

LeBoulangier™

— THE BAKER —

NUTRITIONAL INFORMATION - UPDATED 8/12

Sandwiches	Calories	Total Fat	Saturated Fat	Trans Fat	Fiber	Sodium	Total Carbohydrates	Sugars	Cholesterol	Protein
The Vegetarian (Full)	430	12g	5g	0g	7g	810mg	67g	11g	30mg	18g
The Vegetarian (Petite)	220	6g	2.5g	0g	3g	410mg	34g	6g	15mg	9g
Bacon, Lettuce, & Tomato (Full)	560	35g	8g	0g	1g	1260mg	43g	8g	75mg	25g
Bacon, Lettuce, & Tomato (Petite)	280	17g	4g	0g	1g	630mg	21g	4g	35mg	13g
Avocado, Lettuce, & Tomato (Full)	440	24g	4g	0g	4g	440mg	47g	9g	20mg	8g
Avocado, Lettuce, & Tomato (Petite)	220	12g	2g	0g	2g	220mg	24g	4g	10mg	4g
California Fresh (Full)	630	23g	7g	0g	6g	1810mg	68g	5g	75mg	36g
California Fresh (Petite)	340	12g	3.5g	0g	3g	970mg	40g	2g	40mg	19g
Le Grand Roast Beef (Full)	640	17g	7g	0g	4g	2180mg	76g	2g	80mg	41g
Le Grand Roast Beef (Petite)	350	9g	3.5g	0g	2g	1160mg	44g	1g	40mg	22g
Albacore Tuna (Full)	480	18g	2.5g	0g	4g	1640mg	51g	8g	45mg	28g
Albacore Tuna (Petite)	240	9g	1g	0g	2g	820mg	25g	4g	25mg	14g
Eggplant (Full)	490	20g	7g	0g	6g	990mg	61g	10g	30mg	17g
Eggplant (Petite)	240	10g	3.5g	0g	3g	500mg	31g	5g	15mg	8g
Roasted Portabella (Full)	480	20g	7g	0g	5g	1010mg	58g	5g	30mg	18g
Roasted Portabella (Petite)	240	10g	3.5g	0g	2g	510mg	29g	2g	15mg	9g
Country Classic (Full)	320	9g	1g	0g	2g	1230mg	32g	5g	45mg	24g
Country Classic (Petite)	160	4.5g	0.5g	0g	1g	620mg	16g	2g	25mg	12g
Smoked Ham & Swiss (Full)	580	19g	9g	0g	5g	1990mg	65g	10g	95mg	34g
Smoked Ham & Swiss (Petite)	290	10g	4.5g	0g	3g	990mg	33g	5g	45mg	17g
Le Club (Full)	560	21g	9g	0g	3g	2140mg	52g	14g	110mg	43g
Le Club (Petite)	280	10g	4.5g	0g	2g	1070mg	26g	7g	55mg	22g
Breast of Chicken & Bacon (Full)	460	19g	8g	0g	2g	1460mg	25g	5g	120mg	45g
Breast of Chicken & Bacon (Petite)	230	10g	4g	0g	1g	730mg	13g	3g	60mg	23g
Italiano (Full)	840	53g	19g	0g	3g	2710mg	55g	7g	105mg	35g
Italiano (Petite)	420	27g	9g	0g	2g	1350mg	28g	3g	55mg	18g
Bay Shrimp (Full)	410	21g	10g	0g	2g	730mg	28g	4g	210mg	26g
Bay Shrimp (Petite)	240	13g	6g	0g	1g	420mg	18g	3g	110mg	14g
Classico (Full)	570	21g	7g	0g	3g	1570mg	53g	5g	85mg	41g
Classico (Petite)	290	11g	3.5g	0g	2g	790mg	27g	3g	45mg	20g
Turkey & Chicken Pesto Sausage (Full)	790	37g	12g	0g	5g	1980mg	75g	6g	100mg	38g
Turkey & Chicken Pesto Sausage (Petite)	430	18g	6g	0g	3g	1060mg	44g	3g	50mg	20g
Turkey Cranberry (Full)	380	11g	3g	0g	4g	1340mg	47g	8g	45mg	27g
Turkey Cranberry (Petite)	190	6g	1.5g	0g	2g	670mg	24g	4g	25mg	13g
Hot Sandwiches	Calories	Total Fat	Saturated Fat	Trans Fat	Fiber	Sodium	Total Carbohydrates	Sugars	Cholesterol	Protein
Hot Pastrami (Full)	470	19g	10g	0g	2g	2060mg	34g	5g	110mg	38g
