

Beyond Fast Food “Fast Casuals” Come of Age

BY BONNIE LIEBMAN & JAYNE HURLEY

McDonald's is losing money. Last December, the fast-food giant posted its first quarterly loss since the company went public in 1965. Among the many explanations was one to make a nutritionist's heart go all aflutter: “Time-pressed customers may increasingly be calorie- and fat-conscious and pickier about service and lifestyle issues...” ventured *The Washington Post*.

As the fast-food chains stumble, what the industry calls “fast casual” restaurants are gaining ground. No burger-and-fries or buckets of chicken for these new upscale kids on the block. Instead, you can order fast soups, salads, and sandwiches (or fast Mexican, Italian, or chicken, but that's another story). Just don't assume that walking into a fast casual restaurant guarantees a healthy meal. Pick the wrong dish and you'd be better off at Mickey D's.

This month, we look at two fast casual chains on the East Coast (Panera Bread and Au Bon Pain) and one on the West Coast (Briazz). (All of the numbers have been calculated by the companies from recipes. That makes them less reliable than numbers that come from laboratory analyses. So treat them as estimates, not absolutes.)

Panera Bread

Panera is one hot restaurant. Since 1997, the chain has opened close to 500 outlets, and has now spread as far west as Denver. As the name suggests, Panera Bread prides itself on fresh-baked breads, bagels, baguettes, focaccia, and pastries (unfortunately, few have even a smidgen of whole grain).

But the chain is far from just a bakery. You can choose from more than a dozen sandwiches or soups and half a dozen salads, or mix and match with “You Pick Two” (from a selection of soups, half-sandwiches, and half-salads), all for around \$6.00. But not everything is as healthy as it looks.

PANS

■ **Turkey Artichoke Panini Sandwich.** “Inspired by Italy, panini are sandwiches with fresh ingredients held between hearty bread and pressed on a hot grill,” says the menu. But both of Panera's paninis have too much saturated fat (mostly from their cheese). The healthy-sounding Turkey Artichoke Panini, for example, has as much saturated fat as a McDonald's Big Mac (11 grams), but far more calories (850 vs 590) and sodium (2,550 mg vs 1,090 mg). And that's not counting the potato chips that are served on the side.

■ **Asiago Roast Beef Signature Sandwich.** The Asiago Roast Beef has 960 calories, 52 grams of fat (24 of them saturated), and 2,140 mg of sodium, not including the pickle spear and chips. That's a Burger King Double Whopper, except the Roast Beef has twice as much sodium.

■ **Broccoli Cheddar Soup.** The worst soup at Panera is one of a handful that are available every day. An 8 oz. (one-cup) serving of Broccoli Cheddar has half a day's sat fat (10 grams). That's as much as a 12-ounce sirloin steak. Add the chunk of French or sourdough baguette that Panera serves with all of its soups and salads and you've got half a day's sodium (1,340 mg).

Other soups to snub: Cream of Chicken & Wild Rice, Smoked Salmon & Asparagus, Boston Clam Chowder, Baked Potato, and French Onion. They're all made using cream or cheese.

Beans & greens.

Soup and salad make a meal when it's a hearty bean soup. With Panera's Mesa Bean & Vegetable soup plus half a Café Classic salad and an irresistible chunk of baguette, you get 470 calories, three grams of sat fat, and a belly-full of vegetables.



Panera: You Pick Two

Here are some combinations that have no more than five grams of saturated fat and 1,500 mg of sodium. We've only added the complimentary baguette slice to the soup-and-salad combos. If you eat the bread with meals that include a half-sandwich, add another 360 mg of sodium.

