

UH Cafe MHealthy Nutrition Information August 2018

	Serving size	Total Calories	Total fat	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	carbohydrates	Dietary fiber (g)	Sugars (g)	Protein (g)
Soups											
3 Bean Chili	8 oz.	140	2	0	*0	0	400	26	7	6	7
Barley Vegetable	8 oz.	90	3	0	*0	0	280	14	2	2	2
Beef Noodle	8 oz.	130	4	1	0	30	380	15	1	*2	8
Beef, Mushroom, Barley	8 oz.	110	4	1	0	15	260	13	2	2	7
Black Bean	8 oz.	220	4	0.5	*0	0	290	35	13	*3	12
Butternut squash	8 oz.	90	3	0	0	0	250	15	3	4	2
Chicken & Pinto Bean Chili	8 oz.	240	7	1.5	*0	45	410	22	7	3	23
Chicken Chipotle Tortilla	8 oz.	140	5	1	*0	20	340	17	4	3	8
Chicken Ditalini	8 oz.	110	3.5	1	0	15	340	13	2	2	7
Chicken with Brown Rice	8 oz.	100	4.5	1	0	20	270	10	<1	*1	6
Vegan Tomato Basil	8 oz.	250	3	0	0	0	250	54	4	45	3
Curried Tomato Lentil	8 oz.	100	3.5	0	0	0	410	15	5	3	5
Double Chicken Noodle	8 oz.	140	5	1	0	35	330	16	1	*2	8
Hearty Beef & Vegetable	8 oz.	120	4.5	1	0	15	390	12	2	2	7
Jerk Chicken	8 oz.	160	6	1	0	20	320	20	4	3	9
Lemon Garlic Chicken	8 oz.	160	7	1.5	*0	70	320	12	1	*2	13
Lentil	8 oz.	100	3	0	0	0	150	15	4	*3	4
Lentil Potato	8 oz.	90	2	0	0	0	290	14	3	*2	4
Matzo Ball	8 oz.	250	6	1.5	0	75	420	36	2	1	11
Minestrone	8 oz.	140	3	1	0	*5	400	21	5	2	7
Moroccan Chickpea	8 oz.	150	4	0	*0	0	300	26	5	*12	5
Pasta Fagioli	8 oz.	140	4	1	0	<5	210	21	4	4	5
Spicy Lentil & Kale	8 oz.	80	2	0	*0	0	210	12	3	3	3
Split Pea & Ham	8 oz.	200	3	0.5	*0	5	400	31	11	*5	13
Turkey Chili made w/out gluten	8 oz.	210	6	2	0	25	330	25	6	9	16
Vegetable Bean	8 oz.	180	2.5	0	0	0	470	35	6	16	7
Vegetable Brown Rice	8 oz.	90	2.5	0	0	0	250	15	2	*3	2
Vegetable Orzo	8 oz.	100	3	0	0	0	240	17	2	*3	3

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Vegetable Rice	8 oz.	90	3	0	0	0	150	14	2	*2	2
Mushroom Barley	8 oz.	140	4	0.5	0	0	410	24	3	1	2
Sweet Tomato Soup	8 oz.	90	2	0	0	0	430	17	2	9	2
Food Evolution											
	Serving size	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Asian grain salad with carrot ginger dressing	10 oz.	470	28	3	0	0	360	51	10	23	8
Couscous Chicken salad	10 19/25 oz.	360	9	1.5	0	30	85	62	11	29	19
Greek Yogurt Parfait	8 1/2 oz.	270	1.5	0	0	10	140	49	3	29	18
Lemon chicken & arugula with quinoa & couscous	9 1/5 oz.	240	6	0.5	0	30	220	40	31	14	17
Side chicken pesto pasta	3 1/2 oz.	230	15	2.5	0	30	240	17	0	1	8
Yogurt Parfait	8 1/2 oz.	270	1.5	0	0	10	140	49	3	29	18
Salad Bar											
	Serving size	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Edamame	1 ozw	40	1	0	0	0	25	3	0	1	4
Garbanzo beans	1.5 oz.	39	1	0	0	0	105	6	2	1	2
Grape tomatos	2 oz.	10	0	0	0	0	3	2	1	2	1
Grapes	1 oz.	18	0	0	0	0	0	5	0	4	0
Green peppers	2 oz.	8	0	0	0	0	0	2	1	1	0
Hard-boiled egg	1 each	78	5	1.6	0	186	62	0.5	0	0.5	6
Iceberg	11.3 oz.	54	0	0	0	0	18	11	3	3	4
Jalapenos	0.9 oz.	5	0	0	0	0	460	1	0	1	0

