

Zime Nutritionals

***NOTE: all measurements in grams unless otherwise stated**

Item	Serving Size	Cal	Pro	Fat	Carb	Sodium (mg)
Alfredo Sauce	1/4 cup	52	1	2	6	373
All Butter Croissant	1 Croissant	224	5	13	24	213
Alpine Mac and Cheese	12 oz.	590	25	24	67	1543
American Bounty Vegetable Soup	12 oz.	64	2	3	10	644
Ancho Chipotle Sandwich Sauce	1 Tbsp	40	0	4	2	33
Antipasto Salad	1 Salad	422	20	27	26	2015
Apple Cinnamon Biscotti	1 Biscotti	90	1	4	12	67
Apple Cinnamon Muffin	1 Muffin	376	4	16	53	384
Apple Cinnamon Scone	1 Scone	378	4	18	49	279
Asian Vegetable Salad	1 Salad	278	5	11	42	760
Baba Ghanoush & Chicken Flatbread	1 Sandwich	490	29	18	53	1306
Bacon Alfredo Sauce	4 oz.	179	9	10	13	743
Bacon, Egg & Cheese Flatbread	1 Sandwich	543	22	29	48	1427
Bacon, Egg & Cheese on Bagel	1 Sandwich	466	22	16	58	1213
Bacon, Egg & Cheese on Bagel	1 Sandwich	529	24	22	58	1202
Bacon, Egg and Cheese Croissant	1 Sandwich	410	16	27	25	837
Bacon, Egg and Cheese Croissant	1 Sandwich	473	18	33	25	826
Bacon, Egg and Cheese Flatbread	1 Sandwich	480	20	23	48	1438
Balsamic Marinated Portobello Mushrooms	2 oz.	103	1	10	3	199
Banana Chocolate Chip Muffin	1 Muffin	372	5	14	58	477
Banana Smoothie	16 oz.	429	8	2	98	230
Beef Alfredo Sauce	4 oz.	215	10	11	18	979
Berry Good Strawberry Smoothie	16 oz.	368	7	2	82	231
BLT Baguette	1 Sandwich	425	18	27	29	1468
Blueberry Bagel with Cream Cheese	1 Bagel	363	13	8	61	550
Blueberry Biscotti	1 Biscotti	90	1	4	11	73
Blueberry Muffin	1 Muffin	394	6	20	49	314
Blueberry Patch Yogurt Parfait	1 Parfait	307	8	4	64	144
Blueberry Scone	1 Scone	379	5	19	48	303
Bow Tie Noodles	4 oz.	201	7	2	38	88
Braised Kale	1 oz.	18	1	1	2	144
Bread Crumb Topping	1 Tbsp	33	1	1	5	24
Broccoli & Cheddar Soup	8 oz.	262	8	21	10	953
Broccoli Cheddar Soup	12 oz.	390	12	28	23	1215

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Item	Serving Size	Cal	Pro	Fat	Carb	Sodium (mg)
Brown Sugar Cinnamon Scone	1 Scone	410	4	19	56	250
Brownie Macaroon Cupcakes	1 Cupcake	663	7	27	101	539
Buffalo Chicken on Flatbread	1 Sandwich	548	27	26	52	1912
Buffalo Salad Dressing	2 oz	151	1	15	3	795
Butter Sugar Cookies	2 Cookies	328	3	14	47	281
Caesar Salad	1 Salad	248	7	17	20	1376
Candied Pecans	1 oz.	181	2	14	15	0
Cappuccino Chocolate Chunk Muffin	1 Muffin	450	6	23	56	292
Caramel Apple Cupcakes	1 Cupcake	348	2	10	62	328
Caramelized Onions	1 oz	35	0	3	3	79
Carrot Cake Cupcakes	1 Cupcake	389	3	15	61	309
Cavatappi	4 oz	201	7	2	38	88
Chai Tea, 12 oz	12 oz.	279	12	6	43	174
