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|-------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------------|--------------------|---------------------|---------------------|-----------------------|--------------------|
| <i>Weight (g)</i> | <i>Calories (kcal)</i> | <i>Total Fat (g)</i> | <i>Saturated Fat (g)</i> | <i>Trans Fat (g)</i> | <i>Cholesterol (mg)</i> | <i>Sodium (mg)</i> | <i>Carbohydrates (g)</i> | <i>Dietary Fiber (g)</i> | <i>Total Sugars (g)</i> | <i>Protein (g)</i> | <i>Vit A - % DV</i> | <i>Vit C - % DV</i> | <i>Calcium - % DV</i> | <i>Iron - % DV</i> |
|-------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------------|--------------------|---------------------|---------------------|-----------------------|--------------------|

| WRAPS | | | | | | | | | | | | | | | | | |
|---------------------|------------|------------------------|-----|-----|------|-----|-----|-------|---------|------|-----|-----|------|-----|----|----|----|
| Menu Item | Size | Protein | | | | | | | | | | | | | | | |
| Ace of Clubs | Reg Wrap | Beef | 250 | 435 | 19.8 | 5.0 | 0.1 | 65.1 | 1,065.8 | 39.4 | 3.8 | 3.9 | 27.6 | 82 | 25 | 16 | 28 |
| | | Chicken | 248 | 427 | 19.2 | 5.1 | 0.0 | 63.5 | 863.3 | 38.3 | 3.3 | 3.6 | 27.3 | 82 | 25 | 16 | 23 |
| | | Shrimp | 253 | 402 | 18.7 | 5.1 | 0.0 | 195.6 | 1,075.6 | 37.7 | 3.3 | 3.6 | 22.9 | 82 | 25 | 15 | 19 |
| | | Tofu | 248 | 426 | 22.2 | 5.6 | 0.0 | 30.5 | 687.3 | 38.4 | 4.0 | 4.2 | 21.2 | 82 | 25 | 38 | 25 |
| | | Gardein Chick'n | 243 | 439 | 19.5 | 5.2 | 0.0 | 30.5 | 907.3 | 39.7 | 4.2 | 3.8 | 28.6 | 82 | 25 | 18 | 39 |
| | Reg UnWrap | Beef | 185 | 245 | 14.8 | 4.6 | 0.1 | 65.1 | 705.8 | 7.4 | 1.8 | 2.9 | 21.6 | 80 | 25 | 10 | 13 |
| | | Chicken | 183 | 237 | 14.2 | 4.1 | 0.0 | 63.5 | 503.3 | 6.3 | 1.3 | 2.1 | 21.3 | 80 | 25 | 10 | 8 |
| | | Shrimp | 188 | 212 | 13.7 | 4.1 | 0.0 | 195.6 | 715.6 | 5.7 | 1.3 | 2.6 | 16.9 | 80 | 25 | 9 | 4 |
| | | Tofu | 183 | 236 | 17.2 | 4.6 | 0.0 | 30.5 | 327.3 | 6.4 | 2.0 | 3.2 | 15.2 | 80 | 25 | 32 | 10 |
| | | Gardein Chick'n | 178 | 249 | 14.5 | 4.2 | 0.0 | 30.5 | 547.3 | 7.7 | 2.2 | 2.8 | 22.6 | 80 | 25 | 12 | 24 |
| | Lrg Wrap | Beef | 357 | 619 | 27.1 | 7.8 | 0.1 | 84.7 | 1,467.6 | 58.4 | 5.6 | 6.0 | 36.9 | 121 | 37 | 21 | 37 |
| | | Chicken | 354 | 608 | 26.2 | 7.1 | 0.1 | 87.2 | 1,189.7 | 56.9 | 5.0 | 5.6 | 36.4 | 121 | 37 | 22 | 31 |
| | | Shrimp | 359 | 571 | 25.5 | 7.1 | 0.1 | 257.5 | 1,467.5 | 56.1 | 5.0 | 5.6 | 30.1 | 121 | 37 | 20 | 25 |
| | | Tofu | 354 | 606 | 30.3 | 7.8 | 0.1 | 37.2 | 949.7 | 57.0 | 5.9 | 6.5 | 28.1 | 121 | 37 | 51 | 34 |
| | | Gardein Chick'n | 349 | 626 | 26.7 | 7.2 | 0.1 | 37.2 | 1,257.7 | 58.9 | 6.2 | 6.0 | 38.7 | 121 | 37 | 24 | 54 |
| | Lrg UnWrap | Beef | 257 | 319 | 19.1 | 5.8 | 0.1 | 84.7 | 917.6 | 10.4 | 2.6 | 4.0 | 27.9 | 119 | 37 | 13 | 17 |
| | | Chicken | 254 | 308 | 18.2 | 5.1 | 0.1 | 82.2 | 639.7 | 8.9 | 2.0 | 3.6 | 27.4 | 119 | 37 | 14 | 11 |
| | | Shrimp | 259 | 272 | 17.5 | 5.1 | 0.1 | 257.5 | 917.5 | 8.1 | 2.0 | 3.6 | 21.1 | 119 | 37 | 12 | 5 |
| | | Tofu | 254 | 306 | 22.3 | 5.8 | 0.1 | 37.2 | 399.7 | 9.0 | 2.9 | 4.5 | 19.1 | 119 | 37 | 43 | 14 |
| | | Gardein Chick'n | 249 | 326 | 18.7 | 5.2 | 0.1 | 37.2 | 707.7 | 10.9 | 3.2 | 4.0 | 29.7 | 119 | 37 | 16 | 37 |
| Bombay Curry | Reg Wrap | Beef | 372 | 529 | 14.7 | 5.7 | 0.1 | 38.4 | 1,294.0 | 79.4 | 4.0 | 6.7 | 26.0 | 87 | 31 | 13 | 31 |
| | | Chicken | 370 | 521 | 14.0 | 5.3 | 0.0 | 36.8 | 1,091.5 | 78.3 | 3.5 | 6.5 | 25.7 | 87 | 31 | 13 | 27 |
| | | Shrimp | 375 | 495 | 13.6 | 5.2 | 0.0 | 168.9 | 1,303.8 | 77.8 | 3.5 | 6.5 | 21.2 | 87 | 31 | 12 | 22 |
| | | Tofu | 370 | 519 | 17.1 | 5.7 | 0.0 | 3.8 | 915.5 | 78.5 | 4.1 | 7.1 | 19.6 | 87 | 31 | 35 | 29 |
| | | Gardein Chick'n | 365 | 532 | 14.4 | 5.3 | 0.0 | 3.8 | 435.5 | 79.3 | 4.4 | 6.7 | 27.0 | 87 | 31 | 15 | 43 |
| | Reg UnWrap | Beef | 307 | 339 | 9.7 | 4.7 | 0.1 | 38.4 | 854.0 | 48.4 | 3.0 | 5.7 | 20.0 | 87 | 31 | 7 | 16 |

