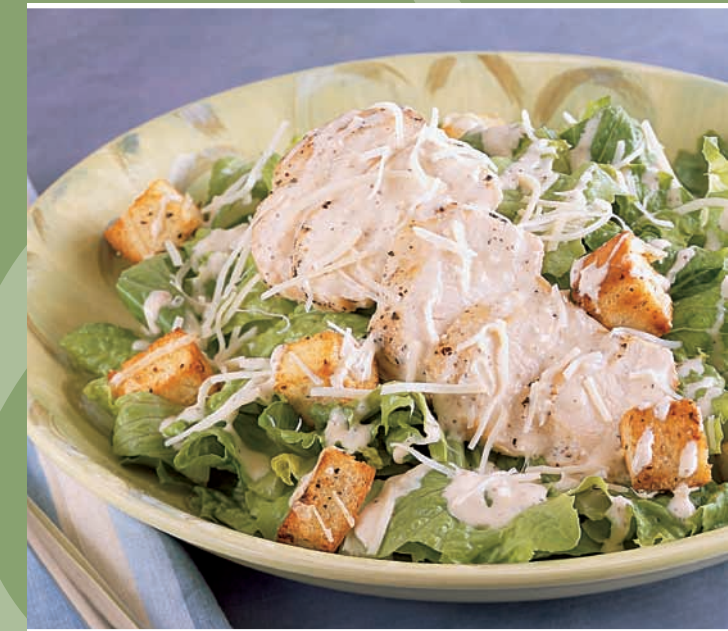


*% Daily Based on a 2,000 Calorie Diet
Not all selections available at every Jazzman's location.

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATES (G)	DIETARY FIBERS (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A*	VITAMIN C*	CALCIUM*	IRON*	MILK ALLERGY	PEANUT ALLERGY
Biscotti & Cookies																	
Almond Biscotti	220	80	8	2	0	65	270	31	1	0	5	2%	0%	4%	8%		
Brownie Cookie	430	90	10	2	0	45	270	80	3	56	5	2%	0%	2%	20%		
Chocolate Chip Cookie	610	280	31	15	0	130	660	81	2	23	7	10%	0%	6%	15%	X	
Cinnamon Hazelnut Biscotti	220	80	9	2	0	65	240	31	1	0	4	2%	0%	4%	8%		
Double Chocolate Chip Biscotti	230	80	8	3	0	65	270	36	2	4	5	2%	0%	4%	10%		
Fudge Nut Brownie Cookie	530	170	19	7	0	30	290	84	4	60	6	4%	0%	2%	25%	X	
Gingerbread People Cookie	450	100	11	3	0	95	550	82	1	54	7	2%	0%	8%	20%		
Holiday Sugar Cookie	530	240	26	12	0	140	880	69	<1	10	6	10%	0%	6%	10%	X	
Lemon Anise Biscotti	190	50	6	2	0	65	270	30	<1	0	4	2%	2%	2%	8%		
Oatmeal Raisin Cookie	610	260	29	15	0	100	520	83	2	28	6	15%	2%	8%	15%	X	
Orange Walnut Biscotti	220	80	9	2	0	65	270	30	<1	0	5	2%	2%	4%	8%		
Peanut Butter Chocolate Chip Cookie	1000	570	64	20	0	90	920	95	8	34	23	8%	0%	10%	20%	X	X
Peanut Butter Cookies	590	290	32	12	0	80	920	71	2	21	10	8%	0%	6%	10%	X	X
Peanut Butter Extreme Cookie	710	360	39	15	0	70	870	84	3	38	12	6%	0%	8%	15%	X	X
Pistachio Cranberry Cookie	560	280	31	13	0	120	580	65	3	6	7	10%	2%	6%	10%	X	
Rainbow Sugar Cookie	580	250	27	13	0	125	630	77	1	24	6	10%	0%	8%	10%	X	
Sugar Cookie	530	240	26	12	0	140	880	69	<1	10	6	10%	0%	6%	10%	X	
White Chocolate Macadamia Nut Cookie	670	350	38	15	0	130	670	76	2	11	8	10%	0%	10%	15%	X	
Muffins																	
Apple Cinnamon Raisin	440	110	12	3.5	0	35	510	81	2	15	5	0%	2%	6%	15%		
Banana Nut	500	200	22	4.5	0	35	550	71	2	2	7	0%	2%	6%	10%		
Banana Oatmeal Spice	550	190	21	8	0	60	620	82	3	5	9	6%	2%	10%	15%	X	
Black & White	290	120	14	6	0	45	270	38	<1	26	4	6%	0%	4%	10%	X	
Black Forest	540	160	18	5	1.5	15	530	92	3	49	6	2%	4%	4%	20%	X	
Blueberry	430	150	17	7	0	45	490	67	2	8	5	4%	2%	6%	10%	X	
Bran	450	130	14	4	0	10	720	73	3	0	7	0%	0%	4%	15%		
Cappuccino Chocolate Chip	560	210	23	10	0	45	560	86	3	16	6	2%	0%	6%	15%	X	
Carrot & Raisin Oat Bran	520	150	17	6	0	15	680	87	4	14	8	35%	2%	6%	20%	X	
Chai Glazed Pumpkin	540	210	24	8	0	15	620	78	3	16	8	50%	2%	8%	15%	X	
Chocolate Chip	630	250	27	12	0	45	580	94	3	22	7	2%	0%	6%	15%	X	
Corn	490	150	17	4	0	80	1000	78	1	0	7	6%	0%	6%	15%		
Lemon Poppy Seed	500	130	15	4	0	40	600	88	2	14	5	0%	20%	8%	10%		
Linzer	520	190	20	4	0	40	590	79	2	1	6	0%	0%	6%	10%		
Low Fat Apple Cinnamon Raisin	350	20	2	0	0	0	530	81	2	13	4	0%	2%	4%	10%		
