



Nutritional Fact Sheet

Signature Wraps									
<small>(served with chips and salsa; listed separately below)</small>									
	<i>Serving Size</i>	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Sat. Fat (g)</i>	<i>Chol (mg)</i>	<i>Sodium (mg)</i>	<i>Carb (g)</i>	<i>Dietary Fiber (g)</i>	<i>Protein (g)</i>
Sonoma Veggie	1 ea	594	31	8	39	1441	64	4	15
Chicken California	1 ea	615	27	8	65	1582	63	3	30
Tex Mex Club	1 ea	619	29	11	85	2181	52	2	32
Chicken Caesar	1 ea	629	27	9	85	2384	62	2	36
The Quesadilla	1 ea	635	30	12	99	2728	53	2	41
Bangkok Thai	1 ea	720	29	8	50	1769	84	4	33
Spicy Chicken Tender	1 ea	799	45	14	104	2864	58	2	37
Club Nouveau Natu Wrap	1 ea	480	14	7	20	1460	62	5	29
Poblano Chicken Natu Wrap	1 ea	700	30	5	10	1330	86	10	24
Hail Caesar! Natu Wrap	1 ea	710	36	8	70	1460	69	4	27
Tri-colored Tortilla chips	1 oz	140	7	2	0	150	17	1	2
Camille's Salsa	2 oz	19	0	0	0	340	4	0	0
Grilled Hot Wraps									
<small>(served with side Spring Mix salad with Raspberry Vinaigrette; listed separately below)</small>									
Paris Bistro	1 ea	499	26	7	50	1504	61	7	21
Club Med	1 ea	501	16	6	49	1605	54	3	24
The Michelangelo	1 ea	502	14	5	46	1459	59	3	23
Mexican Daredevil	1 ea	678	36	10	67	2217	59	2	29
Spring Mix Salad (tossed with Raspberry Vinaigrette)	3 oz	28	0	0	0	246	7	1	0
Signature Sandwiches									
<small>(served with chips and salsa; listed separately below)</small>									
White Bread	1 slice	100	2.5	0.5	0	175	16	0.5	3
Marble Reuben Rye Bread	1 slice	100	1.5	0	0	190	18	<1	3
Honey Wheatberry Bread	1 slice	110	1.5	0	0	220	21	1	4
Ham & Swiss (2 slices of bread value not included)	1 ea	224	13	5	49	784	10	1	18
Turkey Deluxe (2 slices of bread value not included)	1 ea	278	15	5	49	807	16	1	19
Camille's Club (3 slices of bread value not included)	1 ea	449	32	12	74	1220	18	1	25
included)	1 ea	506	30	7	97	661	15	1	32
Apple-Walnut Tuna Salad Sandwich (2 slices of bread value not included)	1 ea	562	36	8	54	750	16	2	30
Tri-colored Tortilla chips	1 oz	140	7	2	0	150	17	1	2
Camille's Salsa	2 oz	19	0	0	0	340	4	0	0
Artisan Flatbread Pizza									
<small>(Nutrition facts listed below are calculated base on the fresh baked pizza crust that are specified for use at Camille's. However due to product availability there may be a few slight variations. Please check with the store management for more information.)</small>									
Super Veggie	9" pizza	509	15	7	40	1373	69	6	25
Rustic Italian	9" pizza	587	22	11	62	1817	65	3	34
Pepperoni	9" pizza	608	27	13	76	1723	61	2	29
Just a Cheese	9" pizza	628	26	14	81	1733	63	2	36
Café Supreme	9" pizza	654	30	13	80	1796	65	3	31
Kickin' BBQ Chicken	9" pizza	682	23	12	92	2453	80	2	36
Meaty Deluxe	9" pizza	736	39	17	101	1901	62	2	34
Bangkok Thai	9" pizza	802	29	9	75	1826	99	5	38
Zorba the Greek	9" pizza	807	37	14	98	2108	81	10	46
Panini Sandwiches									
<small>(served with chips and salsa; listed separately below)</small>									
Turkey Habanero	1 ea	560	15	8	65	1638	72	2	33
Veganini	1 ea	570	18	9	54	1615	78	5	20
Napa Valley Chicken	1 ea	605	16	8	104	1687	68	3	46
Italian Roast Beef	1 ea	618	23	8	74	1910	68	3	35
Tri-colored Tortilla chips	1 oz	140	7	2	0	150	17	1	2