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|-----------------------------|------------|------------------------|-----|-----|------|-----|-----|-------|---------|-------|-----|------|------|-----|----|----|----|
| | | Chicken | 305 | 331 | 9.1 | 4.3 | 0.0 | 36.8 | 651.5 | 47.3 | 2.5 | 5.5 | 19.7 | 87 | 31 | 7 | 12 |
| | | Shrimp | 310 | 329 | 8.6 | 4.2 | 0.0 | 168.9 | 863.8 | 46.8 | 2.5 | 5.5 | 13.0 | 87 | 31 | 6 | 7 |
| | | Tofu | 305 | 329 | 12.1 | 4.7 | 0.0 | 3.8 | 475.5 | 47.4 | 3.1 | 6.0 | 13.6 | 87 | 31 | 9 | 14 |
| | | Gardein Chick'n | 300 | 342 | 9.4 | 4.3 | 0.0 | 3.8 | 695.5 | 48.7 | 3.4 | 5.7 | 21.0 | 87 | 31 | 9 | 28 |
| | Lrg Wrap | Beef | 511 | 760 | 21.6 | 8.0 | 0.1 | 52.7 | 1,780.9 | 113.6 | 5.7 | 8.2 | 36.3 | 109 | 39 | 20 | 41 |
| | | Chicken | 508 | 749 | 20.7 | 7.4 | 0.1 | 50.3 | 1,503.0 | 112.1 | 5.1 | 7.9 | 35.7 | 109 | 39 | 21 | 35 |
| | | Shrimp | 513 | 712 | 20.1 | 7.3 | 0.0 | 225.5 | 1,780.8 | 111.4 | 5.1 | 7.9 | 29.6 | 109 | 39 | 19 | 29 |
| | | Tofu | 508 | 747 | 24.9 | 8.0 | 0.0 | 5.3 | 1,263.0 | 112.3 | 6.0 | 8.7 | 27.4 | 109 | 39 | 49 | 38 |
| | | Gardein Chick'n | 505 | 767 | 21.2 | 7.5 | 0.0 | 5.3 | 1,570.0 | 114.1 | 6.3 | 8.2 | 38.0 | 109 | 39 | 22 | 58 |
| | Lrg UnWrap | Beef | 411 | 460 | 12.6 | 6.0 | 0.1 | 52.7 | 1,120.9 | 66.6 | 3.7 | 7.2 | 27.3 | 109 | 39 | 10 | 21 |
| | | Chicken | 408 | 449 | 11.7 | 5.4 | 0.0 | 50.3 | 843.0 | 65.1 | 3.1 | 6.9 | 26.7 | 109 | 39 | 10 | 15 |
| | | Shrimp | 413 | 412 | 11.1 | 5.3 | 0.0 | 125.5 | 1,120.8 | 64.4 | 3.1 | 6.9 | 20.4 | 109 | 39 | 9 | 9 |
| | | Tofu | 408 | 473 | 17.7 | 6.5 | 0.0 | 5.3 | 616.3 | 66.1 | 3.1 | 6.9 | 20.2 | 109 | 39 | 17 | 22 |
| | | Gardein Chick'n | 403 | 467 | 12.2 | 5.5 | 0.0 | 5.3 | 911.0 | 67.1 | 4.3 | 7.2 | 29.0 | 109 | 39 | 12 | 38 |
| Carolina Pulled Pork | Reg Wrap | N/A | 318 | 646 | 24.8 | 5.7 | 0.0 | 9.7 | 1,028.0 | 79.8 | 5.1 | 14.5 | 29.0 | 4 | 17 | 8 | 26 |
| | Reg Unwrap | N/A | 253 | 456 | 19.8 | 4.7 | 0.0 | 9.7 | 668.0 | 47.8 | 3.1 | 13.5 | 23.0 | 2 | 17 | 2 | 11 |
| | Lrg Wrap | N/A | 454 | 938 | 35.7 | 8.8 | 0.1 | 13.0 | 1,533.2 | 113.0 | 7.3 | 21.8 | 42.7 | 5 | 23 | 11 | 36 |
| | Lrg Unwrap | N/A | 354 | 638 | 27.7 | 6.8 | 0.1 | 13.0 | 983.2 | 65.0 | 4.3 | 19.8 | 33.7 | 3 | 23 | 3 | 16 |
| Chicken 'n Cheese | Reg Wrap | N/A | 304 | 570 | 14.1 | 4.9 | 0.0 | 53.2 | 914.9 | 83.5 | 1.1 | 2.5 | 29.8 | 7 | 0 | 22 | 19 |
| | Reg UnWrap | N/A | 239 | 380 | 9.1 | 3.9 | 0.0 | 53.2 | 474.9 | 52.5 | 0.1 | 1.5 | 23.8 | 7 | 0 | 16 | 4 |
| | Lrg Wrap | N/A | 437 | 843 | 22.6 | 8.2 | 0.0 | 76.4 | 1,321.9 | 120.5 | 2.1 | 3.0 | 43.3 | 12 | 0 | 36 | 26 |
| | Lrg UnWrap | N/A | 337 | 543 | 13.6 | 6.2 | 0.0 | 76.4 | 661.9 | 73.5 | 0.1 | 2.0 | 34.3 | 12 | 0 | 26 | 6 |
| Chinatown Noodle | Reg Wrap | Beef | 248 | 430 | 21.6 | 4.1 | 0.1 | 34.7 | 952.8 | 53.0 | 5.5 | 8.6 | 25.7 | 72 | 18 | 10 | 31 |
| | | Chicken | 246 | 421 | 21.0 | 3.6 | 0.0 | 33.0 | 750.3 | 51.9 | 5.0 | 8.4 | 25.4 | 72 | 18 | 10 | 26 |
| | | Shrimp | 251 | 396 | 20.5 | 3.6 | 0.0 | 165.2 | 962.6 | 51.4 | 5.0 | 8.4 | 20.9 | 72 | 18 | 9 | 22 |
| | | Tofu | 246 | 420 | 24.0 | 4.1 | 0.0 | 0.0 | 574.3 | 52.0 | 5.6 | 9.0 | 19.3 | 72 | 18 | 31 | 28 |
| | | Gardein Chick'n | 241 | 433 | 21.3 | 3.7 | 0.0 | 0.0 | 794.3 | 53.3 | 5.9 | 8.6 | 26.7 | 72 | 18 | 11 | 42 |
| | Reg UnWrap | Beef | 183 | 240 | 16.6 | 3.1 | 0.1 | 34.7 | 582.8 | 21.0 | 3.5 | 7.6 | 19.7 | 70 | 18 | 4 | 16 |
| | | Chicken | 181 | 231 | 16.2 | 2.6 | 0.0 | 33.0 | 380.3 | 19.9 | 3.0 | 7.4 | 19.4 | 70 | 18 | 4 | 11 |
| | | Shrimp | 186 | 206 | 15.5 | 2.6 | 0.0 | 165.2 | 592.6 | 19.4 | 3.0 | 7.4 | 14.9 | 70 | 18 | 3 | 7 |
| | | Tofu | 181 | 230 | 19.0 | 3.1 | 0.0 | 0.0 | 204.3 | 20.6 | 5.6 | 8.0 | 13.3 | 70 | 18 | 25 | 13 |
| | | Gardein Chick'n | 176 | 243 | 16.3 | 2.7 | 0.0 | 0.0 | 424.3 | 21.3 | 3.9 | 7.6 | 20.0 | 70 | 18 | 3 | 27 |
| | Lrg Wrap | Beef | 365 | 703 | 37.0 | 7.4 | 0.1 | 47.5 | 1,361.1 | 79.3 | 7.9 | 12.1 | 38.6 | 109 | 27 | 14 | 43 |
| | | Chicken | 362 | 692 | 36.1 | 6.8 | 0.0 | 45.0 | 1,081.2 | 77.7 | 7.2 | 11.7 | 38.1 | 109 | 27 | 14 | 37 |

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|---------------------------|------------|------------------------|-----|-----|------|------|-----|-------|---------|-------|-----|------|-------|-----|-----|----|----|
| | | Shrimp | 367 | 655 | 35.4 | 6.7 | 0.0 | 220.2 | 1,361.0 | 77.0 | 7.2 | 11.7 | 31.8 | 109 | 27 | 43 | 39 |
| | | Tofu | 362 | 690 | 40.3 | 7.4 | 0.0 | 0.0 | 843.2 | 77.9 | 8.1 | 12.6 | 29.8 | 109 | 27 | 16 | 59 |
| | | Gardein Chick'n | 357 | 710 | 36.6 | 6.9 | 0.0 | 0.0 | 1,152.3 | 79.7 | 8.5 | 12.1 | 40.4 | 109 | 27 | 16 | 59 |
| | Lrg UnWrap | Beef | 300 | 466 | 22.2 | 5.4 | 0.1 | 47.5 | 1,263.1 | 39.6 | 5.9 | 17.4 | 31 | 110 | 29 | 6 | 37 |
| | | Chicken | 220 | 392 | 21.3 | 4.1 | 0.0 | 45.0 | 285.2 | 20.7 | 5.2 | 3.9 | 28.6 | 105 | 27 | 6 | 17 |
| | | Shrimp | 267 | 355 | 27.4 | 4.7 | 0.0 | 220.2 | 801.0 | 290 | 5.2 | 10.7 | 22.8 | 105 | 27 | 4 | 11 |
| | | Tofu | 262 | 390 | 32.3 | 5.4 | 0.0 | 0.0 | 283.2 | 299.0 | 6.1 | 11.6 | 20.8 | 105 | 27 | 35 | 19 |
| | | Gardein Chick'n | 257 | 410 | 18.6 | 4.4 | 0.0 | 0.0 | 591.2 | 31.7 | 6.5 | 11.1 | 31.4 | 105 | 27 | 8 | 39 |
| Classic Caesar | Reg Wrap | Beef | 251 | 609 | 37.1 | 6.7 | 0.5 | 69.6 | 1,216.0 | 45.8 | 4.6 | 3.4 | 25.5 | 107 | 165 | 13 | 31 |
| | | Chicken | 249 | 601 | 36.5 | 6.2 | 0.4 | 67.9 | 1,013.5 | 44.7 | 4.1 | 3.2 | 25.1 | 107 | 165 | 13 | 27 |
| | | Shrimp | 254 | 576 | 36.0 | 6.2 | 0.4 | 200.0 | 1,225.8 | 44.2 | 4.1 | 3.2 | 20.7 | 107 | 165 | 12 | 23 |
| | | Tofu | 249 | 600 | 39.5 | 6.7 | 0.4 | 34.9 | 837.5 | 44.8 | 4.7 | 3.8 | 19.0 | 107 | 165 | 35 | 29 |
| | | Gardein Chick'n | 244 | 613 | 36.8 | 6.3 | 0.4 | 34.9 | 1,057.5 | 46.1 | 5.0 | 3.4 | 26.4 | 107 | 165 | 15 | 43 |
| | Reg UnWrap | Beef | 186 | 419 | 32.1 | 5.7 | 0.5 | 69.6 | 856.0 | 43.8 | 2.6 | 2.4 | 19.5 | 105 | 165 | 7 | 16 |
| | | Chicken | 184 | 411 | 31.5 | 5.2 | 0.4 | 67.9 | 653.5 | 12.7 | 2.1 | 2.2 | 19.1 | 105 | 165 | 7 | 12 |
| | | Shrimp | 189 | 386 | 31.0 | 5.2 | 0.4 | 200.0 | 865.8 | 12.2 | 2.1 | 2.2 | 14.7 | 105 | 165 | 6 | 8 |
| | | Tofu | 184 | 410 | 34.5 | 5.7 | 0.4 | 34.9 | 477.5 | 12.8 | 2.7 | 2.8 | 13.0 | 105 | 165 | 29 | 14 |
| | | Gardein Chick'n | 179 | 423 | 31.8 | 5.3 | 0.4 | 34.9 | 697.5 | 14.1 | 3.0 | 2.4 | 30.4 | 105 | 165 | 9 | 28 |
| | Lrg Wrap | Beef | 379 | 907 | 53.4 | 10.0 | 0.7 | 95.4 | 1,784.3 | 71.4 | 7.1 | 5.9 | 36.4 | 176 | 223 | 19 | 45 |
| | | Chicken | 376 | 896 | 52.5 | 9.4 | 0.6 | 92.9 | 1,506.4 | 69.9 | 6.5 | 5.5 | 35.9 | 176 | 223 | 19 | 39 |
| | | Shrimp | 381 | 860 | 51.9 | 9.3 | 0.6 | 268.2 | 1,784.1 | 69.2 | 6.5 | 5.5 | 29.5 | 176 | 223 | 17 | 33 |
| | | Tofu | 376 | 894 | 56.7 | 10.0 | 0.6 | 47.9 | 1,266.9 | 70.1 | 7.4 | 6.4 | 27.6 | 176 | 223 | 48 | 42 |
| | | Gardein Chick'n | 371 | 914 | 53.0 | 9.5 | 0.6 | 47.9 | 1,574.4 | 71.9 | 7.7 | 5.9 | 38.2 | 176 | 223 | 21 | 61 |
| | Lrg UnWrap | Beef | 279 | 607 | 45.4 | 8.0 | 0.7 | 95.4 | 1,243.3 | 23.4 | 4.1 | 3.9 | 272.0 | 174 | 223 | 11 | 25 |
| | | Chicken | 276 | 596 | 44.5 | 7.4 | 0.6 | 92.9 | 956.4 | 21.9 | 3.5 | 3.5 | 26.9 | 174 | 223 | 11 | 19 |
| | | Shrimp | 281 | 560 | 43.9 | 7.3 | 0.6 | 268.2 | 1,234.1 | 21.2 | 3.5 | 3.5 | 20.5 | 174 | 223 | 9 | 13 |
| | | Tofu | 276 | 594 | 48.7 | 8.0 | 0.6 | 47.9 | 716.4 | 22.1 | 4.4 | 4.4 | 18.6 | 174 | 223 | 40 | 22 |
| | | Gardein Chick'n | 271 | 614 | 45.0 | 7.5 | 0.6 | 47.9 | 1,024.4 | 23.9 | 4.7 | 3.9 | 29.2 | 174 | 223 | 13 | 41 |
| Denver Scramble ** | Reg Wrap | N/A | 250 | 534 | 28.3 | 10.4 | 0.1 | 415.6 | 915.6 | 34.3 | 3.7 | 3.7 | 35.0 | 33 | 52 | 25 | 24 |
| | Reg UnWrap | N/A | 185 | 344 | 23.3 | 9.4 | 0.1 | 415.6 | 545.6 | 4.3 | 0.7 | 2.7 | 29.0 | 33 | 52 | 19 | 9 |
| | Lrg Wrap | N/A | 375 | 796 | 42.5 | 15.2 | 0.1 | 618.6 | 1349.4 | 52.6 | 6.1 | 5.2 | 50.7 | 50 | 87 | 36 | 33 |
| | Lrg UnWrap | N/A | 275 | 496 | 33.5 | 13.2 | 0.1 | 618.6 | 779.4 | 6.6 | 1.1 | 4.2 | 41.7 | 50 | 87 | 26 | 13 |
| Eggs Ole ** | Reg Wrap | N/A | 261 | 597 | 35.7 | 12.1 | 0.1 | 423.9 | 1026.0 | 37.2 | 2.3 | 2.8 | 31.9 | 32 | 23 | 30 | 27 |
| | Reg UnWrap | N/A | 196 | 407 | 30.7 | 11.1 | 0.1 | 423.9 | 666.0 | 5.2 | 0.3 | 1.8 | 25.9 | 30 | 23 | 24 | 12 |

