

# **WRAP ZONE**

## **NUTRITION GUIDE**

**2026**

---

**WRAPS | BOWLS | SALADS | SMOOTHIES**

# Wraps

| Wrap                 | Size    | Protein | Cal | Fat g | Sat g | Fibre g | Protein g | Carbs g | Sugar g |
|----------------------|---------|---------|-----|-------|-------|---------|-----------|---------|---------|
| Ace of Clubs         | Regular | Beef    | 435 | 19.8  | 5.0   | 3.8     | 27.6      | 39.4    | 3.9     |
| Ace of Clubs         | Regular | Chicken | 427 | 19.2  | 5.1   | 3.3     | 27.3      | 38.3    | 3.6     |
| Ace of Clubs         | Regular | Shrimp  | 402 | 18.7  | 5.1   | 3.3     | 22.9      | 37.7    | 3.6     |
| Ace of Clubs         | Regular | Tofu    | 426 | 22.2  | 5.6   | 4.0     | 21.2      | 38.4    | 4.2     |
| Ace of Clubs         | Zone    | Beef    | 619 | 27.1  | 7.8   | 5.6     | 36.9      | 58.4    | 6.0     |
| Ace of Clubs         | Zone    | Chicken | 608 | 26.2  | 7.1   | 5.0     | 36.4      | 56.9    | 5.6     |
| Ace of Clubs         | Zone    | Shrimp  | 571 | 25.5  | 7.1   | 5.0     | 30.1      | 56.1    | 5.6     |
| Ace of Clubs         | Zone    | Tofu    | 606 | 30.3  | 7.8   | 5.9     | 28.1      | 57.0    | 6.5     |
| Bombay Curry         | Regular | Beef    | 529 | 14.7  | 5.7   | 4.0     | 26.0      | 79.4    | 6.7     |
| Bombay Curry         | Regular | Chicken | 521 | 14.0  | 5.3   | 3.5     | 25.7      | 78.3    | 6.5     |
| Bombay Curry         | Regular | Shrimp  | 495 | 13.6  | 5.2   | 3.5     | 21.2      | 77.8    | 6.5     |
| Bombay Curry         | Regular | Tofu    | 519 | 17.1  | 5.7   | 4.1     | 19.6      | 78.5    | 7.1     |
| Bombay Curry         | Zone    | Beef    | 760 | 21.6  | 8.0   | 5.7     | 36.3      | 113.6   | 8.2     |
| Bombay Curry         | Zone    | Chicken | 749 | 20.7  | 7.4   | 5.1     | 35.7      | 112.1   | 7.9     |
| Bombay Curry         | Zone    | Shrimp  | 712 | 20.1  | 7.3   | 5.1     | 29.6      | 111.4   | 7.9     |
| Bombay Curry         | Zone    | Tofu    | 747 | 24.9  | 8.0   | 6.0     | 27.4      | 112.3   | 8.7     |
| Butter Chicken       | Regular | Chicken | 650 | 25.0  | 9.0   | 3.5     | 33.0      | 76.0    | 8.0     |
| Butter Chicken       | Zone    | Chicken | 965 | 37.5  | 13.5  | 5.3     | 48.0      | 113.0   | 12.0    |
| Carolina Pulled Pork | Regular | Pork    | 651 | 25.5  | 5.8   | 5.2     | 29.0      | 79.5    | 14.5    |
| Carolina Pulled Pork | Zone    | Pork    | 945 | 36.7  | 8.9   | 7.4     | 42.7      | 112.6   | 21.3    |
| Chicken 'n Cheese    | Regular | Chicken | 570 | 14.1  | 4.9   | 1.1     | 29.8      | 83.5    | 2.5     |
| Chicken 'n Cheese    | Zone    | Chicken | 843 | 22.6  | 8.2   | 2.1     | 43.3      | 120.5   | 3.0     |
| Chinatown Noodle     | Regular | Beef    | 430 | 21.6  | 4.1   | 5.5     | 25.7      | 53.0    | 8.6     |
| Chinatown Noodle     | Regular | Chicken | 421 | 21.0  | 3.6   | 5.0     | 25.4      | 51.9    | 8.4     |
| Chinatown Noodle     | Regular | Shrimp  | 396 | 20.5  | 3.6   | 5.0     | 20.9      | 51.4    | 8.4     |
| Chinatown Noodle     | Regular | Tofu    | 420 | 24.0  | 4.1   | 5.6     | 19.3      | 52.0    | 9.0     |
| Chinatown Noodle     | Zone    | Beef    | 703 | 37.0  | 7.4   | 7.9     | 38.6      | 79.3    | 12.1    |
| Chinatown Noodle     | Zone    | Chicken | 692 | 36.1  | 6.8   | 7.2     | 38.1      | 77.7    | 11.7    |
| Chinatown Noodle     | Zone    | Shrimp  | 655 | 35.4  | 6.7   | 7.2     | 31.8      | 77.0    | 11.7    |
| Chinatown Noodle     | Zone    | Tofu    | 690 | 40.3  | 7.4   | 8.1     | 29.8      | 77.9    | 12.6    |
| Chipotle Chicken     | Regular | Chicken | 610 | 24.0  | 6.0   | 4.5     | 34.0      | 68.0    | 7.0     |
| Chipotle Chicken     | Zone    | Chicken | 905 | 36.0  | 9.0   | 6.8     | 49.0      | 101.0   | 10.5    |

