

Ingredients Listing

Dressing/Sauces

CHOPPED BALSAMIC: 100% olive/pomace oil, balsamic vinegar, dijon mustard, garlic, sea salt, black pepper ***CONTAINS: mustard, sulphites**
Cals: 160 | Fats: 17 g | Carbs: 2 g | Fibre: 0 g | Sugar: 1 g | Protein: 0.2 g | Sodium: 180 mg

GODDESS: canola oil, wheat-free soy sauce, tahini, red wine vinegar, lemon juice, garlic, chives ***CONTAINS: soy, sesame, sulphites**
Cals: 220 | Fats: 24 g | Carbs: 1 g | Fibre: 1 g | Sugar: 0 g | Protein: 1 g | Sodium: 430 mg

GREEK VINAIGRETTE:

canola oil, red wine vinegar, olive/pomace oil, dijon mustard, garlic powder, feta, onion powder, black pepper, basil, oregano, sea salt, xanthan gum ***CONTAINS: mustard, dairy, sulphites.**
Cals: 230 | Fats: 25 g | Carbs: 1 g | Fibre: 0 g | Sugar: 0 g | Protein: 0.4 g | Sodium: 135 mg

EVIL PEANUT: Gluten-friendly hoisin sauce, canola oil, sesame oil, lemon juice, lime juice (fresh), peanut butter (organic peanuts), brown sugar, chili garlic sauce, sambal oelek, garlic, sea salt ***CONTAINS: soy, peanuts, sulphites, sesame**
Cals: 170 | Fats: 14 g | Carbs: 10 g | Fibre: 0 g | Sugar: 8 g | Protein: 0 g | Sodium: 450 mg

PESTO: canola oil, cheese, basil, parsley, garlic, water, concentrated lemon juice, spices, salt.
Cals: 80 | Fats: 7 g | Carbs: 1 g | Fibre: 0 g | Sugar: 0 g | Protein: 2 g | Sodium: 200 mg

CAESAR: mayonnaise, garlic, dijon mustard, lemon juice, parmesan cheese, worcestershire sauce, anchovies, black pepper, sea salt ***CONTAINS: eggs, soy, mustard, dairy, seafood, sulphites**
Cals: 230 | Fats: 25 g | Carbs: 1 g | Fibre: 0 g | Sugar: 0 g | Protein: 1 g | Sodium: 350 mg

RANCH: mayonnaise, water, cayenne sauce (aged cayenne red peppers, distilled vinegar, water, salt and garlic powder), lemon juice (lemon juice, sulphites, lemon oil), garlic powder, onion powder, dill, black pepper, sea salt, parsley, chives ***CONTAINS: eggs, soy, sulphites, mustard.**
Cals: 210 | Fats: 23 g | Carbs: 0 g | Fibre: 0 g | Sugar: 0 g | Protein: 0.1 g | Sodium: 250 mg

CHIPOTLE LIME CITRUS: canola oil, olive/pomace oil, lime juice, chipotle jelly, chipotle peppers, chipotle seasoning mix (garlic powder, onion powder, coriander, paprika, black pepper, dijon mustard, cumin, sea salt, xanthan gum ***CONTAINS: mustard, sulphites**
Cals: 250 | Fats: 27 g | Carbs: 5 g | Fibre: 0 g | Sugar: 0 g | Protein: 0.1 g | Sodium: 115 mg

CHIPOTLE RANCH: mayonnaise, water, cayenne sauce, lemon juice, chipotle peppers, ground chipotle chili peppers, garlic powder, onion powder, dill, black pepper, sea salt, parsley, chives ***CONTAINS: eggs, soy, sulphites, mustard**
Cals: 280 | Fats: 29 g | Carbs: 5 g | Fibre: 1 g | Sugar: 0 g | Protein: 1 g | Sodium: 160 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.
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.**
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.**
Cals: 190 | Fats: 12 g | Carbs: 7 g | Fibre: 2 g | Sugar: 2 g | Protein: 6 g | Sodium: 760 mg

