



## NUTRITION INFORMATION

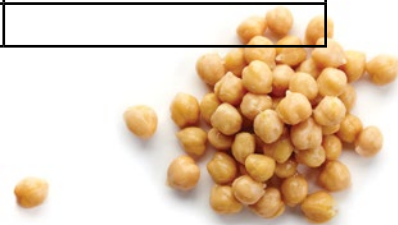
See our Allergen List for more complete listings of allergies.



PROTEINS & GRAINS	CALORIES	TOTAL FAT G	SATURATED G	TRANS G	CHOLESTEROL MG	SODIUM MG	CARBS G	PROTEIN G	LOCATION	ALLERGY
Salmon	157.9	8.8	1.8	0	39.5	48.3	0	20.2		Fish
Tofu	154.1	9.5	1.2	0	0	11.8	3.6	13		Soy
Regular Chicken Breast	165	3.5	1	0	85	74	0	31		
Steak	214	12.77	4.99	0	70	317	0	23.21	only stl	
Regular Crunchy Chicken	373.75	17.88	3.25	0	113.75	219.38	9.75	42.25		Wheat Gluten Soy
Brown Rice-Wrap	110	8	0.2	0	0	5	22.8	2.6		
Regular Bowl-Brown Rice	222	1.65	0.33	0	0	2	46.6	4.6		
Jasmine Rice-Wrap	129	0.3	0.1	0	0	1	28	2.7		
Regular Bowl-Jasmine Rice	258	0.56	0.15	0	0	2	55.9	5.34		
Quinoa-Wrap	129	0.3	0	0	0	1	28	2.7		
Quinoa-Regular Bowl	238	3.8	0	0	0	14	42.3	8.7		
Regular Noodles	155.4	2.1	0	0	0	0	32	5.6		
Veggie Spirals-Regular	45	0.2	0	0	0	54	10.1	2		
Tortillas	240	6	2.5	0	0	610	39	7		Soy Wheat Gluten
Chips	260	11	2	0	0	170	36	4		Soy Wheat Gluten
SAUCES	CALORIES	TOTAL FAT G	SATURATED G	TRANS G	CHOLESTEROL MG	SODIUM MG	CARBS G	PROTEIN G	LOCATION	ALLERGY
Teriyaki-Regular	50.5	0	0	0	0	2173.3	8.8	3.4		Soy Wheat Gluten
Spicy Teriyaki-Regular	88	4.3	0.6	0	0	2173.3	8.8	3.4		Soy Wheat Gluten
Thai-Regular	181.8	13.8	2.3	0	0	121.2	10.8	5		Nuts Soy
Garlic Ginger Regular	52	6	0.7	0	0	0	0.7	0		Soy
Olive Oil Herb & Lime-Regular	227.8	26.6	1.9	0	0	335.5	0	0		
Sweet & Sour-Regular	60	0	0	0	0	135	15	0		Soy Wheat Gluten



