

Camille's Sidewalk Cafe

Nutritional Information

This information deemed reliable but not guaranteed.

Food Item	Size (oz)	Calories	Fat (g)	Fiber (g)	Carb (g)	Prot (g)
Salads served with 2 oz dressing listed separately unless noted						
Café Chicken Salad	11.5	412	27	2	13	32
Chicken Caesar Salad includes 2 oz. Caesar Dressing	11.4	323	16	1	16	27
Caesar Salad includes 2 oz. Caesar Dressing	8.4	221	15	1	15	13
Apple-Walnut Tuna Salad	11.5	419	31	2	13	29
The Chef Salad	13	315	20	2	16	22
Bangkok Thai Salad	12.5	229	10	2	20	25
The House Salad	8.4	152	12	2	12	7
The Ultimate Salad-Chicken Salad (includes dressing)	14	587	43	3	26	36
The Ultimate Salad-Tuna Salad (includes dressing)	14	594	47	3	26	33
Dressing						
Ranch Dressing	1.5	210	22	0	2	0
Creamy Caesar Dressing	1.5	195	19	0	3	3
Tomato Bacon	1.5	200	16	0	12	0
Honey Mustard	1.5	175	12	0	13	0
Sesame Oriental	1.5	145	7	0	18	0
Raspberry Vinaigrette - Fat Free	1.5	51	0	0	12	0
Light Italian Dressing	1.5	80	9	0	0	0
Blue Cheese Dressing	1.5	200	21	0	2	1
French	1.5	190	15	0	14	0
Light Ranch	1.5	70	4	0	8	1
Thousand Island	1.5	210	20	0	7	1
Saltines	2 ea	25	1	0	4.5	0
Smoothies						
Strawberry Breeze	20	365	0	4	72	1
Strawberry Coconut	20	379	3	5	70	2
Banana Berry	20	333	1	5	64	2
Peach Paradise	20	321	0	2	47	2
Banana Boat	20	295	1	4	56	1
Blueberries Cozumel	20	189	0	2	30	1
Banana Split Swirl	20	636	22	5	111	3
Peach Breeze	20	293	0	3	55	1
Strawberry Tweet	20	290	0	3	66	7
Peanut Butter Treat	20	458	15	5	72	14
Island Time	20	239	0	3	51	6
Choc-A-Peel	20	534	15	6	91	15
Get Going	20	433	7	3	86	8
My Oasis	20	447	14	11	69	7
Blueberry Pie	20	254	1	4	58	7
Pump Me Up (Shown using banana)	32	399	2	3	52	42
Breakfast						
Herb Garden	10	441	17	2	51	17
Vegetarian Zenergy	11.2	400	10	4	55	20
3 Cheese Scrambler	12	630	30	6	52	30
Swiss Scrambler	11.1	521	15	6	50	31
Ranchero	12.9	576	25	3	55	30
Original Breakfast Wrap with bacon	8	575	26	2	52	31
Original Breakfast Wrap with ham	8	560	24	2	52	29
Breakfast Muffin with bacon	6.4	498	23	4.6	47	26
Breakfast Muffin with ham	6.4	470	18	4.6	48	29
Seasonal Fruit Cup	6	90	0.6	1.4	20	1
Cookies						
Chocolate Chip	3	430	12	2	52	4
Double Chocolate Chip	3	380	20	2	50	4
Macademia Nut with White Chocolate	3	340	16	2	48	4
Oatmeal Raisin	3	330	12	2	50	4
White Chocolate Cherry	3	300	14	2	48	4
Kid's Menu served with chips and salsa; listed below						
Grilled Cheese	4.75	604	31	2	55	29
Classic PB&J	6.05	716	34	5	65	22
Banana Wrap	7.12	734	37	11	86	24
Chicken Wrapper	6.25	461	16	6	50	30
Tri-colored Tortilla chips	1	140	7	1	17	2
Camille's Salsa	1.5	15	0	1	4	1

