Ingredients Listing

Dressing/Sauces

All dressings are based on a 1.5 oz scoop

CHOPPED BALSAMIC:
canola oil, balsamic vinegar, dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), water, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), sea salt, black pepper, xanthan gum, guar gum. ***Contains: mustard, sulphites**
Allergen claims: gluten-friendly, nut-free, vegan, vegetarian, dairy-free
Cals: 225 | Fats: 24 g | Carbs: 3 g | Fibre: 0 g | Sugar: 1.5 g | Protein: 0.3 g | Sodium: 225 mg

GODDESS: canola oil, gluten-free soy sauce (water, soybeans, salt, sugar, corn starch), tahini, water, red wine vinegar, food starch modified, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), chives, lemon juice concentrate, xanthan gum, guar gum.
***Contains: soy, sesame, sulphites**
Allergen claims: gluten-friendly, vegan, vegetarian, dairy-free, nut-free.
Cals: 270 | Fats: 28.5 g | Carbs: 3 g | Fibre: 0 g | Sugar: 0 g | Protein: 1.5 g | Sodium: 480 mg

GREEK VINAIGRETTE: canola oil, red wine vinegar, water, dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), feta cheese, garlic powder, onion powder, food starch modified, sea salt, basil, black pepper, oregano, xanthan gum, guar gum. ***Contains: mustard, dairy, sulphites.**
Allergen claims: gluten friendly, vegetarian, nut-free.
Cals: 285 | Fats: 31.5 g | Carbs: 1.5 g | Fibre: 0 g | Sugar: 0 g | Protein: 0.5 g | Sodium: 143 mg

EVIL PEANUT: gluten free hoisin sauce (sugar, water, fermented soybean paste, salt, modified corn starch, sesame paste, caramel, spices, sweet potato powder, salted chili peppers, dehydrated garlic, acetic acid, allura red), canola oil, organic peanut butter, water, sambal oelek (chili, salt, acetic acid, potassium sorbate, sodium bisulfite, xanthan gum), brown sugar, toasted sesame oil, lemon juice concentrate, lime juice concentrate, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), sea salt, chili flakes, xanthan gum. ***Contains: soy, peanuts, sulphites, sesame**
Allergen claims: gluten friendly, vegan, vegetarian, dairy-free.
Cals: 210 | Fats: 18 g | Carbs: 10.5 g | Fibre: 0 g | Sugar: 7.5 g | Protein: 1.5 g | Sodium: 345 mg

PESTO: canola oil, cheese, basil, parsley, garlic, water, concentrated lemon juice, spices, salt. ***Contains: dairy**
Allergen claims: gluten-friendly, nut-free, vegetarian.
Cals: 80 | Fats: 7 g | Carbs: 1 g | Fibre: 0 g | Sugar: 0 g | Protein: 2 g | Sodium: 200 mg

CAESAR: mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), parmesan cheese, worcestershire sauce (vinegar, sugars (blackstrap molasses, corn syrup, sugar), water, salt, caramel, dehydrated garlic, spices, natural flavour), anchovy extract, black pepper, lemon juice concentrate, sea salt.
***Contains: eggs, soy, mustard, dairy, fish, sulphites**
Allergen claims: gluten-friendly, nut-free
Cals: 270 | Fats: 28.5 g | Carbs: 1.5 g | Fibre: 0 g | Sugar: 0 g | Protein: 1.5 g | Sodium: 345 mg

RANCH: mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), water, buttermilk powder, dill weed, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), garlic powder, onion powder, black pepper, lemon juice concentrate, salt, parsley, chives. ***Contains: eggs, dairy.**
Allergen claims: gluten-friendly, nut-free, vegetarian
Cals: 285 | Fats: 30 g | Carbs: 1.5 g | Fibre: 0 g | Sugar: 1.5 g | Protein: 1.5 g | Sodium: 300 mg

CHIPOTLE LIME CITRUS: canola oil, water, chipotle peppers in adobo (chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid), lime juice concentrate, cumin powder, dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), food starch modified, mexican chili powder, sea salt, chipotle chili pepper powder, onion powder, paprika, garlic powder, coriander powder, cayenne pepper powder, oregano, black pepper, xanthan gum, guar gum. ***Contains: mustard.**
Allergen claims: gluten friendly, vegan, vegetarian, dairy-free, nut-free.
Cals: 255 | Fats: 27 g | Carbs: 1.5 g | Fibre: 0 g | Sugar: 0 g | Protein: 0.5 g | Sodium: 180 mg

CHIPOTLE RANCH: mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), water, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), chipotle peppers in adobo (chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid), onion powder, garlic powder, mexican chili powder, black pepper, dill weed, chipotle chili pepper powder, paprika, salt, lemon juice concentrate, parsley, chives, coriander powder, cayenne pepper, oregano, cumin powder.***Contains: eggs.**
Allergen claims: : vegetarian, gluten friendly, nut-free, dairy-free.
Cals: 285 | Fats: 30 g | Carbs: 1.5 g | Fibre: 0 g | Sugar: 0 g | Protein: 0.6 g | Sodium: 315 mg

SALSA: fire roasted diced tomatoes, tomato puree, diced jalapeno peppers, diced anaheim peppers, salt, dehydrated onions, citric acid, spices, acetic acid, dehydrated garlic, calcium chloride.
Allergen claims: vegetarian, vegan, gluten-friendly, nut-free, dairy-free
Cals: 15 | Fats: 0 g | Carbs: 4 g | Fibre: 1 g | Sugar: 1 g | Protein: 0 g | Sodium: 340 mg

SOUR CREAM: milk ingredients, modified corn starch, guar gum, sodium citrate, carrageenan, disodium phosphate, bacterial cultures.
***Contains: dairy.**
Allergen claims: vegetarian, gluten-friendly, nut-free
Cals: 45 | Fats: 3.5 g | Carbs: 2 g | Fibre: 0 g | Sugar: 1 g | Protein: 1 g | Sodium: 25 mg

