

## ATLANTA BREAD COMPANY NUTRITION FACTS

<b>BAKED GOODS</b>										
	Serving Size (oz.)	Calories	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Bagels</b> (serving size = 1 bagel)										
Asiago Cheese	4.0	380	10	6	30	820	53	2	3	18
Apple Spice	4.3	360	2.5	0.5	0	480	73	3	16	11
Blueberry	3.5	270	1	0	0	440	55	2	5	10
Cinnamon Crisp	4.1	330	2.5	0.5	0	450	68	4	13	11
Cinnamon Raisin	3.5	270	1	0	0	430	56	3	6	10
Everything	3.8	320	3.5	0	0	1600	60	4	4	12
Onion	3.7	290	1	0	0	440	59	3	6	11
Plain	3.4	270	1	0	0	450	55	2	3	10
Poppy Seed	3.8	320	5	0.5	0	450	57	3	5	12
Sesame	3.8	360	9	0	0	480	57	4	4	14
Lower Carb Cranberry Walnut	2.0	110	3.5	0	0	170	16	6	2	9
Wheat	3.7	270	1.5	0	0	430	54	4	6	10
<b>Cream Cheese Spreads</b>										
Garden Vegetable Cream Cheese	2.0	170	17	11	50	300	4	0	2	4
Onion & Chive Cream Cheese	2.0	190	17	11	55	270	4	0	2	4
Plain Cream Cheese	2.0	190	19	13	60	200	1	0	1	4
Plain Cream Cheese, Light	2.0	120	10	7	30	150	6	0	4	4
Strawberry Cream Cheese	2.0	190	15	10	50	220	12	0	8	4
<b>Breads</b> (1 slice of bread = 2 oz. unless otherwise denoted)										
ABC Roll	4.0	260	1	0	0	580	54	3	1	10
Asiago Loaf	2.0	160	2	1.5	5	380	29	1	0	7
Asiago Strip	2.0	160	2	1.5	5	380	28	1	0	6
Challah	2.0	160	2.5	0	20	180	29	0	4	6
Cracked Wheat	2.0	160	2	0.5	0	290	30	2	3	6
Cinnamon Raisin Loaf	2.0	150	2	0.5	10	280	28	1	7	5
Focaccia, Rosemary Tomato	3.4	350	12	2	0	570	50	4	2	11
Focaccia Round, Asiago	1.9 (1/6 loaf)	180	5	2.5	10	380	26	1	3	7
Focaccia Round, Basil Pesto	2.0 (1/6 loaf)	190	8	1	0	590	26	1	3	5
Focaccia Round, Tomato Onion	2.1 (1/6 loaf)	150	3	0.5	0	460	27	1	3	5
French Baguette	2.0	140	0.5	0	0	320	30	1	1	5
French Loaf	2.0	140	0.5	0	0	310	28	1	1	5
French Roll	2.2	160	0.5	0	0	360	33	2	1	6
Honey Wheat	2.0	150	1.5	0	0	290	28	2	3	5
Lower Carb Multigrain Bread	2.0 (2 slices)	100	2	0	0	190	16	6	0	11
Nine Grain	2.0	160	2.5	0.5	0	300	28	2	2	6
Pumpnickel	2.0	140	1.5	0	0	280	26	2	1	6
Rye	2.0	150	1.5	0.5	0	270	28	3	2	6
Sourdough Baguette	2.0	140	0	0	0	310	29	1	0	5
Sourdough Loaf	2.0	140	0	0	0	310	29	1	0	5
Sourdough Roll	2.3	160	0	0	0	360	34	1	0	6
Sourdough Bread Bowl	7.0	550	1.5	0.5	0	1200	113	5	2	20

