



Purebread Deli Nutritional Info 2019

RecipeName	Calories	Fat-Cal	TotalFat	SatFat	TransFat	Cholesterol	Sodium	Carbs	DietaryFiber	Sugars	Protein	Vit. A	Vit. C	Calcium	Iron
All Full Sandwiches - Dill Pickle Spear	0	0	0g	0g	0g	0mg	300mg	< 1g	0g	0g	0g	2%	0%	2%	0%
Bagel - Cinnamon Raisin	330	20	2g	0g	0g	0mg	390mg	67g	3g	7g	12g	2%	2%	2%	25%
Bagel - Everything	300	20	2.5g	0g	0g	0mg	650mg	60g	2g	4g	10g	0%	10%	15%	20%
Bagel - Multi-grain	330	25	2.5g	0g	0g	0mg	390mg	66g	6g	5g	13g	0%	10%	15%	20%
Bagel - Plain	290	15	1.5g	0g	0g	0mg	560mg	56g	2g	7g	11g	0%	0%	8%	8%
Bagel - Sesame	290	15	1.5g	0g	0g	0mg	560mg	56g	2g	7g	11g	0%	0%	8%	8%
Baked Goods - Brownie	390	130	15g	1.5g	0g	40mg	290mg	32g	2g	42g	4g	0%	4%	4%	6%
Baked Goods - Cheese Danish	560	290	33g	15g	0g	70mg	580mg	57g	< 1g	24g	8g	20%	2%	8%	15%
Baked Goods - Chocolate Chip Cookie	230	80	9g	3.5g	0g	20mg	390mg	35g	< 1g	22g	3g	6%	0%	8%	6%
Baked Goods - Cinnamon Roll	500	170	19g	11g	0g	80mg	390mg	72g	3g	28g	10g	10%	15%	10%	25%
Baked Goods - Sugar Cookie	260	120	14g	6g	0g	25mg	300mg	31g	< 1g	15g	3g	15%	0%	4%	6%
Best In Show - Golden Retriever	730	280	33g	11g	8g	95mg	2150mg	64g	4g	13g	47g	10%	8%	35%	30%
Best In Show - Grilled Cheese	530	180	20g	12g	0g	35mg	1010mg	65g	4g	8g	21g	8%	4%	30%	20%
Best In Show - Great Dane	680	250	28g	9g	0g	85mg	1810mg	67g	3g	20g	32g	15%	10%	20%	30%
Best In Show - Irish Setter	740	280	32g	12g	0g	100mg	2480mg	67g	5g	4g	42g	15%	120%	40%	35%
Best In Show - Newfoundland	740	310	33g	14g	4g	145mg	2170mg	59g	3g	6g	51g	15%	10%	45%	25%
Best In Show- Jack Russell	790	320	36g	15g	4g	160mg	1890mg	56g	2g	4g	60g	8%	0%	45%	25%
Best In Show- Schnauzer	720	270	29g	11g	4g	50mg	1310mg	73g	4g	9g	38g	10%	15%	20%	25%
Best In Show-Basset Hound	430	220	25g	9g	0g	45mg	380mg	36g	6g	5g	21g	10%	6%	40%	15%
Best in Show-Boxer	520	180	21g	10g	0g	100mg	2000mg	34g	2g	3g	42g	15%	4%	40%	35%
Best-in-Show - Chihuahua	740	280	31g	13g	0g	150mg	1920mg	63g	4g	7g	55g	60%	25%	50%	25%
Best-in-Show - Cocker Spaniel	520	170	19g	7g	0g	30mg	820mg	73g	13g	13g	19g	70%	60%	15%	30%
Best-in-Show - Doberman	570	190	22g	11g	0g	70mg	2730mg	62g	3g	4g	31g	20%	10%	15%	15%
Best-in-Show - French Poodle	640	130	16g	8g	0g	160mg	2230mg	79g	4g	16g	45g	25%	15%	15%	35%
Best-in-Show - Saint Bernard	740	200	22g	9g	0g	115mg	2350mg	73g	3g	14g	55g	50%	20%	40%	40%
Best-in-Show - Vizsla	650	300	34g	10g	11g	55mg	1110mg	58g	4g	9g	27g	100%	60%	4%	25%
Big Dog-Angus	770	290	31g	7g	0g	130mg	2300mg	55g	3g	<1g	63g	0%	2%	8%	60%
