



**PER SERVING**

<b>ITEM</b>	<b>CAL</b>	<b>FAT (g)</b>	<b>SAT FAT (g)</b>	<b>UNSAT FAT (g)</b>	<b>CARBS (g)</b>	<b>FIBER (g)</b>	<b>SUGAR (g)</b>	<b>PROTEIN (g)</b>
<b>SALADS (net weight in oz.)</b> <b>Serving size is one salad - Information not including dressing</b>								
Antioxidant (9.5oz)	241.6	18.4	6.3	7.4	14.3	3.1	6.4	9.1
Asian Chix (11.5oz)	125.2	4.1	0.4	0.9	6.1	2.7	1.0	16.4
Chicken Caesar (10oz)	242.2	10.0	5.5	4.2	6.9	1.5	0.1	29.9
Farm Fresh w/ Tuna (11oz)	172.0	4.9	2.9	1.6	15.7	3.4	3.7	16.6
Lemongrass Chix (11.5oz)	282.2	14.7	7.7	6.9	22.1	5.7	7.3	22.2
Mexplosion / Chix (11.5oz)	197.4	10.7	1.1	10.1	13.7	6.1	3.3	21.9

**SIDES**

Couscous (8.5oz)	223.5	4.0	2.2	1.5	36.4	2.8	1.4	8.9
Chicken Pasta (6oz)	282.0	13.0	1.4	3.7	24.8	4.4	1.1	12.4
Quinoa (7oz)	197.3	12.5	1.5	9.5	27.6	3.8	2.2	5.1
Green Lentils (7.5oz)	280.5	4.2	.6	3.3	43.8	16.8	0	19.2
Beet, Yam, Walnut (7.5oz)	287.4	23.5	2.3	19.7	17.6	4.7	4.9	5.9
3 Bean Salad (8.5oz)	174.3	5.1	.6	3.2	23.3	5.5	1.0	9.5
Fruit (7oz)	204.0	10.4	8.5	1.0	31.9	8.6	6.8	2.2
Tuna Salad (8oz)	293.0	11.2	2.3	8.7	2.0	0.6	0.5	36.4
Chicken Salad (6oz)	236.7	5.4	0.7	1.3	18.6	4.3	1.3	29.7
Tofu Salad (6oz)	188.8	19.2	2.2	5.4	8.1	2.8	0.4	15.8
Hummus & Pita (8.75oz)	228.8	8.7	1.0	3.7	51.1	4.6	30.9	6.1
Tomato Soup (10oz)	183	1.7	.8	.9	40.9	3.7	24.7	4.9
Turkey Meatballs (9.5oz)	355.6	3.8	1.6	5.3	22.1	1.7	2.1	31.0
Parfait (7.5oz)	224.1	4.2	0.7	1.6	43.6	7.7	15.7	10.6
Granola (4oz)	168.2	4.1	0.7	1.6	32.7	5.8	7.8	6.4

**Wraps & Entrees**

Cobb Wrap (10.5oz)	302.0	12.7	5.1	0.8	37.8	6.9	3.5	20.8
Chop Chop (10.5oz)	321.4	11.5	4.0	0.5	40.0	7.2	2.3	24.7
Caesar Wrap (10.5oz)	378.2	14.8	6.3	4.2	35.9	6.5	1.6	35.5
BBQ Chicken Wrap (10.5oz)	361.0	10.7	2.5	2.0	48.3	9.6	3.1	37.6
Lemongrass Wrap (10.5oz)	286.8	8.6	3.9	4.7	41.8	9.8	7.4	23.5
Tuna Salad Wrap (10.5oz)	282.0	12.4	2.0	6.4	30.0	5.3	1.8	23.8
Chicken Salad Wrap (10.5oz)	322.7	8.2	1.5	1.3	47.6	9.3	2.8	35.3
Tofu & Veg Wrap (10.5oz)	260.1	9.5	1.5	2.6	50.2	10.8	4.7	16.8
Breakfast Burrito (10.5oz)	360.0	14.5	6.4	0.5	34.0	6.2	2.0	36.9
Protein Wrap (10.5oz)	314.5	7.9	1.2	0.3	36.4	6.8	2.6	37.0
Vegan Burrito (10.5oz)	260.1	9.5	1.5	2.6	50.2	10.8	4.7	16.8
LettuceCups w/Chicken (7oz)	199.5	8.6	0.9	6.9	13.3	2.6	6.0	23.4
Boxed Lunch – Chix (9oz)	207.5	1.5	0.4	0.0	19.7	2.9	0.0	27.3
Boxed Lunch – Salmon (9oz)	348.3	10.0	1.5	4.0	24.8	10.1	0.4	40.4
Stuffed Peppers (8oz)	270.2	10.9	3.3	2.0	12.9	1.8	.1	33.2



Chicken Skewers (8oz)	453.0	4.1	0.9	2.3	57.2	5.6	5.7	45.3
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**DRESSINGS**  
(Serving Size: 1oz)

Asian Sesame	114.7	12.0	1.3	10.2	2.1	0.1	1.7	0.2
BBQ Sauce	29.5	0.6	0.1	0.4	5.5	0.4	3.7	0.7
Caesar	262.1	28.6	2.6	24.7	0.9	0.1	0.2	1.5
Charo's	175.1	19.2	1.4	17.0	1.2	N/A	1.1	N/A
Cobb	138.9	15.3	1.1	13.5	1.0	N/A	0.7	N/A
Garlic Herb	154.3	15.6	1.1	13.8	5.9	N/A	4.0	N/A
Grain Pom	101.1	10.6	1.5	8.6	1.9	0.1	1.7	0.1
Jon's Citrus	160.2	17.4	1.2	15.5	1.6	N/A	1.5	N/A
Nonna's Pesto	143.5	14.4	1.4	12.3	3.1	0.3	2.0	1.3
Ranch, Lite	30.0	0.0	0.0	0.0	8.0	0.0	1.0	0.0