## Wraps - continued

| Wrap             | Size    | Protein  | Cal | Fat g | Sat g | Fibre g | Protein g | Carbs g | Sugar g |
|------------------|---------|----------|-----|-------|-------|---------|-----------|---------|---------|
| Classic Caesar   | Regular | Beef     | 609 | 37.1  | 6.7   | 4.6     | 25.5      | 45.8    | 3.4     |
| Classic Caesar   | Regular | Chicken  | 601 | 36.5  | 6.2   | 4.1     | 25.1      | 44.7    | 3.2     |
| Classic Caesar   | Regular | Shrimp   | 576 | 36.0  | 6.2   | 4.1     | 20.7      | 44.2    | 3.2     |
| Classic Caesar   | Regular | Tofu     | 600 | 39.5  | 6.7   | 4.7     | 19.0      | 44.8    | 3.8     |
| Classic Caesar   | Zone    | Beef     | 907 | 53.4  | 10.0  | 7.1     | 36.4      | 71.4    | 5.9     |
| Classic Caesar   | Zone    | Chicken  | 896 | 52.5  | 9.4   | 6.5     | 35.9      | 69.9    | 5.5     |
| Classic Caesar   | Zone    | Shrimp   | 860 | 51.9  | 9.3   | 6.5     | 29.5      | 69.2    | 5.5     |
| Classic Caesar   | Zone    | Tofu     | 894 | 56.7  | 10.0  | 7.4     | 27.6      | 70.1    | 6.4     |
| Denver Scramble  | Regular | Standard | 534 | 28.3  | 10.4  | 3.7     | 35.0      | 34.3    | 3.7     |
| Denver Scramble  | Zone    | Standard | 796 | 42.5  | 15.2  | 6.1     | 50.7      | 52.6    | 5.2     |
| Eggs Ole         | Regular | Standard | 597 | 35.7  | 12.1  | 2.3     | 31.9      | 37.2    | 2.8     |
| Eggs Ole         | Zone    | Standard | 646 | 24.8  | 5.7   | 5.1     | 29.0      | 79.8    | 14.5    |
| Falafel Fusion   | Regular | Falafel  | 620 | 26.0  | 5.0   | 9.0     | 21.0      | 80.0    | 8.0     |
| Falafel Fusion   | Zone    | Falafel  | 920 | 39.0  | 7.5   | 13.5    | 31.0      | 119.0   | 12.0    |
| Gardener         | Regular | Beef     | 398 | 14.7  | 3.5   | 8.0     | 12.3      | 59.1    | 8.3     |
| Gardener         | Regular | Chicken  | 390 | 14.0  | 3.0   | 8.0     | 12.0      | 58.0    | 8.0     |
| Gardener         | Regular | Falafel  | 445 | 17.8  | 3.4   | 10.2    | 10.0      | 66.0    | 9.0     |
| Gardener         | Regular | Shrimp   | 365 | 13.5  | 3.0   | 8.0     | 7.5       | 57.5    | 8.0     |
| Gardener         | Regular | Tofu     | 388 | 17.1  | 3.5   | 8.7     | 5.9       | 58.2    | 8.6     |
| Gardener         | Zone    | Beef     | 593 | 21.7  | 5.0   | 12.0    | 18.3      | 88.1    | 12.3    |
| Gardener         | Zone    | Chicken  | 585 | 21.0  | 4.5   | 12.0    | 18.0      | 87.0    | 12.0    |
| Gardener         | Zone    | Falafel  | 640 | 24.8  | 4.9   | 14.2    | 16.0      | 95.0    | 13.0    |
| Gardener         | Zone    | Shrimp   | 560 | 20.5  | 4.5   | 12.0    | 13.5      | 86.5    | 12.0    |
| Gardener         | Zone    | Tofu     | 583 | 24.1  | 5.0   | 12.7    | 11.9      | 87.2    | 12.6    |
| Garlic Shrimp    | Regular | Shrimp   | 560 | 22.0  | 5.0   | 4.0     | 27.0      | 66.0    | 5.0     |
| Garlic Shrimp    | Zone    | Shrimp   | 830 | 33.0  | 7.5   | 6.0     | 39.0      | 98.0    | 7.5     |
| Italian Scramble | Regular | Standard | 499 | 27.8  | 8.0   | 3.3     | 24.9      | 38.2    | 3.7     |
| Italian Scramble | Zone    | Standard | 760 | 41.8  | 12.4  | 3.9     | 37.4      | 57.4    | 5.3     |
| Jambalaya Jazz   | Regular | Standard | 626 | 27.8  | 5.5   | 3.4     | 22.8      | 71.4    | 5.5     |
| Jambalaya Jazz   | Zone    | Standard | 932 | 41.5  | 8.5   | 5.3     | 33.8      | 106.3   | 7.0     |
| Jimmy the Greek  | Regular | Beef     | 492 | 16.7  | 5.3   | 2.3     | 26.8      | 60.2    | 4.5     |
| Jimmy the Greek  | Regular | Chicken  | 484 | 16.0  | 4.8   | 1.8     | 26.4      | 59.1    | 4.2     |