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	Serving size	Total Calories	Total fat	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	carbohydrates	Dietary fiber (g)	Sugars (g)	Protein (g)
Mushrooms	2.1 oz.	13	0	0	0	0	0	2	1	1	2
Peas	1.2 oz.	27	0	0	0	0	38	5	2	2	2
Quinoa salad	4 oz.	303	22	3	0	0	210	20	2	4	4
Red onion	1.4 oz.	16	0	0	0	0	0	3	0	1	0
Red Pepper	1 ozw	5	0	0	0	0	0	1	0	1	0
Red Cabbage	1 ozw	9	0	0	0	0	8	2	0.5	1	0.5
Romaine	7 oz.	35	1	1	0	0	16	7	7	0	2
Spinach	3.8 oz.	18	0	0	0	0	90	4	4	0	3
Spring mix (organic)	4.4 oz.	37	0	0	0	0	53	6	1	0	2
Strawberries, fresh	1 ozw	10	0	0	0	0	0	2	1	1	0
Sundried tomatoes	1 oz.	80	0	0	0	0	180	14			4
Sunflower seeds	0.5 ozw	80	7	0.5	0	0	60	3	1	0	3
Spicy Chicken	3 oz.	100	2.5	0.5	0		520	1			18
Turkey breast - Gluten Free	1.6 oz.	48	1	0	0	24	224	0			10
Salad Dressings & Condiments											
Baba Lemon	1 oz.	150	17	1			120	3		1	0
Balsamic basil garlic	1 oz.	140	15	1			70	2		2	0
Balsamic vinaigrette	1 oz.	140	15	1			65	2		2	0
Balsamic Vinegar	1 oz.	20	0	0	0	n/a	0	4	0	4	0
Italian Herb Vinaigrette	1 oz.	140	17	1	0	0	140	0	0	0	0
Olive oil/Soybean oil blend (Olive pomace oil)	1 oz.	240	28	4	0	0	0	0	0	0	0
Peanut butter	0.75 oz.	120	11	2	0	0	100	5	2	2	4
Red wine vinegar	1 oz.	0	0	0	0	0	0	0	0		0
Smucker's sugar-free syrup packets	1 package (32 g)	10	0	0	0	0	75	4	0	0	0
Continental Breakfast											
Chobani Strawberry Greek yogurt	150 g	120	0	0	0	5	50	18	<1	15	12
Chobani nonfat greek yogurt- parfait bar	150 g	80	0	0	0	10	55	6	0	4	15