<b>BREAKFAST ITEMS</b>										
	Serving Size (oz.)	Calories	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Gourmet Breakfast</b>										
Belgian Waffle w/o syrup	5.1	320	13	8	115	370	41	1	4	7
Belgian Waffle w/ syrup	7.3	480	13	8	115	370	82	1	41	7
French Toast w/o syrup	6.7	400	9	3	215	620	61	3	19	16
French Toast w/ syrup	8.9	560	9	3	215	630	103	3	56	16
Scrambled eggs	5.0	220	16	6	570	620	2	0	2	16
<b>Hot Sandwiches</b>										
Bacon, Egg & Cheese on Croissant	5.2	530	34	10	175	720	39	1	4	16
Egg & Cheese on Croissant	4.9	480	30	9	170	560	39	1	4	14
Ham, Egg & Cheese on Croissant	6.9	540	31	9	195	950	41	1	6	24
Sausage, Egg & Cheese on Croissant	6.9	690	48	15	215	1300	39	1	4	25
<b>Omelets</b>										
Florentine	8.1	350	24	9	590	930	6	1	3	26
Greek	7.8	290	20	8	575	960	5	0	3	21
Ham and Swiss	7.7	390	26	12	620	1050	4	0	3	33
Spanish	8.4	350	24	10	595	1060	6	1	5	25
Tomato Bacon	7.9	370	27	12	610	980	4	1	3	27
<b>Side Orders</b>										
Breakfast Potatoes	4.0	170	9	2	0	0	20	4	1	3
Bacon (3 slices)	0.5	80	7	2.5	15	250	0	0	0	4
Ham	2.0	60	1.5	0	30	450	2	0	2	9
Sausage (2 patties)	3.0	310	27	9	70	1100	1	0	0	17
<b>PASTRIES &amp; SWEETS</b>										
	Serving Size (oz.)	Calories	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Cheesecakes</b> (1 slice = 1/16 of whole cheesecake)										
Carrot Cake Cheesecake	1 slice	680	49	19	165	390	53	2	41	10
Chocolate Truffle Cheesecake	1 slice	640	40	21	135	370	63	1	48	9
Oreo Cheesecake	1 slice	630	39	21	155	420	60	1	44	10
Snickers Cheesecake	1 slice	620	40	20	150	380	54	2	38	12
Pecan Turtle Cheesecake	1 slice	640	42	20	135	360	56	2	43	9
Plain Cheesecake	1 slice	570	36	21	165	440	42	1	40	10
Pumpkin Praline Cheesecake	1 slice	510	31	15	115	340	50	2	36	8
<b>Cookies</b> (Also Available in 1.5 oz.)										
Chocolate Chunk	3.0	400	19	7	25	160	51	2	49	3
Chocolate Dipped Peanut Butter	3.5	530	30	10	35	200	52	2	51	10
Chocolate Dipped Shortbread	3.5	440	23	10	15	65	55	2	54	4
Toffee Chocolate Chunk	3.0	400	21	6	30	200	49	2	49	4
Oatmeal Raisin	3.0	360	15	4	25	180	50	3	47	5
Peanut Butter	3.0	430	24	6	30	190	42	1	41	9
Shortbread	3.0	370	18	6	15	60	47	1	46	3
White Macadamia	3.0	410	22	8	25	150	49	1	48	5
<b>Croissants</b>										
Plain Croissant	2.9	360	20	5	25	340	39	1	4	7
Almond Croissant	5.5	660	38	7	65	350	67	4	23	13
Apple Croissant	4.9	430	17	4	20	320	65	2	33	6
Cheese Croissant	5.8	510	29	12	55	450	56	1	27	8
Chocolate Croissant	4.0	520	27	9	25	320	61	3	24	8
Raspberry Cheese Croissant	4.6	440	19	6	30	340	63	1	34	6

