



ELEPHANTS DELICATESSEN

NUTRITIONAL INFORMATION

menu item	calories	total fat G	saturated fat G	cholesterol MG	sodium MG	carbs G	fiber G	sugar G	protein G
SANDWICHES									
Turkey & Cheddar	630	34	7	65	1330	49	3	8	35
Egg Salad	520	28	4.5	350	920	49	3	6	20
Albacore Tuna Salad	570	29	4	40	1330	50	4	8	28
Turkey Club	730	39	11	75	1650	47	3	2	40
Jambon Et Fromage	660	22	12	115	1920	72	3	0	42
Prosciutto Panini	510	18	8	55	1730	63	2	1	25
Pastrami	760	30	7	85	2140	83	6	7	40
Smoked Turkey & Chipotle	610	26	7	65	1470	56	5	5	35
Roast Beef With Blue Cheese	690	30	9	85	1980	69	3	3	35
Mediterranean	490	25	3	0	840	55	10	11	14
Tempeh & Quinoa Wrap	860	45	7	0	1910	90	9	8	31
Shelly's Vegan Wrap	680	34	5	0	950	86	13	23	17
Turkey & Avocado	570	27	4	50	1720	51	6	2	27
West Coast Turkey Reuben	700	25	7	70	1940	80	7	5	39
Grilled Cubano	1040	54	20	210	1900	66	5	3	66
Croque Monsieur	590	22	11	110	1960	59	2	5	38
Tuna Melt	560	27	10	65	1440	47	1	2	32
Northern Italian	650	27	9	45	1380	77	4	2	25

menu item	calories	total fat	saturated fat	cholesterol	sodium	carbs	fiber	sugar	protein
		G	G	MG	MG	G	G	G	G
Grilled Cheese	430	19	11	45	760	46	0	2	19
Peanut Butter & Jelly	780	32	6	5	1100	104	6	43	23
Caprese	890	53	16	85	1540	69	4	4	30
Grilled Vegetable Ciabatta	490	19	1	0	520	69	8	4	11

SALADS*

*Dressings are not included in total. Please see below for dressing information.

Classic Cobb	350	21	10	165	540	7	3	3	32
Chop Chop	280	16	7	45	940	15	5	4	21
Willamette Valley	350	26	7	20	330	22	6	9	12
House-Smoked Salmon	430	10	3	20	460	67	5	14	20
Chicken Caesar	430	14	4.5	175	880	29	4	2	46
Elephants House	45	0	0	0	25	10	3	3	2
Holiday Willamette Valley	380	19	6	20	340	49	6	39	10
Soba Noodle	500	11	1.5	0	55	71	12	4	31
Thai Summer	310	9	1.5	0	35	51	4	3	10
Eat Your Veggies	250	11	1.5	0	190	30	9	6	12
Willamette Valley, Side	180	13	3.5	10	170	12	3	8	6
Holiday Willamette Valley, Side	210	9	3	10	170	30	3	25	5
Veggies & Ranch	130	5	1.5	210	250	13	4	7	8

SALAD DRESSINGS

French Vinaigrette	80	7	.5	0	190	1	0	0	0
Balsamic Vinaigrette	80	7	0	0	95	2	0	2	0
Raspberry Vinaigrette	350	37	3	0	140	4	0	4	0

menu item	calories	total fat	saturated fat	cholesterol	sodium	carbs	fiber	sugar	protein
		G	G	MG	MG	G	G	G	G
Creamy Pesto	100	10	1.5	10	230	2	0	1	1
Classic Caesar	190	19	2.5	10	290	2	0	0	2
Sherry Vinaigrette	360	37	2.5	0	190	4	0	4	0
Soy Ginger	320	23	3	0	1270	28	7	17	2
Peanut Sauce	260	16	3	0	1560	25	2	18	10
Thai Spring Roll Sauce	130	1.5	.5	0	740	28	4	21	1
Tahini Miso	230	18	2	0	740	16	2	11	4
Roasted Garlic Ranch	280	29	4.5	15	330	2	0	1	1

SIDE SALADS & SNACKS*

*Dressings are included in total.

