

# Little Blue Menu® Nutrition Guides



## Breakfast

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p><b>Croissant</b></p> <p><b>INGREDIENTS:</b> Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), butter (cream), water, sugar cane, yeast, whole milk powder, eggs, salt, wheat gluten, food enzymes (xylanase, amylase), ascorbic acid.</p> <p><b>CONTAINS:</b> Milk, egg, wheat.</p>	1	Pastry	330	18	11	0	55	34	1	6	7	370
<p><b>Chocolate Brioche</b></p> <p><b>INGREDIENTS:</b> Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), custard cream (water, skim milk powder, whey powder, sugar, modified tapioca starch, eggs, natural flavor, cultured wheat starch, beta carotene), butter (cream), water, semisweet chocolate (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), eggs, sugar, yeast, partially skimmed milk (milk, Vitamin A palmitate, Vitamin D3), salt, wheat gluten, food enzymes (xylanase, amylase), ascorbic acid, dried eggs, skim milk, soy flour.</p> <p><b>CONTAINS:</b> Milk, egg, soy, wheat.</p>	1	Pastry	360	19	11	0	65	44	2	15	8	360
<p><b>Almond Pastry</b></p> <p><b>INGREDIENTS:</b> Pastry (unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), butter, water, fresh whole milk, sugar, eggs, yeast, salt, inactive dry yeast, xanthan gum, enzymes and ascorbic acid), almond filling (almond paste (almonds, sugar, water, natural flavor), sugar, butter, eggs, wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), natural flavor), almonds.</p> <p><b>CONTAINS:</b> Milk, egg, tree nuts, wheat.</p>	1	Pastry	400	22	11	0	65	44	1	13	7	340
<p><b>Cinnamon Roll</b></p> <p><b>INGREDIENTS:</b> Pastry (unbleached enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, butter (cream), sugar, yeast, eggs, cinnamon, salt, xanthan gum, food enzymes (amylase, xylanase), wheat gluten, ascorbic acid, dried eggs, skim milk, soy flour), icing (sugar, cream cheese milk, cream from milk, cheese culture, salt, carob bean gum, vegetable shortening palm oil, mono and diglycerides, polysorbate 60, corn syrup, contains less than 2 of the following: water, salt, lactic acid, to preserve freshness sodium benzoate, potassium sorbate, whey a milk derivative, guar gum, cultured whey a milk derivative, maltodextrin, citric acid, artificial colors Yellow 5, and Yellow 6).</p> <p><b>CONTAINS:</b> Milk, egg, soy, wheat.</p>	1	Pastry	450	19	13	0	55	60	2	24	7	530



# Little Blue Menu® Nutrition Guides



## Burgers

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p><b>Signature Burger</b></p> <p><b>INGREDIENTS:</b> Burger (beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika [as color], turmeric [as color], natural flavors and less than 2% silicon dioxide to prevent caking, bun [enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], water, sugar, soybean oil, yeast, contains less than 2% of each of the following: vegetable oils [coconut oil, canola oil, high oleic soybean oil, and/or high oleic canola oil], salt, vegetable and grain protein blend [pea, potato, rice], dextrose, calcium propionate [a preservative], vinegar, wheat gluten, wheat flour, sunflower oil and canola oil, monoglycerides, corn starch, turmeric [color], maltodextrin, natural and artificial flavors, calcium sulfate, enzymes, dextrin, soy lecithin, ascorbic acid [dough conditioner], butter flavored oil [soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene], sauce [soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, contains less than 2% of salt, water, mustard seed, calcium disodium EDTA [to protect flavor], water, mustard seeds, vinegar, salt and sodium bisulfite as a preservative, filtered honey, distilled white vinegar, mustard seed, water, salt, white wine, citric acid, tartaric acid, fruit pectin, sugar, spices, water, distilled vinegar, sugar, tomato paste, brown sugar, salt, modified cornstarch, spices, natural flavor including natural smoke flavor, monosodium glutamate, onion*, mustard seed, garlic*, sodium benzoate added as a preservative, beet powder, citric acid, celery seed, corn syrup, molasses, turmeric, caramel color, tamarind, water, sugar, vinegar, contains less than 2% of salt, dehydrated onion, calcium chloride, sodium benzoate [preservative], spices [contains mustard and celery], yellow 5, polysorbate 80, natural flavors [contains celery and mustard], onion, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming, pickle [fresh cucumbers, water, salt, contains less than 2% of vinegar, lactic acid, sodium benzoate a preservative, natural flavors, polysorbate 80, turmeric extract color], tomato, romaine lettuce, cheese [cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid [preservative], citric acid, acetic acid, enzymes, soy lecithin, artificial color] *dehydrated.</p> <p><b>CONTAINS:</b> Egg, milk, sesame, soy, wheat.</p>	1	Burger	630	43	14	1.5	85	37	1	10	22	1070
<p><b>Signature Burger (Double)</b></p> <p><b>INGREDIENTS:</b> Burger (beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika [as color], turmeric [as color], natural flavors and less than 2% silicon dioxide to prevent caking, bun [enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], water, sugar, soybean oil, yeast, contains less than 2% of each of the following: vegetable oils [coconut oil, canola oil, high oleic soybean oil, and/or high oleic canola oil], salt, vegetable and grain protein blend [pea, potato, rice], dextrose, calcium propionate [a preservative], vinegar, wheat gluten, wheat flour, sunflower oil and canola oil, monoglycerides, corn starch, turmeric [color], maltodextrin, natural and artificial flavors, calcium sulfate, enzymes, dextrin, soy lecithin, ascorbic acid [dough conditioner], butter flavored oil [soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene], sauce [soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, contains less than 2% of salt, water, mustard seed, calcium disodium EDTA [to protect flavor], water, mustard seeds, vinegar, salt and sodium bisulfite as a preservative, filtered honey, distilled white vinegar, mustard seed, water, salt, white wine, citric acid, tartaric acid, fruit pectin, sugar, spices, water, distilled vinegar, sugar, tomato paste, brown sugar, salt, modified cornstarch, spices, natural flavor including natural smoke flavor, monosodium glutamate, onion*, mustard seed, garlic*, sodium benzoate added as a preservative, beet powder, citric acid, celery seed, corn syrup, molasses, turmeric, caramel color, tamarind, water, sugar, vinegar, contains less than 2% of salt, dehydrated onion, calcium chloride, sodium benzoate [preservative], spices [contains mustard and celery], yellow 5, polysorbate 80, natural flavors [contains celery and mustard], onion, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming, pickle [fresh cucumbers, water, salt, contains less than 2% of vinegar, lactic acid, sodium benzoate a preservative, natural flavors, polysorbate 80, turmeric extract color], tomato, romaine lettuce, cheese [cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid [preservative], citric acid, acetic acid, enzymes, soy lecithin, artificial color] *dehydrated.</p> <p><b>CONTAINS:</b> Egg, milk, sesame, soy, wheat.</p>	1	Burger	920	68	24	3	160	38	1	11	38	1360