TZATSIKI: cream, pasteurized ultra-filtered milk, milk protein concentrate, canola oil, salt, garlic puree, cucumber, white vinegar, white pepper, dill, bacterial culture. ***CONTAINS: dairy.**
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.
Cals: 5 | Fats: 0 g | Carbs: 1 g | Fibre: 0 g | Sugar: 0 g | Protein: 0.2 g | Sodium: 1330 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: enriched wheat flour (wheat flour, ascorbic acid, malted barley flour, amylase, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, durum wheat semolina flour, yeast, sea salt, dough conditioner (wheat flour, malted barley flour, ascorbic acid, amylase, lipase), natural preservative (cultured corn syrup solids, citric acid), soya lecithin. ***CONTAINS: wheat**

Grains

RICE: brown basmati rice, cumin, chilli powder, salt, pepper, olive oil

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

PITA CHIPS: pita bread (whole wheat flour, water, yeast, salt, calcium propionate), 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**

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 stearyl-2-lactylate, calcium, propionate, acetylated tartaric acid esters of mono and diglycerides, monoglycerides, sorbic acid) butter, canola oil, garlic salt. ***CONTAINS: gluten**

Proteins

SHRIMP: shrimp, salt, sodium phosphate, sulphites. ***CONTAINS: fish, sulphites.**

LEMON DILL TUNA: mixed with lemon dill dressing. ***CONTAINS: egg, soy, fish.**

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

Soup

SPICY CREAMY TOMATO: water, tomato paste, cream, diced tomatoes, canola oil, sugar, onions, butter, salt, modified corn starch, basil, modified corn starch, basil, modified milk ingredients, wheat flour, dried garlic, dried parsley, onion powder, yeast extract, spices, annatto extract. ***CONTAINS: gluten, dairy, sulphites.**

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: 1770 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, dairy, soy, sulphites.**

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: gluten, dairy, mustard, sulphites.**

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: gluten, dairy, mustard, sulphites.**

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

BOLD BUFFALO: brown basmati rice, romaine, seasoned grilled chicken, red and yellow peppers, carrots, bacon bits, croutons, red onion, parmesan, ranch dressing (mayonnaise, water, cayenne sauce, lemon juice, garlic powder, onion powder, dill, black pepper, sea 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, soy.**

Cals: 650 | Fats: 37 g | Carbs: 57 g | Fibre: 8 g | Sugar: 5 g | Protein: 25 g | Sodium: 1670 mg

BANGKOK: brown basmati rice, romaine, shrimp, edamame, chow mein noodles, red & yellow peppers, red onion, peanuts, evil peanut dressing (Gluten-friendly hoisin sauce, canola oil, sesame oil, lemon juice, lime juice (fresh), peanut butter (organic peanuts), brown sugar, chilli garlic sauce, sambaloelek, garlic, sea salt). ***CONTAINS: gluten, eggs, soy, peanuts, sesame, sulphites.**

Cals: 680 | Fats: 27 g | Carbs: 84 g | Fibre: 10 g | Sugar: 14 g | Protein: 30 g | Sodium: 1000 mg

CAESAR: brown basmati rice, romaine, seasoned grilled chicken, bacon bits, parmesan, croutons, caesar dressing (mayonnaise, garlic, dijon mustard, lemon juice, parmesan cheese, worcestershire sauce, anchovies, black pepper, sea salt). ***CONTAINS: gluten, dairy, eggs, soy, fish, mustard, sulphites.**

Cals: 720 | Fats: 46 g | Carbs: 53 g | Fibre: 6 g | Sugar: 2 g | Protein: 26 g | Sodium: 1250 mg

COBB: brown basmati rice, romaine, seasoned grilled chicken, egg, avocado, cheddar, bacon bits, grape tomatoes, red onion, chipotle ranch dressing (mayonnaise, water, cayenne sauce, lemon juice, chipotle peppers, ground chipotle chilli peppers, garlic powder, onion powder, dill, black pepper, sea salt, parsley, chives). ***CONTAINS: gluten, dairy, eggs, soy.**

Cals: 820 | Fats: 56 g | Carbs: 48 g | Fibre: 9 g | Sugar: 5 g | Protein: 32 g | Sodium: 1150 mg

HARVEST: brown basmati rice, spinach, tofu, chickpeas, roasted pecans, sun-dried cranberries, carrots, cucumber, goddess dressing (canola oil, wheat-free soy sauce, tahini, red wine vinegar, lemon juice, garlic, chives). ***CONTAINS: soy, tree nuts, sesame.**

