



Cal Poly Campus Dining Nutrition Facts for Popular Menu Items

<u>Item and Ingredients</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Total Fat (g)</u>	<u>Saturated Fat (g)</u>	<u>Cholesterol (mg)</u>	<u>Sodium (mg)</u>	<u>Carbs (g)</u>	<u>Protein (g)</u>
Market Pizza								
BBQ Chicken dough, mozzarella cheese, chicken, BBQ sauce, red onion	125	310	10.3	6.1	54.6	793.6	13.2	20.9
Hawaiian dough, mozzarella cheese, pizza sauce, Canadian style bacon, pineapple	114	301	10.4	6.1	43.4	619.6	8.4	17.5
Cheese dough, mozzarella cheese, pizza sauce, cheddar cheese	93	200	11.8	7.2	43.7	463.7	6.4	16.3
Pesto Chicken dough, mozzarella cheese, chicken, pesto sauce, black olives, mushrooms	136	295	18.4	7.8	60	885.9	8.9	22.8
Veggie dough, mozzarella cheese, pizza sauce, green bell peppers, black olives, red onions, mushrooms, cheddar cheese	139	226	13.3	7.4	43.7	588.1	9.7	16.8
Pepperoni dough, mozzarella cheese, pizza sauce, pepperoni	95	212	13	7.2	46.7	578.1	6.7	16.3
Pizza Twists dough, twist dressing (mayonnaise, ranch mix, buttermilk, parmesan cheese, garlic)	34	135	10.5	1.4	4.9	159.3	7.8	1.5
Market Salads								
Chicken w/sp greens, cranberries & walnuts grilled sliced chicken breast, spring greens, dried cranberries, walnuts, balsamic vinaigrette (olive oil, balsamic vinegar, water, dijon mustard, garlic, basil, salt, black pepper)	340	1007	76.3	8.4	55	918	58.2	32.8
Chicken Caesar romaine lettuce, grilled sliced chicken breast, tomato, classic dressing (mayonnaise, milk, parmesan cheese, balsamic vinegar, garlic), red onion, croutons	354	415	24.4	5.4	71.9	1134.4	22.3	28
Grill Sandwiches								
Tri-Tip french roll, tri tip, tri tip seasoning (salt, paprika, black pepper, garlic powder, cayenne pepper)	222	511	17	5.4	95.3	4139.4	52.3	39.2
Chicken whole wheat bun, chicken breast, tomato	283	486	8.6	1.7	144.6	487.3	38.1	60.7
BBQ Pork french roll, pork, BBQ sauce (ketchup, brown sugar, vinegar, worcestershire sauce, liquid smoke)	335	854	25.9	9.2	136.1	1284.7	73.8	54.4
Bratwurst Sandwich french roll, Johnsonville Beer Bratwurst	193	590	34.5	11.5	70	1780	45	23

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Hot Pastrami french roll, pastrami, swiss cheese	278	576	20.3	10.1	141.7	2039.8	42.5	51.7
Gardenburger whole wheat bun, gardenburger, lettuce, tomato	269	310	4.8	0.5	0	858.2	49.1	19.6
Grab & Go Sandwiches								
Turkey and Smoked Cheddar sliced sourdough, sliced turkey breast, cheddar cheese, lettuce, tomato, herb mayonnaise	351	808	53.6	18.5	134.3	2042.2	38.1	42.3
Black Forest Ham and Swiss Cheese sliced wheat bread, sliced ham, tomato, swiss cheese, lettuce, dijon mustard	332	482	15.3	6.1	80.5	2133.7	49.7	37.4
Tuna Salad Sandwich sliced wheat bread, tuna, olives, mayonnaise, relish	260	478	15.2	1.1	3.8	1218.4	48.2	38.2
Chicken Sald Sandwich sliced wheat bread, chicken, craisins, walnuts, mayonnaise	250	684	33	4	104.4	672.2	53.2	46.2
Salami and Pepperjack sourdough roll, salami, pepperjack cheese, dijon mustard	196	512	24.6	11.3	72.4	1741.6	44.2	26
Stuffed Bagel plain bagel, tomato, cream cheese, black olives, cucumber, red onions, romaine lettuce	272	413	14.7	7.1	31.2	780.6	58.7	13.4
Small Green Salad romaine lettuce, cherry tomatoes, cucumber, carrots (paired with ranch dressing)	119	24	0	0	0	16	5	1
Antipasto Salad romaine lettuce, artichoke hearts, provolone cheese, garbanzo beans, olives, pepperoni (pair with sundried tomato vinaigrette dressing)	269	348	24	10	49	1084	18	18
Breakfast Grill								
Bacon, Egg, & Cheese Burrito wheat tortilla, egg, bacon, cheddar cheese	287	827	46.6	17.5	464.1	1922.8	58.3	42.5
Tri-Tip, Egg, & Cheese Burrito wheat tortilla, egg, tri tip, cheddar cheese	340	831	42.7	16.6	500.4	1228.6	57.9	52.8
Egg and Cheese Burrito wheat tortilla, egg, cheddar cheese	369	843	47.1	17.3	828.1	1501.1	60.4	43.2
Scrambled Eggs and Ham on a Bagel plain bagel, egg, ham, cheddar cheese	326	655	27.8	12	453.6	2141.2	56.1	43.4
Sausage and Egg on a Bun whole wheat bun, sausage, egg, cheddar cheese	340	888	57.9	20.5	524.2	1702.9	29.9	53.1
Ham and Egg on a Bun whole wheat bun, egg, ham, cheddar cheese	312	644	32.3	12.4	477.4	2031.5	40.3	45.3
Scrambled Eggs and Cheese egg, cheddar cheese	198	335	23.6	10.7	592.8	793.5	3.9	25.4
Baked Potato Triangles potato	227	432	25.2	3.6	0	648	46.8	3.6