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# Little Blue Menu® Nutrition Guides



## Burgers (cont.)

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p><b>Bacon Burger</b></p> <p><b>INGREDIENTS:</b> Beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% silicon dioxide to prevent caking, bun (enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], water, sugar, soybean oil, yeast, contains less than 2% of each of the following: vegetable oils [coconut oil, canola oil, high oleic soybean oil, and/or high oleic canola oil], salt, vegetable and grain protein blend [pea, potato, rice], dextrose, calcium propionate [a preservative], vinegar, wheat gluten, wheat flour, sunflower oil and canola oil, monoglycerides, corn starch, turmeric [color], maltodextrin, natural and artificial flavors, calcium sulfate, enzymes, dextrin, soy lecithin, ascorbic acid [dough conditioner], butter flavored oil [soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene], soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, contains less than 2% of salt, water, mustard seed, calcium disodium EDTA (to protect flavor), sugar, molasses, apple cider vinegar, water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, horseradish, distilled vinegar, water, soybean oil, salt, and artificial flavor, salt, yellow prussiate of soda, ground cayenne red pepper, ground black pepper, bacon (cured with water, salt, sugar, sodium erythorbate, sodium nitrite, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming), fresh cucumbers, water, salt, contains less than 2 of vinegar, lactic acid, sodium benzoate a preservative, natural flavors, polysorbate 80, turmeric extract color, tomato, romaine lettuce, cultured milk, salt, enzymes, annatto color.</p> <p><b>CONTAINS:</b> Egg, milk, sesame, soy, wheat.</p>	1	Burger	740	56	17	1.5	105	35	1	8	25	1000
<p><b>Bacon Burger (Double)</b></p> <p><b>INGREDIENTS:</b> Beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% silicon dioxide to prevent caking, bun (enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], water, sugar, soybean oil, yeast, contains less than 2% of each of the following: vegetable oils [coconut oil, canola oil, high oleic soybean oil, and/or high oleic canola oil], salt, vegetable and grain protein blend [pea, potato, rice], dextrose, calcium propionate [a preservative], vinegar, wheat gluten, wheat flour, sunflower oil and canola oil, monoglycerides, corn starch, turmeric [color], maltodextrin, natural and artificial flavors, calcium sulfate, enzymes, dextrin, soy lecithin, ascorbic acid [dough conditioner], butter flavored oil [soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene], soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, contains less than 2% of salt, water, mustard seed, calcium disodium EDTA (to protect flavor), sugar, molasses, apple cider vinegar, water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, horseradish, distilled vinegar, water, soybean oil, salt, and artificial flavor, salt, yellow prussiate of soda, ground cayenne red pepper, ground black pepper, bacon (cured with water, salt, sugar, sodium erythorbate, sodium nitrite, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming), fresh cucumbers, water, salt, contains less than 2 of vinegar, lactic acid, sodium benzoate a preservative, natural flavors, polysorbate 80, turmeric extract color, tomato, romaine lettuce, cultured milk, salt, enzymes, annatto color.</p> <p><b>CONTAINS:</b> Egg, milk, sesame, soy, wheat.</p>	1	Burger	1040	81	28	3.5	185	35	1	8	43	1150

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# Little Blue Menu® Nutrition Guides



