

Dragon's Den - Menu

Friday, May 29, 2020

Item	Serving Size	Calories	Total Fat(g)	Sat. Fat(g)	Sodium(mg)	Carb.(g)	Dietary Fiber(g)	Protein(g)	Allergens	Gluten Friendly
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BEVERAGES

Cappuccino

Iced Coffee

Coffee

BREAKFAST

Breakfast
Sandwich

Bagel w/
Cream
Cheese

Bagel

Muffin

Cookie

SALADS

Greek	1 ea	269	13	8	819	8	2	20	Milk, Soy	
Buffalo Chicken	1 ea	351	18	9	1204	18	3	23	Milk, Soy, Wheat	
Chef	1 ea	242	13	7	686	5	1	26	Milk	GF
Chicken Caesar	1 ea	366	21	7	1326	4	2	40	Eggs, Milk	GF
Deluxe Garden	1 ea	91	3	1	136	9	3	2		GF
Soba Noodle	16 oz	1384	35	4	1280	232	16	52	Wheat	
New England	1 ea	214	12	3	385	18	6	7	Milk, Tree Nuts	
Soup of the Day										
Tex Mex	1 ea	260	4	1	953	17	4	24	Soy	

SANDWICHES

Turkey Pesto Panini	1 ea	372	26	12	1138	48	3	44	Eggs, Milk, Soy, Wheat
Vegetarian Tzatziki	1 ea	456	14	10	739	64	5	19	Milk, Soy, Wheat
Noodle Wrap	1 ea	474	14	3	1137	71	4	17	Eggs, Soy, Wheat
Telero Chicken Pesto	1 ea	500	16	6	1452	4	3	37	Milk, Soy, Wheat
Turkey Bacon Bravo	1 ea	501	27	9	1332	42	4	26	Eggs, Milk, Soy, Wheat
Turkey	1 ea	281	7	2	771	33	4	28	Soy, Wheat
Bacon, Lettuce, Tomato	1 ea	192	4	0	343	32	5	11	Soy, Wheat
Tofu Panini	1 ea	449	6	4	723	63	11	21	Milk, Soy, Wheat

Cowboy Panini	1 ea	283	11	5	1694	50	11	41	Eggs, Milk, Soy, Wheat
Stacked Tuscan	1 ea	699	43	17	851	46	2	25	Eggs, Milk, Soy, Wheat
Ham & Cheese	1 ea	392	17	7	1411	34	4	32	Milk, Soy, Wheat
Southwest Ciabatta	1 ea	238	12	4	859	6	2	29	
Brickyard (Contains Beef, Pork & Turkey)	1 ea	700	36	12	1677	64	2	35	Milk, Wheat
Grilled Cheese	1 ea	390	21	11	760	31	4	24	Milk, Soy, Wheat
Chipotle Chicken	1 ea	577	35	8	1422	37	4	30	Eggs, Milk, Soy, Wheat

Chips