



CORNER BAKERY CAFE NUTRITIONAL GUIDE

CORNER BAKERY BREADS	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carbs	Fiber	Sugar	Protein	Cholesterol	Sodium
Whole Loafs										
Cinnamon Raisin	2540	87	48	0	389	16	151	56	355	2620
Country Small Oblong	3150	14	1.5	0	640	28	13	115	0	8080
Country Boule	1040	3	0	0	213	9	4	35	0	2990
Country Large Oblong	4220	12	2	0	862	36	16	142	0	10570
Harvest	2080	15	4.5	0	401	33	51	84	0	3570
Mom's White	2090	67	28	0	314	12	25	55	60	3560
Raisin Pecan Miche	2050	61	7	0	340	20	109	41	0	1840
Steakhouse Rye	1990	15	2	0	393	7	11	70	0	5000
Traditional Sesame Baguette	1620	30	0.5	0	287	12	5	59	0	3230
White Rye Oblong	3540	59	2	0	649	59	88	133	0	7080
Focaccia Loaf	1110	15	0.5	0	190	9	5	32	0	2500
By The Slice										
Cinnamon Raisin	220	7	4	0	32	1	13	5	30	220
Country Small Oblong	170	0.5	0	0	34	1	1	6	0	410
Harvest	160	1	0	0	31	3	4	6	0	280
Mom's White	160	5	2.5	0	24	1	2	5	5	280
Raisin Pecan	140	4	0	0	23	1	7	3	0	130
Steakhouse Rye	160	1	0	0	30	6	1	5	0	550
Traditional Sesame Baguette (1/6 loaf)	270	5	0	0	48	2	1	10	0	540
White Rye	160	2.5	0	0	27	4	4	6	0	360
Bakery Rolls										
Focaccia Roll - LF	110	1.5	0	0	19	1	0	3	0	250
Harvest Roll	180	3	0	0	32	3	4	6	0	280
Additional Bakery Breads										
Asiago Cheese Bread	390	10	4	0	53	3	1	22	15	690
Ciabatta Ficelle	370	4.5	0.5	0	70	3	2	11	0	820
Croissant	340	16	10	0	39	2	6	8	60	370
Poblano Cheese Batard	410	13	6	0	60	3	2	12	25	800
Pretzel Demi	410	5	2.5	0	77	3	2	13	10	1600
Crisps										
Harvest Crisp, each	60	0.5	0	0	10	1	1	2	0	220
Sweet Crisp, each	150	4	1	0	25	1	8	3	0	115

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LF: Lower in fat/Lower in sodium

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CORNER BAKERY BREAKFAST	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carbs	Fiber	Sugar	Protein	Cholesterol	Sodium
*Corner Bakery Scramblers are served with Breakfast Potatoes and Harvest Toast. The nutrition information listed for the Scramblers does not include these side items.										
Sides (portion for scramblers)										
Bacon, 3-slice	110	11	3.5	0	0	0	0	2	15	390
Breakfast Potatoes	140	5	0.5	0	21	2	1	2	0	290
Buckhead Cheese Grits	180	11	6	1*	10	1	2	2	30	160
Seasonal Fruit Salad Medley - LF, LS	70	0	0	0	17	2	14	1	0	10
Sweet Crisp, each	150	4	1	0	25	< 1	8	3	0	115
Harvest Toast - LF	160	1	0	0	31	3	4	6	0	280
Toast per Slice										
Cinnamon Raisin	220	7	4	0	32	1	13	5	30	220
Country Small Oblong - LF	170	0.5	0	0	34	1	1	6	0	425
Mom's White - LF	160	5	2.5	0	24	1	2	5	5	280
Raisin Pecan	140	4	0	0	23	1	7	3	0	130
Steakhouse Rye - LF	160	1	0	0	30	1	1	5	0	390
White Rye - LF	150	2	0	0	27	2	4	6	0	360
Breakfast Scramblers*										
All American Scrambler (w/ bacon)	350	27	9	0	3	0	2	21	630	780
All American Scrambler w/ Egg Whites (w/ bacon)	200	11	4	0	2	0	1	19	15	810
Anaheim Scrambler	570	45	17	0	9	4	4	29	660	1060
Anaheim Scrambler w/ Egg Whites	410	28	11	0	8	4	2	28	45	1090
Farmer's Scrambler	420	28	11	0	13	2	4	28	420	670
Farmer's Scrambler w/ Egg Whites	270	11	6	0	12	2	2	26	30	700
French Toast (with Vanilla Syrup)										
Baked French Toast	1250	52	28	0	187	4	101	20	415	740
Baked French Toast w/ Bacon & Fresh Fruit	1340	62	32	0	192	5	105	25	430	1140
Breakfast Sandwiches										
Commuter	690	45	22	0	43	3	9	26	410	1140
Commuter w/ Egg Whites	610	36	19	0	42	3	8	25	105	1150
Anaheim Panini	740	37	13	0	71	6	4	29	340	1440
Anaheim Panini w/ Egg Whites	660	29	10	0	70	6	3	28	35	1450
Smoked Bacon & Cheddar Panini	690	33	13	0	66	3	3	28	350	1550
Smoked Bacon & Cheddar Panini w/ Egg Whites	610	25	10	0	66	3	3	27	40	1560
Ham & Swiss Panini	630	23	9	0	68	3	4	38	355	1770
Ham & Swiss Panini w/ Egg Whites	550	14	6	0	67	3	3	37	50	1780
Add On for Breakfast Panini Combo										
Seasonal Fruit Salad Medley - LF, LS	70	0	0	0	17	2	14	1	0	10
Breakfast Potatoes	140	5	0.5	0	21	2	1	2	0	290



