

### 50 East Café Nutritional Information

Item	Serving	Calories	Fat (g)	Carbs (g)	Protein (g)
Chicken Salad	2/3 cup	300	18	20	14
Wheat Bread	1 slice	120	1.5	22	5
Sourdough	1 slice	140	2	26	5
Croissant	1 whole	290	13	36	1
Bacon	2 slices	75	6	0	5
Turkey	2 slices	60	1	4	9
Ham	2 slices	70	1.5	3	10
Colby Cheese	1 slice	80	7	0	5
Provolone	1 slice	70	6	0	5
Gouda	1 slice	100	8	1	7
Swiss	1 slice	70	6	1	0
Tomato	1 slice	32	0	7	2
Tortilla	1 piece	110	6	30	9
Sausage	1 piece	110	9	1	8
Oat Milk	1 cup	90	4	14	2
Almond Milk	1 cup	25	2	1	1
Whole Milk	1 cup	150	8	12	8
Egg Patty	1 square	100	5	0	7
American Cheese	1 slice	70	5	1	3
Onion	2 oz	20	0	6	0
Green Pepper	2 oz	7	0	2	1
Salsa	1 oz	10	0	2	0
Bacon Jam	1 Tbsp	30	.25	6.5	1
Philly Sauce	1 Tbsp	40	4	1	0
BB Mustard	1 ounce	35	.5	7	1
Philly Steak	Full	210	14	1	0

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Menu Item	Serving	Calories	Fat (g)	Carbs (g)	Protein (g)
BB Club	half	397	15.25	39.5	25
BLT	Full	531	19.25	72.5	27.5
Breakfast Burrito	1 wrap	560	37	36	37
Philly Sandwich	Full	697	34	62	21
Turkey Club	half	397	15.75	39.5	27
Turkey Club Wrap	1 wrap	604	34	52	51
Beef Barley	1 cup	90	1	15	3
Beef Vegetable	1 cup	120	3	14	2
Cheddar Broccoli	1 cup	170	10	13	1
Chicken & Wild Rice	1 cup	130	4	19	1
Chicken Tortilla	1 cup	140	4.5	17	3
Chili	1 cup	210	7	21	5
Chophouse Potato	1 cup	240	16	20	1
French Onion	1 cup	100	8	7	1
Italian Wedding	1 cup	100	4	13	1
White Chicken Chili	1 cup	200	6	23	7
Four Berry / Strawberry Smoothie	Medium (16 oz)	448	0	108 (0 added sugars)	3
Mango Smoothie	Medium	352	0	86 (0 added sugars)	3
Peach Pear Smoothie	Medium	480	0	115	3
Fit Frappe (powder)	Medium	60	1.5	12	10
w/ whole milk	(16 oz)	75	4	6	4