## Wraps - continued

| Wrap                   | Size    | Protein | Cal | Fat g | Sat g | Fibre g | Protein g | Carbs g | Sugar g |
|------------------------|---------|---------|-----|-------|-------|---------|-----------|---------|---------|
| Jimmy the Greek        | Regular | Shrimp  | 459 | 15.5  | 4.8   | 1.8     | 22.0      | 58.6    | 4.2     |
| Jimmy the Greek        | Regular | Tofu    | 483 | 19.1  | 5.3   | 2.5     | 20.4      | 59.2    | 4.8     |
| Jimmy the Greek        | Zone    | Beef    | 688 | 23.6  | 7.5   | 3.9     | 37.0      | 84.3    | 5.9     |
| Jimmy the Greek        | Zone    | Chicken | 677 | 22.7  | 6.9   | 3.2     | 36.4      | 82.8    | 5.5     |
| Jimmy the Greek        | Zone    | Shrimp  | 641 | 22.0  | 6.8   | 3.2     | 30.1      | 82.1    | 5.5     |
| Jimmy the Greek        | Zone    | Tofu    | 675 | 26.8  | 7.5   | 4.1     | 28.1      | 82.9    | 6.4     |
| Leaning Tower of Pesto | Regular | Beef    | 548 | 16.2  | 3.1   | 5.1     | 26.1      | 75.0    | 5.1     |
| Leaning Tower of Pesto | Regular | Chicken | 539 | 15.5  | 2.7   | 4.6     | 35.7      | 73.9    | 4.9     |
| Leaning Tower of Pesto | Regular | Shrimp  | 551 | 15.9  | 2.7   | 5.5     | 27.0      | 75.3    | 5.1     |
| Leaning Tower of Pesto | Regular | Tofu    | 514 | 15.1  | 2.6   | 4.6     | 21.3      | 73.4    | 4.9     |
| Leaning Tower of Pesto | Zone    | Beef    | 817 | 24.0  | 5.0   | 7.5     | 37.1      | 111.4   | 7.9     |
| Leaning Tower of Pesto | Zone    | Chicken | 805 | 23.1  | 4.4   | 6.8     | 36.5      | 109.9   | 7.6     |
| Leaning Tower of Pesto | Zone    | Shrimp  | 769 | 22.4  | 4.3   | 6.8     | 30.2      | 109.2   | 7.6     |
| Leaning Tower of Pesto | Zone    | Tofu    | 804 | 27.3  | 5.0   | 7.7     | 28.3      | 110.1   | 8.5     |
| Mexicali               | Regular | Beef    | 515 | 12.2  | 5.0   | 4.7     | 29.0      | 72.7    | 5.1     |
| Mexicali               | Regular | Chicken | 507 | 11.5  | 4.5   | 4.2     | 28.7      | 71.6    | 4.8     |
| Mexicali               | Regular | Shrimp  | 481 | 11.0  | 4.5   | 4.2     | 24.2      | 71.0    | 4.8     |
| Mexicali               | Regular | Tofu    | 505 | 14.6  | 5.0   | 4.9     | 22.6      | 71.7    | 5.5     |
| Mexicali               | Zone    | Beef    | 762 | 18.9  | 7.4   | 7.2     | 40.8      | 107.9   | 6.9     |
| Mexicali               | Zone    | Chicken | 750 | 18.0  | 6.7   | 6.5     | 40.2      | 106.4   | 6.5     |
| Mexicali               | Zone    | Shrimp  | 714 | 17.3  | 6.7   | 6.5     | 33.9      | 105.7   | 6.5     |
| Mexicali               | Zone    | Tofu    | 749 | 22.1  | 7.4   | 7.4     | 31.9      | 106.6   | 7.4     |
| Mexicano               | Regular | Beef    | 463 | 10.7  | 2.8   | 7.0     | 25.3      | 70.1    | 6.3     |
| Mexicano               | Regular | Chicken | 455 | 10.0  | 2.3   | 7.0     | 25.0      | 69.0    | 6.0     |
| Mexicano               | Regular | Falafel | 510 | 13.8  | 2.7   | 9.2     | 23.0      | 77.0    | 7.0     |
| Mexicano               | Regular | Shrimp  | 430 | 9.5   | 2.3   | 7.0     | 20.5      | 68.5    | 6.0     |
| Mexicano               | Regular | Tofu    | 453 | 13.1  | 2.8   | 7.7     | 18.9      | 69.2    | 6.6     |
| Mexicano               | Zone    | Beef    | 688 | 15.7  | 4.0   | 10.5    | 36.3      | 104.1   | 9.3     |
| Mexicano               | Zone    | Chicken | 680 | 15.0  | 3.5   | 10.5    | 36.0      | 103.0   | 9.0     |
| Mexicano               | Zone    | Falafel | 735 | 18.8  | 3.9   | 12.7    | 34.0      | 111.0   | 10.0    |
| Mexicano               | Zone    | Shrimp  | 655 | 14.5  | 3.5   | 10.5    | 31.5      | 102.5   | 9.0     |
| Mexicano               | Zone    | Tofu    | 678 | 18.1  | 4.0   | 11.2    | 29.9      | 103.2   | 9.6     |