Low Fat Banana	290	15	2	0	0	0	500	65	<1	4	4	0%	2%	2%	6%		
Low Fat Banana Oatmeal Spice	320	25	2.5	0	0	0	490	68	2	3	7	2%	2%	8%	10%	X	
Low Fat Blueberry	320	18	2	0	0	0	530	70	1	5	4	2%	2%	4%	6%	X	
Low Fat Raspberry	300	17	2	0	0	0	520	68	2	3	4	2%	8%	4%	8%	X	
Maple	510	170	19	7	0	55	620	79	<1	9	5	4%	0%	6%	10%	X	
Raspberry	430	150	17	7	0	45	490	66	3	6	5	4%	8%	6%	10%	X	
Jazzman's Brownies, Bars & Cakes																	
Black Forest Bar	1340	490	54	17	0	80	670	206	6	120	13	6%	4%	15%	35%	X	
Caramel Nut Bar	880	360	40	8	0	40	440	123	4	74	10	2%	2%	8%	25%	X	
Cheerios Bar	540	220	24	11	0	20	190	82	2	63	4	15%	2%	6%	8%	X	
Cheesecake	480	---	34	17	---	30	300	33	1	24	9	25%	0%	8%	6%	X	
Chocolate Baby Bundt Cake	490	---	12	4	0	0	950	89	3	0	5	0%	0%	10%	15%		
Coconutty Chocolate Chip Brownie	780	320	36	13	0	15	320	111	7	80	7	4%	2%	4%	30%	X	
Cream Cheese Brownie	550	160	17	7	0	50	350	90	4	64	6	6%	0%	2%	25%	X	
Crispy Cereal Treats Bar	570	160	17	7	0	15	600	102	1	50	5	25%	20%	2%	20%	X	
Fudge Cheesecake Bar	870	340	38	12	0	90	500	126	3	79	10	8%	0%	10%	25%	X	
Mocha Chip Brownie	670	250	28	10	0	15	280	104	6	75	6	4%	2%	2%	30%	X	
Peanut Butter Revel Bar	120	880	40	9	0	40	510	123	4	75	12	2%	0%	8%	25%	X	X
Raspberry Cream Cheese Brownie	800	180	20	7	0	25	360	148	4	82	4	10%	6%	2%	25%	X	
Triple Chocolate Fudge Nut Brownie	940	440	49	22	0	80	410	120	6	76	9	15%	2%	8%	30%	X	
Triple Fudge Bar	850	320	35	10	0	40	430	133	2	9	9	2%	0%	8%	30%	X	
Pound Cake																	
Banana Walnut	540	240	27	6	0	65	330	70	1	11	7	0%	2%	6%	10%		
Black Forest Crumb	460	150	16	8	0	40	370	77	2	25	4	8%	2%	4%	10%	X	
Cappuccino	450	210	23	8	0	60	280	59	1	8	5	2%	0%	4%	10%	X	
Chocolate Chip	520	240	27	10	0	75	330	68	1	10	6	2%	0%	6%	10%	X	
Cinnamon with Cranberries	540	210	23	6	0	65	320	80	2	16	6	0%	0%	6%	10%		
Lemon Poppy Seed	440	190	21	6	0	65	330	60	<1	2	6	0%	6%	10%	10%		
Orange Cranberry	430	150	17	4.5	0	55	280	67	2	10	5	2%	25%	6%	8%		
Plain	420	180	20	5	0	65	330	57	0	0	5	0%	0%	4%	8%		

Nutrition Guide

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Pastries																	
Apple Danish	370	150	17	4.5	0	45	290	50	1	19	6	2%	0%	6%	10%		
Apple Turnover	667	---	35	9	---	9	332	84	1	27	6	1%	2%	1%	2%		
Blueberry Danish	400	150	17	4.5	0	45	280	56	2	26	6	2%	2%	6%	10%		
Blueberry Scone	600	240	26	5	0	40	590	83	3	37	7	6%	0%	10%	15%		
Blueberry Turnover	614	---	35	9	---	9	332	70	1	14	6	1%	133%	1%	2%		
Chocolate Nut Twist	640	370	42	12	0	25	210	62	3	28	8	4%	0%	4%	15%		X
Cinnamon Scone	620	270	30	8	0	40	580	80	2	37	7	25%	0%	10%	20%		
Cranberry Orange Scone	590	230	26	5	0	40	590	83	3	36	7	25%	0%	10%	15%		
Croissant	340	150	17	11	1	55	360	39	1	8	7	0%	25%	6%	10%		
