



# MENDOCINO FARMS

## sandwich market

# Nutritional Information

	Weight	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
<b>SPRING SEASONAL</b>												
Asian Spring Roll Salad without dressing	13.2 oz 11.7 oz	560 360	330 180	37.5 19.5	8 6	0 0	60 60	880 465	30 21	5 4	16 8	29 27
Harissa Turkey Club	13.9 oz	950	460	48	11	0	95	2300	76	7	11	46
"Al Pastor" Chicken Torta with Street Corn	18.7 oz	980	450	48	7	0	190	1880	91	9	12	49

### SANDWICHES

Chicken MBT	13.0 oz	590	230	24	4.5	0	75	670	54	4	5	34
The Farm Club	13.9 oz	760	330	34	8	0	100	1620	67	6	7	40
The Hot Italian	14.1 oz	920	510	55	15	0	115	2550	62	5	12	42
A Sandwich Study of Heat	14.8 oz	720	250	26	7	0	95	1610	76	7	4	40
Modern Tuna "Almost Melt"	17.8 oz	1000	470	52	14	0	100	1000	77	6	9	58
Caprese	12.2 oz	660	330	33	10	0	45	340	55	4	5	26
"Not So Fried" Mary's Chicken	16.7 oz	970	460	49	6	0	85	1700	91	5	19	35
Peruvian Steak Sandwich Add Avocado	12.8 oz 1.7 oz	810 80	390 70	44 8	13 1	0 0	155 0	2200 0	71 4	3 3	17 0	39 < 1g
Kurobuta Pork Belly Banh Mi	12.2 oz	780	450	49	12	0	70	710	60	4	9	24
Prosciutto and Mary's Chicken	12.0 oz	780	380	41	8	0	80	1390	60	7	8	41
Steak BLT on Pretzel	13.6 oz	870	410	45	11	0	110	2090	74	5	7	41

### VEGAN SANDWICHES

Superfood Hemp Burger	14.1 oz	740	310	33	7	0	0	1610	95	8	25	15
Enlightened Falafel Wrap	17.5 oz	1000	550	58	10	0	0	1780	101	16	16	21
Vegan Banh Mi	12.4 oz	560	180	19	2	0	0	930	75	7	21	20

### BLUE PLATE SPECIAL (1/2 sandwich served with a Seasonal Soup or Deli Side)

Caprese	6.1 oz	330	165	16.5	5	0	22.5	170	27.5	2	2.5	13
Chicken MBT	6.5 oz	295	115	12	2.25	0	37.5	335	27	2	2.5	17
Modern Tuna "Almost Melt"	8.9 oz	500	235	26	7	0	50	500	38.5	3	4.5	29
The Farm Club	6.9 oz	380	165	17	4	0	50	810	33.5	3	3.5	20
Vegan Bahn Mi	6.2 oz	280	90	9.5	1	0	0	465	37.5	3.5	10.5	10
"Not So Fried" Mary's Chicken	8.4 oz	485	230	24.5	3	0	42.5	850	45.5	2.5	9.5	17.5
Steak BLT on Rustic White	6.8 oz	425	180	20	4.75	0	55	910	39.5	2.5	3	20.5

### SALADS

The Impossible Taco Salad without dressing	16.1 oz 14.1 oz	670 420	430 200	45 21	8 8	0 0	0 0	910 530	45 42	15 14	7 5	24 23
Avocado and Quinoa Ensalada without dressing	16.1 oz 14.1 oz	650 400	430 190	46 20	8 6	0 0	20 20	940 570	48 44	15 14	8 5	19 19
The Modern Caesar 2.0 without dressing	11.4 oz 9.4 oz	610 290	440 140	47 15	10 6	0 0	130 25	1000 600	28 24	7 7	6 4	22 18
Save Drake Farm's Salad without dressing	16.4 oz 14.4 oz	850 620	550 320	61 35	10 8	0 0	75 75	900 850	48 46	8 8	35 33	35 34
Mama Chen's Chinese Chicken Salad without dressing	14.4 oz 12.4 oz	660 420	370 200	41 22	2.5 1	0 0	60 60	1150 570	48 31	8 7	21 6	33 32
Mary's Chicken Cobb Salad without dressing	16.2 oz 14.2 oz	690 500	460 290	49 31	13 12	0 0	295 295	1520 1220	17 10	5 5	8 3	44 44
The Sophisticated Chicken & Prosciutto Salad without dressing	17.7 oz 15.7 oz	770 550	540 330	58 35	10 8	0 0	80 80	1850 1800	29 24	9 9	18 14	38 37