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	Serving size	Total Calories	Total fat	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	carbohydrates	Dietary fiber (g)	Sugars (g)	Protein (g)
Dannon lowfat vanilla yogurt-parfait bar	150 g	130	2	1.5	0	10	90	21	0	22	7
Fruit cup - Cantaloupe	7 oz.	70	0	0	0	0	0	16	2	15	2
Fruit cup - Mixed	7 oz.	90	0	0	0	0	20	23	2	20	1
Fruit cup - Pineapple	7 oz.	100	0	0	0	0	0	26	3	20	1
Fruit cup- Grapes	7 oz.	140	0	0	0	0	0	36	2	31	1
Kellogg low fat granola with raisins cereal	63 g	240	3.5	0.5	0	0	160	50	5	18	6
Kellogg's Raisin Bran Crunch	80 g	280	1.5	0	0	0	290	68	6	28	5
Dannon lowfat vanilla yogurt - individual cup	5.3 oz.	130	2	1.5	0	10	90	21	0	22	7
Yoplait Original - Strawberry		150	2	1	0	10	95	25	0	18	6
Yoplait Original - Blueberry		150	2	1	0	10	95	25	0	18	6
Yoplait Original - Mixed Berry		150	2	1	0	10	95	25	0	18	6
Quaker Oats plain oatmeal	8 oz.	150	3	0.5	0	0	0	27	4	1	5
Apple Cinnamon oatmeal	8 oz.	180	3	0.5	0	0	1	35	7.5	4	5
Raisins	1 oz.	80	0	0	0	0	0	22	1	17	1
Whole fruit - oranges	1 each	69	0.2	0	0	0	1	18	3.1	12	1.3
Whole fruit - apples	1 each	95	0.3	0	0	0	2	25	4.4	19	0.5
Whole fruit - Bananas	1 each	105	0.4	0	0	0	1	27	3.1	14	1.3
Whole fruit - Pears or seasonal	1 each	102	0.2	0	0	0	2	27	6	17	0.6
Yogurt bar - fresh fruit - strawberries	1 oz.	9	0	0	0	0	0	2	0.6	1	0.2
Yogurt bar - fresh fruit - blueberries	1 oz.	16	0	0	0	0	0	4	0.7	3	0.2
Yogurt bar - fresh fruit - pineapple	1 oz.	14	0	0	0	0	0	4	0.4	3	0.2
Yogurt bar - fresh fruit - grapes	1 oz.	19	0	0	0	0	1	5	0.3	4	0.2
Yogurt bar - fresh fruit - cantaloupe	1 oz.	10	0	0	0	0	4	2	0.3	2	0.2
Yogurt bar - fresh fruit - honeydew	1 oz.	10	0	0	0	0	5	3	0.2	2	0.2
Breakfast Made to Order and Grill											
Shredded Hashbrowns	6 oz.	105	0	0	0	0	83	24	3	0	1.5
Scrambled eggs - breakfast blend	6 oz.	210	13.5	4.5	0	548	465	<1	0	0	18

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Turkey sausage link	2 links (2 oz.)	100	7	2	0	35	330	<1	0	<1	9
2 eggs, your way (shell eggs)	1 each (Large)	72	5	2	0	184	71	0.5	0	0	6
Egg whites	6 oz.	100	0	0	0	0	300	4	0	0	20
Diced Ham	2 oz.	50	1.5	0.5	0	25	520	1	0	-	9
Tomatoes	2 oz.	10	<1	0	0	0	4	2	1	2	<0.5
Spinach	2 oz.	14	0	0	0	0	40	2	2	0	2
Bell peppers	2 oz.	16	0	0	0	0	1.2	4	0.6	2	0
Diced onion	2 oz.	24	0	0	0	0	2	6	1	2	<0.5
Broccoli	2 oz.	20	0	0	0	0	24	4	2	0	2
Mushrooms	2 oz.	16	0	0	0	0	1	3	2	2	2
Salsa	1 oz.	10	0	0	0	0	170	2	1	1	0
Snacks											
Angie's boom chicka pop popcorn - Sea salt	0.6 oz	80	4.5	0	0	0	80	11	2	0	2
Back-2-Nature crispy cheddar	30g	140	5	0	0	260	20	<1	0	3	2
Baked Tostitos tortilla scoops	28g	120	3	0.5	0	0	140	22	2	0	2
Chex mix - bold	29g	120	3.5	0.5	0	0	210	21	1	2	2
Chex mix - original	29g	120	3.5	0.5	0	0	230	22	1	2	2
Fat free fig newtons	29 g	100	0	0	0	0	90	23	1	14	1
Goldfish - Cheddar	1.05 oz.	140	5	1	0	10	250	20	<1	0	3
Harvest Snaps - Lightly salted	28g	110	4.5	0.5	-	0	50	17	4	1	5
Harvest Snaps - Wasabi Ranch	28g	120	5	0.5	-	0	65	16	4	1	5
Health warrior bar - chocolate peanut butter	1 bar (25 g)	100	6	1	0	0	40	3	4	5	3
Kar's raisin almond cashew	1/4 cup	120	6	0.5	0	0	0	16	1	10	3
Kar's roasted salted almonds	1/4 cup	170	15	1	0	95	6	3	1	6	
Kar's roasted salted cashews	1/4 cup	160	13	2.5	0	0	85	9	1	2	5
Kar's roasted salted peanuts	1/4 cup	160	15	2.5	0	0	90	4	2	1	8

