

# Café Yumm!® Nutrition Facts

Nutrition Facts are listed below for each item as described on the menu. Our unique offering of a small, medium, or large Yumm! Bowl® allows you to easily adjust your order based on dietary preferences.

We provide a nutrition calculator at [cafeyumm.com/nutrition](http://cafeyumm.com/nutrition) to help you plan any desired modifications. For example, a small Original Yumm! Bowl has 538 calories, but if you ask for half the Yumm! Sauce and no sour cream or cheddar cheese, you can reduce the calorie count to 329.

Our goal is to serve any menu item exactly how you want it, so modifications are always welcome!

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Rev. 4/1/2019

Menu Item	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
<b>YUMM! BOWLS®</b>											
Original, Small (SM)	538	310	34	8	0	28	512	42	7	3	14
Original, Medium (M)	776	453	50	11	0	36	690	60	10	3	21
Original, Large (L)	1016	581	65	13	0	40	878	81	14	3	27
Jazzy® SM	528	305	34	8	0	28	511	40	5	3	14
Jazzy, M	761	446	50	11	0	36	689	57	7	3	20
Jazzy, L	996	571	63	12	0	40	877	76	10	4	27
Hot 'N' Jazzy®, SM	550	346	38	8	0	28	503	39	5	2	14
Hot 'N' Jazzy, M	783	486	54	11	0	36	681	56	7	2	20
Hot 'N' Jazzy, L	1018	612	68	13	0	40	869	76	10	3	27
Smoky, SM	511	311	35	8	0	28	668	35	4	4	11
Smoky, M	740	454	50	11	0	36	896	51	5	5	16
Smoky, L	961	583	65	13	0	40	1190	68	7	7	21
Souper, African Groundnut, SM	525	333	37	8	0	28	747	36	4	4	11
Souper, African Groundnut, M	722	471	52	11	0	20	898	46	5	4	16
Souper, African Groundnut, L	907	608	68	13	0	40	895	55	6	5	21
Souper, Hickory Lentil, SM	511	315	35	8	0	28	750	36	4	3	13
Souper, Hickory Lentil, M	725	456	51	11	0	36	1007	48	7	3	18
Souper, Hickory Lentil, L	912	586	65	12	0	40	1060	58	7	5	24
Souper, Mama Leone's, SM	506	326	36	8	0	30	680	32	3	3	13
Souper, Mama Leone's, M	719	741	52	12	0	40	915	43	4	4	18
Souper, Mama Leone's, L	902	608	68	13	0	45	920	50	6	4	24
Souper, Moroccan Chickpea, SM	521	324	36	8	0	28	742	37	4	3	12
Souper, Moroccan Chickpea, M	738	468	52	11	0	36	997	50	6	4	17
Souper, Moroccan Chickpea, L	932	603	67	13	0	40	1045	60	8	5	22
Souper, Potato Cheese, SM	521	334	37	9	0	35	642	34	3	3	12
Souper, Potato Cheese, M	738	479	53	13	0	46	865	46	4	4	17
Souper, Potato Cheese, L	932	621	69	15	0	55	845	55	6	4	22
Souper, Tomato Curry, SM	509	330	36	9	0	28	675	33	4	3	11
Souper, Tomato Curry, M	686	477	53	13	0	36	908	45	5	4	16
Souper, Tomato Curry, L	907	617	69	15	0	40	910	53	6	5	21
Souper, Tortilla Cheese, SM	531	341	38	9	0	33	737	35	4	3	13
Souper, Tortilla Cheese, M	752	492	55	13	0	43	991	47	5	4	18
Souper, Tortilla Cheese, L	952	639	71	15	0	50	1035	55	6	4	24
Chilean Zucchini™ SM	508	311	35	8	0	28	605	36	4	4	11
Chilean Zucchini, M	737	454	50	11	0	36	812	52	5	4	17
Chilean Zucchini, L	956	583	65	13	0	40	1064	69	7	6	21
Edamame, SM	544	346	38	8	0	28	458	34	6	3	16
Edamame, M	784	497	55	11	0	36	639	50	8	4	23
Edamame, L	1008	636	71	13	0	40	829	65	10	5	29
Yumm! Baby® SM	536	321	36	8	0	28	414	41	3	2	12
Yumm! Baby, M	778	462	51	11	0	36	591	60	4	2	17
Yumm! Baby, L	999	587	65	13	0	40	779	79	4	3	22