WRAPS	CALORIES	TOTAL FAT G	SATURATED G	TRANS G	CHOLESTEROL MG	SODIUM MG	CARBS G	PROTEIN G	LOCATION	ALLERGY
Buffalo	326.3	13.6	3.6	0	5.3	1173	42.4	7.9		Dairy Soy Wheat Gluten
Caesar	450.6	25.1	7.9	0	29.3	1049.4	45.4	12.7		Fish Dairy Soy Wheat Gluten
Pesto	459.7	26.9	6.6	0	18.9	970.7	43	10.9		Nut Dairy Soy Wheat Gluten
BBQ	405.5	8.3	3.8	0	6.3	1177.4	70.4	9.4		Dairy Soy Wheat Gluten
Thai	474.5	28	4.5	0	0	809.7	47.9	9.7		Nut Soy Wheat Gluten
Teriyaki	353.3	8.4	2.7	0	0	2822.4	54.4	16.1	only stl	Soy Wheat Gluten
Veggie	362.9	13.1	6.1	0	18.3	1003.9	47	14.8	only stl	Dairy Soy Wheat Gluten
Mediterranean	492.4	24	5.3	0	8.1	1550.4	56.6	12.4	only stl	Dairy Soy Wheat Gluten
Traditional	450.4	17.7	9.8	0	35.3	1090.3	53.3	19.9		Dairy Soy Wheat Gluten
SALADS	CALORIES	TOTAL FAT G	SATURATED G	TRANS G	CHOLESTEROL MG	SODIUM MG	CARBS G	PROTEIN G	LOCATION	ALLERGY
Grilled Veggie Salad	218.7	15.2	9	0	45.1	332.4	11.7	13.5		Dairy
Sante Fe	221.5	18.9	2.6	0	12.7	196.9	11.6	7		Dairy Wheat Soy
Multi Grain	534.3	17.7	1.9	0	5.1	124.8	77.9	19.3		Dairy Wheat Soy
Tostada	443.5	42.6	3.9	0	10.1	630	16	6.6	only stl	Dairy Wheat Soy
Tossed Kale Quinoa Salad	314.4	12.9	2.4	0	5.1	916.7	41.9	9.6		Dairy Wheat Soy
Spinach/Arugula	230	11.9	0.9	0	0	281.4	48.7	5.9		Dairy Wheat Soy
DRESSINGS	CALORIES	TOTAL FAT G	SATURATED G	TRANS G	CHOLESTEROL MG	SODIUM MG	CARBS G	PROTEIN G	LOCATION	ALLERGY
Pesto	208	20.9	3.1	0	13.9	312	2.8	1.1		Dairy Nut Soy Wheat
Sundried Tomato Ranch	181.6	17.3	2.5	0	12.3	288.3	4.3	0	only stl	Dairy Nut Soy Wheat
Tahini	163	18.5	1.4	0	0.5	284	1.5	0.4		Nut Soy Wheat
Jalapeno Cilantro Vinaigrette	152.7	17.7	1.3	0	0	143	5	0		



SOUPS	CALORIES	TOTAL FAT G	SATURATED G	TRANS G	CHOLESTEROL MG	SODIUM MG	CARBS G	PROTEIN G	LOCATION	ALLERGY
Santa Fe Bean Soup	580.9	18.2	3.4	0	15.2	2365.1	72.1	25.6		Dairy
Kale & Quinoa Soup	589.5	35.9	4.8	0	12.1	1720.8	50.3	20.1		Wheat Gluten
Basil Pesto Vegetable Soup	466.4	25.8	3.5	0	12.1	1269.3	40.4	19.7		Dairy
SIDES AND KIDS MEALS	CALORIES	TOTAL FAT G	SATURATED G	TRANS G	CHOLESTEROL MG	SODIUM MG	CARBS G	PROTEIN G	LOCATION	ALLERGY
Lobster	390	18	9	0	52.5	570	46.5	10.5		Soy Dairy Wheat Gluten
Bean Egg Roll	190	4.5	2.5	0	15	370	28	9		Soy Dairy Wheat Gluten
Cheese Quesadilla	463.1	24.2	12.6	0	50	975	41	21		Soy Dairy Wheat Gluten
Kids Teriyaki Bowl										
Kids Teriyaki Wrap										
SIGNATURE BOWLS	CALORIES	TOTAL FAT G	SATURATED G	TRANS G	CHOLESTEROL MG	SODIUM MG	CARBS G	PROTEIN G	LOCATION	ALLERGY
Fajita-Regular	428.2	18	5.1	0	25.3	2247.5	44.9	19.7		Dairy
Power-Regular	210	9.4	5.1	0	25.3	488.9	16.9	12.8		Dairy
Teriyaki Bowl-Regular	113.3	2.4	0.2	0	0	2212.4	15.4	9.1		Soy Wheat Gluten
Bean & Veggie-Regular	151.7	2.6	0.2	0	0	341.1	20.7	10.8	only stl	
Thai Bow-Regular	157.5	10.9	1.8	0	0	104.2	9.9	6.6		Nuts Soy
High Protein-Regular	62.8	2.4	0.2	0	0	39.1	6.6	5.7		
Stri Fry Bowl-Regular	62.8	2.4	0.2	0	0	39.1	6.6	5.7		
Sweet & Sour-Regular	89	0.3	0.1	0	0	137	22.2	1.1		Soy Wheat Gluten
Basil Pesto-Regular	307.1	29.9	5.6	0	25.3	509.9	4.3	3.5		Dairy Nut Soy Wheat Gluten

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