Chai Tea, 16 oz	16 oz.	322	14	7	51	192
Chai Tea, 20 oz	20 oz.	383	16	8	61	227
Cheese Burger Mac and Cheese	12 oz.	535	21	20	66	1491
Cheese Flatbread Pizza	1 Flatbread Pizza	506	21	23	54	1335
Cheese Melt	1 Sandwich	575	21	32	51	1559
Cheesy Alfredo Sauce	4 oz Ladle	151	7	8	14	658
Chef Salad	1 Salad	448	22	31	22	1254
Cherry Orchard Yogurt Parfait	1 Parfait	310	8	3	65	145
Chicken BBQ Cheddar Flatbread	1 Sandwich	659	32	33	58	1712
Chicken BLT Salad	1 Salad	470	23	34	19	997
Chicken BLT w/Pesto	1 Sandwich	660	35	34	52	1774
Chicken Buffalo Salad	1 Salad	346	17	22	21	1094
Chicken Caesar Flatbread	1 Sandwich	475	24	20	51	1596
Chicken Caesar Salad	1 Salad	231	25	10	10	376
Chicken Caesar Salad	1 Salad	340	19	21	21	1444
Chicken Cobb Salad	1 Salad	575	23	44	24	1105
Chicken Corn Chowder	12 oz.	290	15	16	24	879
Chicken Noodle Soup	8 oz.	166	13	3	21	821
Chicken Pesto Club	1 Sandwich	292	17	12	28	724
Chicken Po Boy Flatbread	1 Sandwich	651	32	35	52	1455
Chicken Taco Salad	1 Salad	450	19	25	40	1886
Chicken Tortilla Soup	8 oz.	129	11	5	11	598
Chilly Mocha Cappuccino	16 oz.	428	9	2	94	243
Chipotle Chicken Flatbread	1 Sandwich	546	28	25	52	1178
Chocolate Chip Cookies	2 Cookies	334	3	15	47	245
Chocolate Chocolate Chip Muffin	1 Muffin	378	6	16	53	403
Chocolate Chunk Biscotti	1 Biscotti	99	1	5	12	68
Chocolate Chunk Scone	1 Scone	417	5	21	53	282
Chocolate Hazelnut Latte, 12 oz	12 oz.	419	14	12	67	151
Chocolate Hazelnut Latte, 16 oz	16 oz.	566	18	14	94	186
Chocolate Hazelnut Latte, 20 oz	20 oz.	743	22	17	129	221
Cholesterol Free Peach Muffin	1 Muffin	314	4	11	50	461

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Item	Serving Size	Cal	Pro	Fat	Carb	Sodium (mg)
Ciabatta Baguette Side	1 Portion	118	4	0	25	303
Cinnamon and Sugar Flatbread	1 Sandwich	507	9	21	73	908
Cinnamon Raisin Bagel with Cream Cheese	1 Bagel	488	13	10	83	594
Cinnamon Roll	1 Roll	250	5	11	33	401
Cinnamon Sugar Topping	1 tsp	16	0	0	4	0
Citrus Splash Cupcakes	1 Cupcake	324	2	9	59	325
Cobb Club Ciabatta	1 Sandwich	247	16	11	22	947
Cooked Philly Beef Steak Strips	2 oz.	116	8	9	1	98
Cookies & Cream Cupcakes	1 Cupcake	326	2	11	56	309
Cranberry Oatmeal Cookies	2 Cookies	306	3	12	48	185
Cranberry Orange Biscotti	1 Biscotti	85	1	4	11	69
Cranberry Orange Muffin	1 Muffin	347	5	16	46	309
Cranberry Orange Scone	1 Scone	356	4	18	45	288
Cream of Broccoli Soup	12 oz.	278	6	18	25	986
Cream of Mushroom Soup	12 oz.	322	5	21	25	740
Cream of Tomato Soup	12 oz.	277	9	9	39	811
Creamy Pesto Sandwich Sauce	1 Tbsp	62	0	6	1	106
