

CATERING - Nutrition Guide

	Total Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (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	0	0	15	880	54	2	40	4
Catering Cold Squeezed OJ (Gallon)	1760	0	0	0	0	0	0	0	130	7040	432	16	320	32
Catering Fruit Tea (Gallon)	2110	0	0	0	0	0	0	0	135	4020	546	2	497	14
Catering Honest Tea	70	0	0	0	0	0	0	0	15	0	19	0	19	0
Catering Project Sunrise Coffee	30	5	0.5	0	0	0	0	0	55	1390	0	0	0	3
Catering Smart Water	0	0	0	0	0	0	0	0	20	5	0	0	0	0
Catering Sweet Tea (Gallon)	740	0	0	0	0	0	0	0	105	1200	193	0	183	0
Catering Unsweet Tea (Gallon)	40	0	0	0	0	0	0	0	115	1400	11	0	0	0
Catering Biscuit Platters														
Ham Biscuits	5490	2570	291	205	0	3.5	28	290	15820	30	578	12	62	122
Plain Biscuits	5420	2560	290	205	0	3.5	28	265	15390	30	576	12	60	109
Sausage Biscuits	7220	3940	446	259	0	28	100	625	19110	30	576	12	60	193
Catering Bowls														
Carnitas Rancheros - Ancient Grains Base	4910	1940	220	80	0.5	19	62	2960	7590	3910	447	88	37	270
Carnitas Rancheros - Fresh, Seasoned Potatoes Base	4520	2250	254	83	0.5	34	94	2960	10800	6460	310	83	37	246
Farmhouse - Ancient Grains Base	4340	2230	252	86	1.0	21	65	2810	2000	4290	331	43	24	187
Farmhouse - Fresh, Seasoned Potatoes Base	3950	2540	287	90	1.0	35	97	2810	5210	6840	194	39	25	163
Market - Ancient Grains Base	3570	1420	161	59	0.5	18	43	2680	3400	4240	347	28	34	161
Market - Fresh, Seasoned Potatoes Base	3180	1730	195	62	0.5	33	75	2680	6610	6790	210	24	34	137
Pesto Chicken - Ancient Grains Base	4440	2070	234	53	0.5	16	35	2855	5090	4000	397	42	27	209
Pesto Chicken - Fresh, Seasoned Potatoes Base	4040	2370	268	57	0.5	30	67	2855	8300	6550	259	38	28	185
Power Protein - Ancient Grains Base	4790	2330	264	56	0.5	20	62	2820	4330	4780	401	55	29	216
Power Protein - Fresh, Seasoned Potatoes Base	4390	2640	298	60	0.5	35	94	2820	7530	7330	263	51	30	192
Catering Boxed Lunches														
BLT (No Cookie Or Chips)	620	240	27	8	0	0	0	35	550	610	74	5	15	23
Fresh Veggie (No Cookie Or Chips)	860	440	50	15	0	1.0	6	50	1090	970	81	9	15	31
Ham & Cheese (No Cookie Or Chips)	580	170	19	10	0	0	0	95	1720	160	57	3	6	44
Millionaire's Club (No Cookie Or Chips)	1010	380	43	14	0	2.5	12	130	1640	850	107	12	39	52
Roast Beef (No Cookie Or Chips)	570	160	18	10	0	0	0	95	1670	160	55	3	4	44
San Franciscan (No Cookie Or Chips)	450	100	11	1.5	0	1.0	4.0	50	1140	410	65	7	3	24
Turkey (No Cookie Or Chips)	580	160	18	9	0	0	0	115	1590	160	55	3	4	46
Add: Original Potato Chips	210	110	13	1.5	0	0	0	0	125	520	23	1	1	3
Add: Jalapeno Potato Chips	210	110	13	2.0	0	0	0	0	230	470	22	1	1	3
Add: Mesquite Potato Chips	210	100	11	1.5	0	0	0	0	200	500	24	1	3	3
Add: Salt & Vinegar Potato Chips	210	100	11	1.5	0	0	0	0	240	490	24	1	1	3
Add: Oatmeal Raisin Cookie	340	120	14	6	0	0	0	20	260	180	52	2	29	4
Add: Chocolate Chip Cookie	370	150	17	8	0	0	0	15	240	0	53	2	32	4
Add: Peanut Butter Cookie	380	180	20	7	0	0	0	15	420	0	46	2	27	6
Add: Sugar Cookie	370	140	16	7	0	0	0	20	270	0	52	1	27	4
Add: White Chocolate Macadamia Nut Cookie	380	170	19	8	0	0	0	20	230	0	51	1	31	4
Catering Salads														
Catering Belle Meade Salad	4540	3670	416	113	0	15	35	455	5040	3260	53	28	19	152
Catering Chicken Avocado Chop Salad	4390	2950	333	50	0	8	40	295	3880	3360	275	57	12	113
Catering Cobb Salad	3860	3020	341	85	1.5	11	54	1090	5860	3520	111	50	39	133
Catering Strawberry Fields Salad	3780	2310	262	63	2.0	18	49	185	6860	3030	314	71	206	88
Catering Woodmont Salad	4080	2560	290	87	2.5	2.0	14	580	8920	1400	230	38	145	161
Catering Sandwich Platters														
Catering BLT	3100	1220	137	42	0	0	0	175	2750	3060	370	27	73	115
Catering Fresh Veggie	4320	2200	249	76	0	6	28	260	5460	4870	403	46	73	154
Catering Ham & Cheese	2880	830	94	51	0	0	0	470	8620	820	287	16	31	221
Catering Millionaire's Club	5050	1890	214	71	0	11	59	655	8200	4270	534	58	193	262
Catering Power Wrap	2570	530	60	24	0	2.5	4.5	150	7630	4260	299	19	29	195
Catering Roast Beef	2870	780	88	51	0	0	0	470	8340	820	276	16	20	220
Catering San Franciscan	2270	480	55	7	0	4.0	21	250	5710	2070	326	36	16	119
Catering Turkey	2880	780	88	45	0	0	0	585	7930	820	274	16	18	232
Catering Sides														
Catering Fresh Fruit Bowl	1390	45	5	1.0	0	1.5	0.5	0	30	4680	358	39	246	17
Chocolate Chip Cookies (One Dozen)	4440	1800	204	96	0	0	0	180	2880	0	636	24	384	48
Blueberry Muffins (One Dozen)	5510	2550	288	49	4.0	141	57	985	4310	830	653	9	389	77
Chocolate Chip Muffins (One Dozen)	7130	3470	392	115	4.5	140	57	1000	4320	590	798	22	528	93
Orange Cranberry Muffins (One Dozen)	5970	2540	288	49	4.0	141	57	985	4310	1100	767	14	497	76
Original Potato Chips	210	110	13	1.5	0	0	0	0	125	520	23	1	1	3
Jalapeno Potato Chips	210	110	13	2.0	0	0	0	0	230	470	22	1	1	3
Mesquite Potato Chips	210	100	11	1.5	0	0	0	0	200	500	24	1	3	3
Salt & Vinegar Potato Chips	210	100	11	1.5	0	0	0	0	240	490	24	1	1	3

