



HealthSense

FRESH, HEALTHY, & SENSIBLE - BY NexDine

BEVERAGES

Ingredient	Calories	Total Fat grams	Saturated Fat grams	Cholesterol milligrams	Carbs grams	Fiber grams	Sodium milligrams	Protein grams
Coffee (Regular and Decaf)	0	0	0	0	0	0	0	0
Tea (Herbal, Decaf, and Regular)	0	0	0	0	0	0	0	0
Sugar, 1 tsp.	16	0	0	0	4	0	0	0
Cream, 1 tbsp.	29	3	2	10	1	0	6	0
Carbonated Soft Drinks, 1 oz.	13	0	0	0	3	0	0	0
Diet Soft Drinks, 1 oz.	0	0	0	0	0	0	0	0

BREAKFAST & FRUIT BAR

Ingredient	Calories	Total Fat grams	Saturated Fat grams	Cholesterol milligrams	Carbs grams	Fiber grams	Sodium milligrams	Protein grams
Applesauce, 1/2 cup	97	0	0	0	25	2	36	0
Blueberries, 1/2 cup	42	0	0	0	11	2	1	1
Brown Sugar, 1 tsp.	11	0	0	0	3	0	1	0
Cantaloupe Melon, 1/2 cup	27	0	0	0	6	1	12	1
Coconut, 1 tbsp.	35	3	3	0	2	1	2	0
Cottage Cheese, Low Fat, 1/4 cup	41	1	0	2	2	0	229	7
Granola, 1/4 cup	96	1	0	0	20	1	94	2
Grapes (Red and Green) 1/4 cup	26	0	0	0	7	0	1	0
Hard Cooked Egg, 1	78	5	2	212	1	0	62	6
Honeydew Melon, 1/2 cup	31	0	0	0	8	1	15	0
Oatmeal, Cooked, 4 oz.	80	2	0	0	13	2	4	3
Mandarin Oranges, 1/2 cup	36	0	0	0	9	1	5	1
Peaches, Canned, 1/2 cup	85	0	0	0	22	2	7	1
Pears, Canned, 1/2 cup	62	0	0	0	16	2	5	0
Pineapple, 1/2 cup	41	0	0	0	11	1	1	0
Raisins, 1/4 cup	117	0	0	0	31	3	11	0
Strawberries, 1/2 cup	24	0	0	0	6	2	1	1
Walnuts, 1 tbsp.	48	5	0	0	1	1	0	2
Wheat Germ, 2 tbsp.	54	2	0	0	7	2	1	4
Yogurt, Low Fat Plain, 1/4 cup	58	0	0	4	11	0	35	2
Yogurt, Low Fat Blueberry, 1/4 cup	80	0	0	3	12	0	35	2
Yogurt, Low Fat Strawberry, 1/4 cup	60	0	0	3	13	0	33	2

FRESH BAKED MUFFINS

Ingredient	Calories	Total Fat grams	Saturated Fat grams	Cholesterol milligrams	Carbs grams	Fiber grams	Sodium milligrams	Protein grams
4 OUNCE MUFFINS								
Old Fashioned Blueberry Muffin	310	11	2	10	47	1	420	6
Corn Muffin	340	9	2	10	59	2	640	7
Honey Bran Muffin	350	12	2	5	57	4	700	5
Old Fashioned Cranberry Muffin	310	11	2	10	47	2	420	6
Low Fat Muffin	140	1	0	0	31	0	270	2
8 OUNCE MUFFINS								
Old Fashioned Blueberry Muffin	465	16	3	15	70	1	630	9
Corn Muffin	510	13	3	15	88	3	960	10
Honey Bran Muffin	525	18	3	7	85	6	1050	7
Old Fashioned Cranberry Muffin	465	16	3	15	70	3	630	9
Low Fat Muffin	210	1	0	0	46	0	405	3

FRESH BAKED BAGELS

Ingredient	Calories	Total Fat grams	Saturated Fat grams	Cholesterol milligrams	Carbs grams	Fiber grams	Sodium milligrams	Protein grams
Blueberry	380	4	0	0	80	4	460	14
Sesame	400	2	0	0	80	4	490	16
Plain	376	2	0	0	78	2	350	14
Raisin	410	4	0	0	80	4	420	14
French Toast	340	2	1	25	56	2	430	12
Whole Wheat Multi-Grain	272	1	0	0	56	3	262	10
Wild Berry	380	4	0	0	80	4	460	14
Poppy Seed	400	2	0	0	80	3	245	8
Egg	340	2	1	25	56	2	430	12
The Works	280	1	0	0	40	2	244	8
Onion	522	1	0	0	56	2	350	11
Honey Whole Wheat	190	1	0	0	55	3	340	11

