

NUTRITIONAL INFORMATION

STARTER	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)
<small>*Does not include croutons</small>								
Signature	268	21	12	320	19	4	12	4
Popeye	266	19	12	204	23	4	15	5
Southwest	197	14	15	352	12	5	2	7
Bangkok	275	18	0	247	26	5	5	7
Pegasus	147	12	12	358	7	3	3	4
Sunshine	140	11	3	170	6	2	3	6
Caesar	175	11	21	554	4	2	2	10
The Spa	238	17	0	51	21	4	12	4

FULL	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)
<small>*Does not include croutons</small>								
Signature	536	43	25	639	37	8	25	9
Popeye	532	38	25	407	45	8	30	10
Southwest	394	29	29	704	23	9	4	13
Bangkok	549	35	0	495	52	10	10	13
Pegasus	294	24	25	716	14	6	7	7
Sunshine	281	21	5	340	13	5	5	12
Caesar	349	22	41	1109	9	3	3	19
The Spa	476	34	0	102	41	7	24	8

WRAPS	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)
<small>*Does not include croutons</small>								
Signature	558	34	12	426	57	8	17	12
Popeye	555	30	12	453	63	8	22	12
Southwest	491	28	15	829	49	9	6	14
Bangkok	598	23	4	804	88	10	13	21
Pegasus	428	24	12	618	44	7	6	11
Sunshine	482	28	9	460	47	9	7	13
Caesar	426	19	24	889	43	6	6	17
The Spa	534	29	0	326	60	9	16	11

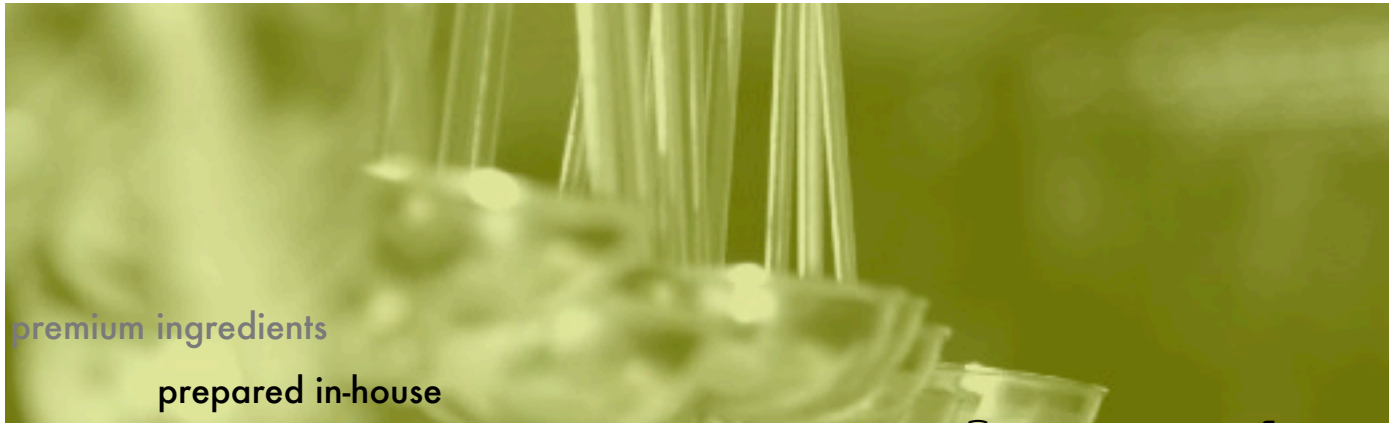
SOUPS	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)
<small>*Based on Small Soup *Does not include croutons</small>								
Moroccan Chickpea	154	6	0	711	2	4	2	4
Broccoli & Cheddar	219	14	29	551	18	2	2	6
Spicy Creamy Tomato	134	10	25	456	11	2	1	2
Onion & Parmesan	152	9	17	792	10	2	5	7
Potato & Bacon	138	8	15	462	14	2	2	2
Caribbean Squash & Sweet potato	85	4	0	401	12	2	2	2
Spicy Sweet Potato	106	6	0	360	12	2	3	2
Thai Sweet Potato Stew	172	10	0	533	19	2	5	2
African Spiced Lentil	80	4	0	303	10	2	3	2
Vegetarian Chili	143	4	0	369	24	6	3	6
Spicy Sant Fe <small>*no toppings</small>	139	5	0	264	19	6	2	5
Thai Curry	136	7	0	543	15	5	3	5
Butternut Squash	100	7	0	212	11	2	2	1

BOWLS	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)
No. 1	639	28	52	577	80	9	5	20
No. 2	1062	65	13	374	118	13	40	14

SANDWICHES	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)
Spicy Chicken	324	15	39	494	29	5	4	18
Pesto Cranberry	352	17	35	526	32	5	7	18

