

IKEA FOOD NUTRITION - As of December 2014

Notice to Customers Regarding Food Allergies and Nutrition: If you have a food allergy and have any questions or concerns, please feel free to contact the Food Manager on duty. IKEA Food and its employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Nutrition and allergen information can change at any time without notice due to recipe and product changes. We make every effort to keep this information current and accurate. We have disclosed nutrition and allergens to the best of our ability given the information from our suppliers. We have indicated the allergens that are contained in menu items and from cross contaminants when information was provided by supplier. But food may come in contact during production with additional allergens than those listed. Nutrition does not include condiments or optional accompaniments unless specified.

BISTRO	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A %	Vit C %	Calcium %	Iron %	Gluten Free	Allergens
Cheese Pizza Slice	1	480	17	8	0.5	45	1050	60	3	4	22	15	10	45	20		Milk, egg, wheat, soy
Cheese Pizza Combo Meal (includes fountain beverage)	1	730	17	8	0.5	45	1100	130	3	72	22	15	10	45	20		Milk, egg, wheat, soy
Cinnamon Bun	1/2	170	4	2	0	0	150	32	1	15	3	2	0	2	4		Milk, egg, wheat, soy
Frozen Yogurt w/Cone	1	130	0	0	0	0	65	28	0	18	5	0	2	15	2		Milk, tree nuts, wheat, soy
Hot Dog w/Bun	1	260	15	6	1	30	780	24	1	3	9	0	0	4	10		Wheat
Hot Dog Combo Meal (includes chips and fountain beverage)	1	1010	46	13	1.5	60	1860	140	4	74	22	2	15	10	20		Wheat
SOUPS	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A %	Vit C %	Calcium %	Iron %	Gluten Free	Allergens
Aztec Chili with Ancient Greens	10.5 oz.	230	5	0.5	0	0	670	39	9	5	10	20	2	10	20	yes	Milk, egg, fish, shellfish, wheat, soy
Broccoli Cheddar	10.5 oz.	400	31	19	0	90	970	18	2	1	14	20	4	35	2	yes	Milk, egg, fish, shellfish, wheat, soy
Butternut Squash & Apple	10.5 oz.	220	13	8	0	35	780	27	5	14	2	130	0	6	6	yes	Milk, egg, fish, shellfish, wheat, soy
Carrot Ginger	10.5 oz.	130	5	0.5	0	0	380	21	5	8	2	120	0	4	4	yes	Milk, egg, fish, shellfish, wheat, soy
Chicken and Dumpling	10.5 oz.	290	14	4	0	75	920	24	2	2	17	25	0	4	4	no	Milk, egg, fish, shellfish, wheat, soy
Chicken Noodle	10.5 oz.	160	3	0.5	0	45	960	19	2	2	13	25	0	4	10	no	Milk, egg, fish, shellfish, wheat, soy
Chipotle Sweet Potato	10.5 oz.	180	8	1	0	0	730	24	4	8	2	140	8	4	4	yes	Milk, egg, fish, shellfish, wheat, soy
Corn Chowder	10.5 oz.	280	15	5	0	25	830	33	2	7	6	2	0	2	2	no	Milk, egg, fish, shellfish, wheat, soy
