

NUTRITION

*ALL MEASUREMENTS ARE BASED ON 1 OZ OF DRESSING

Bread Zeppelin is not a gluten-free establishment. Our food is prepared in an environment that contains bread and flour.

GF GLUTEN FREE

LIGHTER THAN AIR SELECTIONS

DF DAIRY FREE

AVOCADO RANCH

GF

220 CAL, **13g** TOTAL FAT, **2g** SAT. FAT, **10mg** CHOLESTEROL, **210mg** SODIUM, **2g** CARBS

BALSAMIC VINAIGRETTE

GF

DF

140 CAL, **14g** TOTAL FAT, **1g** SAT. FAT, **0mg** CHOLESTEROL, **100mg** SODIUM, **1g** CARBS

CARROT GINGER LIME

DF

45 CAL, **1g** TOTAL FAT, **0g** SAT. FAT, **0mg** CHOLESTEROL, **680mg** SODIUM, **9g** CARBS

CHAMPAGNE VINAIGRETTE

GF

DF

140 CAL, **14g** TOTAL FAT, **1g** SAT. FAT, **0mg** CHOLESTEROL, **55mg** SODIUM, **2g** CARBS

CHIPOTLE RANCH

GF

220 CAL, **12g** TOTAL FAT, **2g** SAT. FAT, **10mg** CHOLESTEROL, **220mg** SODIUM, **2g** CARBS

CRANBERRY POPPYSEED

GF

220 CAL, **23g** TOTAL FAT, **3g** SAT. FAT, **10mg** CHOLESTEROL, **55mg** SODIUM, **5g** CARBS

CREAMY WASABI

GF

110 CAL, **12g** TOTAL FAT, **2.5g** SAT. FAT, **10mg** CHOLESTEROL, **65mg** SODIUM, **1g** CARBS

CUCUMBER DILL

GF

20 CAL, **0g** TOTAL FAT, **0g** SAT. FAT, **0mg** CHOLESTEROL, **80mg** SODIUM, **2g** CARBS

FRENCH REMOULADE

100 CAL, **12g** TOTAL FAT, **2g** SAT. FAT, **10mg** CHOLESTEROL, **120mg** SODIUM, **<1g** CARBS

GREEK VINAIGRETTE

GF

150 CAL, **15g** TOTAL FAT, **2g** SAT. FAT, **30mg** CHOLESTEROL, **110mg** SODIUM, **<1g** CARBS

HANGAR BLEU

130 CAL, **14g** TOTAL FAT, **3.5g** SAT. FAT, **15mg** CHOLESTEROL, **230mg** SODIUM, **<1g** CARBS

HONEY DIJON

GF

100 CAL, **11g** TOTAL FAT, **1g** SAT. FAT, **<5mg** CHOLESTEROL, **85mg** SODIUM, **1g** CARBS

HOUSE CAESAR

140 CAL, **15g** TOTAL FAT, **1.5g** SAT. FAT, **30mg** CHOLESTEROL, **170mg** SODIUM, **<1g** CARBS

LIGHTER THAN BALSAMIC

DF

20 CAL, **0g** TOTAL FAT, **0g** SAT. FAT, **0mg** CHOLESTEROL, **150mg** SODIUM, **3g** CARBS

LIGHTER THAN CAESAR

DF

60 CAL, **5g** TOTAL FAT, **1g** SAT. FAT, **45mg** CHOLESTEROL, **75mg** SODIUM, **2g** CARBS

METROPOLITAN COBB

DF

170 CAL, **19g** TOTAL FAT, **1.5g** SAT. FAT, **<5mg** CHOLESTEROL, **180mg** SODIUM, **0g** CARBS

RANCH

GF

220 CAL, **12g** TOTAL FAT, **2g** SAT. FAT, **10mg** CHOLESTEROL, **210mg** SODIUM, **2g** CARBS

TEJANO CAESAR

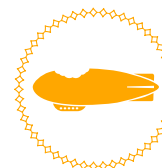
180 CAL, **19g** TOTAL FAT, **1.5g** SAT. FAT, **35mg** CHOLESTEROL, **150mg** SODIUM, **0g** CARBS

WHITE BALSAMIC VINAIGRETTE

GF

DF

180 CAL, **18g** TOTAL FAT, **1.5g** SAT. FAT, **0mg** CHOLESTEROL, **30mg** SODIUM, **4g** CARBS



One cored **ZEPPELIN** baguette is approximately* **240** calories.

*This approximate is based on slight variances in dough portioning and cook times.