

## OASIS MENU ITEMS

	Portion	Calories	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Protein(g)	Carbohydrates(g)	Sodium(mg)	Cholesterol(mg)	Fiber(g)
<b>Baked Goods</b>										
Bagel Blueberry -- 1 Bagel <sup>w</sup>	3.5 oz	255	2	0	0	10	50	445	0	2
Bagel Cinnamon Raisin -- 1 Bagel <sup>w</sup>	3.5 oz	255	2	0	0	10	50	445	0	2
Bagel Everything --1 Bagel <sup>w</sup>	3.5 oz	255	2	0	0	10	50	445	0	2
Bagel Honey Wheat -- 1 Bagel <sup>w</sup>	3.5 oz	255	2	0	0	10	50	445	0	2
Bagel Plain -- 1 Bagel <sup>w</sup>	3.5 oz	255	2	0	0	10	50	445	0	2
Cinnamon Roll -- 1 Roll <sup>wsme</sup>	6.0 oz	627	30	13	0	9	81	865	15	3
Muffin Apple Cinnamon -- 1 Muffin <sup>wme</sup>	3.5 oz	325	15	3	0	3	46	325	49	2
Muffin Blueberry -- 1 Muffin <sup>wsme</sup>	4.0 oz	401	19	3	0	5	52	351	60	1
Muffin Lemon Cranberry -- 1 Muffin <sup>wsme</sup>	4.0 oz	391	18	4	0	5	51	291	60	1
Scone Apple Cinnamon -- 1 Scone <sup>wsme</sup>	3.7 oz	421	21	11	0	5	54	331	15	1
Scone Blueberry -- 1 Scone <sup>wsme</sup>	3.7 oz	421	21	11	0	5	54	331	15	1
Scone Raspberry White Choc -- 1 Scone <sup>wsme</sup>	3.7 oz	421	21	11	0	5	54	331	15	1
Turnover Apple -- 1 Turnover <sup>ws</sup>	3.3 oz	476	23	7	6	4	63	200	0	1
Turnover Cherry -- 1 Turnover <sup>ws</sup>	3.3 oz	476	23	7	6	4	63	200	0	1
<b>Breakfast</b>										
Bacon -- 1 Strip	0.3 oz	34	3	1	0	1	0	62	5	0
Biscuit -- 1 Biscuit <sup>wm</sup>	2.2 oz	181	8	7	0	4	24	594	0	1
Biscuit & Sausage Gravy -- 1 Biscuit <sup>wsm</sup>	6.5 oz	320	18	9	0	7	34	1152	14	1
Biscuits & Gravy -- 2 Biscuits <sup>wsm</sup>	13.0 oz	640	35	18	0	13	67	2304	29	2
Bread English Muffin -- 1 Muffin <sup>ws</sup>	2.3 oz	140	2	0	0	5	26	280	0	1
Breakfast Potatoes -- 1 Serving	3.0 oz	99	3	0	0	2	16	168	0	2
Burrito Southwest Steak -- 1 Burrito <sup>wsme</sup>	13.4 oz	759	32	11	0	38	75	1680	525	5
Egg Fried -- 1 Egg	1.7 oz	77	5	2	0	7	0	75	227	0
Egg Scrambled -- 1 Egg <sup>me</sup>	2.8 oz	85	4	1	0	8	2	270	135	0
French Toast -- 1 Piece <sup>wsme</sup>	3.5 oz	180	5	1	0	10	22	426	111	0
Gravy Sausage -- 1 Scoop <sup>wsm</sup>	4.3 oz	139	10	2	0	3	9	558	14	0
Omelet -- 2 Egg <sup>me</sup>	3.1 oz	100	5	1	0	9	3	304	152	0
Pancake -- 1 Pancake <sup>wsm</sup>	3.0 oz	170	2	0	0	3	32	600	0	0
Sandwich Breakfast Bacon -- 1 Sandwich <sup>wse</sup>	5.0 oz	298	15	4	0	14	27	485	250	1
Sandwich Breakfast Sausage -- 1 Sandwich <sup>wse</sup>	5.9 oz	360	20	6	0	17	27	712	266	1
Sausage Patty -- 1 Patty	1.5 oz	131	12	4	0	5	0	352	26	0
Toast Wheat -- 2 Slices <sup>ws</sup>	1.8 oz	146	2	0	0	4	27	261	0	2
Toast White -- 2 Slices <sup>ws</sup>	1.8 oz	153	2	0	0	5	28	279	0	1
<b>Breakfast Specials</b>										
Breakfast Country -- 1 Plate <sup>wsme</sup>	14.0 oz	848	40	20	0	21	91	2248	165	2
Breakfast Oasis - 1 Plate <sup>wsme</sup>	12.0 oz	615	23	6	0	25	69	1927	285	0
Casserole Hash Brown -- 1 Scoop <sup>wsm</sup>	7.3 oz	345	21	9	1	10	30	835	54	3
Ham, Eggs, & Hashbrowns -- 1 Plate <sup>me</sup>	14.0 oz	508	20	6	0	42	39	2098	335	3
<b>Daily Features</b>										
Burger Black Bean -- 1 Sandwich <sup>wsme</sup>	8.5 oz	323	7	1	0	21	46	1138	0	9
Burger Hamburger -- 1 Sandwich <sup>ws</sup>	4.3 oz	461	23	9	1	33	27	369	101	0
Burger Patty Melt -- 1 Sandwich <sup>wsm</sup>	7.3 oz	1037	90	20	1	30	30	1327	79	2
Chicken Strips -- 3 Strips <sup>ws</sup>	6.8 oz	278	15	2	0	17	20	706	27	1