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CORNER BAKERY BREAKFAST	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carbs	Fiber	Sugar	Protein	Cholesterol	Sodium
Oatmeal - without Sweet Crisp										
Honey Banana Crunch Oatmeal w/ toppings - <i>LF</i>	480	10	1	0	83	7	48	16	4	300
Loaded Oatmeal w/ toppings - <i>LF</i>	340	9	1	0	49	4	23	12	< 5	240
Brown Sugar - <i>LF</i>	45	0	0	0	12	0	0	0	0	10
Currants - <i>LF</i>	35	0	0	0	8	0	7	0	0	0
Dried Cranberries - <i>LF</i>	25	0	0	0	6	0	5	0	0	0
Toasted Almonds	35	3	0	0	1	< 1	0	1	0	0
Toasted Walnuts	50	5	0	0	1	< 1	0	1	0	0
Oatmeal w/out toppings - <i>LF</i>	140	1.5	0.5	0	21	1	11	10	< 5	230
Spiced Cranberry Apple Oatmeal - <i>LF</i>	330	6	1	0	57	5	26	13	< 5	280
Swiss Oatmeal - <i>LF</i>	360	3	1	0	78	5	63	11	10	130
Grits										
Buckhead Cheese Grits	350	22	12	3*	20	2	1	9	60	430
Yogurt										
Fresh Berry Parfait - <i>LF, LS</i>	380	12	2	0	64	7	34	10	5	160

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CORNER BAKERY BREAKFAST PASTRIES	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carbs	Fiber	Sugar	Protein	Cholesterol	Sodium
Muffins										
Banana Muffin	530	26	5	0	67	1	36	7	50	500
Blueberry Muffin	510	22	7	0	70	1	36	6	45	390
Chocolate Muffin	530	28	7	0	60	2	36	8	65	630
Cinnamon Crumb Muffin	660	30	10	0	90	2	50	7	105	460
Pumpkin Muffin	460	18	3	0	69	2	48	6	50	430
Breakfast Pastries										
Croissant	340	16	10	0	39	2	6	8	60	370
Cinnamon Roll	660	24	7	5	95	3	47	9	50	480
Cinnamon Creme Cake - Slice (12 sl/cake)	770	34	12	0	108	2	61	8	70	620
Bagels (without Cream Cheese)										
8-Grain Bagel - <i>LF</i>	330	2	0	0	72	4	8	11	0	500
Blueberry Bagel - <i>LF</i>	340	2	0	0	73	3	10	11	0	650
Cinnamon Raisin Bagel - <i>LF</i>	330	2	0	0	72	3	12	10	0	540
Everything Bagel - <i>LF</i>	330	2.5	0.5	0	69	3	6	11	0	800
Plain Bagel - <i>LF</i>	330	2	0	0	70	3	6	11	0	660
Sesame Seed Bagel - <i>LF</i>	340	3.5	1	0	69	3	6	11	0	650
Bagel Spreads										
Whipped Plain Cream Cheese	130	13	8	0	2	0	2	2	30	200
Green Onion Cream Cheese	130	12	7	0	2	0	2	2	40	190
Peanut Butter	240	21	4	0	2	2	4	9	0	190
Strawberry Cream Cheese	110	10	6	0	3	0	3	2	35	150
Vegetable Cream Cheese	110	11	6	0	2	0	2	2	35	160

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CORNER BAKERY PASTAS	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carbs	Fiber	Sugar	Protein	Cholesterol	Sodium
<i>*Corner Bakery Pastas are served with Garlic Bread. The nutritional information listed for Pasta items does not include Garlic Bread.</i>										
Bread										
Garlic Bread	110	3	0.5	0	17	1	1	3	0	240
Pasta Entrees*										
Chicken Carbonara	1110	61	32	1	85	5	6	53	200	1690
Half Moon Cheese Ravioli	640	25	12	0	73	3	15	29	110	1180
Penne Marinara - <i>LF</i>	600	18	5	0	89	6	15	23	20	900
Pesto Cavatappi	1100	63	28	1	82	5	5	49	177	1260
Pasta Toppings - Subtract from Pasta to customize										
Parmesan Cheese	90	6	3.5	0	0	0	0	7	20	290

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CORNER BAKERY TRIO SALADS	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carbs	Fiber	Sugar	Protein	Cholesterol	Sodium
Pick three (3) Corner Bakery Trio Salads plus a Focaccia Roll and Mixed Greens garnish to get the total nutritional information for your Trio Salad plate.										
Bread & Garnish										
Focaccia Roll - <i>LF</i>	110	1.5	0	0	19	1	0	3	0	250
Mixed Greens w/ Dressing, garnish service	30	2.5	0	0	1	0	0	0	0	70
Current Offerings										
Asian Edamame Salad	90	5	0	0	8	3	4	4	0	480
Caesar Salad - trio & side portion	230	20	3.5	0	8	2	2	5	20	420
DC Chicken Salad	240	16	2.5	0	14	2	8	13	45	620
Greek Marinated Vegetable Salad	60	3	1	0	6	1	3	2	0	590
Mixed Greens Salad - trio & side portion	120	8	1	0	9	2	3	2	0	240
Pasta Caprese Salad	140	7	3	0	12	1	2	6	15	170
Roasted Potato Bacon Salad	150	5	1	0	21	2	1	2	9	260
Seasonal Fruit Salad Medley - <i>LF, LS</i>	70	0	0	0	17	2	14	1	0	10
Tuna Salad	280	20	3	0	2	0	0	20	40	530

