



# NUTRITIONAL & ALLERGEN INFORMATION GUIDE

Categories	Made Without Gluten*	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Contains Milk	Contains Peanuts	Contains Tree Nuts	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soy	Contains Eggs	Vegan	Vegetarian	Halal Certified Meats
<b>Twisted Tortilla</b>																						
Chicken Tacos	<input checked="" type="checkbox"/>	540	27	2	0	110	420	20	3	1	30	<input checked="" type="checkbox"/>										<input checked="" type="checkbox"/>
Steak Tacos	<input checked="" type="checkbox"/>	660	32	2	0	65	370	35	3	1	29	<input checked="" type="checkbox"/>										<input checked="" type="checkbox"/>
Veggie Tacos	<input checked="" type="checkbox"/>	430	37	3	0	30	450	32	23	1	19	<input checked="" type="checkbox"/>									<input checked="" type="checkbox"/>	
Chicken Quesadilla		550	27	7	0	50	500	20	1	2	30	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>
Steak Quesadilla		640	32	12	0	123	570	35	1	1	29	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>
Cheese Quesadilla		430	37	21	0	100	790	41	2	2	31	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>
<b>Hoos Hot Chicken</b>																						
Chicken Sandwich		640	37	8	0.5	65	1770	41	3	12	31	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Chicken Wings		595	35	9	3	100	1240	31	0	0	25				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>
Chicken Tenders		560	37	5	0	150	1350	30	0	1	25				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>
Fries		210	15	2	0	0	310	20	1	1	2				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
<b>Rice Bowl Express</b>																						
Chicken over Rice	<input checked="" type="checkbox"/>	580	20	2	0	165	930	54	1	2	45	<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Gyro over Rice		740	20	11	0	70	1620	45	1	2	55	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Falafel over Rice	<input checked="" type="checkbox"/>	490	37	6	0	0	1340	20	18	2	41								<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Chicken Pita Wrap		520	35	2	0	165	900	30	2	2	31	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>
Gyro Pita Wrap		590	38	11	1	70	1650	30	2	2	54	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Falafel Pita Wrap		430	31	4	0	0	1260	30	14	3	21				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>

If you have any food allergies or dietary restrictions, please speak with a member of our team. We are happy to assist and ensure your dining experience is safe and enjoyable.

Please note: Due to shared preparation and cooking areas in our kitchens and the risk of cross-contact, we cannot guarantee that any item is free of any allergen.

Nutritional information does not include additional condiments or ingredients.

Made without gluten means the menu item is made with ingredients that do not contain gluten.

**IMPORTANT:** Foods prepared without gluten containing ingredients may not be 'gluten-free' since recipes are prepared in open kitchens where cross-contact is possible.