



Food Item	Calories	Fat (g)	% Fat	Kcal	Chol (mg)	Carbs (g)	% Carb	Protein (g)	% Calories	Label Color
Bacon Cheese Burger	516.27	23.44	40.86	88.92	43.47	33.68	31.95	25	Yellow	
Basil Alfredo Penne Pasta	767.00	28.00	33.00	799	78.00	41.00	47.00	24	Red	
BBQ Beef	403.65	11.36	25.33	60.17	46.11	45.69	27.71	27	green	
BBQ Bologna	566.46	28.47	45.23	47.63	59.26	41.85	17.50	12	Red	
BBQ Chicken Sandwich	394.05	11.35	25.92	61.5	45.21	45.89	26.45	27	green	
Beef Enchilada Dinner	345.86	15.35	39.94	21.69	45.37	52.47	9.10	11	Red	
Beef Ham Wrap	244.13	15.24	56.18	42.25	10.80	17.70	15.40	25	Yellow	
Beef Stew	239.84	13.73	51.52	40.82	17.27	28.80	12.60	21	Yellow	
Biscuits & Gravy	405.68	21.72	48.19	13.87	45.14	44.51	8.13	8	Yellow	
Bologna & Cheese on White	480.21	30.41	56.99	60.95	41.61	34.66	19.87	17	Yellow	
Breakfast Burrito w/ Bacon	130.02	7.33	50.74	125.77	8.81	27.10	7.25	22	Yellow	
Breakfast Burrito w/ Sausage	324.35	25.69	71.28	162.73	8.81	10.86	13.47	17	Yellow	
Breakfast Sausage Twin Pack	321.49	29.80	83.42	62.94	0	0	12.32	15	Yellow	
Burrito Dinner	600.2	21.08	31.61	22.68	86.73	57.80	20.26	14	Red	
Chicken Bacon Ranch Burger	590.69	31.9	48.6	56.88	55.9	37.85	20.90	14	Red	
Chicken Enchilada	770.00	8.00	9.00	17.00	143.00	75.00	26.00	14	Red	
Chicken Fajita w/ Rice Bowl	265.46	4.79	16.24	14.99	44.91	67.67	10.02	15	Yellow	
Chicken Parmesan	312.00	13.00	37.50	62.00	24.00	30.77	15.50	20	Yellow	
Chicken Salad Sandwich	364.84	20.60	50.82	53.30	30.65	33.60	15.56	17	Yellow	
Chicken Sandwich	527.59	22.23	37.92	64.07	56.92	43.15	24.77	19	Red	
Chicken Tenders & Gravy	653.33	37.97	52.31	102.33	50.40	30.86	18.50	11	Red	
Chili Mac & Cheese	318.00	9.00	26.00	13.00	45.00	57.00	18.00	22	Green	
Chili w/ Beans	375.53	20.23	48.48	62.24	34.53	36.78	19.57	21	Yellow	
Chipotle Chicken Sandwich	459.77	15.42	30.18	42.52	59.06	51.38	19.05	17	Red	
Country Breakfast w/ Bacon	604.45	35.46	52.8	325.12	48.67	32.21	23.52	16	Red	
Country Breakfast w/ Sausage	665.89	42.84	57.90	227.42	48.09	28.89	21.81	13	Red	
Country Steak w/ Gravy	504.77	15.13	26.98	18.39	76.67	60.76	15.78	13	Red	
Doublemeat Doublecheese	856.45	48.36	50.82	199.58	44.15	20.62	60.31	28	Yellow	
Egg Muffin w/ Bacon, Egg, & Cheese	297.26	13.84	41.90	199.48	27.33	36.78	15.41	21	Yellow	
Egg Muffin w/ Ham, Egg, & Cheese	328.29	15.26	41.83	211.21	28.52	34.75	18.09	22	Yellow	
Fajita Chicken Hoagie	344.56	9.10	23.77	14.99	50.32	58.42	14.81	17	Yellow	
Fajita Chicken Wrap	170.40	7.06	37.29	19.50	17.99	42.23	8.85	21	Yellow	
Flamebroil w/ Cheese	500.00	33.00	59.00	73.00	25.00	2.00	26.00	21	Yellow	
French Toast w/ Sausage	591.10	30.12	45.86	102.91	67.74	45.84	13.33	9	Red	
Grilled Chicken & Swiss	385.00	15.00	36.00	96.00	22.00	23.00	37.00	39	Yellow	
Grilled Chicken w/ Bacon	507.34	21.27	37.73	60.57	54.77	43.18	24.42	19	Red	
Grilled Chicken Wrap	277.67	16.62	53.87	30.18	21.37	30.78	10.92	16	Yellow	
Grilled Ham & Cheese	426.25	16.19	34.18	63.50	45.80	42.98	23.17	22	Yellow	
Ham & Cheese	336.25	15.24	40.79	63.50	27.40	32.59	21.72	26	Yellow	
Ham & Cheese Croissant	444.02	22.81	46.23	81.79	29.41	26.49	22.66	20	Yellow	
Ham & Cheese on Marble	336.25	15.17	40.60	63.50	27.93	33.23	22.37	27	Yellow	
Ham & Cheese on Wheat	336.25	15.24	40.79	63.50	27.40	32.59	21.72	26	Yellow	
Ham & Cheese on Wheatberry	426.25	15.19	32.07	63.50	45.80	42.98	25.17	24	Yellow	