m - Product contains milk protein | s - Product contains soy | e - Product contains eggs

n - Product contains nuts | w - Product contains wheat

# OASIS MENU ITEMS

	Portion	Calories	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Protein(g)	Carbohydrates(g)	Sodium(mg)	Cholesterol(mg)	Fiber(g)
Potatoes Mashed -- 1 Scoop <sup>m</sup>	4.0 oz	80	1	0	0	2	16	361	0	2
Potatoes Waffle Fries -- 1 Container <sup>s</sup>	2.1 oz	143	9	2	0	1	16	300	0	1
Sandwich Grilled Cheese -- 1 Sandwich <sup>wsm</sup>	2.6 oz	453	34	6	0	10	28	914	25	2
Sandwich Grilled Chicken Breast -- 1 Svg <sup>wsm<sup>e</sup></sup>	7.7 oz	428	16	5	0	37	35	570	97	2

## Cabana Specials

Brat & Kraut - 1 Brat, 1 Scoop	7.5 oz	397	33	11	0	16	7	1643	84	4
Burger Crispy Onion -- 1 Burger <sup>ws</sup>	7.7 oz	327	14	5	1	20	30	619	54	1
Burger Double Bacon Cheese -- 1 Sandwich <sup>wsm</sup>	8.7 oz	1085	68	23	3	73	41	1268	247	1
Chicken Breast Grilled -- 1 Piece	3.5 oz	156	1	0	0	33	0	92	82	0
Enchiladas Spinach & Cheese -- 3 Each <sup>wsm</sup>	13.0 oz	679	41	22	0	29	58	2290	89	4
Pasta Carbonara -- 1 Scoop <sup>wsm<sup>e</sup></sup>	18.6 oz	1120	79	27	0	49	52	2131	183	4
Pizza BBQ Chicken -- 1 Pizza <sup>wsm</sup>	6.5 oz	494	17	7	0	30	54	1033	64	2
Pizza Buffalo Chicken -- 1 Pizza <sup>wsm</sup>	10.3 oz	719	36	19	0	52	46	3296	116	2
Pizza Cheeseburger -- 1 Pizza <sup>wsm</sup>	9.7 oz	783	41	16	1	52	50	1718	141	3
Pizza Chicken Artichoke -- 1 Pizza <sup>wsm</sup>	10.3 oz	601	28	11	0	37	49	1248	86	3
Pizza Greek -- 1 Pizza <sup>wsm<sup>e</sup></sup>	10.0 oz	598	32	14	0	31	49	1464	68	4
Pizza Ham & 3 Cheese -- 1 Flatbread <sup>wsm</sup>	7.0 oz	477	19	7	0	31	46	1948	74	2
Pizza Pepperoni -- 1 Pizza <sup>wsm</sup>	7.1 oz	652	37	16	0	28	51	1870	84	2
Pizza Philly Steak -- 1 Pizza <sup>wsm</sup>	13.0 oz	791	41	17	0	54	49	1502	133	3
Pizza Roasted Vegetable -- 1 Pizza <sup>wsm</sup>	11.1 oz	688	36	17	0	42	49	1854	79	3
Pizza Supreme -- 1 Pizza <sup>wsm</sup>	10.2 oz	720	42	16	0	32	53	2050	84	3
Pizza Taco -- 1 Pizza <sup>wsm</sup>	11.6 oz	797	42	16	0	44	60	2763	112	6
Pizza Three Meat -- 1 Pizza <sup>wsm</sup>	9.0 oz	735	49	18	0	22	51	1998	86	2
Sandwich BLT -- 1 Sandwich <sup>ws</sup>	5.8 oz	358	17	5	0	11	39	691	20	3
Sandwich Chicken Pita -- 1 Pita <sup>wsm</sup>	10.0 oz	457	13	6	0	38	47	692	81	4
Sandwich Chili Dog -- 1 Serving <sup>wsm</sup>	11.4 oz	789	50	21	1	33	50	2065	105	7
Sandwich Grilled Brisket -- 1 Sandwich <sup>ws</sup>	5.8 oz	482	28	10	0	32	27	1053	89	0
Sandwich Italian Meatball Sub -- 1 Sub <sup>wsm</sup>	9.4 oz	815	47	18	0	36	60	2159	112	5
Sandwich Italian Sausage & Peppers <sup>ws</sup>	8.2 oz	444	22	6	0	28	31	1169	86	3
Sandwich Pulled Pork -- 1 Sandwich <sup>ws</sup>	5.9 oz	429	20	7	0	30	29	827	101	0
Sandwich Sloppy Joe -- 1 Sandwich <sup>ws</sup>	6.6 oz	451	22	8	0	23	40	992	74	1