### KIDS MEALS

Grilled Cheese	4.1 oz	360	140	15	10	0	45	570	40	2	5	14
Ham Provolone	6.5 oz	460	180	19	11	0	75	1380	44	2	8	27
House PB and Local Jelly	5.1 oz	490	180	20	7	0	15	500	67	5	21	13



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<b>KIDS MEALS</b>												
Salami and Provolone	3.3 oz	270	70	8	4.5	0	25	470	40	2	4	9
Turkey Cheddar	3.3 oz	260	60	7	4.5	0	20	430	40	2	4	8
Cheddar Cheese Quesadilla	4 oz	330	150	16	11	0	30	590	32	4	1	14

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<b>DRESSING</b>												
Basil Pesto Balsamic Vinaigrette	1.0 oz	110	100	12	1	0	0	30	2	0	2	< 1g
Caesar Dressing	1.1 oz	170	150	17	2	0	55	210	2	0	1	2
Chipotle Vinaigrette	1.0 oz	120	110	13	1	0	0	180	2	0	2	0
Citrus Vinaigrette	1.0 oz	120	110	13	1	0	0	25	1	0	< 1g	0
Harissa Vinaigrette	1.0 oz	130	120	14	1	0	0	190	2	< 1g	0	0
Miso Mustard Sesame Dressing	1.0 oz	120	80	10	0.5	0	0	290	9	0	8	< 1g
Peanut Cilantro Lime Vinaigrette	1.0 oz	130	100	12	1	0	0	280	7	0	6	1
Vegan Chipotle Ranch Dressing	1.0 oz	120	110	12	0.5	0	0	190	2	0	< 1g	0
Vegan Ranch Dressing	1.0 oz	130	130	13	0.5	0	0	160	1	0	0	0
Whole Grain Mustard Vinaigrette	1.0 oz	100	80	9	0.5	0	0	150	4	0	2	0

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<b>BREADS</b>												
Buckwheat	4.5 oz	320	10	1.5	0	0	0	90	66	4	2	10
Ciabatta	3.7 oz	260	35	3.5	0.5	0	0	160	47	2	0	7
Pretzel Roll	4.3 oz	340	50	5	1.5	0	0	830	61	2	1	10
Rustic White	4.4 oz	320	0	0	0	0	0	560	66	2	0	10
Soft Roll	4.5 oz	340	40	4.5	0	0	0	770	65	2	1	9
Torta Bun	3.7 oz	310	60	6	1.5	0	80	520	54	2	7	9
Plant-based Brioche Bun	2.0 oz	210	70	7	1.5	0	0	250	30	1	5	6
Mom's Seeded Whole Wheat	4.1 oz	320	60	6	2	0	10	400	58	2	4	8
Whole Wheat Tortilla	3.0 oz	220	70	7	5	0	0	410	32	4	1	7
Gluten Free Bread	3.2 oz	220	40	4	0	0	0	360	42	4	6	4

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<b>PROTEINS</b>												
Chicken	3.5 oz	110	20	2.5	0	0	60	410	0	0	0	20

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<b>DELI SIDES</b>													
Corn & Mango Salad	Small	7.0 oz	230	100	10	1	0	0	170	32	5	9	5
	Large	14 oz	460	200	20	2	0	0	340	64	10	18	10
Curry Couscous	Small	9.0 oz	580	360	36	0	0	0	1210	49	4	13	4
	Large	18oz	1160	720	72	0	0	0	2420	98	8	26	8
French Green Beans & Drake Farms Feta	Small	6.5 oz	230	170	17	2.5	0	10	590	14	6	5	6
	Large	13oz	460	340	34	5	0	20	1180	28	12	10	12
Healthiest Salad	Small	7.0 oz	340	200	22	1.5	0	0	140	38	6	20	6
	Large	14oz	680	400	44	3	0	0	280	76	12	40	12
Italian Farro Salad	Small	6.5 oz	270	150	16	4	0	15	810	24	5	5	9
	Large	13 oz	540	300	32	8	0	30	1620	48	10	10	18
Potato Salad - Dill Pickle	Small	9.0 oz	540	330	33	2	0	0	490	48	3	4	4
	Large	18 oz	1080	660	66	4	0	0	980	96	6	8	8
Potato Salad - Spicy	Small	9.0 oz	540	330	34	2	0	0	860	47	3	2	4
	Large	18 oz	1080	660	68	4	0	0	1720	94	6	4	8
Red Quinoa and Marinated Beet Salad	Small	9.0 oz	400	170	18	2	0	0	540	53	8	22	10
	Large	18 oz	800	340	36	4	0	0	1080	106	16	44	20
Roasted Moroccan Spiced Carrot Salad	Small	7.0 oz	320	170	18	3	0	10	340	36	7	23	8
	Large	14 oz	640	340	36	6	0	20	680	72	14	46	16