<b>PASTRIES &amp; SWEETS cont.</b>	<b>Serving Size (oz.)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb. (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
<b>Danish</b>										
Apple	4.0	450	18	4.5	30	330	66	2	32	6
Cheese	4.0	480	22	7	40	370	65	1	31	7
Goosey Butter	4.0	550	25	7	35	360	73	2	31	8
Raspberry	4.0	430	18	4	30	320	62	1	28	6
<b>Muffins and Tops</b>										
Banana Nut Muffin	4.6	560	33	4	85	290	57	2	35	10
Banana Nut Muffin Top	3.2	420	26	3	60	190	39	2	24	8
Blueberry Muffin	4.0	430	21	3	90	330	54	1	34	7
Blueberry Muffin Top	2.4	250	12	1.5	50	190	31	1	20	4
Bran Raisin Muffin	4.0	410	18	2.5	70	280	55	5	30	6
Chocolate Chip Muffin	4.6	560	27	7	90	290	73	3	49	8
Chocolate Chip Muffin Top	3.0	400	19	5	60	190	52	2	36	6
Cranberry Apple Muffin	4.7	490	23	4	85	340	64	2	36	8
Cranberry Orange Muffin	4.6	560	34	4	80	320	55	3	33	10
Mocha Muffin	4.6	560	27	7	90	370	73	3	49	9
Mocha Muffin Top	3.0	410	20	6	60	250	53	3	36	6
Pumpkin Muffin	4.7	470	18	3	50	340	73	2	41	7
Pumpkin Muffin Top	3.0	350	13	2.5	35	230	54	2	30	5
Low Fat Apple Muffin*	4.0	340	5	1	95	340	66	2	44	7
Low Fat Pumpkin Muffin*	4.0	320	4.5	1	50	350	65	2	39	6
<b>Scones</b>										
Cinnamon Scone	3.5	350	11	6	20	580	57	2	19	6
Raspberry Scone	3.5	360	13	3.5	0	1750	56	2	19	6
<b>Other Pastries and Sweets</b>										
Austrian Pretzel	3.9	550	34	9	0	250	55	2	28	7
Bear Claw	5.75	540	24	5	30	330	73	3	37	9
Banana Nut Bread	2.0 (1 slice)	230	14	1.5	35	120	24	1	15	4
Boston Cream Pound Cake	2.0 (1 slice)	200	12	3	45	60	21	0	13	3
Cinnamon Roll	5.0	630	26	6	45	450	91	2	44	9
Cranberry Orange Bread	2.0 (1 slice)	240	14	2	35	140	24	1	14	4
Key Lime Pie	3.3 (1 slice)	450	13	5	20	240	52	0	42	6
Lower Carb Chocolate Cake	2.0 (1 slice)	200	15	4	50	55	17	5	10	3
Marble Pound Cake	2.0 (1 slice)	230	15	4	60	105	22	1	15	4
Pecan Roll	6.0	860	60	14	55	310	72	4	35	11
Pumpkin Bread	2.2 (1 slice)	210	8	1.5	25	160	33	1	19	3
Sticky Bun	4.5	560	30	11	55	310	66	2	33	6
Walnut Brownies	4.2	490	24	7	65	370	63	3	46	7
<b>PASTAS</b>										
Asiago Cream	14.1	860	51	30	240	1470	63	3	5	28
Basil Pesto	14.0	940	53	10	120	1510	69	4	8	46
Chicken Parmesan	15.1	780	27	9	155	1990	75	3	2	57
Kid's Pasta	9.0	410	12	6	105	560	56	2	2	18
Pasta Puttanesca	14.0	590	21	8	105	1680	63	4	4	36
Penne Pomodoro Pasta	17.9	920	44	20	165	1880	66	4	4	50

<b>PIZZAS</b>	Serving Size (oz.)	Calories	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
BBQ Chicken	6.0 (1/2 pizza)	320	5	2.5	30	1120	53	2	7	17
Cheese (Kid's)	5.1 (1/2 pizza)	320	9	4	15	720	45	2	2	16
Chicken Mushroom	6.1 (1/2 pizza)	350	9	4	25	850	46	2	2	20
Chicken Pesto Calzone	15.1	820	32	7	60	1520	93	4	4	39
Four Cheese	6.3 (1/2 pizza)	520	23	12	55	1150	45	2	1	35
Italian Sausage	7.3 (1/2 pizza)	450	19	7	40	1100	47	2	3	23
Pepperoni	5.4 (1/2 pizza)	360	12	5	25	840	45	2	2	18
White Pizza	6.0 (1/2 pizza)	460	22	10	45	1410	47	3	4	20

<b>SALADS</b>	Serving Size (oz.)	Calories	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Salads (w/o dressing)</b>										
Balsamic Bleu Salad	9.5	330	18	6	25	410	35	5	25	10
Caesar Salad	7.5	190	10	7	10	440	11	2	3	14
Chicken Salad on Lettuce	4	280	21	2	80	340	2	0	1	25
Chopstix Chicken Salad	12.5	280	13	1.5	40	530	24	5	9	19
Fruit Salad	10.0	130	0	0	0	35	34	3	28	2
Greek Salad	11.5	200	13	6	25	1080	13	3	6	9
House	10.0	50	0	0	0	35	11	3	6	3
Tuna Salad on Lettuce	4.0	360	32	4	60	640	4	0	4	16
Extra Croutons	0.5	50	2	1.5	5	90	6	0	0	1
Add Grilled Chicken	2.5	70	1.5	0	40	440	2	0	1	12

<b>Salad Dressings (1oz = ~ 2 Tbsp)</b>										
Sesame Ginger Dressing	1.0	130	11	2	0	250	8	0	5	0
Balsamic Vinaigrette Dressing	1.0	150	16	2	0	180	1	0	0	0
Bleu Cheese Dressing	1.0	120	12	2.5	20	320	2	0	2	1
Caesar Dressing	1.0	150	15	2.5	15	310	3	0	2	1
Fat-Free Raspberry Vinaigrette	1.0	35	0	0	0	250	8	0	7	0
Greek Dressing	1.0	100	10	2	5	420	1	0	0	1
Honey Mustard Dressing	1.0	130	12	2	15	280	6	0	5	0
Thousand Island Dressing	1.0	120	11	1.5	15	270	5	0	3	0
Ranch Dressing	1.0	130	13	2	15	260	2	0	0	1

