

# CREPEMAKER



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## Nutritional Information

Entrée, Dessert & Breakfast Crêpes and Salads

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Nutrition Facts	Cal.	Cal. From fat.	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sod. (mg)	Carb. (g)	Diet. Fiber (g)	Sugar (g)	Prot. (g)	Ingredients
<b>Entrée Crepes</b>												
Opulence	430	140	16	9	0	90	670	31	4	3	39	Chicken, artichoke, mozzarella, mushrooms, spice mix, balsamic vinegar, basil.
<i>(Small)</i>	260	80	9	5	0	55	420	19	3	2	23	
Queen of Hearts	360	120	14	8	0	40	680	36	6	5	23	Artichoke, mozzarella, mushrooms, red onions, spice mix, balsamic vinegar, spinach, fresh tomatoes, basil.
<i>(Small)</i>	210	70	8	5	0	25	420	22	4	3	14	
Tuna Salad	430	170	18	9	0	60	620	30	4	5	36	Tuna, mozzarella, spice mix, balsamic vinegar, romaine, tomatoes, basil.
<i>(Small)</i>	260	100	11	6	0	35	380	18	2	3	21	
Very Philly Steak	420	150	16	9	0	95	600	27	1	4	40	Steak, mozzarella ,mushrooms ,red onions, spice mix, balsamic vinegar,
<i>(Small)</i>	260	90	10	6	0	55	380	16	0	2	24	
Very Philly Chicken	410	140	15	9	0	90	620	27	1	3	37	Chicken, mozzarella, mushrooms ,red onions, spice mix, balsamic vinegar,
<i>(Small)</i>	240	80	9	5	0	55	390	16	0	0	22	
Caesar Chicken	420	140	16	9	0	90	630	30	3	5	38	Chicken, mozzarella, mushrooms, balsamic vinegar, pesto sauce, spinach, tomatoes. spice mix.
<i>(Small)</i>	260	90	10	5	0	55	390	18	2	3	23	
Caesar Steak	440	150	17	9	0	95	610	30	3	5	41	Steak, mozzarella, mushrooms, balsamic vinegar, romaine, tomatoes, basil, spice mix.
<i>(Small)</i>	270	90	10	6	0	55	380	18	2	3	25	
Garden Vegi	420	180	20	9	0	45	750	36	5	8	24	Sun-dried tomatoes, mozzarella, portabella mushrooms, red onions, sweet red peppers, balsamic vinegar, pesto sauce, tomatoes, basil,

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(Small)	320	150	17	6	0	30	560	29	5	4	16	spice mix.
Raspberry Chicken	510	150	17	4.5	0	70	720	49	4	18	41	Chicken, cheddar cheese, spice mix, balsamic vinegar, spinach, tomatoes, raspberry preserve, walnuts.
(Small)	310	90	10	2.5	0	45	450	30	3	11	25	
Tex-Mex	570	90	10	4.5	0	70	770	72	12	6	50	Chicken, cheddar, drained corn, spice mix, balsamic vinegar, black beans, salsa, cilantro,
(Small)	340	50	6	2.5	0	45	480	43	7	4	30	
Fajita Chicken	390	120	13	6	0	75	810	30	3	5	37	Chicken, cheddar cheese, red onion, red peppers, guacamole, sour cream, cilantro, salsa, balsamic vinegar, spice mix.
(Small)	240	70	8	3.5	0	45	500	18	2	3	22	
Fajita Steak	410	130	14	7	0	80	800	30	3	5	40	Steak, cheddar cheese, red onion, red peppers, guacamole, sour cream, cilantro, salsa, balsamic vinegar, spice mix.
(Small)	250	80	8	4	0	50	490	18	2	3	24	
Honey Mustard of Chicken	400	70	8	4	0	70	820	40	3	10	37	Chicken, cheddar, spice mix, balsamic vinegar, romaine, tomatoes, honey mustard sauce.
(Small)	240	45	5	2.5	0	45	510	24	2	6	22	
Mexi Crepe	400	120	13	6	0	75	820	32	4	6	38	Chicken, cheddar cheese, spice mix, balsamic vinegar, romaine, tomatoes, guacamole, salsa, sour cream, cilantro.
(Small)	240	70	8	3.5	0	45	510	19	3	3	23	
Tomato, Cheese and Basil	490	220	25	15	0	70	880	30	2	4	34	Mozzarella, spice mix, balsamic vinegar, tomatoes, basil.
(Small)	290	140	15	9	0	45	540	18	1	3	21	
Havana Chicken	680	200	22	7	0	80	930	68	14	8	53	Chicken, cheddar, sweet red peppers, black beans, spice mix, balsamic vinegar, pesto sauce, romaine, tomatoes, cilantro.
(Small)	470	160	18	5	0	50	670	42	9	6	33	