## Creations Specials (Meat, Starch, Sauce & No Additions)

Chicken & Cheese Tortellini -- 1 Scoop <sup>wme</sup>	9.0 oz	315	10	4	0	28	29	924	76	1
Fajita Chicken -- 1 Fajita <sup>wsm</sup>	12.0 oz	540	19	7	0	47	42	1113	102	3
Nachos Beef -- 1 Serving <sup>sm</sup>	16.6 oz	698	39	15	0	23	60	1734	63	5
Potato Bar -- 1 Potato <sup>sm</sup>	21.8 oz	815	41	16	0	27	86	1962	66	10
Rice Bowl Cajun Chicken -- 1 Bowl	6.4 oz	258	6	1	0	26	23	66	59	0
Rice Bowl Shrimp Teriyaki -- 1 Bowl <sup>ws</sup>	10.5 oz	413	24	3	0	12	37	799	82	1
Salad Fiesta -- 1 Salad	9.2 oz	323	7	1	0	58	1	185	141	2
Salad Sizzlin with Chicken -- 1 Serving	10.5 oz	239	13	2	0	19	7	809	54	1
Sandwich Chicken Souvlaki -- 1 Each <sup>w</sup>	6.6 oz	415	7	1	0	44	39	480	94	2
Sesame Chicken Stir Fry -- 1 Serving <sup>ws</sup>	10.5 oz	803	34	4	0	29	97	2798	34	5
Shrimp Alfredo Pasta Bar -- 1 Serving <sup>wsm</sup>	10.5 oz	990	56	26	0	67	53	2894	227	3
Taco Beef - 1 Taco <sup>wsm</sup>	4.2 oz	288	18	7	0	17	13	302	60	1
Wrap Buffalo Chicken -- 1 Wrap <sup>ws</sup>	12.0 oz	576	11	3	0	60	54	3858	126	5

m - Product contains milk protein | s - Product contains soy | e - Product contains eggs

