

# Nutrition Facts



Base*	Calories	Fat	Carbs	Protein
Santa Fe	236	13	20	12
Caesar	153	10	6	10
Veggie (no hummus)	90	0	19	5
Market	681	45	58	19
Twisted Teriyaki	120	4	18	6
Greek	201	15	9	9
Spicy Shrimp	108	0	9	16

\* Base does not include added protein or sauce/dressing

Ingredients	Serving	Calories	Fat	Carbs	Protein
Romaine	2 cups	16	0	3	1.2
Spinach	2 cups	14	0	2	1.6
Tomatoes	2 oz	10	0	2.2	0.4
Black Beans	2 oz	52	0	9.4	3.4
Avocado	1 oz	45	4.2	2.4	0.6
Corn	1 oz	23	0.3	5.3	0.7
Cucumber	2 oz	8	0	2	0.4
Peppers	2 oz	14	0	3.6	0.6
Red Onion	0.5 oz	6	0	1.45	0.15
Green Onion	0.5 oz	6	0	1.45	0.15
Edamame	1 oz	40	1.8	3.1	3.5
Broccoli	1 oz	10	0.1	1.9	0.8
Carrots	1 oz	12	0	2.7	0.3
Red Cabbage	1 oz	9	0	2.1	0.4
Black Olives	1 oz	27	3	1	0
Shredded Zucchini	0.5 oz	2.5	0	0.5	0.15
Apple	2 oz	30	0	7.8	0
Craisins	1.5 oz	138	0	35.1	0
Walnuts	1 oz	185	18.5	3.9	4.3
Almonds	1 oz	164	14.4	5.6	6
Wonton Strips	0.5 oz	35	1.75	4.5	0.5

Cheese	Serving	Calories	Fat	Carbs	Protein
Cheddar Jack	1 oz	106	8.6	0.2	6.9
Parmesan	1 oz	118	8	1	9
Feta	2 oz	150	12	2.4	8
American Cheese	1 slice	94	6.9	2.4	5.6
Swiss Cheese	1 slice	80	6	1	5
Cheddar Cheese	1 slice	80	6	1	4

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Wraps/Breads	Serving	Calories	Fat	Carbs	Protein
Flour Wrap	1 wrap	300	8	51	7
Jalapeno Cheddar Wrap	1 wrap	310	8	52	7
Spinach Wrap	1 wrap	300	8	53	7
Breakfast Wrap-Flour	1 wrap	190	5	32	4
Flatbread	1 flatbread	280	7	46	9
Croissant	1 croissant	240	10	32	5
Pretzel Bun	1 bun	250	4.5	45	6

Rice/Quinoa	Serving	Calories	Fat	Carbs	Protein
Rice/Quinoa	1 cup	219	2.7	42.1	6.6
Rice/Quinoa	0.5 cup	109.5	1.35	21.05	3.3

Meats/Proteins	Serving	Calories	Fat	Carbs	Protein
Chicken	4 oz	144	2.5	2.5	24
Steak	4 oz	137	4	2.5	22
Shrimp	4 oz	70	0	0	15
Bacon	1.5 oz	180	13.5	0	15
Ham	4 slices	60	2	1	10
Turkey	4 slices	60	1.5	1	10
Hard Boiled Egg	1 egg	77	5.3	0.6	6.3
Regular Hummus	2 Tbsp	70	4.5	6	2
Red Pepper Hummus	2 Tbsp	60	4	5	2

Other	Serving	Calories	Fat	Carbs	Protein
Oatmeal	1/2 cup dry	150	3	27	5
Yogurt	2/3 cup	130	0	17	14

Sauces/Dressings (2oz)	Calories
Salsa	20
Sour Cream	120
Italian	212
Raspberry Vinaigrette	70
Balsamic Vinaigrette	120
Casear	240
Ranch	200
Spicy Sriracha	145
Hummus	140
Red Pepper Hummus	120

Sauces/Dressings (2oz)	Calories
Teriyaki	60
French	252
Chipotle Ranch	300
Honey Mustard	224
Greek	292