Menu Item	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
<b>YUMM! MORE</b>											
Original Yumm! Wrappit®, White Tortilla	1046	504	56	12	0	36	1120	107	12	3	27
Original Yumm! Wrappit, Whole Wheat Tortilla	1026	504	56	12	0	36	1130	104	17	3	29
Jazzy® Yumm! Wrappit, White	1031	504	56	12	0	36	1119	104	9	3	26
Jazzy Wrappit, Whole Wheat	1011	504	56	12	0	36	1129	101	14	3	28
Hot 'N' Jazzy® Yumm! Wrappit, White	1053	540	60	12	0	36	1111	103	9	2	26
Hot 'N' Jazzy Yumm! Wrappit, Whole Wheat	1033	540	60	12	0	36	1121	100	14	2	28
Edamame Wrappit, White	1054	549	61	12	0	36	1069	97	10	4	29
Edamame Wrappit, Whole Wheat	1034	549	61	12	0	36	1079	94	15	4	31
Yumm! Baby® Wrappit, White	1048	513	57	12	0	36	1021	107	6	2	23
Yumm! Baby Wrappit, Whole Wheat	1028	513	57	12	0	36	1031	104	11	2	25
Smoky Wrappit, White	1010	504	56	12	0	36	1326	98	7	5	22
Smoky Wrappit, Whole Wheat	990	504	56	12	0	36	1336	95	12	5	24
Chilean Zucchini™ Yumm! Wrappit, White	1007	504	56	12	0	36	1242	99	7	4	23
Chilean Zucchini Wrappit, Whole Wheat	987	504	56	12	0	36	1252	96	12	4	25
Yumm! 'N' Greens®	403 - 658	379	42	9	0	28	642	54	9	3	15
Original Yumm! Wrap®, White	1286	639	71	14	0	40	1308	128	16	3	33
Original Yumm! Wrap, Whole Wheat	1266	639	71	14	0	40	1318	125	21	3	35
Jazzy® Yumm! Wrap, White	1266	621	69	13	0	40	1307	123	12	4	33
Jazzy Yumm! Wrap, Whole Wheat	1246	621	69	13	0	40	1317	120	17	4	35
Hot 'N' Jazzy® Yumm! Wrap, White	1288	666	74	14	0	40	1299	123	12	3	33
Hot 'N' Jazzy Yumm! Wrap, Whole Wheat	1268	666	74	14	0	40	1309	120	17	3	35
Edamame Yumm! Wrap, White	1278	693	77	14	0	40	1259	112	12	5	35
Edamame Yumm! Wrap, Whole Wheat	1258	693	77	14	0	40	1269	109	17	5	37
Yumm! Baby® Yumm! Wrap, White	1269	639	71	14	0	40	1209	126	6	3	285
Yumm! Baby Yumm! Wrap, Whole Wheat	1249	639	71	14	0	40	1219	123	11	3	30
Smoky Yumm! Wrap, White	1231	636	71	14	0	40	1620	115	9	7	27
Smoky Yumm! Wrap, Whole Wheat	1211	639	71	14	0	40	1630	112	14	7	29
Chilean Zucchini™ Yumm! Wrap, White	1226	639	71	14	0	40	1494	116	9	6	27
Chilean Zucchini Yumm! Wrap, Whole Wheat	1206	639	71	14	0	40	1504	113	14	6	29
Southwest Wrap,™ Chicken, White	789	341	38	15	0	148	1547	57	5	4	54
Southwest Wrap, Chicken, Whole Wheat	769	338	38	15	0	148	1557	54	10	4	56
Southwest Wrap, Tofu, White	864	370	41	15	0	49	882	77	23	3	46
Southwest Wrap, Tofu, Whole Wheat	844	366	41	15	0	49	892	74	28	3	48
<b>ADDS-ONS</b>											
All Natural Chicken, Southwest	98	37	4	1	0	40	274	2	0	1	13
All Natural Chicken, Original	80	21	2	1	0	40	268	1	0	1	13
All Natural Turkey Breast	76	14	2	1	0	38	835	2	0	2	17
Organic Tofu, Southwest	160	63	7	1	0	0	10	12	9	0	13
Organic Tofu, Original	93	18	2	1	0	0	219	9	7	0	10
Organic Tempeh	173	92	10	1	0	0	8	9	6	0	12
Add Soup, African Groundnut Stew	65	30	3	1	0	0	320	7	1	2	2
Add Soup, Chilean Zucchini Stew	60	5	1	0	0	0	190	10	1	3	2
Add Soup, Chipotle Chili	65	6	1	0	0	0	315	9	1	4	1
Add Soup, Hickory Lentil	70	9	1	0	0	0	485	10	2	2	5
Add Soup, Mama Leone's	60	30	3	1	0	5	345	3	1	1	5
Add Soup, Moroccan Chickpea	90	27	3	1	0	0	470	13	3	2	3
Add Soup, Potato Cheese	90	46	5	3	0	15	270	7	1	1	3