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<b>DELI SIDES</b>													
Pasta Shells - Basil with Feta	Small	7.0 oz	450	200	21	5	0	25	720	50	4	3	15
	Large	14 oz	900	400	42	10	0	50	1440	100	8	6	30
Pasta Shells - Romesco	Small	7.0 oz	350	140	16	2	0	0	660	44	4	4	10
	Large	14 oz	700	280	32	4	0	0	1320	88	8	8	20
Soba Sesame Noodle Salad	Small	7.0 oz	320	130	14	1.5	0	0	220	39	5	4	15
	Large	14oz	640	260	28	3	0	0	440	78	10	8	30

<b>SOUPS</b>													
Butternut Squash Soup	Cup	8 oz	90	45	5	0	0	0	620	12	1	9	< 1g
	Bowl	16 oz	190	90	10	1	0	0	1240	24	2	17	1
Cauliflower Bisque	Cup	8 oz	270	160	18	11	0	50	940	13	2	8	14
	Bowl	16 oz	530	330	36	22	0	105	1870	27	4	16	28
Chicken Tortilla	Cup	8 oz	70	25	2.5	0	0	0	770	11	2	4	2
	Bowl	16 oz	140	45	4.5	0.5	0	< 5mg	1540	22	4	8	4
Chicken Vegetable	Cup	8 oz	40	5	0.5	0	0	0	690	8	1	3	1
	Bowl	16 oz	80	10	1.5	0	0	0	1390	15	3	6	3
Cream of Tomato	Cup	8 oz	160	90	10	5	0	30	520	17	2	14	2
	Bowl	16 oz	330	190	21	11	0	60	1040	35	5	28	4
Creamy Corn Soup	Cup	8 oz	150	70	8	4.5	0	25	730	20	3	5	3
	Bowl	16 oz	310	150	16	9	0	45	1470	41	6	10	6
Curry Cauliflower	Cup	8 oz	130	50	5	3.5	0	0	590	18	4	7	5
	Bowl	16 oz	250	100	11	7	0	0	1180	35	8	13	9
French Lentil	Cup	8 oz	120	20	2	0	0	0	440	21	5	4	6
	Bowl	16 oz	240	40	3.5	0	0	0	880	41	10	9	12
Golden Coconut Curry	Cup	8 oz	360	250	28	16	0	0	600	29	5	10	6
	Bowl	16 oz	730	490	55	32	0	0	1190	59	11	20	11
Minestrone	Cup	8 oz	60	15	2	0	0	0	580	10	2	4	2
	Bowl	16 oz	130	35	3.5	0	0	0	1160	20	4	8	4
Potato Leek	Cup	8 oz	190	100	10	5	0	25	530	22	3	6	3
	Bowl	16 oz	370	190	21	10	0	55	1060	44	6	12	6
Spicy Chicken Caldo	Cup	8 oz	80	45	4.5	0.5	0	0	660	9	1	4	2
	Bowl	16 oz	160	90	9	1.5	0	< 5mg	1320	17	3	8	4
Split Pea Mushroom	Cup	8 oz	130	20	1.5	0	0	0	450	22	8	5	7
	Bowl	16 oz	250	35	3	0	0	0	910	43	15	11	15
Thai Coconut & Lemongrass	Cup	8 oz	210	140	16	14	0	0	610	14	2	7	4
	Bowl	16 oz	420	290	33	29	0	0	1220	29	3	14	7
Vegan Chili	Cup	8 oz	130	50	4.5	0.5	0	0	730	18	5	7	6
	Bowl	16 oz	260	100	9	1	0	0	1450	35	10	13	12

