




	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Breakfast															
	Mo!-rito	900	420	47	22	0	1.5	6	445	2270	470	87	5	3	38
	Morning Moose - Add Bacon	50	40	4.5	1.5				15	190	60				4
	Morning Moose - Add Ham	60	20	2	1				25	700	390	3		3	8
	Morning Moose - Add Sausage	180	150	17	6				30	280	90				6
	Morning Moose - Ciabatta (No Meat)	450	190	21	7		1	3	365	710	110	39		5	25
	Morning Moose - Everything Bagel (No Meat)	550	180	20	7		1	3	365	1130	110	65	2	9	25
	Morning Moose - Plain Bagel (No Meat)	530	170	19	7		1	3	365	710	110	65	2	9	25
	Morning Moose - Whole Wheat Bagel (No Meat)	530	170	19	7		1	3	365	710	110	65	6	9	25
	Mountain Sunrise	730	370	41	16		1	3	400	1270	340	54	3	2	30
	Spicy Bird	710	280	32	8		1	3	395	2150	190	74	8	6	33
Breakfast Pastries															
	Apple Cinnamon Muffin	410	170	19	3.5				60	340		56	2	32	5
	Blueberry Muffin	400	170	19	3				70	380		51	2	29	6
	Cinnamon Roll	610	200	22	12				4	1180	10	96	2	53	8
	Cinnamon Roll - Without Frosting	460	190	21	11					1160		60	2	18	8
Skillets															
	Basecamp	470	300	34	13		1	3	410	1140	360	18	3	1	24
	Mo! Mac	810	400	45	20	1.5	5	10	140	2410	860	58	3	18	50
CYA Breakfast															
	Cheese - American	70	50	6	4				15	340		9			4
	Cheese - Cheddar	80	60	7	4				20	135					5
	Cheese - Cream Cheese	160	140	16	9				55	240	95	3			3
	Cheese - Pepper Jack	80	50	6	4				25	130					5
	Cheese - Provolone	70	50	6	3.5				15	180					5
	Cheese - Swiss	80	50	6	4				20	45		1			6
	Eggs	120	70	8	2.5		1	3	360	120	115	1			11
	Grilled Topping - Artichoke Hearts	0								45		1			0
	Grilled Topping - Arugula	0	0	0						0	50	1			0
	Grilled Topping - Mushrooms	0								0	45	0			0
	Grilled Topping - Red Onion	5								0	20	1			0
	Grilled Topping - Roasted Red Pepper	0								40		0			
	Grilled Topping - Spinach	0	0	0						10	80	1			0
	Mo's Potatoes	80	10	1	0					600		16	2		1
	Proteins - Bacon	50	40	4.5	1.5				15	190	60				4
	Proteins - Boca Crumbles	60	0	0						270		6	3		13
	Proteins - Chicken	70	15	1.5	0				35	350		1			12
	Proteins - Ham	60	20	2	1				25	710	400	3		3	8
	Proteins - Sausage	180	150	17	6				30	280	90				6
	Salsa Fresca	15	0	0						170	115	4		2	0
	Smother It - Spicy Chicken Enchilada	50	30	3	1.5	0			10	220	130	4	1	1	2
	Smother It - Vegetarian Green Chili	15								210		3			1
	Toppings - Avocado Mash	25	20	2	0		0	1.5		0	70	1			0
	Toppings - Cilantro	0	0	0						5	75	1			0
	Toppings - Cowboy Pickles	10								115	0	3		3	
	Toppings - Tomatoes	0								0	35	1			0


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Cool And Tasty Sandwiches															
Boulder Beef		530	200	22	6				70	1670	45	52	1	14	31
Canyon Curry		560	290	33	4				50	970	60	47	3	9	22
