



la Cuisine Vitale features low-fat and carb-friendly items to provide you with more choices to fit your healthy lifestyle.

Low-Fat

Carb-Friendly

Breads

		Calories	Fat	Carbs	Fiber	Net Carbs
Ciabatta Roll		290	2g	59g	3g	56g
Ciabatta		140	1.5g	27g	1g	26g
Parisien		130	0.5g	27g	1g	26g
Country Wheat		120	0.5g	26g	2g	24g
Baguette		140	0.5g	29g	1g	28g
Sourdough		130	0.5g	27g	1g	26g
Seven Grain		130	0g	25g	2g	23g
Sourdough Breadstick		160	0g	34g	2g	32g

Breakfast

		Calories	Fat	Carbs	Fiber	Net Carbs
Yogurt Parfait		260	2.5g	51g	4g	47g
Muesli		160	2g	32g	3g	29g
Muesli w/ Strawberries		260	3g	51g	5g	46g
Omelette (Spinach, Mushroom & Tomato)		290	1.5g	44g	4g	40g
Scrambled Eggs (Fat Free & Cholesterol Free)		130	0.5g	10g	1g	9g

Soupes

		Calories	Fat	Carbs	Fiber	Net Carbs
Tomato Basil Soupe		290	28g	9g	2g	7g
Vegetable Soupe		60	1g	11g	2g	9g
Mushroom Soupe		240	21g	8g	0g	8g
French Onion Soupe (without cheese & croutons)		50	1.5g	8g	1g	7g

Salades

		Calories	Fat	Carbs	Fiber	Net Carbs
Chicken		410	36g	10g	0g	10g
Tuna		310	22g	5g	0g	5g
Fruit (Lg.)		130	0.5g	32g	2g	30g
Fruit (Reg.)		60	0.5g	16g	1g	15g
Wild Field Salade (Reg.)		130	12g	5g	2g	3g
Wild Field Salade (Lg.)		250	24g	9g	3g	6g
Wild Field w/ Chicken (Reg.)		340	26g	9g	2g	7g
Wild Field w/ Chicken (Lg.)		460	38g	14g	3g	11g
Wild Field w/ Salmon (Reg.)		260	18g	6g	2g	4g
Wild Field w/ Salmon (Lg.)		380	30g	10g	3g	7g
Spinach Salade (Reg.)		220	21g	8g	2g	6g
Spinach Salade (Lg.)		440	41g	15g	5g	10g
Spinach w/ Chicken (Reg.)		430	34g	11g	2g	9g
Spinach w/ Chicken (Lg.)		650	55g	19g	5g	14g
Spinach w/ Salmon (Reg.)		350	26g	8g	2g	6g
Spinach w/ Salmon (Lg.)		570	47g	15g	5g	10g

Entrees

		Calories	Fat	Carbs	Fiber	Net Carbs
Whole Rotisserie Chicken		1490	82g	14g	5g	9g
Rotisserie Chicken (half with Petite Caesar)		1040	67g	20g	5g	15g
Rotisserie Chicken		750	41g	8g	3g	5g
Rice Provençal		170	2.5g	32g	1g	31g
Green Beans Almondine		220	18g	14g	5g	9g
Steamed Asparagus		25	0.5g	3g	2g	1g
Steamed Broccoli		70	0.5g	13g	5g	8g

The nutritional information is based upon data obtained from our suppliers and a computerized analysis of the ingredients based upon standard portions. The actual nutritional content may vary per serving since there are natural variations in fresh ingredients, the product is often prepared locally, actual serving portions are approximate and the items tested may have been substituted. If you are sensitive to certain foods or nutritional amounts, you should not solely rely upon the nutritional information in determining whether to consume that item. Zero (0) content references may mean a negligible or unmeasurable amount. As we obtain additional information, these amounts may be modified.

Please contact us if you have any questions.

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Because you shouldn't have to choose between eating right and eating well.