## Wraps - continued

| Wrap           | Size    | Protein  | Cal | Fat g | Sat g | Fibre g | Protein g | Carbs g | Sugar g |
|----------------|---------|----------|-----|-------|-------|---------|-----------|---------|---------|
| Rancher        | Regular | Beef     | 513 | 18.7  | 4.7   | 3.8     | 27.3      | 65.1    | 4.8     |
| Rancher        | Regular | Chicken  | 505 | 18.0  | 4.2   | 3.8     | 27.0      | 64.0    | 4.5     |
| Rancher        | Regular | Falafel  | 560 | 21.8  | 4.6   | 6.0     | 25.0      | 72.0    | 5.5     |
| Rancher        | Regular | Shrimp   | 480 | 17.5  | 4.2   | 3.8     | 22.5      | 63.5    | 4.5     |
| Rancher        | Regular | Tofu     | 503 | 21.1  | 4.7   | 4.5     | 20.9      | 64.2    | 5.1     |
| Rancher        | Zone    | Beef     | 758 | 27.7  | 6.9   | 5.8     | 39.3      | 96.1    | 7.0     |
| Rancher        | Zone    | Chicken  | 750 | 27.0  | 6.4   | 5.8     | 39.0      | 95.0    | 6.7     |
| Rancher        | Zone    | Falafel  | 805 | 30.8  | 6.8   | 8.0     | 37.0      | 103.0   | 7.7     |
| Rancher        | Zone    | Shrimp   | 725 | 26.5  | 6.4   | 5.8     | 34.5      | 94.5    | 6.7     |
| Rancher        | Zone    | Tofu     | 748 | 30.1  | 6.9   | 6.5     | 32.9      | 95.2    | 7.3     |
| Santa Fe       | Regular | Beef     | 445 | 21.4  | 5.2   | 6.5     | 22.2      | 43.1    | 5.4     |
| Santa Fe       | Regular | Chicken  | 427 | 19.9  | 4.5   | 5.9     | 22.0      | 41.3    | 4.3     |
| Santa Fe       | Regular | Shrimp   | 411 | 20.3  | 4.7   | 6.0     | 17.4      | 41.4    | 5.2     |
| Santa Fe       | Regular | Tofu     | 435 | 23.8  | 5.2   | 6.7     | 15.7      | 42.1    | 5.8     |
| Santa Fe       | Zone    | Beef     | 676 | 30.9  | 7.6   | 8.6     | 32.4      | 67.8    | 7.4     |
| Santa Fe       | Zone    | Chicken  | 652 | 28.8  | 6.6   | 7.8     | 32.1      | 65.3    | 5.7     |
| Santa Fe       | Zone    | Shrimp   | 628 | 29.3  | 6.9   | 7.9     | 25.5      | 65.5    | 7.0     |
| Santa Fe       | Zone    | Tofu     | 663 | 34.1  | 7.6   | 8.8     | 23.6      | 66.4    | 7.9     |
| Talking Turkey | Regular | Turkey   | 547 | 10.3  | 2.1   | 5.2     | 24.6      | 87.0    | 16.0    |
| Talking Turkey | Zone    | Turkey   | 790 | 15.3  | 3.5   | 6.3     | 34.4      | 123.5   | 21.8    |
| Thai Tanic     | Regular | Beef     | 604 | 18.7  | 4.3   | 4.6     | 26.9      | 90.5    | 19.9    |
| Thai Tanic     | Regular | Chicken  | 596 | 18.1  | 3.8   | 4.1     | 26.5      | 89.5    | 19.6    |
| Thai Tanic     | Regular | Shrimp   | 571 | 17.6  | 3.8   | 4.1     | 22.1      | 88.9    | 19.6    |
| Thai Tanic     | Regular | Tofu     | 595 | 21.1  | 4.3   | 4.8     | 20.5      | 89.6    | 20.3    |
| Thai Tanic     | Zone    | Beef     | 882 | 27.2  | 6.6   | 5.6     | 37.9      | 130.7   | 27.5    |
| Thai Tanic     | Zone    | Chicken  | 870 | 26.3  | 5.9   | 5.0     | 37.4      | 129.2   | 27.1    |
| Thai Tanic     | Zone    | Shrimp   | 834 | 24.7  | 5.9   | 5.0     | 31.0      | 128.5   | 27.1    |
| Thai Tanic     | Zone    | Tofu     | 868 | 30.5  | 6.6   | 5.8     | 29.1      | 129.4   | 28.0    |
| Veggie Lovers  | Regular | Standard | 426 | 16.1  | 3.7   | 7.3     | 10.5      | 62.8    | 9.7     |
| Veggie Lovers  | Zone    | Standard | 653 | 24.3  | 5.7   | 9.6     | 16.3      | 43.8    | 13.4    |
| Very Terry     | Regular | Beef     | 538 | 12.3  | 1.8   | 5.4     | 24.1      | 90.9    | 26.1    |
| Very Terry     | Regular | Chicken  | 530 | 11.6  | 1.3   | 5.0     | 23.8      | 89.8    | 25.8    |

## Wraps - continued

| Wrap       | Size    | Protein | Cal | Fat g | Sat g | Fibre g | Protein g | Carbs g | Sugar g |
|------------|---------|---------|-----|-------|-------|---------|-----------|---------|---------|
| Very Terry | Regular | Shrimp  | 504 | 11.1  | 1.3   | 5.0     | 19.3      | 89.2    | 25.8    |
| Very Terry | Regular | Tofu    | 528 | 14.7  | 1.8   | 5.6     | 17.7      | 89.9    | 26.5    |
| Very Terry | Zone    | Beef    | 819 | 19.3  | 3.1   | 7.1     | 35.5      | 135.4   | 36.6    |
| Very Terry | Zone    | Chicken | 808 | 18.4  | 2.4   | 6.4     | 34.9      | 133.9   | 36.3    |
| Very Terry | Zone    | Shrimp  | 772 | 17.7  | 2.4   | 6.4     | 28.6      | 133.2   | 36.3    |
| Very Terry | Zone    | Tofu    | 806 | 22.5  | 3.1   | 7.3     | 26.6      | 134.1   | 37.1    |