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Grab & Go								
Sandwiches								
Chicken Salad Sandwich chicken salad (chicken breast, celery, onion, mayonnaise, thyme), croissant, tomato, lettuce	288	861	56	19	140	1247	62	26
Turkey & Jarlsberg Sandwich ciabatta roll, turkey breast, pesto aioli (pesto, mayonnaise), tomato, jarlsberg cheese, lettuce	329	792	49	11	77	1865	53	31
Roast Beef & Provolone Baguette baguette, roast beef, provolone cheese, bistro sauce	229	563	18	7.5	50	1603	72	29
Turkey & Swiss Baguette baguette, turkey breast, swiss cheese, bistro sauce	239	615	23	7.5	61	1893	74	28
Peanut Butter and Jelly wheat bread, peanut butter, jelly	190	664	32	6	0	557	85	22
Turkey Sandwich wheat bread, turkey, lettuce	168	279	5	1	40	1017	37	23
Ham Sandwich wheat bread, ham, lettuce	185	321	10	2	45	1373	37	24
Cheese Sandwich wheat bread, processed american cheese, swiss cheese, lettuce	212	606	36	21	104	1228	39	36
Italian Poor Boy baguette, tomato, grilled chicken breast, prosciutto ham, mozzarella cheese, olive tapanade (olives, oil blend, capers, garlic, basil, parsley), lettuce	437	1064	60	20	165	4385	70	61
Baba Ghanoush on Pita baba ghanoush (eggplant, garbanzo beans, olive oil, tahini, lemon juice, parsley, garlic, salt, pepper), pita, cucumber, tomato, olives, onions, lettuce	380	590	27	4	0	993	75	13
Wraps								
Chicken Caesar Wrap chicken breast, flour tortilla, lettuce, parmesan cheese, caesar dressing	313	528	15	4	43	1269	61	38
Ranch Veggie Wrap flour tortilla, romaine lettuce, cream cheese, carrots, cucumber, tomato, bell pepper, ranch dressing	453	706	41	15	70	940	72	15
Salads*								
Salads facts are listed without dressing (see dressings below for additional nutrition facts)								
Mini Mediterranean Salad romaine lettuce, sundried tomatoes, olives, onion, feta cheese (pair with italian dressing)	99	84	4	1	6	504	12	4
Small Green Salad romaine lettuce, cherry tomatoes, cucumber, carrots (paired with ranch dressing)	119	24	0	0	0	16	5	1
Antipasto Salad romaine lettuce, artichoke hearts, provolone cheese, garbanzo beans, olives, pepperoni (pair with sundried tomato vinaigrette dressing)	269	348	24	10	49	1084	18	18
Cal Poly Chef Salad romaine lettuce, cherry tomatoes, turkey breast, ham, diced egg, jack cheese, cheddar cheese (paired with ranch dressing)	326	378	24	13	194	1282	9	33

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Strawberry Chicken Salad spinach, grilled chicken, strawberries, walnuts, blue cheese (pair with poppyseed dressing)	283	424	29	8	47	930	13	32
Tri Tip Caesar Salad romaine lettuce, beef tri-tip, diced egg, croutons (pair with caesar dressing)	248	290	15	5	234	256	10	29
Deluxe Green Salad romaine lettuce, cherry tomatoes, cucumber, garbanzo beans, carrots (pair with italian dressing)	295	85	1	0	0	118	18	4
Firecracker Spinach Salad spinach, grilled chicken, cucumber, bell pepper, rice noodles, carrots, sesame seeds (pair with sesame dressing)	376	328	9	2	25	964	37	27
Seafood Louie Salad romaine lettuce, seafood sensations product (contains pollock, shrimp, crab meat), cherry tomato, diced egg, olives, celery, tabasco sauce (pair with 1000 island dressing)	310	159	6	1	131	761	17	12

Salad Dressings

Chinese Chicken	1 pkg (64g)	200	8	1	0	310	5	1
Italian	1 pkg (42g)	35	2.5	0	0	560	3	0
Ranch	1 pkg (42g)	190	20	3.5	15	380	2	1
Honey Mustard	2 fl oz (60g)	240	20	3	0	270	16	0
Balsamic Vinaigrette	2 fl oz (64g)	200	18	3	0	600	10	0
Champagne Vinaigrette	2 fl oz (60g)	220	22	3	0	800	4	0
Sesame Ginger	2 fl oz (57g)	250	22	4	0	504	12	0
Thousand Island	2 fl oz (57g)	324	35	5	17	420	2	0
Sundried Tomato Vinaigrette	2 fl oz (57g)	77	0	0	0	447	17	0
Caesar Dressing	1 pkg (42g)	170	18	3	5	290	1	1