



# Calypso Café

CalypsoCafe.com

| ALLERGY INFORMATION   | Gluten Info*** | Vegetarian | Vegan | Dairy Free | Tree Nuts or Peanuts | Garlic | Onions | Vinegar | Cane sugar | Eggs | Milk | Sour Cream | Coconut | Wheat Flour | Citrus | Seafood | MSG free | Trans Fat Free | May Contain Soybean Oil**** |
|---|----------------|------------|-------|------------|----------------------|--------|--------|---------|------------|------|------|------------|---------|-------------|--------|---------|----------|----------------|-----------------------------|
| <b>KIDS</b>   |                |            |       |            |                      |        |        |         |            |      |      |            |         |             |        |         |          |                |                             |
| Quarter Dark Skinless   | ✓              |            |       | ✓          |                      | ✓      |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| Quarter Dark with skin  | ✓              |            |       | ✓          |                      | ✓      |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| Beans and Three   |                |            |       |            |                      |        |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| Black Beans   | ✓              | ✓          | ✓     | ✓          |                      | ✓      | ✓      | ✓       | ✓          |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |
| Sour Cream (vendor may vary)**  | ✓              | ✓          |       |            |                      |        |        |         |            |      | ✓    | ✓          |         |             |        |         | ✓        | ✓              |                             |
| Rice  | ✓              | ✓          | ✓     | ✓          |                      |        |        | ✓       |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| Callaloo  | ✓              | ✓          | ✓     | ✓          |                      | ✓      | ✓      | ✓       | ✓          |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |
| Boija Muffins   |                | ✓          |       |            |                      |        |        | ✓       | ✓          | ✓    | ✓    |            | ✓       | ✓           |        |         | ✓        | ✓              | ✓                           |
| Sweet Potatoes  | ✓              | ✓          | ✓     | ✓          |                      |        |        |         | ✓          |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| coconut   | ✓              | ✓          | ✓     | ✓          |                      |        |        |         | ✓          |      |      |            | ✓       |             |        |         | ✓        | ✓              |                             |
| Bean and Corn Salad   | ✓              | ✓          | ✓     | ✓          |                      | ✓      | ✓      | ✓       | ✓          |      |      |            |         |             | ✓      |         | ✓        | ✓              | ✓                           |
| Cole Slaw   | ✓              | ✓          | ✓     | ✓          |                      | ✓      |        | ✓       | ✓          | ✓    |      |            |         |             |        |         | ✓        | ✓              | ✓                           |
| House Salad with tomatoes and onions  | ✓              | ✓          | ✓     | ✓          |                      |        | ✓      |         |            |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |
| cheese (vendor may vary)**  | ✓              | ✓          |       |            |                      |        |        |         |            |      | ✓    |            |         |             |        |         | ✓        | ✓              |                             |
| Fresh Fruit   | ✓              | ✓          | ✓     | ✓          |                      |        |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| Cheese Wedges   |                |            |       |            |                      |        |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| cheese (vendor may vary)**  | ✓              | ✓          |       |            |                      |        |        |         |            |      | ✓    |            |         |             |        |         | ✓        | ✓              |                             |
| 100% Whole Wheat Round  |                | ✓          | ✓     | ✓          |                      |        |        |         | ✓          |      |      |            |         | ✓           |        |         | ✓        | ✓              |                             |
| PB and J  | ✓              | ✓          | ✓     | ✓          | ✓                    |        |        |         | ✓          |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| 100% Whole Wheat Round  |                | ✓          | ✓     | ✓          | ✓                    |        |        |         | ✓          |      |      |            |         | ✓           |        |         | ✓        | ✓              |                             |
| Multigrain Bun (vendor may vary)**  |                | ✓          |       |            |                      |        |        |         | **         | **   | **   |            |         | ✓           |        |         | ✓        | ✓              | ✓                           |
| Kid Nachos- chips and cheese  | ✓              | ✓          |       |            |                      |        |        |         |            |      | ✓    |            |         |             |        |         | ✓        | ✓              | ✓                           |
| <b>Snacks/ Appetizers</b>   |                |            |       |            |                      |        |        |         |            |      |      |            |         |             |        |         |          |                |                             |
| Black Bean Dip  | ✓              | ✓          | ✓     | ✓          |                      | ✓      | ✓      | ✓       | ✓          |      |      |            |         |             | ✓      |         | ✓        | ✓              | ✓                           |
| Jalapenos   | ✓              | ✓          | ✓     | ✓          |                      |        |        | ✓       |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| cheese (vendor may vary)**  | ✓              | ✓          |       |            |                      |        |        |         |            |      | ✓    |            |         |             |        |         | ✓        | ✓              |                             |
| Tortilla Chips  | ✓              | ✓          | ✓     | ✓          |                      |        |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |
| 100% Whole Wheat Round  |                | ✓          | ✓     | ✓          |                      |        |        |         | ✓          |      |      |            |         | ✓           |        |         | ✓        | ✓              | ✓                           |
| Onions  | ✓              | ✓          | ✓     | ✓          |                      |        | ✓      |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| Black Bean Nachos appetizer (4 svg/plate): tortilla chips, bean dip, tomatoes | ✓              | ✓          | ✓     | ✓          |                      | ✓      | ✓      | ✓       | ✓          |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |
| Onion   | ✓              | ✓          | ✓     | ✓          |                      |        | ✓      |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| Jalapeno  | ✓              | ✓          | ✓     | ✓          |                      |        |        | ✓       |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| cheese (vendor may vary)**  | ✓              | ✓          |       |            |                      |        |        |         |            |      | ✓    |            |         |             |        |         | ✓        | ✓              |                             |
| Sour Cream (vendor may vary)**  | ✓              | ✓          |       |            |                      |        |        |         |            |      | ✓    | ✓          |         |             |        |         | ✓        | ✓              |                             |
| Beef  | ✓              |            |       |            |                      | ✓      |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| Rice  | ✓              | ✓          | ✓     | ✓          |                      |        |        | ✓       |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| Chicken   | ✓              |            |       | ✓          |                      | ✓      |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| white meat chicken  | ✓              |            |       | ✓          |                      | ✓      |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |