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information, scan  
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<b>Salads</b>				
<i>Romaine lettuce, no dressings</i>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Protein</b>
Santa Fe	252	13	23	13
Caesar	169	10	9	11
* Veggie	176	0	22	6
Market	697	45	61	20
Twisted Teriyaki	136	4	21	7
Greek	217	15	12	10
Spicy Shrimp	124	0	12	18

<b>Wraps</b>				
<i>Romaine lettuce, no dressing, flour wrap</i>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Protein</b>
Santa Fe	552	21	74	20
Caesar	469	18	60	18
* Veggie	476	8	73	13
Market	997	53	112	27
Twisted Teriyaki	436	12	72	14
Greek	517	23	63	17
Spicy Shrimp	424	8	63	25

<b>Bowls</b>				
<i>No dressings</i>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Protein</b>
Santa Fe	455	16	62	19
Caesar	372	12	48	16
* Veggie	379	3	61	12
Market	900	48	100	25
Twisted Teriyaki	339	6	60	13
Greek	420	18	51	16
Spicy Shrimp	327	3	51	23

<b>Burritos</b>				
<i>No dressings, flour wrap</i>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Protein</b>
Santa Fe	646	22	92	22
Caesar	563	19	5.5	20
* Veggie	570	9	18.65	15
Market	1091	54	58.25	29
Twisted Teriyaki	530	13	17.75	16
Greek	611	24	9.05	19
Spicy Shrimp	517	9	8.9	27

\*made with regular hummus

# Nutrition Facts



<b>Quesadillas</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Protein</b>
<i>Flour wrap</i>				
Santa Fe	632	29.7	68.5	25.5
Fajita	532	25.2	56.45	21.55
Ranchero	609	29.4	63.2	24.8
Cheese	512	25.2	51.4	20.8

<b>Breakfast</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Protein</b>
Ranchero	280	18.1	12.6	17.2
Farmer	213	13.9	8.05	14.35
Spinach	255	17.3	8.6	16.5

<b>Flat Bread</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Protein</b>
Cheese	574	29.4	51	27.1

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<b>Smoothies</b>					
<i>Made without milk</i>					
	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Protein</b>
Berries A' More	271	0	66.4	55.7	1.2
Blueberry Blitz	271	0	69.4	58.7	0.2
Firework	250	1	40.1	32.2	20
Hawaiian Harvest	271	0	66.4	55.7	0.2
Lean Green	182	2.4	41.2	25.5	1.5
Mango Tango	223	0	49.2	43.35	1.2
Spring Break	441	1	87.9	75.6	20
Strawberry Classic	271	0	68.4	55.7	0.2

<b>Smoothies</b>					
<i>Made with milk</i>					
	<b>Skim Milk</b>				
	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Protein</b>
Banana Nut Blast	454	16	47	28.6	33.9
Banana Split	437.5	5.5	96.6	75.4	28.7
Breakfast of Champions	688	25	118.6	71.9	40.7
Calorie Monster	634	19	61	28.5	56.7
Grand Slam	494	24	71.3	57.3	36.7
Healthy Holiday Nog	359	8	70.3	57.3	29.7
Java Jolt	317	7	60.3	52.3	29.7
Oreo Cookie Crunch	427	14	75.3	54.3	30.7
Peanut Butter Cup	487	21.5	66.3	49.3	37.7
Pumpkin Pie	238	1	31.35	23.85	25.55
Pumpkin Spice	309	8	62.35	43.85	26.55
Snickerdoodle	315	8	59.3	46.3	29.7
Slim Peach	302	0	67.55	60.75	5.35
Tamarock	322	8	62.3	46.3	30.7

<b>Almond Milk</b>					
	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Protein</b>
	408.5	18	37.8	19.4	27.4
	392	7.5	87.4	66.2	22.2
	642.5	27	109.4	62.7	34.2
	588.5	21	51.8	19.3	50.2
	434	26.5	60	45	29
	299	10.5	59	45	22
	257	9.5	49	40	22
	367	16.5	64	42	23
	427	24	55	37	30
	208	2.25	25.7	17.7	21.7
	279	9.25	56.7	37.7	22.7
	255	10.5	48	34	22
	272	1.25	61.9	54.6	1.5
	262	10.5	51	34	23