Cals: 710 | Fats: 41 g | Carbs: 67 g | Fibre: 11 g | Sugar: 13 g | Protein: 22 g | Sodium: 1200 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, olive/pomace oil, dijon mustard, garlic powder, feta, onion powder, black pepper, basil, oregano, sea salt, xanthan gum). ***CONTAINS: dairy, mustard, sulphites.**

Cals: 760 | Fats: 52 g | Carbs: 63 g | Fibre: 10 g | Sugar: 7 g | Protein: 14 g | Sodium: 1100 mg

SIGNATURE: brown basmati rice, romaine, seasoned grilled chicken, croutons, feta, sun-dried cranberries, roasted pecans, red onion, balsamic dressing (100% olive/pomace oil, balsamic vinegar, Dijon mustard, garlic, sea salt, black pepper). ***CONTAINS: gluten, dairy, treenuts, mustard, sulphites.**

Cals: 690 | Fats: 37 g | Carbs: 67 g | Fibre: 8 g | Sugar: 14 g | Protein: 24 g | Sodium: 920 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, olive/pomace oil, lime juice, chipotle jelly, chipotle peppers, chipotle seasoning mix (garlic powder, onion powder, coriander, paprika, black pepper, dijon mustard, cumin, sea salt, xanthan gum)). ***CONTAINS: gluten, dairy, mustard, sulphites.**

Cals: 740 | Fats: 46 g | Carbs: 67 g | Fibre: 9 g | Sugar: 6 g | Protein: 24 g | Sodium: 880 mg

SUNSHINE: brown basmati rice, chopped mix, seasoned grilled chicken, avocado, cucumber, apples, mozzarella, goddess dressing (canola oil, wheat-free soy sauce, tahini, red wine vinegar, lemon juice, garlic, chives). ***CONTAINS: dairy, soy, sesame.**

Cals: 630 | Fats: 3 g | Carbs: 56 g | Fibre: 10 g | Sugar: 5 g | Protein: 24 g | Sodium: 900 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, eggs, soy.**

Cals: 610 | Fats: 26 g | Carbs: 73 g | Fibre: 13 g | Sugar: 7 g | Protein: 26 g | Sodium: 1190 mg

GODDESS: brown basmati rice, romaine, falafel, roasted sweet potato, chickpeas, avocado, roasted pumpkin seeds, feta, goddess dressing (canola oil, wheat-free soy sauce, tahini, red wine vinegar, lemon juice, garlic, chives). ***CONTAINS: dairy, soy, sesame.**

Cals: 740 | Fats: 49 g | Carbs: 64 g | Fibre: 16 g | Sugar: 10 g | Protein: 19 g | Sodium: 1110 mg

Salads

All salads are served with an optional pita chip

BOLD BUFFALO: romaine, seasoned grilled chicken, red and yellow peppers, carrots, bacon bits, croutons, red onion, parmesan, ranch dressing (mayonnaise, water, cayenne sauce, lemon juice, garlic powder, onion powder, dill, black pepper, sea 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, soy.**

Cals: 490 | Fats: 35 g | Carbs: 21 g | Fibre: 5 g | Sugar: 6 g | Protein: 23 g | Sodium: 1500 mg

BANGKOK: romaine, shrimp, edamame, chow mein noodles, red & yellow peppers, red onion, peanuts, evil peanut dressing (Gluten-friendly hoisin sauce, canola oil, sesame oil, lemon juice (fresh), peanut butter (organic peanuts), brown sugar, chilli garlic sauce, sambaloelek, garlic, sea salt). ***CONTAINS: gluten, eggs, soy, peanuts, sesame, sulphites.**

Cals: 450 | Fats: 20 g | Carbs: 45 g | Fibre: 7 g | Sugar: 6 g | Protein: 27 g | Sodium: 690 mg

CAESAR: romaine, seasoned grilled chicken, bacon bits, parmesan, croutons, Caesar dressing (mayonnaise, garlic, dijon mustard, lemon juice, parmesan cheese, worcestershire sauce, anchovies, black pepper, sea salt). ***CONTAINS: gluten, dairy, eggs, soy, sulphites.**
Cals: 460 | Fats: 34 g | Carbs: 16 g | Fibre: 4 g | Sugar: 3 g | Protein: 23 g | Sodium: 960 mg

