0	1,420	45	11	8	11
Clam Chowder with Sourdough Bread Bowl Top -- soup only	615	230	25	13	1	71	1,958	75	3	7	22
Garlic Tomato with Sourdough Bread Bowl Top -- soup only	330	220	24	13	1	70	1,310	16	2	2	12
Rustic Tomato with Sourdough Bread Bowl Top -- soup only (vegetarian)	595	160	18	10	0	61	1,598	98	3	16	13
Clam Chowder	310	160	17	10	0	60	950	39	2	14	3
Garlic Tomato	575	127	14	5	0	36	1,788	87	2	10	24
Rustic Tomato (vegetarian)	290	120	13	5	1	35	1,140	28	1	8	14
SEASONAL ITEMS	595	208	23	12	0	61	1,498	80	3	7	16
SEASONAL ITEMS	310	200	22	12	0	60	850	21	2	5	6
SEASONAL ITEMS	515	150	17	6	0	46	1,598	79	3	11	14
SEASONAL ITEMS	230	140	15	8	0	45	950	20	2	9	4
<b>CUP OF SOUP - 5 oz (NO BREAD BOWL)</b>											
Chili	185	75	9	4	1	30	490	17	6	3	11
Vegetarian Chili (vegetarian)	165	60	7	0	0	0	710	23	6	4	6
Broccoli Cheddar	165	110	12	7	0	35	655	8	1	3	6
Butternut Squash (vegetarian - contains nuts)	155	80	9	5	0	30	475	20	1	7	2
Clam Chowder	145	60	7	3	0	18	570	14	1	4	7
Garlic Tomato	155	100	11	6	0	30	425	11	1	3	3
Rustic Tomato (vegetarian)	115	70	8	3	0	23	475	10	1	5	2
<b>Nutritional Information</b>											
The numbers listed are in accordance with the FDA's guidelines for reporting nutrition information. Menu items may vary by locations.											
Nutrition Analysis conducted by healthy dining. Information is based on Boudin standard recipes.											
Due to the handcrafted nature of these items, values may vary from those published here.											
New product introduction, ingredient changes and recipe changes during the life of this publication may cause this information to be incomplete. Please visit our web site at <a href="http://boudinbakery.com/nutrition">boudinbakery.com/nutrition</a> for updates.											
2,000 calories a day is used for general nutrition advice, but calorie needs vary. These calories are based on the data supplied by our food supplier's database and data from Boudin Bakery's recipes using the approved vendors.											
Variations may occur based on circumstances such as, differences or changes in suppliers, ingredient substitutions, recipe revisions, seasonal ingredient availabilities, and varied product assembly in each restaurant.											
For more information about a balanced diet visit: <a href="http://www.mypyramid.gov">www.mypyramid.gov</a>											
<a href="http://www.americanheart.org">www.americanheart.org</a> • <a href="http://www.nationaldairycouncil.org">www.nationaldairycouncil.org</a> • <a href="http://www.ific.org">www.ific.org</a>											

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<b>BOUDIN COMBO (Choose any two items)</b>											
<b>HALF SANDWICH - BOUDIN CLASSICS</b>											
Chicken Salad - (contains nuts)	270	100	11	2	0	30	550	27	2	2	13
Tuna Salad	260	120	13	2	0	30	520	19	1	1	15
Turkey Havarti	370	155	18	5	0	40	810	34	2	3	18
Turkey Cranberry	300	120	14	2	0	30	660	28	1	3	14
California Veggie	295	120	14	5	0	23	470	34	4	3	11
<b>HALF SANDWICH - ARTISAN SANDWICHES</b>											
Chicken Pesto	355	140	16	3	0	40	700	35	2	3	18
The Italian Classic	485	240	27	10	0	63	1490	36	1	3	22
Turkey Avocado	380	180	20	5	0	40	705	31	3	2	18
Ham 'n Brie on Rosemary Focaccia	670	145	16	6	0	53	1825	103	5	16	29
<b>HALF SANDWICH - GRILLED CHEESE</b>											
The Great Grilled Cheese	365	205	23	12	0	55	670	25	1	0	16
The Great with Bacon	435	250	28	13	0	70	890	26	1	0	20
Grilled Brie with Apple & Fig Jam (vegetarian)	425	180	20	10	0	53					