

Nutritional Chart

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

Bold Buffalo	650	37	57	8	5	25	1670
Bangkok	680	27	84	10	14	30	1000
Caesar	720	46	53	6	2	26	1250
Cobb	820	56	48	9	5	32	1150
Harvest	710	41	67	11	13	22	1200
Mediterranean	760	52	63	10	7	14	1100
Signature	690	37	67	8	14	24	920
Southwest	740	46	67	9	6	24	880
Sunshine	630	3	56	10	5	24	900
Santa Fe	610	26	73	13	7	26	1190
Goddess	740	49	64	16	10	19	1110

Salads

Bold Buffalo	490	35	21	5	6	23	1500
Bangkok	450	20	45	7	6	27	690
Caesar	460	34	16	4	3	23	960
Cobb	590	45	19	7	6	30	920
Harvest	530	39	29	7	13	19	1080
Mediterranean	550	40	38	9	8	13	940
Signature	480	31	31	6	14	21	720
Southwest	490	32	30	6	7	22	680
Sunshine	440	33	18	7	18	21	740
Santa Fe	440	24	37	10	8	23	1030
Goddess	670	46	51	16	12	20	1010

Wraps

Bold Buffalo	740	41	67	13	7	31	1890
Bangkok	710	26	91	15	13	36	1080
Caesar	730	41	63	12	4	31	1350
Cobb	850	51	65	15	7	38	1300
Harvest	790	45	77	16	15	27	1430
Mediterranean	800	46	83	16	9	21	1320
Signature	730	37	77	14	15	29	1110
Southwest	730	37	77	14	15	29	1110
Sunshine	710	39	66	15	7	29	1120
Santa Fe	690	30	83	18	9	31	1420
Goddess	850	49	87	22	12	26	1280

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	14	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
Vegetarian	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

Chopped Balsamic	160	17	2	0	1	0.2	180
Goddess	220	24	1	1	0	1	430
Greek Vinaigrette	230	25	1	0	0	0.4	135
Evil Peanut	170	14	10	0	8	0	450
Pesto	80	7	1	0	0	2	200
Caesar	230	25	1	0	0	1	350
Ranch	210	23	0	0	0	0.1	250
Chipotle Lime Citrus	250	27	5	0	0	0.1	115
Chipotle Ranch	280	29	5	1	0	1	160
Salsa	15	0	4	1	1	0	340
Sour Cream	45	3.5	2	0	1	1	25
BBQ Sauce	190	12	7	2	2	6	760
Tzatziki	70	5	2	0	1	3	75
Buffalo Sauce	5	0	1	0	0	0.2	1330

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