<p>1/2 Salad Classic Café</p> <p>&</p> <p>1/2 Sandwich Smoked Turkey Café</p> <p>• Mediterranean Veggie Signature</p> <p>• Chicken Salad Café</p> <p>• Sierra Turkey Signature</p> <p>• Tuna Salad Café</p>	<p>1/2 Salad Classic Café</p> <p>• Fandango</p> <p>&</p> <p>Soup (& baguette) Moroccan Tomato Lentil</p> <p>• Gumbo</p> <p>• Santa Fe Roasted Corn</p> <p>• Mesa Bean & Vegetable</p> <p>• Low Fat Vegetarian Garden Vegetable</p> <p>• Savory Vegetable Bean</p> <p>• Low Fat Vegetarian Black Bean</p> <p>• Tomato Mushroom & Barley</p> <p>• Ginger Tomato Florentine</p> <p>• Lentil</p>	<p>1/2 Sandwich Mediterranean Veggie Signature</p> <p>&</p> <p>Soup Moroccan Tomato Lentil</p> <p>• Gumbo</p> <p>• Santa Fe Roasted Corn</p> <p>• Mesa Bean & Vegetable</p> <p>• Low Fat Vegetarian Garden Vegetable</p> <p>• Savory Vegetable Bean</p> <p>• Low Fat Vegetarian Black Bean</p> <p>• Tomato Mushroom & Barley</p> <p>• Lentil</p>
<p>1/2 Salad Fandango</p> <p>&</p> <p>1/2 Sandwich Mediterranean Veggie Signature</p> <p>• Chicken Salad Café</p>		

PICKS

■ **Mediterranean Veggie Signature Sandwich.** If you just want a sandwich, this is the winner. Roasted red peppers, cucumbers, lettuce, tomatoes, caramelized onions, garlic hummus, and feta cheese deliver only 470 calories and 12 grams of fat (three of them saturated). The sodium (1,050 mg) isn't terrific, but it's half what you'd get in the otherwise-decent Smoked Turkey Café Sandwich (2,440 mg).

■ **Classic Café Salad.** Nearly all of Panera's salads have at least 400 calories (if you use four tablespoons of dressing), and they're served with a slice of French or sourdough baguette (170 more calories), so they can easily make a vegetable-rich meal. For around \$1.25, you can add grilled chicken to any of them (you'll also be adding 490 mg of sodium). But only three salads—the Classic Café, the (seasonal) Strawberry Poppyseed, and the Asian Sesame Chicken—come without cheese (or too much sat fat). The Asian Sesame Chicken has too much sodium to get our nod.

■ **"You Pick Two."** This mix-and-match approach gives you dozens of options because fatty or salty sandwiches or salads get cut in half—down to what used to be "normal" size. Just make sure you pick carefully (see "You Pick Two").

Panera BREAD

To get a Best Bite, sandwiches can have no more than 5 grams of saturated fat and 500 mg of sodium (Honorable Mentions can have up to 1,500 mg), salads can have no more than 5 grams of sat fat and 500 mg of sodium (Honorable Mentions can have up to 1,000 mg), and soups can have no more than 2 grams of sat fat and 500 mg of sodium (Honorable Mentions can have up to 800 mg). Within each section, foods are ranked from least to most sat fat, then sodium.

