

Nutritional Information - Soups



Menu Item	Serving Size	Nutritional Information											Allergens								Additional info						
		Calories	Cals from fat	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Egg	Dairy	Soy	Tree Nuts	Peanuts		Fish	Shellfish				
Broccoli Cheddar	1 cup	115	71	19	8	5	1	19	123	1	4	3	X		X		X	X									
Butternut Squash with Apple	1 cup	214	10	16	2	1	0	0	86	1	35	1	X	X	X												
Chicken and Turkey Sausage Gumbo	1 cup	63	7	12	1	1	0	6	825		4	4						X									
Chicken Noodle	1 cup	261	16	28	1	1	0	23	449	3	6	13				X1											
Chicken Tortilla	1 cup	176	42	24	5	1	0	20	509	4	8	9			X												
Creamy Crab	1 cup	206	126	12	14	6	0	27	1012	1	10	7					X	X						X	Contains: Crab		
Cuban Black Bean with Lime	1 cup	262	46	28	6	1	0	0	142	7	9	8	X	X	X												
Lobster Bisque	1 cup	166	71	16	8	6	0	22	1272	0	12	6					X	X				X	X	Contains: Lobster; Pollock; Cod			
Meatball, Tortellini & Spinach	1 cup	128	50	17	6	2	0	8	407	2	3	5				X1	X	X									
Moroccan Red Lentil	1 cup	231	110	26	13	3	0	0	195	8	10	8	X	X	X												
Potato Leek	1 cup	103	64	10	8	2	0	0	22	2	2	2	X	X	X												
Quina Vegetable Kale	1 cup	67	6	13	1	1	0	0	66	3	3	4	X	X	X												
Tomato Bisque	1 cup	263	180	21	21	11	0	42	140	3	14	3	X		X		X										
Vegetable Minestrone	1 cup	47	2	10	1	1	0	0	80	2	3	2	X	X		X1											

X1

Soups containing pasta may contain traces of egg.

DISCLAIMER

Nutritional information is based on standard recipes and uses the latest nutritional data available from the USDA as well as nutritional data provided by food manufacturers about their products. Variations may occur due to product availability and food preparation. If you have a food allergy, please note that many of our menu items may potentially come in contact with other allergens. This site is not a substitute for the services of a trained health professional.