

 <p><b>Catering</b></p>	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
RISING ROLL - Asian Grain Bowl	380	70	7	1.5	0	90	240	38	5	8	38	Analysis does not include dressing.
RISING ROLL - Bacon Egg & Cheese Croissant	580	330	36	18	0	490	870	29	1	5	32	
RISING ROLL - Baked Asparagus Casserole - Catering	120	90	10	2	0	5	370	4	2	2	4	Serves 10; analysis for 1 serving
RISING ROLL - Banana Nut Oatmeal - Large	600	100	11	2.5	0	20	160	98	11	33	29	
RISING ROLL - Banana Nut Oatmeal - Medium	470	80	9	2	0	15	120	78	8	28	22	
RISING ROLL - Banana Nut Oatmeal - Small	350	60	6	1.5	0	10	80	59	6	23	15	
RISING ROLL - Basil Pesto Chicken - Catering	480	280	31	4.5	0	95	280	10	1	1	38	Serves 10; analysis for 1 serving.
RISING ROLL - BBLT Sandwich on Honey wheat	640	290	32	8	0	50	1400	62	5	11	28	
RISING ROLL - Brown Sugar & Raisin Oatmeal - Large	540	80	9	2.5	0	20	160	87	9	28	28	
RISING ROLL - Brown Sugar & Raisin Oatmeal - Medium	410	60	7	1.5	0	15	120	67	7	23	21	
RISING ROLL - Brown Sugar & Raisin Oatmeal - Small	290	40	4.5	1	0	10	80	47	5	18	14	
RISING ROLL - Buffalo Wrap on Tomato Basil Wrap	640	200	22	10	0	125	1510	63	4	2	50	
RISING ROLL - Cadillac Chicken on Multigrain Boule	750	280	31	12	0	150	2010	69	4	3	58	
RISING ROLL - Caesar Salad - Catering	120	70	8	2	0	5	170	8	2	2	5	Serves 10; analysis for 1 serving. Analysis does not include dressing.
RISING ROLL - Cheddar Cheese Grits - Large	570	200	22	13	0.5	65	240	72	2	17	20	
RISING ROLL - Cheddar Cheese Grits - Medium	460	170	19	11	0	55	210	58	2	13	17	
RISING ROLL - Cheddar Cheese Grits - Small	330	130	14	8	0	40	170	39	1	9	12	
RISING ROLL - Chef Salad	440	230	26	14	0	215	1310	10	4	6	43	Analysis does not include dressing.
RISING ROLL - Chicken & Apples Sandwich on Multigrain Boule	810	370	42	9	0	110	1640	61	4	5	49	
RISING ROLL - Chicken Caesar Salad	290	50	6	1.5	0	65	170	28	5	3	30	Analysis does not include dressing.

RISING ROLL - Chicken Enchiladas Red Sauce - Catering	490	130	15	4.5	0	90	520	48	6	5	40	Serves 10, analysis for 1 serving
RISING ROLL - Chicken Enchiladas Salsa Verde - Catering	380	90	10	2.5	0	85	1120	35	2	0	34	Serves 10, analysis for 1 serving
RISING ROLL - Curry Chicken Salad on Crossiant	690	410	46	11	0	105	590	36	3	9	31	
RISING ROLL - Chicken Melt Sandwich on French Boule	880	430	48	13	0	140	1690	57	3	6	53	
RISING ROLL - Chicken Milano Panini	1070	470	53	16	0	135	1770	80	5	10	61	
RISING ROLL - Chicken Milano Panini - Half	530	240	26	8	0	70	890	40	2	5	31	
RISING ROLL - Chunky Chicken Salad Sandwich on Crossiant	630	350	39	10	0	120	930	31	2	5	37	
RISING ROLL - Chunky Chicken Salad Sliders on Yeast roll	610	290	32	6	0	100	990	47	3	8	32	
RISING ROLL - Cobb Salad	730	410	45	19	0	190	1770	9	4	4	64	Analysis does not include dressing.
RISING ROLL - Albacore Tuna Sandwich on Honey Wheat	760	400	45	7	0	50	1160	62	5	11	11	
RISING ROLL - Durango Chicken on Multigrain Boule	750	260	29	11	0	140	1400	61	5	5	58	
RISING ROLL - Egg & Cheese Croissant	500	270	30	16	0	475	600	29	1	5	26	
RISING ROLL - Extra Ordinary Oatmeal - Large	510	80	9	2.5	0	20	160	78	9	20	28	
RISING ROLL - Extra Ordinary Oatmeal - Medium	380	60	7	1.5	0	15	120	59	7	15	21	
RISING ROLL - Extra Ordinary Oatmeal - Small	250	40	4.5	1	0	10	80	39	4	10	14	
RISING ROLL - Firecracker Chicken on French Boule	750	240	27	10	0	175	1310	60	3	8	65	
RISING ROLL - French Dip on French Boule	520	140	15	8	0	85	1830	58	2	6	40	
RISING ROLL - Garden Salad	300	200	22	13	0	155	400	7	4	4	19	Analysis does not include dressing.
RISING ROLL - Gourmet Cinnamon Roll	700	260	29	16	0	0	1280	100	2	55	8	
RISING ROLL - Grilled Chicken Portabella Sandwich on Cuban	750	310	34	9	0	120	1190	58	3	5	51	
RISING ROLL - Hot Italian Press on French Boule	1110	650	73	28	0	185	4120	63	2	7	49	
RISING ROLL - Hummus Veggie Sandwich on Multigrain Boule	370	110	13	2	0	0	680	54	8	4	12	
RISING ROLL - Hummus Chicken Goat cheese on Flour tortilla	440	150	17	5	0	60	730	46	6	6	27	
RISING ROLL - Ham Cheezer Sandwich on Multigrain Boule	700	270	30	11	0	90	1940	62	4	6	42	
RISING ROLL - Ham Cheezer Sliders on Yeast roll	370	110	12	3.5	0	55	940	47	2	9	17	
RISING ROLL - Harvest Salad	400	70	8	1.5	0	60	870	62	8	48	27	Analysis does not include dressing.