BBQ SAUCE: water, sugar/glucose-fructose, vinegar, modified corn starch, salt, tomato paste, spices and seasonings, canola oil, cooking molasses, natural flavour, mustard, colour, ugar, gum (thickener). ***Contains: mustard.**
Allergen claims: vegetarian, vegan, gluten-friendly, nut-free, dairy-free
Cals: 45 | Fats: 0.5 g | Carbs: 10 g | Fibre: 0 g | Sugar: 8 g | Protein: 0.1 g | Sodium: 380 mg

TZATZIKI: cream, pasteurized ultra-filtered milk, milk protein concentrate, canola oil, salt, garlic puree, cucumber, white vinegar, white pepper, dill, bacterial culture. ***Contains: dairy.**
Allergen claims: vegetarian, gluten-friendly, nut-free
Cals: 70 | Fats: 5 g | Carbs: 2 g | Fibre: 0 g | Sugar: 1 g | Protein: 3 g | Sodium: 75 mg

BUFFALO SAUCE: vinegar, aged cayenne red peppers, salt, water, modified corn starch, canola oil, spices, xanthan gum, carrot fibre, natural flavour, garlic powder.
Allergen claims: vegetarian, vegan, gluten-friendly, nut-free, dairy-free
Cals: 5 | Fats: 0 g | Carbs: 1 g | Fibre: 0 g | Sugar: 0 g | Protein: 0.2 g | Sodium: 420 mg

Tortillas/Bread

12" WHOLE WHEAT TORTILLA: whole wheat flour, enriched unbleached wheat flour (wheat flour, enzyme, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil (Contains one or more of the following: canola oil, corn oil, soybean oil, safflower oil). Contains less than 2% of each of the following: leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, food starch-modified, calcium propionate (preservative), yeast. ***Contains: gluten**

10" WHOLE GRAIN HOMESTYLE TORTILLA: whole grain flour, water, palm oil, expeller pressed canola oil. Contains less than 2% of each of the following: non-gmo leavening (wheat starch, sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), powdered evaporated cane juice (cane sugar), salt, yeast, sodium bicarbonate. ***Contains: gluten.**

CIABATTA BUN: unbleached wheat flour, water, salt, yeast, malted barley flour, ascorbic acid, rice flour (for dusting). **Contains: gluten.**

SOURDOUGH: unbleached wheat flour, water, salt, cultured wheat flour*, yeast, wheat gluten, ground wheat*, malted barley flour, lactic acid (from bacterial culture)*, ascorbic acid, enzymes, rice flour (for dusting). ***Contains: wheat**

Grains

RICE: brown basmati rice, salt, pepper, olive oil

QUINOA: quinoa, cumin, chilli powder, salt, pepper, olive oil

Choppings

BLACK BEAN CORN SALSA: corn, black beans, green onions, olive oil, balsamic vinegar, lime juice, cumin, chilli powder

ROASTED SWEET POTATOES: sweet potato, olive oil, salt, black pepper.

ROASTED BROCCOLI: broccoli, olive oil, salt, black pepper

ROASTED MUSHROOMS: button mushrooms, olive oil, salt, black pepper.

PITA CHIPS: pita bread (whole wheat flour, water, yeast, salt, calcium proprionate), canola oil, rosemary, salt. ***Contains: gluten**

CHOW MEIN NOODLES: flour, water, frozen albumen, whole liquid eggs (may contain citric acid), salt, sodium propionate, sodium benzoate, sodium bicarbonate, beta carotene, corn starch. ***Contains: gluten, eggs.**

WHOLE WHEAT CROUTON: bread (whole wheat flour, water, yeast, glucose-fructose/sugar, wheat gluten, dehydrated potato flakes (mono and diglycerides, sodium acid pyrophosphate, citric acid), vegetable oil (canola or soybean), salt, vinegar, sodium stearoyl-2-lactylate, calcium, propionate, acetylated tartaric acid esters of mono and diglycerides, monoglycerides, sorbic acid)
butter, canola oil, garlic salt. ***Contains: gluten, dairy.**

Proteins

SHRIMP: shrimp, salt, sodium phosphate, sulphites. ***Contains: shellfish, sulphites.**

TUNA: skipjack, ranch dressing. ***Contains: fish, eggs, dairy.**

EXTRA FIRM TOFU: water, soybeans (non-gmo), magnesium chloride, calcium sulphate. ***Contains: soy.**

FALAFEL: chickpeas, water, canola/sunflower oil, chickpea flour, potato flakes (potatoes, mono & diglycerides, sodium acid pyrophosphate, citric acid), baking powder, salt, garlic, onion powder, dextrose, dextrin, chicory root (inulin), powdered cellulose, spices.

SEASONED GRILLED CHICKEN: chicken breast, water, chicken broth, salt, spices.

SEASONED SIRLOIN STEAK: beef, water, modified corn starch, canola oil, salt, sodium phosphates, dehydrated garlic, dehydrated onion.

Soup

All soups are served with an optional side of whole wheat croutons

CREAMY TOMATO: water, tomato paste, cream, diced tomatoes, canola oil, sugar, onions, butter, salt, modified corn starch, basil, modified milk ingredients, wheat flour, dried garlic, dried parsley, onion powder, yeast extract, spices, annatto extract.*Contains: gluten, dairy, sulphites.
Allergen claims: vegetarian, nut-free
SM - Cals: 290 | Fats: 22 g | Carbs: 20 g | Fibre: 3 g | Sugar: 9 g | Protein: 4 g | Sodium: 580 mg
LG - Cals: 500 | Fats: 38 g | Carbs: 36 g | Fibre: 5 g | Sugar: 15 g | Protein: 7 g | Sodium: 1020 mg

CHICKEN NOODLE: chicken broth, carrots, seasoned chicken, egg noodles, celery, onions, salt, modified corn starch, yeast extract, chicken fat, garlic, garlic powder, onion powder, dried parsley, flavour, spices, beta carotene. *Contains: gluten, egg, soy, sulphites.
Allergen claims: nut-free, dairy-free
SM - Cals: 80 | Fats: 2 g | Carbs: 10 g | Fibre: 1 g | Sugar: 1 g | Protein: 7 g | Sodium: 580 mg
LG - Cals: 170 | Fats: 4.5 g | Carbs: 21 g | Fibre: 1 g | Sugar: 3 g | Protein: 13 g | Sodium: 1170 mg