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 presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. 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.

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



CATERING - Allergen Guide

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Contains Gluten
Catering Beverages												
Catering Cold Squeezed OJ (Bottle or Gallon)												
Catering Fruit Tea (Gallon)												
Catering Honest Tea												
Catering Project Sunrise Coffee												
Catering Smart Water												
Catering Sweet or Unsweet Tea (Gallon)												
Catering Biscuit Platters												
Ham Biscuits			X					X				X
Plain Biscuits			X					X				X
Sausage Biscuits			X					X	X			X
Catering Bowls												
Carnitas Rancheros - Ancient Grains Base	X		X			X		X				X
Carnitas Rancheros - Fresh, Seasoned Potatoes Base	X		X			X						
Farmhouse - Ancient Grains Base	X		X			X		X				X
Farmhouse - Fresh, Seasoned Potatoes Base	X		X			X						
Market - Ancient Grains Base	X		X			X		X				X
Market - Fresh, Seasoned Potatoes Base	X		X			X						
Pesto Chicken - Ancient Grains Base	X		X			X		X		X		X
Pesto Chicken - Fresh, Seasoned Potatoes Base	X		X			X				X		
Power Protein - Ancient Grains Base	X		X	X		X		X		X		X
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
Millionaire's Club (No Cookie Or Chips)			X					X				X
Roast Beef (No Cookie Or Chips)			X					X				X
San Franciscan (No Cookie Or Chips)								X				X
Turkey (No Cookie Or Chips)			X					X				X
Add: Original Potato Chips												X
Add: Jalapeno Potato Chips			X									X
Add: Mesquite Potato Chips			X									X
Add: Salt & Vinegar Potato Chips			X									X
Add: Oatmeal Raisin Cookie	X		X			X		X				X
Add: Chocolate Chip Cookie	X		X			X	X	X				X
Add: Peanut Butter Cookie	X		X	X		X		X				X
Add: Sugar Cookie	X		X			X		X				X
Add: White Chocolate Macadamia Nut Cookie	X		X			X	X	X				X
Catering Salads												
Catering Belle Meade Salad	X	X	X				X					
Catering Chicken Avocado Chop Salad			X							X		
Catering Cobb Salad	X		X							X		
Catering Strawberry Fields Salad			X				X					
Catering Woodmont Salad			X									
Catering Sandwich Platters												
Catering BLT								X				X
Catering Fresh Veggie			X					X				X
Catering Ham & Cheese			X					X				X
Catering Millionaire's Club			X					X				X
Catering Power Wrap	X		X			X		X				X
Catering Roast Beef			X					X				X
Catering San Franciscan								X				X
Catering Turkey			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
Chocolate Chip Muffins (One Dozen)	X		X			X		X				X
Orange Cranberry Muffins (One Dozen)	X		X					X				X
Original Potato Chips												
Jalapeno Potato Chips			X									
Mesquite Potato Chips			X									
Salt & Vinegar 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 below details which of the most common allergens are present in each menu item. 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. We cannot guarantee that cross-contact with foods containing allergens will not occur but will make every effort to avoid it. This information was provided by a third party consultant, MenuTrinfo, to help give our guests the tools to make an informed decision.