CORNER BAKERY PREPARED SIDE SALADS	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carbs	Fiber	Sugar	Protein	Cholesterol	Sodium
The portion for Corner Bakery Prepared Side Salads is larger than the amount served of each salad included on the Trio Salad Plate.										
Current Offerings										
Asian Edamame Salad	140	8	0.5	0	11	4	6	6	0	720
DC Chicken Salad	360	23	3.5	0	20	4	13	19	65	920
Greek Marinated Vegetable Salad	90	4.5	1.5	0	9	2	5	3	5	890
Pasta Caprese Salad	210	10	5	0	18	2	2	9	20	250
Roasted Potato Bacon Salad	220	8	1.5	0	32	3	1	3	15	390
Seasonal Fruit Salad Medley - <i>LF, LS</i>	100	0	0	0	25	3	21	2	0	20
Tuna Salad	400	29	4.5	0	3	< 1	1	29	55	770

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CORNER BAKERY SOUPS	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carbs	Fiber	Sugar	Protein	Cholesterol	Sodium
Corner Bakery Soups are served in a cup (10oz) and bowl (15oz) portion. Lowfat soup (LF) selections are noted. The nutrition information listed for Soups does not include the Focaccia Roll.										
Bread										
Focaccia Roll - LF	110	1.5	0	0	19	1	0	3	0	250
Cup of Soup										
Big Al's Chili w/ Cheddar Cheese	380	17	7	0	29	8	4	25	60	1180
Topping - Cheddar Cheese	40	3	2	0	0	0	0	2	10	60
Cheddar Broccoli	370	28	16	0.5*	19	1	4	10	75	1270
Mom's Chicken Noodle - LF	140	4	1.5	0	19	1	3	8	20	1080
Zesty Chicken Tortilla w/ Tortilla Strips	230	11	1	0	26	6	6	7	5	1320
Topping - Tortilla Strips	20	1	0.5	0	2	0	0	0	0	20
Loaded Baked Potato w/ Cheddar Cheese & Green Onion	410	27	17	0	24	1	4	13	90	1030
Topping - Cheddar Cheese	40	3	2	0	0	0	0	2	10	60
Topping - Green Onions	0	0	0	0	0	0	0	0	0	0
Roasted Poblano Corn Chowder	280	16	7	0.5	29	3	6	4	40	780
Roasted Tomato Basil w/ Croutons - LF	200	7	0	0	31	3	15	8	0	1500
Topping - Croutons	50	3	0	0	5	0	0	1	0	85
Three Lentil Vegetable - LF	140	2.5	0	0	24	9	4	8	0	930
Bowl of Soup										
Big Al's Chili w/ Cheddar Cheese	590	27	12	0	44	11	7	39	95	1790
Topping - Cheddar Cheese	70	6	3	0	0	0	0	4	20	110
Cheddar Broccoli	550	41	24	1*	28	2	6	15	115	1900
Mom's Chicken Noodle - LF	210	6	2	0	28	2	4	11	40	1620
Zesty Chicken Tortilla w/ Tortilla Strips	360	16	1	0	41	9	9	11	10	1980
Topping - Tortilla Strips	40	2	0.5	0	5	0	0	0	0	25
Loaded Baked Potato w/ Cheddar Cheese & Green Onion	630	43	26	0	36	2	6	21	140	1570
Topping - Cheddar Cheese	70	5.5	3	0	0	0	0	4	20	110
Topping - Green Onions	0	0	0	0	0	0	0	0	0	0
Roasted Poblano Corn Chowder	420	25	10	1	43	5	8	7	60	1130
Roasted Tomato Basil w/ Croutons	320	11	0.5	0	49	4	22	12	0	2290
Topping - Croutons	100	6	0.5	0	10	0	0	2	0	170
Three Lentil Vegetable - LF	210	4	0	0	36	13	4	11	0	1390

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CORNER BAKERY HAND TOSSED SALADS	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carbs	Fiber	Sugar	Protein	Cholesterol	Sodium
Salad nutritional information is listed with salad dressings included. Nutritional information for Salad Dressing portion is also listed separately below within its own category. Bread is not included within nutritional information for Salad; Focaccia Roll nutritional data is listed separately.										
Bread										
Focaccia Roll - LF	110	1.5	0	0	19	1	0	3	0	250
Asian Wonton Salads (dressing included)										
Asian Wonton Salad - entree size	490	18	3	0	54	8	24	33	45	2080
Asian Wonton Salad - cafe size	260	9	1.5	0	29	5	13	17	20	1050
Caesar Salads (dressing included)										
Caesar Salad - entree size	560	47	10	1*	21	5	4	15	55	1060
Caesar Salad - cafe size	360	31	7	0.5*	12	3	3	9	40	540
Caesar Salad w/ Chicken - entree size	670	51	12	1*	21	5	4	33	95	1590
Caesar Salad w/ Chicken - cafe size	420	35	8	0.5*	12	3	3	19	60	990
Chopped Salads (dressing included)										
Chopped Salad - entree size	810	62	20	0	29	11	14	37	95	2270
Chopped Salad - cafe size	400	29	9	0	17	7	9	18	45	1060
Greek Salad (dressing included)										
Greek Salad - entree size	470	30	13	0	34	7	20	16	60	2600
Greek Salad - cafe size	260	16	7	0	20	4	11	9	30	1560
Harvest Salads (dressing included)										
Harvest Salad - entree size	770	45	12	0	72	11	37	22	35	1460
Harvest Salad - cafe size	410	25	6	0	37	6	18	12	20	730
Harvest Salad w/ Chicken - entree size	890	50	14	0	72	11	37	41	75	1990
Harvest Salad w/ Chicken - cafe size	470	28	7	0	37	6	18	21	40	1000
Mixed Greens Salads (dressing included)										
Mixed Greens Salad - entree size	420	33	4	0	26	4	5	5	0	910
Mixed Greens Salad - cafe size	220	17	2	0	14	3	3	3	0	460
Sante Fe Salads (dressing included)										
Sante Fe Ranch Salad - entree size	770	48	13	0	52	9	11	37	85	1600
Sante Fe Ranch Salad - cafe size	480	28	7	0	39	6	7	20	45	900
Salad Toppings - Subtract to Customize										
Avocado - entree portion	70	6	0.5	0	3	2	0	1	0	0
Avocado - cafe portion	30	3	0	0	2	1	0	0	0	0
Bacon - entree portion	70	7	2.5	0	0	0	0	1	10	250
Bacon - cafe portion	40	3.5	1	0	0	0	0	0	5	130
Blue Cheese - entree portion	160	13	9	0	1	0	0	10	35	620
Blue Cheese - cafe portion	80	7	4.5	0	0	0	0	5	20	310



