

au naturale™

a modern eatery 9/19/2008

Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Sodium (mg)	Calcium %DV	Iron %DV
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Signature Sandwiches

Turkey and Avocado Sandwich*	324	560	240	27	8	0	85	38	7	5	35	20	20	1070	15	20
Grilled Veggie and Goat Cheese Sandwich*	393	450	180	20	6	0	20	45	7	9	15	55	55	400	10	25
Grilled Southwest Chicken Sandwich*	486	520	120	13	5	0	95	48	8	8	45	25	50	1250	20	20
House Smoked BBQ Pork Sandwich	381	690	350	38	11	0	170	40	5	13	45	100	80	990	15	20
Beef Burger	332	530	260	29	9	0	115	28	3	7	38	15	30	770	8	25
Beef Burger with Cheese	353	620	330	37	13	0	140	28	3	7	43	20	30	910	20	25
Turkey Burger	352	450	180	20	4	0	100	29	3	7	37	15	30	1530	8	20
Turkey Burger with Cheese	374	540	250	28	8	0	120	29	3	7	42	20	30	1670	20	20
Veggie Burger	301	370	140	15	2.5	0	5	38	7	9	22	15	30	1320	15	15
Veggie Burger with Cheese	323	460	210	23	7	0	25	38	7	9	27	20	30	1460	30	15
Grilled Ahi Tuna Sandwich*	326	440	100	11	2	0	70	35	4	4	41	15	20	340	6	20
Grilled Salmon Sandwich*	326	450	130	15	2	0	80	35	4	4	36	15	20	390	6	20

data reflects whole grain bun unless otherwise specified.

** data reflects whole wheat Lavash wrap.*

Sensational Salads (including dressing)

Asian Grilled Chicken Salad	414	420	25	25	2.5	0	60	22	5	15	30	190	230	870	15	15
Asian Grilled Chicken Salad with Tofu	472	480	35	34	3.5	0	0	26	6	16	23	190	230	630	45	35
Caesar Salad	245	460	45	45	6	0	45	10	4	2	11	200	70	580	25	10
Caesar Salad with Grilled Chicken	359	570	45	46	6	0	110	10	4	2	35	200	70	830	25	10
Caesar Salad with Grilled Salmon	359	630	50	50	7	0	120	10	4	2	40	200	70	680	30	15
Caesar Salad with Grilled Ahi Tuna	359	620	45	46	7	0	110	10	4	2	45	200	70	630	30	15
Mediterranean Salad	425	470	35	35	12	0	55	26	6	11	13	60	70	1200	40	20
Mixed Green Salad	206	270	20	22	2.5	0	0	17	5	8	5	110	110	90	6	25
Caprese Salad	304	370	25	27	11	0	55	13	3	9	18	100	70	790	45	15

Special Creations

Homemade Chicken Pot Pie	592	520	200	22	3.5	0	60	52	6	19	30	710	35	1400	25	10
Veggie Roll	239	330	150	17	2.5	0	5	36	8	3	12	80	60	580	10	40
Ahi Tuna and Avocado Sushi Roll	219	360	150	17	2.5	0	20	33	7	2	21	70	25	590	10	40
Roasted Yam, Black Bean, Brown Rice Burrito	527	560	130	14	4.5	0	20	87	12	20	16	650	180	540	25	25
Grilled Chicken and Spinach Burrito	396	380	40	4.5	1.0	0	65	46	6	2	35	80	50	840	10	20

Gourmet Baked Flatbread Pizza

Onion, Mushroom and Goat Cheese Pizza	364	440	190	22	6	0	15	43	6	10	14	10	40	290	10	20
Roasted Tomato, Spinach and Feta Pizza	335	620	400	45	13	0	50	34	5	6	15	90	50	1300	35	20
Grilled Chicken, Fresh Mozzarella and Basil Pizza	294	670	310	34	11	0	100	44	6	11	42	35	40	820	45	45