# Snack Wraps

| Menu Item      | Build                     | Cal | Fat g | Sat g | Trans g | Chol mg | Sodium mg | Carbs g | Fibre g | Sugars g | Protein g |
|----------------|---------------------------|-----|-------|-------|---------|---------|-----------|---------|---------|----------|-----------|
| Chicken Little | Chicken / Plain / Basmati | 380 | 10.1  | 3.7   | 0.0     | 43.7    | 701.4     | 51.0    | 1.1     | 2.2      | 22.1      |
| Chicken Little | Tofu / Plain / Basmati    | 379 | 12.6  | 4.1   | 0.0     | 16.7    | 557.4     | 51.1    | 1.6     | 2.8      | 17.2      |
| Little Caesar  | Chicken / Plain           | 290 | 14.0  | 2.9   | 0.2     | 35.9    | 578.1     | 25.4    | 2.3     | 2.0      | 15.7      |
| Little Caesar  | Tofu / Plain              | 289 | 15.9  | 3.2   | 0.2     | 14.9    | 466.1     | 25.5    | 2.7     | 2.4      | 11.8      |
| Mini Mex       | Chicken / Plain           | 310 | 6.6   | 2.5   | 0.0     | 29.7    | 836.0     | 44.2    | 1.6     | 2.7      | 17.3      |
| Mini Mex       | Tofu / Plain              | 309 | 8.5   | 2.8   | 0.0     | 8.7     | 720.0     | 42.1    | 3.3     | 2.1      | 13.5      |
| Mini the Greek | Chicken / Plain / Basmati | 339 | 10.5  | 3.1   | 0.2     | 36.0    | 621.0     | 44.9    | 1.2     | 2.2      | 17.6      |
| Mini the Greek | Tofu / Plain / Basmati    | 338 | 12.5  | 3.4   | 0.2     | 15.0    | 509.0     | 45.0    | 1.6     | 2.6      | 13.7      |
| Teri-Maki      | Chicken / Plain / Basmati | 308 | 5.2   | 0.6   | 0.0     | 21.0    | 679.1     | 51.8    | 1.8     | 8.6      | 15.0      |
| Teri-Maki      | Tofu / Plain / Basmati    | 307 | 7.2   | 0.9   | 0.0     | 0.0     | 567.1     | 51.9    | 2.2     | 9.1      | 11.2      |
| Little Rancher | Chicken / Plain / Basmati | 330 | 9.0   | 2.7   | 0.0     | 35.0    | 690.0     | 46.0    | 1.8     | 3.0      | 18.0      |
| Little Rancher | Tofu / Plain / Basmati    | 329 | 11.5  | 3.1   | 0.0     | 12.0    | 550.0     | 46.0    | 2.3     | 3.5      | 14.0      |
| Tiny Terry     | Chicken / Plain / Basmati | 310 | 5.5   | 0.8   | 0.0     | 22.0    | 690.0     | 52.0    | 2.0     | 9.0      | 15.0      |
| Tiny Terry     | Tofu / Plain / Basmati    | 309 | 7.5   | 1.1   | 0.0     | 0.0     | 575.0     | 52.0    | 2.5     | 9.5      | 11.0      |