Hot Pastrami (Petite)	230	10g	5g	0g	1g	1030mg	17g	2g	55mg	19g
Reuben (Full)	600	27g	11g	0g	4g	2090mg	48g	5g	115mg	39g
Reuben (Petite)	300	13g	6g	0g	2g	1040mg	24g	2g	60mg	20g
Bay Shrimp Melt (Full)	430	23g	7g	0g	4g	770mg	25g	3g	195mg	33g
Bay Shrimp Melt (Petite)	220	11g	3.5g	0g	2g	390mg	13g	1g	95mg	17g
Margherita Al Fresco (Full)	600	32g	14g	0g	3g	1240mg	54g	3g	55mg	25g
Margherita Al Fresco (Petite)	300	16g	7g	0g	2g	620mg	27g	2g	30mg	13g
Grilled Ham & Cheese (Full)	530	22g	9g	0g	5g	1840mg	51g	9g	100mg	32g
Grilled Ham & Cheese (Petite)	260	11g	4.5g	0g	2g	920mg	26g	4g	50mg	16g
Fresh Salads	Calories	Total Fat	Saturated Fat	Trans Fat	Fiber	Sodium	Total Carbohydrates	Sugars	Cholesterol	Protein
Classic Caesar (Full)	530	46g	9g	0g	5g	1240mg	20g	3g	25mg	11g
Classic Caesar (Petite)	260	23g	4.5g	0g	3g	620mg	10g	2g	15mg	6g
Primavera (Full)	680	53g	12g	0g	5g	940mg	41g	33g	30mg	11g
Primavera (Petite)	340	26g	6g	0g	3g	470mg	21g	17g	15mg	5g
Thai Chicken (Full)	450	20g	2.5g	0g	6g	1140mg	38g	12g	70mg	31g
Thai Chicken (Petite)	230	10g	1g	0g	3g	570mg	19g	6g	35mg	16g
Sweet Strawberry, Mango & Spinach (Full)	590	38g	10g	0g	8g	800mg	56g	31g	30mg	13g
Sweet Strawberry, Mango & Spinach (Petite)	300	19g	5g	0g	4g	400mg	28g	15g	15mg	7g
Bay Shrimp (Full)	560	34g	5g	0g	8g	1090mg	36g	16g	180mg	27g
Bay Shrimp (Petite)	280	17g	2.5g	0g	4g	540mg	18g	8g	90mg	14g
Pizza	Calories	Total Fat	Saturated Fat	Trans Fat	Fiber	Sodium	Total Carbohydrates	Sugars	Cholesterol	Protein
San Francisco Pizza (Full)	470	10g	4.5g	0g	4g	1680mg	68g	2g	55mg	31g
San Francisco Pizza (Petite)	240	5g	2g	0g	2g	840mg	34g	1g	25mg	16g
Portabella Pizza (Full)	300	18g	9g	0g	2g	800mg	20g	7g	40mg	16g
Portabella Pizza (Petite)	150	9g	4.5g	0g	1g	400mg	10g	3g	20mg	8g
Cheese Pizza (Full)	290	18g	9g	0g	2g	790mg	18g	6g	40mg	14g
Cheese Pizza (Petite)	150	9g	4.5g	0g	1g	400mg	9g	3g	20mg	7g
Pepperoni Pizza (Full)	390	27g	14g	0g	2g	1120mg	18g	6g	65mg	18g
Pepperoni Pizza (Petite)	190	14g	7g	0g	1g	560mg	9g	3g	30mg	9g
Firenze Pizza (Full)	840	23g	9g	0g	7g	2940mg	126g	3g	45mg	37g
Firenze Pizza (Petite)	420	12g	4.5g	0g	4g	1470mg	63g	1g	20mg	19g
Omelette Sandwiches	Calories	Total Fat	Saturated Fat	Trans Fat	Fiber	Sodium	Total Carbohydrates	Sugars	Cholesterol	Protein
Bacon Cheddar Omelette Sandwich (Full)	680	33g	14g	0g	2g	1270mg	58g	5g	440mg	40g
Ham & Cheese Omelette Sandwich (Full)	650	42g	22g	0g	1g	1410mg	31g	6g	500mg	37g
Sausage & Egg Omelette Sandwich (Full)	940	56g	24g	0g	2g	1710mg	60g	6g	495mg	49g
Italian Frittata Omelette Sandwich (Full)	680	35g	15g	0g	3g	1670mg	52g	3g	455mg	41g