	Calories	Total Fat (grams)	Sat Fat (grams)	Sodium (milligrams)
Café & Panini Sandwiches				
Smoked Turkey Café	590	15	1	2,440
Chicken Salad Café	690	23	3	1,660
Tuna Salad Café	840	43	5	1,960
Frontega Chicken Panini	860	46	9	1,920
Smoked Ham & Swiss Café	910	31	9	3,020
Turkey Artichoke Panini	850	41	11	2,550
Signature Sandwiches				
✓ Mediterranean Veggie	470	12	3	1,050
Sierra Turkey	760	44	4	2,060
Tuscan Chicken	860	52	6	1,980
Bacon Turkey Bravo	860	34	13	3,420
Italian Combo	890	40	16	2,370
Asiago Roast Beef	960	52	24	2,140
Salads (ranked without dressing)				
✓✓ Classic Café Salad	50	0	0	20
✓✓ with Balsamic Vinaigrette (4 Tbs.)	400	36	5	340
✓✓ Strawberry Poppyseed Salad ¹	160	7	1	20
✓✓ with Fat Free Poppyseed Dressing (4 Tbs.)	240	7	1	200
✓ Asian Sesame Chicken Salad	250	7	1	520
with Asian Sesame Vinaigrette (4 Tbs.)	400	15	2	1,070
Greek Salad	220	15	4	1,320
with Greek Dressing (4 Tbs.)	480	45	8	1,850
✓ Caesar Salad	220	9	5	850
with Caesar Dressing (4 Tbs.)	380	24	7	1,230
Grilled Chicken Caesar Salad	330	12	6	1,340
with Caesar Dressing (4 Tbs.)	490	27	7	1,720
Fandango Salad	350	28	7	410
with Fat Free Raspberry Vinaigrette (4 Tbs.)	400	28	7	500
Tomato & Fresh Mozzarella Salad ¹	380	25	16	250
with Balsamic Vinaigrette (2 Tbs.)	560	43	19	410
and Rosemary and Onion Focaccia	880	58	20	980
Soups (8 oz.)				
✓ Moroccan Tomato Lentil ^{1,2}	110	2	0	530
✓ Gumbo ^{1,2}	110	3	0	660
✓ Santa Fe Roasted Corn ^{1,2}	140	4	0	670
✓ Mesa Bean & Vegetable ¹	100	1	0	710
✓ Low Fat Vegetarian Garden Vegetable ²	100	1	0	740
✓ Savory Vegetable Bean ¹	120	2	0	760
✓ Low Fat Vegetarian Black Bean ²	180	1	0	800
Tomato Mushroom & Barley ¹	110	2	0	810
Ginger Tomato Florentine ¹	80	2	0	850



Panera

Soups (8 oz.)

	Calories	Total Fat (grams)	Sat Fat (grams)	Sodium (milligrams)
Lentil ^{1,2}	120	1	0	850
Low Fat Chicken Noodle	110	3	1	970
French Onion	200	9	5	1,600
Baked Potato	240	15	6	910
Cream of Chicken & Wild Rice	210	13	7	880
Boston Clam Chowder	210	12	7	980
Smoked Salmon & Asparagus ¹	240	18	8	830
Broccoli Cheddar	220	17	10	980

Extras

Pickle spear (1)	10	0	0	360
French or sourdough baguette (2.5 oz.)	170	1	0	360
Sourdough bread bowl (8 oz.)	540	2	0	1,170
Potato chips (1 oz.)	140	8	2	160

✓✓ Best Bite. ✓ Honorable Mention. ¹ Seasonal. ² Vegetarian.

Daily limits for a 2,000-calorie diet: Total Fat: 65 grams.

Saturated Fat: 20 grams. Sodium: 2,400 milligrams.

Source: Panera Bread.

Au Bon Pain

Like the upstart Panera, Au Bon Pain's 240 outlets offer a full line of coffees, pastries, and breads that are baked fresh all day long (though only a few have even a hint of whole grain). And it's got those creative salads, soups, and sandwiches that make burgers and fries seem so ten years ago.

PANS

■ Mozzarella Sandwich or Tomato Mozzarella Salad.

Fresh mozzarella looks so innocent. You'd never guess that each Mozzarella Sandwich packs 820 calories and 43 grams of fat (21 of them saturated). That's *two* 12-ounce sirloin steaks...a bit heavy for lunch, don't you think?

The Tomato Mozzarella Salad (with Lite Olive Oil Vinaigrette) has only about half as many calories (430), but it's still got three-quarters of a day's sat fat (14 grams).

■ Broccoli Cheddar Soup & Chowders.

Au Bon Pain's soups come in regular (12 oz.) or large (16 oz.) containers. That gives them more salt and fat than Panera's 8 oz. portions.

Sip a large Broccoli Cheddar, for instance, and you've just swallowed 460 calories and 18 grams of saturated fat—more than you'd get in a Mrs. Fields Double Fudge Brownie—plus nearly a day's worth of sodium (1,920 mg).