Information also found online at
camillelessiouxfalls.com

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Wraps served with chips and salsa; listed below						
Chicken Caesar	10.5	629	27	2	62	36
Tex-Mex Club	9	619	29	2	52	32
Quesadilla	10.6	635	30	2	53	41
Chicken California	10	615	27	3	63	30
Bangkok Thai	10.5	720	29	4	84	33
Sonoma Veggie	9	594	31	4	64	15
Spicy Chicken Tender	10	799	45	2	58	37
Poblano Chicken	13.2	700	30	10	86	24
Hail Caesar	12.7	710	36	4	62	29
Club Nouveau	13	480	14	5	69	27
Tri-colored Tortilla chips	1	140	7	1	17	2
Camille's Salsa	1.5	15	0	0	4	0
Tortilla, Low Carb difference from standard tortilla		-100		+27	-20	+4
Tortilla, Gluten Free - difference from standard tortilla		-130	-2	+1	-22	-6
Grilled Hot Wraps served with side Spring Green salad with dressing listed separately						
Club Med	8.75	501	16	3	54	24
Mexican Daredevil	8.6	678	36	2	59	29
Paris Bistro	9.5	499	26	7	61	21
Michaelangelo	9.5	502	14	3	59	23
Spring Greens salad with Raspberry Vinaigrette	3	28	0	1	7	0
Sandwiches served with chips and salsa; listed below						
Café Chicken Salad	8.5	726	31	3	33	38
Apple-Walnut Tuna	8.5	782	39	4	34	36
Camille's Club	13.6	779	39	4	36	31
Ham & Swiss	9.61	444	16	2	28	24
Turkey Deluxe	8.36	498	18	2	34	25
Chicken Basil Sandwich (side not included)	12	785	46	2	47	46
Sicilian Chicken Sandwich	10	542	22	3	44	40
Tri-colored Tortilla chips	1	140	7	1	17	2
Camille's Salsa	1.5	15	0	1	4	1
Flatbread Pizzas						
Zorba the Greek	9" pizza	596	31	5	47	32
Rustic Italian	9" pizza	396	16	4	48	14
Bangkok Thai	9" pizza	651	27	5	74	28
Kicken' BBQ Chicken	9" pizza	534	20	3	59	28
Just a Cheese	9" pizza	448	20	5	45	19
Café Supreme	9" pizza	494	32	2	27	24
Meaty Deluxe	9" pizza	576	41	1	24	27
Super Veggie	9" pizza	349	17	5	31	18
Pepperoni	9" pizza	448	29	1	23	22
Pizza, Gluten Free - difference from standard crust	10" pizza	+ 320	+ 3	+ 2	+ 70	0
Panini Sandwiches served with chips and salsa; listed below						
Napa Valley Chicken	11.25	605	24	3.2	70	46
Turkey Habanero	12	560	24	2.9	68	33
Italian Roast Beef	10.12	618	41	3.4	72	35
Veganini	12.75	570	42	5	68	20
Tri-colored Tortilla chips	1	140	7	1	17	2
Camille's Salsa	1.5	15	0	1	4	1
Soups						
Creamy Tuscan Tomato - cup	8	220	11	3	25	5
Creamy Tuscan Tomato - bowl	12	330	16.5	4.5	37.5	7.5
Cheesy Chicken Tortilla - cup	8	120	5	1	13	6
Cheesy Chicken Tortilla - bowl	12	180	7.5	1.5	19.5	9
Red Potato and Cheddar - cup	8	340	20	2	32	8
Red Potato and Cheddar - bowl	12	510	30	3	48	12
Red Pepper Smoked Gouda - cup	8	340	26	3	19	7
Red Pepper Smoked Gouda - bowl	12	510	39	4.5	28.5	10.5
Wisconsin Cheese - cup	8	420	28	0	28	8
Wisconsin Cheese - bowl	12	630	42	0	42	12
Black Bean - cup	8	150	2.5	8	26	7
Black Bean - bowl	12	225	3.8	12	39	10.5
Chicken Wild Rice - cup	8	190	9	1	19	7
Chicken Wild Rice - bowl	12	285	13.5	1.5	28.5	10.5

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