Hippie Chick P.		740	230	26	8		0.5	3	20	1370	370	103	16	5	29
Wicked Wasabi		540	230	26	4		0.5	3	60	960	550	48	4	7	29
Wild Turkey		590	260	30	7		0	1.5	75	1640	650	52	3	11	34
Mighty Boulder Beef		990	310	35	10		0		115	2930	90	121	3	20	49
Mighty Canyon Curry		950	400	46	6				75	1710	80	107	5	7	34
Mighty Hippie Chick P.		910	350	39	11		1	6	30	1570	660	112	20	7	34
Mighty Wicked Wasabi		830	270	31	4.5		1	6	50	1370	760	111	8	4	33
Mighty Wild Turkey		1020	370	42	11		0.5	3	115	2730	1090	117	6	11	52
Hot And Hearty Sandwiches															
Mini Buckin' Bronco Beef		500	170	19	6				80	1710	35	54	1	4	29
Mini Motherlode		540	210	24	8				85	1890	530	54	2	3	32
Mini Mountain Club		490	170	19	6		0		70	1510	560	53	2	1	30
Mini Pesto Peak Italiano		670	350	39	12				85	2190	630	54	2	3	28
Mini Wildfire Chicken		490	150	17	5		0	1.5	85	1380	135	52	2	2	35
Mini Green Thumb		540	260	29	7		0		25	740	350	55	3	3	17
Ridgeline Reuben		630	160	18	8				90	3170	660	74	4	6	43
Mighty Buckin' Bronco Beef		930	300	34	10		0		125	2910	135	108	3	8	49
Mighty Green Thumb		970	430	49	11		0		45	1460	690	109	7	6	30
Mighty Motherlode		990	380	43	13		0		135	3240	870	106	4	5	53
Mighty Mountain Club		910	310	35	10		0		110	2630	880	104	4	2	51
Mighty Pesto Peak Italiano		1170	580	65	18		0		135	3660	1040	107	5	6	46
Mighty Wildfire Chicken		900	260	30	8		0.5	3	135	2400	270	104	5	4	58
Mo! Sandwiches															
Mini BBQ Bacon Mo!		740	350	40	14	1	0	6	100	1360	340	72	2	9	35
Mini BBQ Bacon Mo! - Boca Crumbles		580	230	25	9	0			25	1500	35	78	5	9	26
Mini BBQ Bacon Mo! - Boca Crumbles & Bacon		600	240	27	9	0			30	1560	55	78	5	9	27
Mini Original Mo!		680	340	38	12	1	0	6	95	1140	410	60	2	1	33
Mini Original Mo! - Boca Crumbles		530	220	25	7				25	1340	115	66	5	1	25
Mini Southwest Mo!		640	280	32	11	1	0.5	7	90	1190	450	64	3	5	33
Mini Southwest Mo! - Boca Crumbles		490	170	19	6		0	1.5	25	1390	160	70	6	5	26
Mighty BBQ Bacon Mo!		1490	700	79	29	2	1	12	195	2730	690	143	4	17	70
Mighty BBQ Bacon Mo! - Boca Crumbles		1160	450	51	18	0			50	3000	70	155	10	17	52
Mighty BBQ Bacon Mo! - Boca Crumbles & Bacon		1190	480	54	19	0			60	3120	110	155	10	17	55
Mighty Original Mo!		1360	670	76	23	2	1	12	185	2240	810	120	5	2	66
Mighty Original Mo! - Boca Crumbles		1060	450	51	13		0		50	2640	230	132	11	2	51
Mighty Southwest Mo!		1270	570	64	21	2	1.5	14	185	2370	900	128	5	9	66
Mighty Southwest Mo! - Boca Crumbles		980	340	39	11		0.5	3	50	2770	330	140	11	9	51
Hot-toasted Wraps															
Buffalo Bleu		520	140	16	6				75	1990	90	60	3	2	32
Colorado Smoked Caesar		640	240	27	10		0		115	2480	210	62	8	3	42
Dude Ranch		640	260	29	10		0	1.5	70	1970	710	63	4	2	31
Mile-hi Thai		530	130	14	4.5		1.5	2	65	1830	350	66	5	9	32