## Burgers (cont.)

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p><b>Cheese on Cheese Burger</b></p> <p><b>INGREDIENTS:</b> Beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% silicon dioxide to prevent caking, bun (enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], water, sugar, soybean oil, yeast, contains less than 2% of each of the following: vegetable oils [coconut oil, canola oil, high oleic soybean oil, and/or high oleic canola oil], salt, vegetable and grain protein blend [pea, potato, rice], dextrose, calcium propionate [a preservative], vinegar, wheat gluten, wheat flour, sunflower oil and canola oil, monoglycerides, corn starch, turmeric [color], maltodextrin, natural and artificial flavors, calcium sulfate, enzymes, dextrin, soy lecithin, ascorbic acid [dough conditioner], butter flavored oil [soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene], sauce (soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, contains less than 2% of salt, water, mustard seed, calcium disodium EDTA [to protect flavor], water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, filtered honey, distilled white vinegar, mustard seed, water, salt, white wine, citric acid, tartaric acid, fruit pectin, sugar, spices, water, distilled vinegar, sugar, tomato paste, brown sugar, salt, modified cornstarch, spices, natural flavor including natural smoke flavor, monosodium glutamate, onion*, mustard seed, garlic*, sodium benzoate added as a preservative, beet powder, citric acid, celery seed, corn syrup, molasses, turmeric, caramel color, tamarind *dehydrated, water, sugar, vinegar, contains less than 2% of salt, dehydrated onion, calcium chloride, sodium benzoate [preservative], spices [contains mustard and celery], Yellow 5, polysorbate 80, natural flavors [contains celery and mustard]), onion, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming, pickle (fresh cucumbers, water, salt, contains less than 2 % of vinegar, lactic acid, sodium benzoate a preservative, natural flavors, polysorbate 80, turmeric extract color), cheese (milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid [preservative], citric acid, enzymes, soy lecithin, color added).</p> <p><b>CONTAINS:</b> Egg, milk, sesame, soy, wheat.</p>	1	Burger	760	56	20	1.5	115	38	1	9	30	1320
<p><b>Cheese on Cheese Burger (Double)</b></p> <p><b>INGREDIENTS:</b> Beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% silicon dioxide to prevent caking, bun (enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], water, sugar, soybean oil, yeast, contains less than 2% of each of the following: vegetable oils [coconut oil, canola oil, high oleic soybean oil, and/or high oleic canola oil], salt, vegetable and grain protein blend [pea, potato, rice], dextrose, calcium propionate [a preservative], vinegar, wheat gluten, wheat flour, sunflower oil and canola oil, monoglycerides, corn starch, turmeric [color], maltodextrin, natural and artificial flavors, calcium sulfate, enzymes, dextrin, soy lecithin, ascorbic acid [dough conditioner], butter flavored oil [soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene], sauce (soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, contains less than 2% of salt, water, mustard seed, calcium disodium EDTA [to protect flavor], water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, filtered honey, distilled white vinegar, mustard seed, water, salt, white wine, citric acid, tartaric acid, fruit pectin, sugar, spices, water, distilled vinegar, sugar, tomato paste, brown sugar, salt, modified cornstarch, spices, natural flavor including natural smoke flavor, monosodium glutamate, onion*, mustard seed, garlic*, sodium benzoate added as a preservative, beet powder, citric acid, celery seed, corn syrup, molasses, turmeric, caramel color, tamarind *dehydrated, water, sugar, vinegar, contains less than 2% of salt, dehydrated onion, calcium chloride, sodium benzoate [preservative], spices [contains mustard and celery], Yellow 5, polysorbate 80, natural flavors [contains celery and mustard]), onion, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming, pickle (fresh cucumbers, water, salt, contains less than 2 % of vinegar, lactic acid, sodium benzoate a preservative, natural flavors, polysorbate 80, turmeric extract color), cheese (milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid [preservative], citric acid, enzymes, soy lecithin, color added).</p> <p><b>CONTAINS:</b> Egg, milk, sesame, soy, wheat.</p>	1	Burger	1190	93	37	3	225	40	1	10	56	1860

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# Little Blue Menu® Nutrition Guides