Creamy Potato Soup	12 oz.	277	5	11	40	900
Creamy Tomato Basil Soup	12 oz.	317	7	20	27	888
Creme Caramel Latte, 12 oz	12 oz.	307	11	9	45	171
Creme Caramel Latte, 16 oz	16 oz.	366	13	11	54	205
Creme Caramel Latte, 20 oz	20 oz.	424	16	12	63	240
Cuban Baguette	1 Sandwich	276	14	12	30	696
Cuban Flatbread Sandwich	1 Sandwich	511	27	22	53	1533
Cuban Mojo Marinade	2 oz.	172	1	17	6	173
Cuban Mojo Roasted Pork Loin	3 oz.	214	17	15	2	99
Decadent Chocolate Chunk Muffin	1 Muffin	457	5	25	58	360
Denver Flat Breakfast Sandwich	1 Sandwich	257	16	11	25	549
Denver Flatbread	1 Sandwich	319	18	17	25	538
Dessert Bars	1 Bar	499	6	28	60	215
Ditalini	4 oz.	201	7	2	38	88
Double Chocolate Chip Cookies	2 Cookies	335	4	16	45	269
Egg & Cheese on Bagel	1 Sandwich	466	21	17	58	930
Egg and Cheese Bagel Sandwich	1 Sandwich	403	19	10	58	941
Egg and Cheese Croissant	1 Sandwich	347	13	22	25	565
Egg and Cheese Flatbread	1 Sandwich	421	17	18	48	1187
Egg and Cheese Flatbread	1 Sandwich	484	19	24	48	1175
Egg and Cheese on Croissant	1 Sandwich	410	15	28	25	554
Egg Noodles	4 oz.	159	5	3	28	74
Egg Rancheros	1 Sandwich	343	18	18	29	519
Egg Rancheros Breakfast Flatbread	1 Sandwich	280	16	12	29	530
Egg Ratatouille Breakfast Sandwich	1 Sandwich	291	15	16	26	450
Egg White & Turkey Sausage Flat	1 Sandwich	241	18	10	23	699
Egg White, Turkey Sausage & Tomato Flat	1 Sandwich	255	18	11	24	719

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Egg Whites & Roasted Vegetable Frittata	1 Frittata	162	15	9	7	321
Flatbread Pizza	1 Flatbread Pizza	598	24	31	56	1350
Forno Florentino	1 Sandwich	581	32	27	53	1653
French Baguette Side	1 Portion	98	4	0	21	252
Fresh Fruit Cup	1 Fruit Cup	123	2	0	31	18
Fresh Fruit Cup	10 oz.	125	2	1	32	22
Fresh Spinach with Garlic	4 oz.	47	3	3	4	424
Fresh Strawberry & Quinoa Salad	1 Salad	399	7	34	20	475
Fresh Strawberry & Quinoa Salad	8 oz.	173	5	12	14	370
Fully Loaded Baked Potato & Cheddar Soup	8 oz.	312	10	22	19	733
Garden Salad	1 Salad	128	6	8	9	334
Garlic Alfredo Sauce	4 oz.	140	6	7	14	629
Ginger Spice Cupcakes	1 Cupcake	356	2	12	61	311
Gold Standard Rigatoni	4 oz.	222	7	3	42	143
Greek Salad	1 Salad	148	7	10	11	554
Greek Salad	1 Salad	149	5	7	19	926
Green Salad	4 oz.	17	1	0	3	15
Grilled & Roasted Chicken Breast	4 oz.	184	25	8	1	136
Grilled Chicken Breast	2 oz.	73	12	2	0	90
Grilled Ratatouille	4 oz.	65	1	4	7	165
Grilled Ratatouille Breakfast Flatbread	1 Sandwich	228	13	9	26	461
Grilled Veg & Mozzarella Baguette	1 Sandwich	294	11	14	31	548