# Bowls

| Menu Item         | Build             | Cal | Fat g | Sat g | Trans g | Chol mg | Sodium mg | Carbs g | Fibre g | Sugars g | Protein g |
|-------------------|-------------------|-----|-------|-------|---------|---------|-----------|---------|---------|----------|-----------|
| Bangkok           | Beef / Basmati    | 625 | 21.1  | 12.1  | 0.1     | 49.7    | 966.8     | 89.0    | 3.9     | 12.9     | 28.6      |
| Bangkok           | Chicken / Basmati | 613 | 20.2  | 11.4  | 0.0     | 47.3    | 688.8     | 87.6    | 3.2     | 10.5     | 28.1      |
| Bangkok           | Tofu / Basmati    | 612 | 24.3  | 12.1  | 0.0     | 2.3     | 448.8     | 87.7    | 4.1     | 11.9     | 19.8      |
| Gino's Pesto      | Beef / Brown      | 715 | 29.8  | 7.4   | 0.2     | 76.6    | 962.5     | 94.9    | 9.1     | 9.1      | 32.3      |
| Gino's Pesto      | Chicken / Brown   | 704 | 28.9  | 6.7   | 0.1     | 74.2    | 684.6     | 83.5    | 8.5     | 8.7      | 31.7      |
| Gino's Pesto      | Tofu / Brown      | 732 | 33.1  | 7.4   | 0.1     | 29.2    | 444.6     | 83.6    | 9.4     | 9.6      | 23.5      |
| Raja Curry        | Beef / Basmati    | 603 | 10.8  | 4.9   | 0.1     | 49.7    | 968.3     | 105.8   | 4.2     | 24.4     | 29.0      |
| Raja Curry        | Chicken / Basmati | 591 | 9.9   | 4.2   | 0.0     | 47.3    | 690.4     | 104.4   | 3.5     | 24.0     | 28.9      |
| Raja Curry        | Tofu / Basmati    | 589 | 14.1  | 4.9   | 0.0     | 2.3     | 450.4     | 104.3   | 4.4     | 24.9     | 20.1      |
| LeMEANo Garlic    | Beef              | 682 | 27.9  | 6.7   | 0.2     | 49      | 1000      | 77.4    | 10.7    | 7.4      | 26.5      |
| LeMEANo Garlic    | Chicken           | 670 | 27    | 6     | 0.1     | 47      | 720       | 76      | 10      | 7        | 26        |
| LeMEANo Garlic    | Shrimp            | 645 | 26.5  | 6     | 0.1     | 35      | 680       | 75.5    | 10      | 7        | 21.5      |
| LeMEANo Garlic    | Tofu              | 668 | 30.8  | 6.7   | 0.1     | 0       | 480       | 76.2    | 10.9    | 7.8      | 18.0      |
| LeMEANo Garlic    | Falafel           | 735 | 32.0  | 6.5   | 0.1     | 0       | 600       | 86      | 13.0    | 8.2      | 23.0      |
| Zesty Thai Noodle | Beef              | 622 | 20.9  | 4.7   | 0.1     | 49      | 1170      | 83.4    | 7.7     | 18.4     | 25.5      |
| Zesty Thai Noodle | Chicken           | 610 | 20    | 4     | 0       | 47      | 890       | 82      | 7       | 18       | 25        |