## Burgers (cont.)

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
<b>Bleu Cheese Burger</b> <small>INGREDIENTS:</small> Beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% silicon dioxide to prevent caking, bun (enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], water, sugar, soybean oil, yeast, contains less than 2% of each of the following: vegetable oils [coconut oil, canola oil, high oleic soybean oil, and/or high oleic canola oil], salt, vegetable and grain protein blend [pea, potato, rice], dextrose, calcium propionate [a preservative], vinegar, wheat gluten, wheat flour, sunflower oil and canola oil, monoglycerides, corn starch, turmeric [color], maltodextrin, natural and artificial flavors, calcium sulfate, enzymes, dextrin, soy lecithin, ascorbic acid [dough conditioner], butter flavored oil [soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene], onion, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming, pasteurized milk, cheese cultures, salt, enzymes, penicillium roqueforti and natamycin; cellulose added to prevent caking, fresh cucumbers, water, salt, contains less than 2 of vinegar, lactic acid, sodium benzoate a preservative, natural flavors, polysorbate 80, turmeric extract color, tomato, romaine lettuce. <small>CONTAINS:</small> Egg, milk, sesame, soy, wheat.	1	Burger	700	51	16	1.5	90	36	2	9	24	990
<b>Bleu Cheese Burger (Double)</b> <small>INGREDIENTS:</small> Beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% silicon dioxide to prevent caking, bun (enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], water, sugar, soybean oil, yeast, contains less than 2% of each of the following: vegetable oils [coconut oil, canola oil, high oleic soybean oil, and/or high oleic canola oil], salt, vegetable and grain protein blend [pea, potato, rice], dextrose, calcium propionate [a preservative], vinegar, wheat gluten, wheat flour, sunflower oil and canola oil, monoglycerides, corn starch, turmeric [color], maltodextrin, natural and artificial flavors, calcium sulfate, enzymes, dextrin, soy lecithin, ascorbic acid [dough conditioner], butter flavored oil [soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene], onion, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming, pasteurized milk, cheese cultures, salt, enzymes, penicillium roqueforti and natamycin; cellulose added to prevent caking, fresh cucumbers, water, salt, contains less than 2 of vinegar, lactic acid, sodium benzoate a preservative, natural flavors, polysorbate 80, turmeric extract color, tomato, romaine lettuce. <small>CONTAINS:</small> Egg, milk, sesame, soy, wheat.	1	Burger	1010	77	27	3	170	37	2	9	42	1260

## Build Your Own Burger

<b>Brioche Bun</b> <small>INGREDIENTS:</small> Enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], water, sugar, soybean oil, yeast, contains less than 2% of each of the following: vegetable oils [coconut oil, canola oil, high oleic soybean oil, and/or high oleic canola oil], salt, vegetable and grain protein blend [pea, potato, rice], dextrose, calcium propionate [a preservative], vinegar, wheat gluten, wheat flour, sunflower oil and canola oil, monoglycerides, corn starch, turmeric [color], maltodextrin, natural and artificial flavors, calcium sulfate, enzymes, dextrin, soy lecithin, ascorbic acid [dough conditioner], butter flavored oil [soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene]. <small>CONTAINS:</small> Soy, wheat.	1	Serving	200	7	2	0	0	30	1	5	5	260
<b>Burger Patty</b> <small>INGREDIENTS:</small> Beef, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% silicon dioxide to prevent caking.	1	Serving	240	21	8	1.5	65	0	0	0	14	60

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# Little Blue Menu® Nutrition Guides



## Build Your Own Burger (cont.)

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
<b>Cheddar Cheese</b> <small>INGREDIENTS: Cultured milk, salt, enzymes, annatto color.</small> <small>CONTAINS: Milk.</small>	1	Serving	50	4.5	2.5	0.1	15	0	0	0	3	95
<b>Yellow American Cheese</b> <small>INGREDIENTS: Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid (preservative), citric acid, enzymes, soy lecithin, color added.</small> <small>CONTAINS: Milk, soy.</small>	1	Serving	60	4.5	2.5	0	15	1	0	1	3	250
<b>White American Cheese</b> <small>INGREDIENTS: Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, acetic acid, enzymes, soy lecithin, artificial color.</small> <small>CONTAINS: Milk, soy.</small>	1	Serving	50	4.5	2.5	0	10	1	0	1	2	230
<b>Bacon</b> <small>INGREDIENTS: Bacon (cured with water, salt, sugar, sodium erythorbate, sodium nitrite, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming).</small>	1	Serving	70	7	2.5	0	10	0	0	0	2	130
<b>Pickles</b> <small>INGREDIENTS: Fresh cucumbers, water, salt, contains less than 2% of vinegar, lactic acid, sodium benzoate a preservative, natural flavors, polysorbate 80, turmeric extract color.</small>	1	Serving	4	0	0	0	0	1	0	0	0	260
<b>Lettuce</b> <small>INGREDIENTS: Romaine lettuce.</small>	1	Serving	1	0	0	0	0	0	0	0	0	1
<b>Tomato</b> <small>INGREDIENTS: Tomato.</small>	1	Serving	4	0	0	0	0	1	0	0	0.1	1
<b>Grilled Onions</b> <small>INGREDIENTS: Onion, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming.</small>	1	Serving	25	1.5	0	0	0	2	0	1	0	0
<b>Onions</b> <small>INGREDIENTS: Raw onions.</small>	1	Serving	10	0	0	0	0	2	0	1	0	0