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CORNER BAKERY HAND TOSSED SALADS	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carbs	Fiber	Sugar	Protein	Cholesterol	Sodium
<i>*Salad nutritional information is listed with salad dressing; bread is not included. Nutritional data is provided separately for Focaccia Roll and Salad Dressings.</i>										
Cheddar Cheese - entree portion	140	11	6	0	1	0	0	8	35	220
Cheddar Cheese - cafe portion	70	6	3	0	0	0	0	4	15	110
Croutons - entree portion	100	6	0	0	10	0	0	2	0	170
Croutons - cafe portion	50	3	0	0	5	0	0	1	0	85
Feta Cheese - entree portion	150	12	8	0	2	0	2	8	50	640
Feta Cheese - cafe portion	80	6	4	0	1	0	1	4	25	320
Harvest Crisp Pieces - entree portion	110	1	0	0	21	2	0	4	0	440
Harvest Crisp Pieces - cafe portion	60	0.5	0	0	10	1	0	2	0	220
Parmesan Cheese - entree portion	60	4	2	0	0	0	0	4	10	180
Parmesan Cheese - cafe salad portion	30	2	1	0	0	0	0	2	5	90
Roast Chicken - entree portion	120	4.5	1	0	0	0	0	18	45	530
Roasted Chicken - cafe portion	60	2.5	0.5	0	0	0	0	9	20	270
Toasted Walnuts - entree portion	230	22	2	0	5	2	1	5	0	0
Toasted Walnuts - cafe portion	120	11	1	0	2	1	0	3	0	0
Wonton Strips - entree portion	70	0	0	0	15	1	0	3	0	180
Wonton Strips - cafe portion	40	0	0	0	8	0	0	0	0	90
Salad Dressings - Subtract to Customize										
Asian Dressing - entree portion	160	10	1	0	20	0	16	2	0	1280
Asian Dressing - cafe portion	80	5	0.5	0	10	0	8	1	0	640
Balsamic Vinaigrette - entree portion	130	8	1	0	10	0	8	0	0	330
Balsamic Vinaigrette - cafe portion	70	4	1	0	5	0	4	0	0	160
Caesar - entree portion	310	32	5	0.5*	2	0	1	1	30	530
Caesar - cafe portion	230	24	4	0.5*	2	0	1	1	25	400
Caesar - side salad portion	80	8	1	0	1	0	0	0	10	130
House - entree portion	280	27	4	0	8	0	2	0	0	680
House - cafe portion	140	14	2	0	4	0	1	0	0	340
House - side salad portion	70	7	1	0	2	0	1	0	0	170
White Balsamic Vinaigrette - entree portion	150	10	2	0	10	0	8	0	0	380
White Balsamic Vinaigrette - cafe portion	70	5	1	0	0	0	4	0	0	190
Light Ranch - entree portion	160	16	3	0	2	0	2	2	10	440
Light Ranch - cafe portion	80	8	1.5	0	1	0	1	1	5	220

Valid through 4/2010mls

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LF: Lower in fat

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CORNER BAKERY CAFE NUTRITIONAL GUIDE

