	N. Silk	CALORIES	TOTAL FAT.	SATURATED FAT.	TRANSFAT.	CHOLESTERON.	SODIUM(Imc)	CARBOHYDRA	FIBER(E)	SUGARICA	PROTEIN	Kegoa,	Vec.	Gluten F	Dairy Frica	ALERGEIGS*
MENU ITEMS																
SALADS (Salad nutrition includes one portion of chicken, without dressing.Tofu +30 calories; Steak +50 calories; No Protein -100 calories)																
BBQ RANCH	1 Salad	380	18	5	0	70	1170	30	9	7	26	Х		Χ		Milk
BBQ RANCH (includes a Pulled Chicken portion)	1 Salad	370	16	4.5	0	70	1170	29	9	6	28	Х		Х		Milk
BUFFALO CHICKEN (includes a Buffalo Chicken portion)	1 Salad	320	13	2	0	55	1840	29	6	6	23					Milk, Wheat
BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion)	1 Salad	290	10	1.5	0	50	1700	28	6	6	23					Milk, Wheat
CAESAR	1 Salad	290	11	3.5	0	70	860	24	4	3	27	Х				Milk, Wheat
CAESAR (includes a Pulled Chicken portion)	1 Salad	280	9	3.5	0	65	860	23	4	2	29	Х				Milk, Wheat
СОВВ	1 Salad	470	29	12	0	295	1350	12	5	4	37			Χ		Egg, Milk
COBB (includes a Pulled Chicken portion)	1 Salad	460	28	12	0	295	1350	11	5	4	39			Χ		Egg, Milk
FAJITA	1 Salad	320	16	4.5	0	70	860	24	10	5	25			X		Milk
FAJITA (includes a Pulled Chicken portion)	1 Salad	310	14	4.5	0	70	870	23	10	5	28			Χ		Milk
GREEK	1 Salad	250	13	5	0	75	1400	14	4	5	21	X		X		Milk
GREEK (includes a Pulled Chicken portion)	1 Salad	240	11	5	0	75	1400	12	4	5	24	Х		X		Milk
JALAPEÑO RANCH	1 Salad	360	16	7	0	110	1140	19	4	6	30			X		Milk
JALAPEÑO RANCH (includes a Pulled Chicken portion)	1 Salad	350	15	7	0	105	1150	18	4	6	32	.,		X		Milk
ROASTED AUTUMN	1 Salad	470	19	4.5	0	65	940	54	10	31	25	X		X		Milk, Peanut, Tree Nuts
ROASTED AUTUMN (includes a Pulled Chicken portion)	1 Salad	490	19	5	0	65	990	56	10	33	29	Х		X		Milk, Peanut, Tree Nuts
SOUTHWEST HARVEST SOUTHWEST HARVEST (includes a Pulled Chicken portion)	1 Salad 1 Salad	340	12	3.5	0	70	510	34 33	6	10 10	25 27			X		Milk Milk
		330	10	3.5	_	70	520					.,	.,		.,	IVIIIK
THAI (includes a Pulled Chicken portion)	1 Salad 1 Salad	170 170	3.5	1	0	50 55	370 390	17 16	6	6	18 22	X	X	X	X	
KIDS SALAD	1 Salad	140	3.5	0	0	0	320	24	3	3	5	X	X	^	^	Milk, Wheat
KIDS SALAD	1 Salau	140	3.3	U	U	U	320	24	- 3	3)					Wilk, Wrieat
MADADO																,
WRAPS (Wrap nutrition includes one portion of chicken, tortilla, and 1 oz of dressin	g. Tofu +30 calor	ies; Steal	k +50 cal	ories; No	proteii	n -100 ca	lories)									,
WRAPS (Wrap nutrition includes one portion of chicken, tortilla, and 1 oz of dressin BBQ RANCH	g. Tofu +30 calor	ies; Steal	k +50 cal	ories; No	proteii 0	n -100 ca	lories) 1920	75	9	10	33	Х				Milk, Wheat
							_	75 73	9	10 10	33 31	X				,
BBQ RANCH	1 Wrap	700	32 25 34	8	0	70	1920	73 72				X X				Milk, Wheat
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion)	1 Wrap 1 Wrap	700 630	32 25	8 5	0	70 55	1920 1820	73	9	10	31	X X				Milk, Wheat Milk, Wheat