Menu Item	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
<b>ADD-ONS (Continued)</b>											
Add Soup, Tomato Curry	65	38	4	3	0	0	335	5	1	2	2
Add Soup, Tortilla Cheese	220	61	7	3	0	10	460	8	1	1	5
Nori	48	29	3	0	0	0	80	2	2	0	2
Pepitas	73	53	6	1	0	0	3	2	1	0	5
Slivered Almonds	90	72	8	1	0	0	3	3	2	1	3
Crispy Noodles	60	14	2	0	0	0	60	10	0	0	2
Jalapeño Sesame Salsa	10	10	2	0	0	0	30	0	0	0	0
Shredded Cabbage	6	0	0	0	0	0	5	1	0	1	0
Shredded Carrots	13	1	0	0	0	0	22	3	1	2	0
Shredded Cheddar Cheese	113	82	9	6	0	29	174	0	0	0	7
Avocado	45	34	4	1	0	0	2	2	2	0	1
Nancy's Fat-Free Plain Yogurt	7	0	0	0	0	0	11	1	0	1	1
<b>COOKIES</b>											
Chocolate Chip Cookie	335	211	25	15	0	63	220	31	2	8	3
Chocolate Chip Cookie, Dipped	412	261	31	20	0	64	228	38	3	14	3
Ginger Spice Cookie	344	109	12	1	0	0	214	55	4	31	5
Ginger Spice Cookie, Dipped	422	159	19	6	0	1	223	62	5	36	5
Oatmeal Raisin Cookie	394	142	16	9	0	60	272	58	4	31	6
Oatmeal Raisin Cookie, Dipped	472	192	22	13	0	61	280	65	5	37	7
<b>DRINKS</b>											
Strawberry Lemonade (16 oz)	180	0	0	0	0	0	0	48	0	48	0
Brewed Iced Tea (16 oz)	0	0	0	0	0	0	0	0	0	0	0
Pepsi (16 oz)	200	0	0	0	0	0	40	56	0	56	0
Diet Pepsi (16 oz)	0	0	0	0	0	0	50	0	0	0	0
Dr. Pepper (16 oz)	200	0	0	0	0	0	80	53	0	51	0
Diet Dr. Pepper (16 oz)	0	0	0	0	0	0	80	0	0	0	0
Sierra Mist (16 oz)	200	0	0	0	0	0	40	54	0	54	0
Mug Root Beer (16 oz)	200	0	0	0	0	0	30	52	0	52	0
<b>SALAD • SOUP • SIDE ITEMS</b>											
Ginger Miso Salad	458	265	33	2	0	0	708	43	6	11	12
Fresh Green Salad	46	0	0	0	0	0	42	10	4	5	2
African Groundnut Stew, SM	130	61	7	1	0	0	640	15	2	4	3
African Groundnut Stew, M	195	91	11	2	0	0	960	23	3	6	5
African Groundnut Stew, L	260	121	14	2	0	0	1280	30	4	8	6
Chilean Zucchini Stew, SM	120	11	1	0	0	0	380	20	2	5	3
Chilean Zucchini Stew, M	180	16	2	0	0	0	570	30	3	8	5
Chilean Zucchini Stew, L	240	21	2	0	0	0	760	40	4	10	6
Chipotle Chili, SM	130	13	1	0	0	0	630	18	2	7	2
Chipotle Chili, M	195	20	2	0	0	0	945	27	3	11	3
Chipotle Chili, L	260	26	2	0	0	0	1260	36	4	14	4
Hickory Lentil Soup, SM	140	18	2	0	0	0	970	21	4	3	9
Hickory Lentil Soup, M	210	27	3	0	0	0	1455	32	6	5	14
Hickory Lentil Soup, L	280	37	4	0	0	0	1940	42	8	6	18
Mama Leone's Soup, SM	120	61	7	3	0	10	690	6	1	2	9
Mama Leone's Soup, M	180	92	11	4	0	15	1035	9	2	3	14
Mama Leone's Soup, L	240	123	14	5	0	20	1380	12	2	4	18
Moroccan Chickpea Soup, SM	180	55	6	1	0	0	940	26	5	4	5
Moroccan Chickpea Soup, M	270	82	9	2	0	0	1410	39	8	6	8
Moroccan Chickpea Soup, L	360	109	12	2	0	0	1880	52	10	8	10
Potato Cheese Soup, SM	180	93	10	6	0	30	540	15	1	2	6
Potato Cheese Soup, M	270	140	15	9	0	45	810	23	2	3	9
Potato Cheese Soup, L	360	186	20	12	0	60	1080	30	2	4	12
Tomato Curry Soup, SM	130	77	9	6	0	0	670	11	2	4	3