<b>SANDWICHES</b>	Serving Size (oz.)	Calories	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Sandwiches</b> (Sandwiches include greenleaf lettuce, tomato and red onion. Exceptions: peanut butter and jelly and grilled cheese sandwiches)										
Chicken Salad (Scoop)	4.0	280	21	2	80	340	2	0	1	25
Chicken Salad on Sourdough	9.7	540	19	2.5	70	900	62	3	4	32
Grilled Cheese on French Bread	5.0	390	11	6	35	800	57	3	1	17
Honey Maple Ham on Honey Wheat	9.7	410	5	1.5	50	1370	63	5	11	27
w/ Cheddar Cheese	10.7	520	15	7	85	1550	63	5	11	34
w/ Mayo	10.2	520	17	3	60	1440	64	5	12	27
w/ Cheese and Mayo	11.2	620	26	9	95	1630	64	5	12	34
Peanut Butter & Jelly on French Bread	7.0	600	14	3	0	920	99	6	34	17
Tuna Salad (Scoop)	4.0	360	32	4	60	640	4	0	4	16
Tuna Salad on French Bread	9.7	610	29	4.5	50	1180	62	4	5	27
Roasted Turkey Breast on Nine Grain	9.7	430	7	2	35	1350	61	5	8	32
w/ Cheese	10.7	530	15	6	55	1590	61	5	8	38
w/ Mayo	10.2	530	18	3.5	45	1420	62	5	9	32
w/ Cheese and Mayo	11.2	630	26	8	65	1660	62	5	9	38
Veggie Sandwich on Nine Grain	9.4	340	5	1	0	600	63	6	8	13
w/ Dill Sauce	9.9	400	11	2.5	10	640	63	6	9	14
w/ Cheese and Dill Sauce	10.9	500	19	7	30	880	63	6	9	20

<b>SANDWICHES cont.</b>	<b>Serving Size (oz.)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb. (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
<b>Specialty Sandwiches</b>										
ABC Special on French Roll	12.0	420	4.5	2	60	1830	61	4	5	35
w/ Mayo	12.5	530	16	3.5	70	1900	62	4	6	35
w/ Cheese	13.5	570	16	8	90	2200	61	4	5	45
w/ Cheese and Mayo	14.0	680	28	10	100	2270	62	4	6	45
Bella Basil on Tomato & Rosemary Focaccia	10.2	660	35	5	70	1320	58	5	7	29
w/ Cheese	11.2	760	44	9	90	1560	58	5	7	35
California Avocado on Tomato Onion Focaccia	12.0	690	40	7	15	1010	71	14	10	14
w/ Cheese	14.0	790	48	11	35	1250	71	13	10	21
Hot Pastrami	8.0	460	10	3.5	50	1790	59	6	7	31
w/ Swiss Cheese	9.0	570	18	9	80	1850	59	6	7	39
Tangy Roast Beef	9.5	390	4	2	50	1160	56	3	3	32
w/ Horseradish Cheddar	11.5	690	28	16	125	1880	59	3	3	50
w/ Horseradish Cheddar & Mayo	12.0	790	39	17	135	1960	60	3	4	50
<b>Paninis (Full)</b>										
Chicken Pesto	11.8	800	35	16	90	1570	83	5	10	38
Cordon Bleu	10.3	660	18	6	80	1810	82	4	10	40
Cuban Pork Loin	10.0	660	19	8	80	1510	81	4	9	40
Italian Vegetarian	12.1	640	16	6	20	1600	93	5	9	26
Turkey Club	11.6	750	27	9	70	1990	83	4	12	42
<b>SOUPS</b>										
	<b>Serving Size (oz.)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb. (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
<b>Soup</b>										
Black Bean and Ham	10.0	250	9	3	20	1080	40	20	1	19
Chicken Tortilla	10.0	190	9	2	25	1580	20	0	3	8
Chunky Baked Potato	10.0	290	16	5	20	1310	30	1	1	5
Classic Chicken Noodle	10.0	140	2.5	0.5	45	1420	21	1	1	7
Cream of Broccoli	10.0	200	11	6	20	1700	19	0	6	6
Creamy Tomato	10.0	130	9	4.5	20	1730	10	1	1	3
French Onion	10.0	80	2.5	0	0	1630	10	0	3	3
French Onion with Toppings	10.0	200	10	4.5	20	1890	16	0	3	9
Garden Vegetable	10.0	100	1.5	0.5	0	1030	19	4	4	3
Homestyle Chicken and Dumpling	10.0	290	18	6	65	1340	25	0	1	8
New England Clam Chowder	10.0	280	16	6	30	1260	24	0	1	8
Pasta Fagioli	10.0	170	6	0.5	0	1250	24	1	3	6
Spicy Chicken Gumbo	10.0	120	2.5	0	25	1460	16	2	3	8
Wisconsin Cheese	10.0	240	14	6	30	1210	21	0	9	9
<b>Chili</b>										
Hearty Beef Chili	10.0	350	15	6	50	1940	33	3	8	21
Frontier Chicken Chili	10.0	270	10	3	55	1740	26	2	6	20
<b>BEVERAGES</b>										
	<b>Serving Size (fl oz.)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb. (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
<b>Hot Beverages</b>										
Café Latte, short	12.0	140	5	3	20	135	14	0	12	8
Café Latte, tall	16.0	170	6	4	25	170	18	0	15	10
Café Latte, grande	20.0	230	8	5	35	230	24	0	20	13
Café Mocha, short	12.0	250	8	4.5	30	140	36	0	30	7
Café Mocha, tall	16.0	340	8	5	30	180	57	0	46	8
Café Mocha, grande	20.0	440	9	6	35	230	78	0	63	10