Balanced For Health

Make a healthier food choice. Our Labels represent nutritional criteria based on color.

KEEP REFRIGERATED **IMPERIAL** COFFEE • VENDING • CATERING TULSA, OK 74116

A food item is considered our healthiest choice if it meets all of the following requirements:

- Has less than 500 calories
- Less than 30% fat
- Less than 50% carbohydrates
- More than 20% protein

VISIT US AT: WWW.IMPERIALCO.COM

KEEP REFRIGERATED **IMPERIAL** COFFEE • VENDING • CATERING TULSA, OK 74116

A food item is considered a moderate choice if it meets 2 or more of the following requirements:

- Has less than 500 calories
- Less than 30% fat
- Less than 50% carbohydrates
- More than 20% protein

VISIT US AT: WWW.IMPERIALCO.COM

KEEP REFRIGERATED **IMPERIAL** COFFEE • VENDING • CATERING TULSA, OK 74116

A food item is a choice that may have one of the requirements:

- Has less than 500 calories
- Less than 30% fat
- Less than 50% carbohydrates
- More than 20% protein

For specific nutritional information, VISIT US AT: WWW.IMPERIALCO.COM



Food Item	Calories	Fat (g)	% Kcal Fat	Chol (mg)	Carbs (g)	% Carb Calories	Protein (g)	Protein Calories	Label Color
Ham & Cheese on White	426.25	16.19	34.18	63.50	43.80	41.10	23.17	22	Yellow
Ham & Turkey Club	314.70	12.79	36.58	58.97	27.40	34.83	21.88	28	Yellow
Ham, Egg, & Cheese Croissant	534.17	34.70	58.46	262.95	30.29	22.68	28.55	21	Yellow
Hot Links	539.57	32.22	53.74	70.43	47.33	35.09	23.49	17	Red
Jalapeno Chili Cheese Burger	492.00	28.00	51.00	85.00	31.00	25.00	28.00	23	Yellow
Jumbo Ham Cheese Croissant Club	465.00	27.00	52.00	110.00	27.00	23.00	26.00	23	Yellow
Jumbo Waffle & Sausage	618.04	34.19	49.79	55.03	69.10	44.72	11.06	7	Red
Junior Hotdog	304.00	19.00	56.00	29.00	23.00	3.00	10.00	13	Yellow
Large Biscuit & Gravy	814.98	42.11	46.50	29.58	91.16	44.74	19.02	9	Red
Lasagna w/ Italian Veg.	133.00	6.00	40.60	29.00	12.00	36.09	4.50	14	Yellow
Meatloaf Sandwich	292.00	15.00	46.00	92.00	21.00	28.00	17.00	24	Yellow
Meatloaf w/ Potatoes, Gravy, & Corn	548.22	20.33	33.38	52.69	68.48	49.97	19.40	14	Red
Mushroom Swiss Burger	404.00	21.00	47.00	89.00	23.00	23.00	29.00	29	Yellow
Pancakes & Sausage	528.08	24.39	41.57	49.16	66.45	50.33	12.51	9	Red
Pastrami & Swiss	287.59	7.88	24.66	43.55	27.58	38.36	26.03	36	green
Pastrami Sandwich	287.59	7.88	24.66	43.55	27.58	38.36	26.03	36	green
Penne Pasta w/ Tuscan Chicken	571.01	16.46	25.94	51.04	50.29	35.23	26.16	18	Yellow
Pepperjack Cheeseburger	714.70	37.73	47.51	151.35	44.25	24.77	47.76	27	Yellow
Philly Steak Hoagie	371.02	9.99	24.23	17.19	60.60	65.33	17.92	19	Yellow
Pimento Cheese	342.63	19.74	51.85	53.30	24.58	28.70	17.10	20	Yellow