The best soup and sandwich. Au Bon Pain's delicious reduced-sodium Southwest Vegetable Soup is light-years ahead of the pack. And its Fields & Feta Wrap is one of the best vegetarian sandwiches you can find.

Even a regular (12 oz.) serving of Corn Chowder or Clam Chowder is bad news: Each has half a day's sat fat. Eat your soup out of one of Au Bon Pain's Soup Bread Bowls and you can kiss goodbye another 1,830 mg of sodium and 640 calories.

■ **Smoked Turkey Club Sandwich.** Guess how many burgers at McDonald's have as many calories (760) as this sandwich? Answer: zero. The Big Mac and Big N' Tasty with Cheese come closest, with 590. True, few customers order a burger without fries (another 210 to 610 calories, depending on size). And Burger King has four sandwiches (the Whopper and the Double Whopper with or without Cheese) that range from 760 to 1,150 calories.

Still, you don't expect 760 calories in a turkey sandwich. Nor do you expect 12 grams of sat fat. And none of the burger chains has a sandwich with the 2,450 mg of sodium you'd get in a Smoked Turkey Club. If Au Bon Pain can sell reduced-sodium soups, surely it can knock a few (or a few thousand) milligrams off its sandwiches.

PICKS

■ **Southwest Vegetable Soup.** Kudos to Au Bon Pain for featuring reduced-sodium soups on its menu. The fantastic Southwest Vegetable has an unbelievably low 380 mg in a regular (12 oz.) serving. The Mediterranean Pepper is also billed as "reduced sodium," but it's got 680 mg—about as much as the Southern Black Eyed Pea, French Moroccan Tomato Lentil, or Pasta E Fagioli. Those numbers are still low compared to the rest of the chain's 30 soups, which typically pack 1,000 to 1,500 mg in a 12 oz. serving. Why Au Bon Pain hasn't cut *their* sodium, we'll never know.

■ **Charbroiled Salmon Filet Salad.** At Au Bon Pain, several salads let you load up on vegetables at little cost to your arteries or waistline. The Charbroiled Salmon Filet tops the list, in part because the Lite Dijon Vinaigrette sends the sodium to only 630 mg. In contrast, the dressing knocks the sodium over 1,000 mg in the Thai Chicken.

And remember: The Petit Pain or Hearth roll that comes with every salad adds another 560 mg of sodium.

■ **Fields & Feta Wrap.** At many restaurants, the "vegetarian sandwiches" are little more than cheese sandwiches with a fancy name. Not Au Bon Pain's heavenly Fields & Feta Wrap. It combines mixed greens, feta cheese, roasted red peppers, tomatoes, cucumbers, onions, and a sun-dried-tomato spread. The feta hikes the sat fat to four grams and the sodium to 850 mg. But for a restaurant sandwich, that's not bad.

■ **Combo Meals.** You can pair half of one of Au Bon Pain's

“Create-Your-Own” sandwiches (tuna salad, smoked ham, smoked turkey breast, or roast beef) with a regular (12 oz.) soup or a small garden salad, or you can have a regular soup with the small garden salad. Many combos are fine...if you choose carefully. That means (1) tuna or roast beef instead of (saltier) turkey or ham, (2) toppings like lettuce, tomato, and onion (and a touch of mayo, mustard, or other spread) instead of cheese, (3) a Best Bite or Honorable Mention soup, (4) a half-packet of “lite” dressing for your salad, and (5) no roll with the soup-and-salad combo. We didn’t list the Create-Your-Own sandwiches in our chart because the sodium in any sandwich can vary greatly depending on which bread, meat, and condiments you choose.

au bon pain.
THE BAKERY CAFÉ

To get a Best Bite, **sandwiches** can have no more than 5 grams of saturated fat and 500 mg of sodium (Honorable Mentions can have up to 1,500 mg), **salads** can have no more than 5 grams of sat fat and 500 mg of sodium (Honorable Mentions can have up to 1,000 mg), and **soups** can have no more than 2 grams of sat fat and 500 mg of sodium (Honorable Mentions can have up to 800 mg). Within each section, foods are ranked from least to most sat fat, then sodium.