Big Dog-Brutus	1000	580	64g	27g	0g	155mg	3000mg	51g	5g	6g	55g	25%	20%	70%	35%
Big Dog-Rocco	800	370	43g	16g	0g	160mg	3550mg	43g	3g	10g	54g	25%	90%	30%	25%
Big Dog-Spike	690	280	33g	11g	0g	115mg	1960mg	33g	3g	<1g	59g	100%	50%	50%	30%



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RecipeName	Calories	Fat-Cal	TotalFat	SatFat	TransFat	Cholesterol	Sodium	Carbs	DietaryFiber	Sugars	Protein	Vit. A	Vit. C	Calcium	Iron
bread - Cheddar Cheese	140	20	2g	1g	0g	< 5mg	290mg	26g	< 1g	< 1g	6g	0%	0%	6%	8%
bread - English Muffin 3 ounce	190	15	1.5g	0g	0g	0mg	310mg	37g	1g	2g	6g	0%	0%	10%	15%
bread - French Baguette	150	0	1g	0g	0g	0mg	370mg	30g	< 1g	0g	5g	0%	0%	2%	10%
bread - Herb Focaccia	300	50	6g	2g	0g	0mg	540mg	52g	2g	6g	8g	0%	0%	2%	15%
bread - Jewish Rye	140	0	0g	0g	0g	0mg	380mg	28g	2g	0g	5g	0%	0%	2%	10%
bread - Multigrain	130	10	1g	0g	0g	0mg	290mg	27g	3g	2g	6g	0%	2%	2%	10%
bread - Sourdough	140	0	0g	0g	0g	0mg	290mg	28g	< 1g	0g	5g	0%	4%	2%	10%
bread - Tortilla Wrap	380	70	8g	2g	0g	0mg	560mg	65g	4g	0g	10g	0%	0%	4%	20%
Breakfast - any sandwich - add Bacon	90	60	7g	2g	4g	20mg	160mg	0g	0g	0g	6g	0%	0%	0%	2%
Breakfast - any sandwich - add Ham	70	15	2g	0.5g	0g	25mg	530mg	2g	0g	2g	9g	0%	0%	0%	2%
Breakfast - any sandwich - add Sausage	210	180	20g	7g	0g	40mg	360mg	0g	0g	0g	8g	0%	0%	0%	2%
Breakfast - any sandwich - add Turkey	50	0	0g	0g	0g	30mg	420mg	1g	0g	1g	11g	0%	0%	0%	2%
Breakfast - Bagel and Lox	580	190	22g	11g	0g	70mg	2730mg	63g	3g	5g	31g	20%	10%	15%	15%
Breakfast - Breakfast B.L.T.	620	280	30g	9g	8g	40mg	870mg	62g	5g	9g	23g	45%	15%	6%	20%
Breakfast - Fruit Salad	180	0	0g	0g	0g	0mg	40mg	48g	3g	45g	0g	30%	210%	0%	0%
Breakfast - Side Items - Egg Patty	60	35	4g	1g	0g	135mg	150mg	< 1g	0g	0g	4g	4%	0%	2%	2%
Breakfast - Side Items - Egg White Patty	25	0	0g	0g	0g	0mg	80mg	< 1g	0g	0g	5g	0%	0%	0%	0%
Breakfast - Spreads - add Butter	100	100	11g	2g	0g	0mg	90mg	0g	0g	0g	0g	10%	0%	0%	0%
Breakfast - Spreads - add cream cheese	130	120	13g	7g	0g	45mg	125mg	2g	0g	1g	2g	10%	0%	4%	0%
Breakfast - Spreads - add jelly	60	0	0g	0g	0g	0mg	5mg	14g	0g	10g	0g	0%	2%	0%	0%
Breakfast - Sunrise Sandwich - Bagel	500	150	17g	7g	0g	290mg	1130mg	60g	2g	0g	25g	10%	0%	25%	15%
Breakfast - Sunrise Sandwich - Croissant	540	270	30g	15g	0g	330mg	960mg	45g	1g	6g	21g	20%	0%	20%	15%
Breakfast - Sunrise Sandwich - English Muffin	400	150	16g	6g	0g	290mg	880mg	41g	1g	2g	20g	10%	0%	30%	20%
Breakfast - Sunrise Sandwich - Toast	550	190	21g	9g	0g	290mg	1030mg	64g	4g	8g	24g	10%	4%	20%	20%