Sweet Harvest		760	290	32	6		0		65	1750	210	85	7	28	33
Veg Out		570	220	25	8		0		30	1050	460	68	7	10	18

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Kids														
Build Your Own Sammy Base - Multigrain Bread	520	90	10	2					1100		92	12	2	20
Cheese Quesadilla	570	250	28	16				60	1180		55	2		24
Grilled Cheese On Multigrain	970	500	56	19	4			45	2340		119	12	2	32
Mac And Cheese	320	140	15	6	0	4	3.5	25	740	340	30	2	4	14
PB & J On Multigrain	1030	350	40	8					1380		138	16	36	36
Kids CYA Sammy - Cheese														
American Cheese	70	50	6	4				15	340		9			4
Cheddar Cheese	80	60	7	4				20	135					5
Crumbled Bleu Cheese	100	70	8	5				20	400		1			6
Feta Cheese	80	50	6	4				20	320		1	1		5
Grated Parmesan	50	30	3.5	2				10	220					5
Pepper Jack Cheese	80	50	6	4				25	130					5
Provolone	70	50	6	3.5				15	180					5
Swiss	80	50	6	4				20	45		1			6
Kids CYA Sammy - Meats														
Bacon	70	50	6	2				20	250	75				5
Capicola	90	35	4	1.5				45	1020	1230	2		2	14
Chicken Salad	130	60	7	1				45	440	30	2			14
Grilled Chicken	100	20	2.5	0.5				55	520		1			18
Ham	90	25	3	1.5				40	1060	600	5		5	12
Pastrami	80	20	2.5	1.5				40	870	380				15
Pepperoni	390	320	36	14				75	1730		3			15
Roast Beef	80	15	1.5	1				40	730		2			14
Salami	350	280	32	12				85	1430					15
Tuna Salad	160	90	11	2.5				45	450	180	2			13
Turkey	60	5	1					30	730	340	2			12
Kids CYA Sammy - Spreads														
1000 Island Dressing	90	70	8	1.5				10	330	35	5			4
BBQ Sauce	45								350		12			10
Balsamic Vinaigrette	45	30	3.5	0					180		5			4
Bayou Sauce	60	60	7	1	1				720					
Bleu Cheese Dressing	160	140	16	3.5				20	310	10	2			1
Chipotle Mayo	180	180	20	3				10	270		2			
Cranberry Chipotle Mayo	130	100	12	1.5				10	115	0	7			5
Cream Cheese	80	70	8	4.5				25	120	45	1			1
Creamy Horseradish	170	160	18	2.5				15	150		3			
Greek Dressing	80	80	9	1.5				5	260		2			
Honey Mustard	100	80	9	1.5	0			15	120		6		6	
Hummus	70	45	5	1					125		4	1		2
Mayo	200	200	22	3				20	150		2			
Oil & Vinegar	130	130	14	2					0	5				
Pesto Mayo	190	180	20	3				20	160		2			0
Ranch	100	90	11	1.5				10	135	20	2			0
Red Salsa	10								210		2			
Southwestern Ranch	25	20	2	0				2	190	0	2			0
Spicy Mustard	30								280					
Thai Peanut Sauce	80	35	4	1		1	2		400	70	7		5	2
Yellow Mustard	30								340					

														
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Kids CYA Sammy - Toppings														
Artichokes	0								45		1			0
Avocado	60	45	5	1		0.5	3.5		0	170	3	2		1
Banana Peppers	0								140		1			
Black Olives	50	40	4.5						250					
Cilantro	0	0	0						5	75	1			0
Cucumbers	0								0	30	0			0
Dried Cranberries	90										23	2	21	
Green Bell Peppers	0								0	25	1			0
Hard Boiled Egg	40	25	2.5	1		0	1	105	30	30	0			3