Wraps

	Calories	Total Fat (grams)	Sat Fat (grams)	Sodium (milligrams)
✓ Smoked Turkey	540	3	1	1,450
✓ Fields & Feta	570	17	4	850
Southwest Tuna	690	28	6	1,160
Chicken Caesar	600	25	8	930

Sandwiches

Thai Chicken	490	7	1	1,620
Chicken Mozzarella	910	25	5	2,430
Honey Dijon Chicken	790	12	6	2,700
Arizona Chicken	580	19	7	1,590
Smoked Turkey Club	760	34	12	2,450
Mozzarella	820	43	21	1,230

Salads (ranked without dressing)

✓✓ Small Garden Salad	90	2	1	200
✓✓ with Lite Honey Mustard (2½ Tbs.)	200	9	2	470
✓✓ Charbroiled Salmon Filet Salad	220	11	2	140
✓ with Lite Dijon Vinaigrette (4 Tbs.)	370	26	4	630
✓✓ Thai Chicken Salad	230	8	2	220
with Thai Peanut Dressing (4 Tbs.)	360	14	2	1,220
✓ Mediterranean Salad with Chicken	290	16	4	720
with Mediterranean Dressing (5 Tbs.)	490	39	8	1,400
✓ Tuna Garden Salad	430	25	4	880
with Lite Olive Oil Vinaigrette (5 Tbs.)	580	40	7	1,460
Caesar Salad	240	12	6	370
with Caesar Dressing (5 Tbs.)	640	52	12	920
Gorgonzola & Walnut Salad	330	28	7	410
with Lite Olive Oil Vinaigrette (5 Tbs.)	480	43	10	990

	Calories	Total Fat (grams)	Sat Fat (grams)	Sodium (milligrams)
Pear Gorgonzola & Field Greens Salad	350	26	7	420
with Fat-Free Raspberry (5 Tbs.)	440	26	7	620
Chef’s Salad	290	15	7	1,290
with Lite Ranch Dressing (5 Tbs.)	570	40	11	1,970
Chicken Caesar Salad	380	18	8	420
with Caesar Dressing (4 Tbs.)	700	50	13	900
Tomato Mozzarella Salad	280	19	11	180
with Lite Olive Oil Vinaigrette (5 Tbs.)	430	34	14	760

Soups (Regular—12 oz.)

✓ Southern Black Eyed Pea ¹	290	2	0	600
✓ Mediterranean Pepper (reduced-sodium)	290	6	0	680
Garden Vegetable ²	60	2	0	920
Vegetarian Minestrone ^{1,2}	110	2	0	930
Chicken Noodle	140	3	0	1,010
Split Pea with Ham ¹	210	2	0	1,020
Vegetarian Lentil ^{1,2}	170	2	0	1,190
Black Bean ¹	260	0	0	1,310
Curried Rice & Lentil ^{1,2}	150	2	0	1,350
Vegetarian Chili ^{1,2}	260	2	0	1,380
✓✓ Southwest Vegetable (reduced-sodium)	230	5	1	380
Tomato Florentine	110	3	1	920
✓ French Moroccan Tomato Lentil ¹	170	2	2	710
✓ Pasta E Fagioli ¹	240	7	2	770
Chicken Chili	320	8	2	870
Red Beans, Rice & Sausage ¹	270	11	2	920
Tuscan Vegetable ¹	200	5	2	1,020
Vegetable Beef Barley	120	3	2	1,220
Potato Cheese ¹	270	14	2	1,280
Wild Mushroom Bisque	170	8	2	1,380
Old Fashioned Tomato ²	200	8	3	1,490
Southwest Tortilla ¹	210	9	4	1,530
Chicken Stew	350	18	5	950
Harvest Pumpkin ¹	210	11	5	960
Beef Stew	320	15	5	1,170
Chicken Florentine ¹	260	14	7	1,170
Corn and Green Chile Bisque ^{1,2}	240	12	8	1,380
Clam Chowder	330	23	9	1,200
Corn Chowder	360	20	12	780
Broccoli Cheddar	350	24	14	1,440