Greek Chicken Orzo	10.5 oz.	130	3.5	2	0	35	910	11	1	1	16	20	2	2	4	no	Milk, egg, fish, shellfish, wheat, soy
Italian Wedding	10.5 oz.	210	8	3.5	0.5	25	870	20	1	2	13	10	0	4	6	no	Milk, egg, fish, shellfish, wheat, soy
Lentil	10.5 oz.	350	15	2	0	0	760	43	11	5	13	30	2	8	25	no	Milk, egg, fish, shellfish, wheat, soy
Minestrone with Kale	10.5 oz.	180	3.5	0.5	0	0	820	36	12	6	11	25	2	10	20	no	Milk, egg, fish, shellfish, wheat, soy
New England Clam Chowder	10.5 oz.	480	30	17	0.5	115	1290	36	2	6	15	25	10	20	50	no	Milk, egg, fish, shellfish, wheat, soy
Swedish Yellow Split Pea	10.5 oz.	180	4.5	1.5	0	15	840	25	12	1	13	6	2	2	8	no	Milk, egg, fish, shellfish, wheat, soy
Swedish Yellow Split Pea with Pancakes (3) and Mustard and Jam	1	580	20	5	0	170	1490	74	16	16	26	8	4	15	15	no	Milk, egg, fish, shellfish, wheat, soy
Three Bean Chili	10.5 oz.	240	3.5	0.5	0	0	470	38	14	12	11	20	10	10	10	yes	Milk, egg, fish, shellfish, wheat, soy
Tomato Basil	10.5 oz.	120	5	0.5	0	5	1020	17	4	8	5	30	2	4	10	yes	Milk, egg, fish, shellfish, wheat, soy
Tomato Bisque	10.5 oz.	240	15	8	0	40	930	21	4	10	5	35	4	6	15	no	Milk, egg, fish, shellfish, wheat, soy
Tomato Feta	10.5 oz.	160	9	3.5	0	20	970	15	4	9	5	20	0	10	4	yes	Milk, egg, fish, shellfish, wheat, soy
Tomato with Garden Vegetables	10.5 oz.	120	3.5	0.5	0	0	750	17	5	8	3	30	10	10	4	yes	Milk, egg, fish, shellfish, wheat, soy
SALADS	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A %	Vit C %	Calcium %	Iron %	Gluten Free	Allergens
Caprese Salad No Dressing	1	340	24	16	0	80	170	3	1	2	21	20	20	60	2		Milk
Chicken Caesar No Dressing	1	270	10	4	0	100	1050	17	1	4	33	130	45	20	10		Milk, wheat, soy
Chicken Cobb Salad	1	420	25	10	0	200	1610	7	3	3	44	80	15	20	10		Milk, egg
Creamy Caesar Dressing	1.5 oz.	230	25	4	0	30	490	1	0	0	<1	0	0	0	0		Milk, egg, fish
Energy Salad	1	300	16	4	0	55	920	13	4	6	27	130	35	20	15		Milk, tree nuts, peanuts
Fiesta Chicken Salad No Dressing	1	700	29	6	0	110	870	61	8	5	38	220	30	30	20		Milk, tree nuts, soy
Gilantro Lime Vinaigrette	1.5 oz.	60	2.5	0	0	0	170	8	0	7	0	0	0	0	0		Soy
Greek Salad No Dressing	1	170	8	3.5	0	15	570	20	5	10	9	90	60	20	15		Milk
Greek Dressing	1.5 oz.	140	14	2.5	0	5	580	1	0	0	1	0	0	0	0		Milk
Iceberg Wedge Salad	1	360	31	9	0	5	860	7	1	2	11	15	10	2	2		Milk, egg
Marinated Salmon	1	360	26	2.5	0	5	750	14	1	10	19	40	25	2	8		Milk, egg, fish, shellfish, wheat, soy
Mediterranean Shrimp Salad	1	190	4.5	3	0	210	1230	12	4	4	26	80	20	15	6		Milk, shellfish
Najad Salmon	1	240	14	2.5	0	0	5	8	3	6	20	8	15	4	6		Fish
Spinach & Strawberry Salad	1	140	8	5	0	25	450	9	4	3	8	40	70	20	10		Milk
