



NUTRITION INFORMATION

See our Allergen List for more complete listings of allergens.



PROTEINS & GRAINS	CALORIES	TOTAL FAT G	SATURATED G	TRANS G	CHOLESTEROL MG	SODIUM MG	CARBS G	PROTEIN G	LOCATION	ALLERGENS
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		
Brown Rice - Regular Bowl	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		
Jasmine Rice - Regular Bowl	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 Bowl	45	0.2	0	0	0	54	10.1	2		
Tortillas	240	6	2.5	0	0	610	39	7		Wheat, Gluten, Soy
Chips	260	11	2	0	0	170	36	4		Wheat, Gluten, Soy
SAUCES	CALORIES	TOTAL FAT G	SATURATED G	TRANS G	CHOLESTEROL MG	SODIUM MG	CARBS G	PROTEIN G	LOCATION	ALLERGENS
Teriyaki - Regular Bowl or Wrap	50.5	0	0	0	0	2173.3	8.8	3.4		Wheat, Gluten, Soy
Spicy Teriyaki - Regular Bowl or Wrap	88	4.3	0.6	0	0	2173.3	8.8	3.4		Wheat, Gluten, Soy
Thai - Regular Bowl or Wrap	181.8	13.8	2.3	0	0	121.2	10.8	5		Nuts, Soy
Garlic Ginger - Regular Bowl or Wrap	52	6	0.7	0	0	0	0.7	0		Soy
Olive Oil & Herb - Regular Bowl or Wrap	227.8	26.6	1.9	0	0	335.5	0	0		
Sweet & Sour - Regular Bowl or Wrap	60	0	0	0	0	135	15	0		Wheat, Gluten, Soy



WRAPS	CALORIES	TOTAL FAT G	SATURATED G	TRANS G	CHOLESTEROL MG	SODIUM MG	CARBS G	PROTEIN G	LOCATION	ALLERGENS
Buffalo	326.3	13.6	3.6	0	5.3	1173	42.4	7.9		Dairy, Wheat, Gluten, Soy
Caesar	450.6	25.1	7.9	0	29.3	1049.4	45.4	12.7		Fish, Dairy, Wheat, Gluten, Soy
Pesto	459.7	26.9	6.6	0	18.9	970.7	43	10.9		Nut, Dairy, Wheat, Gluten, Soy
BBQ	405.5	8.3	3.8	0	6.3	1177.4	70.4	9.4		Dairy, Wheat, Gluten, Soy
Thai	474.5	28	4.5	0	0	809.7	47.9	9.7		Nut, Wheat, Gluten, Soy
Teriyaki	353.3	8.4	2.7	0	0	2822.4	54.4	16.1	Only STL	Wheat, Gluten, Soy
Veggie	362.9	13.1	6.1	0	18.3	1003.9	47	14.8	Only STL	Dairy, Wheat, Gluten, Soy
Mediterranean	492.4	24	5.3	0	8.1	1550.4	56.6	12.4	Only STL	Dairy, Wheat, Gluten, Soy
Traditional	450.4	17.7	9.8	0	35.3	1090.3	53.3	19.9		Dairy, Wheat, Gluten, Soy
SALADS	CALORIES	TOTAL FAT G	SATURATED G	TRANS G	CHOLESTEROL MG	SODIUM MG	CARBS G	PROTEIN G	LOCATION	ALLERGENS
Grilled Veggie	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
Multigrain Quinoa	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	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
Mediterranean Watermelon	575.1	51.7	9.1	0	30.4	938.6	24.2	9.2		
DRESSINGS	CALORIES	TOTAL FAT G	SATURATED G	TRANS G	CHOLESTEROL MG	SODIUM MG	CARBS G	PROTEIN G	LOCATION	ALLERGENS
Pesto	208	20.9	3.1	0	13.9	312	2.8	1.1		Dairy, Nut, Soy, Wheat
Sun-Dried Tomato Ranch	181.6	17.3	2.5	0	12.3	288.3	4.3	0	Only STL	Dairy, Nut, Soy, Wheat
Tahini Vinaigrette	163	18.5	1.4	0	0.5	284	1.5	0.4		Nut, Soy, Wheat
Jalapeño-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	ALLERGENS
Santa Fe Bean	580.9	18.2	3.4	0	15.2	2365.1	72.1	25.6		Dairy
Kale & Quinoa	589.5	35.9	4.8	0	12.1	1720.8	50.3	20.1		Wheat, Gluten
Basil Pesto Vegetable	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	ALLERGENS
Lobster	390	18	9	0	52.5	570	46.5	10.5		Dairy, Soy, Wheat, Gluten
Bean Egg Roll	190	4.5	2.5	0	15	370	28	9		Dairy, Soy, Wheat, Gluten
Cheese Quesadilla	463.1	24.2	12.6	0	50	975	41	21		Dairy, Soy, 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	ALLERGENS
Fajita Stir Fry - 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 - Regular	113.3	2.4	0.2	0	0	2212.4	15.4	9.1		Wheat, Gluten, Soy
Bean & Veggie - Regular	151.7	2.6	0.2	0	0	341.1	20.7	10.8	Only STL	
Thai - 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		
Stir Fry - 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		Wheat, Gluten, Soy
Basil Pesto - Regular	307.1	29.9	5.6	0	25.3	509.9	4.3	3.5		Dairy, Nut, Wheat, Gluten, Soy

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