n - Product contains nuts | w - Product contains wheat

# OASIS MENU ITEMS

	Portion	Calories	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Protein(g)	Carbohydrates(g)	Sodium(mg)	Cholesterol(mg)	Fiber(g)
<b>Homestyle Specials</b>										
Beef Roast -- 2 Slices	3.8 oz	175	9	3	0	19	1	742	54	0
Beef Tips & Noodles -- 1 Scoop <sup>ws</sup>	9.4 oz	402	10	3	0	25	51	758	86	1
Brisket -- 3 Slices	5.6 oz	559	43	16	0	46	0	1282	148	0
Chicken Cordon Bleu -- 1 Piece <sup>wsm</sup>	6.7 oz	425	25	6	0	34	16	1046	97	2
Chicken Parmigiana & Linguini -- 1 Piece <sup>wsm<sup>e</sup></sup>	15.0 oz	629	20	3	0	29	83	1747	32	1
Chicken Strips -- 3 Strips <sup>ws</sup>	6.8 oz	278	15	2	0	17	20	706	27	1
Enchiladas Beef -- 1 Serving <sup>wsm</sup>	11.0 oz	1063	61	29	0	57	67	1926	202	3
Hot Wings -- 6 Wings <sup>w</sup>	7.2 oz	418	25	7	0	31	17	1393	181	3
Lasagna Meat -- 1 Piece <sup>wsm</sup>	8.0 oz	280	10	5	0	16	32	699	40	2
Meatloaf -- 1 Slice <sup>wse</sup>	7.0 oz	416	20	8	0	25	38	1753	67	2
Pork Ribs BBQ -- 4 Ribs	8.5 oz	809	59	19	1	39	29	891	202	0
Pork Steak BBQ -- 1 Piece	8.0 oz	614	36	13	0	31	40	1258	129	0
Shrimp Popcorn -- 12 Shrimp <sup>wsm<sup>e</sup></sup>	4.6 oz	295	14	2	0	14	22	1677	116	0
Tilapia Chipotle Lime Crusted -- 1 Piece <sup>wsm</sup>	5.0 oz	254	10	2	0	27	15	373	69	1
Tilapia Lemon Pepper -- 1 Piece <sup>s</sup>	3.4 oz	207	7	2	0	36	2	550	91	0
<b>Sizzle Specials</b>										
Burger Mushroom Swiss -- 1 Burger <sup>wsm</sup>	4.3 oz	548	29	12	1	40	28	410	123	1
Chicken California -- 1 Piece <sup>m</sup>	9.0 oz	380	23	6	0	37	6	332	116	3
Quesadilla Chicken -- 1 Portion <sup>wsm</sup>	9.1 oz	539	18	9	0	36	57	1365	73	6
Sandwich Chicken Philly -- 1 Philly <sup>wsm</sup>	10.0 oz	675	34	8	0	32	55	1207	80	3
Sandwich French Dip -- 1 Sandwich <sup>ws</sup>	10.8 oz	335	7	2	0	31	38	1593	61	2
Sandwich Gyro -- 1 Sandwich <sup>wsm</sup>	12.2 oz	626	30	13	0	29	56	1443	66	3
Sandwich Hot Dog -- 1 Dog <sup>ws</sup>	4.4 oz	414	27	10	1	15	27	1094	50	1
Sandwich Loaded Chicken -- 1 Sanddwich <sup>ws</sup>	5.3 oz	301	3	0	0	37	27	373	82	0
Sandwich Memphis Pulled Pork -- 1 Svg <sup>wse</sup>	11.5 oz	756	41	10	0	30	66	1474	104	2
Sandwich Philly Steak -- 1 Sandwich <sup>wsm</sup>	8.7 oz	723	35	16	0	40	56	1348	113	4
Sandwich Reuben -- 1 Sandwich <sup>wsm<sup>e</sup></sup>	11.2 oz	480	24	8	0	25	38	2278	77	5
Sandwich Shrimp Po Boy -- 1 Sandwich <sup>wse</sup>	11.0 oz	422	8	0	0	31	55	1665	203	4
<b>Featured Sides</b>										
Asparagus Spears -- 3 Spears	2.7 oz	11	0	0	0	2	2	3	0	1
Baked Beans -- 1 Scoop <sup>ws</sup>	5.9 oz	215	2	0	0	8	41	449	1	10
Beans Black -- 1 Scoop	4.2 oz	98	1	0	0	6	19	438	0	8
Beans Refried -- 1 Scoop	4.5 oz	164	2	0	0	9	27	567	0	9
Bread Dinner Roll -- 1 Roll <sup>wsm<sup>e</sup></sup>	2.0 oz	179	5	1	0	4	30	318	15	1
Breadstick -- 1 Breadstick <sup>w</sup>	1.1 oz	91	1	0	0	3	17	182	0	1
Broccoli Cuts -- 1 Scoop	3.9 oz	13	0	0	0	1	0	12	0	1
Brussel Sprouts -- 1 Scoop	4.0 oz	50	0	0	0	4	10	95	0	4
Carrots Baby Honey Glazed -- 1 Scoop <sup>s</sup>	3.0 oz	88	4	1	0	1	5	96	0	2
Carrots with Parsley Butter -- 1 Scoop <sup>s</sup>	4.4 oz	71	2	0	0	2	0	235	0	3
Cauliflower -- 1 Scoop	4.2 oz	19	0	0	0	2	0	23	0	2
Cobbler Apple -- 1 Scoop <sup>ws</sup>	4.4 oz	230	9	4	0	2	38	270	0	1
Cobbler Blackberry -- 1 Scoop <sup>ws</sup>	4.4 oz	270	8	4	0	2	46	260	0	3
Cobbler Cherry -- 1 Scoop <sup>ws</sup>	4.4 oz	240	8	4	0	2	41	270	0	1
Cobbler Strawberry -- 1 Scoop <sup>ws</sup>	4.4 oz	240	8	4	0	2	40	270	0	1
Corn Flame Roasted -- 1 Scoop	4.0 oz	155	3	0	0	6	25	239	0	6