Kale Chicken Caesar	380	23	6	165	550	5	2	1	37
Cheese & Fruit	500	34	22	90	780	20	2	16	29
Fresh Fruit Salad	160	.5	0	0	15	41	4	35	2
Hummus & Carrots	320	22	2	0	460	27	8	8	7
Kale Slaw	560	51	3	0	580	10	4	4	3
Quinoa & Black Bean Salad	210	6	.5	0	440	31	7	4	8
Shelly's Side Salad	250	17	1.5	0	170	23	7	13	6
Sesame Noodles	560	14	3.5	65	1750	93	14	18	15
Orzo Garden Salad	500	9	.5	0	360	91	6	18	14
Orzo Metala Salad	350	11	3	15	380	53	4	3	12
Caprese Pasta Salad	430	20	7	30	520	46	3	2	17
Potato Salad	640	48	8	115	1010	46	4	6	9
Classic Chicken Salad	720	56	10	180	880	8	1	7	45
Curry Chicken Salad	660	49	8	115	570	29	4	17	30
Egg Salad	400	35	3.5	10	600	3	1	2	15
Protein Pack	590	43	13	205	540	35	9	15	25

menu item	calories	total fat	saturated fat	cholesterol	sodium	carbs	fiber	sugar	protein
		G	G	MG	MG	G	G	G	G
Steak Bites	660	51	14	160	1280	7	3	0	44

WEEKLY SPECIALS*

*Includes main dish and side. House salads are not included in totals.

All-American Meatloaf	980	56	28	345	1440	57	5	12	55
Enchilada Roja	1010	46	20	85	2390	113	13	14	36
Chicken Pot Pie	460	28	16	125	1140	32	4	5	22
Lemon Chicken	450	23	9	155	690	34	5	1	31
Lasagna Bolognese	870	41	19	115	1380	87	6	7	38
Chicken Teriyaki Bowl	710	23	7	200	3670	79	4	44	52
Coconut Curry Bowl	530	35	20	0	840	39	9	10	18
Jamaican Chicken Curry Bowl	490	17	10	60	1610	65	7	30	22
Pork Verde Bowl	680	13	3.5	85	3550	97	10	12	40
Tikka Masala Bowl	545	28	13	120	1385	42	12	13	36
Macaroni & Cheese	430	18	11	50	360	47	3	4	17
Grown Up Mac & Cheese	580	41	21	110	1710	19	1	4	33

PERFECT ENTRÉES

Teriyaki Chicken	1640	29	9	150	4320	283	28	48	55
Seco De Jackfruit	920	23	2.5	0	3320	162	14	8	16
Chicken Tikka Masala	1010	46	14	260	2560	80	11	9	75
Grilled Cauliflower	980	32	4	0	2580	138	57	20	44
Braised Beef in Creamy Mushrooms	1350	98	44	315	2010	37	10	11	75
Chicken Saltimbocca	1650	119	56	510	1720	59	6	12	84
Chicken Reisling	930	57	18	170	710	70	8	18	38

menu item	calories	total fat	saturated fat	cholesterol	sodium	carbs	fiber	sugar	protein
		G	G	MG	MG	G	G	G	G
Honey Garlic Butter Baked Salmon	590	30	16	100	1460	46	10	18	38
Bavette Steak Salad	940	69	17	150	760	34	5	23	49
Tuna Nicoise Salad	1130	95	15	255	680	25	7	4	52
Fried Chicken	1280	75	15	365	1490	40	5	8	106

SINGLE ENTRÉES

Chicken Pot Pie	1000	56	33	255	2250	84	7	11	40
Chicken Enchilada Verde	730	30	15	140	1860	70	8	9	41
All-American Meatloaf w/ Mashed Potatoes	870	47	25	260	1440	68	6	15	41
Ratatouille	710	41	6	0	2880	72	22	11	18
Macaroni & Cheese	690	41	25	115	1570	48	3	7	28
Macaroni & Cheese with Smoked Bacon	1010	72	36	195	2990	33	2	8	57

HOT FOODS*

*totals listed by individual suggested serving size.

