

SUN & FORK

— BY FIRST WATCH —

Catering Nutrition Guide

	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Catering Beverages											
Catering Cold Squeezed OJ (Bottle)	220	0	0	0	0	0	15	54	2	40	4
Catering Cold Squeezed OJ (Gallon)	1760	0	0	0	0	0	130	432	16	320	32
Catering Fruit Tea (Gallon)	2110	0	0	0	0	0	135	546	2	497	14
Catering Honest Tea	70	0	0	0	0	0	15	19	0	19	0
Catering Project Sunrise Coffee	30	5	0.5	0	0	0	55	0	0	0	3
Catering Smart Water	0	0	0	0	0	0	20	0	0	0	0
Catering Sweet Tea (Gallon)	740	0	0	0	0	0	105	193	0	183	0
Catering Unsweet Tea (Gallon)	40	0	0	0	0	0	115	11	0	0	0
Catering Biscuit Platters											
Ham Biscuits	5650	2630	298	181	0	45	15830	577	12	61	119
Plain Biscuits	5560	2600	294	180	0	0	15230	576	12	60	108
Sausage Biscuits	8560	5150	582	276	0	600	20510	576	12	60	192
Catering Bowls											
Carnitas Rancheros - Ancient Grains Base	5200	2160	245	76	8	2955	7890	475	82	26	261
Carnitas Rancheros - Fresh, Seasoned Potatoes Base	4470	2270	257	72	8	2955	10950	290	68	37	241
Farmhouse - Ancient Grains Base	4680	2430	275	83	8	2805	3710	384	53	13	178
Farmhouse - Fresh, Seasoned Potatoes Base	3950	2540	287	79	8	2805	6760	198	39	24	158
Market - Ancient Grains Base	3910	1650	187	63	8	2750	3060	390	35	17	160
Market - Fresh, Seasoned Potatoes Base	3180	1760	199	59	8	2750	6110	205	22	28	140
Pesto Chicken - Ancient Grains Base	4770	2260	255	54	8	2855	5220	444	53	16	206
Pesto Chicken - Fresh, Seasoned Potatoes Base	4040	2370	268	50	8	2855	8270	259	39	28	186
Power Protein - Ancient Grains Base	5120	2520	285	57	8	2820	4480	448	64	18	212
Power Protein - Fresh, Seasoned Potatoes Base	4390	2630	298	53	8	2820	7540	263	51	30	192
Catering Boxed Lunches											
BLT (No Cookie Or Chips)	620	240	27	8	0	35	1010	74	5	14	23
Fresh Veggie (No Cookie Or Chips)	840	420	48	12	0	45	1140	80	9	15	29
Ham & Cheese (No Cookie Or Chips)	610	180	21	9	0	130	2200	56	1	5	43
Millionaire's Club (No Cookie Or Chips)	1000	370	41	12	0	120	1850	105	10	37	53
Roast Beef (No Cookie Or Chips)	620	180	21	9	0	130	1390	53	1	2	53
San Franciscan (No Cookie Or Chips)	450	100	11	1.5	0	50	1160	65	5	3	26
Turkey (No Cookie Or Chips)	570	140	16	7	0	110	1610	53	1	2	48
Add: Original Potato Chips	210	110	13	1.5	0	0	125	23	1	1	3
Add: Jalapeno Potato Chips	210	110	13	2.0	0	0	230	22	1	1	3
Add: Mesquite Potato Chips	210	100	11	1.5	0	0	200	24	1	3	3
Add: Salt & Vinegar Potato Chips	210	100	11	1.5	0	0	240	24	1	1	3
Add: Chocolate Chip Cookie	310	120	14	8	0	35	200	44	2	27	3
Catering Salads											
Catering Belle Meade Salad	4050	3120	352	99	0	485	8290	81	28	32	153
Catering Chicken Avocado Chop Salad	4380	2810	318	50	0	310	3800	271	47	12	116
Catering Cobb Salad	3860	3020	341	85	1.5	1075	7180	109	50	36	133
Catering Strawberry Fields Salad	2520	1080	122	42	2.0	185	7140	286	71	192	88
Catering Woodmont Salad	2820	1330	150	66	2.5	580	11090	201	38	131	161
Catering Sandwich Platters											
Catering BLT	3100	1220	137	42	0	175	5060	370	27	72	115
Catering Fresh Veggie	4220	2120	240	60	0	220	5720	398	46	73	145
Catering Ham & Cheese	3070	920	104	46	0	650	11000	280	6	24	216
Catering Millionaire's Club	5020	1830	207	61	0	610	9260	525	48	183	267
Catering Power Wrap	2570	530	60	24	0	140	7520	297	19	27	195
Catering Roast Beef	3080	920	105	46	0	655	6970	265	6	9	263
Catering San Franciscan	2270	480	55	7	0	250	5810	326	26	16	129
Catering Turkey	2840	720	82	35	0	540	8070	265	6	9	238
Catering Sides											
Catering Fresh Fruit Bowl	1390	45	5	1.0	0	0	30	358	39	246	17
Chocolate Chip Cookies (One Dozen)	3720	1490	168	96	0	420	2400	528	24	324	36
Blueberry Muffins (One Dozen)	5510	2550	288	49	4.0	985	4310	653	9	389	77
Chocolate Chip Muffins (One Dozen)	7130	3470	392	115	4.5	1000	4320	798	22	528	93
Orange Cranberry Muffins (One Dozen)	6010	2540	287	49	4.0	985	4320	777	10	496	77
Original Potato Chips	210	110	13	1.5	0	0	125	23	1	1	3
Jalapeno Potato Chips	210	110	13	2.0	0	0	230	22	1	1	3
Mesquite Potato Chips	210	100	11	1.5	0	0	200	24	1	3	3
Salt & Vinegar Potato Chips	210	100	11	1.5	0	0	240	24	1	1	3