CORNER BAKERY SANDWICHES & PANINIS	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carbs	Fiber	Sugar	Protein	Cholesterol	Sodium
Corner Bakery Sandwiches are served with a pickle spear and Bakery Chips or carrot sticks. The Sandwich nutritional information does not include these side items, however Spreads & Dressings are included. Cheese and condiment options for Mom's Sandwiches are not included within the sandwich nutritional information, however they are listed separately under Mom's Cheeses and Mom's Spreads & Dressing.										
Sides										
Baby Carrots - <i>LS, LF</i>	30	0	0	0	7	2	4	0	0	70
Bakery Chips	190	12	3	0	22	1	0	1	0	150
Pickle Spear	10	0	0	0	1	0	0	0	0	330
Signature Sandwiches (sides not included)										
Bavarian Ham on Pretzel Bread - <i>LF</i>	680	19	8	0	84	4	7	39	95	3550
Bavarian Turkey on Pretzel Bread - <i>LF</i>	670	15	7	0	87	4	6	43	100	2820
Chicken Pesto on Ciabatta Ficelle Bread	760	27	3.5	0	87	5	6	38	75	2430
D.C. Chicken Salad on Steakhouse Rye Bread	630	18	3	0	91	5	13	27	45	2330
Poblano Fresco Chicken on Poblano Cheese Bread	820	40	11	0.5*	70	7	4	44	115	2120
Poblano Fresco Roast Beef on Poblano Cheese Bread	830	40	13	0.5*	71	7	6	44	125	2090
Poblano Fresco Vegetarian on Poblano Cheese Bread	770	42	15	0.5*	71	8	5	25	80	1640
Tomato Mozzarella on Ciabatta Ficelle Bread	700	26	13	0	81	6	10	29	60	1690
Tuna Salad on Harvest Bread	570	22	4	0	59	6	11	32	40	1010
Turkey Frisco on Asiago Cheese Bread	730	26	9	0	67	6	6	56	110	2080
Uptown Turkey on Harvest Bread	580	19	4	0	63	8	11	38	80	1900
Signature Spreads & Dressings (portion for sandwiches)										
Balsamic Vinaigrette Dressing (Tomato Mozzarella)	50	3	0.5	0	2	0	3	0	0	120
CBC Mayonnaise (Uptown Turkey)	40	4	0.5	0	1	0	0	0	10	150
House Dressing (Chicken Pesto)	140	14	2	0	4	0	1	0	0	340
Pesto Mayonnaise (Chicken Pesto)	110	11	1.5	0	2	0	0	0	25	360
Spicy Chipotle Lime Mayo Spread (Poblano Fresco)	80	7	1	0	2	0	0	0	15	270
Stone Ground Mustard Mayo Spread (Bavarian Ham/Turkey)	50	4	0.5	0	2	0	0	0	10	160
Sun-dried Tomato Pesto Mayonnaise (Turkey Frisco)	80	7	1	0	2	0	0	0	15	260
Mom's Sandwiches (sides, cheese & condiments not included)										
Mom's Corned Beef on Rye Bread - <i>LF</i>	480	4	1	0	76	7	12	32	50	2020
Mom's Smoked Ham on White Bread - <i>LF</i>	490	15	6	0	57	3	9	30	70	2050
Mom's Roast Beef on Sourdough Bread - <i>LF</i>	510	7	2.5	0	71	4	5	38	70	1490
Mom's Roast Chicken on Harvest Bread - <i>LF</i>	420	6	2	0	55	5	2	38	55	980
Mom's Turkey on Harvest Bread - <i>LF</i>	410	2	1	0	59	5	11	36	60	1160
Mom's Cheeses (add-on portion for sandwiches)										
Provolone Cheese	80	6	4	0	0	0	0	5	20	200
Swiss Cheese	90	6	4	0	0	0	0	7	20	50
White Cheddar Cheese	70	7	4.5	0	0	0	0	6	20	150
Yellow Cheddar Cheese	70	7	4.5	0	0	0	0	6	20	150



CORNER BAKERY CAFE NUTRITIONAL GUIDE

CORNER BAKERY SANDWICHES & PANINIS	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carbs	Fiber	Sugar	Protein	Cholesterol	Sodium
Mom's Spreads & Dressings (add-on portion for sandwiches)										
CBC Mayonnaise (Mom's Sandwiches)	80	8	1	0	2	0	0	0	20	290
Country Dijon Mustard (Mom's Sandwiches)	15	0	0	0	3	0	0	3	0	360
Paninis (sides not included)										
California Grille	700	28	12	0.5*	82	9	11	30	40	1780
Chicken Pomodori	780	35	14	0.5*	73	5	3	44	90	2100
Club	760	37	15	0.5*	70	4	4	34	95	2640
Corned Beef Reuben	880	43	14	1*	80	7	15	40	95	2420
Grilled Ham & Swiss	700	26	11	0.5*	73	4	5	42	90	2520
Spreads (add-on portions for paninis)										
Country Dijon Mustard (Ham & Swiss)	5	0	0	0	1	0	0	1	0	120
CBC Mayonnaise (Club)	40	4	0.5	0	1	0	0	0	10	150
Pesto Mayonnaise (Chicken Pomodori)	50	4	0.5	0	1	0	0	0	10	140
Thousand Island (Reuben)	160	15	2.5	0	5	0	5	0	15	250

Valid through 4/2010ms

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LF/LS: Lower in fat/Lower in sodium

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CORNER BAKERY CAFE NUTRITIONAL GUIDE

CORNER BAKERY KIDS	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carbs	Fiber	Sugar	Protein	Cholesterol	Sodium
*Corner Bakery Kids menu items are served with a pickle spear and a choice of a Fresh Fruit Medley or Cookie. The nutritional information listed for Kids Sandwiches & Entrees does not include side items.										
Sides										
Baby Carrots - <i>LS, LF</i>	30	0	0	0	7	2	4	0	0	70
Bakery Chips	190	12	3	0	22	1	0	1	0	150
Pickle Spear	10	0	0	0	1	0	0	0	0	330
Seasonal Fruit Salad Medley - <i>LF, LS</i>	70	0	0	0	17	2	14	1	10	10
Chocolate Chip Cookie	300	13	7	0	46	2	28	4	30	290
Monster Cookie	340	14	8	0	51	2	32	4	35	300
Sandwiches* (sides not included)										
Grilled Cheese Sandwich	610	35	16	0.5*	52	2	4	20	55	970
Ham Sandwich - <i>LF</i>	410	13	5	0	52	2	5	19	40	1320
Peanut Butter & Jelly Sandwich	810	38	10	0	103	6	45	20	10	860
Turkey Sandwich - <i>LF</i>	410	11	5	0	53	2	5	21	40	940
Entrees										
Macaroni & Cheese	350	11	3	0.5	48	2	11	12	25	830
Pasta Marinara w/ Parmesan Cheese - <i>LF</i>	340	8	2	0	53	3	8	13	10	420
Parmesan Cheese - Subtract to Customize	40	3	1	0	0	0	0	3	10	120