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Pesto Steak	510	200	22	7	0	85	950	33	4	7	44	Steak, cheddar cheese, sweet red pepper, spice mix, balsamic vinegar, spinach, tomatoes, pesto sauce, basil.
<i>(Small)</i>	310	120	13	4	0	50	580	20	3	4	27	
Pesto Chicken	490	190	21	6	0	80	960	33	4	7	41	Chicken, cheddar cheese, sweet red pepper, spice mix, balsamic vinegar, spinach, tomatoes, pesto sauce, basil.
<i>(Small)</i>	300	120	13	4	0	50	590	20	3	4	25	
Pizza Cheese	540	290	32	20	0	100	980	28	1	3	33	Pizza sauce, cheddar cheese, mozzarella, spice mix, balsamic vinegar.
<i>(Small)</i>	250	90	11	6	0	35	600	17	0	2	20	
Southwest	570	90	10	4.5	0	75	960	66	11	7	52	Steak, cheddar, black beans, red onions, spice mix, balsamic vinegar, fresh tomatoes, hot sauce, steak sauce, cilantro.
<i>(Small)</i>	340	50	6	3	0	45	620	40	7	5	31	
Cordon Bleu	470	160	18	10	0	105	1000	31	4	5	43	Chicken, ham, mozzarella, romaine, tomatoes, basil, balsamic vinegar, spice mix.
<i>(Small)</i>	280	100	11	6	0	65	610	19	2	2	26	
California	640	400	44	12	0	50	1020	47	8	6	29	Sun-dried tomatoes, mozzarella, pine nuts, balsamic vinegar, pesto sauce, spinach, tomatoes, spice mix.
<i>(Small)</i>	410	240	27	7	0	30	630	29	5	4	17	
Ham and Cheese	420	130	15	8	0	65	1710	28	2	3	41	Ham, cheddar, spice mix, balsamic vinegar.
<i>(Small)</i>	250	80	9	4.5	0	40	1040	17	0	0	25	
Mediterranean Tuna	460	190	21	11	0	80	1160	37	7	7	32	Artichoke, tuna, kalamata olives, feta cheese, spice mix, balsamic vinegar, spinach, tomatoes, basil.
<i>(Small)</i>	270	110	12	6	0	50	710	22	4	5	19	
BLT	480	230	26	12	0	75	1240	30	3	5	28	Bacon, mozzarella, balsamic vinegar, romaine, tomatoes, spice mix
<i>(Small)</i>	290	140	15	7	0	45	760	18	2	3	18	

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Pizza Pepperoni	590	350	38	17	1	100	1570	27	0	3	32	Pizza sauce, cheddar cheese, mozzarella, pepperoni, spice mix, balsamic vinegar.
<i>(Small)</i>	360	210	23	10	.5	60	960	16	0	2	19	
Steak Milanese	440	100	12	5	0	90	1500	36	4	9	45	Steak, ham, cheddar, red onions, spice mix, balsamic vinegar, romaine, tomatoes, steak sauce.
<i>(Small)</i>	270	60	6	3	0	55	910	22	2	5	27	
True Blue	520	190	22	18	0	100	1300	41	3	10	37	Chicken, blue cheese, spice mix, balsamic vinegar, spinach, tomatoes, walnuts, basil, honey mustard sauce.
<i>(Small)</i>	310	120	13	7	0	60	800	24	2	6	22	
<b>Egg Crepes</b>												
Better Cheddar	480	270	30	16	0	445	720	24	1	3	29	Eggs, spice mix, cheddar cheese.
<i>(Small)</i>	280	150	17	9	0	230	420	15	0	2	16	
CrepeMaker 123	470	210	23	11	0	460	610	17	0	2	46	Eggs, spice mix, mozzarella or cheddar cheese, chicken.
<i>(Small)</i>	300	120	14	7	0	240	410	15	0	2	27	
Florentine	440	200	22	11	0	405	680	29	2	4	31	Eggs, spice mix, mozzarella, mushroom, sweet red onion, spinach.
<i>(Small)</i>	250	110	13	6	0	210	400	17	1	4	18	
El Ranchero	520	270	30	16	0	445	1060	32	3	7	31	Eggs, spice mix, cheddar cheese, red pepper, red onion, fresh tomatoes, salsa.
<i>(Small)</i>	220	70	8	3.5	0	200	620	20	2	4	17	
Western Crepe	490	280	31	16	0	445	1080	78	13	10	45	Eggs, spice mix, cheddar cheese, black beans, corn, sweet red onions, fresh tomatoes, salsa, cilantro.
<i>(Small)</i>	370	80	9	3.5	0	200	630	47	8	6	26	