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Kar's roasted salted pistachios	1 oz. (w/out shells)	160	13	1.5	0	0	120	8	3	2	6
Kar's roasted unsalted cashews	1/4 cup	160	13	2.5	0	0	0	8	1	2	5
Kar's Pumpkin Seeds											
Kar's Sunflower kernels	1 oz.	170	15	2	0	0	115	6	3	1	6
Kind bar - fruit & nut	1 bar (40g)	200	13	1.5	0	0	15	17	3	7	6
Kind bar - Honey roasted nuts & sea salt	40g	200	15	2	0	0	135	15	4	5	6
Kind bar - Madagascar Vanilla	1 bar (40 g)	200	15	1.5	0	0	15	15	6	4	6
Lara bar - Apple pie	1 bar (45g)	190	10	1	0	0	5	24	5	18	4
Lara bar - Blueberry muffin	1 bar (45g)	190	8	1.5	0	0	5	26	3	17	4
Lara bar - Cherry Pie	1 bar (48g)	200	8	0.5	0	0	0	30	4	23	5
Lara bar - Peanut butter & Jelly	1 bar (45g)	210	10	1.5	0	0	50	27	4	19	6
Oven baked Lays - BBQ	28 g	120	3.5	0.5	0	0	160	22	1	3	2
Oven baked Lays - Original	28 g	120	3.5	0	0	0	160	22	1	2	2
Oven baked Lays - Sour cream & onion	28 g	120	3.5	0.5	0	0	170	21	1	3	2
Pop chip - BBQ	23 g	100	4	0	0	0	170	15	0	2	1
Pop chip - Cheddar & sour cream	23 g	100	3.5	0.5	0	0	160	15	1	1	1
Pop chip - Sour cream & onion	23 g	100	3.5	0	0	0	160	16	1	1	1
Pop chip - sea salt & vinegar	28 g	120	4	0	0	0	200	19	0	1	1
Pure - Ancient grain - peanut butter chocolate	1 bar (35g)	160	9	1.5	0	0	65	17	2	8	5
Pure - coconut cashew	1 bar (43g)	190	10	5	0	0	20	22	3	14	5
Reduced fat Doritos - Cool ranch	1 oz	130	5	1	0	0	160	19	2	1	2
Reduced fat Doritos - Nacho cheese	1 oz	130	5	0.5	0	0	200	20	2	0	2
Special K cracker chips - cheddar	25 g	100	3.5	0.5	0	0	180	18	2	2	1
Special K cracker chips - Sea salt	25 g	100	3.5	0	0	0	180	18	2	1	1
Special K cracker chips - Sour cream & onion	25 g	100	3	0	0	0	190	18	2	2	1
Second Nature - Select Nut Medley	1 oz.	180	16	1.5	0	0	0	6	2	1	5

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Frozen Yogurt Bar											
Almonds	0.5 ozw	80	7	0.5	0	0	0	3	2	1	3
Blackberries	1 ozw	10	0	0	0	0	0	3	2	1	0
Raspberries	1 ozw	15	0	0	0	0	0	3	2	1	0
Blueberries	1 ozw	15	0	0	0	0	0	4	1	3	0
Earthen Jar Grab 'n Go											
Dal Moong - lentil soup	3 oz.	169	6.9	0.6	0	0	186	21.6	5	0.6	5.1
Savi beans, scrambled tofu & alu thali	16 oz.	269	8.6	1.3	0	0	615	37.9	10	4.6	15.2
Olilo											
Avocado edamame hummus	4 oz.	300	26	3.5	0	0	170	12	6	<1	8
Baba ghanoush	4 oz.	120	8	1	0	200	12	4	4	4	2
Chickpea salad	2.5 oz.	130	5	0.5	0	0	160	16	5	0	6
Cucumber tomato salad	1/2 cup (2.8oz)	35	2.5	0	0	0	100	3	<1	2	<1
Cumin scallion hummus	4.5 oz.	290	20	2.5	0	0	240	22	8	<1	10
Falafel	35g	50	1	0	0	10	75	8	2	0	3
Harissa vinaigrette	1 oz.	50	4	0	0	0	65	3	<1	1	0
Hummus	4.5 oz.	310	21	3	0	0	250	22	8	<1	10
Kalamata olives	1/4 oz.	20	2	0	0	0	115	1	0	0	0
Lemon grilled chicken	3 oz.	130	5	1	0	60	230	1	0	0	21
Lemon vinaigrette	1 oz.	110	11	1	0	0	30	3	0	0	<1
Pickled onions	1/4 oz.	0	0	0	0	0	0	<1	0	0	0
Quinoa tabbouleh	1/2 cup (3.5oz)	150	8	1	0	0	85	15	3	1	3
salmon	2.8 oz.	120	6	1	0	40	50	0	0	0	15
Spiced carrot salad	3.6 oz.	120	7	1	0	0	200	14	3	9	1
Super greens	1.5 oz.	15	0	0	0	0	15	2	1	<1	1
Tahini dressing	1 oz.	60	5	0.5	0	0	50	3	1	0	2
Tzatziki sauce	1 oz.	15	0	0	0	0	30	1	0	<1	2

