

Rickenbacker's Coffee

ESPRESSO DRINKS

TALL GRANDE VENTI

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Caramel Macchiato	3.40	3.90	4.40	4.25
White Chocolate Mocha	3.40	3.90	4.40	4.25
Black Eye	3.40	3.90	4.40	3.90
Red Eye	2.90	3.40	3.90	3.40
Caffe Mocha	2.90	3.40	3.90	3.50
Caffe Latte	2.90	3.40	3.90	3.50
Cappuccino	2.90	3.40	3.90	3.50
Chai Tea Latte	2.90	3.40	3.90	3.00
Caffe Americano	2.50	3.00	3.50	3.00
House Blend	2.40	2.90	3.40	2.90
Hot Chocolate	2.00	2.50	3.00	
Green Tea & English Breakfast Tea	1.50	2.00	2.50	
Espresso Double	2.25			
Espresso Con Panna	1.95			
Espresso Macchiato	1.95			
Espresso	1.90			
Add syrup and shot	.50			

BREAKFAST/SANDWICH/SALAD

Fried Chicken Salad	7.25
Grilled Chicken Salad	7.25
Ruben Panini	6.50
Zesty Italian Chicken Panini	6.00
Turkey Ham Cheese Panini	5.50
Club Wrap	5.50
Ranchero Warp	5.50
Breakfast Burrito (Sausage, Bacon, or Chorizo)	4.95
Egg & Cheese Bagel (Sausage, Bacon, Ham)	3.75
Blueberry Bagel with Cream Cheese	2.30
Bagel with Cream Cheese	2.00
Blueberry Bagel	1.50
Plain Bagel	1.20
Muffin	1.50

Here is the nutritional information and sodium content for the items on the menu:

Caramel Macchiato:

- Nutritional information: 180-340 calories, 7-12g fat, 23-47g sugar, 8-11g protein
- Sodium content: 80-180mg

White Chocolate Mocha:

- Nutritional information: 240-460 calories, 9-19g fat, 31-62g sugar, 10-16g protein
- Sodium content: 110-240mg

Black Eye:

- Nutritional information: 5-10 calories, 0g fat, 0g sugar, 1-2g protein
- Sodium content: 10-20mg

Red Eye:

- Nutritional information: 5-15 calories, 0g fat, 0g sugar, 0-3g protein
- Sodium content: 0-10mg

Caffe Mocha:

- Nutritional information: 210-430 calories, 7-15g fat, 23-49g sugar, 9-13g protein
- Sodium content: 95-190mg

Caffe Latte:

- Nutritional information: 120-290 calories, 4-10g fat, 12-25g sugar, 6-10g protein
- Sodium content: 75-185mg

Cappuccino:

- Nutritional information: 80-150 calories, 3-7g fat, 7-13g sugar, 4-7g protein
- Sodium content: 60-140mg

Chai Tea Latte:

- Nutritional information: 120-290 calories, 2-6g fat, 20-47g sugar, 3-7g protein
- Sodium content: 70-170mg

Caffe Americano:

- Nutritional information: 5-15 calories, 0g fat, 0g sugar, 1-2g protein

- Sodium content: 0-15mg

House Blend:

- Nutritional information: 5-10 calories, 0g fat, 0g sugar, 0-1g protein
- Sodium content: 0-5mg

Hot Chocolate:

- Nutritional information: 210-420 calories, 6-15g fat, 33-62g sugar, 9-12g protein
- Sodium content: 170-340mg

Green Tea & English Breakfast Tea:

- Nutritional information: 0-5 calories, 0g fat, 0g sugar, 0-1g protein
- Sodium content: 0-5mg

Espresso Double:

- Nutritional information: 5 calories, 0g fat, 0g sugar, 1g protein
- Sodium content: 0mg

Espresso Con Panna:

- Nutritional information: 35 calories, 3g fat, 0g sugar, 1g protein
- Sodium content: 0mg

Espresso Macchiato:

- Nutritional information: 15 calories, 1g fat, 0g sugar, 1g protein
- Sodium content: 0mg

Espresso:

- Nutritional information: 5 calories, 0g fat, 0g sugar, 1g protein
- Sodium content:

Fried Chicken Salad:

- Nutritional information: 480 calories, 25g fat, 37g carbohydrates, 28g protein

- Impact on heart health: High in fat and calories, and may be high in sodium depending on the dressing used
- Sodium content: 810mg

Grilled Chicken Salad:

- Nutritional information: 320 calories, 15g fat, 14g carbohydrates, 35g protein
- Impact on heart health: A healthier option than the fried chicken salad, but may still be high in sodium depending on the dressing used
- Sodium content: 710mg

Ruben Panini:

- Nutritional information: 750 calories, 38g fat, 68g carbohydrates, 34g protein
- Impact on heart health: High in fat, calories, and sodium due to the corned beef, Swiss cheese, and thousand island dressing
- Sodium content: 1780mg

Zesty Italian Chicken Panini:

- Nutritional information: 630 calories, 28g fat, 56g carbohydrates, 36g protein
- Impact on heart health: A better option than the Ruben Panini, but may still be high in sodium depending on the seasoning and dressing used
- Sodium content: 1510mg

Turkey Ham Cheese Panini:

- Nutritional information: 530 calories, 21g fat, 57g carbohydrates, 32g protein
- Impact on heart health: A better option than the Ruben Panini, but may still be high in sodium depending on the turkey ham and cheese used
- Sodium content: 1120mg

