



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
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## 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	
	Reg UnWrap	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	
		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	
Reg UnWrap		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	
		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	
		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	651	25.5	5.8	0.0	9.7	1,014.4	79.5	5.2	14.5	29.0	5	15	13	26
Reg Unwrap		N/A	253	461	20.5	4.8	0.0	9.7	654.4	47.5	3.2	13.2	23.0	3	15	7	11	
Lrg Wrap		N/A	454	945	36.7	8.9	0.1	13.0	1,515.0	112.6	7.4	21.3	42.7	6	21	18	36	
Lrg UnWrap		N/A	354	645	28.7	6.9	0.1	13.0	965.0	64.6	4.4	19.3	33.7	4	21	10		
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	
	Reg UnWrap	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	
		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
			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	29.0	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		



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
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## WRAPS

Menu Item	Size	Protein															
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
	Reg UnWrap	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
		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
	Lrg Wrap	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
		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
	Lrg UnWrap	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
		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
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
	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
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	492	16.7	5.3	0.2	54.8	1,301.7	60.2	2.3	4.5	26.8	14	12	20	25
		Chicken	348	484	16.0	4.8	0.1	53.2	1,099.2	59.1	1.8	4.2	26.4	14	12	20	21
		Shrimp	353	459	15.5	4.8	0.1	185.3	1,311.5	58.6	1.8	4.2	22.0	14	12	19	16
		Tofu	348	483	19.1	5.3	0.1	20.2	923.2	59.2	2.5	4.8	20.4	14	12	41	23
	Reg UnWrap	Gardein Chick'n	343	496	16.3	4.9	0.1	20.2	1,143.2	60.5	2.7	4.4	27.7	14	12	21	37
		Beef	285	302	11.7	4.3	0.2	54.8	861.7	29.2	1.3	3.5	20.8	14	12	14	10
		Chicken	283	294	11.0	3.8	0.1	53.2	659.2	28.1	0.8	3.2	20.4	14	12	14	6
		Shrimp	288	269	10.5	3.8	0.1	185.3	871.5	27.6	0.8	3.2	16.0	14	12	13	1
	Lrg Wrap	Tofu	283	293	14.1	4.3	0.1	20.2	483.2	28.2	1.5	3.8	14.4	14	12	35	8
		Gardein Chick'n	278	306	11.3	3.9	0.1	20.2	703.2	29.5	1.7	3.4	21.7	14	12	15	22
		Beef	486	688	23.6	7.5	0.2	74.0	1,769.7	84.3	3.9	5.9	37.0	19	17	29	34
		Chicken	483	677	22.7	6.9	0.2	71.5	1,491.8	82.8	3.2	5.5	36.4	19	17	29	28
	Lrg UnWrap	Shrimp	488	641	22.0	6.8	0.2	246.7	1,769.5	82.1	3.2	5.5	30.1	19	17	27	22
		Tofu	483	675	26.8	7.5	0.2	26.5	1,251.8	82.9	4.1	6.4	28.1	19	17	58	31
		Gardein Chick'n	478	695	23.1	7.0	0.2	26.5	1,559.8	84.8	4.5	5.9	38.7	19	17	31	50
		Beef	386	388	14.6	5.5	0.2	74.0	1,109.7	37.3	1.9	4.9	28.0	19	17	19	14
Leaning Tower of Pesto	Reg Wrap	Chicken	383	377	13.7	4.9	0.2	71.5	831.8	35.8	1.2	4.5	27.4	19	17	19	8
		Shrimp	388	341	13.0	4.8	0.2	246.7	1,109.5	35.1	1.2	4.5	21.1	19	17	17	2
		Tofu	383	375	17.8	5.5	0.2	26.5	591.8	35.9	2.1	5.4	19.1	19	17	48	11
		Gardein Chick'n	378	395	14.1	5.0	0.2	26.5	899.8	37.8	2.5	4.9	29.7	19	17	21	30



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
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## WRAPS