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|----------------------------|------------|------------------------|-----|-----|-------|------|-----|-------|---------|-------|-----|------|------|----|-----|----|----|
| | Lrg Wrap | N/A | 318 | 646 | 24.8 | 5.7 | 0.0 | 9.7 | 1028.0 | 79.8 | 5.1 | 14.5 | 29.0 | 4 | 17 | 8 | 37 |
| | Lrg UnWrap | N/A | 253 | 456 | 19.8 | 4.7 | 0.0 | 9.7 | 668.0 | 47.8 | 3.1 | 13.5 | 23.0 | 2 | 17 | 2 | 11 |
| Garlic Shrimp | Reg Wrap | N/A | 363 | 686 | 36.4 | 3.2 | 0.0 | 215.2 | 878.0 | 74.7 | 4.0 | 4.6 | 21.5 | 38 | 149 | 10 | 22 |
| | Reg UnWrap | N/A | 298 | 496 | 31.4 | 2.2 | 0.0 | 215.2 | 508.0 | 42.7 | 2.0 | 3.6 | 15.5 | 36 | 149 | 4 | 7 |
| | Lrg Wrap | N/A | 506 | 993 | 51.9 | 5.0 | 0.0 | 290.2 | 1245.0 | 108.0 | 4.6 | 5.6 | 30.1 | 45 | 189 | 13 | 29 |
| | Lrg UnWrap | N/A | 406 | 693 | 43.9 | 3.0 | 0.0 | 290.2 | 685.0 | 60.0 | 2.6 | 4.6 | 21.1 | 44 | 189 | 5 | 9 |
| Italian Scramble ** | Reg Wrap | N/A | 238 | 499 | 27.8 | 8.0 | 0.2 | 386.9 | 769.3 | 38.2 | 3.3 | 3.7 | 24.9 | 36 | 235 | 18 | 24 |
| | Reg UnWrap | N/A | 173 | 309 | 22.8 | 7.0 | 0.2 | 386.9 | 399.3 | 6.2 | 1.3 | 2.7 | 18.9 | 34 | 234 | 12 | 9 |
| | Lrg Wrap | N/A | 362 | 760 | 41.8 | 12.4 | 0.4 | 580.6 | 1151.0 | 57.4 | 3.9 | 5.3 | 37.4 | 56 | 368 | 26 | 34 |
| | Lrg UnWrap | N/A | 262 | 460 | 33.8 | 10.4 | 0.4 | 580.6 | 596.0 | 9.4 | 1.9 | 4.3 | 28.4 | 52 | 368 | 18 | 14 |
| Jambalaya Jazz | Reg Wrap | N/A | 356 | 626 | 27.8 | 5.5 | 0.0 | 102.3 | 1481.7 | 71.4 | 3.4 | 5.5 | 22.8 | 43 | 136 | 10 | 25 |
| | Reg UnWrap | N/A | 291 | 436 | 22.8 | 4.5 | 0.0 | 102.3 | 1041.7 | 40.4 | 2.4 | 4.5 | 16.8 | 43 | 136 | 4 | 10 |
| | Lrg Wrap | N/A | 517 | 932 | 41.5 | 8.5 | 0.0 | 155.8 | 2213.1 | 106.3 | 5.3 | 7.0 | 33.8 | 55 | 173 | 16 | 34 |
| | Lrg UnWrap | N/A | 417 | 632 | 32.5 | 6.5 | 0.0 | 155.8 | 1553.1 | 59.3 | 3.3 | 6.0 | 24.8 | 55 | 173 | 6 | 14 |
| Jimmy the Greek | Reg Wrap | Beef | 350 | 552 | 242.0 | 6.2 | 0.4 | 64.0 | 1,355.0 | 61.0 | 2.3 | 5.1 | 27.0 | 16 | 12 | 15 | 25 |
| | | Chicken | 348 | 544 | 23.5 | 5.7 | 0.3 | 62.3 | 1,152.5 | 59.9 | 1.8 | 4.9 | 26.6 | 16 | 12 | 16 | 21 |
| | | Shrimp | 353 | 519 | 23.0 | 5.7 | 0.3 | 194.5 | 1,364.9 | 59.4 | 1.8 | 4.9 | 22.2 | 16 | 12 | 14 | 16 |
| | | Tofu | 348 | 543 | 26.6 | 6.2 | 0.3 | 29.3 | 976.5 | 60.0 | 2.5 | 5.5 | 20.5 | 16 | 12 | 37 | 23 |
| | | Gardein Chick'n | 343 | 556 | 23.8 | 5.8 | 0.3 | 29.3 | 1,196.5 | 61.3 | 2.7 | 5.1 | 27.9 | 16 | 12 | 17 | 37 |
| | Reg UnWrap | Beef | 285 | 362 | 19.2 | 5.2 | 0.4 | 64.0 | 915.0 | 30.0 | 1.3 | 4.1 | 21.0 | 16 | 12 | 9 | 10 |
| | | Chicken | 283 | 354 | 18.5 | 4.7 | 0.3 | 62.3 | 712.5 | 28.9 | 0.8 | 3.9 | 20.6 | 16 | 12 | 10 | 6 |
| | | Shrimp | 288 | 329 | 18.0 | 4.7 | 0.3 | 194.5 | 924.9 | 28.4 | 0.8 | 3.9 | 16.2 | 16 | 12 | 8 | 1 |
| | | Tofu | 283 | 353 | 21.6 | 5.2 | 0.3 | 29.3 | 536.5 | 29.0 | 1.5 | 4.5 | 14.5 | 16 | 12 | 31 | 8 |
| | | Gardein Chick'n | 278 | 366 | 18.8 | 4.8 | 0.3 | 29.3 | 756.5 | 30.3 | 1.7 | 4.1 | 21.9 | 16 | 12 | 11 | 22 |
| | Lrg Wrap | Beef | 486 | 772 | 44.1 | 8.8 | 0.5 | 86.8 | 1,844.4 | 85.4 | 3.9 | 6.8 | 37.2 | 22 | 17 | 23 | 34 |
| | | Chicken | 483 | 761 | 33.2 | 8.1 | 0.4 | 84.3 | 1,566.4 | 84.0 | 3.2 | 6.5 | 36.7 | 22 | 17 | 23 | 28 |
| | | Shrimp | 488 | 725 | 32.5 | 8.1 | 0.4 | 259.6 | 1,844.2 | 83.2 | 3.2 | 6.5 | 50.4 | 22 | 17 | 21 | 22 |
| | | Tofu | 483 | 759 | 37.3 | 8.8 | 0.4 | 39.3 | 1,326.4 | 64.1 | 4.1 | 7.3 | 28.4 | 22 | 17 | 52 | 31 |
| | | Gardein Chick'n | 478 | 779 | 33.6 | 8.3 | 0.4 | 39.3 | 1,634.4 | 86.0 | 4.5 | 6.8 | 39.0 | 23 | 17 | 25 | 50 |
| | Lrg UnWrap | Beef | 386 | 472 | 25.1 | 6.8 | 0.5 | 86.8 | 1,184.4 | 38.4 | 1.9 | 5.8 | 28.2 | 22 | 17 | 13 | 14 |
| | | Chicken | 383 | 461 | 24.2 | 6.1 | 0.4 | 84.3 | 906.4 | 37.0 | 1.2 | 5.5 | 27.7 | 22 | 17 | 13 | 8 |
| | | Shrimp | 388 | 425 | 23.5 | 6.1 | 0.4 | 259.6 | 1,164.2 | 36.2 | 1.2 | 5.5 | 21.4 | 22 | 17 | 11 | 2 |
| | | Tofu | 383 | 459 | 28.3 | 6.8 | 0.4 | 39.3 | 666.4 | 37.1 | 2.1 | 6.3 | 19.4 | 22 | 17 | 42 | 11 |
| | | Gardein Chick'n | 378 | 479 | 24.6 | 6.3 | 0.4 | 39.3 | 974.4 | 39.0 | 2.5 | 5.8 | 31.0 | 23 | 17 | 15 | 30 |