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<b>Desserts</b>												
Bad Girl	520	190	22	13	0	85	530	75	6	45	8	Strawberries, dulce de leche, sugar, cinnamon, grand marnier, whipped cream.
<i>(Small)</i>	310	120	13	8	0	50	320	45	3	27	5	
Black and White	390	100	11	9	0	10	250	68	6	32	7	Banana, nutella.
<i>(Small)</i>	280	60	7	6	0	5	150	51	5	25	5	
Cutie Pie	420	150	17	13	0	35	300	58	4	32	8	Strawberries, nutella, ice cream.
<i>(Small)</i>	250	90	10	8	0	20	180	35	2	19	5	
Dulce Treat	450	190	21	13	0	80	290	59	4	26	8	Half banana, strawberries, dulce de leche, whipped cream.
<i>(Small)</i>	290	110	13	8	0	50	180	41	3	18	5	
Frankie	730	360	40	25	0	75	410	94	9	52	13	Banana, 2 Reese's Peanut Butter cups, nutella, whipped cream, cinnamon.
<i>(Small)</i>	340	230	25	15	0	45	260	68	7	38	8	
Banana Split	720	390	43	24	0	100	320	75	7	40	13	Half banana, strawberries, nutella, walnuts, ice cream, whipped cream.
<i>(Small)</i>	450	230	26	15	0	60	190	50	5	27	8	
Gabriel's Choice	390	60	7	6	0	15	270	77	5	38	7	Banana, dulce de leche, raspberry preserve, nutella.
<i>(Small)</i>	280	40	4.5	3.5	0	10	160	57	4	29	5	
Grandmother's Apple Pie	470	100	11	6	0	45	360	87	4	57	9	Sugared apples, cinnamon, sugar, dulce de leche, walnuts, and ice cream.
<i>(Small)</i>	380	70	7	3.5	0	30	220	55	4	37	6	
Madeline	410	100	11	9	0	10	260	73	6	35	7	Banana, mini marshmallows, nutella.
<i>(Small)</i>	240	60	7	6	0	5	160	41	3	20	4	

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Nutella Solo	360	130	15	13	0	10	260	49	3	25	6	Nutella
<i>(Small)</i>	220	80	9	8	0	5	150	30	2	15	4	
Nutella & Raspberry Duo	360	90	10	9	0	10	260	60	3	31	6	Nutella, raspberry preserve.
<i>(Small)</i>	220	60	6	5	0	5	160	36	2	19	3	
Nutty Banana Foster	690	330	37	18	0	105	540	83	7	45	12	Melted sweet creamy butter, sugar, cinnamon, 1 banana, granulated walnuts, vanilla ice cream, whip cream, grand marnier.
<i>(Small)</i>	460	200	22	11	0	65	330	61	5	33	8	
Nutty Banana	320	40	4.5	2.5	0	55	260	66	7	31	5	Melted sweet creamy butter, Banana, sugar, cinnamon,
<i>(Small)</i>	230	25	3	1.5	0	10	160	51	5	24	4	
Nutty Caramel Apple	440	110	12	2.5	0	20	310	75	4	45	10	Sugared apples, cinnamon, sugar, dulce de leche, walnuts.
<i>(Small)</i>	280	60	7	1.5	0	15	200	49	3	30	6	
Pure Pleasure	390	100	11	9	0	10	250	68	6	32	7	Banana, dulce de leche.
<i>(Small)</i>	280	60	7	6	0	6	150	51	5	25	5	
Raspberry Delight	310	20	2.5	1	0	10	250	70	4	30	5	Banana, raspberry preserve.
<i>(Small)</i>	230	15	1.5	.5	0	5	150	53	4	24	4	
Red & Black	320	100	11	9	0	10	250	49	5	23	6	Strawberries, nutella.
<i>(Small)</i>	190	60	7	5	0	5	150	30	3	14	4	
Rocky Road	500	230	25	13	0	35	300	59	4	32	11	Nutella, mini marshmallows, walnuts, vanilla ice cream.
<i>(Small)</i>	300	140	15	8	0	20	180	35	2	19	7	