Menu Item	Size	Protein															
Leaning Tower of Pesto	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	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	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	547	10.3	2.1	0.1	47.3	1565.8	87.0	5.2	16.0	24.6	2	2	8	24
	Reg UnWrap	N/A	293	357	5.3	1.1	0.1	47.3	1195.8	55.0	3.2	15.0	18.6	0	2	2	9
	Lrg Wrap	N/A	503	790	15.3	3.5	0.1	64.5	2191.0	123.5	6.3	21.8	34.4	4	2	11	33
	Lrg UnWrap	N/A	403	490	7.3	1.5	0.1	64.5	1631.0	75.5	4.3	20.8	25.4	0	2	3	13
Thai Tanic	Reg Wrap	Beef	356	604	18.7	4.3	0.1	35.2	1,201.1	90.5	4.6	19.9	26.9	7	33	17	29
		Chicken	354	596	18.1	3.8	0.0	33.5	998.6	89.5	4.1	19.6	26.5	7	33	17	25
		Shrimp	359	571	17.6	3.8	0.0	165.7	1,210.9	88.9	4.1	19.6	22.1	7	33	16	21
		Tofu	354	595	21.1	4.3	0.0	0.5	822.6	89.6	4.8	20.3	20.5	7	33	39	27
	Reg UnWrap	Gardein Chick'n	349	608	18.4	3.9	0.0	0.5	1,042.6	90.9	5.0	19.9	27.8	7	33	19	41
		Beef	291	414	13.7	3.3	0.1	35.2	831.1	58.5	2.6	18.9	20.9	5	33	11	14
		Chicken	289	406	13.1	2.8	0.0	33.5	628.6	57.5	2.1	18.6	20.5	5	33	11	10
		Shrimp	294	381	12.6	2.8	0.0	165.7	840.9	56.9	2.1	18.6	16.1	5	33	10	6
Tofu	289	405	16.1	3.3	0.0	0.5	452.6	57.6	2.8	19.3	14.5	5	33	33	12		
Gardein Chick'n	284	418	13.4	2.9	0.0	0.5	672.6	58.9	3.0	18.9	21.8	5	33	13	26		



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
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## WRAPS