| ALLERGY INFORMATION  | Gluten Info*** | Vegetarian | Vegan | Dairy Free | Tree Nuts or Peanuts | Garlic | Onions | Vinegar | Cane sugar | Eggs | Milk | Sour Cream | Coconut | Wheat Flour | Citrus | Seafood | MSG free | Trans Fat Free | May Contain Soybean Oil**** |  |
|--|----------------|------------|-------|------------|----------------------|--------|--------|---------|------------|------|------|------------|---------|-------------|--------|---------|----------|----------------|-----------------------------|--|
| <b>SALADS</b>  |                |            |       |            |                      |        |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |  |
| <b>Black Bean Salad with Black Beans, tomatoes, onions</b>   | ✓              | ✓          | ✓     | ✓          |                      | ✓      | ✓      | ✓       | ✓          |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |  |
| Tortilla Chips   | ✓              | ✓          | ✓     | ✓          |                      |        |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |  |
| cheese (vendor may vary)**   | ✓              | ✓          |       |            |                      |        |        |         |            |      | ✓    |            |         |             |        |         | ✓        | ✓              |                             |  |
| Chicken  | ✓              |            |       | ✓          |                      | ✓      |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |  |
| white meat chicken   | ✓              |            |       | ✓          |                      | ✓      |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |  |
| Beef   | ✓              |            |       | ✓          |                      | ✓      |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |  |
| Rice   | ✓              | ✓          | ✓     | ✓          |                      |        |        | ✓       |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |  |
| Sour Cream (vendor may vary)**   | ✓              | ✓          |       |            |                      |        |        |         |            |      | ✓    | ✓          |         |             |        |         | ✓        | ✓              |                             |  |
| <b>Lucayan Salad with marinated chicken breast, Mandarin</b>   | ✓              |            |       | ✓          |                      | ✓      |        | ✓       | ✓          |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |  |
| Toasted Almonds, 1 ounce   | ✓              | ✓          | ✓     | ✓          | ✓                    |        |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |  |
| <b>Chicken and Veggies Salad: chicken breast, tomatoes, carrots, cukes</b>   | ✓              |            |       | ✓          |                      | ✓      |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |  |
| cheese (vendor may vary)**   | ✓              | ✓          |       |            |                      |        |        |         |            |      | ✓    |            |         |             |        |         | ✓        | ✓              |                             |  |
| <b>Lite Tropical Chicken Salad, 2/3 cup serving</b>  | ✓              |            |       | ✓          |                      |        | ✓      | ✓       | ✓          | ✓    |      |            |         |             |        |         | ✓        | ✓              | ✓                           |  |
| <b>Lite Tuna Salad, 2/3 cup svg</b>  | ✓              |            |       | ✓          |                      |        | ✓      | ✓       | ✓          | ✓    |      |            |         |             | ✓      | ✓       | ✓        | ✓              | ✓                           |  |
| <b>CHICKEN</b>   |                |            |       |            |                      |        |        |         |            |      |      |            |         |             |        |         |          |                |                             |  |
| <b>Quarter Dark Skinless</b>   | ✓              |            |       | ✓          |                      | ✓      |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |  |
| <b>Quarter Dark with skin</b>  | ✓              |            |       | ✓          |                      | ✓      |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |  |
| <b>Quarter White Skinless</b>  | ✓              |            |       | ✓          |                      | ✓      |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |  |
| <b>Quarter White with Skin</b>   | ✓              |            |       | ✓          |                      | ✓      |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |  |
| <b>Pulled BBQ White Chicken</b>  | ✓              |            |       | ✓          |                      | ✓      | ✓      | ✓       | ✓          |      |      |            |         |             |        |         | ✓        | ✓              |                             |  |
