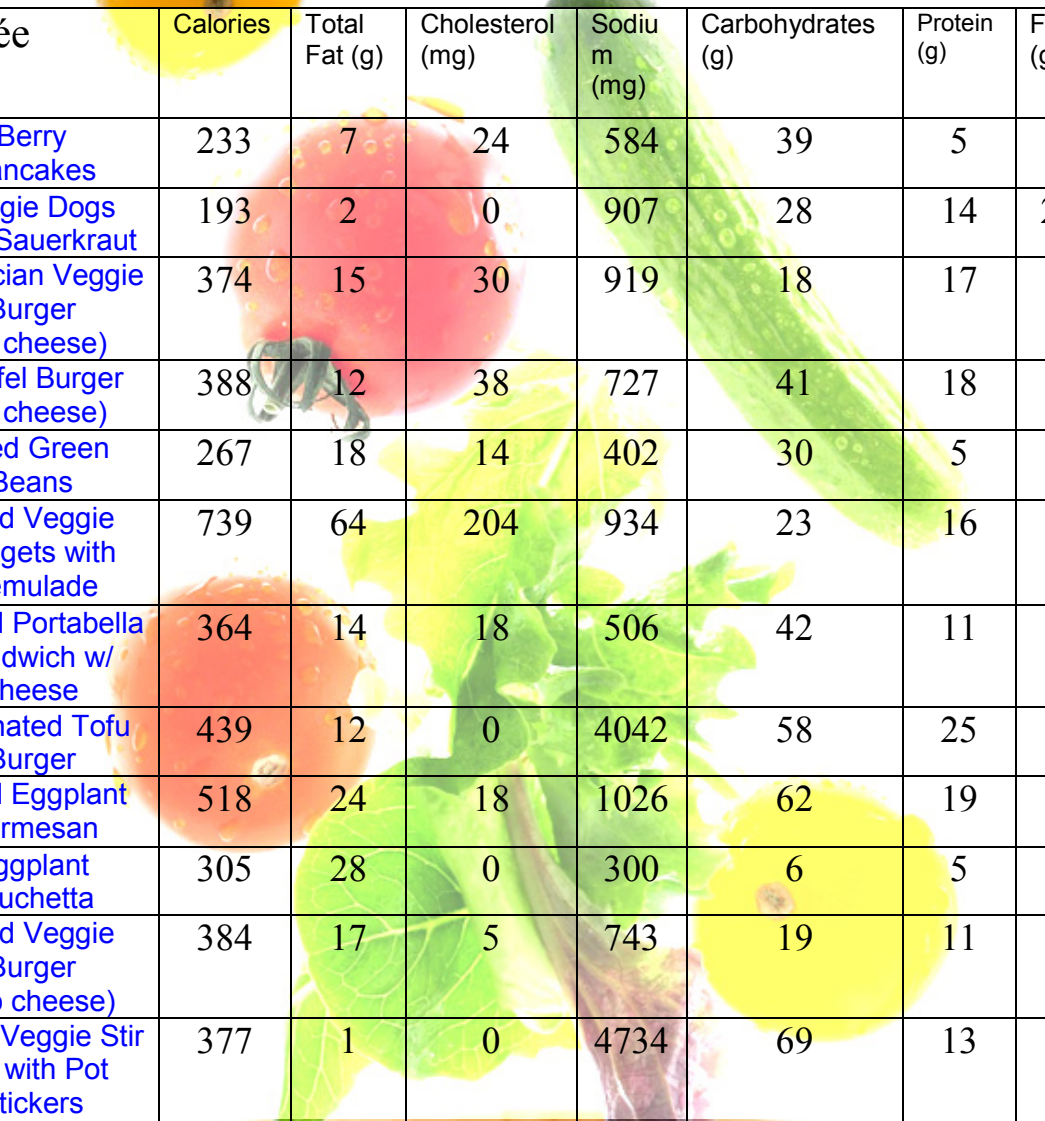


Vegetarian Station Nutritional Facts

	Serving	Calories	Fat (g)	Chol (mg)	Sodium (g)	Carb (g)	Protein (g)	Fiber (g)
Sunflower Seeds	1 oz.	170	15	0	2	6	6	2
Dried Cranberries	1/4 cup	110	0	0	0	26	0	3
Raisins	1/3 cup	150	0	0	6	40	1.5	2
Coconut	1 oz.	128	8	0	<1	15	1	3
Granola	2/3 cup	220	3	0	1	48	5	3
Hummus	1/2 cup	210	10	0	6	25	6	6
Tabouleh	3/4 cup	160	12	0	7	14	3	3
Peanuts	1 oz	170	15	0	2	5	6	2
Barley	1 cup	193	.7	0	5	44	3.5	6
Corn and Bean Salad	1 cup	237	2	0	2	48	12	7
Chickpea, Tomato & Green Onion Salad	3 oz	105	4.5	0	3	12	3	2
Tuscan Chopped Salad	3 oz	75	6	0	6	6	0	0
Lentil & Vegetable Salad	3 oz.	229	6	0	<1	32	12	15
Marinated Chickpea Salad	3 oz.	239	12	0	3	29	6	6
Marinated Macaroni salad	3 oz.	424	30	41	10	30	10	3
Dilly Macaroni Salad	3 oz.	317	22	41	12	20	10	1
Green Bean & Chickpea Salad	3 oz.	111	3	0	2	18	4	4
Olive & Green Bean Salad	3 oz.	281	30	3	1	3	1	1
Tofu Vegetable Salad	3 oz.	42	3	0	2	3	2	1
Egg Style Tofu Salad	3 oz.	39	2	1	1	2	4	0
White Bean Salad	3 oz.	374	28	2	2	23	9	1
Celery Salad	3oz.	160	4	0	3	27	4	4
Artichoke Macaroni Salad	3 oz.	164	7	5	2	22	4	4
Macaroni Salad	3 oz.	356	18	220	5	38	12	3



Vegetarian Station Nutritional Facts



Entrée	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Fiber (g)
Berry Pancakes	233	7	24	584	39	5	2
Veggie Dogs With Sauerkraut	193	2	0	907	28	14	2.5
Jamacian Veggie Burger (w/ cheese)	374	15	30	919	18	17	6
Falafel Burger (w/ cheese)	388	12	38	727	41	18	4
Fried Green Beans	267	18	14	402	30	5	1
Fried Veggie Nuggets with Remulade	739	64	204	934	23	16	3
Grilled Portabella Sandwich w/ cheese	364	14	18	506	42	11	4
Marinated Tofu Burger	439	12	0	4042	58	25	3
Fried Eggplant Parmesan	518	24	18	1026	62	19	4
Eggplant Bruchetta	305	28	0	300	6	5	1
Fried Veggie Burger (w/o cheese)	384	17	5	743	19	11	18
Asian Veggie Stir Fry with Pot Stickers	377	1	0	4734	69	13	6