Extras

Petit Pain roll (3 oz.)	200	1	0	550
Soup bread bowl (9 oz.)	640	3	0	1,830
Hearth roll (3 oz.)	240	2	1	570

✓✓ Best Bite. ✓ Honorable Mention. ¹ Seasonal. ² Vegetarian.

Daily limits for a 2,000-calorie diet: **Total Fat: 65 grams. Saturated Fat: 20 grams. Sodium: 2,400 milligrams.**

Source: Au Bon Pain.



Briazz

With 45 locations in Seattle, Los Angeles, San Francisco, and Chicago, Briazz is just starting to register on the nation's radar screen. Don't expect fresh-baked breads like you'll get at Panera or Au Bon Pain. But you're still looking at greens, beans, and hummus, not fries and fried chicken.

PANS

■ **Chicago Style Turkey & Havarti Sandwich.** Havarti cheese is big at Briazz. It shares sandwich space with ham, chicken, and turkey. But the Chicago Style Turkey & Havarti combines high saturated fat (14 grams) with high salt (1,870 mg) into one 620-calorie sandwich. Who needs the Havarti when Briazz has healthier sandwiches?

■ **Chicken Cobb Salad.** Yes, salads are good for you. But not if they supply half a day's sat fat (10 grams) and sodium (1,100 mg) *before* you add dressing. Unlike most salads, this one has bacon and egg nestled in with the chicken and greens. Once you add dressing, you're talking close to 700 calories' worth of salad. Not exactly diet food.

■ **Kickin Crab & Corn Specialty Soup.** With a day's worth of saturated fat (20 grams), this soup is a kick in the coronary arteries. And a kick in the gut, unless you were expecting 410 calories in your cup of soup. With salty soups at so many chains, the 1,040 mg of sodium no longer seems outrageous, but that's for the "side" (8 oz.) serving shown in our chart. If you get a "cup" (12 oz.) or "bowl" (16 oz.), watch out.

PICKS

■ **Chop Chop Veggie Toga.** A pita stuffed with hummus, parmesan cheese, kalamata olives, tomatoes, peppers, onions, carrots, and romaine with four grams of sat fat puts most vegetarian sandwiches to shame. And for a restaurant sandwich, the sodium (990 mg) is far from the worst.

Sodium explains why Briazz's two lower-fat turkey sandwiches aren't Best Bites. The N.Y. Style Turkey Breast (1,530 mg) and the Low Fat Turkey Rustic Slice (1,780 mg) are made with salt-saturated (instead of fresh-cooked) turkey. Briazz's Smoked Turkey & Pesto isn't quite that bad. It keeps the sodium to 1,100 mg.

■ **Entrée Salads.** Briazz's entrée salads have come a long way from chef salad. Take the Orzo Pasta Entrée Salad with Chicken and Rosemary Vinaigrette. Briazz mixes romaine lettuce, chicken, and orzo with artichoke hearts, raisins, almonds, and parmesan cheese. The whole package means 520 calories and only two grams of sat fat. That's a deal.

Likewise, the Penne Tuna Entrée Salad with Balsamic Vinaigrette is a filling 570 calories with only four grams of sat fat and 690 mg of sodium. The Baja Chicken & Pasta Entrée Salad—which features roasted corn, peppers, black beans, and grape tomatoes tossed in a Lime-Chili Dressing—keeps the sat fat (one gram) and calories (410) to a minimum. Too bad the sodium hits 1,500 mg.



■ **Salad city.** Briazz has some super salads. The Orzo Pasta Entrée Salad with Chicken and Rosemary Vinaigrette makes a reasonable 520-calorie dish that's low in saturated fat...but not taste.