Grilled Vegetable Baguette	1 Sandwich	293	10	14	33	634
Grilled Vegetables	3 oz.	63	1	5	5	25
Ground Beef	1 oz.	72	5	6	0	19
Ham and Brie Flatbread Sandwich	1 Sandwich	599	29	30	53	1596
Ham and Cheddar on Ciabatta	1 Sandwich	199	12	7	23	532
Ham and Swiss Baguette	1 Sandwich	252	13	9	30	571
Ham, Egg & Cheese Bagel	1 Sandwich	495	25	17	59	1265
Ham, Egg & Cheese Croissant	1 Sandwich	439	19	28	26	889
Ham, Egg and Cheese Bagel	1 Sandwich	432	23	11	59	1276
Ham, Egg and Cheese Croissant	1 Sandwich	376	17	22	27	900
Ham, Egg and Cheese Flatbread	1 Sandwich	450	21	19	49	1521
Ham, Egg and Cheese Flatbread	1 Sandwich	513	23	25	49	1510
Ham, Swiss and Honey Mustard Flatbread	1 Sandwich	568	21	30	55	1357
Horseradish Mustard Sandwich Sauce	1 Tbsp	62	0	6	1	76
Hummus & Roasted Vegetable Flatbread	1 Sandwich	472	13	16	71	1279
Iced Berry Lemonade Tea Prep	8 oz.	66	0	0	17	15
Iced Berry Tea Lemonade, 20 oz	20 oz.	106	0	0	27	21
Iced Black Tea Lemonade, 20 oz	20 oz.	106	0	0	27	21
Iced Black Tea with Lemonade Prep	8 oz.	66	0	0	17	15
Iced Green Mint Tea Lemonade, 20 oz	20 oz.	106	0	0	27	21
Iced Mint Tea with Lemonade Prep	8 oz.	66	0	0	17	15
Italian Wedding Soup	12 oz.	256	12	16	18	1443

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Item	Serving Size	Cal	Pro	Fat	Carb	Sodium (mg)
Key Lime Pie Yogurt Parfait	1 Parfait	312	7	7	58	146
Kickin' Crab & Corn Chowder	8 oz.	262	8	17	20	911
Lemon Poppy Muffin	1 Muffin	400	6	19	51	307
Lime Cilantro Yogurt Dressing	2 oz.	35	4	0	6	197
Loaded Baked Potato Soup	12 oz.	293	10	16	29	868
Lobster Alfredo Sauce	4 oz.	140	8	6	12	650
Lobster Mac and Cheese	12 oz.	512	24	17	65	1385
Mac and Cheese	12 oz.	541	21	19	70	1353
Mango Habanero Sandwich Sauce	1 Tbsp	10	0	0	2	18
Mango Smoothie	16 oz.	396	8	2	89	230
Mediterranean Vegetable Soup	12 oz.	272	10	5	44	1298
Mexican Chicken Tortilla Soup	8 oz.	234	13	4	36	867
Minestrone Soup	12 oz.	119	4	2	21	838
Monte Cristo	1 Sandwich	536	26	22	58	1618
Multi Grain Baguette Side	1 Portion	100	4	1	20	242
Mushroom Brie with Madiera Soup	8 oz.	324	5	27	15	722
New England Clam Chowder	8 oz.	220	6	11	23	932
New England Clam Chowder	12 oz.	384	14	23	30	1079
Oatmeal Raisin Cookies	2 Cookies	311	4	13	46	260
Oatmeal with Assorted Toppings	6 oz.	214	5	4	35	301
Old Fashioned Chicken Noodle Soup	12 oz.	182	13	7	16	975
Onion Soup	12 oz.	63	2	1	12	1008
Peach Smoothie	16 oz.	373	8	2	83	229
Peaches & Cream Yogurt Parfait	1 Parfait	373	8	7	74	151
Peanut Butter & Jelly Cupcakes	1 Cupcak	398	6	16	59	395