Vegetable Medley Omelette Sandwich (Full)	400	23g	9g	0g	5g	580mg	29g	4g	400mg	22g
Gourmet Soups										
	Calories	Total Fat	Saturated Fat	Trans Fat	Fiber	Sodium	Total Carbohydrates	Sugars	Cholesterol	Protein
5 Bean & Sausage (Cup)	170	7g	2.5g	0g	4g	390mg	16g	2g	15mg	10g
5 Bean & Sausage (Bowl)	250	11g	4g	0g	7g	580mg	24g	3g	25mg	14g
5 Bean & Sausage (Bread Bowl)	570	12g	4g	0g	9g	1240mg	89g	3g	25mg	25g
Clam Chowder (Cup)	210	11g	7g	0g	2g	1020mg	21g	1g	50mg	7g
Clam Chowder (Bowl)	320	17g	10g	0g	2g	1540mg	32g	2g	75mg	10g
Clam Chowder (Bread Bowl)	640	18g	10g	0g	5g	2200mg	96g	2g	75mg	21g
Cream of Chicken (Cup)	210	12g	7g	0g	1g	1040mg	16g	2g	60mg	10g
Cream of Chicken (Bowl)	320	19g	11g	0g	2g	1560mg	24g	3g	90mg	15g
Cream of Chicken (Bread Bowl)	640	20g	11g	0g	4g	2220mg	88g	4g	90mg	26g
Cream of Tomato (Cup)	190	9g	6g	0g	2g	1020mg	20g	6g	30mg	3g
Cream of Tomato (Bowl)	280	14g	8g	0g	3g	1530mg	30g	9g	45mg	5g
Cream of Tomato (Bread Bowl)	600	15g	9g	0g	5g	2190mg	94g	9g	45mg	15g
French Onion (Cup)	100	2.5g	1.5g	0g	2g	790mg	16g	5g	5mg	4g
French Onion (Bowl)	150	4g	2g	0g	2g	1180mg	25g	7g	10mg	6g
French Onion (Bread Bowl)	480	5g	2.5g	0g	5g	1960mg	92g	8g	10mg	17g
Indian Curry (Cup)	240	17g	11g	0g	2g	850mg	15g	4g	65mg	7g
Indian Curry (Bowl)	360	26g	16g	0g	3g	1280mg	22g	6g	95mg	10g
Indian Curry (Bread Bowl)	680	27g	16g	0g	5g	1940mg	87g	6g	95mg	21g
Roasted Red Pepper (Cup)	60	1.5g	0.5g	0g	2g	980mg	9g	3g	5mg	3g
Roasted Red Pepper (Bowl)	90	2.5g	1g	0g	4g	1470mg	13g	5g	5mg	4g
Roasted Red Pepper (Bread Bowl)	400	3.5g	1g	0g	6g	2130mg	78g	5g	5mg	15g
Split Pea (Cup)	160	3.5g	0g	0g	9g	560mg	23g	4g	5mg	10g
Split Pea (Bowl)	240	5g	0.5g	0g	13g	840mg	35g	5g	5mg	14g
Split Pea (Bread Bowl)	550	6g	0.5g	0g	15g	1490mg	99g	6g	5mg	25g
Butternut Squash (Cup)	140	9g	4.5g	0g	0g	210mg	13g	6g	25mg	1g
Butternut Squash (Bowl)	210	14g	7g	0g	0g	310mg	20g	8g	40mg	2g
Butternut Squash (Bread Bowl)	530	15g	7g	0g	0g	970mg	85g	9g	40mg	13g