



# NUTRITIONAL INFORMATION

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|  | Calories | Protein (g) | Carbs (g) | Fiber (g) | Fat (g) | Sat Fat (g) | Chol (mg) | Sod (mg) |
|--|----------|-------------|-----------|-----------|---------|-------------|-----------|----------|
| <b>Baked Sandwiches</b>                  |          |             |           |           |         |             |           |          |
| Nebraska Cheesesteak Sandwich            | 532      | 32          | 37        | 2         | 30      | 9           | 72        | 2378     |
| with no sauce                            | 413      | 32          | 39        | 2         | 15      | 7           | 66        | 2278     |
| 1/2 Nebraska Cheesesteak Sandwich        | 294      | 17          | 22        | 1         | 16      | 4           | 39        | 1284     |
| with no sauce                            | 228      | 17          | 22        | 1         | 8       | 3           | 35        | 1234     |
| Asiago Chicken Caesar Sandwich           | 715      | 41          | 69        | 5         | 32      | 7           | 92        | 1867     |
| with no sauce                            | 604      | 40          | 69        | 5         | 20      | 6           | 74        | 1641     |
| 1/2 Asiago Chicken Caesar Sandwich       | 398      | 23          | 43        | 6         | 16      | 4           | 49        | 981      |
| with no sauce                            | 309      | 21          | 35        | 3         | 10      | 3           | 40        | 862      |
| Focaccia Turkey Melt Sandwich            | 776      | 40          | 81        | 3         | 34      | 8           | 70        | 1807     |
| with no sauce                            | 641      | 40          | 81        | 3         | 18      | 6           | 64        | 1693     |
| 1/2 Focaccia Turkey Melt Sandwich        | 500      | 26          | 60        | 2         | 19      | 4           | 39        | 1185     |
| with no sauce                            | 433      | 26          | 60        | 2         | 11      | 3           | 36        | 1128     |
| Sierra Chicken Breast Club               | 762      | 45          | 84        | 3         | 28      | 8           | 84        | 1770     |
| with no sauce                            | 668      | 45          | 82        | 3         | 18      | 6           | 80        | 1585     |
| 1/2 Sierra Chicken Breast Club           | 490      | 27          | 61        | 2         | 16      | 4           | 45        | 1111     |
| with no sauce                            | 443      | 27          | 60        | 2         | 11      | 3           | 43        | 1018     |
| Herb Roasted Vegetable Sandwich          | 569      | 22          | 82        | 5         | 17      | 6           | 25        | 1854     |
| with no cheese                           | 463      | 15          | 82        | 4         | 9       | trace       | 0         | 1701     |
| 1/2 Herb Roasted Vegetable Sandwich      | 387      | 14          | 60        | 3         | 10      | 3           | 13        | 1111     |
| with no cheese                           | 334      | 11          | 60        | 3         | 6       | trace       | 0         | 1035     |
| Braeda Reuben                            | 646      | 35          | 69        | 5         | 26      | 8           | 69        | 2111     |
| 1/2 Braeda Reuben                        | 328      | 18          | 34        | 2         | 13      | 4           | 37        | 1126     |
| Smokehouse Ham & Cheese Melt             | 810      | 44          | 67        | 4         | 43      | 15          | 109       | 2020     |
| with no sauce                            | 717      | 44          | 65        | 5         | 33      | 13          | 104       | 1835     |
| 1/2 Smokehouse Ham & Cheese Melt         | 412      | 23          | 33        | 2         | 22      | 7           | 57        | 1070     |
| with no sauce                            | 365      | 23          | 32        | 2         | 17      | 7           | 55        | 977      |
| Rustic Chicken Bruschetta                | 429      | 36          | 39        | 2         | 12      | 6           | 74        | 2014     |
| with no cheese                           | 323      | 29          | 39        | 2         | 3       | 1           | 49        | 1862     |
| 1/2 Rustic Chicken Bruschetta            | 237      | 19          | 22        | 1         | 6       | 3           | 40        | 1077     |
| with no cheese                           | 184      | 16          | 22        | 1         | 2       | trace       | 27        | 1001     |
| Four Cheese Tomato & Roasted Pepper Melt | 748      | 36          | 81        | 4         | 31      | 16          | 81        | 2722     |