<b>BEVERAGES</b>													
Puck's - Diet Black Cherry	Small	12 fl oz	0	0	0	0	0	0	0	0	0	0	0
	Large	20 fl oz	0	0	0	0	0	0	0	0	0	0	0
Puck's - Black Cherry	Small	12 fl oz	160	0	0	0	0	0	0	39	0	39	0
	Large	20 fl oz	260	0	0	0	0	0	0	65	0	65	0
Puck's - Vanilla Cream	Small	12 fl oz	150	0	0	0	0	0	0	37	0	37	0
	Large	20 fl oz	250	0	0	0	0	0	0	62	0	62	0
Puck's - Root Beer	Small	12 fl oz	160	0	0	0	0	0	0	39	0	39	0
	Large	20 fl oz	260	0	0	0	0	0	0	65	0	65	0
Puck's - Mandarin Orange	Small	12 fl oz	160	0	0	0	0	0	0	39	0	39	0
	Large	20 fl oz	260	0	0	0	0	0	0	65	0	65	0
Puck's - Lemon Lime	Small	12 fl oz	140	0	0	0	0	0	0	35	0	35	0
	Large	20 fl oz	230	0	0	0	0	0	0	58	0	58	0
Puck's - Diet Cola	Small	12 fl oz	0	0	0	0	0	0	0	0	0	0	0
	Large	20 fl oz	0	0	0	0	0	0	0	0	0	0	0
Puck's - Cola	Small	12 fl oz	150	0	0	0	0	0	0	37	0	37	0
	Large	20 fl oz	250	0	0	0	0	0	0	62	0	62	0



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<b>BEVERAGES</b>													
Iced Tea	Small	12 fl oz	5	0	0	0	0	0	10	1	0	0	0
	Large	20 fl oz	5	0	0	0	0	0	20	2	0	0	0
Lemonade	Small	12 fl oz	160	0	0	0	0	0	10	39	0	35	0
	Large	20 fl oz	260	5	0	0	0	0	20	64	0	59	0
Horizon Organic Milk		8 fl oz	120	45	5	3	0	20	115	12	0	12	8

<b>BEERS</b>													
OSKAR BLUES Mama's Little Yella Pils		15.5 oz	230	0	0	0	0	0	0	19	0	0	3
REFUGE Blood Orange Wit		15.5 oz	200	0	0	0	0	0	0	10	0	0	3
21ST AMENDMENT Down to Earth Session IPA		15.5 oz	220	0	0	0	0	0	0	17	0	0	3
KARL STRAUSS Follow the Sun Pilsner		15.5 oz	230	0	0	0	0	0	0	19	0	0	3
MODERN TIMES Lomaland Saison		15.5 oz	250	0	0	0	0	0	0	18	0	0	3
BITTER BROTHERS Bill's Pils		15.5 oz	250	0	0	0	0	0	0	18	0	0	3
CORONADO BREWING Guava Islander IPA		15.5 oz	360	0	0	0	0	0	0	35	0	0	3
KARL STRAUSS Aurora Hopyyalis IPA		15.5 oz	360	0	0	0	0	0	0	35	0	0	3

<b>WINES</b>													
HESS Chardonnay		6 fl oz	150	0	0	0	0	0	10	4	0	2	0
THE GIRLS IN THE VINEYARD Cabernet		6 fl oz	150	0	0	0	0	0	0	5	0	0	0
MATCHBOOK Rose' Of Tempranillo		6 fl oz	130	0	0	0	0	0	10	2	0	0	0
SPELLBOUND Pinot Noir		6 fl oz	140	0	0	0	0	0	0	4	0	0	0

<b>DESSERTS</b>													
Russian Tea		1 piece	150	80	9	4	0	15	15	15	< 1g	4	2
Chocolate Chip		1 piece	240	100	11	4	0	10	140	36	1	20	2
Double Chocolate Chip		1 piece	250	100	11	6	0	15	85	37	2	26	2
Mini Chocolate Chip		1 piece	120	45	5	2	0	< 5mg	70	18	0	10	1
Oatmeal Raisin		1 piece	260	100	11	4	0	15	320	39	1	19	3
Brownie		1 piece	180	80	9	6	0	45	130	23	1	19	2
Raspberry Bar		1 piece	170	30	3.5	2	0	15	45	32	< 1g	18	2
Magic Bar		1 piece	210	90	11	6	0	25	30	27	< 1g	22	2