COBB: romaine, seasoned grilled chicken, egg, avocado, cheddar, bacon bits, grape tomatoes, red onion, chipotle ranch dressing (mayonnaise, water, cayenne sauce, lemon juice, chipotle peppers, ground chipotle chilli peppers, garlic powder, onion powder, dill, black pepper, sea salt, parsley, chives). ***CONTAINS: dairy, eggs, soy, sulphites.**
Cals: 590 | Fats: 45 g | Carbs: 19 g | Fibre: 7 g | Sugar: 6 g | Protein: 30 g | Sodium: 920 mg

HARVEST: spinach, tofu, chickpeas, roasted pecans, sun-dried cranberries, carrots, cucumber, goddess dressing (canola oil, wheat-free soy sauce, tahini, red wine vinegar, lemon juice, garlic, chives). ***CONTAINS: gluten, soy, treenuts, sesame.**
Cals: 530 | Fats: 39 g | Carbs: 29 g | Fibre: 7 g | Sugar: 13 g | Protein: 19 g | Sodium: 1080 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, olive/pomace oil, dijon mustard, garlic powder, feta, onion powder, black pepper, basil, oregano, sea salt, xanthan gum). ***CONTAINS: dairy, mustard, sulphites.**
Cals: 550 | Fats: 40 g | Carbs: 38 g | Fibre: 9 g | Sugar: 8 g | Protein: 13 g | Sodium: 940 mg

SIGNATURE: romaine, seasoned grilled chicken, croutons, feta, sun-dried cranberries, roasted pecans, red onion, balsamic dressing (100% olive/pomace oil, balsamic vinegar, dijon mustard, garlic, sea salt, black pepper). ***CONTAINS: gluten, dairy, tree nuts, mustard, sulphites.**
Cals: 480 | Fats: 31 g | Carbs: 31 g | Fibre: 6 g | Sugar: 14 g | Protein: 21 g | Sodium: 720 mg

SOUTHWEST: romaine, seasoned sirloin steak, black bean corn salsa, grape tomatoes, red & yellow peppers, cheddar, crushed pita chip, chipotle lime dressing (canola oil, olive/pomace oil, lime juice, chipotle jelly, chipotle peppers, chipotle seasoning mix (garlic powder, onion powder, coriander, paprika, black pepper, dijon mustard, cumin, sea salt, xanthan gum). ***CONTAINS: gluten, dairy, mustard, sulphites**
Cals: 490 | Fats: 32 g | Carbs: 30 g | Fibre: 6 g | Sugar: 7 g | Protein: 22 g | Sodium: 680 mg

SUNSHINE: chopped mix, seasoned grilled chicken, avocado, cucumber, apples, mozzarella, goddess dressing (canola oil, wheat-free soy sauce, tahini, red wine vinegar, lemon juice, garlic, chives). ***CONTAINS: dairy, soy, sesame.**
Cals: 440 | Fats: 33 g | Carbs: 18 g | Fibre: 7 g | Sugar: 18 g | Protein: 21 g | Sodium: 740 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.**
Cals: 440 | Fats: 24 g | Carbs: 37 g | Fibre: 10 g | Sugar: 8 g | Protein: 23 g | Sodium: 1030 mg

GODDESS: romaine, falafel, roasted sweet potato, chickpeas, avocado, roasted pumpkin seeds, feta, goddess dressing (canola oil, wheat-free soy sauce, tahini, red wine vinegar, lemon juice, garlic, chives). ***CONTAINS: dairy, soy, sesame.**
Cals: 670 | Fats: 46 g | Carbs: 51 g | Fibre: 16 g | Sugar: 12 g | Protein: 20 g | Sodium: 1010 mg

Wraps

All wraps are served in a whole wheat tortilla

BOLD BUFFALO: romaine, seasoned grilled chicken, red and yellow peppers, carrots, bacon bits, croutons, red onion, parmesan, ranch dressing (mayonnaise, water, cayenne sauce, lemon juice, garlic powder, onion powder, dill, black pepper, sea 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, soy.**
Cals: 740 | Fats: 41 g | Carbs: 67 g | Fibre: 13 g | Sugar: 7 g | Protein: 31 g | Sodium: 1890 mg

