

*Share-Worthy
Goodness*

ORDER FORM & NUTRITIONAL INFORMATION

Customer Name:

Phone #:

Date for Pick Up:

Time for Pick Up:

Special Instructions:



2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.

QTY	Item Description	Price	Serves
	Fresh Cut Fruits	\$25	10
	Fresh Cut Veggies	\$25	10
	Fresh Baked Pastries	\$30	10
	Select Pastry Varieties (Qty must total 24):		
	<input type="checkbox"/> Plain Croissant (1ct)		
	<input type="checkbox"/> Chocolate Croissant (1ct)		
	<input type="checkbox"/> Cheese Danish (1ct)		
	<input type="checkbox"/> Strawberry Danish (1ct)		
	<input type="checkbox"/> Apple Braid Strudel (1ct)		
	<input type="checkbox"/> Blueberry Muffin (4ct)		
	<input type="checkbox"/> Banana Nut Muffin (4ct)		
	<input type="checkbox"/> Bran Muffin (4ct)		
	<input type="checkbox"/> Plain Cream Cheese Muffin (4ct)		
	<input type="checkbox"/> Strawberry Cream Cheese Muffin (4ct)		
	<input type="checkbox"/> Cinnamon Swirl Muffin (4ct)		
	<input type="checkbox"/> Blueberry Cream Cheese Muffin (4ct)		
	Fresh Baked Bagels with Cream Cheese	\$30	10
	Select Bagel Varieties (Qty must total 24): <i>*ask about seasonal bagel varieties</i>		
	<input type="checkbox"/> Plain (4ct)		
	<input type="checkbox"/> Sesame (4ct)		
	<input type="checkbox"/> Everything (4ct)		
	<input type="checkbox"/> Blueberry (4ct)		
	<input type="checkbox"/> Seasonal (4ct) - when available		
	Select 3 Cream Cheese Varieties:		
	<input type="checkbox"/> Plain		
	<input type="checkbox"/> Garden Vegetable		
	<input type="checkbox"/> Strawberry		
	<input type="checkbox"/> Chive & Onion		
	<input type="checkbox"/> Honey Pecan		
	Chef Salad with Dressing	\$30	10
	Select 2 Dressing Varieties:		
	<input type="checkbox"/> Ranch		
	<input type="checkbox"/> Thousand Island		
	<input type="checkbox"/> Italian		
	<input type="checkbox"/> French		
	<input type="checkbox"/> Blue Cheese		
	<input type="checkbox"/> Balsamic Vinaigrette		

QTY	Item Description		Price	Serves
	Cobb Salad with Dressing		\$30	10
	Select 2 Dressing Varieties:			
	<input type="checkbox"/>	Ranch		
	<input type="checkbox"/>	Thousand Island		
	<input type="checkbox"/>	Italian		
	<input type="checkbox"/>	French		
	<input type="checkbox"/>	Blue Cheese		
	<input type="checkbox"/>	Balsamic Vinaigrette		
	Garden Salad with Dressing		\$25	10
	Select 2 Dressing Varieties:			
	<input type="checkbox"/>	Ranch		
	<input type="checkbox"/>	Thousand Island		
	<input type="checkbox"/>	Italian		
	<input type="checkbox"/>	French		
	<input type="checkbox"/>	Blue Cheese		
	<input type="checkbox"/>	Balsamic Vinaigrette		
	TOI Turkey, Roast Beef, & Cheese with Rolls		\$40	10
	TOI Meat, Cheese, & Crackers		\$40	10
	TOI Italian Meats & Cheese		\$40	10
	TOI Hummus with Pita & Veggies		\$20	10
	Croissant Sandwich Meal		\$45	10
	Select 2 Sandwich Varieties:			
	<input type="checkbox"/>	Ham & Swiss (5ct)		
	<input type="checkbox"/>	Turkey & Swiss (5ct)		
	<input type="checkbox"/>	Roast Beef & Cheddar (5ct)		
	<input type="checkbox"/>	Rotisserie Chicken Salad (5ct) <i>Made In-store</i>		
	Select 3 Side Salad Varieties:			
	<input type="checkbox"/>	American Potato Salad (16oz)		
	<input type="checkbox"/>	Mustard Potato Salad (16oz)		
	<input type="checkbox"/>	Cole Slaw (16oz)		
	<input type="checkbox"/>	Macaroni Salad (16oz)		
	Kaiser Roll Sandwich Meal		\$45	10
	Select 2 Sandwich Varieties:			
	<input type="checkbox"/>	Ham & Swiss (5ct)		
	<input type="checkbox"/>	Turkey & Swiss (5ct)		
	<input type="checkbox"/>	Roast Beef & Cheddar (5ct)		
	Select 3 Side Salad Varieties:			
	<input type="checkbox"/>	American Potato Salad (16oz)		
	<input type="checkbox"/>	Mustard Potato Salad (16oz)		
	<input type="checkbox"/>	Cole Slaw (16oz)		
	<input type="checkbox"/>	Macaroni Salad (16oz)		