Peanut Butter Cookies	2 Cookies	346	6	19	40	331
Pecan Sticky Bun	1 Roll	442	6	24	54	473
Pepperoni Flatbread Pizza	1 Flatbread Pizza	607	26	32	54	1680
Pesto Dressing	1/4 oz.	6	0	0	1	61
Pineapple Smoothie	16 oz.	385	8	2	87	230
Plain Bagel with Cream Cheese	1 Bagel	352	12	8	58	704
Pollo Rustico	1 Sandwich	588	32	28	53	1502
Pullman Loaf Cake	1 Slice	395	5	18	52	208
Raspberry Chocolate Yogurt Parfait	1 Parfait	331	8	5	65	144
Raspberry White Chocolate Chunk Biscotti	1 Biscotti	97	1	5	12	75
Raspberry White Chocolate Chunk Scone	1 Scone	408	5	20	52	313
Red Pepper Basil Sandwich Sauce	1 Tbsp	61	0	6	1	119
Red Velvet Cupcakes	1 Cupcake.	340	3	12	57	358
Refried Beans	4 oz.	151	7	4	21	494
Rigatoni Alfredo with Mushrooms	12 oz.	476	13	20	61	1515
Rigatoni Pomodora	12 oz.	423	16	11	65	818
Rigatoni Primavera	12 oz.	327	11	5	61	890
Roast Beef & Caramel Onion Baguette	1 Sandwich	282	15	11	31	601
Roast Beef & Horseradish Flatbread	1 Sandwich	543	28	25	52	1331
Roast Beef Gorgonzola Baguette	1 Sandwich	298	18	13	28	856

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Roast Beef, Onion and Havarti Flatbread	1 Sandwich	557	27	27	52	1392
Roast Sweet Potatoes	4 oz.	176	1	11	18	28
Roast Turkey & Rice Soup	12 oz.	140	6	5	18	1821
Roasted Corn, Black Bean & Kale Salad	1 Salad	215	10	8	30	787
Roasted Corn, Kale & Sweet Potato Salad	8 oz.	160	5	7	21	556
Roasted Eggplant	2 oz.	22	0	0	5	68
Roasted Eggplant Flatbread Sandwich	1 Sandwich	542	20	26	58	1391
Roasted Garlic	1 Tbsp	24	1	0	5	3
Roasted Portobello	1 Sandwich	625	22	36	56	1523
Roasted Vegetables	1 oz.	11	0	0	2	23
Salsa Cruda	2 Tbsp	6	0	0	1	2
Sandwich Sauce Choices (Zest)	1 Tbsp	47	0	4	2	71
Sante Fe Chicken and Black Bean Soup	12 oz.	201	18	3	28	1198
Sausage, Egg and Cheese Bagel	1 Sandwich	641	27	33	58	1290
Sausage, Egg & Cheese Bagel	1 Sandwich	578	25	27	58	1301
Sausage, Egg and Cheese Croissant	1 Sandwich	522	19	38	26	924
Sausage, Egg and Cheese Croissant	1 Sandwich	586	21	44	26	913
Sausage, Egg and Cheese Flatbread	1 Sandwich	660	25	41	48	1535
Sausage, Egg and Cheese Flatbread	1 Sandwich	597	23	34	48	1546
Sauteed Button Mushrooms	4 oz.	130	2	12	6	664
Sautéed Julienne Peppers & Onions	1 oz.	20	0	1	2	1
Scrambled Egg Whites	1 Square	70	6	5	1	95
Scrambled Eggs	1 Square	131	8	11	1	84
Smoke House Flatbread Sandwich	1 Sandwich	659	32	33	59	1882
S'mores Cupcakes	1 Cupcake.	359	3	13	60	368
Spiced Pumpkin Corn Muffins	1 Muffin	397	6	21	47	296
Spicy Italian Ciabatta	1 Sandwich	339	18	20	23	1289