■ **"Choose Two."** Briazz lets you mix-and-match a "side" (8 oz.) soup, half a panini (or an entire "Classic" sandwich—they're small), and a Café salad (see "Choose Two"). 🍷

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Briazz: Choose Two

Here are some combinations that have no more than five grams of saturated fat and 1,500 mg of sodium. We added Reduced Fat Ranch dressing to all of the salads.

<p>Café Salad</p> <ul style="list-style-type: none"> • Classic • Chicken Breast • Tuna <p>&</p> <p>Classic Sandwich or 1/2 Panini</p> <ul style="list-style-type: none"> • Classic Tuna Sandwich (1) • Classic Chicken Salad Sandwich (1) • Chicken Mozzarella Panini (1/2) • Pepperjack Smoked Turkey Panini (1/2) • Tuscan Turkey Panini (1/2) 	<p>Café Salad</p> <ul style="list-style-type: none"> • Classic • Chicken Breast • Tuna <p>&</p> <p>"Side" (8 oz.) Soup</p> <ul style="list-style-type: none"> • Moroccan Vegetable & Rice • Chicken Vegetable Noodle • Azteca Chicken & Rice • Vegetarian Tomato Basil • Vegetarian Italian Noodle • Thai Vegetable Noodle • Vegetarian Vegetable • Mediterranean 12-Vegetable • Basil Chicken Chili 	<p>Classic Sandwich</p> <ul style="list-style-type: none"> • Tuna • Chicken Salad <p>&</p> <p>"Side" (8 oz.) Soup</p> <ul style="list-style-type: none"> • Moroccan Vegetable & Rice • Chicken Vegetable Noodle
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salads can have no more than 5 grams of sat fat and 500 mg of sodium (Honorable Mentions can have up to 1,000 mg), and soups can have no more than 2 grams of sat fat and 500 mg of sodium (Honorable Mentions can have up to 800 mg). Within each section, foods are ranked from least to most sat fat, then sodium.

Sandwiches

	Calories	Total Fat (grams)	Sat Fat (grams)	Sodium (milligrams)
N. Y. Style Turkey Breast	470	15	0	1,530
Low Fat Turkey Rustic Slice	360	2	0	1,780
✓ Smoked Turkey & Pesto	330	9	1	1,100
Dad's Roast Beef	560	11	2	1,510
✓ Smoked Chicken Salad	600	27	3	1,190
✓ Roast Chicken	630	24	4	1,360
✓ Mom's Chicken Salad	620	29	5	980
✓ Briazz Tuna	620	35	5	1,140
✓ Chicken Tarragon Salad	720	32	5	1,230
✓ Turkey Breast & Provolone Rustic Slice	420	9	5	1,390
Holiday Turkey & Stuffing with Cranberry	720	21	5	1,600
Turkey Bacon Ranch Club	730	34	8	1,560
Roma	620	37	8	1,820
Chicken & Havarti	650	32	10	1,170
Honey Mustard Ham & Havarti	670	31	10	1,990
Chicago Style Turkey & Havarti	620	28	14	1,870

Classic Sandwiches

✓ Tuna	390	20	2	770
✓ Chicken Salad	380	22	3	680
Egg Salad ¹	360	19	4	620
✓ Turkey & Pepperjack	390	18	4	1,150
✓ Smoked Turkey & Swiss	390	17	5	1,090
✓ Italian Turkey & Provolone	320	9	5	1,380
Ham, Turkey & Provolone	430	21	6	1,650

Togas

✓ Chop Chop Veggie	520	24	4	990
Southwest Turkey	560	27	10	1,160
Classy Tuna	620	33	11	910

Paninis & Subzz

Turkey Provolone Subzz	500	17	6	1,360
Chicken Mozzarella Panini	600	23	7	1,410
Tuna 'n Cheese Subzz	620	30	7	1,420
Pepperjack Smoked Turkey Panini	510	17	8	1,500
Tuscan Turkey Panini	590	29	8	1,780
Italian Subzz	610	27	10	2,230
Pesto Cheese Panini	530	22	12	1,230
Philly Cheesesteak Panini	570	32	12	1,410