CURRIED BUTTERNUT SQUASH: butternut squash, water, cream, sugars, butter, modified corn starch, tomato paste, salt, vegetable juice concentrates, ginger, onion powder, curry powder, dried garlic, dried parsley, spices. *Contains: dairy, mustard, sulphites.
Allergen claims: gluten-friendly, nut-free, vegetarian
SM - Cals: 160 | Fats: 8 g | Carbs: 22 g | Fibre: 3 g | Sugar: 6 g | Protein: 2 g | Sodium: 680 mg
LG - Cals: 280 | Fats: 2 g | Carbs: 39 g | Fibre: 6 g | Sugar: 11 g | Protein: 4 g | Sodium: 1170 mg

BROCCOLI CHEDDAR: water, broccoli, cream, processed cheese food, cheddar cheese, modified corn starch, salt, butter, dijon mustard, xanthan gum, dried garlic, onion powder, lactic acid, vinegar, yeast extract, flavour, spice, annatto extract, paprika extract. *Contains: dairy, mustard, sulphites.
Allergen claims: vegetarian, gluten-friendly, nut-free
SM – Cals: 190 | Fats: 12 g | Carbs: 7 g | Fibre: 2 g | Sugar: 2 g | Protein: 6 g | Sodium: 760 mg
LG - Cals: 330 | Fats: 21 g | Carbs: 28 g | Fibre: 4 g | Sugar: 4 g | Protein: 10 g | Sodium: 1310 mg

Bowls

GODDESS: brown basmati rice, romaine, falafel, roasted sweet potato, chickpeas, avocado, roasted pumpkin seeds, feta, goddess dressing (canola oil, gluten-free soy sauce (water, soybeans, salt, sugar, corn starch), tahini, water, red wine vinegar, food starch modified, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), chives, lemon juice concentrate, xanthan gum, guar gum.). *Contains: dairy, soy, sesame, sulphites.
Allergen claims: gluten-friendly, vegetarian, nut-free
Cals: 1026 | Fats: 77.3 g | Carbs: 75 g | Fibre: 15.4 g | Sugar: 8.9 g | Protein: 22.4 g | Sodium: 1488 mg

COBB: brown basmati rice, romaine, seasoned grilled chicken, egg, avocado, cheddar, bacon bits, grape tomatoes, red onion, chipotle ranch dressing (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), water, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), chipotle peppers in adobo (chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid), onion powder, garlic powder, mexican chili powder, black pepper, dill weed, chipotle chili pepper powder, paprika, salt, lemon juice concentrate, parsley, chives, coriander powder, cayenne pepper, oregano, cumin powder). *Contains: dairy, eggs
Allergen claims: gluten-friendly, nut-free
Cals: 844 | Fats: 65.6 g | Carbs: 32 g | Fibre: 7.3 g | Sugar: 3 g | Protein: 35.2 g | Sodium: 1123 mg

BANGKOK: brown basmati rice, romaine, shrimp, edamame, chow mein noodles, red & yellow peppers, red onion, peanuts, evil peanut dressing (gluten free hoisin sauce (sugar, water, fermented soybean paste, salt, modified corn starch, sesame paste, caramel, spices, sweet potato powder, salted chili peppers, dehydrated garlic, acetic acid, allura red), canola oil, organic peanut butter, water, sambal oelek (chili, salt, acetic acid, potassium sorbate, sodium bisulfite, xanthan gum), brown sugar, toasted sesame oil, lemon juice concentrate, lime juice concentrate, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), sea salt, chili flakes, xanthan gum). *Contains: gluten, eggs, soy, peanuts, sesame, sulphites, shellfish.
Allergen claims: dairy-free
Cals: 698 | Fats: 37.3 g | Carbs: 64.2 g | Fibre: 5.9 g | Sugar: 14 g | Protein: 32.4 g | Sodium: 878 mg

HARVEST: brown basmati rice, spinach, tofu, chickpeas, roasted pecans, sun-dried cranberries, carrots, cucumber, goddess dressing (canola oil, gluten-free soy sauce (water, soybeans, salt, sugar, corn starch), tahini, water, red wine vinegar, food starch modified, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), chives, lemon juice concentrate, xanthan gum, guar gum). *Contains: soy, treenuts, sesame, sulphites.
Allergen claims: gluten-friendly, vegetarian, vegan, dairy-free
Cals: 770 | Fats: 59.9 g | Carbs: 46.2 g | Fibre: 6.4 g | Sugar: 12.9 g | Protein: 21.7 g | Sodium: 830 mg

MEDITERRANEAN: brown basmati rice, romaine, falafel, grape tomatoes, feta, cucumber, kalamata olives, red onion, tzatziki (cream, pasteurized ultra-filtered milk, milk protein concentrate, canola oil, salt, garlic puree, cucumber, white vinegar, white pepper, dill, bacterial culture), Greek vinaigrette dressing (canola oil, red wine vinegar, water, dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), feta cheese, garlic powder, onion powder, food starch modified, sea salt, basil, black pepper, oregano, xanthan gum, guar gum). *Contains: dairy, mustard, sulphites.
Allergen claims: vegetarian, gluten-friendly, nut-free
Cals: 825 | Fats: 66.7 g | Carbs: 49.9 g | Fibre: 8.5 g | Sugar: 7.6 g | Protein: 12.3 g | Sodium: 1187 mg

SANTA FE: brown basmati rice, romaine, seasoned sirloin steak, black bean corn salsa, avocado, cheddar, crushed pita chip, sour cream (milk ingredients, modified corn starch, guar gum, sodium citrate, carrageenan, disodium phosphate, bacterial cultures), salsa (Fire Roasted Diced Tomatoes, Tomato Puree, Diced Jalapeno Peppers, Diced Anaheim Peppers, Salt, Dehydrated Onions, Citric Acid, Spices, Acetic Acid, Dehydrated Garlic, Calcium Chloride). ***Contains: gluten, dairy, sulphites.**
Allergen claims: nut-free
Cals: 508 | Fats: 27.3 g | Carbs: 45.9 g | Fibre: 9.3 g | Sugar: 6.9 g | Protein: 24.8 g | Sodium: 1168 mg