BANGKOK: romaine, shrimp, edamame, chow mein noodles, red & yellow peppers, red onion, peanuts, evil peanut dressing (Gluten-friendly hoisin sauce, canola oil, sesame oil, lemon juice, lime juice (fresh), peanut butter (organic peanuts), brown sugar, chilli garlic sauce, sambaloelek, garlic, sea salt). ***CONTAINS: gluten, eggs, soy, peanuts, sesame, sulphites.**
Cals: 710 | Fats: 26 g | Carbs: 91 g | Fibre: 15 g | Sugar: 13 g | Protein: 36 g | Sodium: 1080 mg

CAESAR: romaine, seasoned grilled chicken, bacon bits, parmesan, croutons, caesar dressing (mayonnaise, garlic, dijon mustard, lemon juice, parmesan cheese, worcestershire sauce, anchovies, black pepper, sea salt). ***CONTAINS: gluten, dairy, eggs, soy, sulphites.**
Cals: 730 | Fats: 41 g | Carbs: 63 g | Fibre: 12 g | Sugar: 4 g | Protein: 31 g | Sodium: 1350 mg

COBB: romaine, seasoned grilled chicken, egg, avocado, cheddar, bacon bits, grape tomatoes, red onion, chipotle ranch dressing (mayonnaise, water, cayenne sauce, lemon juice, chipotle peppers, ground chipotle chilli peppers, garlic powder, onion powder, dill, black pepper, sea salt, parsley, chives). ***CONTAINS: gluten, dairy, eggs, soy, sulphites.**
Cals: 850 | Fats: 51 g | Carbs: 65 g | Fibre: 15 g | Sugar: 7 g | Protein: 38 g | Sodium: 1300 mg

HARVEST: spinach, tofu, chickpeas, roasted pecans, sun-dried cranberries, carrots, cucumber, goddess dressing (canola oil, wheat-free soy sauce, tahini, red wine vinegar, lemon juice, garlic, chives). ***CONTAINS: gluten, soy, treenuts, sesame.**
Cals: 790 | Fats: 45 g | Carbs: 77 g | Fibre: 16 g | Sugar: 15 g | Protein: 27 g | Sodium: 1430 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, olive/pomace oil, dijon mustard, garlic powder, feta, onion powder, black pepper, basil, oregano, sea salt, xanthan gum). ***CONTAINS: gluten, dairy, soy, mustard, sulphites.**
Cals: 800 | Fats: 46 g | Carbs: 83 g | Fibre: 16 g | Sugar: 9 g | Protein: 21 g | Sodium: 1320 mg

SIGNATURE: romaine, seasoned grilled chicken, croutons, feta, sun-dried cranberries, roasted pecans, red onion, balsamic dressing (100% olive/pomace oil, balsamic vinegar, dijon mustard, garlic, sea salt, black pepper). ***CONTAINS: gluten, dairy, soy, tree nuts, mustard, sulphites.**
Cals: 730 | Fats: 37 g | Carbs: 77 g | Fibre: 14 g | Sugar: 15 g | Protein: 29 g | Sodium: 1110 mg

SOUTHWEST: romaine, seasoned sirloin steak, black bean corn salsa, grape tomatoes, red & yellow peppers, cheddar, crushed pita chip, chipotle lime dressing (canola oil, olive/pomace oil, lime juice, chipotle jelly, chipotle peppers, chipotle seasoning mix (garlic powder, onion powder, coriander, paprika, black pepper, dijon mustard, cumin, sea salt, xanthan gum)). ***CONTAINS: gluten, dairy, soy, mustard, sulphites.**
Cals: 730 | Fats: 37 g | Carbs: 77 g | Fibre: 14 g | Sugar: 15 g | Protein: 29 g | Sodium: 1110 mg

SUNSHINE: chopped mix, seasoned grilled chicken, avocado, cucumber, apples, mozzarella, goddess dressing (canola oil, wheat-free soy sauce, tahini, red wine vinegar, lemon juice, garlic, chives) ***CONTAINS: gluten, dairy, soy, sesame.**
Cals: 710 | Fats: 39 g | Carbs: 66 g | Fibre: 15 g | Sugar: 7 g | Protein: 29 g | Sodium: 1120 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, soy.**
Cals: 690 | Fats: 30 g | Carbs: 83 g | Fibre: 18 g | Sugar: 9 g | Protein: 31 g | Sodium: 1420 mg