Spicy Italian Flatbread	1 Sandwich	645	30	35	54	2007
Spinach Pasta Salad	1 Salad	206	6	8	28	774
Spinach Salad	1 Salad	429	7	35	25	487
Spring Garden Salad	1 Salad	234	6	6	41	739
Steak, Egg & Cheese Bagel	1 Sandwich	670	34	31	61	1065
Strawberry Banana Smoothie	16 oz.	399	8	2	90	231
Strawberry Banana Yogurt Parfait	1 Parfait	333	8	3	71	144
Strawberry Chicken Salad	1 Salad	387	16	24	29	361
Strawberry Chipotle Vinaigrette	2 oz.	195	0	21	2	73
Strawberry Shortcake Cookies	2 Cookies	329	3	14	49	258
Strawberry Shortcake Cupcake	1 Cupcake.	322	2	9	58	325
Sundried Tomato Pesto Chicken Flatbread	1 Sandwich	642	32	34	53	1544
Sunrise Muffin	1 Muffin	404	5	22	47	353
Supreme Apple Cinnamon Pecan Muffin	1 Muffin	443	5	24	53	337
Supreme Banana Bread Muffin	1 Muffin	475	7	26	55	363
Supreme Blueberry Crumb Cake Muffin	1 Muffin	396	5	16	58	373
Supreme Pumpkin Spice Muffin	1 Muffin	456	7	23	57	338
Texas Beef Chili	12 oz.	503	32	32	22	1136

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Three Berry Yogurt Parfait	1 Parfait	311	8	4	65	144
Tiramisu Cupcakes	1 Cupcake	304	2	9	53	301
Tomato & Fresh Mozzarella Flatbread	1 Sandwich	502	18	25	53	1092
Tomato Pesto Mac and Cheese	12 oz,	517	20	17	69	1315
Tomato with Basil Soup	8 oz Ladle	168	4	0	37	869
Tortilla Soup Especial	8 oz,	120	11	3	12	762
Tri-Color Tortilla Chips	48 Chips	537	5	44	32	332
Triple Berry Smoothie	16,	392	8	2	87	230
Triple Berry Whole Grain Muffin	1 Muffin	380	7	16	54	398
Tropical Smoothie	16 oz,	377	7	2	84	238
Tropical Yogurt Parfait	1 Parfait	386	8	12	64	149
Turkey & Hummus on Flatbread	1 Sandwich	281	22	9	32	1014
Turkey Bacon & Egg Flatbread	1 Sandwich	306	19	17	23	451
Turkey Bacon Breakfast Flatbread	1 Sandwich	245	17	11	23	462
Turkey Bacon Melt	1 Sandwich	603	31	30	52	2055
Turkey Cheddar Ciabatta	1 Sandwich	193	14	6	22	791
Turkey Cheddar on Baguette	1 Sandwich	227	13	7	28	789
Turkey Club Ciabatta	1 Sandwich	221	15	8	22	888
Turkey Tacchino Flatbread	1 Sandwich	565	31	26	53	1972
Turkey Tuscan Ciabatta	1 Sandwich	217	16	7	23	864
Turkey Vegetable Flatbread	1 Sandwich	535	27	23	55	1779
Variety Muffin	1 Muffin	421	6	22	52	491
Vegetarian Chili	12 oz,	413	24	4	72	1081
Vegetarian Flatbread Pizza	1 Flatbread Pizza	534	22	24	60	1381
White Chocolate Macadamia Cookies	2 Cookies	344	4	17	44	251
White Rice	4 oz.	141	3	1	30	235
Whole Wheat Bagel with Cream Cheese	1 Bagel	361	11	8	61	671
Wisconsin Cheddar Cheese Soup	12 oz.	371	14	24	21	1049
Yukon Gold Potato Soup	8 oz.	406	6	33	21	708