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Guest Restaurants											
Earthen Jar											
Alu Bhaji (curried potatoes)	6 oz.	147	3	0.3	0	0	162	28	3	1	3
Basmati rice pallao	6 oz.	194	1.9	0.2	0	0	61	39	3	2	5
Brown rice pallao	6 oz.	192	11.5	1.4	0	2	62	17	2	4	7
Channa masala (spicy chickpeas)	6 oz.	278	6.6	0.6	0	0	63	44	12	10	14
Dal moong wash (yellow lentils)	6 oz.	149	3.4	0.3	0	0	54	26	2	1	10
Sag Tofu (Spinach & tofu)	6 oz.	107	6.6	0.5	0	0	127	6	4	1	9
Ahmo's											
Lamb Stew w/ rice	11 oz.	330	6	2	0		320	50			16
Vegetarian Stew w/ rice	11 oz.	310	4	1			290	20			7
Fattoush Salad (full)	14 oz.	320	18	2	0	0	330	38			7
Tabbouleh Salad (half)	12 oz.	310	14	2			540	40			11
Falafel Pita		340	7	1			590	60			13
Grape Leaves pita		310	2	0			320	65			9
Tabouleh Pita		250	7	0.5			250	42			8
Chicken Swawarma Plate		420	6.5	2			545	40			15
Falafel Plate		440	8.5	1			900	80			17
Veggie Plate (grape leaves)		500	9	1			750	90			15
Grape leaves (veggie)		230	1.5	0			300	48			7
Grape Leaves (meat)		260	3.5	0			300	38			10
Tabbouleh	1 cup	250	11	2			435	35			8.5
Pickles	1 oz.	4	0	0			350	1			0
Kalamata olives	5 pieces	25	4	0.5			260	0			0
Banana peppers	1 oz.	5	0	0			460	1			
Bangkok											
Pad Thai with Chicken	16 oz.	496	12.6	2.8	0	185	793	64	3	17	30
Beef Bulgogi	16 oz.	495	9	4	0		350	60			
Chicken Bulgogi	16 oz.	500	16	4	0		320	40			