SOUTHWEST: brown basmati rice, romaine, seasoned sirloin steak, black bean corn salsa, grape tomatoes, red & yellow peppers, cheddar, crushed pita chip, chipotle lime dressing (canola oil, water, chipotle peppers in adobo (chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid), lime juice concentrate, cumin powder, dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), food starch modified, mexican chili powder, sea salt, chipotle chili pepper powder, onion powder, paprika, garlic powder, coriander powder, cayenne pepper powder, oregano, black pepper, xanthan gum, guar gum). ***Contains: gluten, dairy, mustard.**
Allergen claims: nut-free
Cals: 726 | Fats: 53.4 g | Carbs: 40.2 g | Fibre: 5.6 g | Sugar: 4.5 g | Protein: 23.4 g | Sodium: 890 mg

SUNSHINE: brown basmati rice, chopped mix, seasoned grilled chicken, avocado, cucumber, apples, mozzarella, goddess dressing (canola oil, gluten-free soy sauce (water, soybeans, salt, sugar, corn starch), tahini, water, red wine vinegar, food starch modified, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), chives, lemon juice concentrate, xanthan gum, guar gum). ***Contains: dairy, soy, sesame, sulphites.**
Allergen claims: nut-free, gluten-friendly
Cals: 706 | Fats: 55.4 g | Carbs: 32.9 g | Fibre: 6.6 g | Sugar: 3 g | Protein: 26.8 g | Sodium: 1106 mg

BOLD BUFFALO: brown basmati rice, romaine, seasoned grilled chicken, red and yellow peppers, carrots, bacon bits, croutons, red onion, parmesan, ranch dressing (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), water, buttermilk powder, dill weed, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), garlic powder, onion powder, black pepper, lemon juice concentrate, salt, parsley, chives), buffalo sauce (vinegar, aged cayenne red peppers, salt, water, modified corn starch, canola oil, spices, xanthan gum, carrot fibre, natural flavour, garlic powder). ***Contains: gluten, dairy, eggs.**
Allergen claims: nut-free
Cals: 767 | Fats: 58.2 g | Carbs: 33.2 g | Fibre: 4.3 g | Sugar: 5.7 g | Protein: 32.6 g | Sodium: 1766 mg

CAESAR: brown basmati rice, romaine, seasoned grilled chicken, bacon bits, parmesan, croutons, caesar dressing (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), parmesan cheese, worcestershire sauce (vinegar, sugars (blackstrap molasses, corn syrup, sugar), water, salt, caramel, dehydrated garlic, spices, natural flavour), anchovy extract, black pepper, lemon juice concentrate, sea salt.). ***Contains: gluten, dairy, eggs, soy, fish, mustard, sulphites.**
Allergen claims: nut-free
Cals: 728 | Fats: 56.1 g | Carbs: 29 g | Fibre: 3.4 g | Sugar: 1.2 g | Protein: 32.1 g | Sodium: 1254 mg

Signature: brown basmati rice, romaine, seasoned grilled chicken, croutons, feta, sun-dried cranberries, roasted pecans, red onion, balsamic dressing (canola oil, balsamic vinegar, dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), water, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), sea salt, black pepper, xanthan gum, guar gum.).
***Contains: gluten, dairy, treenuts, mustard, sulphites.**
Cals: 752 | Fats: 56.4 g | Carbs: 43.5 g | Fibre: 5.5 g | Sugar: 13.4 g | Protein: 27.2 g | Sodium: 888 mg

BISTRO: brown basmati rice, seasoned sirloin steak, roasted sweet potatoes, mushrooms, broccoli, pickled red onions, crispy fried onions, pesto (canola oil, cheese, basil, parsley, garlic, water, concentrated lemon juice, spices, salt), garlic sauce (soybean oil, water, vinegar, garlic, frozen yolk, salt, yogurt powder (milk ingredients, lactic acid, citric acid, bacterial culture), concentrated lemon juice, lemon peel, sugar, xanthan gum, dehydrated garlic, potassium). ***Contains: gluten, dairy, egg**
Cals: 770 | Fats: 48 g | Carbs: 64 g | Fibre: 8 g | Sugar: 8 g | Protein: 24 g | Sodium: 1340 mg

AUTUMN: brown basmati rice, seasoned grilled chicken, roasted sweet potato, roasted broccoli, roasted mushrooms, green onions, curried butternut squash soup (butternut squash, water, cream, sugars, butter, modified corn starch, tomato paste, salt, vegetable juice concentrates, ginger, onion powder, curry powder, dried garlic, dried parsley, spices.). ***Contains: dairy, mustard, sulphites**
Allergen claims: gluten-friendly
Cals: 456 | Fats: 16.8 g | Carbs: 60.7 g | Fibre: 6.5 g | Sugar: 9 g | Protein: 26 g | Sodium: 1172 mg

Salads

All salads are served with an optional pita chip

GODDESS: romaine, falafel, roasted sweet potato, chickpeas, avocado, roasted pumpkin seeds, feta, goddess dressing (canola oil, gluten-free soy sauce (water, soybeans, salt, sugar, corn starch), tahini, water, red wine vinegar, food starch modified, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), chives, lemon juice concentrate, xanthan gum, guar gum.). ***Contains: dairy, soy, sesame, sulphites.**
Allergen claims: vegetarian, nut-free, gluten-friendly
Cals: 906 | Fats: 67 g | Carbs: 61.6 g | Fibre: 15.5 g | Sugar: 9.5 g | Protein: 21.6 g | Sodium: 1346 mg