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The nutritional information seen here was prepared by a 3rd party and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data is based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. All of our nutritional values are rounded according to NLEA/FDA rounding regulations, so the sum of the ingredients may not always equal the total. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

Catering Allergen Guide

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Catering Beverages												
Catering Cold Squeezed OJ (Bottle)												
Catering Cold Squeezed OJ (Gallon)												
Catering Fruit Tea (Gallon)												
Catering Honest Tea												
Catering Project Sunrise Coffee												
Catering Smart Water												
Catering Sweet Tea (Gallon)												
Catering Unsweet Tea (Gallon)												
Catering Biscuit Platters												
Ham Biscuits			X			X		X	X			X
Plain Biscuits			X			X		X				X
Sausage Biscuits			X			X		X	X			X
Catering Bowls												
Catering Carnitas Rancheros - Ancient Grains Base	X		X			X						
Catering Carnitas Rancheros - Fresh, Seasoned Potatoes Base	X		X			X						
Catering Farmhouse - Ancient Grains Base	X		X			X						
Catering Farmhouse - Fresh, Seasoned Potatoes Base	X		X			X						
Catering Market - Ancient Grains Base	X		X			X						
Catering Market - Fresh, Seasoned Potatoes Base	X		X			X						
Catering Pesto Chicken - Ancient Grains Base	X		X			X				X		
Catering Pesto Chicken - Fresh, Seasoned Potatoes Base	X		X			X				X		
Catering Power Protein - Ancient Grains Base	X		X	X		X				X		
Catering Power Protein - Fresh, Seasoned Potatoes Base	X		X	X		X				X		
Catering Boxed Lunches												
BLT (No Cookie Or Chips)								X				X
Fresh Veggie (No Cookie Or Chips)			X					X				X
Ham & Cheese (No Cookie Or Chips)			X			X		X	X			X
Millionaire's Club (No Cookie Or Chips)			X			X		X				X
Roast Beef (No Cookie Or Chips)			X			X		X				X
San Franciscan (No Cookie Or Chips)						X		X				X
Turkey (No Cookie Or Chips)			X			X		X				X
Add: Original Potato Chips												X
Add: Salt & Vinegar Potato Chips			X									X
Add: Jalapeno Potato Chips			X									X
Add: Mesquite Potato Chips			X									X
Add: Chocolate Chip Cookie	X		X			X	X	X				X
Catering Salads												
Catering Belle Meade Salad	X	X	X			X	X		X	X		
Catering Chicken Avocado Chop Salad			X							X		
Catering Cobb Salad	X		X							X		
Catering Strawberry Fields Salad			X				X					X
Catering Woodmont Salad			X									X
Catering Sandwich Platters												
Catering BLT								X				X
Catering Fresh Veggie			X					X				X
Catering Ham & Cheese			X			X		X	X			X
Catering Millionaire's Club			X			X		X				X
Catering Power Wrap	X		X			X		X				X
Catering Roast Beef			X			X		X				X
Catering San Franciscan						X		X				X
Catering Turkey			X			X		X				X
Catering Sides												
Catering Fresh Fruit Bowl												
Chocolate Chip Cookies (One Dozen)	X		X			X	X	X				X
Blueberry Muffins (One Dozen)	X		X					X				X
Orange Cranberry Muffins (One Dozen)	X		X					X				X
Chocolate Chip Muffins (One Dozen)	X		X			X		X				X
Original Potato Chips												
Salt & Vinegar Potato Chips			X									
Jalapeno Potato Chips			X									
Mesquite Potato Chips			X									

Please inform your server before ordering if you or someone in your party has a food allergy, sensitivity or other dietary concern. This information details which of the most common allergens are present in each menu item. According to the FDA, highly refined soybean oil is not considered one of the major food allergens and therefore is not listed here. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart.

Please know that we practice caution and proper procedures when preparing allergen-free items, however, all allergens may be present in our kitchens. Be aware that there may still be a chance for cross-contact on shared surfaces. Guests are advised to consider this information as it relates to their individual dietary needs. This information was provided by a third party consultant, MenuTrinfo, to help give our guests the tools to make an informed decision.