# Little Blue Menu® Nutrition Guides



## Wings

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
<b>Traditional Bone In Wings (8)</b> <small>INGREDIENTS:</small> Chicken, water, chicken, salt, sugar, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, salt, yellow prussiate of soda, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate. <small>CONTAINS:</small> Milk, wheat.	8	Wings	820	53	13	0	290	29	1	3	56	3360
<b>Traditional Bone In Wings (16)</b> <small>INGREDIENTS:</small> Chicken, water, chicken, salt, sugar, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, salt, yellow prussiate of soda, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate. <small>CONTAINS:</small> Milk, wheat.	16	Wings	1640	106	26	0.5	580	58	3	6	112	6720
<b>Traditional Bone In Wings (24)</b> <small>INGREDIENTS:</small> Chicken, water, chicken, salt, sugar, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, salt, yellow prussiate of soda, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate. <small>CONTAINS:</small> Milk, wheat.	24	Wings	2460	159	39	1	870	88	4	9	168	10070
<b>Smoked Wings (8)</b> <small>INGREDIENTS:</small> Chicken, water, chicken, salt, sugar, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, salt, yellow prussiate of soda, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, light chili powder, kosher salt, brown sugar, sugar, granulated onion, granulated garlic, ground mustard, celery seed, black pepper, and cayenne. <small>CONTAINS:</small> Milk.	8	Wings	400	22	6	0	255	3	0	3	48	2890
<b>Smoked Wings (16)</b> <small>INGREDIENTS:</small> Chicken, water, chicken, salt, sugar, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, salt, yellow prussiate of soda, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, light chili powder, kosher salt, brown sugar, sugar, granulated onion, granulated garlic, ground mustard, celery seed, black pepper, and cayenne. <small>CONTAINS:</small> Milk.	16	Wings	810	45	12	0	505	6	0	5	96	5770
<b>Smoked Wings (24)</b> <small>INGREDIENTS:</small> Chicken, water, chicken, salt, sugar, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, salt, yellow prussiate of soda, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, light chili powder, kosher salt, brown sugar, sugar, granulated onion, granulated garlic, ground mustard, celery seed, black pepper, and cayenne. <small>CONTAINS:</small> Milk.	24	Wings	1210	67	19	0	760	9	0	8	144	8660

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# Little Blue Menu® Nutrition Guides



## Wings (cont.)

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
<b>Roasted Wings (8)</b> <small>INGREDIENTS: Chicken, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, parsley, water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, sugar, salt, yellow prussiate of soda, manioc, water, fresh peeled garlic, fresh thyme, water, chicken, salt, yellow prussiate of soda, sugar</small> <small>CONTAINS: Milk.</small>	8	Wings	460	26	7	0	285	4	0	3	52	2690
<b>Roasted Wings (16)</b> <small>INGREDIENTS: Chicken, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, parsley, water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, sugar, salt, yellow prussiate of soda, manioc, water, fresh peeled garlic, fresh thyme, water, chicken, salt, yellow prussiate of soda, sugar</small> <small>CONTAINS: Milk.</small>	16	Wings	920	53	15	0	565	9	0	7	104	5380
<b>Roasted Wings (24)</b> <small>INGREDIENTS: Chicken, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, parsley, water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, sugar, salt, yellow prussiate of soda, manioc, water, fresh peeled garlic, fresh thyme, water, chicken, salt, yellow prussiate of soda, sugar.</small> <small>CONTAINS: Milk.</small>	24	Wings	1390	79	22	0	850	13	0	10	156	8060
<b>Traditional Boneless Wings (10)</b> <small>INGREDIENTS: Boneless, skinless chicken breast meat nuggets, salt, monosodium glutamate, sugar, spices, paprika, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3.</small> <small>CONTAINS: Milk, wheat.</small>	10	Wings	400	19	4	0	105	23	1	1	34	1190
<b>Traditional Boneless Wings (20)</b> <small>INGREDIENTS: Boneless, skinless chicken breast meat nuggets, salt, monosodium glutamate, sugar, spices, paprika, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3.</small> <small>CONTAINS: Milk, wheat.</small>	20	Wings	800	38	8	0	205	47	2	2	68	2380
<b>Traditional Boneless Wings (30)</b> <small>INGREDIENTS: Boneless, skinless chicken breast meat nuggets, salt, monosodium glutamate, sugar, spices, paprika, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3.</small> <small>CONTAINS: Milk, wheat.</small>	30	Wings	1200	57	12	0	310	70	2	3	102	3570





