

CAFE ZUPAS

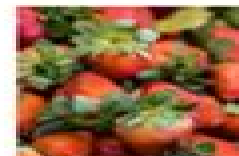
NUTRITION FACTS

May 2024



The information contained here is based on our standard serving sizes. Our nutritional content may vary because of variations in portion size or recipes, changes in growing seasons, or differences in the source of our ingredients. We periodically update this information. Occasionally we will also test new dishes, recipes, or suppliers and may not be able to reflect these changes within this guide. Nutrition facts provided about our standard menu items are based on Cafe Zupas' standardized recipes, representative values provided by suppliers, analysis using industry standard software, published resources, and are expressed in values based on federal rounding and other applicable regulations.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



ALLERGEN NOTICE

GLUTEN

Even with strict adherence toward maintaining clean and organized kitchens, we have too much wheat and gluten present to be able to eliminate the cross-contamination in our equipment and food preparation areas. If you are highly allergic or intolerant to gluten, we ask you to exercise judgment regarding your individual needs.

OTHER FOOD ALLERGIES

Because we also offer many unique flavors, not every ingredient we use is listed in our menu descriptions. At any given time we may have peanuts, tree nuts, soy, milk, eggs, fish, shellfish, wheat, and gluten in our kitchens. There may be cross contact with your food because of shared cooking and preparation equipment with any of these products.

GOOD LIFE BOWLS

	Total Calories (cal)		Calories from Fat (fat cal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
Golden Curry Bowl	800		450		90		30		0		80		1000		60		7		6		20	
Korean Kick Bowl	500		210		24		1.5		0		70		1140		70		7		18		17	
Korean Kick Bowl without dressing	400		135		25		2.5		0		70		920		65		7		25		26	
Mediterranean Bowl	710		342		38		8		0		80		1100		60		10		10		32	
Mediterranean Bowl without dressing	500		210		26		8		0		80		1020		58		10		5		32	
Nourish Bowl	640		288		32		5		0		80		840		63		7		14		28	
Nourish Bowl without dressing	400		140		24		4		0		80		760		58		7		12		28	
Power Bowl	550		153		37		9		0		70		1260		17		6		4		18	
Power Bowl without dressing	450		280		27		8		0		70		200		25		6		4		36	
Southwest Avocado Bowl	650		279		31		5		0		75		910		60		11		5		29	
Southwest Avocado Bowl without dressing	550		180		26		4		0		75		890		62		11		5		29	

SOUPS

	Total Calories (cal)		Calories from Fat (fat cal)		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Total Carbohydrate (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
Chicken Exchilada Chili	180	360	90	180	12	23	4.5	9	0	0	50	95	910	1070	11	22	2	3	2	5	6	13
Chicken Noodle	130	260	25	50	3	6	.5	1	0	0	25	70	950	1000	16	30	1	3	1	3	9	19
Chicken & Vegetable	60	120	15	30	1.5	3.5	0	0	0	0	0	0	830	2620	9	18	2	3	3	6	2	4
Golden Curry Soup	450	900	360	720	48	80	13	67	0	0	15	30	470	940	15	29	1	3	2	4	4	9
Lasiter Broque	350	700	290	580	35	68	13	45	0	0	120	270	730	1470	18	21	1	3	3	5	3	5
Mushroom Broque	250	500	200	400	23	44	15	30	0	0	85	165	760	1530	10	20	1	2	3	7	2	4
Southwest Potato & Green Chili	280	560	210	420	25	49	15	30	0	0	90	185	760	1520	15	30	2	3	2	4	3	6
Tomato Basil	290	580	290	580	23	47	10	20	0	0	55	110	1090	2180	18	37	2	3	12	23	2	4
The "Dink" Creamy Tomato Soup	300	600	140	270	27	54	14	29	0	0	80	160	860	1720	14	27	1	2	6	13	5	10
Wisconsin Cauliflower	420	840	360	720	43	86	26	53	0	0	170	340	120	1040	6	13	0	1	1	1	6	12

Zupas Nutrition Facts

**Healthy Choice Foods, Cy DeCosse
Incorporated**



Zupas Nutrition Facts:

Soups, Stews Etc. Healthy Choice Foods, Cy DeCosse Incorporated, 1996 Enjoy 50 delicious dishes created for today's healthier lifestyle This is an exciting collection of recipes created to help readers eat a balanced diet while enjoying a great taste at the same time

Reviewing **Zupas Nutrition Facts**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Zupas Nutrition Facts**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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