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CORNER BAKERY CAFE NUTRITIONAL GUIDE

CORNER BAKERY SWEETS	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carbs	Fiber	Sugar	Protein	Cholesterol	Sodium
Cookies										
Chocolate Chip Cookie	300	13	7	0	46	2	28	4	30	290
Monster Cookie	340	14	8	0	51	2	32	4	35	300
Oatmeal Raisin Cookie	290	10	5	0	47	2	27	4	40	410
Snickerdoodle Cookie	290	10	5	0	47	1	25	4	45	240
Sugar Cookie	290	10	5	0	47	1	25	4	45	240
Bars & Brownies										
Lemon Bar	590	24	12	0	90	1	66	8	185	280
Maple Pecan Bar	730	44	16	0	80	3	51	7	80	490
Raspberry Bar	530	24	13	0	72	2	36	6	40	550
Cream Cheese Brownie	590	37	21	0	53	2	41	10	185	540
Fudge Brownie	590	28	15	0	86	3	64	7	115	340
Baby Bundt Cakes										
Banana Baby Bundt Cake	620	30	7	0	81	1	50	6	95	540
Chocolate Baby Bundt Cake	580	30	7	0	70	2	47	7	110	600
Medium Bundt Cakes (suggested 8-10 slices/cake)										
Banana Bundt Cake	3500	170	35	1*	460	10	270	40	300	3100
Chocolate Bundt Cake	3200	170	40	0	380	10	260	40	350	3500
Cream Cakes										
Large Cinnamon Cream Cake - whole	9220	412	146	2*	1300	27	728	95	835	7390
Medium Cinnamon Cream Cake - whole	5100	226	83	1*	725	18	406	52	460	4100
Large Cinnamon Cream Cake - Slice (12 slices/cake)	770	34	12	0	108	2	61	8	70	620
Pound Cakes										
Banana Walnut Bread - Slice	420	18	2.5	0	63	3	38	6	20	270
Lemon Pound Cake - Slice	480	22	4	0	64	0	35	7	40	500
Rugalach										
Apricot Walnut Rugalach	240	15	7	0	23	1	12	2	20	125
Cinnamon Pecan Rugalach	250	16	7	0	24	1	15	3	20	120
Whoopie Pies										
Peanut Butter Whoopie Pie	440	29	11	0.5*	38	2	26	7	50	390
Pumpkin Whoopie Pie	400	22	11	0	45	1	36	2	60	290
Vanilla Cream Whoopie Pie	430	26	14	0.5*	43	1	33	3	70	360

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CORNER BAKERY ALLERGENS & FOOD SENSITIVITIES

X = CONTAINS ALLERGEN

CORNER BAKERY BREADS	Egg	Fish	Milk/ Dairy	Peanuts	Shellfish	Soy	Treenuts	Wheat/ Gluten	Vegan	Sulfites
Whole Loafs & By The Slice										
Cinnamon Raisin	X		X			O		X		
Country Boule & Oblong								X	X	
Harvest								X	X	
Mom's White Sandwich Loaf			X			O		X		
Raisin Pecan Miche							X	X	X	
Steakhouse Rye								X	X	X
Traditional Sesame Baguette								X	X	
White Rye Oblong								X	X	
Bakery Rolls										
Focaccia Roll								X	X	
Harvest Roll								X	X	
Additional Bakery Breads										
Asiago Cheese Bread			X			O		X		
Ciabatta Ficelle						O		X	X	
Croissant	X		X					X		
Poblano Cheese Batard			X					X		
Pretzel Demi			X					X		
Crisps & Croutons										
Harvest Crisp								X	X	
Sweet Crisp			X			O	X	X		
Croutons						O*		X	X	

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*Croutons may be prepared with Country, Ciabatta or Ciabatta Ficelle breads and may contain soy oil.



CORNER BAKERY ALLERGENS & FOOD SENSITIVITIES

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CORNER BAKERY BREAKFAST	Egg	Fish	Milk/ Dairy	Peanuts	Shellfish	Soy	Treenuts	Wheat/ Gluten	Vegan	Sulfites
Sides										
Bacon										
Breakfast Potatoes									X	
Harvest Toast								X	X	
Seasonal Fruit Medley									X	
Sweet Crisp			X			O	X	X		
Breakfast Scramblers (without Harvest Toast)										
All American Scrambler	X		X							
w/ Egg Whites	X									
Anaheim Scrambler	X		X							
w/ Egg Whites	X		X							
Farmer's Scrambler	X		X							
w/ Egg Whites	X		X							
French Toast (with Vanilla Syrup)										
French Toast	X		X					X		
w/ Bacon and Seasonal Fruit Medley	X		X					X		
Breakfast Sandwiches										
Anaheim Panini	X		X					X		
w/ Egg Whites	X		X					X		
Commuter Panini	X		X					X		
w/ Egg Whites	X		X					X		
Smoked Bacon & Cheddar Panini	X		X			O		X		
w/ Egg Whites	X		X			O		X		
Ham & Swiss Panini	X		X			O		X		
w/ Egg Whites	X		X			O		X		
Oatmeal (without Sweet Crisp)										
Honey Banana Crunch Oatmeal			X				X	X		
Loaded Oatmeal w/ Toppings			X				X	*		
Brown Sugar			X							
Dried Zante Currants			X							
Dried Cranberries			X							
Toasted Almonds			X				X			
Toasted Walnuts			X				X			
Oatmeal w/out toppings (no Sweet Crisp)			X					*		
Spiced Cranberry Apple Oatmeal			X				X	*		
Swiss Oatmeal			X					*		
Grits										
Buckhead Cheese Grits			X			O				
Yogurt										
Fresh Berry Parfait			X				X	X		

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* Oats may contain gluten.