Nutritional Fact Sheet

Camille's Salsa	2 oz	19	0	0	0	340	4	0	0
Soups									
Creamy Tuscan Tomato	8 oz/12 oz	210/315	16/24	7/10.5	40/60	920/1380	15/22.5	3/4.5	3/4.5
Red Potato and Cheddar	8 oz/12 oz	270/405	17/25.5	9/13.5	45/67.5	1020/1530	19/28.5	2/3	11/16.5
Rosemary Chicken Noodle	8 oz/12 oz	90/135	2.5/3.75	0/0	25/37.5	1240/1860	11/16.5	0/0	5/7.5
Salads									
(served with 1 package saltines and 2 ounce dressing*portion; listed separately below unless otherwise noted)									
	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Dietary Fib	Protein (g)
The House Salad	1 ea	152	12	5	24	508	12	2	7
Caesar Salad includes 2 oz. Caesar Dressing	1 ea	221	15	6	39	956	15	1	13
Bangkok Thai Salad	1 ea	229	10	1	47	554	20	2	25
The Chef Salad	1 ea	315	20	8	70	836	16	2	22
Chicken Caesar Salad includes 2 oz. Caesar Dressing	1 ea	323	16	6	69	1398	16	1	27
Café Chicken Salad	1 ea	412	27	8	96	1008	13	2	32
Apple-Walnut Tuna Salad	1 ea	419	31	8	52	996	13	2	29
The Ultimate Salad-Chicken Salad (includes 2 oz. Caes	1 ea	587	43	10	126	1756	26	3	36
The Ultimate Salad-Tuna Salad (includes 2 oz. Caesar D	1 ea	594	47	10	170	1768	26	3	33
<i>*dressing options vary by location; list below is not comprehensive of all possible choices</i>									
Raspberry Vinaigrette Kraft Free Dressing	2 oz	51	0	0	0	493	12	0	0
Tangy Tomato Bacon Kraft Signature Dressing	2 oz	170	10	1.7	0	595	15	0	0
Ranch Dressing	2 oz	186	20.5	2.8	19	539	2	0	0
Creamy Caesar Dressing	2 oz	205	17	2.79	9	911	3.72	0	2
Honey Mustard Dressing	2 oz	242	20	2.79	28	390	13	0	0
Sesame Oriental Dressing	2 oz	242	21	1.86	0	763	13	0	0
Golden Italian Dressing	2 oz	260	26	3.72	0	540	3.72	0	0
Blue Cheese Dressing	2 oz	260	28	3.72	2	538	2	0	2
Saltines	2 crackers	25	1	0	0	90	4.5	0	0
Breakfast									
Seasonal Fruit Cup	6 oz	90	0.6	0.1	0	12	20	1.4	1.2
Vegetarian Zenergy	1 ea	400	10	2	2	1242	55	4	20
Herb Garden	1 ea	441	17	3	4	1121	51	2	17
Breakfast on a Muffin with ham	1 ea	470	18	6.7	326	1156	48	4.6	29.2
Breakfast on a Muffin with bacon	1 ea	498	23	8.6	323	982	47	4.6	26
Swiss Scrambler	1 ea	521	15	8	45	1510	50	6	31
Original Breakfast Wrap with ham	1 ea	560	24	10	35	1873	52	2	29
Original Breakfast Wrap with bacon	1 ea	575	26	10	42	2059	52	2	31
Ranchero	1 ea	576	25	12	53	2001	55	3	30
3 Cheese Scrambler	1 ea	630	30	16	68	1793	52	6	30
Desserts									
White Chocolate Cherry Cookie	1 ea	300	10	6	40	270	46	2	4
Oatmeal Raisin Cookie	1 ea	300	14	5	10	300	30	4	6
White Chocolate Macadamia Nut Cookie	1 ea	340	16	6	30	240	48	2	4
Peanut Butter Cookie	1 ea	400	28	8	30	530	34	4	10
Chocolate Chunk Cookie	1 ea	430	12	6	36	300	52	2	4
Kid's Menu									
(served with chips and salsa; listed separately below)									
Chicken Wrapper	1 ea	317	12	6	53	1033	22	13	28
Grilled Cheese	1 ea	368	21	12	64	723	26	1	20
Classic PB&J	1 ea	510	0	3	0	609	74	4	16
Banana Wrap	1 ea	489	22	5	0	710	48	16	20
Tri-colored Tortilla chips	1 oz	140	7	3	0	150	17	1	2
Camille's Salsa	2 oz	19	0	0	0	340	4	0	0



Nutritional Fact Sheet

Smoothies	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Chol (mg)	Sodium (m)	Carb (g)	Dietary Fib	Protein (g)
Blueberries Cozumel Classic Blends	20 oz	189	0	0	0	0	30	2	1
Island Time Yogurt Blends	20 oz	239	0	0	0	105	51	3	6
Blueberry Pie Yogurt Blends	20 oz	254	1	0	0	101	58	4	7
Strawberry Tweet Yogurt Blends	20 oz	290	0	0	0	101	66	3	7
Peach Breeze Classic Blends	20 oz	293	0	0	0	9	55	3	1
Banana Boat Classic Blends	20 oz	295	1	0	0	11	56	4	1
Peach Paradise Classic Blends	20 oz	321	0	0	0	0	47	2	2
Banana Berry Classic Blends	20 oz	333	1	0	0	5	64	5	2
Strawberry Breeze Classic Blends	20 oz	365	0	0	0	10	72	4	1
Strawberry Coconut Classic Blends	20 oz	379	3	2	0	49	70	5	2
Pump Me Up (Fact shown is made with Banana)	20 oz	399	2	1	24	175	52	3	42
Get Going Yogurt Blends	20 oz	433	7	7	18	131	86	3	8
My Oasis Yogurt Blends	20 oz	447	14	12	0	329	69	11	7
Peanut Butter Treat Yogurt Blends	20 oz	458	15	3	0	234	72	5	14
Choc-A-Peel Yogurt Blends	20 oz	534	15	3	0	256	91	6	15
Banana Split Swirl Classic Blends	20 oz	636	22	21	53	28	111	5	3
Limited Time Offer									
(availability may vary by location)									
Chicken Pecan Salad (dressing nutrition fact not include	1 ea	620	31	10	85	1066	53	8	31
Turkey Pretzel Sandwich (side nutrition fact not included	1 ea	716	28	7	73	1383	82	2	31
Grilled Basil Chicken Sandwich (side nutrition fact not in	1 ea	785	46	14	122	1737	47	2	46
Chicken Caesar Flatbread	1 ea	745	42	25	206	2360	16	4	70
Buffalo Chicken Flatbread	1 ea	861	45	20	158	3035	60	5	56
Spicy Chicken Wasabi Wrap (side nutrition fact not inclu	1 ea	817	48	11	59	1748	70	9	25
The Italian Sandwich (side nutrition fact not included)	1 ea	954	62	25	146	2899	52	3	47