

Nutritional Chart

Menu Category	Calories	Fat (g)	Sugar (g)	Carbs (g)	Fibre (g)	Protein (g)	Sodium (mg)
Salads							
Full							
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
Starter							
Bold Buffalo	330	21	4	11	3	24	1190
Bangkok	420	18	8	51	6	15	360
Caesar	220	3	2	12	2	8	230
Pegasus	220	18	4	14	4	5	360
Signature	260	18	10	22	4	5	250
Solstice	320	21	12	27	5	8	160
Southwest	240	17	4	19	5	6	190
Sunshine	260	23	3	11	3	5	260
Bowls							
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
Wraps							
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
Sandwiches							
Multigrain							
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
Sourdough							
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	230	6	0	23	1	21	440
Goddess	230	14	2	7	2	21	510
Greek	250	17	2	32	4	25	840
Evil Peanut	375	15	2	28	5	30	515
Caesar	270	22	1	28	3	24	770
Ranch	300	13	6	38	3	14	670
Chipotle Lime	280	10	4	37	3	15	610
Chipotle Ranch							
BBQ Sauce							
Sour Cream							
Tzatziki							
Salsa							
Pesto							