| 1/2 Four Cheese Tomato & Pepper Melt     | 476      | 21          | 59        | 3         | 17      | 8           | 40        | 1545     |
| Double Steak French Dip Sandwich         | 582      | 34          | 57        | 2         | 19      | 8           | 89        | 3997     |
| with no cheese                           | 479      | 27          | 57        | 2         | 10      | 3           | 63        | 3845     |
| 1/2 Double Steak French Dip Sandwich     | 284      | 18          | 26        | 1         | 9       | 4           | 47        | 2200     |
| with no cheese                           | 230      | 14          | 26        | 1         | 5       | 1           | 34        | 2113     |
| <b>Deli Sandwiches</b>                   |          |             |           |           |         |             |           |          |
| Heartland Cafe Club                      | 709      | 39          | 67        | 5         | 35      | 8           | 70        | 3104     |
| with no sauce                            | 574      | 39          | 67        | 5         | 19      | 6           | 64        | 2998     |
| 1/2 Heartland Cafe Club                  | 365      | 22          | 34        | 2         | 17      | 4           | 39        | 1649     |
| with no sauce                            | 297      | 21          | 34        | 2         | 10      | 3           | 36        | 1596     |
| Ham & Swiss Sandwich                     | 545      | 37          | 57        | 5         | 18      | 7           | 75        | 3320     |
| with no sauce                            | 525      | 37          | 57        | 5         | 18      | 7           | 75        | 3002     |
| 1/2 Ham & Swiss Sandwich                 | 279      | 19          | 29        | 2         | 9       | 3           | 40        | 1720     |
| with no sauce                            | 269      | 19          | 29        | 2         | 9       | 3           | 40        | 1561     |
| Braeda Chicken Salad Sandwich            | 693      | 26          | 86        | 8         | 29      | 3           | 36        | 1124     |
| 1/2 Braeda Chicken Salad Sandwich        | 346      | 13          | 43        | 4         | 14      | 2           | 18        | 562      |
| Turkey & Swiss Sandwich                  | 548      | 27          | 58        | 2         | 21      | 6           | 63        | 3037     |
| with no sauce                            | 451      | 26          | 55        | 2         | 10      | 5           | 58        | 1429     |
| 1/2 Turkey & Swiss Sandwich              | 270      | 15          | 26        | 1         | 10      | 3           | 35        | 1584     |
| with no sauce                            | 216      | 14          | 25        | 1         | 5       | 3           | 31        | 731      |
| Chipotle Turkey Sandwich                 | 482      | 19          | 55        | 2         | 19      | 2           | 39        | 2893     |
| with no sauce                            | 346      | 18          | 55        | 2         | 3       | trace       | 32        | 2777     |
| 1/2 Chipotle Turkey Sandwich             | 239      | 11          | 25        | 1         | 9       | 1           | 24        | 2933     |
| with no sauce                            | 164      | 10          | 25        | 1         | 1       | trace       | 18        | 1405     |
| <b>Specialty Salads</b>                  |          |             |           |           |         |             |           |          |
| Oriental Cashew Chicken Salad            | 504      | 28          | 138       | 7         | 12      | 2           | 49        | 1743     |
| 1/2 Oriental Cashew Chicken Salad        | 329      | 15          | 117       | 4         | 6       | 1           | 27        | 1433     |
| Santa Fe Ranchero Chicken Salad          | 600      | 38          | 30        | 6         | 38      | 12          | 112       | 1592     |
| 1/2 Santa Fe Ranchero Chicken Salad      | 319      | 21          | 16        | 3         | 20      | 6           | 60        | 865      |
| Roasted Chicken Caesar Salad             | 613      | 35          | 19        | 3         | 43      | 10          | 119       | 1789     |
| 1/2 Roasted Chicken Caesar Salad         | 459      | 19          | 11        | 1         | 36      | 7           | 86        | 1227     |
| Braeda Signature Salad                   | 724      | 17          | 41        | 7         | 59      | 15          | 41        | 906      |
| 1/2 Braeda Signature Salad               | 362      | 9           | 20        | 3         | 30      | 8           | 20        | 453      |
| Greek Salad                              | 495      | 9           | 16        | 5         | 20      | 11          | 35        | 1421     |
| 1/2 Greek Salad                          | 249      | 5           | 8         | 3         | 10      | 5           | 18        | 711      |