Breakfast - Yogurt Berry Parfait	330	40	5g	1.5g	0g	< 5mg	190mg	63g	3g	45g	9g	15%	60%	50%	15%
Breakfast-Aztec Burrito	670	350	40g	15g	0g	180mg	1220mg	58g	7g	6g	25g	60%	25%	45%	80%
Breakfast-Egg White Tortilla	610	210	24g	11g	0g	40mg	1080mg	57g	4g	4g	40g	70%	40%	100%	80%
Coffee Drinks - Chai Latte (small)	270	15	2g	1g	0g	10mg	300mg	52g	0g	44g	11g	25%	4%	60%	0%



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Dressing - Balsamic Vinaigrette	100	90	11g	1.5g	0g	0mg	320mg	2g	0g	< 1g	0g	0%	0%	0%	0%
Dressing - Blue Cheese	230	220	24g	4.5g	0g	20mg	320mg	2g	0g	2g	< 1g	0%	0%	2%	0%
Dressing - Caesar Dressing	120	110	12g	2.5g	0g	10mg	320mg	< 1g	0g	0g	< 1g	0%	0%	4%	0%
Dressing - Curry Vinaigrette	130	120	13g	1g	0g	0mg	105mg	4g	0g	3g	0g	0%	0%	0%	0%
Dressing - Honey Mustard	120	60	7g	1g	0g	15mg	390mg	15g	0g	14g	0g	2%	0%	2%	0%
Dressing - Ranch	230	210	24g	3.5g	0g	10mg	220mg	2g	0g	2g	< 1g	0%	0%	4%	0%
Dressing - Thousand Island	190	170	18g	3g	0g	20mg	370mg	6g	0g	4g	0g	0%	0%	0%	0%
Dressings-House Vinaigrette	140	110	12g	1.5g	0g	0mg	580mg	7g	0g	6g	0g	0%	0%	0%	0%
Fountain Drinks - Diet Pepsi (Large)	0	0	0g	0g	0g	0mg	90mg	0g	0g	0g	0g	0%	0%	0%	0%
Fountain Drinks - Diet Pepsi (Small)	0	0	0g	0g	0g	0mg	60mg	0g	0g	0g	0g	0%	0%	0%	0%
Fountain Drinks - Dr. Pepper (Large)	300	0	0g	0g	0g	0mg	110mg	80g	0g	80g	0g	0%	0%	0%	0%
Fountain Drinks - Dr. Pepper (Small)	200	0	0g	0g	0g	0mg	75mg	53g	0g	53g	0g	0%	0%	0%	0%
Fountain Drinks - Lemonade (Large)	300	0	0g	0g	0g	0mg	310mg	80g	0g	80g	0g	0%	0%	0%	0%
Fountain Drinks - Lemonade (Small)	200	0	0g	0g	0g	0mg	210mg	53g	0g	53g	0g	0%	0%	0%	0%
Fountain Drinks - Mountain Dew (Large)	350	0	0g	0g	0g	0mg	120mg	92g	0g	92g	0g	0%	0%	0%	0%
Fountain Drinks - Mountain Dew (Small)	230	0	0g	0g	0g	0mg	80mg	62g	0g	62g	0g	0%	0%	0%	0%
Fountain Drinks - Mug Root Beer (Large)	300	0	0g	0g	0g	0mg	120mg	86g	0g	86g	0g	0%	0%	0%	0%
Fountain Drinks - Mug Root Beer (Small)	200	0	0g	0g	0g	0mg	80mg	57g	0g	57g	0g	0%	0%	0%	0%
Fountain Drinks - Pepsi (Large)	280	0	0g	0g	0g	0mg	65mg	74g	0g	74g	0g	0%	0%	0%	0%
Fountain Drinks - Pepsi (Small)	180	0	0g	0g	0g	0mg	45mg	50g	0g	50g	0g	0%	0%	0%	0%
Fountain Drinks - Sierra Mist (Large)	290	0	0g	0g	0g	0mg	60mg	74g	0g	74g	0g	0%	0%	0%	0%
Fountain Drinks - Sierra Mist (Small)	190	0	0g	0g	0g	0mg	40mg	50g	0g	50g	0g	0%	0%	0%	0%
Hot Drinks - Coffee (Large)	10	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g	0%	0%	0%	0%
Hot Drinks - Coffee (Small)	5	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g	0%	0%	0%	0%
