

# Nutritional Chart

| Menu Category     | Calories | Fat (g) | Sugar (g) | Carbs (g) | Fibre (g) | Protein (g) | Sodium (mg) |
|-------------------|----------|---------|-----------|-----------|-----------|-------------|-------------|
| <b>Salads</b>     |          |         |           |           |           |             |             |
| <b>Full</b>       |          |         |           |           |           |             |             |
| Bold Buffalo      | 560      | 41      | 8         | 22        | 6         | 31          | 1550        |
| Bangkok           | 790      | 35      | 17        | 96        | 13        | 29          | 650         |
| Caesar            | 410      | 31      | 4         | 19        | 4         | 16          | 490         |
| Pegasus           | 410      | 34      | 8         | 22        | 7         | 9           | 640         |
| Signature         | 490      | 35      | 20        | 39        | 7         | 10          | 490         |
| Solstice          | 640      | 44      | 24        | 53        | 10        | 17          | 340         |
| Southwest         | 450      | 32      | 9         | 35        | 10        | 12          | 380         |
| Sunshine          | 410      | 36      | 7         | 17        | 4         | 8           | 510         |
| <b>Starter</b>    |          |         |           |           |           |             |             |
| Bold Buffalo      | 560      | 41      | 8         | 22        | 6         | 31          | 1550        |
| Bangkok           | 790      | 35      | 17        | 96        | 13        | 29          | 650         |
| Caesar            | 410      | 31      | 4         | 19        | 4         | 16          | 490         |
| Pegasus           | 410      | 34      | 8         | 22        | 7         | 9           | 640         |
| Signature         | 490      | 35      | 20        | 39        | 7         | 10          | 490         |
| Solstice          | 640      | 44      | 24        | 53        | 10        | 17          | 340         |
| Southwest         | 450      | 32      | 9         | 35        | 10        | 12          | 380         |
| Sunshine          | 410      | 36      | 7         | 17        | 4         | 8           | 510         |
| <b>Bowls</b>      |          |         |           |           |           |             |             |
| No. 1             | 370      | 24      | 24        | 24        | 24        | 12          | 790         |
| No. 2             | 480      | 37      | 37        | 37        | 37        | 8           | 580         |
| No. 3             | 340      | 31      | 31        | 31        | 31        | 8           | 520         |
| No. 4             | 590      | 50      | 50        | 50        | 50        | 18          | 320         |
| No. 5             | 520      | 43      | 43        | 43        | 43        | 11          | 490         |
| No. 6             | 370      | 27      | 27        | 27        | 27        | 16          | 480         |
| No. 7             | 550      | 41      | 41        | 41        | 41        | 30          | 1540        |
| <b>Wraps</b>      |          |         |           |           |           |             |             |
| No. 1             | 570      | 7       | 8         | 77        | 14        | 17          | 970         |
| No. 2             | 640      | 35      | 13        | 77        | 12        | 15          | 870         |
| No. 3             | 600      | 34      | 6         | 66        | 10        | 15          | 570         |
| No. 4             | 800      | 52      | 6         | 70        | 12        | 22          | 700         |
| No. 5             | 720      | 44      | 6         | 75        | 13        | 16          | 830         |
| No. 6             | 600      | 26      | 11        | 82        | 14        | 20          | 870         |
| No. 7             | 630      | 28      | 6         | 70        | 11        | 34          | 1600        |
| Bold Buffalo      | 740      | 41      | 9         | 70        | 11        | 33          | 1820        |
| Bangkok           | 790      | 32      | 14        | 110       | 14        | 25          | 970         |
| Caesar            | 590      | 31      | 5         | 67        | 9         | 18          | 760         |
| Pegasus           | 590      | 34      | 6         | 67        | 11        | 14          | 720         |
| Signature         | 600      | 30      | 13        | 77        | 11        | 14          | 730         |
| Solstice          | 680      | 34      | 15        | 84        | 12        | 18          | 650         |
| Southwest         | 600      | 32      | 7         | 74        | 12        | 15          | 640         |
| Sunshine          | 630      | 39      | 6         | 66        | 10        | 14          | 860         |
| <b>Sandwiches</b> |          |         |           |           |           |             |             |
| <b>Multigrain</b> |          |         |           |           |           |             |             |
| Bold Buffalo      | 460      | 24      | 5         | 39        | 5         | 27          | 1560        |
| Cranberry Pesto   | 760      | 9       | 15        | 52        | 5         | 33          | 1030        |
| Spicy Chicken     | 790      | 61      | 4         | 38        | 4         | 27          | 1270        |
| Tuna Melt         | 760      | 7       | 5         | 38        | 4         | 29          | 850         |
| <b>Sourdough</b>  |          |         |           |           |           |             |             |
| Bold Buffalo      | 450      | 4       | 3         | 40        | 4         | 29          | 1510        |
| Cranberry Pesto   | 740      | 9       | 12        | 52        | 4         | 34          | 970         |
| Spicy Chicken     | 770      | 6       | 2         | 38        | 4         | 28          | 1210        |
| Tuna Melt         | 740      | 54      | 3         | 38        | 4         | 30          | 780         |

