

Item	Allergen Information											Misc. Nurtition Info		
	Calories	Total Fat (g)	Total Protein (g)	Total Carbohydrates (g)								Made Without Gluten	Vegetarian	Vegan
					Milk	Soy	Tree Nuts	Peanuts	Wheat	Eggs	Sesame			
Smoothies														
Acai Energy	390	3.5	2	87	☐	☐	☐	☐	☐	☐	☐	☒	☒	☐
Bangin' Berry	380	0	1	91	☐	☐	☐	☐	☐	☐	☐	☒	☐	☒
Caribbean Craze	310	0	0	76	☐	☐	☐	☐	☐	☐	☐	☒	☐	☒
Lime Berry	340	3	3	77	☒	☐	☐	☐	☐	☐	☐	☒	☒	☐
Lucky 7	440	0	1	110	☐	☐	☐	☐	☐	☐	☐	☒	☐	☒
Mango Me Crazy	340	0	0	86	☐	☐	☐	☐	☐	☐	☐	☒	☐	☒
Maui Mango	380	0	0	93	☐	☐	☐	☐	☐	☐	☐	☒	☐	☒
Orange Sunrise	350	3	3	78	☒	☐	☐	☐	☐	☐	☐	☒	☒	☐
Peach on the Beach	360	3	3	80	☒	☐	☐	☐	☐	☐	☐	☒	☒	☐
Tropical Therapy	420	9	0	84	☐	☐	☐	☐	☐	☐	☐	☒	☐	☒
Wild Strawberry	310	0	0	79	☐	☐	☐	☐	☐	☐	☐	☒	☐	☒
Goin' Green	300	0.5	2	75	☐	☐	☐	☐	☐	☐	☐	☒	☐	☒
Super C	360	3	3	80	☒	☐	☐	☐	☐	☐	☐	☒	☒	☐
Berry Burn	320	0	0	79	☐	☐	☐	☐	☐	☐	☐	☒	☐	☒
Power Protein	640	22	29	82	☒	☐	☐	☐	☐	☐	☐	☒	☒	☐
Super Fuel	290	3	3	62	☒	☐	☐	☐	☐	☐	☐	☒	☒	☐
Acai Bowls														
Pure Life	330	8	6	65	☐	☒	☐	☐	☐	☐	☐	☐	☒	☐
Nutty Bowl	480	16	8	83	☒	☒	☒	☐	☐	☐	☐	☐	☒	☐
Sun Power	480	20	11	72	☐	☒	☐	☐	☐	☐	☐	☐	☒	☐
Aloha Bowl	450	10	10	88	☐	☒	☐	☐	☐	☐	☐	☐	☒	☐
Salads														
Avocado Cobb	440	36	21	10	☒	☒	☐	☐	☐	☒	☐	☐	☐	☐
Caesar* (contains fish)	440	40	14	14	☒	☐	☐	☐	☐	☐	☐	☐	☒	☐
Harvest	460	27	10	32	☒	☐	☒	☐	☐	☐	☐	☐	☒	☐
Rice Bowls														
Buffalo	590	22	27	71	☒	☒	☐	☐	☐	☒	☐	☐	☐	☐
Baja Queso	680	33	21	74	☒	☒	☐	☐	☐	☒	☐	☐	☐	☐
Frito Grande	690	22	26	97	☒	☒	☐	☐	☐	☒	☐	☐	☐	☐
KC BBQ	620	12	27	100	☒	☒	☐	☐	☒	☐	☐	☐	☐	☐
Mexican	690	29	25	81	☒	☒	☐	☐	☐	☒	☐	☐	☐	☐
Thai Chicken	550	10	23	94	☐	☒	☐	☐	☒	☐	☒	☐	☐	☐
Power Protein	720	29	38	80	☒	☒	☐	☐	☐	☒	☐	☐	☐	☐
Meatless Mexican	710	29	23	8	☒	☒	☐	☐	☐	☒	☐	☐	☒	☐
Grilled Flatbreads														

Chipotle Chicken Club	670	35	34	58	☒	☒	☐	☐	☒	☒	☒	☐	☐	☐