| Zesty Thai Noodle | Shrimp            | 585 | 19.5  | 4     | 0       | 35      | 850       | 81.5    | 7       | 18       | 20.5      |
| Zesty Thai Noodle | Tofu              | 608 | 23.8  | 4.7   | 0       | 0       | 650       | 82.2    | 7.9     | 18.8     | 17.0      |
| Zesty Thai Noodle | Falafel           | 675 | 25.0  | 4.5   | 0       | 0       | 770       | 92      | 10.0    | 19.2     | 22.0      |
| Tomo Teriyaki     | Beef              | 602 | 13.9  | 2.7   | 0.1     | 49      | 1210      | 97.4    | 6.7     | 25.4     | 26.5      |
| Tomo Teriyaki     | Chicken           | 590 | 13    | 2     | 0       | 47      | 930       | 96      | 6       | 25       | 26        |
| Tomo Teriyaki     | Shrimp            | 565 | 12.5  | 2     | 0       | 35      | 890       | 95.5    | 6       | 25       | 21.5      |
| Tomo Teriyaki     | Tofu              | 588 | 16.8  | 2.7   | 0       | 0       | 690       | 96.2    | 6.9     | 25.8     | 18.0      |
| Tomo Teriyaki     | Falafel           | 655 | 18.0  | 2.5   | 0       | 0       | 810       | 106     | 9.0     | 26.2     | 23.0      |
| Butter Chicken    | Chicken           | 700 | 27.0  | 10.0  | 0.1     | 75.0    | 980.0     | 84.0    | 4.0     | 10.0     | 38.0      |

# Bowls - continued

| Menu Item           | Build   | Cal | Fat g | Sat g | Trans g | Chol mg | Sodium mg | Carbs g | Fibre g | Sugars g | Protein g |
|---------------------|---------|-----|-------|-------|---------|---------|-----------|---------|---------|----------|-----------|
| Kale-Owna           | Beef    | 572 | 21.9  | 4.7   | 0.1     | 49      | 960       | 63.4    | 11.7    | 8.4      | 27.5      |
| Kale-Owna           | Chicken | 560 | 21    | 4     | 0       | 47      | 680       | 62      | 11      | 8        | 27        |
| Kale-Owna           | Shrimp  | 535 | 20.5  | 4     | 0       | 35      | 640       | 61.5    | 11      | 8        | 22.5      |
| Kale-Owna           | Tofu    | 558 | 24.8  | 4.7   | 0       | 0       | 440       | 62.2    | 11.9    | 8.8      | 19.0      |
| Kale-Owna           | Falafel | 625 | 26.0  | 4.5   | 0       | 0       | 560       | 72      | 14.0    | 9.2      | 24.0      |
| Garden Greens Salad | 1 size  | 58  | 0.6   | 0.1   | -       | 0.0     | 29.4      | 12.1    | 4.5     | 6.3      | 3.0       |
| Side Salad          | 1 size  | 68  | 1.7   | 0.6   | -       | 0.0     | 118.0     | 12.0    | 2.5     | 2.9      | 2.4       |
| Greek Caesar Salad  | 1 size  | 148 | 8.8   | 3.6   | -       | 16.0    | 381.4     | 12.2    | 3.5     | 5.2      | 6.4       |