Jalapeno Peppers	0								170		1			
Kalamata Olives	90	80	9	1					490		4	2		
Lettuce	0	0	0						0	70	1			0
Mushrooms	5	0	0						0	90	1			1
Onions	0								0	10	1			0
Pecans	180	150	16	2					125		8	2	7	2
Roasted Red Peppers	0								40		0			
Spinach	0	0	0						15	120	1			1
Sundried Tomatoes	30								170		6		6	
Tomatoes	5	0	0						0	65	1			0
Soups (8 Oz)														
Beef Chili	240	100	11	3.5	0.5			30	730	520	23	5	6	13
Cream of Tomato Basil Soup	300	240	27	16	1			95	540	230	13	2	8	3
Hearty Vegetable Soup	70	10	1.5	0					580		13	2	3	2
Homestyle Chicken Noodle Soup	90	20	2.5	1				25	830		17			5
SMD Chili	230	80	9	4.5	0	0	2	25	560	160	23	5	8	15
SMD Tomato Basil Soup	280	220	25	16		1	7	85	660	200	12	1	7	3
Soup Bread - Wheat	190	5	0.5						390		39	2		7
Soup Bread - White	150	0	0						310		31			5
Spicy Chicken Enchilada Soup	210	110	13	5	0			45	900	510	17	4	4	8
Vegetarian Green Chili	60								840		14		2	2
Soups (12 Oz)														
Beef Chili	360	150	17	5	1			45	1100	770	35	8	9	19
Cream of Tomato Basil Soup	450	360	40	24	1			145	820	350	19	3	12	4
Hearty Vegetable Soup	110	20	2	0					870		19	3	5	3
Homestyle Chicken Noodle Soup	140	30	3.5	1.5				35	1250		25	1	1	7
SMD Chili	350	110	13	7	0.5	0	3.5	40	850	240	34	7	12	22
SMD Tomato Basil Soup	420	330	37	24		1.5	10	125	990	300	19	2	10	4
Soup Bread - Wheat	190	5	0.5						390		39	2		7
Soup Bread - White	150	0	0						310		31			5
Spicy Chicken Enchilada Soup	320	170	19	8	0.5			70	1350	770	25	6	6	13
Vegetarian Green Chili	90								1260		20		3	3
Perfect Pairs Salads														
Garden Salad with Balsamic Vinaigrette	140	50	6	0.5		0			420	500	20	2	5	4
Smoked Caesar with Smokey Caesar Dressing	180	90	10	3		0		25	710	240	17	2	2	9
Sweet Harvest with Orange Rosemary Dressing	210	120	13	1.5		0			220	160	22	3	18	2

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Salads (No Dressing)																
	Citrus Super G	380	160	18	6		0.5	0	75	970	790	30	7	15	29	
	Country Cobb	540	330	37	15		1.5	6	230	1460	910	14	7	4	43	
	Creekside Greek	350	190	22	6		0		75	1600	530	15	8	3	26	
	Smoked Caesar	260	110	12	6		0		80	1080	490	8	4	3	32	
	Sweet Harvest	410	170	20	2.5		0		55	690	580	39	8	30	23	
Salad Dressings																
	Citrus Ginger Vinaigrette - Light	60	45	5	0					150	35	3		3	0	
	Citrus Ginger Vinaigrette - Medium	120	90	10	1					300	65	7		6	0	
	Citrus Ginger Vinaigrette - Heavy	170	130	15	1					450	100	10		9	0	
	Greek Dressing - Light	80	80	8	1.5				5	250		2				
	Greek Dressing - Medium	150	150	17	3				10	510		4		2		
	Greek Dressing - Heavy	230	230	26	4.5				15	770		6		3		
	Orange Rosemary Dressing - Light	60	45	5	0					150	30	3		3	0	
	Orange Rosemary Dressing - Medium	110	90	10	1					300	65	7		6	0	
