





Nutritional Information





Name	Calories	Fat(g)	Sat. Fat (g)	Trans Fat (g)	Sugar(g)	Carbs(g)	Fibre(g)	Protein(g)	Sodium(mg)
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STARTER SALADS*

Bangkok	274	7.8	1.6	trace	3.5	40	3.6	11.1	81.52
Caesar	168	8.3	3.2	0.1	1.6	14.1	2.5	10	195.87
Pegasus 	98	5.2	1.7	trace	3	9.9	3.1	4.2	279.77
Popeye 	160	9.2	2.1	0	9.2	15.7	1.6	5.1	256
Signature	187	8.7	2.1	trace	12.9	25.4	4	4.7	186.22
Southwest	155	7.3	2.9	0.1	3.9	14.7	3.8	7.2	250
Spa 	169	8.3	0.9	trace	9.3	20.1	4	5	141.3
Sunshine 	107	6.3	2.4	0.1	2	8.5	1.4	4.6	137.8

**for gluten free starter salad request no pita chip

FULL SALADS*

Bangkok	518	14.6	2.7	trace	8	76	7.2	21.2	111.66
Caesar	276	13.9	6	0.2	2.7	21.2	4.4	18.3	292.14
Pegasus 	158	9.2	3.8	trace	4.8	14.2	5.8	7.8	500.24
Popeye 	287	17.2	4.2	0	18.7	26.8	3	9.3	443.72
Signature	348	15.6	3.8	trace	25	47.6	7.5	8.8	384.1
Southwest	351	16.6	6.3	0.3	8.2	37.4	8.8	15.3	585.41
Spa 	287	15.5	2.5	trace	14.8	30	7.5	9.2	206.94
Sunshine 	168	10.3	4.4	0.2	3.9	11.8	2.4	8.2	208.51

**for gluten free full salad request no pita chip

WRAPS





Bangkok Wrap	668	24.9	3.9	trace	8.9	90.6	9.6	21.1	1072.85
Caesar Wrap	607	32.9	5.4	0.1	2.7	59.4	7.6	19.8	1059.25
Pegasus Wrap	534	30.9	4.1	trace	2.9	52.8	8.1	12.8	968.63
Popeye Wrap	577	32.4	4.1	0.1	14.1	62	6.4	12	719.88
Signature Wrap	610	31	5	trace	14.9	71.3	8.7	13.8	1043.75
Southwest Wrap	602	35.7	5.9	0.1	3	57.4	8.1	15.1	981.1
Spa Wrap	586	31.7	3.9	trace	10.3	62.6	8.1	13.6	936.92
Sunshine Wrap	548	32.8	4.7	0.1	2.9	51.2	6.2	13.7	1131.79

*Not including dressing  - Vegan Option  - Gluten Friendly

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WHOLE BOWLS




Whole Bowl 1 	573	25.5	9.6	0.2	6.3	70.9	7.2	16.9	697.3
Whole Bowl 2  	720	47.7	4.2	trace	16.4	68	7.3	9.5	892.66
Whole Bowl 3 	543	32.5	8.5	0.1	5.9	51.2	5	12.7	811.87
Whole Bowl 4	675	59.5	8.5	trace	6.1	18.5	5.1	18.8	413.48

**for gluten free bowls request no pita chip

SANDWICHES

Spicy Chicken	511	30.2	5	0	3.8	33.7	3.8	26.1	875.66
Cranberry Pesto	564	26.5	9.8	0.4	14.4	46.8	4.6	34.8	933.63
Tuna Melt	450	23.4	4.6	0.1	4.3	32.6	3.6	26.3	638.3




STUFFED CUPS^Φ

Nutty	452	24	3.7	trace	11.6	47.4	6.4	14	429.72
Idol  	439	25.7	2.4	trace	7	44.6	6.5	9.4	618.05
Zeus 	241	9.4	4.8	trace	7	30.2	3.5	9	472.59

QUESADILLA^Φ

Pesto	523	25.9	9.8	0.4	0.9	39.8	4.6	32.3	1133.43
BBQ	532	22.2	9	0.4	5.9	49.8	6.9	33.4	1264.49
Baja	547	23.6	9.1	0.4	2.6	50.4	7.4	33.8	1248.84
Vegetarian	524	19.6	7.4	0.4	2.8	70.9	3.2	18.5	985.79

SALAD ROLLS^Φ

Veggie (3)  	200	8	1.5	0	5	28	2	3	450
Prawn (3) 	271	11	1.9	trace	6.8	35.4	1.9	6.9	661.32

BREAKFAST


Wrap Baja	486	25.1	8.9	0.3	2.6	38.4	6.1	27.2	905.16
Wrap Farmer	279	23.2	8.6	0.3	0.2	29.2	3.1	28.7	954.65
Wrap Veggie	384	19.1	6.3	0.2	2.2	31.4	4.3	22.5	590.3

 - Vegan Option  - Gluten Friendly ^Φ - includes dip/dressing

















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KIDS

Ranch Wrap	226	19	2.6	0.1	0.4	30.2	3.1	24.1	836.75
Caesar Wrap	149	14.6	1.8	trace	1.2	36.7	4.3	9	628.68
Chickie Caesar Salad	236	10.7	2	0.1	1.3	13.6	2	21.6	478.63
Grilled Cheese	502	21.6	11.8	0	4	53.9	6	23.4	941.47
Rice Bowl 	209	7.3	3.1	0	0.8	15.4	1.1	20.4	410.13
Garden Salad	191	11.7	0.8	0	1.9	4.2	1.7	17.8	345.64