Po Boy	497.90	24.17	43.69	84.97	35.83	28.78	31.59	25	Yellow
Polish Dog	564.43	35.51	56.62	63.14	49.17	34.85	20.84	15	Red
Polish Sausage w/ Mac & Cheese	512.00	35.00	61.52	117.00	26.00	20.31	20.50	16	Red
Pot Roast w/ Mashed Potatoes & Peas	209.84	5.52	23.68	57.90	21.22	40.45	17.86	34	green
Roast Beef & Swiss	278.37	8.35	27.00	44.54	25.94	37.27	24.12	35	green
Salami & Cheese on Wheat	364	19g	0.47	56mg	30g	0.33	16g	0.18	Yellow
Salisbury Steak w/ Mashed Potatoes	244.31	9.34	34.40	20.61	28.80	47.14	7.68	13	Yellow
Sausage Biscuit & Gravy	568.23	35.96	56.96	46.26	45.58	32.09	15.67	11	Red
Sausage, Egg & Cheese Biscuit	496.9	31.15	56.42	38.98	41.36	33.29	13.00	10	Yellow
Sloppy Jo	482.67	18.69	34.85	77.40	46.24	38.32	28.76	24	Yellow
Spaghetti & Meatballs	293.01	11.51	35.35	70.63	26.02	35.52	18.99	26	Yellow
Spicy Chicken	546.1 B	22.28	36.71	64.07	61.57	45.09	24.96	18	Red
Steak Fajita w/ Rice Bowl	501.57	7.47	13.40	17.19	90.63	72.28	15.09	12	Red
Tuna Salad Sandwich	325	16.30	45.14	22.50	30.35	37.35	13.55	17	Yellow
Tuna Salad Wedge	367.24	19.52	47.84	69.13	26.37	28.72	26.31	29	Yellow
Turkey & Swiss on Marble	278.37	8.28	26.77	44.54	31.19	44.82	23.19	33	green
Turkey & Swiss on Wheat	278.37	8.35	27.00	44.54	30.66	44.06	22.54	32	green
Turkey & Swiss on Wheatberry	368.37	8.30	20.28	44.54	49.06	53.27	25.99	28	Yellow
Turkey Bacon Swiss Roll	512.44	26.31	46.21	44.54	49.03	38.27	23.10	18	Red
Turkey Sub	348.37	10.80	27.90	44.54	39.06	44.85	24.99	29	green
Tuscan Chicken Wrap	330.25	20.00	54.50	49.00	16.15	19.56	13.50	16	Yellow
Tuscan Fajita Hoagie	552.00	17.00	27.72	46.00	69.00	50.00	26.06	19	Yellow
Twin Chili Dogs	615.50	41.00	59.95	126.30	27.00	17.55	25.66	17	Red
Wings of Fire	333.94	28.50	76.81	61.37	2.04	2.44	16.96	20	Yellow

Balanced For Health

Make a healthier food choice. Our Labels represent nutritional criteria based on color.

TULSA, OK 74116

A food item is considered our healthiest choice if it meets all of the following requirements:

- Has less than 500 calories
- Less than 30% fat
- Less than 50% carbohydrates
- More than 20% protein

VISIT US AT: WWW.IMPERIALCO.COM

TULSA, OK 74116

A food item is considered a moderate choice if it meets 2 or more of the following requirements:

- Has less than 500 calories
- Less than 30% fat
- Less than 50% carbohydrates
- More than 20% protein

VISIT US AT: WWW.IMPERIALCO.COM

TULSA, OK 74116

A food item is a choice that may have one of the requirements:

- Has less than 500 calories
- Less than 30% fat
- Less than 50% carbohydrates
- More than 20% protein

For specific nutritional information, VISIT US AT: WWW.IMPERIALCO.COM