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Tuna	3 oz.	91.8	0.8	0.2	0		31.5	0			19.9
Luna											
Beans (side)	4 oz.	240	2	1	0	0	570	53	10	10	15
Slow's BBQ											
BBQ Tofu plate	3.5 oz.	98.7	4.2	0.5	0	0	202.1	7	1.4	4.7	8.5
Pit smoked beans	4 oz.	155	3	1	0	10	410	6	2	3	1
Sushi Kabar											
California dragon roll	9.6 oz.	360	13	2	0	<5	800	56	6	7	7
California roll	6.1 oz.	220	3	0	0	<5	730	42	1	6	6
California roll with brown rice	6.1 oz.	210	3.5	0	0	<5	500	42	4	3	6
Cooked smoked salmon	6.1 oz.	240	4.5	1	0	15	650	40	0	5	9
Cooked smoked salmon with brown rice	7.9 oz.	290	7	1	0	20	520	50	4	4	11
Eel roll	6.1 oz.	270	8	1.5	0	40	750	43	1	7	9
Eel roll with brown rice	7.7 oz.	320	11	2	0	50	640	54	5	5	11
Family california roll with brown rice	11.8 oz.	410	7	0.5	0	5	960	83	7	7	11
Michigan jalapeno roll	6.1 oz.	230	2.5	0	0	20	550	38	1	5	11
Michigan jalapeno roll with brown rice	8.5 oz.	320	6	0	0	25	440	52	5	4	16
Mini rainbow roll with salmon	6.6 oz.	260	9	2	0	30	560	32	<1	4	13
Mini rainbow roll with shrimp	6.6 oz.	210	3	0	0	60	670	37	1	5	10
Mini rainbow roll with Tuna	6.6 oz.	230	4.5	1	0	20	560	33	<1	4	14
Mini rainbow roll with Yellow Tuna	6.6 oz.	220	2.5	0	0	20	560	33	<1	4	15
Real crab roll	6.1 oz.	200	2	0	0	10	640	39	<1	5	6
Red Dragon roll	8.4 oz.	330	1.5	0	0	55	670	45	0	5	26
Sliced avocado roll	6.1 oz.	190	8	1.5	0	0	310	30	5	14	2
Spicy chicken roll with brown rice	9.9 oz.	410	13	2.5	0	85	760	55	3	7	22
Spicy salmon roll	6.1 oz.	290	10	2	0	20	610	39	<1	5	10
Spicy salmon roll with brown rice	6.1 oz.	280	11	2	0	20	380	38	3	2	10
Spicy Tuna roll	6.1 oz.	250	4	0.5	0	25	580	37	0	5	13
Spicy Tuna roll with brown rice	6.1 oz.	240	4.5	0.5	0	25	370	35	2	3	13

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	Serving size	Total Calories	Total fat	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	carbohydrates	Dietary fiber (g)	Sugars (g)	Protein (g)
Tekamaki Salmon roll with brown rice	9.3 oz.	410	11	2	0	35	550	62	4	4	19
Tekamaki Shrimp roll with brown rice	8.5 oz.	310	2.5	0	0	85	610	62	4	4	14
Tekamaki Tuna roll with brown rice	9.3 oz.	370	3	0	0	45	540	62	4	4	23
Tempura shrimp roll	6.1 oz.	290	4.5	0	0	20	720	51	0	6	8
Tempura shrimp roll with brown rice	6.1 oz.	270	6	0	0	20	470	49	3	4	7
Teriyaki chicken roll with brown rice	9.4 oz.	450	17	4.5	0	70	770	60	3	8	18
Utah crunchy roll	7.6 oz.	460	17	4.5	0	25	910	66	0	10	9
Vegetable roll with brown rice	6.1 oz.	210	4	0	0	0	370	43	4	3	4
Volcano roll	7.6 oz.	310	8	1.5	0	35	900	40	0	6	16
Chef's Special SM w/Tuna & Shrimp	7.6 oz.	280	4	0.5	0	55	740	45	<1	6	14
Chef's Special SM w/Tuna	7.6 oz.	290	5	1	0	25	670	42	<1	5	17
Chef's Special w/Salmon & Shrimp	8.1 oz.	330	8	1.5	0	55	810	49	1	6	13
Chef's Special w/Salmon	8.1 oz.	410	18	3.5	0	55	640	39	<1	5	22
Chef's Special w/Tuna	8.1 oz.	340	5	0.5	0	55	660	42	0	5	25
Grill											
Black bean burger	3.3 oz.	170	5	0.5	0	0	470	18	6	-	15
Steamed Broccoli	1/2 cup (2.5 oz)	20	0	0	0	0	10	4	2	1	1
Crispy Chicken (never fried)	3.5 oz.	240	13	2	0	45	600	14	1	0	18
Chicken breast	5 oz	170	4	1	0	90	280	0	0	0	33
Farmhouse Chicken sandwich	1 each (7.6 oz)	380	12	2.5	0	75	650	37	3	10	33
Fresh Fruit salad	4 oz.	50	0	0	0	0	10	14	1	12	<1
Grilled Asparagus	3 oz.	45	2.5	0	0	0	85	4	2	1	2
Grilled Salmon Fillet	5 oz.	360	21	4.5	0	115	115	0	0	-	39
Grilled Zucchini	3 oz.	60	5	0.5	0	0	105	3	1	2	1
Ground turkey patty	5.3 oz.	350	18	3.5	0	80	480	4	0	-	26
Lettuce	1 oz.	5	0	0	0	0	11	0.6	<0.5	<0.5	<0.5
Red onions	1 oz.	8	0	0	0	0	0.6	2	<0.5	-	0.25