SOUP

Thai Curry  	57	2.8	0.2	trace	3.7	6.5	1.2	1.6	370.46
Wild Mushroom 	111	10.1	6.1	0.1	1.4	2.7	0.3	1.1	583.23
Thai Lemongrass  	97	2.4	0.2	0	6.6	17.8	1.3	1.6	584.17
Onion & Parmesan 	65	4.3	1.4	0.1	4.1	5.2	1.4	0.9	409.41
Crab Corn Chowder	200	13.7	5	0.3	5.6	12.5	1.2	6.2	698.77
Broccoli Cheddar	163	11.1	5.2	0	2.6	8.5	1.3	6.5	626.69
Overloaded Potato	172	11.3	5.3	0.3	0.7	12.6	0.7	4.6	576.81
African Spiced Lentil  	86	0.7	0.1	trace	5.7	16.1	1.9	4.6	336.78
Cauliflower 	112	8.9	4.9	0	2.5	5.8	1.3	1.9	331.03
Spicy Sweet Potato  	76	4.3	0.6	trace	2.9	8.4	0.6	1.4	330.57
Spicy Creamy Tomato 	196	15.6	8.7	0	7.1	12.2	2.8	2.5	185.59
Moroccan Chickpea  	70	3.3	0.8	trace	2.5	8.8	1.4	1.8	328.79
Chili  	120	3.5	0	0	7	18	5	5	200

CHEESE (Starter size)

Feta	47.52	3.2	2.08	0	0	0	0	2.31	172
Mozzarella	47	3.9	2.1	0.2	0	0.4	0	3.4	98.67
Cheddar	55	4.6	2.8	0.1	0	0	0	3.2	110.88
Parmesan	30	1.8	1.2	0.1	0	0.6	0	3	83.92

 - Vegan Option  - Gluten Friendly

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DRESSINGS (Starter Size)^a

Tzatziki	gf	11	0.8	0.5	trace	0.4	0.5	trace	0.5	55.35
Caeser		81	8.5	0.7	trace	0.7	0.8	trace	0.5	92.41
Goddess	V gf	92	9.9	0.8	0	0.5	0.7	trace	0.4	180.24
Ranch	gf	98	10.6	0.8	trace	0.4	0.5	trace	0.2	74.44
Evil Peanut	V gf	66	5.2	0.9	trace	2.5	4	0.4	0.9	168.48
Greek Vinaigrette	gf	86	9.4	0.8	trace	0.1	0.4	0.1	0.1	19.88
Creamy Lemon Dill	gf	86	9.3	0.7	trace	0.4	0.6	trace	0.2	84.62
Fruit Vinaigrette	V gf	86	8.3	0.6	0	3.1	3.1	0	trace	8.1
Chipotle Lime Citrus	V gf	95	10.7	1.1	trace	0.1	0.3	0.2	0.1	41.02
Balsamic	V gf	76	7.7	1.1	trace	1	1.2	0	0.1	82.95
Chipotle Ranch	gf	85	9	1.5	0	0	0.5	0	0	140

PROTEINS & ADD ONS

Chicken	gf	110	2	trace	0	trace	0.9	0	22.1	356
Tuna	gf	312	22.6	1.9	trace	0.9	1.3	0.1	24.5	246.12
Wild Salmon	gf	178	12.3	2.3	trace	0	0	0.2	16.7	35.26
Tofu	V	52	3	0.6	0	0	0.8	0.4	5.3	89.6
Prawns	gf	55	0.6	0.1	0	trace	trace	0	12.4	285
Eggs (2)	gf	155	10.6	3.3	0	1.1	1.1	0	12.6	124
Quinoa	V gf	98	2.6	0.3	trace	1.7	15.1	2.1	4.1	133.83
Rice	V gf	80	1.5	0	0	0	15	0	2	75

PITA

Pita		25	1.1	0	0	0	3	0	0	20
10" Kids Tortilla	V	180	5	0	0	0	29	3	6	440
12" Tortilla	V	300	8	1	0	0	47	5	9	710

 - Vegan Option  - Gluten Friendly ^afor full size salad double the dressing portion

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CHOPPINGS (Starter Size)

Sundried Cranberry	22	0.1	trace	0	5.1	5.8	0.4	trace	0.35
Grape Tomato	trace	trace	trace	0	trace	trace	trace	trace	trace
Peppers	1	trace	trace	0	0.3	0.3	0.2	0.1	0.07
Sunflower Seed	46	3.8	0.5	0	0.1	1.4	0	1.6	0.24
Peppers	0	0	0	0	0	0	0	0	0
Apples	7	0.1	trace	0	1.5	1.5	0.2	0.1	0.14
Bacon Bits	41	3	1.1	0	0.1	0.1	0	3.5	0
Carrots	trace	trace	trace	0	trace	trace	trace	trace	trace
Black Bean Corn Salsa	100	3.4	0.5	0	2.7	14.9	4.2	3.9	165.18
Red Onion	11	0	0	0	1.5	3	0	0	0
Pea Pods	25	0	0	0	2	3	1	0	0
Chowmein	140	1	0	trace	0	29	0	5	210
Peanuts	60	5	1	0	0	0	0	3	80
Oranges	12	0	0	0	4	5	0	0	2
Cucumber	4	0	0	0	1	1	0	0	1
Mushroom	6	0	0	0	0	1	0	1	1
Chick Peas	46	1	0	0	1	8	2	2	2
Walnut	60	6	0.5	0	0	0	0	1.6	0
Pecan	50	5	0	0	0	0	0	1	0
Olive	15	1.5	0	0	0	0	0	0	105
Avocado	25	2.5	0.5	0	0	0	0	0	0
Croutons (4)	60	2	0.3	trace	0	8	1	1	135