

Nutritional Chart

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

Bold Buffalo	400	33	18	5	5	9	1260
Bangkok	390	20	45	7	12	12	500
Caesar	370	32	13	4	2	9	720
Cobb	500	43	16	7	5	16	680
Harvest	400	32	25	7	10	7	610
Mediterranean	350	29	16	4	4	7	580
Signature	390	29	28	6	13	7	480
Southwest	370	26	27	6	7	9	340
Sunshine	350	31	15	7	5	7	500
Santa Fe	320	18	34	10	8	10	690
Goddess	470	35	29	11	8	14	650

Bowls

Bold Buffalo	560	35	54	8	4	11	1430
Bangkok	620	27	84	10	14	15	810
Caesar	630	44	50	6	1	12	1010
Cobb	720	54	45	9	4	18	910
Harvest	580	34	63	11	10	10	750
Mediterranean	560	41	41	5	3	8	740
Signature	600	35	64	8	13	10	680
Southwest	620	40	64	9	6	11	540
Sunshine	540	34	53	10	4	10	660
Santa Fe	490	20	70	13	7	13	850
Goddess	540	38	42	11	6	13	750

Wraps

Bold Buffalo	650	39	64	13	6	17	1650
Bangkok	650	26	91	15	13	21	890
Caesar	640	39	60	12	3	17	1110
Cobb	760	49	62	15	6	24	1060
Harvest	660	38	73	16	12	15	980
Mediterranean	600	35	61	11	5	15	960
Signature	640	35	74	14	14	15	870
Southwest	620	32	74	14	8	17	730
Sunshine	620	37	63	15	6	15	880
Santa Fe	570	24	80	18	9	18	1080
Goddess	650	38	65	17	8	20	920

Sandwiches

Multigrain

Bold Buffalo	730	43	60	9	6	31	1930
Cranberry Pesto	850	49	73	10	16	35	1480
Spicy Chicken	820	53	59	8	5	31	1360
Tuna Melt	710	38	56	8	5	40	1240
Jalapeño Popper	740	45	60	7	7	29	1500

Sourdough

Bold Buffalo	770	40	74	4	5	30	2110
Cranberry Pesto	880	45	87	5	14	34	1660
Spicy Chicken	850	49	73	3	4	31	1540
Tuna Melt	740	34	70	3	3	39	1420
Jalapeño Popper	780	42	74	2	6	28	1680

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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Soups

African Spiced Lentil - Small	100	2.5	16	5	4	5	390
African Spiced Lentil - Large	190	5	31	10	7	10	760
Chicken Noodle - Small	80	2	10	1	1	7	580
Chicken Noodle - Large	170	4.5	21	1	3	13	1170
Loaded Potato - Small	180	11	16	2	2	4	470
Loaded Potato - Large	340	21	32	4	4	7	950
Moroccan Chickpea - Small	130	2.5	24	4	4	4	580
Moroccan Chickpea - Large	250	5	47	7	7	7	1160
Spicy Creamy Tomato - Small	150	14	4	0	1	2	520
Spicy Creamy Tomato - Large	300	28	8	0	3	4	1030
Thai Curry Soup - Small	120	7	14	5	3	3	230
Thai Curry Soup - Large	250	14	38	10	7	7	450
Mushroom Chowder - Small	120	9	8	0	2	2	530
Mushroom Chowder - Large	240	18	15	0	3	4	1070

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
Grilled Cheese <small>Multi-grain</small>	380	10	59	7	7	17	800
Grilled Cheese <small>Sourdough</small>	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
Blackberry Peach	20	0	4	1	3	1	15
Raspberry Lime	15	0	4	2	1	0.2	15