

JUST THE FACTS

NUTRITIONAL INFORMATION

ELEPHANTS DELICATESSEN MENU ITEMS

| 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 | 930 | 47 | 7 | 0 | 2220 | 97 | 11 | 9 | 33 |
| 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 | 1260 | 80 | 23 | 200 | 2740 | 69 | 6 | 2 | 64 |

| MENU ITEM | calories | total fat | saturated fat | cholesterol | sodium | carbs | fiber | sugar | protein |
|-----------------------|----------|-----------|---------------|-------------|--------|-------|-------|-------|---------|
| | | G | G | MG | MG | G | G | G | G |
| CROQUE MONSIEUR | 590 | 22 | 11 | 110 | 1960 | 59 | 2 | 5 | 38 |
| TUNA MELT | 560 | 27 | 10 | 65 | 1440 | 47 | 1 | 2 | 32 |
| 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 |

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 |

| MENU ITEM | calories | total fat | saturated fat | cholesterol | sodium | carbs | fiber | sugar | protein |
|-----------|----------|-----------|---------------|-------------|--------|-------|-------|-------|---------|
| | G | G | G | MG | MG | G | G | G | G |

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 |
| 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 DISHES & SALADS*

*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 |

| MENU ITEM | calories | total fat | saturated fat | cholesterol | sodium | carbs | fiber | sugar | protein |
|---------------------------|----------|-----------|---------------|-------------|--------|-------|-------|-------|---------|
| | G | G | G | MG | MG | G | G | G | G |
| 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 |

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 |

| MENU ITEM | calories | total fat | saturated fat | cholesterol | sodium | carbs | fiber | sugar | protein |
|-----------------------|----------|-----------|---------------|-------------|--------|-------|-------|-------|---------|
| | | G | G | MG | MG | G | G | G | G |
| MACARONI & CHEESE | 430 | 18 | 11 | 50 | 360 | 47 | 3 | 4 | 17 |
| GROWN UP MAC & CHEESE | 580 | 41 | 21 | 110 | 1710 | 19 | 1 | 4 | 33 |

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 |
| 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 |

| MENU ITEM | calories | total fat | saturated fat | cholesterol | sodium | carbs | fiber | sugar | protein |
|--------------------------|----------|-----------|---------------|-------------|--------|-------|-------|-------|---------|
| | | G | G | MG | MG | G | G | G | G |
| 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 |
| 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 |

(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 |
| 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 |
| 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 |

(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 |

| | | | | | | | | | |
|----------------------|-----|----|----|----|-----|----|---|----|---|
| SHORTBREAD (PLAIN) | 190 | 11 | 7 | 30 | 85 | 20 | 0 | 7 | 2 |
| SHORTBREAD (FROSTED) | 240 | 11 | 7 | 30 | 85 | 33 | 0 | 19 | 2 |
| SNICKER DOODLE | 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 BREAKFAST 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 WITH STRAWBERRIES | 510 | 24 | 4.5 | 10 | 140 | 54 | 5 | 34 | 24 |
| BISCUITS AND GRAVY | 850 | 49 | 27 | 165 | 1790 | 78 | 3 | 13 | 23 |

BREAD

| | | | | | | | | | |
|---------------|-----|----|---|----|-----|----|---|---|---|
| CHEESE TWISTS | 230 | 14 | 8 | 35 | 250 | 22 | 1 | 3 | 5 |
|---------------|-----|----|---|----|-----|----|---|---|---|

| | calories | total fat | saturated fat | cholesterol | sodium | carbs | fiber | sugar | protein |
|-----------|----------|-----------|---------------|-------------|--------|-------|-------|-------|---------|
| MENU ITEM | | G | G | MG | MG | G | G | G | G |

BAKERY

| | | | | | | | | | |
|----------------|-----|----|----|-----|-----|----|---|----|---|
| FLOURLESS CAKE | 750 | 50 | 29 | 175 | 170 | 72 | 0 | 64 | 8 |
|----------------|-----|----|----|-----|-----|----|---|----|---|