| <b>SIDE ITEMS and BREAD</b>  |                |            |       |            |                      |        |        |         |            |      |      |            |         |             |        |         |          |                |                             |  |
| <b>Black Beans (1/2 c)</b>   | ✓              | ✓          | ✓     | ✓          |                      | ✓      | ✓      | ✓       | ✓          |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |  |
| Sour Cream (vendor may vary)**   | ✓              | ✓          |       |            |                      |        |        |         |            |      | ✓    | ✓          |         |             |        |         | ✓        | ✓              |                             |  |
| <b>Rice (1/2 c)</b>  | ✓              | ✓          | ✓     | ✓          |                      |        |        | ✓       |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |  |
| <b>Callaloo (1/2 c)</b>  | ✓              | ✓          | ✓     | ✓          |                      | ✓      | ✓      | ✓       | ✓          |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |  |
| <b>Boija Muffin</b>  |                | ✓          |       |            |                      |        |        | ✓       | ✓          | ✓    | ✓    |            | ✓       | ✓           |        |         | ✓        | ✓              | ✓                           |  |
| <b>Sweet Potatoes (1/2 c)</b>  | ✓              | ✓          | ✓     | ✓          |                      |        |        |         | ✓          |      |      |            | ✓       | ✓           |        |         | ✓        | ✓              |                             |  |
| coconut  | ✓              | ✓          | ✓     | ✓          |                      |        |        |         | ✓          |      |      |            | ✓       |             |        |         | ✓        | ✓              |                             |  |
| <b>Bean and Corn Salad (1/2 c)</b>   | ✓              | ✓          | ✓     | ✓          |                      | ✓      | ✓      | ✓       | ✓          |      |      |            |         |             | ✓      |         | ✓        | ✓              | ✓                           |  |
| actual sodium, carbs and fat are lower as canned products are reported with excess sodium that is drained away and marinade is drained when served |                |            |       |            |                      |        |        |         |            |      |      |            |         |             |        |         |          |                |                             |  |
| <b>Cole Slaw (1/2 c)</b>   | ✓              | ✓          |       | ✓          |                      | ✓      |        | ✓       | ✓          | ✓    |      |            |         |             |        |         | ✓        | ✓              | ✓                           |  |
| actual sodium, carbs and fat are lower as slaw dressing is drained when served   |                |            |       |            |                      |        |        |         |            |      |      |            |         |             |        |         |          |                |                             |  |
| <b>House Salad with tomatoes and onions</b>  | ✓              | ✓          | ✓     | ✓          |                      |        | ✓      |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |  |
| cheese (vendor may vary)**   | ✓              | ✓          |       |            |                      |        |        |         |            |      | ✓    |            |         |             |        |         | ✓        | ✓              |                             |  |
| <b>Orzo Pasta Salad</b>  |                | ✓          | ✓     | ✓          |                      | ✓      | ✓      | ✓       | ✓          |      |      |            |         | ✓           | ✓      |         | ✓        | ✓              | ✓                           |  |
| <b>Fresh Fruit (1/2 c)</b>   | ✓              | ✓          | ✓     | ✓          |                      |        |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |  |
| <b>Tortilla Chips</b>  | ✓              | ✓          | ✓     | ✓          |                      |        |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |  |
| <b>Potato Chips, 1ounce</b>  | ✓              | ✓          | ✓     | ✓          |                      |        |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |  |
| <b>100% Whole Wheat Round</b>  |                | ✓          | ✓     | ✓          |                      |        |        |         | ✓          |      |      |            |         | ✓           |        |         | ✓        | ✓              | ✓                           |  |
| <b>Multigrain Bun (vendor may vary)**</b>  |                | ✓          |       |            |                      |        |        |         | **         | **   | **   |            |         | ✓           |        |         | ✓        | ✓              | ✓                           |  |