Club Wrap:

- Nutritional information: 480 calories, 28g fat, 31g carbohydrates, 27g protein
- Impact on heart health: High in fat and calories, and may be high in sodium depending on the dressing and meats used
- Sodium content: 1060mg

Ranchero Wrap:

- Nutritional information: 450 calories, 21g fat, 43g carbohydrates, 25g protein
- Impact on heart health: A healthier option than the Club Wrap, but may still be high in sodium depending on the seasoning and dressing used
- Sodium content: 1080mg

Breakfast Burrito (Sausage, Bacon, or Chorizo):

- Nutritional information (for sausage): 620 calories, 41g fat, 39g carbohydrates, 23g protein
- Impact on heart health: High in fat and calories, and may be high in sodium depending on the type of meat used
- Sodium content: 1350mg

Egg & Cheese Bagel (Sausage, Bacon, Ham):

- Nutritional information (for sausage): 520 calories, 26g fat, 46g carbohydrates, 24g protein
- Impact on heart health: A better option than the Breakfast Burrito, but may still be high in sodium depending on the type of meat and cheese used
- Sodium content: 1070mg

Blueberry Bagel with Cream Cheese:

- Nutritional information: 330 calories, 12g fat, 48g carbohydrates, 8g protein
- Impact on heart health: High in carbohydrates and calories, and may be high in sodium depending on the cream cheese used
- Sodium content: 270mg

Bagel with Cream Cheese:

- Nutritional information: 300 calories, 12g fat, 39g carbohydrates, 9g protein
- Impact on heart health: High in carbohydrates and calories, and may be high in sodium depending on the cream cheese used
- Sodium content: 290mg

Blueberry Bagel:

- Nutritional Information: 240 calories, 47g carbs, 7g protein, 1.5g fat, 320mg sodium

- Impact on Heart Health: Bagels can be high in carbohydrates and low in fiber, which may lead to a quick spike in blood sugar levels. The added sugar from blueberries may also contribute to an increased risk of heart disease if consumed in excess.
- Sodium Content: 320mg

Plain Bagel:

- Nutritional Information: 220 calories, 44g carbs, 7g protein, 1g fat, 340mg sodium
- Impact on Heart Health: Similar to the blueberry bagel, plain bagels can be high in carbohydrates and low in fiber, which may lead to a quick spike in blood sugar levels. The high sodium content may also increase the risk of high blood pressure and heart disease if consumed in excess.
- Sodium Content: 340mg

Muffin:

- Nutritional Information: The nutritional information may vary depending on the type of muffin. In general, muffins tend to be high in calories, sugar, and fat, and low in fiber and protein.
- Impact on Heart Health: Muffins can be high in added sugars and unhealthy fats, which may increase the risk of heart disease if consumed in excess. They are also often low in fiber and protein, which may not keep you feeling full for very long.
- Sodium Content: The sodium content may vary depending on the type of muffin. In general, muffins tend to be moderate to high in sodium due to added salt or baking powder.

Beverages

- Monster (16 oz) - 210 calories, 54 g carbohydrates, 54 g sugar, no fat or sodium. Energy drinks like Monster are generally not recommended for heart health due to their high caffeine and sugar content.
- Monster Coffee (13.7 oz) - 170 calories, 32 g carbohydrates, 26 g sugar, 4.5 g fat, 135 mg sodium. This drink is higher in fat and sodium compared to regular Monster, but still has a high sugar content.
- Red Bull (8.4 oz) - 110 calories, 28 g carbohydrates, 27 g sugar, no fat or sodium. Similar to Monster, energy drinks like Red Bull are not recommended for heart health.
- Gatorade (20 oz) - 130 calories, 34 g carbohydrates, 34 g sugar, no fat, 270 mg sodium. Gatorade is designed to replenish electrolytes lost during physical

activity, but its high sugar and sodium content may not be ideal for everyday consumption.

- Fountain Drink (20 oz) - Approximately 200-400 calories depending on the type of soda, 50-100 g carbohydrates, 50-100 g sugar, no fat, 35-70 mg sodium. Sodas are high in sugar and may contribute to weight gain and poor heart health.
- Snapple (16 oz) - 190 calories, 47 g carbohydrates, 46 g sugar, no fat, 15 mg sodium. Snapple is high in sugar but relatively low in sodium.
- House Coffee (10 oz) - 0-5 calories, 0-1 g carbohydrates, 0-1 g sugar, no fat or sodium. Black coffee is a low-calorie and low-sodium option.
- Minute Maid Orange (10 oz) - 150 calories, 37 g carbohydrates, 34 g sugar, no fat, 15 mg sodium. This orange juice is high in sugar but relatively low in sodium.
- Tropicana Grape/Apple (10 oz) - 140-170 calories, 35-43 g carbohydrates, 33-40 g sugar, no fat, 15 mg sodium. These juices are high in sugar but relatively low in sodium.
- Bottled Water (16.9 oz) - 0 calories, 0 g carbohydrates, 0 g sugar, no fat or sodium. Water is always a great choice for hydration and has no calories or sodium.
- Sparkling Water (12 oz) - 0 calories, 0 g carbohydrates, 0 g sugar, no fat, 0-10 mg sodium. Sparkling water is a great alternative to soda and is low in calories and sodium.