COBB: romaine, seasoned grilled chicken, egg, avocado, cheddar, bacon bits, grape tomatoes, red onion, chipotle ranch dressing (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), water, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), chipotle peppers in adobo (chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid), onion powder, garlic powder, mexican chili powder, black pepper, dill weed, chipotle chili pepper powder, paprika, salt, lemon juice concentrate, parsley, chives, coriander powder, cayenne pepper, oregano, cumin powder). ***Contains: dairy, eggs.**
Allergen claims: gluten-friendly, nut-free
Cals: 666 | Fats: 52.7 g | Carbs: 15.5 g | Fibre: 7.5 g | Sugar: 3.6 g | Protein: 33.8 g | Sodium: 942 mg

BANGKOK: romaine, shrimp, edamame, chow mein noodles, red & yellow peppers, red onion, peanuts, evil peanut dressing (gluten free hoisin sauce (sugar, water, fermented soybean paste, salt, modified corn starch, sesame paste, caramel, spices, sweet potato powder, salted chili peppers, dehydrated garlic, acetic acid, allura red), canola oil, organic peanut butter, water, sambal oelek (chili, salt, acetic acid, potassium sorbate, sodium bisulfite, xanthan gum), brown sugar, toasted sesame oil, lemon juice concentrate, lime juice concentrate, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), sea salt, chili flakes, xanthan gum). ***Contains: gluten, eggs, soy, peanuts, sesame, sulphites, shellfish.**
Allergen claims: dairy-free
Cals: 561 | Fats: 28.2 g | Carbs: 48.6 g | Fibre: 6 g | Sugar: 12.7 g | Protein: 31.3 g | Sodium: 713 mg

CAESAR: romaine, seasoned grilled chicken, bacon bits, parmesan, croutons, Caesar dressing (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), parmesan cheese, worcestershire sauce (vinegar, sugars (blackstrap molasses, corn syrup, sugar), water, salt, caramel, dehydrated garlic, spices, natural flavour), anchovy extract, black pepper, lemon juice concentrate, sea salt.). ***Contains: gluten, dairy, eggs, soy, fish, sulphites, mustard.**
Allergen claims: nut-free
Cals: 583 | Fats: 45 g | Carbs: 15.6 g | Fibre: 3.5 g | Sugar: 1.8 g | Protein: 31.1 g | Sodium: 1097 mg

MEDITERRANEAN: romaine, falafel, grape tomatoes, feta, cucumber, kalamata olives, red onion, tzatziki (cream, pasteurized ultra-filtered milk, milk protein concentrate, canola oil, salt, garlic puree, cucumber, white vinegar, white pepper, dill, bacterial culture), Greek vinaigrette dressing (canola oil, red wine vinegar, water, dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), feta cheese, garlic powder, onion powder, food starch modified, sea salt, basil, black pepper, oregano, xanthan gum, guar gum.).
***Contains: dairy, mustard, sulphites.**
Allergen claims: vegetarian, nut-free, gluten-friendly
Cals: 665 | Fats: 53.7 g | Carbs: 36.5 g | Fibre: 8.6 g | Sugar: 8.2 g | Protein: 11.6 g | Sodium: 1071 mg

SANTA FE: romaine, seasoned sirloin steak, black bean corn salsa, avocado, cheddar, crushed pita chip, sour cream (milk ingredients, modified corn starch, guar gum, sodium citrate, carrageenan, disodium phosphate, bacterial cultures), salsa (Fire Roasted Diced Tomatoes, Tomato Puree, Diced Jalapeno Peppers, Diced Anaheim Peppers, Salt, Dehydrated Onions, Citric Acid, Spices, Acetic Acid, Dehydrated Garlic, Calcium Chloride). ***Contains: gluten, dairy, sulphites.**
Allergen claims: nut-free
Cals: 418 | Fats: 22.6 g | Carbs: 31.5 g | Fibre: 9.2 g | Sugar: 6.6 g | Protein: 23.9 g | Sodium: 964 mg

SIGNATURE: romaine, seasoned grilled chicken, croutons, feta, sun-dried cranberries, roasted pecans, red onion, balsamic dressing (canola oil, balsamic vinegar, dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), water, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), sea salt, black pepper, xanthan gum, guar gum.). ***Contains: gluten, dairy, treenuts, mustard, sulphites.**
Cals: 609 | Fats: 45.5 g | Carbs: 29.7 g | Fibre: 5.6 g | Sugar: 13.6 g | Protein: 26.4 g | Sodium: 751 mg

SUNSHINE: chopped mix, seasoned grilled chicken, avocado, cucumber, apples, mozzarella, goddess dressing (canola oil, gluten-free soy sauce (water, soybeans, salt, sugar, corn starch), tahini, water, red wine vinegar, food starch modified, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), chives, lemon juice concentrate, xanthan gum, guar gum.). ***Contains: dairy, soy, sesame, sulphites.**
Allergen claims: nut-free, gluten-friendly
Cals: 583 | Fats: 46.9 g | Carbs: 18.6 g | Fibre: 6 g | Sugar: 3 g | Protein: 25.9 g | Sodium: 972 mg

BOLD BUFFALO: romaine, seasoned grilled chicken, red and yellow peppers, carrots, bacon bits, croutons, red onion, parmesan, ranch dressing (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), water, buttermilk powder, dill weed, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), garlic powder, onion powder, black pepper, lemon juice concentrate, salt, parsley, chives), buffalo sauce (vinegar, aged cayenne red peppers, salt, water, modified corn starch, canola oil, spices, xanthan gum, carrot fibre, natural flavour, garlic powder). ***Contains: gluten, dairy, egg.**
Allergen claims: nut-free
Cals: 604 | Fats: 45.2 g | Carbs: 19.7 g | Fibre: 4.4 g | Sugar: 5.9 g | Protein: 31.5 g | Sodium: 1605 mg

HARVEST: spinach, tofu, chickpeas, roasted pecans, sun-dried cranberries, carrots, cucumber, goddess dressing (canola oil, gluten-free soy sauce (water, soybeans, salt, sugar, corn starch), tahini, water, red wine vinegar, food starch modified, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), chives, lemon juice concentrate, xanthan gum, guar gum.). ***Contains: soy, treenuts, sesame, sulphites.**
Allergen claims: gluten-friendly, dairy-free, vegan, vegetarian
Cals: 648 | Fats: 51.4 g | Carbs: 31.9 g | Fibre: 6 g | Sugar: 12.7 g | Protein: 21.2 g | Sodium: 714 mg