QUESADILLAS	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)
Baja	742	37	78	861	69	13	19	34
BBQ	600	32	78	795	51	6	7	30
Pesto	660	39	81	851	48	6	5	29

PROTEINS	Calories	Total Fat (g)	SaturatedFat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	TotalCarb (g)	Fibre (g)	Sugars (g)	Protein (g)	VitaminA %DV	VitaminC %DV	Calcium %DV	Iron %DV
Grilled Chicken Breast	83	1	0	0	41	413	1	0	0	17	0	2	2	3
Prawns	110	1	0	0	150	150	1	0	0	20	6	4	4	16
Smoked Tofu	132	2	0	0	0	440	6	2	0	20	0	0	8	20
Wild Salmon	110	3	1	0	55	250	1	0	0	18	2	0	2	4
Tuna	209	10	2	0	138	662	3	0	1	24	2	4	2	9



premium ingredients

prepared in-house

DRESSINGS	Calories	Total Fat (g)	SaturatedFat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	TotalCarb (g)	Fibre (g)	Sugars (g)	Protein (g)	VitaminA %DV	VitaminC %DV	Calcium %DV	Iron %DV
Balsamic	69	7.0	1	0	0	25	1	0	1	0	0	0	0	0.0
Evil Jungle	28	2.0	0	0	0	18	3.0	0	2.0	0	0	5	0.0	0.0
Chopped Caesar	31.0	3.0	0	0	3.0	94	1.0	0	1	0.0	0.0	1	0.0	0.0
Goddess	78	8.0	1.0	0	0	53	1	0	0	0.0	0	0	0	1
Honey Mustard	28	1	0	0	1	74	5.5	0	4.0	0.0	0	0	0	0
Evil Peanut	43	3.0	0	0	0	136	3	0	2.0	1.0	0	2	0	1.0
Fruit Vinaigrette	63	6.0	0.0	0	0	4	3	0	2	0.0	0	1	0	0
Greek Vinaigrette	67	7.0	1.0	0	0	70	0	0	0	0.0	0	0	0	0
Creamy Lemon Dill	41	4	1	0	4	140	1	0	1	0	1	2	0	0
Chipotle Lime Citrus	74	8	1.0	0	0.0	237	0.0	0	0.0	0.0	1	1	0	1
Chipotle Ranch	43	4	1	0	4.0	239	1.0	0	1.0	0.0	1	1	0	1
Ranch	43	4	1	0	4.0	139	1.0	0	1.0	0	1	1	0	1
Peanut	48	4	1	0	0	194	4	0	2	1	0	0	0	1

Nutritional values listed for dressing are for a 1/2oz portion
Full salad dressing portion is 1 oz - Starter salad dressing portion is 1/2 oz - Wrap dressing portion is 1 oz

whole foods

CHOPPINGS	Calories	Total Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Total Carb	Dietary Fibre	Sugars	Protein	VitaminA %DV	VitaminC %DV	Calcium %DV	Iron %DV
Carrots	12	0	0	0	0	9.8	2.8	0.7	1	0.4	51	1	1	0
Cherry Tomatoes	11	0.1	0	0	0	3	2.4	0.7		0.5	10	10	0	0
Cucumbers	4	0	0	0	0	1	1	0	1	0	1	1	0	0
Mushrooms	6	0	0	0	0	1	1	0	0	1	0	1	0	1
Olives	9	1	0	0	0	72	1	0	0	0	1	0	1	2
Onions	11	0	0	0	0	1	3	0	1	0	0	3	1	0
Pea Pods	25	0	0	0	0	0	3	1	2	0	0	4	2	2
Peppers	10	0	0	0	0	0	2	1	1	0	4	60	0	0
Apples	15	0	0	0	0	0	4	1	3	0	0	2	0	0
Sundried Cranberries	43	0	0	0	0	0	12	1	9	0	0	0	0	1
Bananas	25	0	0	0	0	0	6	1	3	0	0	4	0	0
Almonds	162	14	1	0	0	0	6	3	1	0	0	4	0	0
Pecans	199	21	2	0	0	0	4	3	1	3	1	0	2	4
Walnuts	183	18	2	0	0	1	4	2	1	4	0	1	3	5
Avocados	91	8.3	1.3	0	0	4	4.8	3.8	1	1.14	1	5	0	1
Bacon Bits	70	4	0.5	0	5	240	0	0	0	3	0	0	8	6
Chick Peas	46	1	0	0	0	2	8	2	1	2	0	1	1	4
Chowmein Noodles	200	12	2	0	0	167	22	1	0	3	0	0	1	10
Crispy Noodles	120	5	2	0	5	160	16	1	1	3	0	0	0	8
Hardboiled Egg	73	45	2	0	186	63	0	0	1	6	6	0	2	3
Oranges	17	0	0	0	0	2	5	0	4	0	5	9	0	1

FRESH

QUALITY

SUSTAINABLE

All nutritional information is based on USDA's National Nutrient Database for Standard Reference.