

# Nutritional Chart

Menu	Calories	Fat (g)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)	Sodium (mg)
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## Bowls

Goddess	740	49	64	16	10	19	1110
Cobb	820	56	48	9	5	32	1150
Bangkok	680	27	84	10	14	30	1000
Harvest	710	41	67	11	13	22	1200
Mediterranean	760	52	63	10	7	14	1100
Santa Fe	610	26	73	13	7	26	1190
Southwest	740	46	67	9	6	24	880
Sunshine	630	36	56	10	5	24	900

## Salads

Goddess	670	46	51	16	12	20	1010
Cobb	590	45	19	7	6	30	920
Bangkok	450	20	45	7	6	27	690
Caesar	460	34	16	4	3	23	960
Mediterranean	550	40	38	9	8	13	940
Santa Fe	440	24	37	10	8	23	1030
Signature	480	31	31	6	14	21	720
Sunshine	440	33	18	7	18	21	740

## Wraps

Bangkok	710	26	91	15	13	36	1080
Bold Buffalo	740	41	67	13	7	31	1890
Caesar	730	41	63	12	4	31	1350
Mediterranean	800	46	83	16	9	21	1320
Santa Fe	690	30	83	18	9	31	1420
Signature	730	37	77	14	15	29	1110
Southwest	730	37	77	14	15	29	1110
Sunshine	710	39	66	15	7	29	1120

## Sandwiches

Spicy Chipotle Chicken	753	36	73	3	2	35	1625
Cranberry Pesto Chicken	743	28	80	4	6	44	1665
Chicken Club	713	29	75	4	3	39	1415
Southwest Steak	789	41	73	3	1	33	1720
Jalapeño Popper	600	30	53	3	4	30	1420
Tuna Melt	680	41	47	3	0	32	1230

## Quesadillas

Baja	900	52	79	15	10	36	1820
BBQ	860	53	68	12	10	33	2150
Pesto	870	55	66	13	8	35	1890
Veggie	770	44	81	15	23	21	1430

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### Soup

Spicy Creamy Tomato - Small	290	22	20	3	9	4	580
Spicy Creamy Tomato - Large	500	38	36	5	15	7	1770
Chicken Noodle - Small	80	2	10	1	1	7	580
Chicken Noodle - Large	170	4.5	21	1	3	13	1170
Curried Butternut Squash - Small	160	8	22	3	6	2	680
Curried Butternut Squash - Large	280	2	39	6	11	4	1170
Broccoli Cheddar - Small	190	12	7	2	2	6	760
Broccoli Cheddar - Large	330	21	28	4	4	10	1310

### Kids Menu

Chickie Bowl	210	5	26	2	1	16	380
Chickie Caesar Salad	300	23	7	2	1	16	600
Chickie Caesar Wrap	500	30	39	5	2	21	940
Chickie Quesadilla	300	10	35	3	2	19	610
Chickie Ranch Wrap	450	26	37	4	2	20	790
Chickie Grilled Cheese	410	6	73	2	6	17	980

### Dressings

Balsamic Vinaigrette	160	17	2	0	1	0.2	180
Buffalo Sauce	5	0	1	0	0	0.2	1330
Caesar Dressing	230	25	1	0	0	1	350
Chipotle Lime Citrus	250	27	5	0	0	0.1	115
Chipotle Ranch	280	29	5	1	0	1	160
Evil Peanut	170	14	10	0	8	0	450
Goddess	220	24	1	1	0	1	430
Greek Vinaigrette	230	25	1	0	0	0.4	135
Ranch dressing	210	23	0	0	0	0.1	250
Salsa	15	0	4	1	1	0	340
Sour Cream	45	3.5	2	0	1	1	25
Tzatziki	70	5	2	0	1	3	75
Pesto	80	7	1	0	0	2	200

### Proteins

Chicken	90	2	3	0	1	14	240
Steak	120	6	3	0	0	13	340
Tuna	340	30	0	0	0	17	510
Tofu	130	7	4	0	3	12	450
Falafel	200	11	22	5	4	6	360
Eggs	150	10	2	0	1	12	125
Shrimp	60	0	0	0	0	15	190

### Chopped Water

Strawberry Lemon	10	0	3	1	1	0.3	15
Cucumber Lime Mint	15	0	3	0	1	0.3	15
Mixed Berry	20	0	5	2	3	0.3	15