

Nutritional Information - Soups



Menu Item	Serving Size	Nutritional Information											Allergen Information										Additional info					
		Calories	Cals from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Contains Egg	Contains Dairy	Contains Soy	Contains Tree Nuts	Contains Peanuts	Contains Fish	Contains Shellfish						
BROCCOLI CHEDDAR SOUP	12 OZ	343	196	22	16	0	55	327	21	2	19	11	X					X										
BUTTERNUT SQUASH WITH APPLE SOUP	12 OZ	120	12	1	0	0	0	317	18	2	8	1	X	X	X													
CHICKEN AND TURKEY SAUSAGE GUMBO	12 OZ	116	18	2	0	0	23	1238	16	1	4	8																
CHICKEN NOODLE SOUP	12 OZ	429	28	3	0	0	60	1199	71	4	13	24																PASTA MAY CONTAIN TRACES OF EGG
CHICKEN TORTILLA SOUP	12 OZ	236	84	10	1	0	0	247	24	5	8	16				X												
CREAMY CRAB SOUP	12 OZ	309	189	21	9	0	40.5	1518	18	1.5	15	10.5						X	X									X
CUBAN BLACK BEAN SOUP	12 OZ	184	49	6	1	0	0	564	27	7	6	8	X	X	X													
LOBSTER BISQUE SOUP	12 OZ	309	189	21	9	0	40.5	1518	18	1.5	15	10.5						X	X									X
MEATBALL, TORTELLINI AND SPINACH SOUP	12 OZ	170	82	9	3	0	14	1009	16	3	4	6					X	X	X									PASTA MAY CONTAIN TRACES OF EGG
MORROCCAN RED LENTIL SOUP	12 OZ	299	70	8	1	0	0	211	48	9	9	13	X	X	X													
POTATO LEEK SOUP	12 OZ	162	103	12	2	0	0	394	16	2	3	2	X	X	X													
QUINOA VEGETABLE KALE SOUP	12 OZ	20	2	0	0	0	1205	33	7	8	8	8	X	X	X													
TOMATO BISQUE SOUP	12 OZ	339	250	28	14	0	57	12	23	2	18	2	X		X													
VEGAN TORTILLA SOUP	12 OZ	145	56	6	1	0	0	328	23	5	8	4	X	X	X													
VEGETABLE MINESTRONE SOUP	12 OZ	107	11	1	0	0	0	1422	27	5	8	5	X	X														PASTA MAY CONTAIN TRACES OF EGG

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.