Swedish Tapas	1	190	11	2.5	0	0	560	5	1	3	17	2	6	2	0		Milk, egg, fish, shellfish (contains sulfites)
West Chester Salad - Iceberg/Romaine	1	370	16	4	0	65	780	32	4	22	25	100	10	15	6		Milk, tree nuts, peanuts
West Chester Salad - Spinach	1	380	16	4	0	65	850	35	6	21	25	90	20	15	10		Milk, tree nuts, peanuts
BREAKFAST	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A %	Vit C %	Calcium %	Iron %	Gluten Free	Allergens
Bacon (6 strips)	1	140	11	4	0	20	60	0	0	0	9	0	0	0	2		None
Bacon - pre-cooked (3 strips)	1	80	8	2.5	0	15	270	0	0	0	5	0	0	0	0		None
Big Breakfast (eggs, bacon, french toast sticks and hash browns)	1	760	34	9	0	265	980	94	2	45	21	8	6	20	20		Milk, egg, wheat, soy
Breakfast Plate (eggs, bacon and hash browns)	1	360	23	6	0	260	650	22	2	0	16	8	15	8	30		Milk, egg, wheat, soy
French Toast Sticks (6) (no syrup)	1	470	18	4.5	0	0	620	68	0	21	8	0	0	10	15		Milk, wheat, soy
French Toast Sticks - Kid's (4) (no syrup)	1	310	12	3	0	0	410	45	0	14	5	0	0	6	10		Milk, wheat, soy
Gravad Lax with Bagel	1	390	14	4.5	0	15	900	39	1	4	25	2	0	8	10		Milk, egg, fish, shellfish, wheat (contains celery, mustard, sulfites, sesame)
Gravad Lax with Rye Crispbread	1	290	14	5	0	15	800	19	4	2	21	2	0	2	2		Milk, egg, fish, shellfish, wheat (contains celery, mustard, sulfites, sesame)
Hash Browns	6 oz.	350	21	5	0	0	920	36	4	0	4	0	15	0	4		Milk, wheat, soy
Kid's Pancake and Sausage Breakfast	1	270	12	3.5	0	115	550	25	3	4	12	2	0	8	6		Milk, egg, wheat, soy
Regular Breakfast (turkey sausage, eggs and hash browns)	1	370	23	7	0	400	950	21	2	1	22	10	8	8	15		Milk, egg, wheat, soy
Scrambled Eggs	4 oz.	130	8	2.5	0	375	170	2	0	0	12	10	0	8	8		Milk, egg
Organic Steel Cut Oatmeal (no add-ins)	10.5 oz.	210	3.5	0.5	0	0	170	390	6	0	7	0	0	4	10		none
Swedish American Breakfast	1	610	33	10	0	505	1350	45	5	4	30	10	8	20	20		Milk, egg, wheat, soy
Swedish Pancakes (3) w Lingonberry Jam (1 oz.)	1	390	15	4	0	155	590	49	4	15	12	2	0	15	6		Milk, egg, wheat
Turkey Sausage (4 links)	1	140	9	4	0	50	640	1	0	2	16	0	0	0	10		Soy
ENTREES	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A %	Vit C %	Calcium %	Iron %	Gluten Free	Allergens
Apple Raisin Chicken	1	680	32	6	0	70	760	66	3	25	31	10	15	4	20		Tree nuts, wheat, soy (contains sulfites)
BBQ Baby Back Ribs with Fries and Cornbread	1	1650	100	31	0.5	330	1980	101	4	26	86	10	15	20	40		Milk, egg, wheat, soy
Chicken Tenders (4) with Fries	1	900	62	13	0	65	2040	58	5	1	35	0	15	45	25		Milk, wheat
Eggplant Parmesan	1	370	24	6	0	30	840	31	6	13	10	30	40	15	8		Milk, egg, wheat, soy