m - Product contains milk protein | s - Product contains soy | e - Product contains eggs

n - Product contains nuts | w - Product contains wheat

# OASIS MENU ITEMS

	Portion	Calories	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Protein(g)	Carbohydrates(g)	Sodium(mg)	Cholesterol(mg)	Fiber(g)
Corn, Green Beans, Carrots -- 1 Scoop	6.0 oz	87	0	0	0	3	14	48	0	4
Cut Corn -- 1 Scoop	3.7 oz	68	1	0	0	2	16	1	0	2
Green Bean Almondine -- 1 Scoop <sup>n</sup>	5.4 oz	49	2	0	0	2	6	515	0	3
Green Beans with Lemon Butter -- 1 Scoop <sup>s</sup>	3.8 oz	38	1	0	0	1	5	513	0	3
Mac & Cheese -- 1 Scoop <sup>wsm</sup>	8.3 oz	623	31	11	0	15	70	1861	38	3
Peach Cobbler -- 1 Scoop <sup>ws</sup>	4.4 oz	240	8	4	0	2	39	260	0	1
Peas -- 1 Scoop	3.8 oz	53	0	0	0	3	10	2	0	3
Potato Planks -- 5 Pieces <sup>ws</sup>	3.5 oz	170	7	2	0	2	22	522	0	2
Potatoes Au Gratin -- 1 Scoop <sup>wsm</sup>	4.0 oz	484	15	0	0	11	80	1670	0	0
Potatoes Mashed -- 1 Scoop <sup>m</sup>	4.0 oz	80	1	0	0	2	16	361	0	2
Potatoes Mashed Garlic Red -- 1 Scoop <sup>m</sup>	5.0 oz	152	8	5	0	3	18	518	20	2
Potatoes Rosemary Red -- 10 Pieces <sup>sm</sup>	3.0 oz	93	3	1	0	2	13	154	0	2
Potatoes Scalloped -- 1 Scoop <sup>wsm</sup>	4.6 oz	161	1	0	0	3	32	709	0	1
Rice Cilantro Lime -- 1 Scoop	4.0 oz	106	0	0	0	3	23	2	0	0
Rice Garden -- 1 Scoop	4.0 oz	100	0	0	0	2	20	373	0	0
Rice Pilaf -- 1 Scoop	3.8 oz	109	0	0	0	3	23	358	0	1
Rice Spanish -- 1 Scoop	3.8 oz	109	0	0	0	3	23	304	0	1
Sauce Broccoli & Cheese -- 1 Serving <sup>sm</sup>	6.5 oz	72	3	1	0	3	7	370	1	2
Spinach Steamed -- 1 Scoop	3.9 oz	39	0	0	0	5	5	330	0	4
Toast Garlic Cheese -- 1 Slice <sup>wsm</sup>	1.5 oz	117	3	0	0	3	19	221	0	0
Vegetables 5 Way Mix -- 1 Scoop	3.6 oz	52	0	0	0	3	11	38	0	3
Vegetables Capri -- 1 Scoop	4.3 oz	30	0	0	0	1	5	30	0	1
Vegetables Caribbean Blend -- 1 Scoop	4.0 oz	32	0	0	0	4	6	295	0	3
Vegetables Riviera -- 1 Scoop	4.0 oz	40	0	0	0	1	6	17	0	2
Vegetables Sicilian -- 1 Serving	4.0 oz	41	1	0	0	1	9	77	0	4