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion)	1 Wrap 1 Wrap 1 Wrap	700 630 700	32 25 34	8 5 8	0 0 0	70 55 65	1920 1820 2750	73 72	9 6 6 4	10 6	31 31 31 35	X X				Milk, Wheat Milk, Wheat Egg, Milk, Wheat
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion)	1 Wrap 1 Wrap 1 Wrap 1 Wrap 1 Wrap 1 Wrap	700 630 700 680 680 670	32 25 34 32 34 32	8 5 8 8	0 0 0 0 0	70 55 65 60 80	1920 1820 2750 2620 1870 1880	73 72 71 66 65	9 6 6 4 4	10 6 6 3 3	31 31 31 35 37	X				Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB	1 Wrap	700 630 700 680 680 670 860	32 25 34 32 34 32 51	8 5 8 8 8 8	0 0 0 0 0 0	70 55 65 60 80 80 305	1920 1820 2750 2620 1870 1880 2070	73 72 71 66 65 55	9 6 6 4 4 6	10 6 6 3 3 4	31 31 31 35 37 45	X				Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Egg, Milk, Wheat
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB COBB (includes a Pulled Chicken portion)	1 Wrap 1 Wrap 1 Wrap 1 Wrap 1 Wrap 1 Wrap	700 630 700 680 680 670 860 850	32 25 34 32 34 32 51 49	8 5 8 8 8 8 18	0 0 0 0 0 0	70 55 65 60 80 80 305 300	1920 1820 2750 2620 1870 1880 2070	73 72 71 66 65 55 54	9 6 6 4 4 6 6	10 6 6 3 3 4 4	31 31 31 35 37 45	X				Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB COBB (includes a Pulled Chicken portion) FAJITA	1 Wrap	700 630 700 680 680 670 860 850 680	32 25 34 32 34 32 51 49	8 5 8 8 8 8 18 18	0 0 0 0 0 0 0	70 55 65 60 80 80 305 300 70	1920 1820 2750 2620 1870 1880 2070 2070 1790	73 72 71 66 65 55 54 66	9 6 6 4 4 6 6 10	10 6 6 3 3 4 4 6	31 31 31 35 37 45 47	XXX				Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB COBB (includes a Pulled Chicken portion) FAJITA FAJITA (includes a Pulled Chicken portion)	1 Wrap	700 630 700 680 680 670 860 850 680 650	32 25 34 32 34 32 51 49 33 32	8 5 8 8 8 18 18 18	0 0 0 0 0 0 0 0	70 55 65 60 80 80 305 300 70	1920 1820 2750 2620 1870 1880 2070 2070 1790	73 72 71 66 65 55 54 66 62	9 6 6 4 4 6 6 6 10	10 6 6 3 3 4 4 6 5	31 31 31 35 37 45 47 32 35					Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB (includes a Pulled Chicken portion) FAJITA FAJITA (includes a Pulled Chicken portion) GREEK	1 Wrap	700 630 700 680 680 670 860 850 680 650	32 25 34 32 34 32 51 49 33 32 30	8 5 8 8 8 8 18 18 8 8	0 0 0 0 0 0 0 0	70 55 65 60 80 80 305 300 70 70	1920 1820 2750 2620 1870 1880 2070 2070 1790 1790	73 72 71 66 65 55 54 66 62 56	9 6 6 4 4 6 6 10 9	10 6 6 3 3 4 4 6 5	31 31 31 35 37 45 47 32 35 29	x				Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Egg, Milk, Wheat