BBQ Bacon Chicken	660	22	36	81	☒	☒	☐	☐	☒	☐	☒	☐	☐	☐
Pesto Chicken	600	29	30	58	☒	☒	☒	☐	☒	☐	☒	☐	☐	☐
Santa Fe	720	36	31	64	☒	☒	☐	☐	☒	☒	☒	☐	☐	☐
Nashville Hot!	640	26	36	66	☒	☒	☐	☐	☒	☒	☒	☐	☐	☐
Artisan Melts														
Mom's Grilled Cheese w/ Soup	1160	58	37	118	☒	☐	☐	☐	☒	☒	☐	☐	☒	☐
Bacon Grilled Cheese w/ Soup	1220	62	43	18	☒	☒	☐	☐	☒	☒	☐	☐	☐	☐
Chicken Bacon Ranch	1070	52	44	105	☒	☒	☐	☐	☒	☒	☐	☐	☐	☐
Chicken Caprese	940	35	7	110	☒	☒	☐	☐	☒	☒	☐	☐	☐	☐
Buffalo	1020	47	44	106	☒	☒	☐	☐	☒	☒	☐	☐	☐	☐
Tomato Soup Dipper	80	1.5	2	14	☒	☐	☐	☐	☒	☐	☐	☐	☐	☐
Toasted Wraps														
Chicken Avocado	540	28	29	47	☒	☒	☐	☐	☒	☒	☒	☐	☐	☐
Hot Honey Mustard	480	20	23	53	☒	☒	☐	☐	☒	☐	☐	☐	☐	☐
Mexicano	600	24	25	1	☒	☒	☐	☐	☒	☒	☒	☐	☐	☐
BBQ Jerk Chicken	460	11	23	69	☒	☒	☐	☐	☒	☐	☐	☐	☐	☐
CBR	640	38	29	46	☒	☒	☒	☐	☒	☐	☐	☐	☐	☐
Mac & Cheese														
BBQ Bacon Cheddar	700	25	37	76	☒	☒	☐	☐	☒	☐	☐	☐	☐	☐
Buffalo Chicken	760	42	40	50	☒	☒	☐	☐	☒	☒	☐	☐	☐	☐
Four Cheese	720	40	32	56	☒	☐	☐	☐	☒	☐	☐	☐	☒	☐
Cheesy, Bacon, Ranch	920	60	7	50	☒	☒	☐	☐	☒	☒	☐	☐	☐	☐
Quesadillas														
Classic Cheese	780	48	34	46	☒	☐	☐	☐	☒	☐	☐	☐	☒	☐
Chicken	840	49	45	47	☒	☒	☐	☐	☒	☐	☐	☐	☐	☐
Santa Fe	820	44	41	60	☒	☒	☐	☐	☒	☐	☐	☐	☐	☐
Buffalo Chicken	930	62	40	45	☒	☒	☐	☐	☒	☒	☐	☐	☐	☐
Crunchadillas														
Chicken Bacon Ranch	690	41	29	53	☒	☒	☐	☐	☒	☒	☐	☐	☐	☐
The Cowboy	40	22	34	78	☒	☒	☐	☐	☒	☐	☐	☐	☐	☐
On The Border	670	37	25	60	☒	☒	☐	☐	☒	☒	☐	☐	☐	☐
Supreme	10	41	27	56	☒	☒	☐	☐	☒	☒	☐	☐	☐	☐
Chicken Avocado	650	36	29	54	☒	☒	☐	☐	☒	☒	☐	☐	☐	☐
Pasta Bakes														
Chicken Alfredo Bake	1060	34	48	135	☒	☒	☐	☐	☒	☒	☐	☐	☐	☐
Primavera Bake	1010	34	39	134	☒	☐	☐	☐	☒	☒	☐	☐	☒	☐
Carbonara Bake	1110	41	49	132	☒	☐	☐	☐	☒	☒	☐	☐	☐	☐
Penne & Meatball Bake	1090	33	48	146	☒	☐	☐	☐	☒	☐	☐	☐	☐	☐