# Smoothies - 16 fl oz

| Smoothie             | Cal | Fat g | Sat g | Trans g | Chol mg | Sodium mg | Carbs g | Fibre g | Sugars g | Protein g |
|----------------------|-----|-------|-------|---------|---------|-----------|---------|---------|----------|-----------|
| Berry Extreme        | 239 | 0.8   | 0.2   | 0       | 0       | 21.8      | 61.1    | 5.2     | 48.7     | 1.7       |
| Blue Hawaiian        | 264 | 0.6   | 0.1   | 0       | 0       | 13.1      | 63.0    | 4.9     | 47.4     | 2.2       |
| Blue Monkey          | 309 | 4.0   | 2.0   | 0       | 15.0    | 78.9      | 65.3    | 3.0     | 48.4     | 5.1       |
| Frost Berry          | 308 | 3.8   | 2.0   | 0       | 15.0    | 79.8      | 65.6    | 2.5     | 47.4     | 5.2       |
| Orange Mango         | 264 | 0.8   | 0.2   | 0       | 0       | 6.4       | 66.9    | 5.0     | 52.1     | 2.9       |
| Peanut Butter Banana | 621 | 31.1  | 7.6   | 0       | 22.0    | 416.4     | 73.7    | 4.5     | 51.9     | 20.4      |
| Pina Colada          | 341 | 4.1   | 2.3   | 0       | 18.3    | 103.5     | 68.3    | 1.0     | 57.1     | 4.5       |
| Purple Haze          | 306 | 4.5   | 2.3   | 0       | 18.3    | 111.9     | 63.1    | 2.4     | 53.5     | 4.3       |
| Red Bandana          | 228 | 0.7   | 0.1   | 0       | 0       | 6.3       | 57.6    | 4.7     | 40.7     | 2.7       |
| Tropical Dream       | 260 | 0.7   | 0.2   | 0       | 0       | 8.0       | 65.0    | 4.6     | 51.0     | 2.2       |
| Tropical Garden      | 285 | 3.2   | 0.3   | 0       | 0       | 75.0      | 58.0    | 6.5     | 42.0     | 4.5       |
| Lamada Colada        | 335 | 4.0   | 2.2   | 0       | 18.0    | 105.0     | 67.0    | 2.0     | 55.0     | 4.7       |

# Smoothies - 24 fl oz

| Smoothie             | Cal | Fat g | Sat g | Trans g | Chol mg | Sodium mg | Carbs g | Fibre g | Sugars g | Protein g |
|----------------------|-----|-------|-------|---------|---------|-----------|---------|---------|----------|-----------|
| Berry Extreme        | 358 | 1.2   | 0.3   | 0.0     | 0.0     | 32.7      | 91.7    | 7.8     | 73.1     | 2.5       |
| Blue Hawaiian        | 396 | 0.9   | 0.2   | 0.0     | 0.0     | 19.6      | 94.5    | 7.4     | 71.1     | 3.3       |
| Blue Monkey          | 464 | 6.0   | 3.0   | 0.0     | 22.5    | 118.4     | 97.9    | 4.5     | 72.6     | 7.6       |
| Frost Berry          | 462 | 5.7   | 3.0   | 0.0     | 22.5    | 119.7     | 98.4    | 3.8     | 71.1     | 7.8       |
| Orange Mango         | 396 | 1.2   | 0.3   | 0.0     | 0.0     | 9.6       | 100.4   | 7.5     | 78.2     | 4.3       |
| Peanut Butter Banana | 932 | 46.7  | 11.4  | 0.0     | 33.0    | 624.6     | 110.6   | 6.8     | 77.8     | 30.6      |
| Pina Colada          | 512 | 6.1   | 3.4   | 0.0     | 27.5    | 155.2     | 102.4   | 1.5     | 85.7     | 6.8       |
| Purple Haze          | 459 | 6.8   | 3.4   | 0.0     | 27.5    | 167.9     | 94.7    | 3.6     | 80.2     | 6.4       |
| Red Bandana          | 342 | 1.0   | 0.2   | 0.0     | 0.0     | 9.4       | 86.4    | 7.1     | 61.1     | 4.1       |
| Tropical Dream       | 390 | 1.0   | 0.3   | 0.0     | 0.0     | 12.0      | 97.5    | 6.9     | 76.5     | 3.3       |
| Tropical Garden      | 428 | 4.8   | 0.4   | 0.0     | 0.0     | 112.5     | 87.0    | 9.8     | 63.0     | 6.8       |
| Lamada Colada        | 502 | 6.0   | 3.3   | 0.0     | 27.0    | 157.5     | 100.5   | 3.0     | 82.5     | 7.1       |

# Protein Add-ons

| Protein       | Serving | Protein Amount |
|---------------|---------|----------------|
| Whey Protein  | 1 scoop | 12 g           |
| Vegan Protein | 1 scoop | 12 g           |