QTY	Item Description	Price	Serves
	Fried Chicken 48pc (dark/white meat mix)	\$45	20
	Bone-In Wings	\$30	10
	Select 1 Wing Flavor:		
	<input type="checkbox"/> Spicy		
	<input type="checkbox"/> Mild		
	<input type="checkbox"/> Spicy/Mild Mixed		
	Select 1 Dressing Variety:		
	<input type="checkbox"/> Blue Cheese		
	<input type="checkbox"/> Ranch		
	Chicken Tenders with Dipping Sauce	\$30	10
	Select 1 Dipping Sauce:		
	<input type="checkbox"/> BBQ		
	<input type="checkbox"/> Honey Mustard		
	<input type="checkbox"/> Buffalo		
	Wings & Tenders Combo (16 wings & 12 Tenders)	\$30	10
	Select 1 Wing Flavor:		
	<input type="checkbox"/> Spicy		
	<input type="checkbox"/> Mild		
	<input type="checkbox"/> Spicy/Mild Mixed		
	Select 1 Dressing Variety:		
	<input type="checkbox"/> Ranch		
	<input type="checkbox"/> Blue Cheese		
	Mini Chicken Sandwiches	\$20	10
	Sliced Crème Cake	\$20	10
	Gourmet Cookies	\$20	10
	Gourmet Cookies & Brownies	\$20	10

Substitutions are available upon request

Nutritional Information

Item	Calories/serving	Servings/order
Cut Fruit		
Watermelon	15 cal/2 oz.	16 oz.
Pineapple	30 cal/2 oz.	16 oz.
Strawberries	20 cal/2 oz.	16 oz.
Cantaloupe	20 cal/2 oz.	16 oz.
Dip	70 cal/2 oz.	12 oz.
Cut Veggies		
Carrots	25 cal/2 oz.	16 oz.
Tomatoes	10 cal/2 oz.	10.5 oz.
Celery	10 cal/2 oz.	12 oz.
Broccoli	15 cal/2 oz.	16 oz.
Cauliflower	15 cal/2 oz.	16 oz.
Ranch Dip	60 cal/2 tbsp.	12 oz.
TOI Hummus with Pita & Veggies		
Original Hummus	60 cal/2 tbsp.	10 oz.
Roasted Red Pepper Hummus	50 cal/2 tbsp.	10 oz.
White Pita Bread	90 cal/ pita half	2-3 whole pitas
Celery	10 cal/2 oz.	8 oz.
Carrots	25 cal/2 oz.	12 oz.
TOI Turkey, Roast Beef & Cheese		
Turkey	70 cal/2 oz.	16 oz.
Roast Beef	60 cal/2 oz.	16 oz.
Swiss Cheese	110 cal/1 oz.	12 oz.
Munster Cheese	100 cal/1 oz.	12 oz.
Olives Jubilee	30 cal/4 olives	8 oz.
Kaiser Rolls	200 cal/roll	12 rolls
TOI Meat, Cheese & Crackers		
Pepperoni	130 cal/1 oz.	8 oz.
Salami	100 cal/1 oz.	8 oz.
Extra Sharp Cheddar Cheese	110 cal/1 oz.	16 oz.
Munster Cheese	100 cal/1 oz.	16 oz.
Pepper Jack Cheese	100 cal/1 oz.	16 oz.
Sea Salt Crisps	80 cal/3 crackers	6.5 oz
TOI Italian Meats & Cheese		
Pepperoni	130 cal/1 oz.	8 oz.
Salami	120 cal/1 oz.	8 oz.
Gouda	110 cal/1 oz.	8 oz.
Olives Jubilee	30 cal/4 olives	8 oz.