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB (includes a Pulled Chicken portion) FAJITA FAJITA (includes a Pulled Chicken portion) GREEK GREEK (includes a Pulled Chicken portion)	1 Wrap	700 630 700 680 680 670 860 850 680 650 600	32 25 34 32 34 32 51 49 33 32 30 24	8 5 8 8 8 18 18 8 8 10 7	0 0 0 0 0 0 0 0 0	70 55 65 60 80 80 305 300 70 70 70	1920 1820 2750 2620 1870 1880 2070 2070 1790 1790 2090 1920	73 72 71 66 65 55 54 66 62 56 53	9 6 6 4 4 6 6 6 10 9 5	10 6 6 3 3 4 4 6 5 5	31 31 31 35 37 45 47 32 35 29 32					Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB (includes a Pulled Chicken portion) FAJITA FAJITA (includes a Pulled Chicken portion) GREEK GREEK (includes a Pulled Chicken portion) JALAPEÑO RANCH	1 Wrap	700 630 700 680 680 670 860 850 680 650 600 550	32 25 34 32 34 32 51 49 33 32 30 24	8 5 8 8 8 18 18 8 8 10 7	0 0 0 0 0 0 0 0 0 0	70 55 65 60 80 80 305 300 70 70 80 70	1920 1820 2750 2620 1870 1880 2070 2070 1790 1790 2090 1920 1870	73 72 71 66 65 55 54 66 62 56 53 61	9 6 6 4 4 4 6 6 10 9 5 4	10 6 6 3 3 4 4 6 5 5 5 7	31 31 31 35 37 45 47 32 35 29 32	x				Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB COBB (includes a Pulled Chicken portion) FAJITA FAJITA (includes a Pulled Chicken portion) GREEK GREEK (includes a Pulled Chicken portion) JALAPEÑO RANCH JALAPEÑO RANCH (includes a Pulled Chicken portion)	1 Wrap	700 630 700 680 680 670 860 850 680 650 600 550 710	32 25 34 32 34 32 51 49 33 32 30 24 34 33	8 5 8 8 8 18 18 8 8 10 7	0 0 0 0 0 0 0 0 0 0 0 0	70 55 65 60 80 80 305 300 70 70 80 70 110	1920 1820 2750 2620 1870 1880 2070 2070 1790 1790 2090 1920 1870 1880	73 72 71 66 65 55 54 66 62 56 53 61 60	9 6 6 4 4 6 6 6 10 9 5 4 5	10 6 6 3 3 4 4 6 5 5 3 7 6	31 31 31 35 37 45 47 32 35 29 32 37 40	X				Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB COBB (includes a Pulled Chicken portion) FAJITA FAJITA (includes a Pulled Chicken portion) GREEK GREEK (includes a Pulled Chicken portion) JALAPEÑO RANCH JALAPEÑO RANCH (includes a Pulled Chicken portion) ROASTED AUTUMN	1 Wrap	700 630 700 680 680 670 860 850 650 600 550 710 700 880	32 25 34 32 34 32 51 49 33 32 30 24 34 33	8 5 8 8 8 18 18 8 9 10 7 11 11	0 0 0 0 0 0 0 0 0 0 0 0 0	70 55 65 60 80 80 305 300 70 70 80 70 110	1920 1820 2750 2620 1870 1880 2070 2070 1790 1790 2090 1920 1870 1880 1910	73 72 71 66 65 55 54 66 62 56 53 61 60 101	9 6 6 4 4 6 6 10 9 5 4 5 5	10 6 6 3 3 4 4 6 5 5 5 3 7 6	31 31 31 35 37 45 47 32 35 29 32 37 40 33	x x				Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Egg, Milk, Wheat Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB COBB (includes a Pulled Chicken portion) FAJITA FAJITA (includes a Pulled Chicken portion) GREEK GREEK (GREEK (includes a Pulled Chicken portion) JALAPEÑO RANCH JALAPEÑO RANCH (includes a Pulled Chicken portion) ROASTED AUTUMN ROASTED AUTUMN (includes a Pulled Chicken portion)	1 Wrap	700 630 700 680 680 670 860 850 650 600 550 710 700 880 870	32 25 34 32 34 32 51 49 33 32 30 24 34 34 34	8 5 8 8 8 18 18 8 10 7 11 11 9	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	70 55 65 60 80 80 305 300 70 70 70 110 105 65	1920 1820 2750 2620 1870 1880 2070 2070 1790 1790 1920 1870 1880 1910	73 72 71 66 65 55 54 66 62 56 53 61 60 101	9 6 6 4 4 6 6 10 9 5 4 5 5	10 6 6 3 3 4 4 6 5 5 5 3 7 6 35 33	31 31 31 35 37 45 47 32 35 29 32 37 40 33 36	X				Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Peanut, Tree Nuts, Wheat Milk, Peanut, Tree Nuts, Wheat