Fish and Chips	1	680	45	10	0	40	990	49	3	0	18	0	10	0	40		Fish, wheat, soy
Grilled Chicken with Steamed Vegetables and Seasonal Sauce (sauce not included)	1	160	3.5	0.5	0	65	500	9	4	3	22	40	35	4	8		None
Grilled Chicken Flatbread with Orange Elderflower Aioli	1	450	22	4	0	80	860	49	1	8	26	4	4	2	4		Milk, egg, fish, shellfish, wheat (contains celery, mustard, sulfites, sesame)
Grilled Chicken Flatbread with Lingonberry Aioli	1	440	22	4	0	80	850	47	1	7	26	4	4	2	4		Egg, wheat, soy (contains sulfites)

Grilled Chicken Quinoa Bowl	1	840	23	4.5	0	55	820	121	9	22	38	6	25	4	30		Milk, egg, fish, shellfish, wheat, soy, tree nuts
Herb Roasted Chicken w/Mashed Potatoes	1	710	48	15	0	205	2350	21	1	5	44	8	20	8	15		Milk, soy, contains sulfites
Hot Smoked Salmon with Bean Salad	1	460	290	4	0	10	110	11	5	7	41	15	15	15	10		Milk, egg, fish, shellfish, wheat, soy
North Atlantic Saithe, Mashed Potatoes and Carrots	1	410	19	3	0	60	1130	28	3	3	29	80	15	10	6		Milk, egg, fish, shellfish, tree nuts, wheat, soy(contains celery, mustard, sesame, sulfites)
Organic Mushroom and Cheese Crepes (2)	1	270	11	2.5	0	110	680	31	3	6	12	2	4	20	6		Milk, egg, fish, shellfish, wheat
Organic Penne Pasta Marinara	1	330	4	0.5	0	0	210	65	4	6	13	10	35	2	10		Wheat
Organic Spinach and Cheese Crepes (2)	1	310	14	3.5	0	115	580	32	2	16	14	0	0	25	6		Milk, egg, wheat
Penne Pasta Marinara with Meatballs (5), garlic toast and small salad (no dressing)	1	650	21	8	0.5	65	1000	87	7	10	36	150	50	25	25		Milk, egg, fish, wheat, soy
Roasted Cauliflower and Sweet Potato Stew with Brown Rice	1	490	6	0	0	0	200	97	7	4	11	60	6	2	10		None
Salmon Fillet w/Hollandaise Sauce	1	580	42	17	0	125	410	20	3	10	28	10	25	15	4		Milk, egg, fish, shellfish, wheat, soy
Salmon Fillet w/Lemon Dill Sauce	1	590	37	16	0	60	1230	30	7	5	30	50	60	20	10		Milk, egg, fish, shellfish, wheat, soy (contains lupin, mustard)
Salmon Lasagna w/ Vegetables	1	650	45	26	1.5	160	1160	36	8	8	23	45	35	25	10		Milk, egg, fish, tree nuts, wheat
Swedish Meatballs Dinner (10), Mashed Potatoes, Lingonberry, Cream Sauce	1	550	34	14	1	95	1310	37	2	13	23	6	15	4	15		Milk, egg, fish, shellfish, wheat (contains celery, mustard, sesame)
Swedish Meatballs Dinner (15), Mashed Potatoes, Lingonberry, Cream Sauce	1	720	47	18	1.5	140	1650	41	3	13	33	6	15	6	20		Milk, egg, fish, shellfish, wheat (contains celery, mustard, sesame)
SALAD BAR	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A %	Vit C %	Calcium %	Iron %	Gluten Free	Allergens
Carrots, shredded	1 oz.	10	0	0	0	0	20	3	<1	1	0	90	2	0	0		None