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|-------------------------------|----------|------------------------|------------------------|-----|------|------|-----|-------|---------|---------|-------|------|------|------|----|-----|----|----|
| Leaning Tower of Pesto | Reg Wrap | Beef | 336 | 548 | 16.2 | 3.1 | 0.1 | 37.9 | 1,440.2 | 75.0 | 5.1 | 5.1 | 26.1 | 36 | 91 | 16 | 29 | |
| | | Chicken | 334 | 539 | 15.5 | 2.7 | 0.1 | 36.2 | 1,237.7 | 73.9 | 4.6 | 4.9 | 35.7 | 36 | 91 | 17 | 25 | |
| | | Shrimp | 329 | 551 | 15.9 | 2.7 | 0.1 | 32.0 | 1,281.7 | 75.3 | 5.5 | 5.1 | 27.0 | 36 | 91 | 18 | 41 | |
| | | Tofu | 339 | 514 | 15.1 | 2.6 | 0.1 | 168.4 | 1,450.0 | 73.4 | 4.6 | 4.9 | 21.3 | 36 | 91 | 16 | 20 | |
| | | Gardein Chick'n | 334 | 538 | 18.6 | 3.1 | 0.1 | 3.2 | 1,061.7 | 74.0 | 5.3 | 5.5 | 19.6 | 36 | 91 | 38 | 27 | |
| | | Reg UnWrap | Beef | 271 | 358 | 11.2 | 2.1 | 0.1 | 37.9 | 1,080.2 | 43.0 | 3.1 | 4.1 | 20.1 | 34 | 91 | 10 | 14 |
| | | | Chicken | 269 | 349 | 10.5 | 1.7 | 0.1 | 36.2 | 877.7 | 41.9 | 2.6 | 3.9 | 19.7 | 34 | 91 | 11 | 10 |
| | | | Shrimp | 274 | 324 | 10.1 | 1.6 | 0.1 | 168.4 | 1,090.0 | 41.4 | 2.6 | 3.9 | 15.3 | 34 | 91 | 10 | 5 |
| | | | Tofu | 269 | 348 | 13.6 | 2.1 | 0.1 | 3.2 | 701.7 | 42.0 | 3.3 | 4.5 | 13.6 | 34 | 91 | 32 | 12 |
| | | | Gardein Chick'n | 264 | 361 | 10.9 | 1.7 | 0.1 | 3.2 | 921.7 | 43.3 | 3.5 | 4.1 | 21.0 | 34 | 91 | 12 | 26 |
| | | Lrg Wrap | Beef | 492 | 817 | 24.0 | 5.0 | 0.1 | 52.1 | 2,108.5 | 111.4 | 7.5 | 7.9 | 37.1 | 50 | 130 | 23 | 40 |
| | | | Chicken | 489 | 805 | 23.1 | 4.4 | 0.1 | 49.6 | 1,830.6 | 109.9 | 6.8 | 7.6 | 36.5 | 50 | 130 | 23 | 34 |
| | | | Shrimp | 494 | 769 | 22.4 | 4.3 | 0.1 | 224.8 | 2,108.3 | 109.2 | 6.8 | 7.6 | 30.2 | 50 | 130 | 22 | 28 |
| | | | Tofu | 489 | 804 | 27.3 | 5.0 | 0.1 | 4.6 | 1,590.6 | 110.1 | 7.7 | 8.5 | 28.3 | 50 | 130 | 53 | 37 |
| | | | Gardein Chick'n | 484 | 824 | 23.6 | 4.5 | 0.1 | 4.6 | 1,898.6 | 111.9 | 8.1 | 7.9 | 38.8 | 50 | 130 | 26 | 56 |
| | | Lrg UnWrap | Beef | 392 | 517 | 16.0 | 3.0 | 0.1 | 52.1 | 1,558.5 | 63.4 | 4.5 | 5.9 | 28.1 | 48 | 130 | 15 | 20 |
| | | | Chicken | 389 | 505 | 15.1 | 2.4 | 0.1 | 49.6 | 1,280.6 | 61.9 | 3.8 | 5.6 | 27.5 | 48 | 130 | 15 | 14 |
| | | | Shrimp | 394 | 469 | 14.4 | 2.3 | 0.1 | 224.8 | 1,558.3 | 61.2 | 3.8 | 5.6 | 21.2 | 48 | 130 | 14 | 8 |
| | | | Tofu | 389 | 504 | 19.3 | 3.0 | 0.1 | 4.6 | 1,040.6 | 62.1 | 4.7 | 6.5 | 19.3 | 48 | 130 | 45 | 17 |
| | | | Gardein Chick'n | 384 | 524 | 15.6 | 2.5 | 0.1 | 4.6 | 1,348.6 | 63.9 | 51.0 | 5.9 | 29.8 | 48 | 130 | 18 | 36 |
| Mexicali | Reg Wrap | Beef | 364 | 515 | 12.2 | 5.0 | 0.1 | 51.4 | 1,760.0 | 72.7 | 4.7 | 5.1 | 29.0 | 7 | 16 | 24 | 33 | |
| | | Chicken | 362 | 507 | 11.5 | 4.5 | 0.0 | 49.7 | 1,557.5 | 71.6 | 4.2 | 4.8 | 28.7 | 7 | 16 | 24 | 29 | |
| | | Shrimp | 367 | 481 | 11.0 | 4.5 | 0.0 | 181.9 | 1,369.8 | 71.0 | 4.2 | 4.8 | 24.2 | 7 | 16 | 23 | 24 | |
| | | Tofu | 362 | 505 | 14.6 | 5.0 | 0.0 | 16.7 | 1,381.5 | 71.7 | 4.9 | 5.5 | 22.6 | 7 | 16 | 45 | 31 | |
| | | Gardein Chick'n | 357 | 518 | 11.9 | 4.6 | 0.0 | 16.7 | 1,601.5 | 73.0 | 5.1 | 5.1 | 30.0 | 7 | 16 | 26 | 45 | |
| | | Reg UnWrap | Beef | 299 | 325 | 7.2 | 4.0 | 0.0 | 51.4 | 1,320.0 | 41.7 | 3.7 | 4.1 | 23.0 | 7 | 16 | 18 | 18 |
| | | | Chicken | 297 | 317 | 6.5 | 3.5 | 0.0 | 49.7 | 1,117.5 | 40.6 | 3.2 | 3.8 | 22.7 | 7 | 16 | 18 | 14 |
| | | | Shrimp | 302 | 291 | 6.0 | 3.5 | 0.0 | 181.9 | 1,329.8 | 40.0 | 3.2 | 3.8 | 18.2 | 7 | 16 | 17 | 9 |
| | | | Tofu | 297 | 315 | 9.6 | 4.0 | 0.0 | 16.7 | 941.5 | 40.7 | 3.9 | 4.5 | 16.6 | 7 | 16 | 39 | 16 |
| | | | Gardein Chick'n | 292 | 328 | 6.9 | 3.6 | 0.0 | 1,161.5 | 42.0 | 4.1 | 24.0 | 7.0 | 24.0 | 7 | 16 | 20 | 30 |
| | | Lrg Wrap | Beef | 529 | 762 | 18.9 | 7.4 | 0.1 | 70.2 | 2,557.7 | 107.9 | 7.2 | 6.9 | 40.8 | 9 | 24 | 35 | 45 |
| | | | Chicken | 526 | 750 | 18.0 | 6.7 | 0.0 | 2,279.8 | 2,279.8 | 106.4 | 6.5 | 6.5 | 40.2 | 9 | 24 | 35 | 39 |
| | | | Shrimp | 531 | 714 | 17.3 | 6.7 | 0.0 | 242.9 | 2,557.6 | 105.7 | 6.5 | 6.5 | 33.9 | 9 | 24 | 33 | 33 |