Cherry Danish	380	150	17	4.5	0	45	280	51	1	14	6	2%	2%	6%	10%		
Cherry Turnover	624	---	35	9	---	9	303	71	0	14	7	3%	5%	1%	1%		
Cream Cheese Danish	430	240	27	11	0	60	310	42	2	23	7	8%	0%	8%	10%		X
Cinnamon Roll	630	170	19	7	0	20	410	108	2	7	7	20%	2%	4%	15%		X
Mixed Nut Turnover	1277	---	99	27	---	70	526	86	7	35	20	18%	83%	14%	17%		
Peach Danish	370	150	17	4.5	0	45	280	51	1	14	6	2%	2%	6%	10%		
Raspberry Twist	520	240	26	7	0	15	180	67	1	30	5	0%	6%	2%	10%		
Peach Turnover	614	---	35	9	---	9	322	70	1	14	6	1%	133%	1%	2%		
Bagels																	
Blueberry with Butter	290	15	2	0	0	0	510	57	3	6	11	0%	2%	10%	40%		
Cinnamon Raisin with Butter	310	20	2	0	0	0	370	63	3	7	11	2%	2%	2%	25%		
Onion with Butter	290	15	2	0	0	0	510	57	3	6	11	0%	2%	10%	40%		
Plain with Butter	290	15	2	0	0	0	510	57	3	6	11	0%	2%	10%	40%		
Poppy Seed with Butter	290	15	2	0	0	0	510	57	3	6	11	0%	2%	10%	40%		
Sesame with Butter	290	15	2	0	0	0	510	57	3	6	11	0%	2%	10%	40%		
Fruit Cups & Parfaits																	
Berry Fruit Cup	90	10	1	0	0	0	5	22	6	14	2	2%	190%	4%	6%		
Coconut Pineapple Parfait	370	80	9	6	0	10	220	65	4	46	12	10%	40%	30%	8%		X
Mango Raspberry Parfait	290	35	4	1.5	0	10	180	58	5	37	11	15%	35%	30%	8%		X
Melon Fruit Cup	90	5	0.5	0	0	0	30	23	2	21	2	70%	90%	2%	4%		
Mixed Berry Parfait	280	35	4	1.5	0	10	180	54	3	37	11	10%	45%	30%	8%		X
Jazzman's Salads																	
Bombay Chicken & Roasted Pepper	530	270	30	4.5	0	55	560	41	6	22	26	180%	100%	15%	20%		X
Chef	590	410	45	16	0	260	1370	13	4	5	32	160%	60%	50%	15%		X
Chicken BLT	570	360	40	12	0	135	1490	9	2	5	42	25%	15%	20%	10%		X
Chipotle Chicken	590	440	49	12	0	80	1020	14	4	5	27	190%	90%	30%	20%		X
Cobb Salad	610	420	46	12	0	265	1460	12	5	4	37	160%	60%	20%	15%		X
Cranberry Walnut with Chicken	320	130	14	2	0	65	310	22	5	4	28	100%	45%	8%	15%		
Dijon Salad	280	220	24	4.5	0	5	780	13	3	5	6	170%	45%	15%	10%		X
Popcorn Chicken	630	460	51	10	0	45	1330	27	4	5	18	170%	60%	10%	10%		X
Italian Chopped	710	550	61	15	0	90	2230	17	5	3	26	160%	100%	30%	25%		X
Jazzman's	350	280	31	4.5	0	0	750	14	4	4	3	200%	60%	6%	10%		X
Mandarin Chicken	280	80	9	1.5	0	65	320	21	4	4	29	160%	60%	8%	15%		
Mexican	610	350	39	11	26	110	1340	26	7	4	41	160%	80%	35%	25%		X
Pesto Chicken Caesar	540	430	48	8	0	50	890	6	3	2	21	140%	50%	15%	10%		X
Roasted Chicken Caesar	660	440	49	9	0	90	1420	19	3	2	37	130%	50%	20%	15%		X
Sesame Noodle	790	410	45	4	0	0	3410	81	6	7	21	200%	160%	15%	25%		
Spinach n' Shrimp	340	240	26	5	0	275	750	7	3	3	18	170%	50%	15%	25%		X
Spinach Salad with Bleu Cheese & Grapes	470	330	36	11	0	40	1280	23	4	13	16	260%	60%	30%	20%		X
Spring Greens with Bleu Cheese	410	310	35	11	0	35	1170	15	4	7	12	280%	60%	30%	10%		X