BAGEL BAR TOPPINGS

Ingredient	Calories	Total Fat grams	Saturated Fat grams	Cholesterol milligrams	Carbs grams	Fiber grams	Sodium milligrams	Protein grams
Cream Cheese, 1 tbsp.	50	5	3	16	1	0	47	1
Cream Cheese, Light, 1 tbsp.	30	2	1	8	1	0	70	1
No Trans-Fat Added Margarine, 1 tbsp.	47	5	1	0	0	0	61	0
Smart Balance Spread, 1 tbsp.	101	11	2	0	0	0	93	0
Butter, 1 tbsp.	112	13	8	33	0	0	0	0
Peanut Butter, 1 tbsp.	94	6	2	0	3	1	73	4
Orange Marmalade, 1 tbsp.	48	0	0	0	13	0	8	0
Strawberry Preserves, 1 tbsp.	48	0	0	0	13	0	6	0
Grape Jelly, 1 tbsp.	48	0	0	0	13	0	6	0
Honey, 1 tbsp.	64	0	0	0	17	0	1	0

BREAKFAST GRILL

Ingredient	Calories	Total Fat grams	Saturated Fat grams	Cholesterol milligrams	Carbs grams	Fiber grams	Sodium milligrams	Protein grams
Grits, 4 oz.	66	0	0	0	14	0	250	2
Egg, 1, Cooked w/ Margarine	174	16	3	211	1	0	70	6
Egg, 1, Cooked w/ Cooking Spray	71	5	2	211	0	0	211	6
Bacon, 1 strip	128	13	4	19	0	0	233	3
Sausage Link, 1 oz.	80	8	3	20	1	0	160	3
Sausage Patty, 1.5 oz.	181	17	6	30	1	0	280	6
Ham, 1 oz.	24	1	0	9	1	0	262	3
Egg N Muffin:								
w/ Bacon	499	35	13	257	27	5	1,004	21
w/ Ham	417	24	9	254	27	5	1,158	24
w/ Sausage Link, 1 oz.	451	30	11	258	27	5	931	20
w/ Sausage Patty, 1.5 oz.	552	39	14	268	27	5	1,051	23
Egg N Bagel:								
w/ Bacon	757	36	13	257	76	3	1,534	30
w/ Ham	657	26	9	254	76	3	1,688	33
w/ Sausage Link, 1 oz.	709	31	11	258	77	3	1,461	30
w/ Sausage Patty, 1.5 oz.	810	40	14	268	77	3	1,581	33

LUNCH GRILL

Ingredient	Calories	Total Fat grams	Saturated Fat grams	Cholesterol milligrams	Carbs grams	Fiber grams	Sodium milligrams	Protein grams
Hamburger, 4 oz.	284	22	9	80	0	0	75	19
Hamburger, 4 oz., on Hamburger Bun	406	23	9	4	23	2	317	5
Cheeseburger, 4 oz.	390	31	15	107	0	0	259	25
Cheeseburger, 4 oz., on Hamburger Bun	512	32	15	111	23	2	501	30
Hamburger, 8 oz.	568	44	18	160	0	0	150	38
Hamburger, 8 oz., on Bulkie Roll	735	46	18	160	30	1	460	44
Cheeseburger, 8 oz.	947	64	30	214	30	1	828	56
Cheeseburger, 8 oz., on Bulkie Roll	780	62	30	214	0	0	518	50
Angus Burger, 5.3 oz.	450	38	17	105	0	0	80	26
Angus Burger, 5.3 oz., on Hamburger Bun	572	38	17	105	23	2	322	31
Hot Dog, 1.6 oz.	87	6	2	25	3	0	716	6
Hot Dog, 1.6 oz., on Hot Dog Bun	207	9	3	25	21	1	926	10
Hot Dog, 4 oz.	305	28	11	50	0	0	1,120	12
Hot Dog, 4 oz., on 6" Sub Roll	485	30	11	50	33	1	1,404	20
French Fries, 4 oz.	152	4	1	0	30	3	373	3
Onion Rings, 4 oz.	407	27	9	0	39	1	375	5
Garden Burger, Original	100	3	1	10	18	5	400	5
Garden Burger, Original, on Hamburger Roll	222	3	1	10	41	7	642	10
Garden Burger, Santa Fe Burger (Vegan)	110	4	0	0	15	3	400	3
on Hamburger Roll	232	4	0	0	38	5	642	8
Chicken Breast, 5 oz.	231	5	1	119	0	0	104	44
Chicken Breast, 5 oz., on Bulkie Roll	398	7	1	119	30	1	414	50
Turkey Burger, 4 oz.	230	12	5	35	2	9	550	28
Turkey Burger, 4 oz., on Hamburger Roll	352	12	5	35	25	11	792	33
Grilled Cheese	547	42	15	53	25	2	1,294	18

