

all nutritional information excludes dressing

NUTRITION FACTS

Salads	Calories	Protein	Carbs	Fat
Chef Salad	510	38	26	28
Chinese Chicken Salad	284	30	27	6
Cobb Salad	549	56	35	21
Deluxe Salad	428	18	30	26
Quinoa Salad	398	16	36	21
High Protein Salad	488	42	28	23
Tuna Avocado Salad	600	33	27	40
Side Salad	170	5	14	11

Specialties	Calories	Protein	Carbs	Fat
Lettuce Wrap (turkey)	171	23	14	2
Lettuce Wrap (shredded chicken)	200	30	12	3
Lettuce Wrap (tuna)	253	23	12	12
Lettuce Wrap (chicken salad)	285	30	12	13
Noodlerama	493	33	83	3
Salmon Poke Bowl	438	24	56	13
Spicy Ricey	375	8	69	7
Spring Roll	228	2	54	0

Drinks	Calories	Protein	Carbs	Fat
Mango Greentini (small)	77	0	19	0
Mango Greentini (large)	155	0	38	0
Lemonade (small)	50	0	13	0
Lemonade (large)	101	0	25	0
Plain Green Tea (small)	0	0	0	0
Plain Green Tea (large)	0	0	0	0
Plain Black Tea (small)	0	0	0	0
Plain Black Tea (large)	0	0	0	0

Sandwiches	Calories	Protein	Carbs	Fat
Chicken Sandwich	534	39	55	18
Egg Sandwich	470	18	56	20
Spicy Tuna Sandwich	594	34	60	24
Tuna Sandwich	501	32	55	17
Tuna Avocado Sandwich	584	34	58	24
Turkey Sandwich	419	32	57	7

Warm Items	Calories	Protein	Carbs	Fat
Panini (turkey)	521	37	50	20
Panini (shredded chicken)	550	44	48	21
Panini (tuna)	603	37	48	30
Panini (chicken salad)	635	44	48	30
Open Faced Melt (turkey)	507	38	45	19
Open Faced Melt (shredded chicken)	536	45	43	20
Open Faced Melt (tuna)	589	38	43	29
Open Faced Melt (chicken salad)	621	45	43	30
Grilled Cheese	237	11	33	7
Health Nut Noodle Soup w/ Tofu	545	19	94	10
Health Nut Noodle Soup w/ Chicken	617	39	92	10
Veggie Soup (12 oz)	60	3	12	0
Veggie Soup (32 oz)	160	8	32	0
Tomato Bisque (12 oz) -with sourdough	401	5	49	21
Tomato Bisque (32 oz) - with sourdough	920	10	104	53

Dressing (per 1 oz)	Calories	Protein	Carbs	Fat
Original House	130	0	3	14
Spicy Asian	90	0	6	8
Sesame	100	0	2	10
Lo Cal	10	0	2	0
Ranch	80	1	4	6