GODDESS: romaine, falafel, roasted sweet potato, chickpeas, avocado, roasted pumpkin seeds, feta, goddess dressing (canola oil, wheat-free soy sauce, tahini, red wine vinegar, lemon juice, garlic, chives). ***CONTAINS: gluten, dairy, soy, sesame.**
Cals: 850 | Fats: 49 g | Carbs: 87 g | Fibre: 22 g | Sugar: 12 g | Protein: 26 g | Sodium: 1280 mg

Sandwiches

SPICY CHIPOTLE CHICKEN: seasoned grilled chicken, cheddar, spinach, pickled red onions, chipotle ranch dressing (mayonnaise, water, cayenne sauce, lemon juice, chipotle peppers, ground chipotle chilli peppers, garlic powder, onion powder, dill, black pepper, sea salt, parsley, chives) ciabatta bun. ***CONTAINS: gluten, dairy, eggs, soy.**
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.**
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.**
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, water, cayenne sauce, lemon juice, chipotle peppers, ground chipotle chilli peppers, garlic powder, onion powder, dill, black pepper, sea salt, parsley, chives), ciabatta bun. ***CONTAINS: gluten, dairy, egg, soy.**
Cals: 789 | Fats: 41 g | Carbs: 73 g | Fibre: 3 g | Sugar: 1 g | Protein: 33 g | Sodium: 1720 mg

TUNA MELT: lemon dill tuna, cheddar, sourdough bread. ***CONTAINS: gluten, dairy, egg, soy, fish.**
Cals: 680 | Fats: 41 g | Carbs: 47 g | Fibre: 3 g | Sugar: 0 g | Protein: 32 g | Sodium: 1230 mg

JALAPEÑO POPPER GRILLED CHEESE: bacon strips, cream cheese, cheddar, mozzarella, sliced jalapeños, sourdough bread. ***CONTAINS: gluten, dairy.**
Cals: 600 | Fats: 30 g | Carbs: 53 g | Fibre: 3 g | Sugar: 4 g | Protein: 30 g | Sodium: 1420 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, eggs, soy, sulphites.**
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, ugar, gum (thickener)). ***CONTAINS: gluten, dairy, eggs, soy, mustard, sulphites.**
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, eggs, soy.**
Cals: 870 | Fats: 55 g | Carbs: 66 g | Fibre: 13 g | Sugar: 8 g | Protein: 35 g | Sodium: 1890 mg

VEGGIE: mozzarella, cheddar, red & yellow peppers, mushrooms, red onions, sun-dried cranberries. ***CONTAINS: gluten, dairy, eggs, soy.**
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.**
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, garlic, dijon mustard, lemon juice, parmesan cheese, worcestershire sauce, anchovies, black pepper, sea salt). ***CONTAINS: gluten, dairy, eggs, fish, mustard, sulphites.**
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, garlic, dijon mustard, lemon juice, parmesan cheese, worcestershire sauce, anchovies, black pepper, sea salt), whole wheat tortilla. ***CONTAINS: gluten, dairy, eggs, fish, mustard, sulphites.**
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, water, cayenne sauce (aged cayenne red peppers, distilled vinegar, water, salt and garlic powder), lemon juice (lemon juice, sulphites, lemon oil), garlic powder, onion powder, dill, black pepper, sea salt, parsley, chives), whole wheat tortilla. ***CONTAINS: gluten, dairy.**
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, water, cayenne sauce (aged cayenne red peppers, distilled vinegar, water, salt and garlic powder), lemon juice (lemon juice, sulphites, lemon oil), garlic powder, onion powder, dill, black pepper, sea salt, parsley, chives), whole wheat tortilla. ***CONTAINS: gluten, dairy, eggs, soy, mustard.**
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.**
Cals: 410 | Fats: 6 g | Carbs: 73 g | Fibre: 2 g | Sugar: 6 g | Protein: 17 g | Sodium: 980 mg