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Strawberry & Cream	500	340	37	23	0	165	280	35	3	8	7	Strawberries, whip cream.
<i>(Small)</i>	300	200	22	14	0	85	170	21	2	5	4	
Strawberry Nouveau	290	35	4	2	0	20	290	57	3	28	7	Strawberries, dulce de leche.
<i>(Small)</i>	170	20	2.5	1.5	0	15	170	34	2	17	4	
Strawberry Supreme	400	180	20	12	0	75	480	50	5	24	6	Strawberries, sugar, cinnamon, whipped cream, grand marnier.
<i>(Small)</i>	350	110	12	7	0	45	290	30	3	15	4	
To Die For	650	340	37	24	0	95	360	70	5	27	10	Cheesecake, half banana, strawberries, nutella, whipped cream.
<i>(Small)</i>	460	230	26	16	0	65	250	52	4	19	7	
Triple Treat	520	250	28	20	0	75	270	60	5	27	8	Half banana, strawberries, nutella, whipped cream.
<i>(Small)</i>	330	150	17	12	0	45	160	42	4	19	5	
<b>Salads (dressing not included)</b>												
Sun-Dred Tomato Salad	390	280	31	4	0	10	470	25	8	5	11	Spinach, spring mix (lettuce), sun-dried tomatoes, roasted pine nuts, red onion, pesto sauce.
<i>(Small)</i>	230	170	19	2.5	0	5	290	15	5	3	7	
Caesar Salad	350	180	20	12	0	55	750	14	5	4	29	Romaine, mozzarella, mushrooms, fresh basil, tomatoes, dash of spice mix, shredded parmesan, cracked pepper.
<i>(Small)</i>	210	110	12	7	0	35	450	8	3	3	18	
Athena Greek Salad	270	140	16	9	0	50	960	22	7	10	14	Spinach, romaine, cucumber, tomatoes, feta cheese, hot peppers, kalamata olives.
<i>(Small)</i>	160	90	10	5	0	30	580	12	4	6	8	
When Pigs Fly To Blue Heaven	530	350	39	13	0	75	1670	17	8	4	34	Spinach, blue cheese, tomatoes, red onions, ham, walnuts.



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When Pigs Fly To Blue Heaven <i>(Small)</i>	320	210	23	8	0	45	1000	10	5	2	20	
Chef Salad <i>(Small)</i>	440 290	210 150	24 16	12 8	0 0	315 265	1550 960	14 9	5 3	6 4	44 29	Romaine, spinach, cucumber, feta cheese, boiled egg, tomatoes, chicken, ham.
Nicoise Salad <i>(Small)</i>	410 190	130 80	15 9	4 2	0 0	215 195	720 310	43 12	9 5	10 5	29 17	Spring mix (lettuce), artichokes, tuna, tomatoes, roasted red peppers, red onions, boiled egg-diced, kalamata olives.
Normandy <i>(Small)</i>	290 200	100 70	11 8	4.5 3	0 0	245 220	470 310	9 6	4 3	4 3	40 26	Romaine, cheddar cheese, tomatoes, egg, chicken.
Leaning Salad of Pisa <i>(Small)</i>	510 310	300 180	34 20	9 6	0 0	80 45	480 290	15 9	6 3	4 2	42 25	Spinach, mozzarella, tomatoes, chicken, pine nuts, fresh basil.
Monte Carlo <i>(Small)</i>	380 250	200 130	22 15	11 7	0 0	255 225	850 540	15 9	7 4	5 3	34 23	Romaine, spinach, artichoke, tuna, feta cheese, boiled egg-diced, basil.
Mushroom Madness <i>(Small)</i>	260 150	150 90	17 10	11 6	0 0	45 25	930 560	11 7	5 3	3 2	18 11	Spinach, portabella mushrooms, blue cheese, tomatoes.
Rio Grande <i>(Small)</i>	220 130	70 40	8 4.5	3 1.5	0 0	55 35	450 270	18 11	7 4	8 5	23 14	Romaine, tomatoes, red peppers, red onions, chicken, guacamole, sour cream, salsa.
Lone Star <i>(Small)</i>	450 270	70 40	8 4.5	3 1.5	0 0	55 35	430 260	65 39	17 10	12 7	37 22	Romaine, black beans, corn, red onions, red peppers, tomatoes, chicken, sour cream, salsa mix, cilantro.



To find more nutritional information about your favorite food and any other that aren't found here, please visit your nearest café. For locations visit our website at [www.crepemaker.com](http://www.crepemaker.com). For further information contact us at 305-233-1113.

The nutritional information provided in this package is derived from testing, published resources or from information provided from recommended suppliers. It has been calculated using recommended standard product formulations and serving sizes. Substitution of ingredients may alter nutritional values. Products are made fresh and are mixed individually in stores, and may therefore vary from standard formulations and sizes depending on the preparer of the product purchased. CrêpeMaker stores are individually owned and may purchase ingredients from vendors outside of our recommended lists. Differences may occur in the nutritional values of the products purchased depending upon the region in which the store is located. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in CrêpeMaker stores. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations. This information is correct as of February 28, 2010 unless stated otherwise.