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB COBB (includes a Pulled Chicken portion) FAJITA FAJITA (includes a Pulled Chicken portion) GREEK GREEK (includes a Pulled Chicken portion) JALAPEÑO RANCH JALAPEÑO RANCH (includes a Pulled Chicken portion) ROASTED AUTUMN ROASTED AUTUMN (includes a Pulled Chicken portion) SOUTHWEST HARVEST (includes a full portion of dressing and lettuce)	1 Wrap	700 630 700 680 680 680 670 860 850 680 650 600 550 710 700 880 870	32 25 34 32 34 32 51 49 33 32 30 24 34 34 33 41	8 5 8 8 8 8 18 18 8 8 10 7 11 11 9 9 12	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	70 55 65 60 80 80 305 300 70 70 70 110 105 65 65	1920 1820 2750 2620 1870 1880 2070 2070 1790 1790 2090 1920 1870 1880 1910	73 72 71 66 65 55 54 66 62 56 53 61 60 101 100 83	9 6 6 4 4 6 6 10 9 5 4 5 5 10 10	10 6 6 3 3 4 4 6 5 5 5 3 7 6 35 35 31	31 31 31 35 37 45 47 32 35 29 32 37 40 33 36	x x		X		Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Milk, Peanut, Tree Nuts, Wheat Milk, Peanut, Tree Nuts, Wheat Milk, Peanut, Tree Nuts, Wheat
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB COBB (includes a Pulled Chicken portion) FAJITA FAJITA (includes a Pulled Chicken portion) GREEK GREEK (includes a Pulled Chicken portion) JALAPEÑO RANCH JALAPEÑO RANCH (includes a Pulled Chicken portion) ROASTED AUTUMN ROASTED AUTUMN (includes a Pulled Chicken portion) SOUTHWEST HARVEST (includes a Pulled Chicken portion), full dressing, and full lettuce)	1 Wrap	700 630 700 680 680 680 850 680 650 600 550 710 700 880 870 800 790	32 25 34 32 32 31 49 33 32 30 24 34 34 33 41 40 38	8 8 8 8 8 18 18 8 8 10 7 11 11 9 9 12 12	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	70 55 65 60 80 80 305 300 70 70 80 70 110 105 65 65 95	1920 1820 2750 2620 1870 1880 2070 2070 1790 1990 1920 1870 1870 1910 1920 1890 1900	73 72 71 66 65 55 54 66 62 56 53 61 60 101 100 83 82	9 6 6 4 4 6 6 10 9 5 4 5 5 10 10 8 8	10 6 6 3 3 4 4 6 5 5 5 3 7 6 35 35 31 3	31 31 31 35 37 45 47 32 35 29 32 37 40 33 36 34	X X X		x		Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Egg, Milk, Wheat Milk, Peanut, Tree Nuts, Wheat Milk, Peanut, Tree Nuts, Wheat Milk, Milk
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB COBB (includes a Pulled Chicken portion) FAJITA FAJITA (includes a Pulled Chicken portion) GREEK GREEK (includes a Pulled Chicken portion) JALAPEÑO RANCH JALAPEÑO RANCH JALAPEÑO RANCH (includes a Pulled Chicken portion) ROASTED AUTUMN ROASTED AUTUMN ROASTED AUTUMN (includes a Pulled Chicken portion) SOUTHWEST HARVEST (includes a Pulled Chicken portion) SOUTHWEST HARVEST (includes a Pulled Chicken portion, full dressing, and