| | | | | | | | | | | | | | | | | | |
|-----------------------|------------|------------------------|-------|-----|------|-----|-----|-------|---------|-------|-----|------|------|-----|----|----|----|
| | | Tofu | 526 | 749 | 22.1 | 7.4 | 0.0 | 22.7 | 2,039.8 | 106.6 | 7.4 | 7.4 | 31.9 | 9 | 24 | 64 | 42 |
| | | Gardein Chick'n | 521 | 769 | 18.4 | 6.9 | 0.0 | 22.7 | 2,347.8 | 108.4 | 7.8 | 6.9 | 42.5 | 10 | 24 | 37 | 62 |
| | Lrg UnWrap | Beef | 429 | 462 | 9.9 | 5.4 | 0.1 | 70.2 | 1,897.7 | 609.0 | 5.2 | 5.9 | 31.8 | 9 | 24 | 25 | 25 |
| | | Chicken | 426 | 450 | 9.2 | 4.7 | 0.0 | 67.7 | 1,619.8 | 59.4 | 4.5 | 5.5 | 31.2 | 9 | 24 | 25 | 19 |
| | | Shrimp | 431 | 414 | 8.3 | 4.7 | 0.0 | 242.9 | 1,897.6 | 58.7 | 4.5 | 5.5 | 24.9 | 9 | 24 | 23 | 13 |
| | | Tofu | 426 | 449 | 13.1 | 5.4 | 0.0 | 22.7 | 1,379.8 | 59.6 | 5.4 | 6.4 | 22.9 | 9 | 24 | 54 | 22 |
| | | Gardein Chick'n | 421 | 469 | 9.4 | 4.9 | 0.0 | 22.7 | 1,687.8 | 61.4 | 5.8 | 5.4 | 33.5 | 10 | 24 | 27 | 42 |
| Santa Fe | Reg Wrap | Beef | 290 | 445 | 21.4 | 5.2 | 0.1 | 55.2 | 1,060.3 | 43.1 | 6.5 | 5.4 | 22.2 | 80 | 35 | 18 | 24 |
| | | Chicken | 288 | 427 | 19.9 | 4.5 | 0.0 | 51.4 | 784.7 | 41.3 | 5.9 | 4.3 | 22.0 | 79 | 34 | 17 | 20 |
| | | Shrimp | 293 | 411 | 20.3 | 4.7 | 0.1 | 185.7 | 1,070.2 | 41.4 | 6.0 | 5.2 | 17.4 | 80 | 35 | 17 | 15 |
| | | Tofu | 288 | 435 | 23.8 | 5.2 | 0.1 | 20.5 | 681.8 | 42.1 | 6.7 | 5.8 | 15.7 | 80 | 35 | 39 | 22 |
| | | Gardein Chick'n | 203 | 448 | 21.1 | 4.8 | 0.1 | 20.5 | 901.8 | 43.4 | 6.9 | 5.4 | 23.1 | 81 | 35 | 19 | 36 |
| | Reg UnWrap | Beef | 225 | 275 | 16.4 | 4.2 | 0.1 | 55.2 | 720.3 | 15.1 | 2.5 | 4.4 | 17.2 | 80 | 35 | 12 | 16 |
| | | Chicken | 223 | 257 | 14.9 | 3.5 | 0.0 | 51.4 | 444.7 | 13.3 | 1.9 | 3.3 | 17.0 | 79 | 34 | 11 | 12 |
| | | Shrimp | 228 | 241 | 15.3 | 3.7 | 0.1 | 185.7 | 730.2 | 13.4 | 2.0 | 4.2 | 12.4 | 80 | 35 | 11 | 7 |
| | | Tofu | 223 | 265 | 18.8 | 4.7 | 0.1 | 20.5 | 341.8 | 14.1 | 2.7 | 4.8 | 10.7 | 80 | 35 | 33 | 14 |
| | | Gardein Chick'n | 218 | 278 | 16.1 | 3.8 | 0.1 | 20.5 | 561.8 | 15.4 | 2.9 | 4.4 | 18.1 | 81 | 35 | 13 | 28 |
| | Lrg Wrap | Beef | 417 | 676 | 30.9 | 7.6 | 0.2 | 74.5 | 1,566.9 | 67.8 | 8.6 | 7.4 | 32.4 | 119 | 50 | 26 | 43 |
| | | Chicken | 414 | 652 | 28.8 | 6.6 | 0.0 | 69.3 | 1,187.1 | 65.3 | 7.8 | 5.7 | 32.1 | 116 | 49 | 25 | 37 |
| | | Shrimp | 4,719 | 628 | 29.3 | 6.9 | 0.1 | 247.3 | 1,566.8 | 65.5 | 7.9 | 7.0 | 25.5 | 119 | 50 | 24 | 31 |
| | | Tofu | 414 | 663 | 34.1 | 7.6 | 0.1 | 27.0 | 1,049.0 | 66.4 | 8.8 | 7.9 | 23.6 | 119 | 50 | 55 | 39 |
| | | Gardein Chick'n | 409 | 683 | 30.5 | 7.1 | 0.1 | 27.0 | 1,357.0 | 68.3 | 7.2 | 7.4 | 34.2 | 119 | 50 | 28 | 59 |
| | Lrg UnWrap | Beef | 317 | 376 | 21.9 | 5.6 | 0.2 | 74.5 | 996.9 | 218.0 | 3.6 | 6.4 | 23.4 | 119 | 50 | 16 | 23 |
| | | Chicken | 314 | 352 | 19.8 | 4.6 | 0.0 | 69.3 | 617.1 | 19.3 | 2.8 | 4.7 | 23.1 | 116 | 49 | 15 | 17 |
| | | Shrimp | 319 | 328 | 30.3 | 4.9 | 0.1 | 247.3 | 996.8 | 19.5 | 2.9 | 6.0 | 16.5 | 119 | 50 | 14 | 11 |
| | | Tofu | 314 | 363 | 25.1 | 5.6 | 0.1 | 27.0 | 479.0 | 20.4 | 3.8 | 6.9 | 14.6 | 119 | 50 | 45 | 19 |
| | | Gardein Chick'n | 309 | 383 | 21.5 | 5.1 | 0.1 | 27.0 | 787.0 | 22.3 | 4.2 | 6.4 | 25.2 | 119 | 50 | 18 | 39 |
| Talking Turkey | Reg Wrap | N/A | 358 | 534 | 10.3 | 2.1 | 0.1 | 47.3 | 1496.3 | 83.6 | 5.2 | 15.6 | 23.8 | 2 | 2 | 9 | 24 |
| | Reg UnWrap | N/A | 293 | 344 | 5.3 | 1.1 | 0.1 | 47.3 | 1126.3 | 51.6 | 3.2 | 14.6 | 17.8 | 0 | 2 | 3 | 9 |
| | Lrg Wrap | N/A | 503 | 777 | 15.3 | 3.5 | 0.1 | 64.5 | 2121.5 | 120.1 | 6.3 | 21.4 | 33.5 | 4 | 3 | 12 | 32 |
| | Lrg UnWrap | N/A | 403 | 477 | 7.3 | 1.5 | 0.1 | 64.5 | 1561.5 | 72.1 | 4.3 | 20.4 | 24.5 | 0 | 3 | 4 | 12 |
| Thai Tanic | Reg Wrap | Beef | 356 | 597 | 17.8 | 4.2 | 0.1 | 35.2 | 1,219.3 | 91.0 | 4.5 | 20.4 | 26.9 | 6 | 34 | 11 | 30 |
| | | Chicken | 354 | 589 | 17.1 | 3.7 | 0.0 | 33.5 | 1,016.8 | 89.9 | 4.0 | 20.1 | 26.6 | 6 | 34 | 11 | 25 |
| | | Shrimp | 359 | 564 | 16.6 | 3.7 | 0.0 | 165.7 | 1,229.1 | 89.3 | 4.0 | 20.1 | 22.1 | 6 | 34 | 10 | 21 |