SOUTHWEST: romaine, seasoned sirloin steak, black bean corn salsa, grape tomatoes, red & yellow peppers, cheddar, crushed pita chip, chipotle lime dressing (canola oil, water, chipotle peppers in adobo (chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid), lime juice concentrate, cumin powder, dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), food starch modified, mexican chili powder, sea salt, chipotle chili pepper powder, onion powder, paprika, garlic powder, coriander powder, cayenne pepper powder, oregano, black pepper, xanthan gum, guar gum). ***Contains: gluten, dairy, mustard.**
Allergen claims: nut-free
Cals: 591 | Fats: 43.3 g | Carbs: 26.9 g | Fibre: 5.8 g | Sugar: 5.1 g | Protein: 22.7 g | Sodium: 775 mg

Wraps

All wraps are served in a whole wheat tortilla

BANGKOK: romaine, shrimp, edamame, chow mein noodles, red & yellow peppers, red onion, peanuts, evil peanut dressing (gluten free hoisin sauce (sugar, water, fermented soybean paste, salt, modified corn starch, sesame paste, caramel, spices, sweet potato powder, salted chili peppers, dehydrated garlic, acetic acid, allura red), canola oil, organic peanut butter, water, sambal oelek (chili, salt, acetic acid, potassium sorbate, sodium bisulfite, xanthan gum), brown sugar, toasted sesame oil, lemon juice concentrate, lime juice concentrate, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), sea salt, chili flakes, xanthan gum). ***Contains: gluten, eggs, soy, peanuts, sesame, sulphites, shellfish.**
Allergen claims: dairy-free
Cals: 824 | Fats: 34 g | Carbs: 91.3 g | Fibre: 11.6 g | Sugar: 13.8 g | Protein: 38.9 g | Sodium: 1083 mg

BOLD BUFFALO: romaine, seasoned grilled chicken, red and yellow peppers, carrots, bacon bits, croutons, red onion, parmesan, ranch dressing (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), water, buttermilk powder, dill weed, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), garlic powder, onion powder, black pepper, lemon juice concentrate, salt, parsley, chives), buffalo sauce (vinegar, aged cayenne red peppers, salt, water, modified corn starch, canola oil, spices, xanthan gum, carrot fibre, natural flavour, garlic powder). ***Contains: gluten, dairy, eggs.**
Allergen claims: nut-free
Cals: 867 | Fats: 51 g | Carbs: 62.4 g | Fibre: 9.9 g | Sugar: 7 g | Protein: 39.1 g | Sodium: 1974 mg

CAESAR: romaine, seasoned grilled chicken, bacon bits, parmesan, croutons, caesar dressing (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), parmesan cheese, worcestershire sauce (vinegar, sugars (blackstrap molasses, corn syrup, sugar), water, salt, caramel, dehydrated garlic, spices, natural flavour), anchovy extract, black pepper, lemon juice concentrate, sea salt.). ***Contains: gluten, mustard, fish, dairy, eggs, soy, sulphites.**
Allergen claims: nut-free
Cals: 846 | Fats: 50.8 g | Carbs: 58.3 g | Fibre: 9 g | Sugar: 3 g | Protein: 38.6 g | Sodium: 1467 mg

MEDITERRANEAN: romaine, falafel, grape tomatoes, feta, cucumber, kalamata olives, red onion, tzatziki (cream, pasteurized ultra-filtered milk, milk protein concentrate, canola oil, salt, garlic puree, cucumber, white vinegar, white pepper, dill, bacterial culture), Greek vinaigrette dressing (canola oil, red wine vinegar, water, dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), feta cheese, garlic powder, onion powder, food starch modified, sea salt, basil, black pepper, oregano, xanthan gum, guar gum.).
***Contains: gluten, dairy, mustard, sulphites.**
Allergen claims: vegetarian, nut-free
Cals: 928 | Fats: 59.5 g | Carbs: 79.2 g | Fibre: 14.2 g | Sugar: 9.3 g | Protein: 19 g | Sodium: 1441 mg

SANTA FE: romaine, seasoned sirloin steak, black bean corn salsa, avocado, cheddar, crushed pita chip, sour cream (milk ingredients, modified corn starch, guar gum, sodium citrate, carrageenan, disodium phosphate, bacterial cultures), salsa (Fire Roasted Diced Tomatoes, Tomato Puree, Diced Jalapeno Peppers, Diced Anaheim Peppers, Salt, Dehydrated Onions, Citric Acid, Spices, Acetic Acid, Dehydrated Garlic, Calcium Chloride). ***Contains: gluten, dairy, sulphites.**
Allergen claims: nut-free
Cals: 681 | Fats: 28.4 g | Carbs: 74.2 g | Fibre: 15 g | Sugar: 7.8 g | Protein: 31.5 g | Sodium: 1334 mg

SIGNATURE: romaine, seasoned grilled chicken, croutons, feta, sun-dried cranberries, roasted pecans, red onion, balsamic dressing (canola oil, balsamic vinegar, dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), water, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), sea salt, black pepper, xanthan gum, guar gum.). ***Contains: gluten, dairy, treenuts, mustard, sulphites.**
Cals: 872 | Fats: 51.3 g | Carbs: 72.4 g | Fibre: 11.2 g | Sugar: 14.8 g | Protein: 34 g | Sodium: 1120 mg

SOUTHWEST: romaine, seasoned sirloin steak, black bean corn salsa, grape tomatoes, red & yellow peppers, cheddar, crushed pita chip, chipotle lime dressing (canola oil, water, chipotle peppers in adobo (chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid), lime juice concentrate, cumin powder, dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), food starch modified, mexican chili powder, sea salt, chipotle chili pepper powder, onion powder, paprika, garlic powder, coriander powder, cayenne pepper powder, oregano, black pepper, xanthan gum, guar gum). ***Contains: gluten, dairy, mustard.**
Allergen claims: nut-free
Cals: 854 | Fats: 49 g | Carbs: 69.5 g | Fibre: 11.3 g | Sugar: 6.2 g | Protein: 30.3 g | Sodium: 1145 mg

