

NUTRITION FACTS



all nutritional information excludes dressing (as of Dec 2025)

	Calories	Protein	Carbs	Fat
Chef Salad	485	38	19	28
Chicken Salad	339	37	7	18
Chinese Chicken Salad	259	31	20	6
Cobb Salad	524	56	28	21
Deluxe Salad	403	18	24	26
Deluxe Tuna Salad	591	38	24	38
Quinoa Avocado Salad	481	18	39	28
High Protein Salad	463	43	21	23
Tuna Salad	306	30	7	17
Tuna Avocado Salad	575	33	20	40
Tuna Egg Salad	641	36	17	48
Side Salad	158	5	10	11
Noodlerama	468	33	76	4
Salmon Poke Bowl	438	24	56	13
Spicy Ricey	350	8	62	8
Spring Roll	235	2	55	0
Deluxe Spring Roll (shredded chicken)	370	29	55	3
Deluxe Spring Roll (tuna)	423	22	55	12
Deluxe Spring Roll (chicken salad)	455	29	55	13
Chinese Chicken Tortilla Wrap	429	23	57	12
Tuna Avocado Tortilla Wrap	524	24	53	24
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
Avocado Cheese Sandwich	398	19	49	14
Chicken Sandwich	480	39	46	16
Egg Sandwich	416	18	47	18
Spicy Tuna Sandwich	513	31	50	21
Tuna Sandwich	447	32	46	15
Tuna Avocado Sandwich	530	34	49	22
Turkey Sandwich	358	30	48	5
Turkey Avocado Sandwich	546	31	51	24
Veggie Sandwich	381	15	57	10

	Calories	Protein	Carbs	Fat
Health Nut Noodle Soup (Tofu)	545	19	94	10
Health Nut Noodle Soup (Chicken)	617	39	92	10
Chicken Bisque Sandwich	524	42	61	12
Grilled Panini (turkey)-no side	463	35	60	9
Grilled Panini (shredded chicken)-no side	492	42	58	10
Grilled Panini (tuna)-no side	545	35	58	19
Grilled Panini (chicken salad)-no side	577	42	58	20
Tuna Avocado Panini (no side)	628	37	61	26
Shredded Chicken Avocado Panini (no side)	575	44	61	17
Chicken Salad Avocado Panini (no side)	660	44	61	27
Spicy Tuna Avocado Panini (no side)	628	37	61	26
Grilled Cheese	349	15	57	7
Veggie Soup (sm)	60	3	12	0
Veggie Soup (lg)	90	5	18	0
Tomato Bisque (sm)	200	2	22	12
Tomato Bisque (lg)	300	2	32	18
Lentil Soup (sm)	140	6	19	5
Lentil Soup (lg)	210	9	28	7
Butternut Squash (sm)	230	2	20	16
Butternut Squash (lg)	345	3	30	24
Mango Greentini (sm)	77	0	19	0
Mango Greentini (lg)	155	0	38	0
Lemonade (sm)	50	0	13	0
Lemonade (lg)	100	0	25	0
Plain Green Tea (sm)	0	0	0	0
Plain Green Tea (lg)	0	0	0	0
Plain Black Tea (sm)	0	0	0	0
Plain Black Tea (lg)	0	0	0	0
Original House (1 oz)	140	0	3	14
Spicy Asian (1 oz)	100	0	6	9
Sesame (1 oz)	110	0	3	11
Lo Cal (1 oz)	10	0	2	0
Ranch (1 oz)	100	0	3	10