All-American Meatloaf	570	31	13	235	1110	27	2	14	40
Creamy Mashed Potatoes	400	23	14	60	460	46	4	2	5
Enchilada Roja	690	41	20	85	1120	52	8	7	27
Spanish Rice	300	4	.5	0	1160	59	4	6	8
Lasagna Bolognese	620	33	16	105	940	50	5	7	32
Garlic Focaccia	250	8	3.5	15	440	38	1	0	6
Spanish Rice	300	4	.5	0	1160	59	4	6	8
Chicken Pot Pie	460	28	16	125	1140	32	4	5	22
Tikka Masala	350	20	8	95	800	19	8	5	27
Biriyani Rice Pilaf	150	7	4.5	20	530	19	3	5	3

menu item	calories	total fat	saturated fat	cholesterol	sodium	carbs	fiber	sugar	protein
		G	G	MG	MG	G	G	G	G
Raita	45	1	.5	5	55	4	1	3	6
Lemon Chicken	250	15	4.5	135	410	2	0	0	29
Sweet Potato Purée	200	8	5	20	270	32	5	1	2
Teriyaki Chicken	570	19	7	200	3000	55	3	42	50
Savory Rice Pilaf	140	4	0	0	670	24	1	2	2
Coconut Curry Stew	280	23	19	0	490	13	3	6	5
Quinoa & Edamame	240	11	1	0	350	26	6	4	13
Jamaican Chicken Curry	340	16	10	60	1340	36	3	20	17
Brown Rice & Black Beans	110	2	0	0	135	19	4	1	5
Pork Verde	240	5	1.5	75	2000	18	5	4	29
Chicken Enchilada Verde	600	32	17	160	1010	34	6	5	40
Macaroni & Cheese	430	18	11	50	360	47	3	4	17
Grown Up Mac & Cheese	580	41	21	110	1710	19	1	4	33
Sliced Turkey Breast	190	3	0	80	1270	0	0	0	41
Savory Stuffing	200	12	7	60	900	19	2	2	5
Cranberry-Orange Relish	70	0	0	0	0	19	2	16	0
Turkey Gravy	45	3.5	2	10	490	3	0	0	1

SOUP (SERVING SIZE: 16 OZ)

Mama Leones	420	27	15	130	2090	17	3	7	29
Tomato Orange (VE)	450	36	23	105	690	25	6	19	8
Elephants Cure (DF) (WF)	170	5	1	55	1210	9	2	3	22
French Onion	150	6	3.5	15	1430	15	2	0	2
Wild Mushroom (VE)	410	35	22	100	1430	19	3	8	7
Chicken Nigerian Curry Peanut (DF) (WF)	370	19	3	40	1250	29	7	0	24

(VE) VEGETARIAN (VG) VEGAN (DF) DAIRY FREE (WF) WHEAT FREE

menu item	calories	total fat	saturated fat	cholesterol	sodium	carbs	fiber	sugar	protein
		G	G	MG	MG	G	G	G	G
Carrot & Red Lentil (DF) (WF) (VG)	350	8	4.5	0	1150	54	10	5	18
Basque Squash & White Bean (DF) (WF) (VG)	420	6	1	0	650	71	18	8	24
Beef & Barley (DF)	270	6	2.5	75	1430	25	5	0	28
Indian Spiced Lentil (DF) (WF) (VG)	360	5	.5	0	1480	60	11	4	22
Fishermans Favorite (DF)	240	7	3.5	75	890	22	4	0	19
Potato Leek (VE)	550	41	25	120	770	44	4	8	7
Dilly Deli (WF)	420	28	17	80	2780	39	9	0	7
Lime Tortilla (DF) (WF)	380	14	2.5	100	2630	28	4	0	39
Mulligatawny	360	18	10	80	1590	30	4	4	21
Thai Coconut Chicken (DF) (WF)	260	16	12	45	1610	11	2	0	21
Gazpacho (DF) (WF) (VG)	100	1	0	0	380	21	6	0	5
Corn Chowder	410	26	16	75	720	38	4	8	9
Summer Vegetable (DF) (WF) (VG)	140	1.5	0	0	720	24	7	0	6
Clam Chowder	430	17	10	80	960	38	4	0	26
Sweet Potato & Kale (DF) (WF) (VG)	270	11	6	0	1640	37	8	0	7
Butternut Squash & Pear (WF) (VE)	260	14	8	35	1010	35	3	0	3
Split Pea (DF) (WF)	330	4.5	.5	10	1470	53	18	0	22

