

	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
SALADS (based on our portions for filling a 48 oz container, not including Protein choices unless indicated)								
ANTIPASTO	350	21	9	910	20	9	8	24
BRUSCHETTA CAPRESE	310	16	7	700	23	6	6	21
BBQ RANCH	510	23	6	800	65	17	12	20
JALAPEÑO RANCH	410	22	9	460	38	8	17	16
COBB	470	36	11	610	19	11	6	18
CAESAR	170	6	2.5	300	23	8	6	11
GREEK	170	9	4.5	520	18	7	7	8
BUFFALO CHICKEN (includes a Buffalo Chicken protein portion)	330	11	2	1360	27	10	9	34
THAI CHICKEN (includes a Chicken protein portion) (SEASONAL)	220	4.5	1	580	21	10	9	28
PROTEINS (1/2 cup scoop)								
TOFU	130	3.5	1.5	135	6	1	4	18
CHICKEN	130	3.5	1	620	1	0	0	25
BUFFALO CHICKEN (without salad)	190	8	1.5	1230	2	0	1	28
STEAK	170	7	2.5	440	2	0	1	23
SHRIMP	100	4	0.5	540	1	0	0	13
DRESSINGS (2 oz)								
RED WINE VINAIGRETTE	190	21	2.5	130	1	0	0	0
BALSAMIC VINAIGRETTE	209	21	3.5	286	4.8	0.1	3.5	0.2
BASIL PESTO	160	17	2	60	1	0	0	1
CHIPOTLE BBQ RANCH	150	11	2	350	11	0	8	1
JALAPEÑO RANCH	140	14	3	230	2	0	1	1
CREAMY BLUE CHEESE	170	21	5	220	1	0	0	3
CAESAR	245	26	2.8	204	1.9	0.1	0.3	3
CREAMY GREEK	170	17	5	220	2	0	1	3
RANCH (new!)	170	18	2.5	290	2	0	1	2
THAI PEANUT (SEASONAL)	250	24	3	270	8	1	5	3
BREAKFAST BURRITOS (includes 12" tortilla)								
TRADITIONAL	630	35	11	1180	60	6	5	19
FIESTA	640	30	8	1100	71	8	5	26
SOUTHWEST	490	23	7	900	50	5	5	23
TURKEY SAUSAGE, EGG & CHEESE	520	26	8	940	48	5	4	26
BACON, EGG & CHEESE BURRITO	600	36	12	1100	48	5	4	21
TORTILLA (12")	260	8	1.5	400	44	4	2	5
HOUSE-MADE SALSA	10	0	0	180	2	1	1	0
SMOOTHIE (16 oz)								
TROPICAL GREEN SMOOTHIE	210	0.5	0.1	30	49	3	43	2
LEMONADES (16 oz)								
TRADITIONAL	150	0.1	0	10	38	0	36	0
CUCUMBER MINT	80	0.1	0	10	20	0	19	0
FROZEN STRAWBERRY LEMONADE (SEASONAL)	120	0.1	0	10	30	1	27	0