

Provisions Bakery Cafe

Fresh Food Nutritional Information

Provisions Lunch Sandwiches								
Item	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Sugar (g)	Protein (g)
Ultimate Club	740	30	9	135	2230	67	9	54
Tuscan Turkey	640	25	7	65	1500	63	5	42
The Grand	630	28	9	75	1540	63	5	38
Sicilian Chicken Breast	660	27	7	100	1400	67	7	40
Sherwood Ham	600	18	8	85	1720	73	12	35
Monterey Chicken Salad	550	16	1.5	60	1040	23	19	25
Hot Your Moms Grilled Chees	790	41	17	85	1340	21	16	29
Provisions Salads								
Item	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Sugar (g)	Protein (g)
Tomato Stuffed Chicken Salad	320	10	0.5	55	700	39	15	24
Roasted Chicken Breast Veggie	280	7	0.5	65	660	31	9	29
Garden Veggie	180	5	0	0	440	31	9	6
Provisions Breakfast Sandwiches								
Item	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Sugar (g)	Protein (g)
Turkey Bacon Biscuit	510	32	12	210	1320	31	5	25
Breakfast Sausage Biscuit	490	32	12	190	980	30	3	21
Provisions Sides								
Item	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Sugar (g)	Protein (g)
Seasoned French Fries	300	17	2.5	0	540	33	0	3
Coleslaw	80	4	0	5	120	11	7	1

DUNN BROS COFFEE.

THE BOLD STANDARD™

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Fresh Food Nutritional Information cont.

Provisions Afternoon Options								
Item	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Sugar (g)	Protein (g)
Afternoon Plate	810	34	19	100	930	110	60	24
Fresh Fruit Cup	140	0	0	0	15	37	26	2
Provisions Desserts								
Item	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Sugar (g)	Protein (g)
Triple Chocolate Brownie	350	18	4.5	30	200	46	34	3
Chocolate Chip Cookie	190	10	6	25	190	24	16	2
Rocky Road Cookie	190	9	6	25	200	24	16	2
Peanut Butter	200	11	6	25	200	21	12	4

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Provisions Muffins								
Item	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Sugar (g)	Protein (g)
Banana Nut Muffin	630	33	6	90	540	75	39	9
Blueberry Muffin	600	30	6	90	540	75	36	6
Pumpkin Muffin	600	30	6	90	540	72	36	6
Apple Spice Muffin	630	33	6	90	570	75	39	6
Lemon Poppy Seed	660	36	6	90	600	78	39	9
Provisions Scones								
Item	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Sugar (g)	Protein (g)
Blueberry Scone	390	20	10	30	610	47	3	7
Chocolate Chip Scone	420	22	11	30	590	51	6	7
Raspberry Scone	400	20	10	30	650	46	2	7
Provisions Pastries								
Item	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Sugar (g)	Protein (g)
Lemon Crème Fan Pastry	310	18	7	25	230	31	13	5
Raspberry Crown Pastry	340	18	3.5	20	280	42	21	5
Cinnamon Twist	490	33	17	15	360	44	2	5