



# 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
<b>SANDWICHES</b>									
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
Buffalo Cauliflower & Chickpea Wrap	620	39	3	0	2660	52	9	5	12

## 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

menu item	calories	total fat	saturated fat	cholesterol	sodium	carbs	fiber	sugar	protein
		G	G	MG	MG	G	G	G	G
Raspberry Vinaigrette	350	37	3	0	140	4	0	4	0
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

menu item	calories	total fat	saturated fat	cholesterol	sodium	carbs	fiber	sugar	protein
		G	G	MG	MG	G	G	G	G
Protein Pack	590	43	13	205	540	35	9	15	25
Steak Bites	660	51	14	160	1280	7	3	0	44
Teriyaki Salmon Bites	320	21	3.5	35	1110	9	0	8	22

## 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

menu item	calories	total fat	saturated fat	cholesterol	sodium	carbs	fiber	sugar	protein
		G	G	MG	MG	G	G	G	G
Chicken Saltimbocca	1650	119	56	510	1720	59	6	12	84
Chicken Reisling	930	57	18	170	710	70	8	18	38
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

menu item	calories	total fat	saturated fat	cholesterol	sodium	carbs	fiber	sugar	protein
		G	G	MG	MG	G	G	G	G
Tikka Masala	350	20	8	95	800	19	8	5	27
Biryani Rice Pilaf	150	7	4.5	20	530	19	3	5	3
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

(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	G	MG	MG	G	G	G	G
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
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

(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
Oatmeal Butterscotch	490	21	14	65	340	71	2	45	5
Peanut Butter	540	29	12	75	350	62	3	35	10
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
Wasabi Dressing	150	16	2.5	10	170	2	0	2	0

## PIZZA

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