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	Serving size	Total Calories	Total fat	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	carbohydrates	Dietary fiber (g)	Sugars (g)	Protein (g)
Sliced tomato	1 slice	4	0	0	0	0	1	1	<0.5	<0.5	<0.5
Mongolian Bar											
Brown rice	1/2 cup	85	0.75	0	0	0	0	18	1	-	2
Broccoli	1 oz.	5	0	0	0	0	2.5	1	0.5	-	<1
Sliced mushrooms	1 oz.	5	0	0	0	0	84	<1	<0.5	0	0.5
Baby Corn	1 oz.	8	0	0	0	0	78	1	<1	-	0.5
Steamed sugar snap peas	1 oz.	10	0	0	0	0	5	2	1	<0.5	1
Sliced mixed bell peppers	1 oz.	5	0	0	0	0	0	2	<1	<1	0
Water chestnuts	1 oz.	11	0	0	0	0	2.5	3	<1	-	<0.5
Sliced scallions	1 oz.	2.5	0	0	0	0	0	0.5	<0.5	-	0
Sliced grilled chicken	4 oz.	190	6	1.5	0	85	240	<1	0	0	32
Thai chili beef steak	4 oz.	360	20	5	0	85	1590	15	1	10	30
Tofu	4 oz.	90	4.5	1	0	0	15	2	1	<1	9
Sesame seeds	1 oz.	103	9	1	0	0	2	4	2	-	3
Café Stations											
Chicken tenders	5.9 oz. (3 pieces)	379	16	3	0	74	941	28	1.5	0	29
Plain baked potato	1	216	0.5	0	0	0	23	49	5	0	n/a
Summer 2017 Menu: main dishes/protein											
Cavatappi Alla Toscana	15.8 oz.	440	5	1.5	*0	5	370	80	8	8	18
Korean beef taco	3.9 oz.	190	5	1.5	*0	25	480	22	1	*6	13
Chicken Teriyaki	4 oz.	140	7	1.5	0	35	390	11	1	8	8
Buffalo chicken wings	9.6 oz.	530	46	10	*0.5	95	1500	4	<1	*2	23
Crispy battered cod	2.8 oz.	260	17	2.5	0	25	260	13	0	0	13
Cilantro-lime shredded chicken	3.2 oz.	150	7	1.5	*0	60	220	5	<1	<1	18
Teriyaki Pepper steak	8 oz.	180	5	1	*0	35	280	15	1	9	17
Chicken & pepper stir-fry	4 oz. (1/2 cup)	120	5	1	*0	20	480	12	1	*7	6
Yankee Pot roast	6 oz.	260	14	6	*0	80	250	9	1	*2	25