SUNSHINE: chopped mix, seasoned grilled chicken, avocado, cucumber, apples, mozzarella, goddess dressing (canola oil, gluten-free soy sauce (water, soybeans, salt, sugar, corn starch), tahini, water, red wine vinegar, food starch modified, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), chives, lemon juice concentrate, xanthan gum, guar gum). ***Contains: gluten, dairy, soy, sesame, sulphites.**
Allergen claims: nut-free
Cals: 850 | Fats: 52.7 g | Carbs: 62 g | Fibre: 12.3 g | Sugar: 4.7 g | Protein: 33.5 g | Sodium: 1333 mg

GODDESS: romaine, falafel, roasted sweet potato, chickpeas, avocado, roasted pumpkin seeds, feta, goddess dressing (canola oil, gluten-free soy sauce (water, soybeans, salt, sugar, corn starch), tahini, water, red wine vinegar, food starch modified, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), chives, lemon juice concentrate, xanthan gum, guar gum.). ***Contains: gluten, dairy, soy, sesame, sulphites.**
Allergen claims: vegetarian, nut-free
Cals: 1170 | Fats: 74.7 g | Carbs: 104 g | Fibre: 21 g | Sugar: 10.6 g | Protein: 29 g | Sodium: 1715 mg

COBB: romaine, seasoned grilled chicken, egg, avocado, cheddar, bacon bits, grape tomatoes, red onion, chipotle ranch dressing (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), water, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), chipotle peppers in adobo (chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid), onion powder, garlic powder, mexican chili powder, black pepper, dill weed, chipotle chili pepper powder, paprika, salt, lemon juice concentrate, parsley, chives, coriander powder, cayenne pepper, oregano, cumin powder). ***Contains: gluten, dairy, eggs.**
Allergen claims: nut-free
Cals: 944 | Fats: 58.5 g | Carbs: 61.2 g | Fibre: 13 g | Sugar: 4.8 g | Protein: 42 g | Sodium: 1326 mg

HARVEST: spinach, tofu, chickpeas, roasted pecans, sun-dried cranberries, carrots, cucumber, goddess dressing (canola oil, gluten-free soy sauce (water, soybeans, salt, sugar, corn starch), tahini, water, red wine vinegar, food starch modified, minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), chives, lemon juice concentrate, xanthan gum, guar gum.). ***Contains: gluten, soy, treenuts, sesame, sulphites.**
Allergen claims: vegetarian, vegan, dairy-free
Cals: 914 | Fats: 57.3 g | Carbs: 75.4 g | Fibre: 12 g | Sugar: 14.6 g | Protein: 28.4 g | Sodium: 1057 mg

CREAMY RANCH: romaine, seasoned grilled chicken, cheddar, pickled red onions, R&Y peppers, cucumbers, ranch dressing (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), water, buttermilk powder, dill weed, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), garlic powder, onion powder, black pepper, lemon juice concentrate, salt, parsley, chives). ***CONTAINS: dairy, egg, gluten, sulphites.**
Cals: 703 | Fats: 36.4 g | Carbs: 59.2 g | Fibre: 9.5 g | Sugar: 8.7 g | Protein: 32.3 g | Sodium: 1363 mg

SPICY CHIPOTLE RANCH: romaine, seasoned grilled chicken, cheddar, pickled red onions, R&Y peppers, cucumbers, chipotle ranch dressing (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), water, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), chipotle peppers in adobo (chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid), onion powder, garlic powder, mexican chili powder, black pepper, dill weed, chipotle chili pepper powder, paprika, salt, lemon juice concentrate, parsley, chives, coriander powder, cayenne pepper, oregano, cumin powder) ***CONTAINS: dairy, egg, gluten, sulphites.**
Cals: 703 | Fats: 36.4 g | Carbs: 59 g | Fibre: 9.5 g | Sugar: 7.4 g | Protein: 31.6 g | Sodium: 1375 mg

Sandwiches

SPICY CHIPOTLE CHICKEN: seasoned grilled chicken, cheddar, spinach, pickled red onions, chipotle ranch dressing (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), water, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), chipotle peppers in adobo (chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid), onion powder, garlic powder, mexican chili powder, black pepper, dill weed, chipotle chili pepper powder, paprika, salt, lemon juice concentrate, parsley, chives, coriander powder, cayenne pepper, oregano, cumin powder) ciabatta bun. ***Contains: gluten, dairy, eggs.**
Allergen claims: nut-free
Cals: 753 | Fats: 36 g | Carbs: 73 g | Fibre: 3 g | Sugar: 2 g | Protein: 35 g | Sodium: 1625 mg

CRANBERRY PESTO CHICKEN: seasoned grilled chicken, mozzarella, cheddar, spinach, cranberry sauce, pesto sauce (canola oil, cheese, basil, parsley, garlic, water, concentrated lemon juice, spices, salt), ciabatta bun. ***Contains: gluten, dairy.**
Allergen claims: nut-free
Cals: 743 | Fats: 28 g | Carbs: 80 g | Fibre: 4 g | Sugar: 6 g | Protein: 44 g | Sodium: 1665 mg

CHICKEN CLUB: seasoned grilled chicken, bacon, swiss, tomato, romaine, mayonnaise, ciabatta bun. ***Contains: gluten, dairy, egg.**
Allergen claims: nut-free
Cals: 713 | Fats: 29 g | Carbs: 75 g | Fibre: 14 g | Sugar: 3 g | Protein: 39 g | Sodium: 1415 mg