# Little Blue Menu<sup>®</sup> Nutrition Guides



## Sides

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
<b>French Fries</b> <small>INGREDIENTS:</small> Potatoes, vegetable oil (contains one or more of the following: canola, palm, soybean, sunflower), modified food starch (potato, corn, tapioca, rice flour), dextrin, salt, leavening disodium dihydrogen pyrophosphate, sodium bicarbonate, dextrose, xanthan gum, fully refined peanut oil, with dimethylpolysiloxane (an anti-foam agent) added, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% silicon dioxide to prevent caking.	1	Serving	410	19	4	0	0	53	5	0	6	1080
<b>Brussels Sprouts</b> <small>INGREDIENTS:</small> Brussel sprouts, fully refined peanut oil, with dimethylpolysiloxane (an anti-foam agent) added, salt, yellow prussiate of soda.	1	Serving	540	46	9	0	0	22	10	7	9	1400
<b>Sweet Potato Tots</b> <small>INGREDIENTS:</small> Sweet potatoes, sugar, corn starch, vegetable oil (contains one or more of the following: high oleic canola, canola), modified food starch (corn, tapioca, potato), rice flour, salt, dextrin, natural flavor, color (turmeric, oleoresin paprika), dextrose, xanthan gum, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate), vegetable oil (canola, palm, soy), salt, disodium dihydrogen pyrophosphate (to maintain natural color), dextrose.	1	Serving	300	13	1.5	1	0	43	4	20	3	420
<b>Onion Rings</b> <small>INGREDIENTS:</small> Onions, beer (water, barley malt, corn and/or rice, hops, yeast, sodium chloride), bleached wheat flour, soybean oil, yellow corn flour, sugar, contains less than 2% of: whey (milk), natural flavor, dextrose, leavening (sodium bicarbonate, monocalcium phosphate), autolyzed yeast extract, salt, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming.  <small>CONTAINS:</small> Milk, wheat.	1	Serving	640	54	5	0	0	32	0	5	5	250
<b>Mini Biscuits (2-count)</b> <small>INGREDIENTS:</small> Biscuit (enriched bleached wheat flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], vegetable oil shortening (palm oil), sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], salt, whey, natural flavor, milk, cream, contains less than 1% of: sodium citrate, soybean oil, soy lecithin, dimethylpolysiloxane, propellant), honey butter spread (butter [cream, salt], water, honey, corn syrup, sugar, soybean oil, natural flavor, nonfat dry milk, mono and di-glycerides, salt, soy lecithin, sodium benzoate added as preservative, propylene glycol alginate, calcium disodium EDTA added to protect flavor).  <small>CONTAINS:</small> Milk, soy, wheat.	2	Biscuits	240	12	8	0	10	31	2	5	4	580



# Little Blue Menu® Nutrition Guides



## Treats

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p><b>Cinnamon Roll</b></p> <p><b>INGREDIENTS:</b> Roll (unbleached enriched flour [wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid], water, butter [cream], sugar, yeast, eggs, cinnamon, salt, xanthan gum, food enzymes [amylase, xylanase], wheat gluten, ascorbic acid, dried eggs, skim milk, soy flour), icing (sugar, cream cheese milk, cream from milk, cheese culture, salt, carob bean gum, vegetable shortening palm oil, mono and diglycerides, polysorbate 60, corn syrup, contains less than 2% of the following; water, salt, lactic acid, to preserve freshness sodium benzoate, potassium sorbate, whey a milk derivative, guar gum, cultured whey a milk derivative, maltodextrin, citric acid, artificial colors Yellow 5, and Yellow 6).</p> <p><b>CONTAINS:</b> Milk, egg, soy, wheat.</p>	1	Pastry	450	19	13	0	55	60	2	24	7	530
<p><b>Chocolate Toffee Cookie</b></p> <p><b>INGREDIENTS:</b> Semi-sweet chocolate chips and flakes (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavor), enriched bleached flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, unsalted butter (sweet cream milk, natural flavor), eggs, toffee pieces (organic evaporated cane juice, coconut oil, butter, salt, agar, natural flavor, caramel color, soy lecithin, citric acid), contains 2% or less of: molasses, dextrose, invert sugar, baking soda, salt, water, glycerine, butter oil, natural and artificial flavor.</p> <p><b>CONTAINS:</b> Milk, egg, soy, wheat.</p>	1	Cookie	360	16	9	0	40	48	2	30	4	220
<p><b>Lemon Pie Bar</b></p> <p><b>INGREDIENTS:</b> Sugar, eggs, butter, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, contains 2% or less: modified cornstarch, lemon juice concentrate puree, dextrose, citric acid, mono- and diglycerides, salt, cornstarch, wheat starch, lemon oil, sal oil, baking soda, natural and artificial flavors, soy lecithin.</p> <p><b>CONTAINS:</b> Milk, egg, soy, wheat.</p>	1	Bar	330	16	9	0	115	41	0	30	4	130