	Orange Rosemary Dressing - Heavy	170	130	15	1					450	95	10		9	0	
	Ranch Dressing - Light	100	90	11	1.5				10	135	20	2			0	
	Ranch Dressing - Medium	200	190	21	3			0	20	270	45	4		1	1	
	Ranch Dressing - Heavy	310	280	32	4.5			0	30	410	65	6		2	1	
	Smokey Caesar Dressing - Light	50	40	4.5	1				15	310		3			1	
	Smokey Caesar Dressing - Medium	100	80	9	1.5				25	630		7		2	2	
	Smokey Caesar Dressing - Heavy	160	120	13	2.5				40	940		10		3	3	
Sides																
	Applesauce Cup	50										13		11		
	Baked Lay's	140	20	2.5			1	0.5		150	310	26	2	2	2	
	Miss Vickie's BBQ Chips	210	100	11	2					190	490	24	1	3	3	
	Miss Vickie's Jalapeno Chips	210	110	13	2					180	310	22	1	1	3	
	Miss Vickie's Sea Salt And Vinegar Chips	210	110	13	2					240	470	24	1	1	3	
	Miss Vickie's Sea Salt Chips	220	110	13	2					125	520	22	1	1	3	
	Multigrain Sun Chips	210	80	9	1		3	5		140	100	29	3	3	3	
	Nacho Cheese Dorito's	270	130	14	2.5					370		30	2	2	4	
Desserts																
	Chocolate Fudge Brownie	450	230	26	14				120	170		54	2	37	5	
	M & M Cookie	370	150	17	9				25	250	10	50	1	30	4	
	Oatmeal Raisin Cookie	360	140	16	8				25	290		50	2	27	4	
	Peanut Butter Cookie	380	160	18	3.5				25	460		48	2	28	7	
	Rice Crispy	490	190	21	13		1	6	55	360	50	73		35	4	
Catering Cool And Tasty Sandwiches																
	Pesto Peak Italiano	590	300	34	11				80	2110	600	44	2	7	29	
	Sidecar	460	180	20	5				65	1480	410	42		5	31	
	Yabba Dabba	440	120	14	6				70	2160	890	46	1	11	32	

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Cold Beverages - 24 oz															
Barq's Root Beer		320								140		90		89	
Cherry Coke		300								70		84		84	
Coca-cola		300								90		81		81	
Diet Coke										85					
Lemonade		330								45		87		84	
Orange Fanta		320								110		89		89	
Raspberry Fuze		270										69		66	
Sprite		300	0	0						65	5	75		66	0
Hot Beverages - Small															
Americano		0	0	0						15	40				
Cafe Latte - 2% Milk		90	35	3.5	2.5	0	0	2	15	90	290	9		9	6
Cafe Latte - Skim Milk		60	0	0	0				4	80	320	9		9	6
Cappuccino - 2% Milk		80	25	3	2	0	0	1.5	10	75	250	7		8	5
Cappuccino - Skim Milk		50	0	0	0				3	70	270	8		8	5
Caramel Macchiato - 2% Milk		170	35	4	2.5	0	0	2	15	115	290	27		25	6
Caramel Macchiato - Skim Milk		140	0	0	0				5	105	320	27		25	6
Espresso (1 Shot)		0	0	0						0	35				
Hot Chai - 2% Milk		160	30	3.5	2.5	0	0	2	15	110	260	25		23	6
Hot Chai - Skim Milk		130	0	0	0				4	100	290	26		24	6
Hot Chocolate - 2% Milk		190	45	5	3	0	0	2.5	20	120	320	28	1	28	8
Hot Chocolate - Skim Milk		150	0	0.5	0				5	110	350	28	1	28	8
Iced Latte - 2% Milk		45	15	2	1	0	0	1	5	45	160	4		5	3
Iced Latte - Skim Milk		30	0	0	0					45	180	5		5	3
Mocha - 2% Milk		170	35	4	2.5	0	0	2	15	105	290	26	1	26	7
