




















# Nutritional Information

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



## DRESSINGS (Starter Size)<sup>a</sup>



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

## PROTEINS & ADD ONS

Chicken		110	2	trace	0	trace	0.9	0	22.1	356
Tuna		312	22.6	1.9	trace	0.9	1.3	0.1	24.5	246.12
Wild Salmon		178	12.3	2.3	trace	0	0	0.2	16.7	35.26
Tofu		52	3	0.6	0	0	0.8	0.4	5.3	89.6
Prawns		55	0.6	0.1	0	trace	trace	0	12.4	285
Eggs (2)		155	10.6	3.3	0	1.1	1.1	0	12.6	124
Quinoa		98	2.6	0.3	trace	1.7	15.1	2.1	4.1	133.83
Rice		80	1.5	0	0	0	15	0	2	75
Boca Crumble		55.3	2.0	0	0	0.8	6.3	2.4	9.5	165.9

## PITA

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

 - Vegan Option  - Gluten Friendly <sup>a</sup>for 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