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<b>SALAD • SOUP • SIDE ITEMS (Continued)</b>											
Tomato Curry Soup, M	195	115	14	9	0	0	1005	17	3	6	5
Tomato Curry Soup, L	260	154	18	12	0	0	1340	22	4	8	6
Tortilla Cheese Soup, SM	220	123	14	5	0	20	920	16	2	2	9
Tortilla Cheese Soup, M	330	184	21	8	0	30	1380	24	3	3	14
Tortilla Cheese Soup, L	440	245	28	10	0	40	1840	32	4	4	18
French Bread - Side	130	5	1	0	0	0	320	27	1	0	4
Butter - Side	100	100	11	7	0	30	90	0	0	0	0
Teriyaki Chicken	206	41	8	2	0	108	1606	14	0	12	22
Teriyaki Tempeh Skewer	393	145	16	2	0	0	813	22	11	4	25
BBQ Tofu Skewer	329	128	14	1	0	0	247	31	12	10	17
<b>SANDWICHES • BENTOS • GRILLED ITEMS</b>											
Turkey Reuben	849	600	59	12	0	91	1737	36	3	7	35
Tempeh Reuben	1084	704	75	13	0	40	1251	51	13	7	42
Ginger-Garlic Veggie Burger	616	284	25	4	0	5	1249	68	13	9	28
Tortilla Chips, Side	240	144	16	2	0	0	270	22	2	0	2
Pickle, Side	6	0	0	0	0	0	389	1	0	0	0
Tofu Yumm! Bento	984	461	49	4	0	0	695	100	15	13	28
Tempeh Yumm! Bento	1085	517	55	5	0	0	1485	97	17	8	43
Chicken Yumm! Bento®	861	372	43	5	0	108	2053	852	3	15	32
Cheese Quesadilla, White Tortilla	790	446	47	29	0	133	1229	54	2	5	29
Cheese Quesadilla, Whole Wheat Tortilla	770	442	47	29	0	133	1239	51	7	5	31
<b>DRESSINGS • CONDIMENTS • SALSAS</b>											
Original Yumm! Sauce® (.75 oz)	106	94	11	1	0	0	76	2	0	0	2
Asian Slaw Dressing (1 fl oz)	150	120	13	1	0	0	280	2	0	1	1
Sweet Ginger Miso (1 fl oz)	90	70	8	1	0	0	270	4	0	3	1
Toby's Blue Cheese (1 fl oz)	120	108	12	2	0	12	120	2	0	0	1
Toby's Buttermilk Ranch (1 fl oz)	120	108	12	2	0	12	120	2	0	0	1
Balsamic Vinaigrette (1 fl oz)	137	123	14	2	0	0	4	3	0	2	0
Teriyaki Sauce (1 fl oz)	45	0	0	0	0	0	930	10	0	9	0
Organic Mild Red Salsa (1 oz)	10	0	0	0	0	0	130	2	0	1	0
Jalapeño Sesame Salsa (1 tsp)	10	10	2	0	0	0	30	0	0	0	0
Dijon Mustard (1 tsp)	10	0	1	0	0	0	130	0	0	0	0
Ketchup (1 fl oz)	40	0	0	0	0	0	320	10	0	8	0
Yellow Mustard (1 tsp)	0	0	0	0	0	0	55	0	0	0	0
Reuben Sauce (1 fl oz)	137	128	13	1	0	0	195	2	0	2	0
Vegenaise (1 fl oz)	180	160	18	2	0	0	170	0	0	0	0
<b>YUMM! KIDS™ MENU</b>											
Original Kid Yumm! Bowl	436	238	27	5	0	12	238	37	6	0	13
Avokiddo Yumm! Bowl	443	249	5	12	0	12	238	38	1	0	10
Organic Rice & Beans	338	18	2	0	0	0	5	68	11	0	12
Teriyaki Chicken & Rice	411	7	8	2	0	108	1608	58	1	12	26
Kid Quesadilla	588	291	32	18	0	72	922	47	2	0	26

Quick, easy tips for making healthy diet choices are available at [choosemyplate.gov](http://choosemyplate.gov).

The **2015 - 2020 Dietary Guidelines for Americans**, prepared by the US Department of Health and Human Services and the US Department of Agriculture at [https://health.gov/dietaryguidelines/2015/resources/2015-2020\\_Dietary\\_Guidelines.pdf](https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf) (a 10.8 MB download) offers further information about calorie needs, healthy and unhealthy fats, safe ways to lose weight, recommended physical activity, and other resources for maintaining health through a variety of life stages.



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