full lettuce) THAI (Does NOT contain dressing, served on side)	1 Wrap	700 630 700 680 680 680 670 860 850 680 650 710 700 880 870 800 790	32 25 34 32 34 32 51 49 33 32 30 24 34 34 34 33 41 40 38 36	8 8 8 8 8 8 18 8 10 7 11 11 9 9 12 12 3.5	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	70 55 65 60 80 80 305 70 70 80 70 110 105 65 95	1920 1820 2750 2620 1870 1880 2070 1790 1790 1920 1870 1880 1910 1890 1900 1130	73 72 71 66 65 55 54 66 62 56 53 61 60 101 100 83 82	9 6 6 4 4 6 6 10 9 5 4 5 5 10 10 8 8	10 6 6 3 3 4 4 6 5 5 5 3 7 6 35 35 13 13	31 31 31 35 37 45 47 32 35 29 32 37 40 33 36 34	x x x	X		X	Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Peanut, Tree Nuts, Wheat Milk, Peanut, Tree Nuts, Wheat Milk Milk Milk Wheat
BBQ RANCH BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB COBB (includes a Pulled Chicken portion) FAJITA FAJITA (includes a Pulled Chicken portion) GREEK GREEK (includes a Pulled Chicken portion) JALAPEÑO RANCH JALAPEÑO RANCH (includes a Pulled Chicken portion) ROASTED AUTUMN ROASTED AUTUMN ROASTED AUTUMN (includes a Pulled Chicken portion) SOUTHWEST HARVEST (includes a full portion of dressing and lettuce) SOUTHWEST HARVEST (includes a Pulled Chicken portion, full dressing, and full lettuce) THAI (Does NOT contain dressing, served on side) THAI (includes a Pulled Chicken portion) (Does NOT contain dressing, served on side)	1 Wrap	700 630 700 630 700 680 680 680 670 860 850 680 550 710 700 880 870 800 790 440 430	32 25 34 32 34 32 51 49 33 32 30 24 34 33 41 40 38 36 12	8 8 8 8 8 8 18 8 10 7 11 11 9 9 12 12 3.5 3.5	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	70 55 65 60 80 80 305 70 70 110 105 65 65 95 95	1920 1820 2750 2620 1870 1880 2070 1790 1790 2090 1920 1870 1880 1910 1920 1890 1900 1130	73 72 71 66 65 55 54 66 62 56 53 61 60 101 100 83 82 59 58	9 6 6 4 4 6 6 10 9 5 4 5 5 10 10 8 8 8	10 6 6 3 3 4 4 6 5 5 3 7 6 35 35 35 13 13	31 31 31 35 37 45 47 32 35 29 32 37 40 33 34 37 26 28	x x x	Х		Χ	Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk Milk Milk Wheat Wheat
BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB COBB (includes a Pulled Chicken portion) FAJITA FAJITA (includes a Pulled Chicken portion) FAJITA FAJITA (includes a Pulled Chicken portion) GREEK GREEK GREEK (includes a Pulled Chicken portion) JALAPEÑO RANCH JALAPEÑO RANCH (includes a Pulled Chicken portion) ROASTED AUTUMN ROASTED AUTUMN (includes a Pulled Chicken portion) SOUTHWEST HARVEST (includes a Pulled Chicken portion) THAI (Does NOT contain dressing, served on side) THAI (includes a Pulled Chicken portion) (Does NOT contain dressing, served on side) FLOUR TORTILLA (12")	1 Wrap	700 630 700 630 700 680 680 670 860 850 680 650 710 700 880 870 800 790 440 430 280	32 25 34 32 51 49 33 32 51 49 33 32 30 24 34 33 41 40 38 36 12	8 8 8 8 8 8 18 8 10 7 11 