## Soups

Soup Broccoli & Cheese -- 1 Bowl <sup>sm</sup>	11.0 oz	139	6	3	0	3	17	1265	7	0
Soup Chicken & Wild Rice -- 1 Bowl <sup>wsm</sup>	10.8 oz	257	15	6	0	7	23	833	37	2
Soup Chicken Cajun Gumbo -- 1 Bowl <sup>wse</sup>	11.4 oz	91	1	1	0	3	16	1013	6	1
Soup Chicken Noodle -- 1 Bowl <sup>wse</sup>	11.6 oz	103	3	1	0	6	13	1031	15	3
Soup Chili -- 1 Bowl <sup>s</sup>	8.5 oz	260	13	4	0	18	21	735	43	7
Soup Creamy Garden Vegetable -- 1 Bowl <sup>wsm</sup>	8.0 oz	101	5	3	1	4	10	962	15	3
Soup Italian Wedding -- 1 Bowl <sup>wsm</sup>	11.8 oz	137	4	2	0	6	18	1230	8	3
Soup Loaded Baked Potato -- 1 Bowl <sup>sm</sup>	11.0 oz	334	19	9	0	8	28	937	58	1
Soup Tomato Florentine -- 1 Bowl <sup>wme</sup>	11.0 oz	111	1	1	0	6	21	1250	6	3
Soup Vegetable Beef -- 1 Bowl <sup>w</sup>	11.0 oz	125	2	1	0	7	21	1236	14	4
Soup White Chili & Chicken -- 1 Bowl <sup>wsm</sup>	11.0 oz	110	2	1	0	10	14	635	19	5

## Additions, Selections & Build Your Own

Artichokes -- 1 Scoop	1.5 oz	10	0	0	0	1	2	115	0	0
Asparagus -- 1 Scoop	1.0 oz	6	0	0	0	1	1	1	0	1
Banana Peppers -- 1 Portion	0.9 oz	5	0	0	0	0	1	437	0	0
Basil Fresh Chopped -- 1 Teaspoon	0.2 oz	2	0	0	0	0	0	0	0	0
Bread Ciabatta -- 1 Roll <sup>ws</sup>	3.3 oz	206	1	0	0	10	41	516	0	0
Bread Flatbread -- 1 Piece <sup>wsm</sup>	3.3 oz	280	9	2	0	8	42	460	0	2
Bread Hoagie -- 1 Roll <sup>ws</sup>	3.1 oz	200	2	0	0	8	36	400	0	2
Bread Marble Rye -- 2 Slices <sup>ws</sup>	2.8 oz	184	3	0	0	7	33	332	0	2

m - Product contains milk protein | s - Product contains soy | e - Product contains eggs