Celery	1 oz.	5	0	0	0	0	25	1	<1	0	0	2	2	2	0		None
Cucumber	1 oz.	0	0	0	0	0	0	1	0	0	0	0	2	0	0		None
Lettuce, Iceberg	1 oz.	0	0	0	0	0	0	1	0	<1	0	2	2	0	0		None
Lettuce, Romaine	1 oz.	5	0	0	0	0	0	1	<1	0	0	50	2	0	2		None
Mushrooms, sliced	1 oz.	5	0	0	0	0	0	1	0	<1	1	0	2	0	0		None
Onions, chopped	1 oz.	10	0	0	0	0	0	3	0	1	0	0	4	0	0		None
Peppers, green bell	1 oz.	5	0	0	0	0	0	1	<1	<1	0	2	40	0	0		None
Radish, sliced	1 oz.	5	0	0	0	0	10	1	<1	<1	0	0	6	0	0		None
Spinach	1 oz.	5	0	0	0	0	20	1	<1	0	1	50	15	2	4		None
Spring mix salad greens	1 oz.	5	0	0	0	0	30	1	0	0	0	30	20	2	5		None
Tomatoes	1 oz.	5	0	0	0	0	0	1	0	<1	0	4	6	0	0		None
SALAD BAR DRESSINGS	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A %	Vit C %	Calcium %	Iron %	Gluten Free	Allergens
Balsamic Vinaigrette	1.5 oz.	160	16	2	0	0	310	3	0	1	0	0	0	0	0		None
Blue Cheese Dressing	1.5 oz.	200	20	4.5	0	20	370	3	0	0	1	0	0	4	0		Milk, egg
Creamy Caesar Dressing	1.5 oz.	230	25	4	0	30	490	1	0	0	<1	0	0	0	0		Milk, egg, fish
Greek Dressing	1.5 oz.	140	14	2.5	0	5	580	1	0	0	1	0	0	0	0		Milk
Honey Mustard Dressing	1.5 oz.	130	7	1	0	5	400	14	0	13	0	0	0	0	0		Milk, egg, fish, tree nuts, wheat, peanuts, soy
Light Italian Dressing	1.5 oz.	80	9	1.5	0	0	370	<1	0	0	0	0	0	0	0		None
Light Sesame Ginger Dressing	1.5 oz.	50	2.5	0	0	0	590	7	0	6	0	0	0	0	0		Wheat, soy
Poppseed Dressing	1.5 oz.	190	18	3	0	15	75	7	0	7	0	0	0	0	0		Egg
Ranch Dressing	1.5 oz.	110	11	1.5	0	0	380	3	0	1	0	0	0	0	0		Milk, egg, fish, tree nuts, wheat, peanuts, soy
SANDWICHES	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A %	Vit C %	Calcium %	Iron %	Gluten Free	Allergens
Barbecue Chicken Wrap	1	630	24	9	0	100	2130	62	5	7	44	40	15	40	25		Milk, wheat, soy
Buffalo Chicken Wrap	1	630	30	14	0	150	2350	55	7	2	48	70	6	70	20		Milk, egg, fish, tree nuts, wheat, peanuts, soy
Blue Cheese Dressing	2 oz.	250	26	5	0	5	560	2	1	1	1	0	0	4	0		Milk, egg, fish, tree nuts, wheat, peanuts, soy
Buffalo Chicken Wrap Combo (includes chips and fountain beverage)	1	1010	46	15	0	150	2630	116	9	40	51	70	20	70	25		Milk, egg, fish, tree nuts, wheat, peanuts, soy
Blue Cheese Dressing	2 oz.	250	26	5	0	5	560	2	1	1	1	0	0	4	0		Milk, egg, fish, tree nuts, wheat, peanuts, soy
Chicken Fajita Wrap	1	660	24	8	0	85	1990	76	9	16	44	35	110	35	80		Milk, wheat, soy
Fresh Mozzarella & Roasted Red Pepper Panini	1	820	45	17	0	80	1650	65	2	3	31	50	50	60	25		Milk, egg, fish, tree nuts, wheat, peanuts, soy
Grilled Cheese-Gooseberry	1	540	12	8	0	40	730	84	2	23	21	6	10	35	20		Milk, egg, fish, shellfish, tree nuts, wheat, soy (contains celery, mustard, sesame, sulfites)
