



all nutritional information excludes dressing (as of Feb 2025)

Salads	Calories
Chef Salad	510
Chicken Salad	316
Chinese Chicken Salad	284
Cobb Salad	549
Deluxe Salad	428
Quinoa Avocado Salad	481
High Protein Salad	488
Tuna Salad	283
Tuna Avocado Salad	600
Tuna Egg Salad	618
Side Salad	170

Specialties	Calories
Lettuce Wrap	171
Noodlerama	493
Salmon Poke Bowl	438
Spicy Ricey	375
Spring Roll	228

Drinks	Calories
Mango Greentini	77
Lemonade	50
Plain Green Tea	0
Plain Black Tea	0

Sandwiches	Calories
Avocado Cheese Sandwich	431
BLT Avocado Sandwich	466
Chicken Sandwich	480
Egg Sandwich	416
Spicy Tuna Sandwich	540
Tuna Sandwich	447
Tuna Avocado Sandwich	530
Turkey Avocado Sandwich	566
Veggie Sandwich	388

Warm Items	Calories
Grilled Paninis	353
Tuna Avocado Panini	688
Shredded Chicken Avocado Panini	635
Chicken Salad Avocado Panini	720
Spicy Tuna Avocado Panini	688
Health Nut Noodle Soup	545
Veggie Soup	60
Tomato Bisque	300
Lentil Soup	210
Coconut Butternut Squash	260
Chicken Bisque Sandwich	524
Grilled Cheese	349

Dressing (per 1 oz)	Calories
Original House	140
Spicy Asian	100
Sesame	110
Lo Cal	10
Ranch	100