<b>BEVERAGES cont.</b>	<b>Serving Size (fl oz.)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb. (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Cappuccino, short	12.0	100	4	2	15	100	10	0	9	6
Cappuccino, tall	16.0	130	5	3	20	135	14	0	11	8
Cappuccino, grande	20.0	150	6	3.5	20	160	16	0	13	8
Caramel Macchiato, short	12.0	300	8	5	30	160	47	0	41	8
Caramel Macchiato, tall	16.0	390	8	5	30	170	69	0	61	8
Caramel Macchiato, grande	20.0	480	8	5	30	180	92	0	82	8
Espresso, single shot	1.5	5	0	0	0	0	1	0	0	0
Hot Chocolate, short	12.0	330	8	5	30	160	55	0	46	8
Hot Chocolate, tall	16.0	450	10	6	40	230	78	0	65	11
Hot Chocolate, grande	20.0	570	12	7	45	290	101	0	84	14
Hot Spiced Chai Tea	15.0	260	6	4.5	15	220	43	1	30	8
House Latte, short	12.0	260	8	5	30	135	38	1	34	8
House Latte, tall	16.0	380	10	6	35	170	65	1	57	10
House Latte, grande	20.0	450	9	5	30	160	86	1	75	9
<b>Cold Beverages</b>										
<b>Caffechillos</b>										
Caramel Latte Caffechillo	19.0	250	10	9	10	250	32	1	23	8
Kona Mocha Caffechillo	19.0	250	10	9	10	250	32	1	23	8
Vanilla Caffechillo	19.0	250	10	9	10	250	32	1	23	8
Frozen Spiced Chai Tea	16.0	260	6	4.5	15	220	43	1	30	8
<b>Smoothies</b>										
Strawberry Banana Smoothie	16.0	290	0	0	0	30	71	5	56	2
Strawberry Blueberry Banana Smoothie	16.0	280	0	0	0	30	69	5	50	1
Pineapple Mango Banana Smoothie	16.0	290	0	0	0	30	72	4	63	1
<b>Other Cold Beverages</b>										
Sweetened Iced Tea, 20 oz.	20.0	200	0	0	0	0	50	0	50	0
Sweetened Iced Tea, 32 oz.	32.0	320	0	0	0	0	80	0	80	0

**Important Information about these nutrition facts:**

\* low fat muffin based on a 55g reference amount = 1/2 muffin.

Cheese refers to provolone unless otherwise specified

All nutrition facts are provided as a calculation of nutrition facts for each ingredient as provided by its manufacturer or fresh produce listed in the USDA Standard Reference Nutrition Database. The accuracy of these nutrition facts is contingent upon the compliance of each Atlanta Bread Company franchise to the use of Atlanta Bread Company specifications and standards. Atlanta Bread Company International is not responsible for any unauthorized substitutions that would cause these nutrition facts to be inaccurate.