Grilled Cheese-Orange Elderflower	1	550	12	8	0	40	730	86	2	26	21	6	4	35	20		Milk, egg, fish, shellfish, tree nuts, wheat, soy (contains celery, mustard, sesame, sulfites)
Ham and Swiss Sandwich	1	350	10	4	0	65	1490	36	2	1	20	4	0	25	15		Milk, wheat
Lingonberry Mayonnaise	1 oz.	80	4.5	2	0	10	15	11	0	8	0	2	0	0	0		Milk, egg, soy (contains sulfites)
Marinated Salmon Wrap	1	390	17	3.5	0	5	960	42	2	6	19	8	8	15	10		Milk, egg, fish, shellfish, wheat, soy
Mediterranean Lemon Chicken on Flatbread	1	470	23	10	0	90	1180	36	3	7	32	35	25	35	10		Milk, wheat, soy
Monte Cristo Panini	1	650	25	14	0	95	1830	62	2	1	41	20	0	60	20		Milk, tree nuts, wheat, soy
Lingonberry Mayonnaise	1 oz.	80	4.5	2	0	10	15	11	0	8	0	2	0	0	0		Milk, egg, soy (contains sulfites)
Shrimp Sandwich	1	320	18	3.5	0	280	740	21	3	2	21	30	20	10	15		Egg, fish, shellfish, wheat
Thai Chicken Lettuce Wrap	1	460	24	3.5	0	70	1880	29	2	20	34	160	25	6	10		Egg, wheat, peanuts, soy (contains sesame)
Turkey and Swiss Sandwich	1	330	8	3.5	0	50	1280	38	3	2	21	4	0	25	15		Milk, wheat
Lingonberry Mustard	1 oz.	50	0.5	0	0	0	0	11	0	9	1	0	0	0	0		Sulfites
Turkey Breast and Swiss on Flatbread	1	380	16	9	0	75	870	35	1	7	28	8	0	35	0		Milk, wheat
Turkey, Fontina and Spinach Panini with Pesto Mayo	1	770	40	14	0	115	2070	70	4	3	40	30	50	40	30		Milk, egg, tree nuts, wheat, soy
Waldorf Chicken Salad Wrap	1	760	40	7	0	80	1110	81	10	11	34	6	35	30	20		Milk, egg, tree nuts, wheat, peanuts, soy
Veggie Wrap	1	600	13	8	0	25	1750	83	10	11	25	210	40	50	35		Milk, soy (contains sesame)
Vegetarian Wrap with Hummus	1	560	13	4.5	0	0	1170	83	10	5	16	120	35	30	40		Wheat, soy
SIDES	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A %	Vit C %	Calcium %	Iron %	Gluten Free	Allergens
Coleslaw	3 oz.	170	14	2.5	0	10	170	12	1	10	1	10	8	4	2		Milk, egg
Cornbread	1 piece	220	11	2	0	45	300	27	1	7	3	0	0	70	3		Milk, egg, wheat, soy
French Fries	6 oz.	480	32	7	0	0	700	44	4	0	4	0	15	0	10		Wheat
Fruit Cup	8 oz.	110	0	0	0	0	20	23	2	22	2	25	50	4	0		None
Garlic Toast	1 piece	90	3	1	0	0	200	14	1	1	2	0	2	2	4		Milk, wheat, soy
Macaroni & Cheese	8 oz.	300	13	6	0	25	950	32	1	5	15	6	0	30	6		Milk, egg, fish, shellfish, tree nuts, wheat, peanuts, soy
Mashed Potatoes	8 oz.	200	7	2	0	0	920	28	2	2	6	2	20	4	2		Milk, soy
Multigrain Crispbread	1 piece	45	1	0	0	0	65	7	2	0	2	0	0	0	0		Wheat
Organic Apple Slices	2 oz.	30	0	0	0	0	0	7	1	5	0	0	130	4	0		None
Organic Lowfat Banana Strawberry Yogurt	4 oz.	80	1	0.5	0	5	65	14	0	13	4	0	0	15	0		Milk
Organic Lowfat Strawberry Yogurt	4 oz.	80	1	0.5	0	5	70	14	0	13	4	0	0	15	0		Milk