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|----------------------|------------|------------------------|-----|-----|-------|-----|-----|-------|---------|-------|-----|------|------|-----|-----|----|----|
| | | Tofu | 354 | 588 | 20.2 | 4.2 | 0.0 | 0.5 | 810.8 | 90.0 | 4.7 | 20.7 | 20.5 | 6 | 34 | 33 | 27 |
| | | Gardein Chick'n | 349 | 601 | 17.5 | 3.8 | 0.0 | 0.5 | 1,160.8 | 91.3 | 4.9 | 20.4 | 27.9 | 6 | 34 | 13 | 41 |
| | Reg UnWrap | Beef | 291 | 407 | 12.8 | 3.2 | 0.1 | 352.0 | 849.3 | 57.0 | 2.5 | 19.4 | 20.9 | 4 | 34 | 5 | 10 |
| | | Chicken | 289 | 399 | 12.1 | 2.7 | 0.0 | 33.5 | 646.8 | 57.9 | 2.0 | 19.1 | 20.6 | 4 | 34 | 5 | 10 |
| | | Shrimp | 294 | 374 | 11.6 | 2.7 | 0.0 | 165.7 | 859.1 | 57.3 | 3.0 | 19.1 | 20.0 | 4 | 34 | 4 | 6 |
| | | Tofu | 289 | 398 | 15.2 | 3.2 | 0.0 | 0.5 | 470.8 | 58.0 | 2.7 | 19.7 | 14.5 | 4 | 34 | 27 | 12 |
| | | Gardein Chick'n | 284 | 411 | 12.5 | 2.8 | 0.0 | 0.5 | 690.8 | 39.3 | 2.9 | 19.4 | 21.9 | 4 | 34 | 7 | 26 |
| | Lrg Wrap | Beef | 506 | 872 | 259.0 | 6.4 | 0.1 | 48.2 | 1,737.6 | 131.3 | 5.5 | 28.1 | 37.9 | 10 | 48 | 15 | 40 |
| | | Chicken | 503 | 860 | 25.0 | 5.8 | 0.0 | 45.7 | 1,459.7 | 129.9 | 4.8 | 27.7 | 37.4 | 10 | 48 | 15 | 34 |
| | | Shrimp | 508 | 824 | 24.3 | 5.7 | 0.0 | 220.9 | 1,737.5 | 129.1 | 4.8 | 77.7 | 31.1 | 10 | 48 | 14 | 28 |
| | | Tofu | 503 | 858 | 29.2 | 6.4 | 0.0 | 0.7 | 1,219.7 | 130.0 | 5.7 | 28.6 | 29.1 | 10 | 48 | 44 | 37 |
| | | Gardein Chick'n | 498 | 879 | 25.5 | 5.9 | 0.0 | 0.7 | 1,527.1 | 131.1 | 6.1 | 28.1 | 39.7 | 10 | 48 | 18 | 57 |
| | Lrg UnWrap | Beef | 406 | 572 | 17.9 | 4.4 | 0.1 | 48.2 | 1,177.6 | 83.3 | 3.5 | 27.1 | 28.9 | 6 | 48 | 7 | 20 |
| | | Chicken | 403 | 560 | 17.0 | 3.8 | 0.0 | 45.7 | 899.7 | 81.9 | 2.8 | 26.7 | 28.4 | 6 | 48 | 7 | 14 |
| | | Shrimp | 408 | 524 | 16.3 | 3.7 | 0.0 | 220.9 | 1,177.5 | 81.1 | 2.8 | 26.7 | 22.1 | 6 | 48 | 6 | 8 |
| | | Tofu | 403 | 558 | 21.2 | 4.4 | 0.0 | 0.7 | 659.7 | 82.0 | 3.7 | 27.6 | 20.1 | 6 | 48 | 26 | 17 |
| | | Gardein Chick'n | 398 | 579 | 17.5 | 3.9 | 0.0 | 0.7 | 967.7 | 83.8 | 4.1 | 27.1 | 30.7 | 6 | 48 | 10 | 37 |
| Veggie Lovers | Reg Wrap | N/A | 300 | 426 | 16.1 | 3.7 | 0.0 | 6.7 | 747.6 | 62.8 | 7.3 | 9.7 | 10.5 | 25 | 64 | 14 | 12 |
| | Reg UnWrap | N/A | 275 | 256 | 11.1 | 2.7 | 0.0 | 6.7 | 407.6 | 34.8 | 3.3 | 8.7 | 5.5 | 25 | 64 | 8 | 4 |
| | Lrg Wrap | N/A | 431 | 653 | 24.3 | 5.7 | 0.0 | 8.7 | 1137.3 | 43.8 | 9.6 | 13.4 | 16.3 | 38 | 103 | 21 | 26 |
| | Lrg UnWrap | N/A | 331 | 353 | 15.3 | 3.7 | 0.0 | 8.7 | 567.3 | 43.8 | 4.6 | 12.4 | 7.3 | 38 | 103 | 11 | 6 |
| Very Teri | Reg Wrap | Beef | 348 | 531 | 11.3 | 1.6 | 0.1 | 34.7 | 1,413.3 | 91.3 | 5.4 | 26.6 | 24.1 | 77 | 21 | 9 | 19 |
| | | Chicken | 346 | 523 | 10.7 | 1.2 | 0.0 | 33.0 | 1,210.8 | 90.2 | 4.9 | 26.3 | 23.8 | 77 | 21 | 9 | 15 |
| | | Shrimp | 351 | 497 | 10.2 | 1.1 | 0.0 | 165.2 | 1,423.1 | 89.7 | 4.9 | 26.3 | 19.3 | 77 | 21 | 8 | 11 |
| | | Tofu | 346 | 521 | 13.7 | 1.7 | 0.0 | 0.0 | 1,034.8 | 90.3 | 5.5 | 26.9 | 17.7 | 77 | 21 | 30 | 17 |
| | | Gardein Chick'n | 341 | 534 | 11.0 | 1.3 | 0.0 | 0.0 | 1,254.8 | 91.6 | 5.8 | 26.6 | 25.1 | 77 | 21 | 11 | 31 |
| | Reg UnWrap | Beef | 283 | 361 | 6.3 | 0.6 | 0.1 | 34.7 | 1,073.3 | 63.3 | 1.4 | 25.6 | 19.1 | 77 | 21 | 3 | 11 |
| | | Chicken | 281 | 353 | 5.7 | 0.2 | 0.0 | 33.0 | 870.8 | 62.2 | 0.9 | 25.3 | 18.8 | 77 | 21 | 3 | 7 |
| | | Shrimp | 286 | 327 | 5.2 | 0.1 | 0.0 | 165.2 | 1,083.1 | 61.7 | 0.9 | 25.3 | 14.3 | 77 | 21 | 2 | 3 |
| | | Tofu | 281 | 351 | 8.7 | 0.7 | 0.0 | 0.0 | 694.8 | 62.3 | 1.5 | 25.9 | 12.7 | 77 | 21 | 24 | 9 |
| | | Gardein Chick'n | 276 | 364 | 6.0 | 0.3 | 0.0 | 0.0 | 914.8 | 63.6 | 1.8 | 25.6 | 20.1 | 77 | 21 | 5 | 23 |
| | Lrg Wrap | Beef | 501 | 810 | 17.9 | 2.9 | 0.1 | 47.5 | 2,066.2 | 136.0 | 6.9 | 37.3 | 35.5 | 114 | 29 | 14 | 36 |
| | | Chicken | 498 | 798 | 17.0 | 2.2 | 0.0 | 45.0 | 1,788.3 | 134.6 | 6.3 | 36.9 | 35.0 | 114 | 29 | 14 | 30 |
| | | Shrimp | 503 | 762 | 16.3 | 2.2 | 0.0 | 220.2 | 2,066.0 | 133.8 | 6.3 | 36.9 | 28.6 | 114 | 29 | 13 | 24 |

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|--|------------|------------------------|-----|-----|------|-----|-----|-------|---------|-------|-----|------|------|-----|----|----|----|
| | | Tofu | 498 | 796 | 21.2 | 2.9 | 0.0 | 0.0 | 1,548.3 | 134.7 | 7.2 | 37.8 | 26.7 | 114 | 29 | 44 | 32 |
| | | Gardein Chick'n | 493 | 817 | 17.5 | 2.4 | 0.0 | 0.0 | 1,856.3 | 136.5 | 7.6 | 37.3 | 37.3 | 114 | 29 | 17 | 52 |
| | Lrg UnWrap | Beef | 401 | 510 | 8.9 | 0.9 | 0.1 | 47.5 | 1,496.2 | 90.0 | 1.9 | 36.3 | 26.5 | 114 | 29 | 4 | 16 |
| | | Chicken | 398 | 498 | 8.0 | 0.2 | 0.0 | 45.0 | 1,218.3 | 88.6 | 1.3 | 35.9 | 26.0 | 114 | 29 | 4 | 10 |
| | | Shrimp | 403 | 462 | 7.3 | 0.2 | 0.0 | 220.2 | 1,496.0 | 87.8 | 1.3 | 35.9 | 19.6 | 114 | 29 | 3 | 4 |
| | | Tofu | 398 | 498 | 12.2 | 0.9 | 0.0 | 0.0 | 978.3 | 88.7 | 2.2 | 36.8 | 17.7 | 114 | 29 | 34 | 12 |
| | | Gardein Chick'n | 393 | 517 | 8.5 | 0.4 | 0.0 | 0.0 | 1,286.3 | 90.5 | 2.6 | 36.3 | 28.3 | 114 | 29 | 7 | 32 |

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|-------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------------|--------------------|---------------------|---------------------|-----------------------|--------------------|
| <i>Weight (g)</i> | <i>Calories (kcal)</i> | <i>Total Fat (g)</i> | <i>Saturated Fat (g)</i> | <i>Trans Fat (g)</i> | <i>Cholesterol (mg)</i> | <i>Sodium (mg)</i> | <i>Carbohydrates (g)</i> | <i>Dietary Fiber (g)</i> | <i>Total Sugars (g)</i> | <i>Protein (g)</i> | <i>Vit A - % DV</i> | <i>Vit C - % DV</i> | <i>Calcium - % DV</i> | <i>Iron - % DV</i> |
|-------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------------|--------------------|---------------------|---------------------|-----------------------|--------------------|

| SNACK WRAPS | | | | | | | | | | | | | | | | | | |
|-----------------------|----------------|--------------------|---------|-----|-----|------|-----|-----|------|-------|------|-----|-----|------|----|-----|----|----|
| Menu Item | Protein | Tortilla | Rice | | | | | | | | | | | | | | | |
| Chicken Little | Chicken | Plain | Basmati | 198 | 380 | 10.1 | 3.7 | 0.0 | 43.7 | 701.4 | 51.0 | 1.1 | 2.2 | 22.1 | 12 | 0 | 21 | 24 |
| | Chicken | Plain | Brown | 198 | 376 | 10.7 | 3.7 | 0.0 | 43.7 | 701.4 | 2.8 | 2.8 | 2.2 | 21.8 | 12 | 0 | 21 | 29 |
| | Chicken | Whole Wheat | Basmati | 198 | 376 | 10.3 | 3.4 | 0.0 | 43.7 | 697.4 | 48.8 | 2.3 | 1.7 | 22.2 | 12 | 0 | 18 | 19 |
| | Chicken | Whole Wheat | Brown | 198 | 372 | 10.8 | 3.4 | 0.0 | 43.7 | 697.4 | 46.4 | 4.0 | 1.2 | 21.8 | 12 | 0 | 18 | 23 |
| | Tofu | Plain | Basmati | 198 | 379 | 12.6 | 4.1 | 0.0 | 16.7 | 557.4 | 51.1 | 1.6 | 2.8 | 17.2 | 12 | 0 | 43 | 28 |
| | Tofu | Plain | Brown | 198 | 375 | 13.2 | 4.1 | 0.0 | 16.7 | 557.4 | 48.7 | 3.3 | 2.8 | 11.8 | 12 | 0 | 43 | 32 |
| | Tofu | Whole Wheat | Basmati | 198 | 375 | 12.8 | 3.8 | 0.0 | 16.7 | 553.4 | 48.9 | 2.8 | 1.8 | 17.2 | 12 | 0 | 41 | 22 |
| | Tofu | Whole Wheat | Brown | 198 | 371 | 13.3 | 3.8 | 0.0 | 16.7 | 553.4 | 46.5 | 4.6 | 1.8 | 16.8 | 12 | 0 | 41 | 26 |
| Little Caesar | Chicken | Plain | N/A | 155 | 290 | 14.0 | 2.9 | 0.2 | 35.9 | 578.1 | 25.4 | 2.3 | 2.0 | 15.7 | 91 | 133 | 8 | 16 |
| | Chicken | Whole Wheat | N/A | 155 | 286 | 14.1 | 2.7 | 0.2 | 35.9 | 574.1 | 23.2 | 3.5 | 1.0 | 15.8 | 91 | 133 | 5 | 13 |
| | Tofu | Plain | N/A | 155 | 289 | 15.9 | 3.2 | 0.2 | 14.9 | 466.1 | 25.5 | 2.7 | 2.4 | 11.8 | 91 | 133 | 21 | 18 |
| | Tofu | Whole Wheat | N/A | 155 | 285 | 16.1 | 3.0 | 0.2 | 14.9 | 462.1 | 23.3 | 3.9 | 1.4 | 11.8 | 91 | 133 | 19 | 14 |
| Mini Mex | Chicken | Plain | N/A | 194 | 310 | 6.6 | 2.5 | 0.0 | 29.7 | 836.0 | 44.2 | 1.6 | 2.7 | 17.3 | 4 | 6 | 14 | 15 |
| | Chicken | Whole Wheat | N/A | 194 | 306 | 6.7 | 2.2 | 0.0 | 29.7 | 832.0 | 42.0 | 2.9 | 1.7 | 17.3 | 4 | 6 | 12 | 12 |
| | Tofu | Plain | N/A | 194 | 309 | 8.5 | 2.8 | 0.0 | 8.7 | 720.0 | 42.1 | 3.3 | 2.1 | 13.5 | 4 | 6 | 26 | 13 |
| | Tofu | Whole Wheat | N/A | 194 | 305 | 8.6 | 2.6 | 0.0 | 8.7 | 720.0 | 42.1 | 3.3 | 2.1 | 13.5 | 4 | 6 | 26 | 13 |
| Mini the Greek | Chicken | Plain | Basmati | 209 | 339 | 10.5 | 3.1 | 0.2 | 36.0 | 621.0 | 44.9 | 1.2 | 2.2 | 17.6 | 6 | 2 | 9 | 13 |
| | Chicken | Plain | Brown | 209 | 336 | 11.0 | 3.1 | 0.2 | 36.0 | 621.0 | 43.0 | 2.6 | 2.2 | 17.3 | 6 | 2 | 7 | 10 |