| Menu Category | Calories | Fat (g) | Sugar (g) | Carbs (g) | Fibre (g) | Protein (g) | Sodium (mg) |
|---------------|----------|---------|-----------|-----------|-----------|-------------|-------------|
|---------------|----------|---------|-----------|-----------|-----------|-------------|-------------|

### Quesadillas

|        |      |    |    |    |    |    |      |
|--------|------|----|----|----|----|----|------|
| Baja   | 880  | 49 | 12 | 79 | 14 | 37 | 1640 |
| BBQ    | 830  | 47 | 13 | 72 | 10 | 35 | 1650 |
| Pesto  | 1050 | 69 | 10 | 71 | 11 | 44 | 1680 |
| Veggie | 770  | 44 | 25 | 87 | 13 | 18 | 1230 |

### Soups

|                       |    |     |   |    |     |   |     |
|-----------------------|----|-----|---|----|-----|---|-----|
| African Spiced Lentil | 60 | 1.5 | 2 | 9  | 3   | 3 | 220 |
| Moroccan Chickpea     | 70 | 1.5 | 2 | 12 | 2   | 2 | 350 |
| Loaded Potato         | 90 | 6   | 1 | 9  | 1   | 2 | 290 |
| Mexicali              | 45 | 0.5 | 2 | 9  | 2   | 2 | 160 |
| Chicken Noodle        | 50 | 1   | 1 | 7  | 0.5 | 3 | 450 |
| Wild Mushroom         | 30 | 1.5 | 1 | 3  | 0   | 1 | 370 |
| Thai Curry            | 80 | 4.5 | 2 | 8  | 3   | 2 | 130 |
| Creamy Cauliflower    | 35 | 1   | 1 | 6  | 1   | 1 | 300 |
| Spicy Creamy Tomato   | 45 | 1.5 | 2 | 8  | 1   | 1 | 310 |

### Kids Menu

|  |     |    |   |    |   |    |     |
|--|-----|----|---|----|---|----|-----|
| Chickie Bowl                             | 230 | 6  | 0 | 23 | 1 | 21 | 440 |
| Chickie Caesar Salad                     | 230 | 14 | 2 | 7  | 2 | 21 | 510 |
| Chickie Caesar Wrap                      | 250 | 17 | 2 | 32 | 4 | 25 | 840 |
| Chickie Quesadilla                       | 375 | 15 | 2 | 28 | 5 | 30 | 515 |
| Chickie Ranch Wrap                       | 270 | 22 | 1 | 28 | 3 | 24 | 770 |
| Grilled Cheese <small>Multigrain</small> | 300 | 13 | 6 | 38 | 3 | 14 | 670 |
| Grilled Cheese <small>Sourdough</small>  | 280 | 10 | 4 | 37 | 3 | 15 | 610 |

### Dressings

|                |     |     |    |    |   |   |     |
|----------------|-----|-----|----|----|---|---|-----|
| Balsamic       | 15  | 1.5 | 0  | 0  | 0 | 0 | 15  |
| Goddess        | 15  | 2   | 0  | 0  | 0 | 0 | 35  |
| Greek          | 130 | 15  | 0  | 1  | 0 | 0 | 85  |
| Evil Peanut    | 15  | 1   | 1  | 1  | 0 | 0 | 40  |
| Caesar         | 190 | 20  | 0  | 1  | 0 | 1 | 260 |
| Ranch          | 170 | 19  | 0  | 1  | 0 | 0 | 200 |
| Chipotle Lime  | 180 | 19  | 0  | 3  | 1 | 1 | 115 |
| Chipotle Ranch | 170 | 18  | 0  | 1  | 0 | 0 | 200 |
| BBQ Sauce      | 143 | 2   | 24 | 31 | 1 | 0 | 939 |
| Sour Cream     | 50  | 4.5 | 2  | 2  | 0 | 1 | 30  |
| Tzatziki       | 40  | 2   | 3  | 4  | 0 | 2 | 25  |
| Salsa          | 20  | 0   | 3  | 4  | 1 | 1 | 350 |
| Pesto          | 201 | 19  | 15 | 2  | 1 | 5 | 517 |