# Little Blue Menu® Nutrition Guides



## Sauces, Seasonings, and Dressings

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
<b>White BBQ</b> <small>INGREDIENTS:</small> Soybean oil, water, apple cider vinegar, sugar, egg yolk, distilled vinegar, horseradish, salt, contains 2% or less of: mustard seed, molasses, spice, potassium sorbate and sodium benzoate (preservatives), white wine, xanthan gum, citric acid, turmeric, natural flavor, calcium disodium EDTA added to protect flavor. <small>CONTAINS:</small> Egg.	1	Serving	320	33	5	0	30	6	0	5	1	490
<b>Red Pepper Garlic</b> <small>INGREDIENTS:</small> Water, hot pepper paste [corn syrup, chilis, miso [water, soybeans, cultured rice, sea salt], salt, distilled vinegar, sunflower oil, natural flavors, extractives of paprika], sugar, ketchup (tomato concentrate, distilled vinegar, sugar, salt, onion powder, spice, natural flavoring), soy sauce (water, wheat, soybeans, salt, lactic acid), rice vinegar, miso [water, organic soybeans, rice, salt, koji starter (aspergillus oryzae)], garlic (including dehydrated), contains 2% or less of: sesame seed oil, salt, potassium sorbate and sodium benzoate (preservatives), citric acid, xanthan gum, calcium disodium EDTA added to protect flavor <small>CONTAINS:</small> Sesame, soy, wheat.	1	Serving	80	1	0	0	0	17	1	13	1	790
<b>Buffalo</b> <small>INGREDIENTS:</small> Water, cayenne red pepper, distilled vinegar, salt, soybean oil, contains 2% or less of: spice, sugar, xanthan gum, modified corn starch, dehydrated garlic, natural flavor, calcium disodium EDTA added to protect flavor.	1	Serving	40	2.5	0	0	0	3	1	1	0	1920
<b>Sweet Chili</b> <small>INGREDIENTS:</small> Sugar, water, corn syrup, chili garlic sauce [salted chili pepper (chili peppers, salt), water, sugar, rice vinegar, garlic*, modified corn starch, acetic acid], distilled vinegar, soy sauce (water, soybeans, salt, alcohol), modified corn starch, salt, ginger, red bell pepper*, yeast extract, xanthan gum, citric acid. *dehydrated. <small>CONTAINS:</small> Soy.	1	Serving	130	0	0	0	0	32	0	28	0	790
<b>Smokehouse BBQ</b> <small>INGREDIENTS:</small> Water, tomato paste, sugar, distilled vinegar, brown sugar, seasoning (sugar, natural smoke flavor, spices including mustard, onion*, chili peppers, garlic*), honey, molasses, salt, modified corn starch, spice, garlic*, onion*, natural flavor (including smoke flavor), potassium sorbate and sodium benzoate added as preservatives, tamarind *dehydrated.	1	Serving	80	0	0	0	0	20	1	17	1	540
<b>Buttermilk Ranch</b> <small>INGREDIENTS:</small> Canola oil, buttermilk, filtered water, white wine vinegar, egg yolk, cane sugar, salt, corn starch, garlic*, onion*, yeast extract, xanthan gum, natural flavor, spices. *dried. <small>CONTAINS:</small> Egg, milk.	1	Serving	220	23	3	0	20	2	0	1	1	480
<b>Spicy Glaze</b> <small>INGREDIENTS:</small> Soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene, pure maple syrup, made from the juice of apples, salt, yellow prussiate of soda, smoked paprika, ground cayenne red pepper, dehydrated garlic, chipotle chili, dehydrated onion, soy lecithin. <small>CONTAINS:</small> Soy.	1	Serving	310	28	8	0	0	13	1	9	1	980

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# Little Blue Menu<sup>®</sup> Nutrition Guides



## Sauces, Seasonings, and Dressings (cont.)

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
<b>Sriracha Garlic Seasoning</b> <small>INGREDIENTS: Spices (including paprika), sugar, salt, garlic, citric acid, corn maltodextrin, cayenne pepper sauce (salt, aged cayenne red peppers, vinegar, garlic), extractives of paprika, calcium silicate &amp; silicon dioxide (to make free flowing), natural flavor, &amp; vinegar solids.</small>	1	Serving	0	0	0	0	0	0	0	0	0	300
<b>Lemon Pepper Seasoning</b> <small>INGREDIENTS: Salt, black pepper, citric acid, dehydrated onion, dehydrated garlic, sugar, Yellow 5 lake, maltodextrin, natural flavor, and less than 2% silicon dioxide added to prevent caking.</small>	1	Serving	0	0	0	0	0	0	0	0	0	1270
<b>Old Bay</b> <small>INGREDIENTS: Spices and herbs including black pepper and red pepper, salt, brown sugar, and paprika.</small>	1	Serving	10	0.5	0	0	0	1	1	0	0	1040
<b>Burger Sauce</b> <small>INGREDIENTS: Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, contains less than 2% of salt, water, mustard seed, calcium disodium EDTA (to protect flavor), organic tomato concentrate, organic sugar, organic distilled vinegar, salt, less than 2% of: organic spices, organic garlic powder, organic onion powder, natural flavors, water, distilled vinegar, sugar, tomato paste, brown sugar, salt, modified cornstarch, spices, natural flavor including natural smoke flavor, monosodium glutamate, onion*, mustard seed, garlic*, sodium benzoate added as a preservative, beet powder, citric acid, celery seed, corn syrup, molasses, turmeric, caramel color, tamarind, water, soybeans, rice, salt, alcohol *dehydrated.</small> <small>CONTAINS: Egg, soy.</small>	1	Serving	270	31	3.5	0	25	7	1	5	0	440



