

Nutritional Information

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

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
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

Grilled Chicken	gf	110	2	trace	0	trace	0.9	0	22.1	356
Lemon Dill Tuna	gf	312	22.6	1.9	trace	0.9	1.3	0.1	24.5	246.12
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
Brown Basmati Rice	v gf	80	1.5	0	0	0	15	0	2	75
Bacon Strips		131.2	10.3	3.6	0	0.6	0.8	0	8.8	355.8
Falafel	v gf	220	11	0	0	4	28	4	7	390
Avocado		25	2.5	0.5	0	0	0	0	0	0
Guacamole	v gf	40	4	0.5	0	0.5	3	2	0.5	85

Pitas

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

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

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Choppings

Sun-dried Cranberries	22	0.1	trace	0	5.1	5.8	0.4	trace	0.35
Grape Tomatoes	trace	trace	trace	0	trace	trace	trace	trace	trace
Red & Yellow Peppers	1	trace	trace	0	0.3	0.3	0.2	0.1	0.07
Apples	7	0.1	trace	0	1.5	1.5	0.2	0.1	0.14
Real 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 Onions	11	0	0	0	1.5	3	0	0	0
Edamame	120	5	1	0	2	9	5	11	0
Chow Mein Noodles	140	1	0	trace	0	29	0	5	210
Peanuts	60	5	1	0	0	0	0	3	80
Cucumbers	4	0	0	0	1	1	0	0	1
Mushrooms	6	0	0	0	0	1	0	1	1
Chickpeas	46	1	0	0	1	8	2	2	2
Roasted Pecans	50	5	0	0	0	0	0	1	0
Kalamata Olives	15	1.5	0	0	0	0	0	0	105
Croutons (4)	60	2	0.3	trace	0	8	1	1	135
Jalapenos	3.4	0	0	0	0	0.7	0	0	254.6