Thai Peanut Noodle	900	380	42	6	0	65	2890	88	9	19	44	240%	100%	10%	30%		X

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Jazzman's Breakfast Sandwiches																	
Bacon, Egg & Cheese Bagel	540	200	22	7	0	240	1200	58	3	6	26	8%	2%	20%	45%	X	
Bacon, Egg & Cheese Breakfast Melt	600	280	31	11	0	464	1490	47	2	2	32	15%	0%	30%	25%	X	
Bacon, Egg & Cheese Muffin	390	190	21	7	0	240	940	28	1	2	20	8%	2%	20%	20%	X	
Bacon, Egg & Cheese on Egg Bread	390	230	25	8	0	325	1180	47	2	9	25	10%	0%	20%	50%	X	
Egg & Cheese Bagel	460	140	16	5	0	225	870	58	3	6	21	8%	2%	20%	45%	X	
Egg & Cheese Muffin	310	140	15	5	0	225	600	28	1	2	15	8%	2%	20%	20%	X	
Egg & Cheese on Egg Bread	310	170	19	6	0	310	840	47	2	9	20	10%	0%	20%	45%	X	
Ham, Egg & Cheese Bagel	490	160	17	6	0	235	1140	58	3	6	25	8%	2%	20%	45%	X	
Ham, Egg & Cheese Breakfast Melt	610	260	28	11	0	470	1690	47	2	2	35	15%	0%	30%	25%	X	
Ham, Egg & Cheese Muffin	340	150	17	6	0	235	870	28	1	2	19	8%	2%	20%	20%	X	
Ham, Egg & Cheese on Egg Bread	350	190	21	7	0	320	1110	47	2	9	24	12%	0%	20%	50%	X	
Sausage, Egg & Cheese Bagel	600	250	28	9	0	260	1180	58	3	6	29	8%	2%	20%	45%	X	
Sausage, Egg & Cheese Breakfast Melt	810	440	49	17	0	520	1790	47	2	2	43	15%	2%	30%	30%	X	
Sausage, Egg & Cheese Muffin	450	240	27	9	0	260	920	28	1	2	23	8%	2%	20%	20%	X	
Sausage, Egg & Cheese on Egg Bread	460	280	31	10	0	345	1160	47	2	9	28	10%	2%	20%	50%	X	
Jazzman's Sandwiches																	
Fresh Mozzarella & Tomato	510	260	29	13	0	70	930	37	3	4	25	40%	25%	50%	10%	X	
Ham & Cheddar	480	170	19	8	0	75	1980	50	5	2	25	30%	20%	25%	15%	X	
Mediterranean Smoked Turkey	560	160	18	4	0	50	2170	67	6	4	32	50%	110%	20%	25%	X	
Roast Beef & Monterey Jack	320	140	16	6	0	25	680	33	7	1	13	40%	30%	30%	15%	X	
Roasted Beef & Horseradish Sauce	640	310	34	13	0	130	800	35	5	3	48	35%	30%	30%	30%	X	
Roasted Chicken with Guacamole	590	140	16	3.5	0	100	990	70	6	5	41	30%	30%	6%	30%		
Roasted Chicken & Neufchatel with Spinach	680	230	25	8	0	130	1180	68	4	4	44	70%	30%	10%	35%	X	
Roasted Vegetable	560	140	15	3	0	<5	860	66	6	3	14	100%	30%	20%	20%	X	
Santa Fe Turkey	720	310	35	11	0	95	1750	66	3	2	37	25%	6%	25%	30%	X	
Smoked Ham & Brie	770	300	34	14	0	110	2550	77	5	4	37	40%	20%	20%	20%	X	
Smoked Turkey BLT	500	270	29	6	0	70	1690	32	5	2	28	15%	20%	6%	15%		
Tuna Nicoise & Swiss	530	310	34	9	0	50	1160	35	5	3	22	35%	110%	30%	15%	X	
Tuna Salad	690	440	49	12	0	85	1660	32	5	3	32	20%	20%	30%	15%	X	
Turkey Avocado	480	160	18	3.5	0	50	1420	51	4	1	30	40%	30%	10%	15%	X	
Tuscany Chicken	660	250	27	5	0	85	1170	63	5	2	40	35%	20%	10%	25%	X	
Jazzman's Paninis																	
3 Cheese & Roasted Pepper	600	310	34	12	0	50	1230	49	3	<1	25	60%	50%	50%	15%	X	