Mocha - Skim Milk		140	0	0.5	0				4	95	320	26	1	26	7
Hot Beverages - Medium															
Americano		0	0	0	0					20	75				0
Cafe Latte - 2% Milk		140	50	6	3.5	0	0	3	20	135	450	13		14	9
Cafe Latte - Skim Milk		90	0	0	0				5	125	500	14		14	9
Cappuccino - 2% Milk		110	40	4.5	2.5	0	0	2.5	15	110	370	10		11	7
Cappuccino - Skim Milk		70	0	0	0				4	100	400	11		11	7
Caramel Macchiato - 2% Milk		290	50	6	3.5	0	0	3	25	190	450	50		45	9
Caramel Macchiato - Skim Milk		240	5	0.5	0				10	170	500	50		46	9
Espresso (2 Shots)		0	0	0	0					10	70				0
Hot Chai - 2% Milk		230	45	5	3	0	0	2.5	20	150	340	39		36	8
Hot Chai - Skim Milk		190	0	0	0				5	140	380	40		36	8
Hot Chocolate - 2% Milk		270	60	7	4	0	0	3.5	25	170	440	40	2	41	11
Hot Chocolate - Skim Milk		220	5	1	0				5	150	490	41	2	41	12
Iced Latte - 2% Milk		60	20	2.5	1.5	0	0	1.5	10	65	240	6		6	4
Iced Latte - Skim Milk		45	0	0	0				2	60	260	6		6	4
Mocha - 2% Milk		250	50	6	3.5	0	0	3	20	160	450	38	2	39	10
Mocha - Skim Milk		210	10	1	0				5	150	500	39	2	39	10

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
														
Hot Beverages - Large														
Americano	0	0	0	0	0	0	0	30	110					0
Cafe Latte - 2% Milk	180	70	7	4.5	0	0.5	4	30	180	620	18		19	12
Cafe Latte - Skim Milk	130	0	0	0	0	0	0	5	170	680	18		19	12
Cappuccino - 2% Milk	150	50	6	4	0	0.5	3.5	25	160	530	15		15	10
Cappuccino - Skim Milk	110	0	0	0	0	0	0	5	140	580	15		16	10
Caramel Macchiato - 2% Milk	410	70	8	4.5	0	0.5	4	35	260	620	72		66	12
Caramel Macchiato - Skim Milk	350	10	1	0	0	0	0	15	240	680	73		66	12
Espresso (3 Shots)	0	0	0	0	0	0	0		15	105				0
Hot Chai - 2% Milk	310	50	6	4	0	0	3.5	25	200	430	53		49	10
Hot Chai - Skim Milk	310	50	6	4	0	0	3.5	25	200	430	53		49	10
Hot Chocolate - 2% Milk	350	80	9	5	0	0.5	4	30	210	560	53	3	54	14
Hot Chocolate - Skim Milk	290	10	1	0	0	0	0	10	190	620	53	3	54	15
Iced Latte - 2%% Milk	90	35	4	2.5	0	0	2	15	100	360	9		9	6
Iced Latte - Skim Milk	60	0	0	0	0	0	0	4	90	390	9		9	6
Mocha - 2% Milk	340	70	8	4.5	0	0.5	4	30	210	620	51	3	52	14
Mocha - Skim Milk	280	10	1	0	0	0	0	5	190	680	52	3	52	14
Hot Beverages - Add Flavoring														
Add Raspberry - 12 oz Coffee	60										16		16	
Add Raspberry - 16 oz Coffee	90										24		24	
Add Raspberry - 20 oz Coffee	110										28		28	
Add Sugar-free Vanilla - 12 oz Coffee											3			
Add Sugar-free Vanilla - 16 oz Coffee											4			
Add Sugar-free Vanilla - 20 oz Coffee											5			
Add Vanilla - 12 oz Coffee	60										16		16	
Add Vanilla - 16 oz Coffee	90										24		24	
Add Vanilla - 20 oz Coffee	110										28		28	

The nutritional information seen here was prepared by MenuTrinco[®], LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.