Café Salads (ranked without dressing)

✓✓ Classic ²	40	0	0	20
✓✓ with Reduced Fat Ranch (3 Tbs.)	110	11	1	240
✓✓ Chicken Breast ²	90	2	0	240
✓✓ with Citrus Shallot Dressing (3 Tbs.)	230	15	1	260

	Calories	Total Fat (grams)	Sat Fat (grams)	Sodium (milligrams)
✓✓ Orzo Almondine	300	8	1	130
✓ with Italian Vinaigrette (3 Tbs.)	420	21	3	560
✓✓ Tuna ²	110	3	1	250
✓ with Italian Vinaigrette (3 Tbs.)	230	16	3	680
✓✓ Café Greens ²	260	19	5	260
with Blue Cheese Dressing (3 Tbs.)	490	42	7	600
✓ Greek Island ²	140	11	5	610
with Italian Vinaigrette (3 Tbs.)	260	24	7	1,040

Entrée Salads

Baja Chicken & Pasta Entrée Salad with Lime-Chilli Dressing	410	10	1	1,500
✓✓ Sesame Chicken Salad	320	19	2	360
✓ with Low Fat Asian Sesame (3 Tbs.)	370	21	2	800
✓✓ Orzo Pasta Entrée Salad with Chicken and Rosemary Vinaigrette	520	15	2	430
✓✓ Briazz Caesar Entrée Salad	210	8	3	420
✓ with Reduced Fat Caesar (3 Tbs.)	320	19	4	730
✓ Diet Salad Sampler	370	12	4	620
✓ with Reduced Fat Ranch (3 Tbs.)	440	19	4	840
✓ Classic Caesar Salad with Chicken	260	10	4	640
✓ with Reduced Fat Caesar (3 Tbs.)	370	21	5	950
✓ Spinach & Bacon Salad	190	12	4	660
with Italian Vinaigrette (3 Tbs.)	310	25	6	1,090
✓ Penne Tuna Entrée Salad with Balsamic Vinaigrette	570	24	4	690
Seasonal Greens Entrée Salad	430	25	6	410
with Italian Vinaigrette (3 Tbs.)	550	38	8	840
American Chef's Salad	250	15	6	800
with Reduced Fat Ranch (3 Tbs.)	320	22	7	1,020
Pesto Radiatore Entrée Salad	650	30	6	1,140
Chicken Cobb Salad	460	32	10	1,100
with Blue Cheese Dressing (3 Tbs.)	690	55	13	1,440

Soups (Side—8 oz.)

✓ Moroccan Vegetable & Rice	100	3	0	590
✓ Chicken Vegetable Noodle	70	2	0	700
Azteca Chicken & Rice	90	2	0	830
Vegetarian Tomato Basil	50	1	0	860
Vegetarian Italian Noodle	50	1	0	880
Thai Vegetable Noodle	60	1	0	880
Vegetarian Vegetable	50	1	0	900
Mediterranean 12-Vegetable	70	2	0	910
Vegetarian Chili	140	3	0	1,140
✓ Basil Chicken Chili	210	6	2	750
Autumn Mushroom Bisque	180	9	4	980
Tex-Mex Chicken n' Corn	180	7	4	1,050
Thai Coconut Chicken & Rice	200	9	5	610
Northwest Clam Chowder	180	9	5	1,030
Sausage and Rice Jambalaya Stew	320	17	5	1,340
Kickin Crab & Corn Specialty	410	32	20	1,040

✓✓ Best Bite. ✓ Honorable Mention. ¹ Contains too much cholesterol (240 mg) for a Best Bite. ² Only these salads can be used in combo meals.

Daily limits for a 2,000-calorie diet: Total Fat: 65 grams. Saturated Fat: 20 grams. Sodium: 2,400 milligrams.

Source: Briazz.