n - Product contains nuts | w - Product contains wheat

## OASIS MENU ITEMS

OASIS MENU ITEMS	Portion	Calories	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Protein(g)	Carbohydrates(g)	Sodium(mg)	Cholesterol(mg)	Fiber(g)
Bread Multi Grain -- 2 Slices <sup>ws</sup>	2.5 oz	182	3	0	0	6	32	283	0	4
Bread Sourdough -- 2 Slices <sup>ws</sup>	3.0 oz	190	2	0	0	8	36	441	0	2
Bread Wheat -- 2 Slices <sup>ws</sup>	1.8 oz	146	2	0	0	4	27	261	0	2
Bread White -- 2 Slices <sup>ws</sup>	1.8 oz	153	2	0	0	5	28	279	0	1
Broccoli Florets -- 3 Florets	1.5 oz	12	0	0	0	1	0	11	0	1
Cabbage Bok Choy -- 3 Leaves	2.0 oz	0	0	0	0	0	0	0	0	0
Carrots Shredded -- 2 Tablespoons	1.0 oz	12	0	0	0	0	3	20	0	1
Cauliflower Florets -- 3 Florets	1.5 oz	11	0	0	0	1	0	13	0	1
Cheese American -- 1 Slice <sup>sm</sup>	0.4 oz	43	4	1	0	2	0	184	11	0
Cheese Cheddar Shredded -- 1 Portion <sup>m</sup>	1.7 oz	189	15	9	0	12	2	310	52	0
Cheese Cheddar Sliced -- 1 Slice <sup>m</sup>	0.7 oz	113	9	6	0	7	0	174	29	0
Cheese Feta -- 1 Scoop	1.5 oz	112	9	6	0	6	2	475	38	0
Cheese Mozzarella Shredded -- 1 Scoop <sup>m</sup>	2.0 oz	144	9	6	0	14	2	351	36	0
Cheese Parmesan Shredded -- 1 Scoop <sup>m</sup>	1.0 oz	122	8	5	0	11	1	433	25	0
Cheese Pepperjack Sliced -- 1 Slice <sup>m</sup>	0.7 oz	76	7	4	0	5	0	123	19	0
Cheese Provolone Sliced -- 1 Slice <sup>m</sup>	1.0 oz	51	3	2	0	4	1	121	10	0
Cheese Swiss Sliced -- 1 Slice <sup>m</sup>	0.7 oz	75	6	4	0	5	1	38	21	0
Cilantro Fresh Chopped -- 1/2 Teaspoon	0.2 oz	2	0	0	0	0	0	3	0	0
Cucumber Sliced -- 2 Slices	1.1 oz	5	0	0	0	0	0	1	0	0
Dressing Sundried Tomato - 1 Portion Cup <sup>sm</sup>	2.2 oz	199	17	2	0	0	13	1163	0	0
Garlic Minced -- 1 Teaspoon	0.2 oz	11	0	0	0	0	2	1	0	0
Ginger Minced -- 1/2 Teaspoon	0.2 oz	6	0	0	0	0	1	1	0	0
Ham Diced -- 1 Tablespoon	1.0 oz	35	2	1	0	5	1	314	15	0
Lettuce Leaf -- 1 Portion	1.1 oz	4	0	0	0	0	1	3	0	0
Lime -- Juice of 1 Lime	1.4 oz	12	0	0	0	0	4	1	0	1
Margarine -- 1 Portion Cup <sup>sm</sup>	0.1 oz	26	3	0	0	0	0	28	0	0
Meat Ham Sliced -- 4 Slices	2.1 oz	63	2	1	0	10	2	762	31	0
Meat Roast Beef -- 2 Slices	2.0 oz	81	3	1	0	14	0	172	40	0
Meat Tuna Salad -- 1 Scoop <sup>we</sup>	3.8 oz	269	21	4	0	13	9	667	45	1
Meat Turkey Sliced -- 4 Slices	2.6 oz	62	1	0	0	14	1	575	31	0
Mushrooms Fresh Sliced -- 1 Tablespoon	1.0 oz	7	0	0	0	1	0	1	0	0
Mushrooms Portobella -- 1 Tablespoon	1.0 oz	7	0	0	0	1	1	5	0	0
Olives Black -- 1 Tablespoon	1.3 oz	42	4	1	0	0	2	324	0	1
Olives Black -- 8 Halves	0.5 oz	16	2	0	0	0	1	125	0	0
Onion Green Chopped -- 1 Tablespoon	1.0 oz	9	0	0	0	0	0	1	0	1
Onion Red -- 1 Portion	0.6 oz	6	0	0	0	0	1	1	0	0
Onion Red -- 1 Tablespoon	1.0 oz	11	0	0	0	0	2	1	0	1
Onion Yellow Diced -- 1 Spoonful	0.5 oz	5	0	0	0	0	1	0	0	0
Parmesan -- 1 Packet <sup>m</sup>	0.1 oz	15	1	1	0	1	0	35	5	0
Peas Snap -- 6 peas	1.0 oz	15	0	0	0	1	2	3	0	1
Pepper Red Fresh Diced -- 1 Tablespoon	1.0 oz	9	0	0	0	0	0	1	0	1
Pepperoni Sliced -- 6 Slices	0.5 oz	71	7	3	0	3	0	238	18	0
Peppers Green Diced -- 1 Portion	1.4 oz	8	0	0	0	0	0	1	0	1
Peppers Red Diced-- 1 Scoop	1.7 oz	15	0	0	0	0	0	2	0	1
Pickle Spear -- 1 Spear	1.0 oz	4	0	0	0	0	1	324	0	0
Pickles Sliced -- 1 Portion	0.8 oz	0	0	0	0	0	0	308	0	0
Pico de Gallo -- 1 Scoop	2.6 oz	21	0	0	0	1	3	278	0	1
Salsa -- 1 Ladle	1.6 oz	14	0	0	0	0	3	326	0	0

m - Product contains milk protein | s - Product contains soy | e - Product contains eggs