| Side Salad                               | 122      | 7           | 9         | 2         | 7       | 3           | 15        | 190      |
| Side Caesar Salad                        | 269      | 7           | 8         | 1         | 22      | 5           | 38        | 592      |

|  | Calories | Protein (g) | Carbs (g) | Fiber (g) | Fat (g) | Sat Fat (g) | Chol (mg) | Sod (mg) |
|--|----------|-------------|-----------|-----------|---------|-------------|-----------|----------|
| <b>Pastas</b>                                  |          |             |           |           |         |             |           |          |
| Chipotle Chicken & Andouille Sausage Penne     | 884      | 44          | 71        | 3         | 48      | 25          | 168       | 3031     |
| 1/2 Chipotle Chicken & Andouille Sausage Penne | 442      | 22          | 36        | 2         | 24      | 12          | 84        | 1515     |
| Fettuccini Asiago                              | 550      | 22          | 72        | 4         | 19      | 11          | 55        | 1200     |
| 1/2 Fettuccini Asiago                          | 275      | 11          | 36        | 2         | 9       | 5           | 27        | 600      |
| Penne Marinara                                 | 496      | 17          | 79        | 10        | 13      | 4           | 13        | 1001     |
| 1/2 Penne Marinara                             | 248      | 8           | 39        | 5         | 7       | 2           | 6         | 501      |
| Miller & Paine™ Macaroni & Cheese              | 991      | 43          | 88        | 4         | 54      | 31          | 167       | 2246     |
| 1/2 Miller & Paine™ Macaroni & Cheese          | 546      | 24          | 44        | 2         | 31      | 18          | 98        | 1353     |
| <b>Soups</b>                                   |          |             |           |           |         |             |           |          |
| Cheesy Baked Potato Soup                       | 392      | 13          | 38        | 2         | 26      | 5           | 28        | 1836     |
| without toppings                               | 299      | 6           | 34        | 1         | 19      | 3           | 22        | 1437     |
| Southwest Chicken Tortilla Soup                | 265      | 12          | 24        | 1         | 13      | 6           | 39        | 1681     |
| without toppings                               | 163      | 11          | 14        | 1         | 7       | 3           | 33        | 1599     |
| Tomato Florentine                              | 106      | 4           | 20        | 1         | 1       | 0           | 0         | 1258     |
| Chicken & Wild Rice Soup                       | 236      | 7           | 29        | 1         | 11      | 3           | 25        | 1659     |
| Old Fashioned Chicken Noodle Soup              | 135      | 7           | 19        | 1         | 3       | 1           | 31        | 856      |
| New England Clam Chowder                       | 261      | 6           | 27        | 1         | 17      | 2           | 11        | 1181     |
| Broccoli Cheddar Soup                          | 292      | 9           | 17        | 1         | 23      | 8           | 41        | 1227     |
| <b>Kids Meals</b>                              |          |             |           |           |         |             |           |          |
| Kids Macaroni & Cheese                         | 546      | 24          | 44        | 2         | 31      | 18          | 98        | 1353     |
| Kids Penne Marinara                            | 227      | 7           | 40        | 5         | 5       | 1           | 0         | 490      |
| Kids Chicken Strips                            | 350      | 19          | 24        | 0         | 25      | 3           | 55        | 1020     |
| Kids Grilled Cheese                            | 608      | 26          | 63        | 4         | 29      | 13          | 9         | 972      |
| Kids French Fries                              | 280      | 3           | 34        | 3         | 16      | 5           | 0         | 2480     |
| Kids Applesauce                                | 91       | 0           | 23        | 2         | 0       | 0           | 0         | 10       |
| <b>Other</b>                                   |          |             |           |           |         |             |           |          |
| French Fries                                   | 290      | 3           | 26        | 5         | 19      | 6           | 0         | 2710     |
| Side of Ranch Dressing                         | 235      | 6           | 10        | 0         | 20      | 3           | 29        | 528      |
