

Braeda® Nutritional Information

Allergens are present at this location and we cannot guarantee any item to be allergen free. Nutrition information is based on typical menu items.

We use Trans Fat Free fryer oil. Naturally occurring Trans Fats occur in some meat and dairy products, including beef and butterfat from dairy.

Due to the potential of cross contact by being fried in the same oil, ALL fried items may contain EGG, FISH, MILK, PEANUT, SHELLFISH, SOY, TREE NUTS, AND WHEAT.

Disclaimer: The information provided by Braeda® regarding our food is as complete as reasonably possible at the time of publication. This list is based on information reported to us by our suppliers and Braeda®'s standard product formulations. Variations may occur depending on the supplier, ingredient substitutions, recipe revisions, region, season, preparation technique, or product assembly at the restaurant-level. Product formulations are subject to change periodically. Braeda®, its franchises, and employees do not assume responsibility for a person's sensitivity or allergy to any food items provided in our restaurants. If you are not completely confident about a product ingredient, it is recommended to select something you are comfortable with or visit another dining venue. Please always consult your healthcare practitioner for questions regarding your diet.

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Update 6/2020

	Calories	Protein	Carbs.	Fiber	Fat	Sat. Fat	Cholesterol	Sodium
	(grams)	(grams)	(grams)	(grams)	(grams)	(grams)	(milligrams)	(milligrams)
Baked Sandwiches								
Nebraska Cheesesteak Sandwich	532	32	37	2	30	9	72	2378
No Sauce	413	32	39	2	15	7	66	2278
Half Nebraska Cheesesteak Sandwich	294	17	22	1	16	4	39	1284
No Sauce	228	17	22	1	8	3	35	1234
Foccacia Turkey Melt	776	40	81	3	34	8	70	1807
No Sauce	641	40	81	3	18	6	64	1693
Half Foccacia Turkey Melt	500	26	60	2	19	4	39	1185
No Sauce	433	26	60	2	11	3	36	1128
Braeda® Reuben	646	35	69	5	26	8	69	2111
Half Braeda® Reuben	328	18	34	2	13	4	37	1126
Smokehouse Ham & Cheese Melt	810	44	67	4	43	15	109	2020
No Sauce	717	44	65	5	33	13	104	1835
Half Smokehouse Ham & Cheese Melt	412	23	33	2	22	7	57	1070
No Sauce	365	23	32	2	17	7	55	977
Rustic Chicken Bruschetta	429	36	39	2	12	6	74	2014
No Cheese	323	29	39	2	3	1	49	1862
Half Rustic Chicken Bruschetta	237	19	22	1	6	3	40	1077
No Cheese	184	16	22	1	2	trace	27	1001
Four Cheese Roma Tomato & Roasted Pepper Melt	748	36	81	4	31	16	81	2722
Half Four Cheese Melt	476	21	59	3	17	8	40	1545
Double Steak French Dip Sandwich	582	34	57	2	19	8	89	3997
No Cheese	479	27	57	2	10	3	63	3845
Half Double Steak French Dip Sandwich	284	18	26	1	9	4	47	2200
No Cheese	230	14	26	1	5	1	34	2113

Calories	Protein	Carbs.	Fiber	Fat	Sat. Fat	Cholesterol	Sodium
(grams)	(grams)	(grams)	(grams)	(grams)	(grams)	(milligrams)	(milligrams)

Deli Sandwiches								
Heartland Café Club	709	39	67	5	35	8	70	3104
No Sauce	574	39	67	5	19	6	64	2998
Half Heartland Café Club	365	22	34	2	17	4	39	1649
No Sauce	297	21	34	2	10	3	36	1596
Braeda® Chicken Salad Sandwich	693	26	86	8	29	3	36	1124
Half Braeda® Chicken Salad Sandwich	346	13	43	4	14	2	18	562

Fresh Salads								
Cashew Chicken & Strawberry Salad	504	28	138	7	12	2	49	1743
Half Cashew Chicken & Strawberry Salad	329	15	117	4	6	1	27	1433
Southwest Chicken Salad	600	38	30	6	38	12	112	1592
Half Southwest Chicken Salad	319	21	16	3	20	6	60	865
Braeda® Signature Salad	724	17	41	7	59	15	41	906
Half Braeda® Signature Salad	362	9	20	3	30	8	20	453
Side Salad	122	7	9	2	7	3	15	190
Side Caesar Salad	269	7	8	1	22	5	38	592

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(grams)	(grams)	(grams)	(grams)	(grams)	(grams)	(milligrams)	(milligrams)

Pastas								
Chipotle Chicken & Andouille Sausage Penne	884	44	71	3	48	25	168	3031
Half Chipotle Chicken & Andouille Sausage Penne	442	22	36	2	24	12	84	1515
Miller & Paine® Macaroni & Cheese	991	43	88	4	54	31	167	2246
Half Miller & Paine® Macaroni & Cheese	546	24	44	2	31	18	98	1353

Soups

Cheesy Baked Potato Soup	392	13	38	2	26	5	28	1836
Cheesy Baked Potato Soup No Toppings	299	6	34	1	19	3	22	1437
Southwest Chicken Tortilla Soup	265	12	24	1	13	6	39	1681
Southwest Chicken Tortilla Soup No 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 Fashion 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

Kids Meals

Kid's Macaroni & Cheese	546	24	44	2	31	18	98	1353
Kid's Chicken Strips	350	19	24	0	25	3	55	1020
Kid's Grilled Cheese	608	26	63	4	29	13	9	972
Kid's Fry	280	3	34	3	16	5	0	2480

Calories **Protein** **Carbs.** **Fiber** **Fat** **Sat. Fat** **Cholesterol** **Sodium**
(grams) (grams) (grams) (grams) (grams) (grams) (milligrams) (milligrams)

Other

French Fries	290	3	26	5	19	6	0	2710
Side of Ranch Dressing	235	6	10	0	20	3	29	528
Side of Lite Ranch Dressing	155	0	16	0	10	1	22	819
Side of Asian Sesame Dressing	142	0	97	0	0	0	0	1040
Side of Balsamic Vinaigrette	265	0	4	0	3	5	0	473
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

Breakfast

Egg and Cheese Casserole	639	34	53	3	33	14	519	1105
With Bacon	694	37	53	3	38	16	527	1257
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 Sausage	602	28	37	2	39	13	424	1007
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