Soups and Side Dishes

Roasted Tomato and Basil Soup Cup	306	140	50	6	1.0	0	5	17	3	12	3	25	45	640	0	80
Roasted Tomato and Basil Soup Bowl	442	200	80	9	1.0	0	5	25	4	17	5	35	70	920	4	6
Mushroom and Wild Rice Soup Cup	306	80	15	1.5	0	0	0	15	2	2	4	0	2	620	6	10
Mushroom and Wild Rice Soup Bowl	442	120	20	2.5	0	0	0	22	2	3	6	0	2	900	2	4
Southwest Chicken Chili Cup	306	170	15	2	0	0	25	25	4	3	15	10	30	680	4	8
Southwest Chicken Chili Bowl	442	240	25	3	0	0	35	36	6	5	21	15	45	980	6	15
Oven Roasted French Fries with Chili & Cheese	315	490	220	24	10	0	45	54	5	3	18	15	25	1200	30	6
Oven Roasted Sweet Potato Fries	142	120	30	3.0	0.5	0	0	22	2	9	0	100	15	180	30	6
Oven Roasted Sweet Potato Fries w Chicken Chili Cheese	300	300	120	13	6	0	30	36	4	12	11	130	30	620	2	2
Oven Roasted French Fries	128	210	70	8	2	0	0	33	3	2	3	0	10	530	0	4
Mixed Green Salad Side Size	106	140	100	11	1.0	0	0	9	3	4	2	60	55	50	20	4

Soups and Side Dishes (continued)

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Caesar Salad Side Size	117	200	160	19	3.0	0	20	5	2	1	5	100	35	260	2	10
Edamame Side Size	127	140	40	4.5	0	0	0	15	5	9	12	0	15	1800	15	6
Veggie Tray Side Size	152	130	90	10	1.0	0	15	11	2	6	3	60	70	390	6	8
Mixed Fruit Bowl Side Size	310	170	5	0.5	0	0	0	42	4	36	4	40	150	60	2	6
Sliced Apples	57	30	0	0	0	0	0	8	1	6	0	0	4	5	10	4
Grilled Ciabatta Bread	112	370	110	13	1.5	0	0	22	2	1	8	0	0	530	0	0
Grilled Lavash Flatbread	65	180	50	6	0.5	0	0	21	2	0	4	0	0	150	2	20
Parmesan Lavash Flatbread Chips	93	350	190	22	7	0	30	17	2	0	17	2	0	680	0	8
Hummus Side	117	200	80	9	1.5	0	0	25	5	0	7	0	15	500	40	8
Kid's Stuff (Sandwiches and Burger with Whole Wheat Bun)																
Turkey Sandwich w/ Apple	251	400	200	23	4	0	55	30	3	9	20	15	25	800	4	10
Chicken Sandwich w/ Apple	305	520	200	22	2.5	0	85	46	3	10	37	8	20	800	8	15
Cheese Burger w/ Apple	308	620	330	37	13	0	140	29	3	9	42	20	25	480	20	25
Cheese Pizza w/ Apple	263	420	130	14	5	0	25	67	4	10	16	10	10	830	25	20
Breads																
Whole Grain Bun	40	99	13	1.5	0	0	0	19	1	2	3	0	8	180	4	6
Ciabatta Roll	106	320	63	7	1	0	0	22	2	1	8	0	0	530	2	20
Lavash Bread Whole Wheat	74	160	0	0	0	0	0	26	3	0	5	0	0	180	0	10
Lavash Bread Spinach	74	156	0	0	0	0	0	29	0	0	5	0	0	230	0	15
Sweet Things																
Dolce de Leche Light Ice Cream and Ginger Snap Cookie	94	320	120	13	3.0	0	25	45	1	21	4	2	0	170	6	8
Vanilla Frozen Yogurt and Chocolate Chunk Cookies	94	330	130	14	5.0	0	50	42	1	24	6	2	4	180	10	8
Strawberry Sorbet and Almond Short Bread Cookies	94	290	130	14	8	0	30	40	1	22	2	0	6	140	0	4
Tart Acai Frozen Yogurt Plain Regular	210	180	20	2.5	2.0	0	10	38	0	32	5	0	4	80	0	0
Tart Acai Frozen Yogurt Plain Large	286	250	30	3.0	2.5	0	15	51	0	44	8	2	6	110	0	0

Brooker Laboratories compiled this nutrition information from the following data: Nutrition analysis from Au Naturale (TM) approved food manufacturers, and/or the USDA National Nutrient Database for Standard Reference, Release #19. The nutrition information listed here is based on recipes and product formulations, however slight variations may occur due to seasonal changes in products, use of an alternate suppliers, regions of the country and/or small differences in preparation. Nutritional information is based on the most common formulas and ingredients.

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