| Side of Caesar Dressing                        | 292      | 2           | 2         | 0         | 29      | 5           | 46        | 583      |
| Side of Lite Ranch Dressing                    | 155      | 0           | 16        | 0         | 10      | 1           | 22        | 819      |
| Side of Oriental Dressing                      | 142      | 0           | 97        | 0         | 0       | 0           | 0         | 1040     |
| Side of Balsamic Vinaigrette                   | 265      | 0           | 4         | 0         | 3       | 5           | 0         | 473      |
| Side of Southwest Ranch Dressing               | 217      | 5           | 9         | trace     | 18      | 3           | 27        | 489      |
| Side of Garlic Dressing                        | 287      | 0           | 2         | 0         | 32      | 5           | 23        | 303      |
| Side of Poppy Seed Dressing                    | 326      | 0           | 15        | 0         | 30      | 4           | 0         | 283      |
| Cup of Fruit                                   | 29       | trace       | 7         | 1         | trace   | trace       | 0         | 4        |
| Bread Slice                                    | 142      | 3           | 19        | 1         | 6       | 1           | 0         | 184      |
| <b>Breakfast Menu</b>                          |          |             |           |           |         |             |           |          |
| Egg and Cheese Casserole                       | 639      | 34          | 53        | 3         | 33      | 14          | 519       | 1105     |
| with Bacon                                     | 694      | 37          | 53        | 3         | 38      | 16          | 527       | 1257     |
| with Ham                                       | 732      | 43          | 55        | 3         | 38      | 16          | 548       | 1777     |
| with Sausage                                   | 849      | 42          | 53        | 3         | 53      | 21          | 559       | 1465     |
| Egg and Cheese Sandwich on Plain Bagel         | 392      | 20          | 37        | 2         | 19      | 6           | 384       | 647      |
| with Bacon                                     | 447      | 23          | 37        | 2         | 23      | 8           | 392       | 799      |
| with Ham                                       | 453      | 29          | 37        | 2         | 21      | 7           | 412       | 1188     |
| with Sausage                                   | 602      | 28          | 37        | 2         | 39      | 13          | 424       | 1007     |
| Belgian Waffle                                 | 1030     | 11          | 192       | 1         | 22      | 13          | 166       | 1335     |
| with Strawberries & Whipped Cream              | 1419     | 11          | 266       | 1         | 29      | 20          | 166       | 1387     |
| Kid's Waffle with Fruit                        | 770      | 5           | 164       | 1         | 10      | 5           | 72        | 717      |
| with Strawberries & Whipped Cream              | 966      | 5           | 200       | 1         | 13      | 9           | 72        | 736      |
| Honey Oat Bagel                                | 160      | 6           | 34        | 1         | 1       | 0           | 0         | 223      |
| with Cream Cheese                              | 297      | 9           | 36        | 1         | 15      | 9           | 38        | 400      |
| with Strawberry Cream Cheese                   | 281      | 8           | 39        | 1         | 11      | 7           | 28        | 361      |
| with Lite Cream Cheese                         | 221      | 8           | 36        | 1         | 6       | 3           | 20        | 365      |
| Plain Bagel                                    | 167      | 6           | 34        | 2         | 1       | 0           | 0         | 251      |
| with Cream Cheese                              | 304      | 9           | 36        | 2         | 15      | 9           | 38        | 418      |
| with Strawberry Cream Cheese                   | 288      | 8           | 39        | 2         | 11      | 7           | 28        | 379      |
| with Lite Cream Cheese                         | 228      | 8           | 36        | 2         | 6       | 3           | 20        | 383      |
| Bacon Side                                     | 219      | 12          | trace     | 0         | 19      | 7           | 32        | 606      |
| Sausage Side                                   | 420      | 16          | 0         | 0         | 40      | 14          | 80        | 720      |
| Bowl of Fruit                                  | 69       | 1           | 17        | 1         | trace   | trace       | 0         | 10       |