Hot Drinks - Coffee Decaf (Large)	5	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Hot Drinks - Coffee Decaf (Small)	5	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Iced Hot Drinks - Iced Coffee (Large)	10	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g	0%	0%	0%	0%
Iced Hot Drinks - Iced Coffee (Small)	5	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g	0%	0%	0%	0%



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Just For Pups - Grilled Cheese	430	120	13g	7g	0g	20mg	730mg	62g	4g	8g	16g	4%	4%	20%	15%
Just For Pups - Ham Sandwich	450	110	11g	6g	0g	35mg	1130mg	63g	4g	10g	22g	2%	4%	10%	20%
Just For Pups - Peanut Butter & Jelly	640	200	22g	6g	0g	0mg	630mg	95g	7g	30g	18g	0%	10%	6%	20%
Just For Pups - Turkey Sandwich	440	90	9g	5g	0g	40mg	1010mg	62g	4g	9g	24g	2%	4%	10%	20%
Mixed Breed - American cheese	90	60	7g	4.5g	0g	20mg	270mg	2g	0g	0g	6g	4%	0%	15%	2%
Mixed Breed - avocado	40	30	3.5g	0.5g	0g	0mg	0mg	2g	2g	0g	0g	0%	4%	0%	0%
Mixed Breed - bacon	90	60	7g	2g	4g	20mg	160mg	0g	0g	0g	6g	0%	0%	0%	2%
Mixed Breed - brown deli mustard	5	0	0g	0g	0g	0mg	115mg	1g	0g	0g	0g	0%	0%	0%	0%
Mixed Breed - Cheddar cheese	170	120	14g	9g	0g	45mg	260mg	< 1g	0g	0g	11g	8%	0%	30%	2%
Mixed Breed - Chicken breast - 4oz	170	30	3.5g	1g	0g	85mg	740mg	2g	0g	1g	31g	0%	0%	2%	6%
Mixed Breed - Chipotle mayo	110	90	10g	1.5g	0g	15mg	370mg	4g	< 1g	2g	< 1g	6%	10%	2%	2%
Mixed Breed - Corned Beef 4oz	140	50	6g	2g	0g	50mg	1300mg	0g	0g	0g	20g	0%	0%	0%	10%
Mixed Breed - Cucumbers	0	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g	0%	2%	0%	0%
Mixed Breed - Ham 4oz	140	35	4g	1.5g	0g	55mg	1070mg	4g	0g	4g	18g	0%	0%	0%	6%
Mixed Breed - Honey Dijon spread	90	45	4.5g	0g	0g	0mg	20mg	9g	0g	9g	0g	0%	0%	0%	0%
Mixed Breed - hot cherry peppers	5	0	0g	0g	0g	0mg	400mg	2g	0g	1g	0g	80%	40%	0%	0%
Mixed Breed - lettuce	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	6%	0%	0%	0%
Mixed Breed - onions	10	0	0g	0g	0g	0mg	0mg	3g	0g	1g	0g	0%	4%	0%	0%
Mixed Breed - Pepper Jack	160	110	13g	8g	0g	40mg	230mg	0g	0g	0g	10g	6%	0%	30%	2%
Mixed Breed - pickles	0	0	0g	0g	0g	0mg	310mg	< 1g	0g	0g	0g	2%	0%	2%	0%
Mixed Breed - Provolone cheese	150	100	11g	7g	0g	30mg	370mg	< 1g	0g	0g	11g	8%	0%	30%	2%
Mixed Breed - regular mayo	70	70	8g	1g	0g	< 5mg	55mg	0g	0g	0g	0g	0%	0%	0%	0%
Mixed Breed - Roast Beef 4oz	160	50	5g	2g	0g	60mg	830mg	0g	0g	0g	26g	0%	0%	0%	20%
Mixed Breed - Roast Pork - 4oz	120	30	4g	1g	0g	40mg	650mg	0g	0g	0g	20g	8%	0%	0%	8%
Mixed Breed - Swiss cheese	160	100	12g	8g	0g	40mg	80mg	2g	0g	< 1g	11g	8%	0%	35%	0%