Penna Marinara Bake	1040	31	45	141	☒	☐	☐	☐	☒	☐	☐	☐	☒	☐
Pocket Dippers														
Dippers	560	23	27	60	☒	☒	☐	☐	☒	☒	☐	☐	☐	☐

Avocado Lime Ranch	250	26	1	2	☒	☒	☐	☐	☐	☒	☐	☐	☒	☐
Chipotle Ranch	270	28	1	2	☒	☒	☐	☐	☐	☒	☐	☐	☒	☐
Avocado Salsa Verde	60	3	0	6	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
Garlic Sauce	220	22	1	2	☒	☒	☐	☐	☐	☒	☐	☐	☒	☐
Jalepeno Ranch	250	27	1	1	☒	☒	☐	☐	☐	☒	☐	☐	☒	☐
Boom Sauce*	260	26	0	7	☒	☒	☐	☐	☐	☒	☐	☐	☐	☐
<i>*Contains fish</i>														
Pizzadillas														
Chicken Parmesan	650	26	41	67	☒	☒	☐	☐	☒	☐	☒	☐	☐	☐
Italian	970	62	38	63	☒	☒	☐	☐	☒	☒	☒	☐	☐	☐
Meat Lovers	990	64	37	64	☒	☒	☐	☐	☒	☒	☒	☐	☐	☐
Perfect Pepperoni	830	51	28	62	☒	☒	☐	☐	☒	☒	☒	☐	☐	☐
Chicken Bacon Ranch	1040	70	0	59	☒	☒	☐	☐	☒	☒	☒	☐	☐	☐
Breakfast Pockets														
Bacon, Egg & Cheese Pocket	390	22	24	21	☒	☐	☐	☐	☒	☒	☐	☐	☐	☐
Sausage, Egg & Cheese Pocket	450	28	25	22	☒	☒	☐	☐	☒	☒	☐	☐	☐	☐
Southwest Pocket	280	12	16	25	☐	☐	☐	☐	☒	☒	☐	☐	☐	☐
Florentine Pocket	300	16	17	21	☒	☐	☐	☐	☒	☒	☐	☐	☒	☐
Breakfast Sandwiches														
Classic Breakfast Sandwich	500	20	27	53	☒	☐	☐	☐	☒	☒	☐	☐	☐	☐
Sausage Breakfast Sandwich	490	20	25	53	☒	☒	☐	☐	☒	☒	☐	☐	☐	☐
Dressings and Sauces														
Ranch	N/A	N/A	N/A	N/A	☒	☒	☐	☐	☐	☒	☐	☐		
Buffalo Ranch	N/A	N/A	N/A	N/A	☒	☒	☐	☐	☐	☒	☐	☐		
Chipotle Ranch	270	28	1	2	☒	☒	☐	☐	☐	☒	☐	☐		
Asian Thai Dressing	N/A	N/A	N/A	N/A	☐	☒	☐	☐	☒	☐	☐	☐		
Avocado Lime Ranch	250	26	1	2	☒	☒	☐	☐	☐	☒	☐	☐		
Balsamic Viniagrette	N/A	N/A	N/A	N/A	☐	☐	☐	☐	☐	☐	☐	☒		
Caesar* (contains fish)	N/A	N/A	N/A	N/A	☒	☒	☐	☐	☐	☒	☐	☐		
BBQ Jerk Sauce	N/A	N/A	N/A	N/A	☐	☒	☐	☐	☒	☐	☐	☐	☒	
Nashville Hot Sauce	N/A	N/A	N/A	N/A	☐	☒	☐	☐	☐	☐	☐	☐	☒	
Hot Honey Mustard	N/A	N/A	N/A	N/A	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Queso Cheese Sauce	N/A	N/A	N/A	N/A	☒	☐	☐	☐	☐	☐	☒	☐		