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	Serving size	Total Calories	Total fat	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	carbohydrates	Dietary fiber (g)	Sugars (g)	Protein (g)
Meatloaf	4 oz.	*260	*11	*4	*0.5	*55	*520	*21	*1	*8	*19
BBQ Chicken	3.7 oz.	250	12	3.5	*0	80	450	8	0	6	24
Tandoor chicken	1 piece (3.2 oz.)	130	9	2.5	*0	45	60	0	0	0	11
BBQ Chicken wings	11.7 oz.	490	34	8	0	170	760	16	1	13	28
Sweet & spicy asian chicken wings	11.8 oz.	550	34	8	0	170	1040	30	1	24	28
Taco-seasoned grilled chicken	4 oz.	260	16	4.5	0	120	480	2	0	<1	26
BBQ shredded chicken	3.5 oz.	240	13	3.5	*0	100	550	11	0	11	21
Beef pho	12.6 oz.	160	2.5	1	*0	25	540	23	2	8	11
Carne asada	3.5 oz.	190	9	3.5	*0	75	110	<1	0	0	25
Crispy chicken tenders	3 each (5.3 oz.)	510	35	5	0	45	1140	29	<1	0	21
BBQ Pinto beans	3.5 oz.	160	2.5	0.5	0	<5	370	27	5	13	6
Seasoned black beans	3.7 oz.	140	1	0	*0	0	460	24	9	<1	8
Koren pork	3.2 oz.	180	4	1	*0	70	530	11	0	9	23
Koren BBQ chicken	3.2 oz.	220	11	3	*0	90	530	11	0	9	20
Sides											
Red Beans and Rice	3.5 oz.	140	1	0	0	0	140	28	2	1	4
Collard Greens w Bacon	3 oz.	90	4	1	0	10	360	7	4	<1	6
Vegetarian refried beans	4.3 oz.	140	1.5	0	0	0	490	23	8	0	8
Strawberry/Melon salad	3 oz.	40	0	0	*0	0	30	10	<1	8	<1
Spanish rice	3.5 oz.	110	1.5	0	*0	0	70	21	<1	1	2
Asian Teriyaki noodles	4.1 oz.	100	2.5	0	*0	0	240	18	1	6	2
Old fashioned coleslaw	3 oz.	250	14	2	*0	10	160	30	2	28	<1
Curried chickpeas	7.3 oz.	220	2.5	0	*0	0	150	43	5	*2	7
Potato curry	4 oz.	160	8	1	*0	0	320	19	4	*2	4
Mexican rice	3.2 oz.	100	1	0	*0	0	40	22	1	0	3
Sweet & spicy coleslaw	2.3 oz.	140	2.5	0	*0	0	65	30	1	28	<1
Kimchi	2.2 oz.	20	0	0	0	0	210	4	1	*1	<1

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	Serving size	Total Calories	Total fat	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	carbohydrates	Dietary fiber (g)	Sugars (g)	Protein (g)
Sauteed zucchini & tomato	3.5 oz.	40	2.5	0	0	0	50	4	1	2	1
Sauteed red & green peppers	3.2 oz.	60	3	0	0	0	115	7	1	4	1
Garlic roasted broccoli	2 oz.	50	3.5	0	0	0	65	5	2	1	2
Fruits											
Cubed watermelon	1 oz.	10	0	0	0	0	0	2	0	2	0
Lemon wedges	1 wedge	0	0	0	0	0	0	<1	0	0	0
Vegetables											
Ancho-Lime portobello mushroom	2 1/2 oz.	20	1.5	0	0	0	10	2	<1	<1	1
Iceberg lettuce	1 oz.	0	0	0	0	0	0	<1	0	<1	0
Jalapenos	1 oz.	10	0	0	0	0	0	2	<1	1	0
Green beans	2 oz.	20	0	0	0	0	0	5	2	2	1
Diced tomatoes	1 oz.	5	0	0	0	0	0	1	0	<1	0
Scallions	1 oz.	10	0	0	0	0	0	2	<1	<1	<1
Corn on the cob	3.5 oz.	50	0	0	0	0	0	13	2	2	2
Fresh steamed corn	3.2 oz.	100	4	2.5	0	10	70	17	2	3	2
Celery sticks	2 oz.	10	0	0	0	0	45	2	<1	<1	0
Carrot sticks	2 oz.	25	0	0	0	0	40	5	2	3	<1
Pickled cucumber	1 oz.	5	0	0	*0	0	15	1	0	<1	0
Grilled Zucchini	3 oz.	15	0	0	0	0	0	3	1	2	1
Pickled carrot & daikon	1 oz.	160	0	0	*0	0	10	41	0	40	0
Cilantro	1 oz.	5	0	0	0	0	15	1	<1	0	<1
Condiments											
Pico de gallo	1 oz.	5	0	0	0	0	55	1	0	<1	0
Marinara Sauce	2 oz.	50	3.5	0	0	0	70	5	1	2	<1
Salsa	1 oz.	10	0	0	0	0	180	2	<1	0	0
Mild salsa	1.5 oz.	15	0	0	0	0	260	4	<1	<1	<1
Chopped peanuts	1 oz.	170	14	2	0	0	115	6	2	1	7
Salsa roja	1 oz.	20	0.5	0	0	0	220	4	>1	0	<1
Salsa Verde	1 oz.	5	0	0	0	0	75	1	0	<1	0

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	Serving size	Total Calories	Total fat	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	carbohydrates	Dietary fiber (g)	Sugars (g)	Protein (g)
Sesame seeds	1 oz.	160	14	2	*	0	0	7	3	0	5