| | | | | | | | | | | | | | | | | | | |
|------------------|---------|-------------|---------|-----|-----|------|-----|-----|------|-------|------|-----|-----|------|----|----|----|----|
| | Chicken | Whole Wheat | Basmati | 209 | 332 | 11.1 | 2.8 | 0.2 | 36.0 | 617.0 | 40.8 | 3.8 | 1.2 | 17.3 | 6 | 2 | 7 | 12 |
| | Chicken | Whole Wheat | Brown | 209 | 382 | 11.1 | 2.8 | 0.2 | 36.0 | 617.0 | 40.8 | 3.8 | 1.2 | 17.3 | 6 | 2 | 7 | 12 |
| | Tofu | Plain | Basmati | 209 | 338 | 12.5 | 3.4 | 0.2 | 15.0 | 509.0 | 45.0 | 1.6 | 2.6 | 13.7 | 6 | 2 | 23 | 15 |
| | Tofu | Plain | Brown | 209 | 335 | 12.9 | 3.4 | 0.2 | 15.0 | 509.0 | 43.1 | 3.0 | 2.6 | 13.4 | 6 | 2 | 23 | 17 |
| | Tofu | Whole Wheat | Basmati | 209 | 331 | 13.1 | 3.2 | 0.2 | 15.0 | 505.0 | 40.9 | 4.2 | 1.6 | 13.4 | 6 | 2 | 21 | 13 |
| | Tofu | Whole Wheat | Brown | 209 | 331 | 13.1 | 3.2 | 0.2 | 15.0 | 505.0 | 40.9 | 4.2 | 1.6 | 13.4 | 6 | 2 | 21 | 13 |
| Teri-Maki | Chicken | Plain | Basmati | 190 | 308 | 5.2 | 0.6 | 0.0 | 21.0 | 679.1 | 51.8 | 1.8 | 8.6 | 15.0 | 77 | 15 | 6 | 14 |
| | Chicken | Plain | Brown | 190 | 301 | 5.8 | 0.3 | 0.0 | 21.0 | 675.1 | 47.7 | 4.4 | 7.6 | 14.8 | 77 | 15 | 4 | 13 |
| | Chicken | Whole Wheat | Basmati | 190 | 304 | 5.4 | 0.3 | 0.0 | 21.0 | 675.1 | 49.6 | 3.1 | 7.6 | 15.1 | 77 | 15 | 4 | 11 |
| | Chicken | Whole Wheat | Brown | 190 | 301 | 5.8 | 0.3 | 0.0 | 21.0 | 675.1 | 47.7 | 4.4 | 7.6 | 14.8 | 77 | 15 | 4 | 13 |
| | Tofu | Plain | Basmati | 190 | 307 | 7.2 | 0.9 | 0.0 | 0.0 | 567.1 | 51.9 | 2.2 | 9.1 | 11.2 | 77 | 15 | 20 | 16 |
| | Tofu | Plain | Brown | 190 | 304 | 7.6 | 0.9 | 0.0 | 0.0 | 567.1 | 49.9 | 3.6 | 9.1 | 10.9 | 77 | 15 | 20 | 17 |
| | Tofu | Whole Wheat | Basmati | 190 | 303 | 7.3 | 0.6 | 0.0 | 0.0 | 563.1 | 49.7 | 3.5 | 8.1 | 11.2 | 77 | 15 | 18 | 12 |
| | Tofu | Whole Wheat | Brown | 190 | 300 | 7.8 | 0.6 | 0.0 | 0.0 | 563.1 | 47.7 | 4.9 | 8.1 | 10.9 | 77 | 15 | 18 | 14 |

| |
|--------------------------|
| <i>Weight (g)</i> |
| <i>Calories (kcal)</i> |
| <i>Total Fat (g)</i> |
| <i>Saturated Fat (g)</i> |
| <i>Trans Fat (g)</i> |
| <i>Cholesterol (mg)</i> |
| <i>Sodium (mg)</i> |
| <i>Carbohydrates (g)</i> |
| <i>Dietary Fiber (g)</i> |
| <i>Total Sugars (g)</i> |
| <i>Protein (g)</i> |
| <i>Vit A - % DV</i> |
| <i>Vit C - % DV</i> |
| <i>Calcium - % DV</i> |
| <i>Iron - % DV</i> |

| RICE BOWLS | | | | | | | | | | | | | | | | | | |
|---------------------|----------------|-------------|-----|-----|------|------|-----|-------|-------|------|-----|------|------|-----|----|-----|----|--|
| Menu Item | Protein | Rice | | | | | | | | | | | | | | | | |
| Bangkok | Beef | Basmati | 551 | 625 | 21.1 | 12.1 | 0.1 | 49.7 | 966.8 | 89.0 | 3.9 | 12.9 | 28.6 | 193 | 24 | 10 | 29 | |
| | Chicken | Basmati | 548 | 613 | 20.2 | 11.4 | 0.0 | 47.3 | 688.8 | 87.6 | 3.2 | 10.5 | 28.1 | 193 | 24 | 141 | 23 | |
| | Shrimp | Basmati | 553 | 577 | 19.5 | 11.4 | 0.0 | 222.5 | 966.6 | 86.8 | 3.2 | 10.5 | 21.8 | 193 | 24 | 9 | 17 | |
| | Tofu | Basmati | 548 | 612 | 24.3 | 12.1 | 0.0 | 2.3 | 448.8 | 87.7 | 4.1 | 11.9 | 19.8 | 193 | 24 | 40 | 26 | |
| | Gardein | Basmati | 543 | 632 | 20.7 | 11.5 | 0.0 | 2.3 | 756.8 | 89.6 | 4.5 | 10.9 | 30.4 | 193 | 24 | 13 | 46 | |
| | | | | | | | | | | | | | | | | | | |
| Gino's Pesto | Beef | Brown | 564 | 715 | 29.8 | 7.4 | 0.2 | 76.6 | 962.5 | 94.9 | 9.1 | 9.1 | 32.3 | 186 | 23 | 24 | 26 | |
| | Chicken | Brown | 561 | 704 | 28.9 | 6.7 | 0.1 | 74.2 | 684.6 | 83.5 | 8.5 | 8.7 | 31.7 | 186 | 23 | 25 | 20 | |
| | Shrimp | Brown | 566 | 668 | 28.2 | 6.7 | 0.1 | 249.4 | 962.3 | 82.7 | 8.5 | 8.7 | 25.4 | 186 | 23 | 23 | 14 | |
| | Tofu | Brown | 561 | 732 | 33.1 | 7.4 | 0.1 | 29.2 | 444.6 | 83.6 | 9.4 | 9.6 | 23.5 | 186 | 23 | 54 | 22 | |
| | Gardein | Brown | 556 | 722 | 29.4 | 6.8 | 0.1 | 29.2 | 752.6 | 85.4 | 9.8 | 9.1 | 34.0 | 186 | 23 | 27 | 42 | |