COOKIES

Oatmeal Raisin	460	20	12	65	200	67	4	36	6
Chocolate Cowboy	490	23	13	60	300	71	3	43	6
Oatmeal Butterscotch	490	21	14	65	340	71	2	45	5
Peanut Butter	540	29	12	75	350	62	3	35	10

(VE) VEGETARIAN (VG) VEGAN (DF) DAIRY FREE (WF) WHEAT FREE

menu item	calories	total fat	saturated fat	cholesterol	sodium	carbs	fiber	sugar	protein
		G	G	MG	MG	G	G	G	G
Peanut Butter Chocolate Chip	670	37	17	75	350	80	4	50	11
Double Chocolate With Salt	430	18	11	60	420	65	3	39	5
Chocolate Chip	480	24	14	75	370	64	2	37	6
Chocolate Chip (Mini)	120	6	3.5	20	90	16	1	9	1
Shortbread (Plain)	190	11	7	30	85	20	0	7	2
Shortbread (Frosted)	240	11	7	30	85	33	0	19	2
Snickerdoodle	440	17	10	75	290	68	1	24	6

BREAKFAST

Denver Ham Breakfast Burrito	780	35	15	445	2340	73	5	6	42
Bacon Breakfast Burrito	810	46	18	430	1830	66	3	5	33
Sausage Breakfast Burrito	860	49	20	360	2120	70	4	5	37
Chilaquiles Verde Breakfast Burrito	620	30	13	460	1950	64	6	9	26
Bean And Chili Breakfast Burrito	650	30	13	410	1350	71	5	4	31
Jalapeño Chili Con Queso Burrito	600	26	10	395	1270	70	5	5	26
Bacon Breakfast Sandwich	390	18	8	200	1130	32	1	1	20
Veggie Breakfast Sandwich	360	17	6	205	880	34	2	2	17
Vegetarian Frittata (9oz)	480	39	24	220	660	17	2	3	17
Sausage Frittata (9oz)	620	51	28	255	940	17	1	3	23
Oatmeal (1/2 Pint)	500	6	7	30	310	88	7	53	9
Yogurt Parfait (Small)	430	17	3	10	200	56	4	42	16
Greek Yogurt Parfait	510	24	4.5	10	140	54	5	34	24
Biscuits And Gravy	850	49	27	165	1790	78	3	13	23
Quinoa Power Bowl	460	28	9	345	1200	28	8	6	26

menu item	calories	total fat	saturated fat	cholesterol	sodium	carbs	fiber	sugar	protein
		G	G	MG	MG	G	G	G	G

BREAD

Cheese Twists	230	14	8	35	250	22	1	3	5
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BAKERY

Flourless Cake	750	50	29	175	170	72	0	64	8
Banana Bread	480	21	2	40	330	70	3	34	6
Lemon Bar	360	12	7	105	140	60	1	44	5
Walnut Pecan Bar	650	49	18	65	95	52	3	33	7
Ding Dong Cake	500	30	16	65	170	57	1	36	5

GRILL

Black Bean Burger	710	14	7	90	1490	119	18	0	29
Baja Flsh Tacos	900	48	9	95	2310	91	16	18	35
Chicken Strips	350	8	3	140	1070	18	1	4	46

DRESSINGS AND DIPS

Roasted Garlic Ranch	280	29	4.5	15	330	2	0	1	1
Bbq Chipotle	90	0	0	0	430	24	0	21	1

PIZZA

Cheese Pizza	410	12	6	35	610	57	2	1	19
Pepperoni Pizza	450	15	7	40	850	58	3	2	19