CORNER BAKERY ALLERGENS & FOOD SENSITIVITIES

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	Egg	Fish	Milk/ Dairy	Peanuts	Shellfish	Soy	Treenuts	Wheat/ Gluten	Vegan	Sulfites
CORNER BAKERY BREAKFAST PASTRIES										
Muffins										
Banana Muffin	X		X			O		X		X
Blueberry Muffin	X		X			O		X		
Chocolate Muffin	X		X			O		X		
Cinnamon Crumb Muffin	X		X			O		X		
Pumpkin Muffin	X		X			O		X		
Rolls & Cakes										
Croissant	X		X					X		
Cinnamon Roll	X		X			O		X		
Cinnamon Creme Cake	X		X			O		X		
Bagels										
8-Grain Bagel						O		X	X	X
Blueberry Bagel						O		X	X	
Cinnamon Raisin Bagel						O		X	X	
Everything Bagel						O		X	X	
Plain Bagel						O		X	X	
Sesame Seed Bagel						O		X	X	
Bagel Spreads										
Whipped Plain Cream Cheese			X							
Green Onion Cream Cheese			X							
Peanut Butter				X		O			X	
Strawberry Cream Cheese			X							
Vegetable Cream Cheese			X							

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CORNER BAKERY ALLERGENS & FOOD SENSITIVITIES

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	Egg	Fish	Milk/ Dairy	Peanuts	Shellfish	Soy	Treenuts	Wheat/ Gluten	Vegan	Sulfites
CORNER BAKERY HAND TOSSED SALADS										
Bread										
Focaccia Roll								X	X	
Asian Wonton Salad (dressing included)										
Asian Salad						X		X		X
Caesar Salads (dressing included)										
Caesar Salad	X	X	X			O*		X		X
Caesar Salad w/ Chicken	X	X	X			O*		X		X
Chopped Salads (dressing included)										
Chopped Salad			X			X				
Chopped Salad w/ Chicken			X			X				
Greek Salads (dressing included)										
Greek Salad			X			O				X
Harvest Salads (dressing included)										
Harvest Salad			X			O	X	X		X
Harvest Salad w/ Chicken			X			O	X	X		X
Mixed Greens Salads (dressing included)										
Mixed Greens Salad						O*		X	X	
Sante Fe Salads (dressing included)										
Sante Fe Ranch Salad	X		X			O				
Sante Fe Ranch Salad w/ Chicken	X		X			O				
Salad Toppings										
Blue Cheese			X							
Cheddar Cheese			X							
Croutons						O*		X	X	
Harvest Crisps								X	X	
Parmesan Cheese			X							
Toasted Walnuts							X		X	
Salad Dressings										
Asian Dressing (Asian Wonton Salad)						X			X	X
Balsamic Vinaigrette Dressing (Harvest Salad)						O			X	X
Caesar Dressing (Caesar Salad)	X	X	X			O				X
House Dressing (Chopped Salad & Mixed Greens)						O			X	
Light Ranch Dressing (Santa Fe Ranch Salad)	X		X			O				
White Balsamic Dressing (Greek Salad)						O			X	

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CORNER BAKERY ALLERGENS & FOOD SENSITIVITIES

X = CONTAINS ALLERGEN

/ Egg / Fish / Milk/ Dairy / Peanuts / Shellfish / Soy / Treenuts / Wheat/ Gluten / Vegan / Sulfites

CORNER BAKERY TRIO & SIDE SALADS										
Bread & Garnish										
Focaccia Roll								X	X	
Mixed Greens Salad w/ House Dressing (garnish)						O			X	
Current Trio/Side Salad Offerings										
Asian Edamame Salad						X		X	X	X
Caesar Salad w/ Caesar Dressing	X	X	X			O		X		X
Dressing - Caesar	X	X	X			O				X
DC Chicken Salad	X					X	X			
Greek Vegetable Salad			X			O				X
Mixed Greens Salad w/ House Dressing						O*		X	X	
Pasta Caprese Salad			X			O		X		X
Roasted Potato Bacon	X					O				X
Seasonal Fruit Salad Medley									X	
Tuna Salad	X	X				X				

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CORNER BAKERY ALLERGENS & FOOD SENSITIVITIES

X = CONTAINS ALLERGEN

	Egg	Fish	Milk/ Dairy	Peanuts	Shellfish	Soy	Treenuts	Wheat/ Gluten	Vegan	Sulfites
CORNER BAKERY SOUPS										
Bowl & Cup of Soup										
Big Al's Chili w/ Cheddar Cheese			X			X		X		
Topping - Cheddar Cheese			X							
Cheddar Broccoli			X			X		X		X
Chicken Noodle	X		X			X		X		
Chicken Tortilla w/ Tortilla Strips										
Topping - Tortilla Strips									X	
Loaded Baked Potato w/ Cheddar Cheese & Green Onion			X			X		X		
Topping - Cheddar Cheese			X							
Topping - Green Onions									X	
Roasted Poblano Corn Chowder			X			O				
Roasted Tomato Basil w/ Croutons						O*		X	X	
Topping - Croutons						O*		X	X	
Three Lentil Vegetable			X			X				X