n - Product contains nuts | w - Product contains wheat

## OASIS MENU ITEMS

OASIS MENU ITEMS	Portion	Calories	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Protein(g)	Carbohydrates(g)	Sodium(mg)	Cholesterol(mg)	Fiber(g)
Sauce Alfredo -- 1 Scoop <sup>wsm</sup>	1.5 oz	99	9	3	0	2	3	245	14	0
Sauce BBQ -- 1 Scoop	1.0 oz	39	0	0	0	0	10	244	0	0
Sauce Cajun -- 1 scoop <sup>wsm</sup>	1.6 oz	105	9	3	0	2	3	280	15	0
Sauce Cocktail -- 1 Scoop <sup>s</sup>	1.6 oz	39	0	0	0	0	10	393	0	0
Sauce Lemon Garlic Aioli -- 1 scoop <sup>wse</sup>	0.5 oz	21	2	0	0	0	0	47	2	0
Sauce Pesto Basil -- 1 Serving <sup>m</sup>	0.2 oz	23	2	1	0	1	0	50	1	0
Sauce Pesto Sundried Tomato -- 1 Serving <sup>wse</sup>	0.2 oz	26	2	0	0	0	2	26	1	0
Sauce Pizza -- 1 Scoop	1.9 oz	37	0	0	0	1	8	385	0	0
Sausage Ground -- 1 Serving	1.0 oz	107	10	4	0	5	0	209	29	0
Sour Cream -- 1 Serving <sup>m</sup>	1.0 oz	55	6	3	0	1	1	57	15	0
Spinach Leaves -- 18 Leaves	0.5 oz	3	0	0	0	0	0	11	0	0
Tomatoes Roma -- 1 Tablespoon	1.0 oz	5	0	0	0	0	1	1	0	0
<b>Desserts</b>										
Brownie -- 1 Square <sup>wse</sup>	3.3 oz	319	8	2	0	4	58	299	0	0
Brownie Blondie -- 1 Bar <sup>wsm</sup>	4.0 oz	369	26	7	0	6	57	326	28	3
Cake Carrot -- 1 Slice <sup>wsm</sup>	6.5 oz	714	39	10	0	7	81	668	81	2
Cake Chocolate -- 1 Slice <sup>wsm</sup>	5.0 oz	385	7	2	0	5	73	752	26	2
Cake Coconut -- 1 Slice <sup>wsm</sup>	6.9 oz	775	32	12	0	8	112	625	112	0
Cake German Chocolate -- 1 Slice <sup>wse</sup>	6.7 oz	685	31	12	0	7	94	614	71	2
Cake Lemon Cream -- 1 Slice <sup>wsm</sup>	4.5 oz	436	17	9	0	5	64	420	78	0
Cheesecake Cherry -- 1 Slice <sup>wsm</sup>	6.4 oz	513	31	17	1	8	52	507	155	1
Cookie Caramel Turtle Pecan -- 1 Cookie <sup>wsm</sup>	2.0 oz	249	13	5	0	3	33	199	10	2
Cookie M&M -- 1 Cookie <sup>wsm</sup>	2.0 oz	239	11	4	0	3	36	134	20	0
Cookie Old Fashioned Choc Chip --1 Each <sup>wsm</sup>	2.0 oz	249	11	6	0	3	35	179	15	1
Cookie Peanut Butter -- 1 Cookie <sup>wsm</sup>	2.0 oz	279	17	7	0	6	27	308	20	1
Cookie Sugar -- 1 Cookie <sup>wsm</sup>	2.0 oz	259	14	6	0	3	31	298	25	1
Cookie White ChocMacadamia -- 1 each <sup>wsm</sup>	2.0 oz	273	14	6	0	3	35	199	21	1
Lemon Bar -- 1 Bar <sup>wsm</sup>	4.0 oz	486	23	14	0	5	63	189	171	0
Pie Apple -- 1 Slice	5.9 oz	474	27	11	0	3	56	445	0	3
Pie Banana Cream -- 1 Slice <sup>wsm</sup>	4.3 oz	371	19	12	0	2	47	237	0	0
Pie Cherry -- 1 Slice <sup>ws</sup>	5.9 oz	486	27	11	0	5	59	424	0	2
Pie Chocolate Cream -- 1 Slice <sup>wsm</sup>	3.4 oz	299	16	10	0	1	37	224	0	1
Pie Chocolate Mint Cream -- 1 Slice <sup>wsm</sup>	5.0 oz	506	34	20	3	3	52	292	5	2
Pie Coconut Cream -- 1 Slice <sup>wsm</sup>	7.9 oz	715	38	27	0	3	87	419	0	1
Pie Cookies & Cream -- 1 Slice <sup>wsm</sup>	4.7 oz	471	29	21	0	3	49	381	6	2
Pie Peach -- 1 Slice <sup>ws</sup>	6.7 oz	526	31	13	0	4	61	455	0	3
Pie Pecan -- 1 Slice <sup>wsm</sup>	4.5 oz	518	25	8	0	5	69	518	80	2