11 9 9 12 12 3.5	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	70 55 65 60 80 80 305 70 70 80 70 110 105 65 95	1920 1820 2750 2620 1870 1880 2070 1790 1790 1920 1870 1880 1910 1890 1900 1130	73 72 71 66 65 55 54 66 62 56 53 61 60 101 100 83 82	9 6 6 4 4 6 6 10 9 5 4 5 5 10 10 8 8	10 6 6 3 3 4 4 6 5 5 5 3 7 6 35 35 13 13	31 31 31 35 37 45 47 32 35 29 32 37 40 33 36 34	x x x				Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Peanut, Tree Nuts, Wheat Milk Milk Milk Wheat
BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB COBB (includes a Pulled Chicken portion) FAJITA FAJITA (includes a Pulled Chicken portion) GREEK GREEK (includes a Pulled Chicken portion) JALAPEÑO RANCH JALAPEÑO RANCH (includes a Pulled Chicken portion) ROASTED AUTUMN ROASTED AUTUMN (includes a Pulled Chicken portion) SOUTHWEST HARVEST (includes a Pulled Chicken portion) THAI (Does NOT contain dressing, served on side) THAI (includes a Pulled Chicken portion) (Does NOT contain dressing, served on side) FLOUR TORTILLA (12") BREAKFAST BURRITOS (Includes wheat flour tortilla, without salsa. Br	1 Wrap	700 630 700 680 680 680 670 860 850 680 650 600 550 710 700 880 870 800 790 440 430 280 0 calorie	32 25 34 32 32 31 32 33 32 30 24 33 41 40 38 36 12	8 8 8 8 8 18 18 8 10 7 11 11 9 9 12 12 3.5 3.5 3	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	70 55 65 60 80 80 305 300 70 70 80 70 110 105 65 95 95 55 0	1920 1820 2750 2620 1870 1880 2070 2070 1790 1790 1920 1870 1880 1910 1920 1890 1900 1130 750	73 72 71 66 65 55 54 66 62 56 53 61 100 83 82 59 58	9 6 6 4 4 4 6 6 10 9 5 4 5 5 10 10 8 8 6 6	10 6 6 3 3 4 4 6 5 5 5 3 7 6 35 35 35 13 7 6	31 31 31 35 37 45 47 32 35 29 32 37 40 33 36 34 37 26 28	x x x	Х		Χ	Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Milk, Peanut, Tree Nuts, Wheat Milk, Peanut, Tree Nuts, Wheat Milk Milk Wheat Wheat Wheat Wheat Wheat
BBQ RANCH (includes a Pulled Chicken portion) BUFFALO CHICKEN (includes a Buffalo Chicken portion) BUFFALO CHICKEN (includes a Pulled Buffalo Chicken portion) CAESAR CAESAR (includes a Pulled Chicken portion) COBB COBB (includes a Pulled Chicken portion) FAJITA FAJITA (includes a Pulled Chicken portion) GREEK GREEK (includes a Pulled Chicken portion) JALAPEÑO RANCH JALAPEÑO RANCH (includes a Pulled Chicken portion) ROASTED AUTUMN ROASTED AUTUMN (includes a Pulled Chicken portion) SOUTHWEST HARVEST (includes a Pulled Chicken portion, full dressing, and full lettuce) THAI (loces NOT contain dressing, served on side) THAI (includes a Pulled Chicken portion) (Does NOT contain dressing, served on side) FLOUR TORTILLA (12") BREAKFAST BURRITOS (Includes wheat flour tortilla, without salsa. Br BACON, EGG & CHEESE	1 Wrap 1 Burrap 1 Wrap	700 630 700 680 680 680 670 860 850 680 650 600 550 700 880 870 800 790 440 430 280 0 calorie	32 25 34 32 34 32 31 49 33 