Nutritional Information

Item	Calories/serving	Servings/order
Salads		
Chef Salad	70 cal/3.5 oz.	32-39 oz.
Cobb Salad	90 cal/3.5 oz.	33-35.25 oz.
Garden Salad	50 cal/3.5 oz.	33-35.25 oz.
Salad Dressing		
Ranch	60 cal/2 tbsp.	16 oz.
Thousand Island	60 cal/2 tbsp.	16 oz.
Italian	80 cal/2 tbsp.	16 oz.
French	110 cal/2 tbsp.	16 oz.
Blue Cheese	45 cal/2 tbsp	16 oz.
Balsamic Vinaigrette	70 cal/2 tbsp.	16 oz.
Fresh Baked Pastries		
Cream Cheese Danish Crown	310 cal/1 danish	0-24
Strawberry Cheese Danish Crown	310 cal/1 danish	0-24
Apple Braid Strudel	370 cal/1 strudel	0-24
Chocolate Croissant	350 cal/1 croissant	0-24
Plain Croissant	260-340 cal/1 croissant	0-24
Blueberry Muffin	420 cal/1 muffin	0-24
Banana Nut Muffin	420 cal/1 muffin	0-24
Bran Muffin	460 cal/1 muffin	0-24
Cinnamon Swirl Muffin	500 cal/1 muffin	0-24
Blueberry Cream Cheese Muffin	420 cal/1 muffin	0-24
Cream Cheese Muffin	460 cal/1 muffin	0-24
Strawberry Cream Cheese Muffin	460 cal/1 muffin	0-24
Fresh Baked Bagels		
Plain	300 cal/1 bagel	0-24
Blueberry	280 cal/1 bagel	0-24
Everything	320 cal/1 bagel	0-24
Sesame	320 cal/1 bagel	0-24
Plain Cream Cheese	80 cal/2 tbsp.	8 oz.
Strawberry Cream Cheese	90 cal/2 tbsp.	8 oz.
Honey Pecan Cream Cheese	100 cal/2 tbsp.	8 oz.
Chive and Onion Cream Cheese	80 cal/2 tbsp.	8 oz.
Garden Vegetable Cream Cheese	80 cal/2 tbsp.	8 oz.
Fried Chicken	190-230 cal/3 oz.	48 total pieces
Bone In Wings		
Mild	160-170 cal/3 oz.	32 total pieces
Spicy	170-180 cal/3 oz.	32 total pieces

Nutritional Information

Item	Calories/serving	Servings/order
Wings & Tenders Combo		
Mild Wings	160-170 cal/3 oz.	16 wings total
Spicy Wings	170-180 cal/3 oz.	
Chicken Tenders	140-180 cal/3 oz.	12 Tenders
Blue Cheese	45 cal/2 tbsp.	16 oz.
Ranch	60 cal/2 tbsp.	16 oz.
Chicken Tenders	140-180 cal/3 oz.	28 tenders
Honey Mustard	50 cal/2 tbsp.	12 oz.
BBQ Sauce	70 cal/2 tbsp.	12 oz.
Buffalo Sauce	10 cal/2 tbsp.	12 oz.
Mini Chicken Sandwich	170-180 cal/sandwich	12 mini sandwiches
Pickles	0 cal/1 oz.	16 oz.
Sliced Cakes		
Lemon Crème	160 cal/1 slice	7 slices
Marble Crème	160 cal/1 slice	7 slices
Gourmet Cookies		
Chocolate Chunk Cookie	240 cal/1 cookie	18 cookies
Gourmet Cookies & Brownies		
Chocolate Chunk Cookie	240 cal/1 cookie	7 cookies
Brownie Slices	290 cal/1 slice	7 slices
Strawberries	20 cal/2 oz.	12 oz.
Sandwich Meals		
Turkey Croissant Sandwich	420-550 cal/1 sandwich	0-10
Ham Croissant Sandwich	420-550 cal/1 sandwich	0-10
Roast Beef Croissant Sandwich	410-550 cal/1 sandwich	0-10
Chicken Salad Croissant Sandwich	510-640 cal/1 sandwich	0-10
Turkey Kaiser Sandwich	410 cal/1 sandwich	0-10
Ham Kaiser Sandwich	410 cal/1 sandwich	0-10
Roast Beef Kaiser Sandwich	400 cal/1 sandwich	0-10
Pickle Chips	0 cal/1 oz.	16 oz.
Banana Peppers	10 cal/1 oz.	16 oz.
Chocolate Chunk Cookies	240 cal/1 cookie	5 cookies
Brownie Slices	290 cal/1 slice	5 slices
American Potato Salad	230 cal/ 1/2 cup	16 oz.
Mustard Potato Salad	210 cal/ 1/2 cup	16 oz.
Macaroni Salad	280 cal/ 3/4 cup	16 oz.
Cole Slaw	160 cal/ 1/2 cup	15 oz.

