



NUTRITIONAL INFORMATION CATERING

Item	Total Dietary											Allergens	Gluten
	Calories	Total from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)		
STARTERS													
Olga's Snackers* -- Basket	2065	990	110	30	0	70	2145	230	10	55	50	Dairy, Wheat, Soy, Tree Nut	Yes
Hummus Dip Snackers	2420	1170	130	20	0	15	3800	265	30	45	60	Wheat, Soy	Yes
Spinach & Feta Dip Snackers	2620	1170	130	40	0	140	3360	300	15	50	70	Dairy, Wheat, Soy	Yes
Premium Chips	160	81	9	2	0	0	90	15	1	<1	2		No
HAND-TOSSSED SALADS (No Bread)													
The Olga Salad*	1440	1215	135	30	0	100	3180	45	10	25	25	Dairy, Soy	No
Mediterranean Spinach	1560	1215	135	30	0	75	3785	60	10	15	20	Dairy, Soy	No
Roman Caesar	1130	855	95	20	0	70	2525	50	15	15	20	Dairy, Wheat, Soy, Eggs, Fish	Yes
Gala Apple Pecan	1570	1080	120	25	0	75	1675	105	15	80	20	Dairy, Soy, Tree Nut	No
Italian Pasta Salad Medley	1630	720	80	10	0	5	2850	195	10	15	40	Dairy, Wheat, Soy, Eggs	Yes
SOUPS													
Peasant Soup	495	180	20	10	0	95	2525	40	5	15	30	Dairy, Wheat, Soy	Yes
Cream of Broccoli	625	450	50	25	0	140	2950	55	0	0	20	Dairy, Wheat, Soy	Yes
White Bean Chicken Chili	1050	450	50	20	0	280	2625	80	20	5	80	Dairy, Wheat, Soy	Yes
SIGNATURE OLGA SANDWICHES													
The Original Olga*	430	270	30	10	0	40	590	30	2	10	10	Dairy, Wheat, Soy	Yes
Grilled Chicken	375	135	15	5	0	45	315	35	2	10	20	Wheat, Soy	Yes
Chicken Shawarma	375	135	15	5	0	45	575	35	2	10	20	Dairy, Wheat, Soy	Yes
Veggie	275	90	10	2	0	0	420	40	5	10	5	Wheat, Soy	Yes
Ham & Cheese	350	135	15	5	0	40	750	15	2	10	20	Dairy, Wheat, Soy, Eggs	Yes
Oven-Roasted Turkey	345	90	10	3	0	40	425	35	2	10	20	Wheat, Soy, Eggs	Yes
BLT	375	180	20	5	0	30	755	40	3	10	15	Dairy, Wheat, Soy	Yes
SIDE CHOICES													
Bag of premium chips	160	81	9	2	0	0	90	15	1	<1	2		No
Olga's Snackers*, Side Portion	335	153	17	4	0	9	328	38	2	9	8	Dairy, Wheat, Treenuts	Yes
Small Olga Salad	270	225	25	5	0	10	625	10	1	5	5	Dairy, soy	No
Gala Apple	100	0	<1	0	0	0	2	25	4	20	<1		No
BEVERAGES													
Fresh Squeezed Lemonade	1545	0	0	0	0	0	35	390	<1	380	<1		No
Pepsi	845	0	0	0	0	0	170	230	0	230	0		No
Diet Pepsi	0	0	0	0	0	0	200	0	0	0	0		No
Caffeine Free Diet Pepsi	0	0	0	0	0	0	200	0	0	0	0		No
Mountain Dew	960	0	0	0	0	0	360	260	0	260	0		No
Dr. Pepper	845	0	0	0	0	0	295	230	0	230	0		No
Sierra Mist	845	0	0	0	0	0	200	220	0	220	0		No
Mug Root Beer	900	0	0	0	0	0	365	240	0	240	0		No
China Mist Iced Tea	10	0	0	0	0	0	13	4	0	0	0		No
DESSERTS													
Brownies- each	530	270	30	15	0	30	195	60	5	45	10	Wheat, Soy	No
Brownies- 12 each	6325	3105	345	172	0	383	2300	747	38	537	77		
Cookies- each	600	270	30	15	0	40	130	75	2	45	5	Dairy, Egg, Wheat, Soy	Yes
Cookies- 12 each	7180	3231	359	181	0	478	1555	900	24	550	72		
Cinnamon Sugar Snackers	2225	900	100	20	0	15	1630	300	10	115	35	Dairy, Wheat, Soy	Yes
ADDITIONS													
Sauce side Olgasauce (.4 oz)	10	0	<1	<1	0	1	10	1	0	1	1	Dairy	No
Sauce side honey mustard (.4 oz)	50	45	5	<1	0	5	60	1	<1	1	<1		
Sauce side roasted garlic aoli (.4 oz)	80	90	10	2	0	5	70	1	<1	<1	<1	Eggs	Yes
Swiss Almond cheese (2.6 oz)	200	135	15	10	0	40	475	10	0	10	10	Dairy, treenut	Yes