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|---|----------------|------------|-------|------------|----------------------|--------|--------|---------|------------|------|------|------------|---------|-------------|--------|---------|----------|----------------|-----------------------------|
| <b>SANDWICHES- not including bread see Bun and pita above</b>               |                |            |       |            |                      |        |        |         |            |      |      |            |         |             |        |         |          |                |                             |
| Burger  | ✓              |            |       |            |                      | ✓      |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| cheese (vendor may vary)**  | ✓              | ✓          |       |            |                      |        |        |         |            |      | ✓    |            |         |             |        |         | ✓        | ✓              |                             |
| Chicken Breast with Lettuce   | ✓              |            |       | ✓          |                      | ✓      |        |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| Pulled BBQ White Chicken  | ✓              |            |       | ✓          |                      | ✓      | ✓      | ✓       | ✓          |      |      |            |         |             | ✓      |         | ✓        | ✓              |                             |
| Veggie with lettuce, tomatoes, cucumbers, carrots, onions (SEE BREAD ABOVE) | ✓              | ✓          | ✓     | ✓          |                      |        | ✓      |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| cheese (vendor may vary)**  | ✓              | ✓          |       |            |                      |        |        |         |            |      | ✓    |            |         |             |        |         | ✓        | ✓              |                             |
| Lite Chicken Salad  | ✓              |            |       | ✓          |                      |        | ✓      | ✓       | ✓          | ✓    |      |            |         |             |        |         | ✓        | ✓              | ✓                           |
| Lite Tuna Salad   | ✓              |            |       | ✓          |                      |        | ✓      | ✓       | ✓          | ✓    |      |            |         |             | ✓      | ✓       | ✓        | ✓              | ✓                           |
| Homemade Veggie Burger  |                | ✓          | ✓     | ✓          |                      | ✓      | ✓      |         |            |      |      |            |         | ✓           |        |         | ✓        | ✓              | ✓                           |
| cheese (vendor may vary)**  | ✓              | ✓          |       |            |                      |        |        |         |            |      | ✓    |            |         |             |        |         | ✓        | ✓              |                             |
| <b>Homemade Sauces and Dressings (1TB portion)</b>                          |                |            |       |            |                      |        |        |         |            |      |      |            |         |             |        |         |          |                |                             |
| BBQ   | ✓              | ✓          | ✓     | ✓          |                      | ✓      | ✓      | ✓       | ✓          |      |      |            |         |             | ✓      |         | ✓        | ✓              |                             |
| Curry   | ✓              | ✓          | ✓     | ✓          |                      |        | ✓      | ✓       | ✓          |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| Jerk  |                | ✓          | ✓     | ✓          |                      | ✓      | ✓      | ✓       | ✓          |      |      |            |         |             | ✓      |         | ✓        | ✓              | ✓                           |
| House Vinaigrette   | ✓              | ✓          | ✓     | ✓          |                      |        |        | ✓       | ✓          |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |
| Lite House Vinaigrette  | ✓              | ✓          |       | ✓          |                      |        |        | ✓       | ✓          | ✓    |      |            |         |             |        |         | ✓        | ✓              | ✓                           |
| Lite Honey Lime   | ✓              | ✓          |       | ✓          |                      |        |        | ✓       | ✓          | ✓    |      |            |         |             | ✓      |         | ✓        | ✓              | ✓                           |