RISING ROLL - Homemade Mac & Cheese - Catering	330	110	12	8	0	30	930	42	2	3	13	Serves 10; analysis for 1 serving
RISING ROLL - Kids Chicken	190	80	9	1.5	0	50	380	12	0	11	17	Analysis does not include choice of sides or drink.
RISING ROLL - Kids Grilled Cheese Sandwich	590	210	24	13	0	60	990	69	4	12	26	Analysis does not include choice of sides or drink.
RISING ROLL - Kids PB&J Sandwich	600	170	19	4	0	0	770	92	6	32	19	Does not include choice of sides or drink.
RISING ROLL - Kids Turkey Sandwich	480	100	11	4.5	0	45	1150	69	4	13	28	Does not include choice of sides or drink.
RISING ROLL - Mediterranean Grain Bowl	450	110	12	4	0	105	420	41	6	5	42	Analysis does not include dressing.
RISING ROLL - Mango Pineapple Chicken - Catering	470	180	20	4.5	0	95	730	36	0	29	35	Serves 10; analysis for 1 serving.
RISING ROLL - Maui Salad	500	240	27	12	0	130	750	16	5	9	42	Analysis does not include dressing.
RISING ROLL - Original Cuban on Cuban Bread	670	220	24	13	0	130	2340	60	4	4	53	
RISING ROLL - Original Veggie Sandwich on French Boule	560	260	28	8	0	25	990	62	6	7	17	
RISING ROLL - Plant Based Grain Bowl	260	60	7	1	0	0	210	43	10	6	9	Analysis does not include dressing.
RISING ROLL - Pasta Carbonara - Catering	850	480	53	28	1	200	1350	53	4	6	37	Serves 10, analysis for 1 serving.
RISING ROLL - Pimento Cheese B.L.A Sandwich on French Boule	780	420	47	16	0.5	80	1640	61	3	8	27	
RISING ROLL - Roast Beef Cheezer Sandwich on French Boule	640	240	27	9	0	95	1590	56	3	5	40	
RISING ROLL - Roasted Herb Potatoes - Catering	290	100	12	1	0	0	600	42	4	3	5	Serves 10; analysis for 1 serving
RISING ROLL - Southwest Grain Bowl	450	120	13	2.5	0	90	260	43	8	3	40	Analysis does not include dressing.
RISING ROLL - Sirloin Steak Sandwich	870	240	26	9	0	95	2360	113	5	5	47	
RISING ROLL - Salad Platter - Chicken Salad	610	410	45	16	0	230	920	6	3	3	44	Analysis does not include dressing.
RISING ROLL - Salad Platter - Grilled Chicken	610	410	45	16	0	230	920	6	3	3	44	Analysis does not include dressing.
RISING ROLL - Salad Platter - Tuna Salad	650	490	54	18	0	195	890	5	2	3	34	Analysis does not include dressing.
RISING ROLL - Spanish Rice - Catering	200	40	4.5	2	0	10	420	34	0	2	6	Serves 10; analysis for 1 serving

RISING ROLL - The Breakfast Panini	1090	510	57	24	0	380	2110	77	4	9	62	
RISING ROLL - The Grande Stuffer, Large	890	480	53	24	0	525	1630	55	2	2	47	
RISING ROLL - The Grande Stuffer, Small	440	240	26	12	0	265	810	27	1	1	23	
RISING ROLL - Tuna Melt on French Boule	930	540	60	14	0	95	1650	57	3	5	40	
RISING ROLL - Tuna Salad Sliders on Yeast Roll	650	370	41	7	0	65	960	47	2	8	21	
RISING ROLL - Turkey Apple Swiss sandwich on Multigrain Boule	450	150	17	6	0	40	1110	54	4	8	24	
RISING ROLL - Turkey & Pear Sandwich on Mutigrain Boule	580	160	18	8	0	75	1760	68	4	11	41	
RISING ROLL - Turkey Cheezer Sandwich On Multigrain Boule	730	330	36	11	0	90	1960	61	4	5	43	
RISING ROLL - Turkey Bacon Avocado wrap on Wheat Tortilla	540	240	27	7	0	80	1730	40	6	3	38	
RISING ROLL - Turkey and Brie on Multigrain Boule	560	160	17	8	0	90	1740	62	4	7	41	
RISING ROLL - Turkey Cheezer Sliders on Yeast roll	350	90	10	3	0	55	880	47	2	9	18	
RISING ROLL - Tuscan Wrap on Tomato Basil Wrap	1090	540	60	15	0	160	1900	66	7	6	70	
RISING ROLL - Vegetarian Pasta - Catering	650	380	42	25	1	140	880	53	4	5	15	Serves 10; analysis for 1 serving.
RISING ROLL - Veggie Stuffer, Large	710	330	37	19	0	480	1250	55	2	2	37	
RISING ROLL - Veggie Stuffer, Small	350	160	18	9	0	240	630	27	1	1	18	
RISING ROLL - Yeast Roll	140	40	4.5	1.5	0	10	230	23	1	4	3	Analysis for 1 roll