SOUTHWEST STEAK: seasoned sirloin steak, cheddar, pickled red onion, spinach, chipotle ranch dressing (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), water, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), chipotle peppers in adobo (chipotle peppers, water, tomato paste, salt, sugar, onion, acetic acid), onion powder, garlic powder, mexican chili powder, black pepper, dill weed, chipotle chili pepper powder, paprika, salt, lemon juice concentrate, parsley, chives, coriander powder, cayenne pepper, oregano, cumin powder), ciabatta bun. ***Contains: gluten, dairy, eggs.**
Allergen claims: nut-free
Cals: 789 | Fats: 41 g | Carbs: 73 g | Fibre: 3 g | Sugar: 1 g | Protein: 33 g | Sodium: 1720 mg

JALAPEÑO POPPER: bacon strips, cream cheese, cheddar, mozzarella, sliced jalapeños, sourdough bread. ***Contains: gluten, dairy.**
Allergen claims: nut-free
Cals: 600 | Fats: 30 g | Carbs: 53 g | Fibre: 3 g | Sugar: 4 g | Protein: 30 g | Sodium: 1420 mg

TUNA MELT: tuna (ranch dressing), cheddar, sourdough bread. ***Contains: gluten, dairy, egg, soy, fish.**
Allergen claims: nut-free
Cals: 680 | Fats: 41 g | Carbs: 47 g | Fibre: 3 g | Sugar: 0 g | Protein: 32 g | Sodium: 1230 mg

Quesadillas

All quesadillas are served in a whole wheat tortilla

BAJA: seasoned grilled chicken, cheddar, red & yellow peppers, black bean corn salsa. ***Contains: gluten, dairy.**
Allergen claims: nut-free
Cals: 900 | Fats: 52 g | Carbs: 79 g | Fibre: 15 g | Sugar: 10 g | Protein: 36 g | Sodium: 1820 mg

BBQ: seasoned grilled chicken, cheddar, banana peppers, red onions, mushrooms, BBQ sauce (water, sugar/glucose-fructose, vinegar, modified corn starch, salt, tomato paste, spices and seasonings, canola oil, cooking molasses, natural flavour, mustard, colour, sugar gum (thickener)). ***Contains: gluten, dairy, mustard.**
Allergen claims: nut-free
Cals: 860 | Fats: 53 g | Carbs: 68 g | Fibre: 12 g | Sugar: 10 g | Protein: 33 g | Sodium: 2150 mg

PESTO: seasoned grilled chicken, cheddar, red & yellow peppers, pesto sauce (canola oil, cheese, basil, parsley, garlic, water, concentrated lemon juice, spices, salt). ***Contains: gluten, dairy.**
Allergen claims: nut-free
Cals: 870 | Fats: 55 g | Carbs: 66 g | Fibre: 13 g | Sugar: 8 g | Protein: 35 g | Sodium: 1890 mg

VEGETARIAN: mozzarella, cheddar, red & yellow peppers, mushrooms, red onions, sun-dried cranberries. ***Contains: gluten, dairy.**
Allergen claims: vegetarian, nut-free
Cals: 770 | Fats: 44 g | Carbs: 81 g | Fibre: 15 g | Sugar: 23 g | Protein: 21 g | Sodium: 1430 mg

Kids Menu

CHICKIE BOWL: seasoned brown rice, seasoned grilled chicken, cheddar. ***Contains: dairy.**
Allergen claims: gluten-friendly, nut-free
Cals: 210 | Fats: 5 g | Carbs: 26 g | Fibre: 2 g | Sugar: 1 g | Protein: 16 g | Sodium: 380 mg

CHICKIE CAESAR SALAD: romaine, seasoned grilled chicken, croutons, parmesan, Caesar dressing (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), parmesan cheese, worcestershire sauce (vinegar, sugars (blackstrap molasses, corn syrup, sugar), water, salt, caramel, dehydrated garlic, spices, natural flavour), anchovy extract, black pepper, lemon juice concentrate, sea salt.). ***Contains: gluten, dairy, eggs, fish, mustard, soy, sulphites.**
Allergen claims: nut-free
Cals: 300 | Fats: 23 g | Carbs: 7 g | Fibre: 2 g | Sugar: 1 g | Protein: 16 g | Sodium: 600 mg

CHICKIE CAESAR WRAP: romaine, seasoned grilled chicken, croutons, parmesan, Caesar dressing (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), minced garlic (water, garlic, citric acid, potassium sorbate, sulphites), dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), parmesan cheese, worcestershire sauce (vinegar, sugars (blackstrap molasses, corn syrup, sugar), water, salt, caramel, dehydrated garlic, spices, natural flavour), anchovy extract, black pepper, lemon juice concentrate, sea salt.), whole wheat tortilla. ***Contains: gluten, dairy, eggs, fish, mustard, sulphites, soy.**
Cals: 500 | Fats: 30 g | Carbs: 39 g | Fibre: 5 g | Sugar: 2 g | Protein: 21 g | Sodium: 940 mg

CHICKIE QUESADILLA: seasoned grilled chicken, cheddar, side of ranch (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), water, buttermilk powder, dill weed, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), garlic powder, onion powder, black pepper, lemon juice concentrate, salt, parsley, chives), whole wheat tortilla. ***Contains: gluten, dairy, eggs.**
Allergen claims: nut-free
Cals: 300 | Fats: 10 g | Carbs: 35 g | Fibre: 3 g | Sugar: 2 g | Protein: 19 g | Sodium: 610 mg

CHICKIE RANCH WRAP: romaine, seasoned grilled chicken, cheddar, ranch dressing (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spice, concentrated lemon juice, calcium disodium edta), water, buttermilk powder, dill weed, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), garlic powder, onion powder, black pepper, lemon juice concentrate, salt, parsley, chives), whole wheat tortilla. ***Contains: gluten, dairy, eggs.**
Allergen claims: nut-free
Cals: 450 | Fats: 26 g | Carbs: 37 g | Fibre: 4 g | Sugar: 2 g | Protein: 20 g | Sodium: 790 mg

CHICKIE GRILLED CHEESE: cheddar & sourdough bread. ***Contains: gluten, dairy.**
Allergen claims: vegetarian, nut-free
Cals: 380 | Fats: 10 g | Carbs: 59 g | Fibre: 7 g | Sugar: 7 g | Protein: 17 g | Sodium: 800 mg