| Lite Cucumber Dill  | ✓              | ✓          |       | ✓          |                      | ✓      | ✓      | ✓       | ✓          | ✓    |      |            |         |             |        |         | ✓        | ✓              | ✓                           |
| Tangy Sauce (contains sour**)   | ✓              | ✓          |       |            |                      | ✓      | ✓      | ✓       | ✓          |      |      | ✓          |         |             |        |         | ✓        | ✓              |                             |
| Lite Zesty Ranch  | ✓              | ✓          |       |            |                      | ✓      | ✓      | ✓       |            | ✓    | ✓    |            |         |             |        |         | ✓        | ✓              | ✓                           |
| <b>DRINKS</b>   |                |            |       |            |                      |        |        |         |            |      |      |            |         |             |        |         |          |                |                             |
| Fruit Tea   | ✓              | ✓          | ✓     | ✓          |                      |        |        |         | ✓          |      |      |            |         |             | ✓      |         | ✓        | ✓              |                             |
| <b>DESSERT BARS</b>   |                |            |       |            |                      |        |        |         |            |      |      |            |         |             |        |         |          |                |                             |
| Chocolate Mint Bars   |                | ✓          |       | ✓          |                      |        |        |         | ✓          | ✓    |      |            |         | ✓           |        |         | ✓        | ✓              | ✓                           |
| Calypso Bar   |                | ✓          |       | ✓          | ✓                    |        |        |         | ✓          | ✓    |      |            | ✓       | ✓           | ✓      |         | ✓        | ✓              | ✓                           |
| Carrot Cake Bar   |                | ✓          |       |            |                      |        |        |         | ✓          | ✓    |      |            |         | ✓           |        |         | ✓        | ✓              | ✓                           |
| <b>SOUPS</b>  |                |            |       |            |                      |        |        |         |            |      |      |            |         |             |        |         |          |                |                             |
| Chicken Pasta   |                |            |       | ✓          |                      | ✓      | ✓      |         |            |      |      |            |         | ✓           |        |         | ✓        | ✓              | ✓                           |
| Veggie Stew   | ✓              | ✓          | ✓     | ✓          |                      | ✓      | ✓      |         |            |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |
| Vegetarian Chili  | ✓              | ✓          | ✓     | ✓          |                      |        | ✓      |         |            |      |      |            |         |             |        |         | ✓        | ✓              |                             |
| Bean and Barley   | ✓              | ✓          | ✓     | ✓          |                      | ✓      | ✓      |         |            |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |
| White Chili and Gumbo   | ✓              |            |       | ✓          |                      | ✓      | ✓      |         |            |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |
| Tortilla Soup   |                |            |       | ✓          |                      | ✓      | ✓      |         |            |      |      |            |         | ✓           |        |         | ✓        | ✓              | ✓                           |
| Tomato Basil  | ✓              | ✓          | ✓     | ✓          |                      | ✓      | ✓      |         | ✓          |      |      |            |         |             |        |         | ✓        | ✓              | ✓                           |

\*\*Vendor may vary which could alter data. Cheese and Sour cream can contain gluten.

\*\*\*Gluten Information: Made with ingredients that do not naturally contain gluten. Ingredients are stored in facilities where gluten dust may be present. Depending on vendor, Cheese and Sour Cream can contain gluten.

\*\*\*\*Jerk Sauce contains soy sauce, but all other menu items soy free except vegetable oil may contain soybean oil

We do our best to keep nutritional and allergy information updated however variation in serving sizes, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product.