

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	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	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
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

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

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

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
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

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

(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
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
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

(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

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
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BAKERY

FLOURLESS CAKE	750	50	29	175	170	72	0	64	8
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