# Little Blue Menu<sup>®</sup> Nutrition Guides



## Catering

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
<b>Boneless Wing Tray (50, 100)</b> <small>INGREDIENTS:</small> Boneless, skinless chicken breast meat nuggets, salt, monosodium glutamate, sugar, spices, paprika, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3. <small>CONTAINS:</small> Milk, wheat.	1	Wing	40	2	0	0	10	2	0	0	3	120
<b>Roasted Wing Tray (Large, Small)</b> <small>INGREDIENTS:</small> Chicken, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, parsley, sugar, water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, salt, yellow prussiate of soda, manioc, water, fresh peeled garlic, fresh thyme. <small>CONTAINS:</small> Milk.	1	Wing	60	3.5	1	0	35	1	0	0	6	340
<b>Smoked Wing Tray (40, 80)</b> <small>INGREDIENTS:</small> Chicken, water, chicken, salt, yellow prussiate of soda, sugar, cultured nonfat milk, cornstarch, salt, vitamin A palmitate, vitamin D3, apple cider vinegar, salt, yellow prussiate of soda, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, light chili powder, kosher salt, brown sugar, sugar, granulated onion, granulated garlic, ground mustard, celery seed, black pepper, and cayenne. <small>CONTAINS:</small> Milk.	1	Wing	50	3	1	0	30	0	0	0	6	360
<b>Traditional Bone In Wing Tray (Large, Small)</b> <small>INGREDIENTS:</small> Chicken, water, chicken, salt, yellow prussiate of soda, sugar, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, salt, yellow prussiate of soda, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate. <small>CONTAINS:</small> Milk.	1	Wing	100	7	1.5	0	35	4	0	0	7	420
<b>Almond Pastry Tray (10)</b> <small>INGREDIENTS:</small> Pastry (unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), butter, water, fresh whole milk, sugar, eggs, yeast, salt, inactive dry yeast, xanthan gum, enzymes and ascorbic acid), almond filling (almond paste (almonds, sugar, water, natural flavor), sugar, butter, eggs, wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), natural flavor), almonds. <small>CONTAINS:</small> Milk, egg, tree nuts, wheat.	1	Pastry	400	22	11	0	65	44	1	13	7	340
<b>Chocolate Brioche Tray (10)</b> <small>INGREDIENTS:</small> Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), custard cream (water, skim milk powder, whey powder, sugar, modified tapioca starch, eggs, natural flavor, cultured wheat starch, beta carotene), butter (cream), water, semisweet chocolate (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), eggs, sugar, yeast, partially skimmed milk (milk, Vitamin A palmitate, Vitamin D3), salt, wheat gluten, food enzymes (xylanase, amylase), ascorbic acid, dried eggs, skim milk, soy flour. <small>CONTAINS:</small> Milk, egg, soy, wheat.	1	Pastry	360	19	11	0	65	44	2	15	8	360

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# Little Blue Menu® Nutrition Guides



## Catering

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p><b>Chocolate Brioche Tray (10)</b></p> <p><b>INGREDIENTS:</b> Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), custard cream (water, skim milk powder, whey powder, sugar, modified tapioca starch, eggs, natural flavor, cultured wheat starch, beta carotene), butter (cream), water, semisweet chocolate (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), eggs, sugar, yeast, partially skimmed milk (milk, Vitamin A palmitate, Vitamin D3), salt, wheat gluten, food enzymes (xylanase, amylase), ascorbic acid, dried eggs, skim milk, soy flour.</p> <p><b>CONTAINS:</b> Milk, egg, soy, wheat.</p>	1	Pastry	360	19	11	0	65	44	2	15	8	360
<p><b>Cinnamon Roll Tray (10)</b></p> <p><b>INGREDIENTS:</b> Pastry (unbleached enriched flour [wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid], water, butter [cream], sugar, yeast, eggs, cinnamon, salt, xanthan gum, food enzymes [amylase, xylanase], wheat gluten, ascorbic acid, dried eggs, skim milk, soy flour), icing (sugar, cream cheese milk, cream from milk, cheese culture, salt, carob bean gum, vegetable shortening palm oil, mono and diglycerides, polysorbate 60, corn syrup, contains less than 2 of the following: water, salt, lactic acid, to preserve freshness sodium benzoate, potassium sorbate, whey, guar gum, cultured whey, maltodextrin, citric acid, artificial colors Yellow 5, and Yellow 6).</p> <p><b>CONTAINS:</b> Milk, egg, soy, wheat.</p>	1	Pastry	450	19	13	0	55	60	2	24	7	530
<p><b>Croissant Tray (10)</b></p> <p><b>INGREDIENTS:</b> Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), butter (cream), water, sugar cane, yeast, whole milk powder, eggs, salt, wheat gluten, food enzymes (xylanase, amylase), ascorbic acid</p> <p><b>CONTAINS:</b> Milk, egg, wheat.</p>	1	Pastry	330	18	11	0	55	34	1	6	7	370
<p><b>Chocolate Toffee Cookie Tray (20, 40)</b></p> <p><b>INGREDIENTS:</b> Semi-sweet chocolate chips and flakes (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavor), enriched bleached flour (bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, unsalted butter (sweet cream [milk], natural flavor), eggs, toffee pieces (organic evaporated cane juice, coconut oil, butter, salt, agar, natural flavor, caramel color, soy lecithin, citric acid), contains 2% or less of: molasses, dextrose, invert sugar, baking soda, salt, water, glycerine, butter oil, natural and artificial flavor.</p> <p><b>CONTAINS:</b> Egg, milk, soy, wheat.</p>	1	Cookie	360	16	9	0	40	48	2	30	4	220
<p><b>Lemon Pie Bar Tray (20, 40)</b></p> <p><b>INGREDIENTS:</b> Sugar, eggs, butter, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, contains 2% or less: modified cornstarch, lemon juice concentrate puree, dextrose, citric acid, mono- and diglycerides, salt, cornstarch, wheat starch, lemon oil, sal oil, baking soda, natural and artificial flavors, soy lecithin.</p> <p><b>CONTAINS:</b> Egg, milk, soy, wheat.</p>	1	Bar	330	16	9	0	115	41	0	30	4	130