Menu Item	Size	Protein															
<b>Thai Tanic</b>	Lrg Wrap	<b>Beef</b>	506	882	27.2	6.6	0.1	48.2	1,711.9	130.7	5.6	27.5	37.9	11	46	24	40
		<b>Chicken</b>	503	870	26.3	5.9	0.0	45.7	1,433.9	129.2	5.0	27.1	37.4	11	46	24	34
		<b>Shrimp</b>	508	834	24.7	5.9	0.0	220.9	1,711.7	128.5	5.0	27.1	31.0	11	46	23	28
		<b>Tofu</b>	503	868	30.5	6.6	0.0	0.7	1,193.9	129.4	5.8	28.0	29.1	11	46	53	37
		<b>Gardein Chick'n</b>	498	889	26.8	6.1	0.0	0.7	1,501.9	131.2	6.2	27.5	39.7	11	46	26	56
	Lrg UnWrap	<b>Beef</b>	406	582	19.2	4.6	0.1	48.2	1,151.9	82.7	3.6	26.5	28.9	7	46	16	20
		<b>Chicken</b>	403	570	18.3	3.9	0.0	45.7	873.9	81.2	3.0	26.1	28.4	7	46	16	14
		<b>Shrimp</b>	408	534	17.7	3.9	0.0	220.9	1,151.7	80.5	3.0	26.1	22.0	7	46	15	8
		<b>Tofu</b>	403	568	22.5	4.6	0.0	0.7	633.9	81.4	3.8	27.0	20.1	7	46	45	17
		<b>Gardein Chick'n</b>	398	589	18.8	4.1	0.0	0.7	941.9	83.2	4.2	26.5	30.7	7	46	18	36
<b>Veggie Lovers</b>	Reg Wrap	<b>N/A</b>	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	<b>N/A</b>	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	<b>N/A</b>	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	<b>N/A</b>	331	353	15.3	3.7	0.0	8.7	567.3	43.8	4.6	12.4	7.3	38	103	11	6
<b>Very Teri</b>	Reg Wrap	<b>Beef</b>	348	538	12.3	1.8	0.1	34.7	1,395.1	90.9	5.4	26.1	24.1	78	19	15	19
		<b>Chicken</b>	346	530	11.6	1.3	0.0	33.0	1,192.6	89.8	5.0	25.8	23.8	78	19	15	15
		<b>Shrimp</b>	351	504	11.1	1.3	0.0	165.2	1,404.9	89.2	5.0	25.8	19.3	78	19	14	10
		<b>Tofu</b>	346	528	14.7	1.8	0.0	0.0	1,016.6	89.9	5.6	26.5	17.7	78	19	37	17
		<b>Gardein Chick'n</b>	341	541	11.9	1.4	0.0	0.0	1,236.6	91.2	5.9	26.1	25.1	78	19	17	30
	Reg UnWrap	<b>Beef</b>	283	368	7.3	0.8	0.1	34.7	1,055.1	62.9	1.4	25.1	19.1	78	19	9	11
		<b>Chicken</b>	281	360	6.6	0.3	0.0	33.0	852.6	61.8	1.0	24.8	18.8	78	19	9	7
		<b>Shrimp</b>	286	334	6.1	0.3	0.0	165.2	1,064.9	61.2	1.0	24.8	14.3	78	19	8	2
		<b>Tofu</b>	281	358	9.7	0.8	0.0	0.0	676.6	61.9	1.6	25.5	12.7	78	19	31	9
		<b>Gardein Chick'n</b>	276	371	6.9	0.4	0.0	0.0	896.6	63.2	1.9	25.1	20.1	78	19	11	22
	Lrg Wrap	<b>Beef</b>	501	819	19.3	3.1	0.1	47.5	2,040.4	135.4	7.1	36.6	35.5	115	27	23	35
		<b>Chicken</b>	498	808	18.4	2.4	0.0	45.0	1,762.5	133.9	6.4	36.3	34.9	115	27	23	29
		<b>Shrimp</b>	503	772	17.7	2.4	0.0	220.2	2,040.2	133.2	6.4	36.3	28.6	115	27	22	23
		<b>Tofu</b>	498	806	22.5	3.1	0.0	0.0	1,522.5	134.1	7.3	37.1	26.6	115	27	52	32
		<b>Gardein Chick'n</b>	493	826	18.8	2.5	0.0	0.0	1,830.5	135.9	7.7	36.6	37.2	115	27	25	51
Lrg UnWrap	<b>Beef</b>	401	519	10.3	1.1	0.1	47.5	1,470.4	89.4	2.1	35.6	26.5	115	27	13	15	
	<b>Chicken</b>	398	508	9.4	0.4	0.0	45.0	1,192.5	87.9	1.4	35.3	25.9	115	27	13	9	
	<b>Shrimp</b>	403	472	8.7	0.4	0.0	220.2	1,470.2	87.2	1.4	35.3	19.6	115	27	12	3	
	<b>Tofu</b>	398	506	13.5	1.1	0.0	0.0	952.5	88.1	2.3	36.1	17.6	115	27	42	12	
	<b>Gardein Chick'n</b>	393	526	9.8	0.5	0.0	0.0	1,260.5	89.9	2.7	35.6	28.2	115	27	15	31	

\*\* Available at participating locations

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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
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## Nutritionals

