

Grand Central Coffee Station

Calorie and macros

Sandwiches

	Calories	Protein (grams)	Carbs (grams)	Fat (grams)	Fiber (grams)	Sugar (grams)
Caboose with kraut	649	34.9	62.7	29.3	6	10.6
Chicken bacon ranch wrap	557	31.6	50.3	25.7	2.3	4.2
Chicken salad with lettuce, tomato & onion	522	22.8	46.6	26.5	3.4	13.4
Conductors Choice with onion	650	49.1	55.4	25.6	2.2	8.4
Engineer	498	33.5	45	21.2	4.8	1.4
Engineer on wrap	619	32	54	29.9	5	3.5
Express with tomato & onion	426	17.3	48.3	18	5	3.2
Express on a wrap with tomato & onion	547	15.7	57.3	26.7	5.1	5.4
Grilled cheese	388	18.7	39.1	17.6	2	0.2
Locomotive	469	29.7	42	20.7	2.1	2.5
PB & J	530	15.8	77.7	19.9	4.2	31.8
Rail Switch	476	25.6	46.7	21.3	5.2	4.9
Roadmaster	576	29.7	51.3	26	2.3	3.2
Sante Fe	592	37.9	58.5	21.6	0.2	1
Steam engine	772	30.9	49.2	48.7	2.3	2.8
Tuna salad sandwich with lettuce, tomato & onion	449	38.9	35.1	16	1.7	7
Kettle chips	138	1.8	14.7	8.3	0.9	0.9
Pickle	4	0.2	0.8	0.1	0.3	0.4
Orange slice	11	0.2	2.8	0	0.6	2.2

Salads

	Calories	Protein (grams)	Carbs (grams)	Fat (grams)	Fiber (grams)	Sugar (grams)
Apollo Chicken Salad	423	42.2	12.2	23.6	2	3.9
Beautiful Chicken Salad	550	42.7	26.5	31.8	2.8	21.7
Cobb Salad	438	51.7	8	23.2	1.4	3.5
Honey Mustard Chicken Salad	505	45.7	59.9	31.1	2.8	18.4
Mandarin Orange Chicken Salad	444	40.1	37.2	15.9	1.5	35.6
Rotini Caesar Chicken Salad	580	48.8	42.8	22.9	2.5	3.5
Roll	150	7	29	0	1	Trace
Butter	36	0	0	4.1	0	0