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CORNER BAKERY ALLERGENS & FOOD SENSITIVITIES

X = CONTAINS ALLERGEN

	Egg	Fish	Milk/ Dairy	Peanuts	Shellfish	Soy	Treenuts	Wheat/ Gluten	Vegan	Sulfites
CORNER BAKERY PANINIS										
Sides										
Baby Carrots									X	
Bakery Chips						O			X	
Pickle Spear									X	
Paninis										
California Grille			X			O	X	X		
Chicken Pomodori	X		X			O	X	X		
Club	X		X			O		X		
Corned Beef Reuben	X		X			O		X		
Grilled Ham & Swiss			X			O		X		
Spreads										
Country Dijon Mustard (Ham & Swiss)									X	
CBC Mayonnaise (Club Panini)	X					O				
Pesto Mayonnaise (Chicken Pomodori)	X		X			O	X			
Thousand Island (Reuben)	X					O				

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CORNER BAKERY SANDWICHES										
Sides										
Baby Carrots									x	
Bakery Chips						o			x	
Pickle Spear									x	
Signature Sandwiches										
Bavarian Ham on Pretzel Bread	x		x			o		x		
Bavarian Turkey on Pretzel Bread	x		x			o		x		
Chicken Pesto on Ciabatta Ficelle Bread	x		x			o	x	x		
DC Chicken on Steakhouse Rye Bread	x					x	x	x		
Poblano Fresco Chicken on Poblano Cheese Bread	x		x			o		x		
Poblano Fresco Roast Beef on Poblano Cheese Bread	x		x			o		x		
Poblano Fresco Vegetarian on Poblano Cheese Bread	x		x			o		x		
Tomato Mozzarella Ciabatta Ficelle Bread			x			o		x		x
Tuna Salad on Harvest Bread	x	x				x		x		
Turkey Frisco on Asiago Cheese Bread	x		x			o	x	x		x
Uptown Turkey on Harvest Bread	x					o		x		
Signature Spreads & Dressings										
Balsamic Vinaigrette Dressing (Tomato Mozzarella)						o			x	x
CBC Mayonnaise (Uptown Turkey)	x					o				
House Dressing (Chicken Pesto)						o				
Pesto Mayonnaise (Chicken Pesto)	x		x			o	x			
Spicy Chipotle Lime Mayo Spread (Poblano Fresco)	x		x			o				
Stone Ground Mustard Mayo Spread (Bavarian Ham/Turkey)	x					o				
Sun-dried Tomato Pesto Mayonnaise (Turkey Frisco)	x		x			o	x			
Mom's Sandwiches										
Mom's Corned Beef on Rye Bread								x		
Mom's Ham on White Bread			x			o		x		
Mom's Roast Beef on Sourdough Bread								x		
Mom's Roasted Chicken on Harvest Bread								x		
Mom's Turkey on Harvest Bread						o		x		

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Egg / Fish / Milk/ Dairy / Peanuts / Shellfish / Soy / Treenuts / Wheat/ Gluten / Vegan / Sulfites

CORNER BAKERY SANDWICHES

Mom's Cheeses (add-ons for Mom's Sandwiches)										
Cheddar Cheese			X							
Provolone Cheese			X							
Swiss Cheese			X							
White Cheddar Cheese			X							
Mom's Spreads & Dressings (add-ons for Mom's Sandwiches)										
CBC Mayonnaise	X						O			
Country Dijon Mustard (Mom's Sandwiches)									X	

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Egg
Fish
Milk/
Dairy
Peanuts
Shellfish
Soy
Treenuts
Wheat/
Gluten
Vegan
Sulfites

CORNER BAKERY PASTAS										
Bread										
Garlic Bread			X			O		X		
Pasta Entrees (without Garlic Bread)										
Cavatappi Pesto			X			O	X	X		
Chicken Carbonara			X			O		X		
Half Moon Cheese Ravioli	X		X			O		X		
Penne Marinara			X			O		X		
Pasta Toppings										
Parmesan Cheese			X							

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CORNER BAKERY COOKIES, BARS & BROWNIES										
Cookies										
Chocolate Chip Cookie	X		X			O		X		
Monster Cookie	X		X	X		O		X		
Oatmeal Currant Cookie	X		X			O		X		
Snickerdoodle Cookie	X		X			O		X		
Sugar Cookie	X		X			O		X		
Bars & Brownies										
Lemon Bar	X		X			O		X		
Maple Pecan Bar	X		X			O	X	X		
Raspberry Bar	X		X			O		X		
Cream Cheese Brownie	X		X			O		X		
Fudge Brownie	X		X			O		X		
Baby & Medium Bundt Cakes										
Banana Bundt Cake	X		X			O		X		X
Chocolate Bundt Cake	X		X			O		X		
Creme Cake										
Cinnamon Creme Cake	X		X			O		X		
Pound Cakes										
Lemon Pound Cake	X		X			X		X		
Banana Walnut Bread	X					O	X	X		
Rugelach										
Apricot Walnut Rugalach			X			O	X	X		
Cinnamon Pecan Rugalach			X			O	X	X		
Whoopie Pies										
Peanut Butter Whoopie Pie	X		X	X		O		X		X
Pumpkin Whoopie Pie	X		X			O		X		
Vanilla Cream Whoopie Pie	X		X			O		X		X

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