SNACK WRAPS														
Menu Item	Protein	Tortilla	Rice	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)
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
	Chicken	Plain	Brown	198	376	10.7	3.7	0.0	43.7	701.4	2.8	2.2	21.8	12
	Chicken	Whole Wheat	Basmati	198	376	10.3	3.4	0.0	43.7	697.4	48.8	2.3	1.7	22.2
	Chicken	Whole Wheat	Brown	198	372	10.8	3.4	0.0	43.7	697.4	46.4	4.0	1.2	21.8
Tofu	Plain	Basmati	198	379	12.6	4.1	0.0	16.7	557.4	51.1	1.6	2.8	17.2	12
	Plain	Brown	198	375	13.2	4.1	0.0	16.7	557.4	48.7	3.3	2.8	11.8	12
	Whole Wheat	Basmati	198	375	12.8	3.8	0.0	16.7	553.4	48.9	2.8	1.8	17.2	12
	Whole Wheat	Brown	198	371	13.3	3.8	0.0	16.7	553.4	46.5	4.6	1.8	16.8	12
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
	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
	Tofu	Plain	N/A	155	289	15.9	3.2	0.2	14.9	466.1	25.5	2.7	2.4	11.8
	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
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
	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
	Tofu	Plain	N/A	194	309	8.5	2.8	0.0	8.7	720.0	42.1	3.3	2.1	13.5
	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
Mini the Greek	Chicken	Plain	Basmati	209	321	8.3	2.8	0.1	33.3	605.0	44.7	1.2	2.0	17.5
	Chicken	Plain	Brown	209	318	8.7	2.8	0.1	33.3	605.0	42.8	2.6	2.0	17.2
	Chicken	Whole Wheat	Basmati	209	317	8.4	2.6	0.1	33.3	601.0	42.5	2.4	1.0	17.6
	Chicken	Whole Wheat	Brown	209	314	8.9	2.6	0.1	33.3	601.0	40.6	3.8	1.0	17.3
	Tofu	Plain	Basmati	209	320	10.2	3.2	0.1	12.3	493.0	44.8	1.6	2.4	13.7
	Tofu	Plain	Brown	209	317	10.7	3.2	0.1	12.3	493.0	42.8	3.0	2.4	13.3
	Tofu	Whole Wheat	Basmati	209	316	10.4	2.9	0.1	12.3	489.0	42.6	2.9	1.4	13.7
	Tofu	Whole Wheat	Brown	209	313	10.8	2.9	0.1	12.3	489.0	40.6	4.2	1.4	13.4
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
	Chicken	Plain	Brown	190	301	5.8	0.3	0.0	21.0	675.1	47.7	4.4	7.6	14.8
	Chicken	Whole Wheat	Basmati	190	304	5.4	0.3	0.0	21.0	675.1	49.6	3.1	7.6	15.1
	Chicken	Whole Wheat	Brown	190	301	5.8	0.3	0.0	21.0	675.1	47.7	4.4	7.6	14.8
	Tofu	Plain	Basmati	190	307	7.2	0.9	0.0	0.0	567.1	51.9	2.2	9.1	11.2
	Tofu	Plain	Brown	190	304	7.6	0.9	0.0	0.0	567.1	49.9	3.6	9.1	10.9
	Tofu	Whole Wheat	Basmati	190	303	7.3	0.6	0.0	0.0	563.1	49.7	3.5	8.1	11.2
	Tofu	Whole Wheat	Brown	190	300	7.8	0.6	0.0	0.0	563.1	47.7	4.9	8.1	10.9

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## Nutritionals

RICE BOWLS			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
Menu Item	Protein	Rice															
<b>Bangkok</b>	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 Chick'n	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
<b>Gino's Pesto</b>	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
<b>Raja Curry</b>	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
<b>Tomo Teriyaki</b>	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

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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
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## Nutritionals

SALADS - not including dressing																
Menu Item	Size															
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

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**Nutritionals**

**SMOOTHIES - 16 Oz**

Menu Item	Size	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
Berry Extreme	16 fl oz	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	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	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	320	4.1	2.0	0.0	15.0	79.1	67.7	3.6	50.1	5.2	5	131	3	3
Orange Mango	16 fl oz	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	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	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	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	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	271	0.5	0.1	0.0	0.0	13.6	65.4	4.2	50.6	2.2	80	201	4	

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