Mixed Breed - tomatoes	5	0	0g	0g	0g	0mg	0mg	2g	0g	1g	0g	6%	10%	0%	0%
Mixed Breed - Tuna salad	300	250	27g	3.5g	0g	10mg	730mg	5g	2g	1g	9g	0%	0%	0%	4%
Mixed Breed - Turkey 4oz	100	0	0g	0g	0g	60mg	830mg	2g	0g	2g	22g	0%	0%	0%	4%
Mixed Breed - Wheat, Turkey, American, LTO	600	150	17g	10g	0g	90mg	1710mg	70g	5g	12g	42g	50%	20%	25%	25%
Mixed Breed - yellow mustard	10	5	0.5g	0g	0g	0mg	180mg	< 1g	< 1g	0g	< 1g	0%	0%	0%	2%



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Muffin - Blueberry	520	250	27g	10g	0g	15mg	470mg	66g	0g	36g	8g	6%	0%	6%	10%
Muffin - Chocolate Chip	600	300	33g	14g	0g	15mg	340mg	74g	3g	44g	8g	6%	0%	6%	10%
Muffin - Chocolate Lover's	620	230	25g	8g	0g	25mg	540mg	86g	4g	47g	11g	0%	0%	15%	20%
Muffin - Cinnamon Coffee Cake	640	190	21g	3.5g	0g	70mg	570mg	86g	1g	44g	10g	4%	0%	4%	15%
Muffin - Corn	470	140	16g	3g	0g	60mg	570mg	72g	3g	30g	10g	4%	4%	8%	10%
Muffin - Cranberry Nut	620	280	31g	3.5g	0g	75mg	380mg	80g	3g	43g	11g	0%	8%	8%	8%
Muffin - Pistachio	590	270	30g	5g	0g	120mg	460mg	70g	1g	38g	11g	4%	0%	8%	10%
Muffin - Reese's Peanut Butter Cup	620	300	33g	13g	0g	10mg	540mg	72g	< 1g	42g	10g	4%	0%	10%	15%
Salads - Beet Salad	600	420	50g	11g	0g	20mg	930mg	32g	8g	21g	13g	40%	30%	25%	20%
Salads - Caesar Salad	340	220	25g	6g	0g	25mg	830mg	21g	6g	4g	11g	370%	15%	30%	15%
Salads - Cobb Salad	360	180	21g	8g	2g	75mg	910mg	15g	6g	3g	29g	100%	60%	25%	15%
Salads-House Salad	140	35	3.5g	1g	0g	0mg	270mg	22g	4g	4g	6g	90%	50%	10%	10%
Salads-Orchard Salad	490	280	32g	10g	0g	140mg	1320mg	74g	10g	23g	16g	280%	60%	40%	20%
Salads-Santa Fe Chicken Salad	570	330	37g	8g	0g	90mg	1540mg	22g	8g	10g	37g	230%	90%	25%	15%
Small Sides - Cole Slaw	190	140	15g	3.5g	0g	10mg	420mg	13g	2g	3g	1g	15%	240%	4%	4%
Small Sides - fruit cup	60	0	0g	0g	0g	0mg	15mg	16g	< 1g	15g	0g	10%	70%	0%	0%
Small Sides - Potato Salad	240	120	14g	2.5g	0g	115mg	880mg	19g	2g	2g	4g	6%	30%	4%	6%
Soup - Baked Potato	220	130	14g	8g	0	45mg	580	19g	2g	3	5g	10%	25%	8%	4%
Soup - Black Bean	130	15	1.5g	0g	0g	0mg	420mg	23g	6g	5g	6g	8%	10%	2%	8%
Soup - Chicken Noodle	90	15	2g	0.5g	0g	25mg	810mg	11g	1g	1g	7g	35%	2%	2%	4%
Soup - Lobster Bisque	360	260	29g	18g	0g	115mg	720mg	16g	0g	3g	8g	20%	4%	15%	4%
Soup - Mushroom Bisque	230	140	15g	9g	0g	50mg	940mg	17g	2g	3g	6g	10%	8%	10%	4%
Soup - Tomato Bisque	240	180	20g	6g	0.5g	35mg	850mg	11g	2g	14g	3g	6%	4%	2%	10%
Soup - Turkey Sausage & Kale	120	35	3.5g	1g	0g	20mg	740mg	13g	3g	3g	6g	50%	10%	4%	6%
Soup-Southwest Corn Chowder	200	90	10g	5g	0g	35mg	940mg	23g	2g	6g	5g	10%	25%	10%	4%