| | | | | | | | | | | | | | | | | | |
|----------------------|---------|---------|-----|-----|------|-----|-----|-------|---------|-------|-----|------|-------|-----|-----|----|----|
| Raja Curry | Beef | Basmati | 571 | 603 | 10.8 | 4.9 | 0.1 | 49.7 | 968.3 | 105.8 | 4.2 | 24.4 | 29.0 | 98 | 46 | 8 | 21 |
| | Chicken | Basmati | 568 | 591 | 9.9 | 4.2 | 0.0 | 47.3 | 690.4 | 104.4 | 3.5 | 24.0 | 28.9 | 98 | 46 | 8 | 15 |
| | Shrimp | Basmati | 573 | 555 | 9.2 | 4.2 | 0.0 | 222.5 | 968.1 | 103.6 | 3.5 | 24.0 | 22.1 | 98 | 46 | 7 | 9 |
| | Tofu | Basmati | 563 | 589 | 14.1 | 4.9 | 0.0 | 2.3 | 450.4 | 104.3 | 4.4 | 24.9 | 20.1 | 98 | 46 | 37 | 18 |
| | Gardein | Basmati | 563 | 610 | 10.4 | 4.3 | 0.0 | 2.3 | 758.4 | 106.3 | 4.8 | 24.4 | 307.0 | 99 | 46 | 10 | 38 |
| Tomo Teriyaki | Beef | Basmati | 498 | 606 | 7.2 | 1.2 | 0.1 | 47.5 | 2,048.5 | 113.0 | 4.3 | 34.6 | 30.2 | 163 | 231 | 9 | 27 |
| | Beef | Brown | 514 | 617 | 8.9 | 1.2 | 0.1 | 47.5 | 2,048.5 | 111.3 | 9.3 | 34.6 | 34.6 | 163 | 231 | 9 | 34 |
| | Chicken | Basmati | 495 | 595 | 6.3 | 0.6 | 0.0 | 45.0 | 1,110.7 | 111.5 | 3.6 | 34.2 | 29.6 | 163 | 231 | 9 | 21 |
| | Chicken | Brown | 511 | 606 | 8.0 | 0.6 | 0.0 | 45.0 | 1,771.0 | 109.9 | 8.7 | 34.2 | 29.1 | 163 | 231 | 9 | 22 |
| | Shrimp | Basmati | 500 | 559 | 5.6 | 0.5 | 0.0 | 220.2 | 2,048.5 | 110.8 | 3.6 | 34.2 | 23.3 | 163 | 231 | 8 | 15 |
| | Shrimp | Brown | 516 | 570 | 7.3 | 0.5 | 0.0 | 220.2 | 2,048.7 | 109.1 | 8.7 | 34.2 | 22.7 | 163 | 231 | 8 | 21 |
| | Tofu | Basmati | 495 | 593 | 10.4 | 1.2 | 0.0 | 0.0 | 1,530.7 | 111.7 | 4.5 | 35.1 | 21.4 | 113 | 231 | 39 | 24 |
| | Tofu | Brown | 511 | 604 | 12.2 | 1.2 | 0.0 | 0.0 | 1,531.0 | 110.0 | 9.5 | 35.1 | 20.8 | 163 | 231 | 39 | 30 |
| | Gardein | Basmati | 490 | 613 | 67.0 | 0.7 | 0.0 | 0.0 | 1,838.7 | 113.5 | 4.9 | 34.6 | 31.9 | 163 | 231 | 12 | 43 |
| | Gardein | Brown | 506 | 624 | 8.5 | 0.7 | 0.0 | 0.0 | 1,839.0 | 111.8 | 9.9 | 34.6 | 31.4 | 163 | 231 | 12 | 50 |

| <i>Weight (g)</i> | <i>Calories (kcal)</i> | <i>Total Fat (g)</i> | <i>Saturated Fat (g)</i> | <i>Trans Fat (g)</i> | <i>Cholesterol (mg)</i> | <i>Sodium (mg)</i> | <i>Carbohydrates (g)</i> | <i>Dietary Fiber (g)</i> | <i>Total Sugars (g)</i> | <i>Protein (g)</i> | <i>Vit A - % DV</i> | <i>Vit C - % DV</i> | <i>Calcium - % DV</i> | <i>Iron - % DV</i> |
|-------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------------|--------------------|---------------------|---------------------|-----------------------|--------------------|
|-------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------------|--------------------|---------------------|---------------------|-----------------------|--------------------|

SALADS - not including dressing

| Menu Item | Size | Weight (g) | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Vit A - % DV | Vit C - % DV | Calcium - % DV | Iron - % DV |
|---------------------------------|----------|------------|-----------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------------|-------------|--------------|--------------|----------------|-------------|
| Garden Greens Salad | One Size | 265 | 58 | 0.6 | 0.1 | 0.0 | 0.0 | 29.4 | 12.1 | 4.5 | 6.3 | 3.0 | 277 | 127 | 6 | 10 |
| Side Salad with Croutons | One Size | 128 | 68 | 1.7 | 0.6 | 0.0 | 0.0 | 118.0 | 12.0 | 2.5 | 2.9 | 2.4 | 165 | 31 | 3 | 7 |
| Greek Caesar Salad | One Size | 268 | 148 | 8.8 | 3.6 | 0.2 | 16.0 | 381.4 | 12.2 | 3.5 | 5.2 | 6.4 | 188 | 179 | 10 | 8 |

Dressing Options

| | | | | | | | | | | | | | | | | |
|------------------------------------|----------|------|-----|------|-----|-----|------|-------|-----|-----|-----|-----|---|---|---|----|
| Cabernet Sauvignon Dressing | Per 1 oz | 32.0 | 110 | 10.0 | 1.5 | 0.0 | 0.0 | 470.0 | 6.0 | 0.0 | 6.0 | 0.0 | 0 | 0 | 0 | 0 |
| Caesar Dressing | Per 1 oz | 28.0 | 136 | 14.0 | 1.3 | 0.2 | 13.9 | 165.0 | 2.0 | 0.2 | 0.5 | 0.7 | 0 | 0 | 2 | 1 |
| Chipotle Mayo | Per 1 oz | 28.0 | 162 | 18.0 | 2.7 | 0.0 | 9.0 | 162.3 | 1.8 | 0.0 | 0.0 | 0.0 | 4 | 0 | 0 | 0 |
| Light Ranch Dressing | Per 1 oz | 31.0 | 70 | 5.0 | 0.6 | 0.0 | 10.0 | 260.0 | 8.0 | 0.0 | 2.0 | 0.2 | 0 | 0 | 0 | 0 |
| Asian Sesame Dressing | Per 1 oz | 32.5 | 59 | 2.9 | 0.0 | 0.0 | 0.0 | 429.0 | 7.8 | 0.0 | 5.9 | 1.3 | 5 | 3 | 0 | 13 |

| | | | | | | | | | | | | | | |
|-------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------------|--------------------|---------------------|---------------------|-----------------------|--------------------|
| <i>Weight (g)</i> | <i>Calories (kcal)</i> | <i>Total Fat (g)</i> | <i>Saturated Fat (g)</i> | <i>Trans Fat (g)</i> | <i>Cholesterol (mg)</i> | <i>Sodium (mg)</i> | <i>Carbohydrates (g)</i> | <i>Dietary Fiber (g)</i> | <i>Total Sugars (g)</i> | <i>Protein (g)</i> | <i>Vit A - % DV</i> | <i>Vit C - % DV</i> | <i>Calcium - % DV</i> | <i>Iron - % DV</i> |
|-------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------------|--------------------|---------------------|---------------------|-----------------------|--------------------|

| SMOOTHIES - 16 Oz | | | | | | | | | | | | | | | | |
|-----------------------------|-------------|-----|-----|------|-----|-----|------|-------|------|-----|------|------|-----|-----|----|---|
| Menu Item | Size | | | | | | | | | | | | | | | |
| Berry Extreme | 16 fl oz | N/A | 239 | 0.8 | 0.2 | 0.0 | 0.0 | 21.8 | 61.1 | 5.2 | 48.7 | 1.7 | 80 | 162 | 2 | 4 |
| Blue Hawaiian | 16 fl oz | N/A | 264 | 0.6 | 0.1 | 0.0 | 0.0 | 13.1 | 63.0 | 4.9 | 47.4 | 2.2 | 42 | 180 | 4 | 5 |
| Blue Monkey | 16 fl oz | N/A | 309 | 4.0 | 2.0 | 0.0 | 15.0 | 78.9 | 65.3 | 3.0 | 48.4 | 5.1 | 5 | 130 | 2 | 2 |
| Frosty Berry | 16 fl oz | N/A | 308 | 3.8 | 2.0 | 0.0 | 15.0 | 79.8 | 65.6 | 2.5 | 47.4 | 5.2 | 4 | 176 | 3 | 5 |
| Orange Mango | 16 fl oz | N/A | 264 | 0.8 | 0.2 | 0.0 | 0.0 | 6.4 | 66.9 | 5.0 | 52.1 | 2.9 | 160 | 220 | 4 | 3 |
| Peanut Butter Banana | 16 fl oz | N/A | 621 | 31.1 | 7.6 | 0.0 | 22.0 | 416.4 | 73.7 | 4.5 | 51.9 | 20.4 | 8 | 8 | 26 | 8 |
| Pina Colada | 16 fl oz | N/A | 341 | 4.1 | 2.3 | 0.0 | 18.3 | 103.5 | 68.3 | 1.0 | 57.1 | 4.5 | 1 | 125 | 3 | 2 |
| Purple Haze | 16 fl oz | N/A | 306 | 4.5 | 2.3 | 0.0 | 18.3 | 111.9 | 63.1 | 2.4 | 53.5 | 4.3 | 1 | 107 | 1 | 3 |

| | | | | | | | | | | | | | | | | | |
|-----------------------|----------|-----|-----|-----|-----|-----|-----|------|------|-----|------|-----|----|-----|---|---|--|
| | | | | | | | | | | | | | | | | | |
| Red Bandana | 16 fl oz | N/A | 228 | 0.7 | 0.1 | 0.0 | 0.0 | 6.3 | 57.6 | 4.7 | 40.7 | 2.7 | 82 | 233 | 4 | 7 | |
| | | | | | | | | | | | | | | | | | |
| Tropical Dream | 16 fl oz | N/A | 271 | 0.5 | 0.1 | 0.0 | 0.0 | 13.6 | 65.4 | 4.2 | 50.6 | 2.2 | 80 | 201 | 4 | | |