

	<i>Cals (kcal)</i>	<i>Cals from Fat</i>	<i>Tot. Fat (g)</i>	<i>Fat-S(g)</i>	<i>Trans Fat (g)</i>	<i>Chol (mg)</i>	<i>Sod (mg)</i>	<i>Carb (g)</i>	<i>Fiber (g)</i>	<i>Sugar (g)</i>	<i>Prot (g)</i>
BREAKFAST											
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
BREAKFAST SANDWICHES											
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
SCRAMBLES											
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
SIDES											
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
*Seeds & Grains Toast	160		5	1	0	0	260	26	3	0	6
*Sourdough Toast	110	5	0	0	0	0	270	24	1	0	3
Note: *Sourdough and Seeds & Grains Toast does not include 1 oz. butter pat or 1 oz. Strawberry Jam											
SANDWICHES											
CLASSICS											
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)	624	305	34	11	0	41	975	63	10	6	24
ARTISAN											
Chicken Pesto	738	287	33	6	0	85	1421	77	4	7	34
The Italian Classic	983	464	52	19	0	128	3029	77	3	6	44
Turkey Avocado	775	402	46	10	0	84	1404	58	9	2	38
Ham 'N Brie on Rosemary Focaccia	870	220	24	10	0	105	2500	116	6	26	43
HOT SANDWICHES											
The Original Baguette Burger	1095	562	63	30	2	203	3380	79	4	6	53
The California Baguette Burger	1227	669	76	23	1	159	1566	87	12	3	60
The Blue Note Baguette Burger	873	374	42	17	2	146	1658	75	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)	888	410	46	22	0	104	1395	91	7	33	36
Grilled Cheese w/ Ham (includes condiments)	930	540	61	26	1	150	2220	53	2	2	41
French Dip	547	48	5	0	0	75	2847	79	4	5	48
Tuna Melt	1,110	620	70	27	1	170	2000	61	3	5	59
BLT	920	494	55	14	0	117	2131	72	4	18	35
BLTA	975	539	60	15	0	117	2133	75	6	18	36
BREADS											
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
COOKIES											
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

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SALADS											
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)	195	92	10	6	0	23	448	20	4	2	7
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)	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	191	49	5	1	0	30	348	21	4	3	13
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	258	150	17	6	0	16	384	23	5	14	8
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.	139	36	36	1	0	70	397	1	0	0	23
Note: Salad numbers do not include side bread or butter pat.											
SOUPS - CHILI											
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)	615	123	14	2	0	1	2,068	104	13	10	21
Broccoli Cheddar with Sourdough Bread Bowl Top -- soup only	615	230	25	13	1	71	1,958	75	3	7	22
Butternut Squash with Sourdough Bread Bowl Top -- soup only (vegetarian - contains nuts)	595	160	18	10	0	61	1,598	98	3	16	13
Clam Chowder with Sourdough Bread Bowl Top -- soup only	575	127	14	5	0	36	1,788	87	2	10	24
Garlic Tomato with Sourdough Bread Bowl Top -- soup only	595	208	23	12	0	61	1,498	80	3	7	16
Rustic Tomato with Sourdough Bread Bowl Top -- soup only (vegetarian)	515	150	17	6	0	46	1,598	79	3	11	14
Note: Bread bowl numbers account for 3.8 oz of bread (top portion) and do not include butter pat.											
CUP OF SOUP - 5 oz (NO BREAD BOWL)											
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
PIZZA											
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
SEASONAL ITEMS											
Chicken Pot Pie	1394	320	36	16	1	120	3876	217	10	18	51
Beef Stew	1293	238	27	7	0	75	3262	210	10	12	52
The Purist Avocado Toast	300	140	16	3	0	185	480	30	5	1	11
The Pesto Avocado Toast	411	234	26	5	0	189	556	34	8	1	15
The Bacon Avocado Toast	400	203	23	6	0	212	821	33	6	4	17

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BOUDIN COMBO (Choose any two items)											
HALF SANDWICH - BOUDIN CLASSICS											
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 - (vegetarian)	312	152	17	6	0	21	487	32	5	3	12
HALF SANDWICH - ARTISAN SANDWICHES											
Chicken Pesto	369	144	17	3	0	42	710	39	2	3	17
The Italian Classic	492	232	26	10	0	64	1515	39	1	3	22
Turkey Avocado	387	201	23	5	0	42	702	29	5	1	19
Ham 'n Brie on Rosemary Focaccia	670	145	16	6	0	53	1825	103	5	16	29
HALF SANDWICH - GRILLED CHEESE											
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)	444	205	23	11	0	52	697	45	4	16	18
Grilled Cheese with Ham	465	270	30	13	0	75	1110	26	1	1	20
SMALL SALAD											
Caesar - small	195	92	10	6	0	23	448	20	4	2	7
*with 1 oz. dressing	123	115	13	3	0	12	283	1	0	0	1
Spring Salad - small - contains nuts - with 1 oz. dressing	258	150	17								