

# Nutritional Menu

## house made salads

	calories	total fat	saturated fat	trans fat	sodium	total carb	dietary fiber	sugars	protein
Bean Corn Tortilla	525	18g	6g	0g	745mg	41g	12g	1g	17g
Heirloom Tomato Buratta	470	32g	11g	0g	620mg	24g	1g	2g	19g
Roasted Cauliflower & Quinoa	325	11g	4g	0g	400mg	14g	7g	3g	10g
Kale Chicken Caesar	645	21g	13g	0g	655mg	65g	6g	12g	38g
BBQ Ranch Chicken	675	26g	8g	0g	705mg	40g	6g	15g	45g
Fire-Roasted Southwest Chicken	655	24g	7g	0g	685mg	42g	7g	12g	40g
Chicken Cobb	755	28g	21g	0g	920mg	25g	4g	3g	52g
Avocado Citrus Salmon	720	30g	5g	0g	420mg	12g	6g	1g	45g
Citrus Shrimp	395	34g	3g	0g	375mg	5g	2g	1g	28g

## wraps

Salsa Ranch	430	5g	2g	0g	210mg	100g	1g	1g	10g
Margherita	320	11g	2g	0g	200mg	90g	1g	1g	7g
BLT	595	31g	9g	0g	510mg	140g	1g	1g	38g
Chicken Caesar	515	25g	7g	0g	400mg	115g	1g	1g	28g
BBQ Ranch Chicken	585	26g	6g	0g	390mg	130g	1g	1g	28g
Spicy Chicken Bacon Ranch	545	24g	7.5g	0g	440mg	120g	1g	1g	31g
Steak Fajita	585	25g	5g	0g	420mg	130g	1g	1g	30g
Tri Tip & Bacon	575	29g	7g	0g	440mg	135g	1g	1g	37g
Greek Shrimp	495	10g	6g	0g	430mg	100g	1g	1g	45g

## mac n cheese bar

The Original	450	17g	7g	0g	720mg	34g	2g	2g	2g
El Diablo	465	18g	7g	0g	750mg	36g	2g	2g	2g
Deluxe	575	23g	12g	0g	915mg	35g	2g	2g	21g



sandwiches

	calories	total fat	saturated fat	trans fat	sodium	total carb	dietary fiber	sugars	protein
Salsa Ranch	480	5g	3g	0g	290mg	120g	1g	1g	10g
Margherita	270	7g	3g	0g	280mg	110g	1g	1g	7g
BLT	645	31g	10g	0g	590mg	160g	1g	1g	38g
Chicken Caesar	565	25g	8g	0g	480mg	135g	1g	1g	28g
BBQ Ranch Chicken	635	26g	7g	0g	470mg	150g	1g	1g	28g
Spicy Chicken Bacon Ranch	595	24g	8g	0g	520mg	140g	1g	1g	31g
Steak Fajita	635	25g	6g	0g	500mg	150g	1g	1g	30g
Tri Tip & Bacon	625	29g	8g	0g	520mg	155g	1g	1g	37g
Greek Shrimp	545	10g	7g	0g	510mg	120g	1g	1g	45g

piadinas

The Caprese	420	21g	13g	0g	340mg	28g	1g	1g	4g
The Vegetarian	380	19g	7g	0g	330mg	29g	1g	1g	5g
The Italian	610	35g	15g	0g	420mg	27g	1g	1g	30g
The Southwestern	550	25g	10g	0g	440mg	28g	1g	1g	25g
The BLTA	700	38g	12g	0g	610mg	30g	1g	1g	23g
The California	655	29g	11g	0g	420mg	30g	1g	1g	25g

rice bowls

The Superfood	485	9g	1g	0g	450mg	65g	4g	4g	12g
The Mediterranean	765	14g	2g	0g	685mg	83g	8g	6g	31g
The Tex-Mex	890	23g	4g	0g	985mg	89g	10g	9g	35g