DELICATESSEN

Ingredient	Calories	Total Fat grams	Saturated Fat grams	Cholesterol milligrams	Carbs grams	Fiber grams	Sodium milligrams	Protein grams
American Salami, 4 oz.	296	24	12	80	0	0	1,292	12
Genoa Salami, 4 oz.	442	38	14	116	1	0	2,082	24
Bologna, 4 oz.	300	26	6	70	2	0	1,060	14
Chicken Breast, 4 oz.	197	5	2	97	0	0	88	35
Ham, 4 oz.	122	3	1	51	1	0	1	22
Corned Beef, 4 oz.	160	5	2	60	0	0	980	28
Capicola, 4 oz.	213	13	5	73	1	0	1,440	20
Mortadella, 4 oz.	320	28	10	60	0	0	1,160	18
Prosciutto, 4 oz.	227	14	5	23	0	0	2,268	27
Roast Beef, 4 oz.	160	5	2	80	0	0	460	25
Turkey (Smoked and Regular), 4 oz.	120	2	0	60	2	0	660	25
American Cheese, 1 oz.	106	9	6	27	0	0	356	5
Cheddar Cheese, 1 oz.	114	9	6	30	0	0	176	7
Havarti, 1 oz.	106	9	5	25	0	0	152	5
Monterey Jack, 1 oz.	106	9	5	25	0	0	152	5
Monterey Cheese, 1 oz.	104	9	5	27	0	0	176	5
Pepper Jack Cheese, 1 oz.	106	9	5	27	0	0	178	5
Provolone Cheese, 1 oz.	98	7	5	19	0	0	245	5
Swiss Cheese, 1 oz.	108	8	5	26	8	8	54	8

DELI SALADS

Ingredient	Calories	Total Fat grams	Saturated Fat grams	Cholesterol milligrams	Carbs grams	Fiber grams	Sodium milligrams	Protein grams
Ham Salad, 4 oz.	241	18	4	40	1	0	986	18
Tuna Salad, 4 oz.	208	13	2	41	0	0	121	20
Egg Salad, 4 oz.	229	4	0	182	1	0	361	11
Chicken Salad, 4 oz.	237	14	2	77	0	0	140	26
Seafood Salad, 4 oz.	179	11	2	22	13	0	793	7
Ham Salad, 6 oz.	362	27	6	60	2	0	1,479	27
Tuna Salad, 4 oz.	312	20	3	62	0	0	182	30
Egg Salad, 6 oz.	344	6	0	273	2	0	542	17
Chicken Salad, 6 oz.	356	21	3	116	0	0	210	39
Seafood Salad, 6 oz.	269	17	3	33	20	0	1,190	11
Hummus, 2 tbsp.	70	6	1	0	4	1	130	2
Salsa, 2 tbsp.	10	0	0	0	2	0	240	0

DELI SANDWICHES

Ingredient	Calories	Total Fat grams	Saturated Fat grams	Cholesterol milligrams	Carbs grams	Fiber grams	Sodium milligrams	Protein grams
Carib Buffalo Chicken Wasabi Slaw Wrap	300	6	0	0	0	0	0	0
Grilled Ham and Creme de Brie Panini	420	4.5						
Grilled Angus Meatloaf w/ Citrus Chipotle	570	23						
Grilled Spring Vegetable Panini	540	26						
Grilled Chicken Jalapeno Bacon Pepper jack Chipotle Queso	800	55						
Ham, Cheddar Jalapenos	560	25						
New England Chicken Salad w/ Almonds	550	16						
NexDine Roasted Turkey BLT Club w/ Avocado	760	34						
Roasted Turkey Panini w/ Bacon and Tomato	630	27						
Smoked Mozzarella Roasted Pepper Tuna	600	29						
Samona Valley Chicken Wrap	490	24						
Tuna Salad	330	24						
Turkey Pepper Jack Chipotle Wrap	460	24						

FRESHLY BAKED DELI ROLLS

Ingredient	Calories	Total Fat grams	Saturated Fat grams	Cholesterol milligrams	Carbs grams	Fiber grams	Sodium milligrams	Protein grams
Wheat Square	150	1	0	0	31	1		