32 30 24 34 34 36 12 10 8	8 8 8 8 8 8 18 8 10 7 11 11 11 19 9 12 12 3.5 3.5 3	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	70 55 65 60 80 80 305 300 70 70 110 105 65 65 95 95 55 0	1920 1820 2750 2620 1870 1880 2070 1790 1790 1920 1870 1880 1910 1920 1890 1130 1130 750	73 72 71 66 65 55 54 66 62 56 53 61 60 101 100 83 82 59 58 44	9 6 6 4 4 4 6 6 6 10 9 5 4 5 5 5 10 10 8 8 6 6 2	10 6 6 3 3 4 4 6 5 5 3 7 6 35 35 13 13 7 6	31 31 31 35 37 47 32 35 29 32 37 40 33 36 34 37 26 28 7	x x x	Х		Χ	Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Anchovy, Egg, Milk, Soy, Wheat Anchovy, Egg, Milk, Soy, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Egg, Milk, Wheat Egg, Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Milk, Wheat Milk, Peanut, Tree Nuts, Wheat Milk, Peanut, Tree Nuts, Wheat Milk Milk Wheat Milk, Eggs, Wheat
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TRANSPORCE STEET STATE S	SOUTHWEST	1 Burrito	500	23	7	0	195	1390	47	2	2	26					Milk, Eggs, Wheat
TIMENT MARKARE, FOR & CHIEFE 1.6m-10 590 27 9 0 375 1300 46 2 1 32 1 1 1 1 1 1 1 1 1					+ -							_					, 55 ,
MIRAMATE FORTATIONS												_					
STATEMENT SALLAGE 1.7 ce 70 4.5 1.5 0 150 170 0 0 0 0 0 0 0 0 0													х	х	x >		Wilk, Eggs, Wiledt
Trace 17 oc 80 S D D D D D D D D D												_	-	^		_	Faac
SIDES									_	_			^			_	Lggs
SPECIAL DEFINISHED	TOTAL PASSAGE	1 /	 	7	· ,						<u> </u>	<u> </u>	1 1	7	\hat{T}	7 7	
SPECIAL DEFINISHED		32.5	CALORIES	Donale Ex	47URATED F.	TRAWS FAS	HOLESTEROLL	(Sam) To Clark	14BOH10BR	FIBER C.	SUGAR,	PROTEIN.	(8)	Setarian	Gluten Frienghus	Dainy Friendlyn	ALERGENS*
DEEPER SECRIAGO DELIGNITH YORTHLA STRIPS] - 30 Cug See 190 4 0 0 0 15 740 21 4 1 8	SIDES				/ "				/ 8					/ /			
Seesen Reconstance College		6.00	150	4		0	15	740	21	4	1		1 1	I	v \	,	
HAMMIS												_					
PIAC HIPS Surger Size)		1												_			Socomo
DILLEG PICHICH ON DISADILLA (SEESS MINY) 1 Quesadillo 220 19 10 6 0 45 530 14 1 1 15 1 1 15 1 1 15 1 1							-				_	1	_			_	
DRESSINGS/SALSA (1 Packet) 1 Ouesaellle 290 19 11 0.5 55 610 15 1 1 15			_		+		-					1	^	^	- '	\	
DRESSINGS/SALSA (1 practed)													\vdash			+	
BALSAMIC VINAIGRETTE		1 Quesadilla	290	19	11	0.5	55	P10	15	1	1	15	-		_		wilk, wneat
SEQ RANCH	DRESSINGS/SALSA (1 Packet)																
CREAM? BLUE CHEESE 2.5 cs 340 37 5 0 35 680 3 0 1 3 3	BALSAMIC VINAIGRETTE	2.5 oz	310	32	3.5	0	0	470	7	0	5	1	Х	Х	X)	(
CREAMY BLUE CHESSE	BBQ RANCH	2.5 oz	170	14	1.5	0	0	510	10	0	8	1	Х		Х		Milk
DELAM GREEK 2.5 or 220 22 5 0 20 360 4 0 1 4	CAESAR	2.5 oz	340	37	5	0	35	680	3	0	1	3			Х		Milk, Eggs, Fish, Soy
ALAPÉRO RANCH	CREAMY BLUE CHEESE	2.5 oz	320	32	9	0	20	430	4	0	1	3	Х		Х		Milk, Eggs
RANCH 2.5 oz 220 23 3.5 0 10 410 2 0 1 2 X X X M MIIK THAI PEANUT 2.5 oz 300 27 4 0 0 0 250 10 1 6 4 4 X X X Fish, Peanuts, Soy, Sesame EXTRA VIRGIN CIVIE GIL BALSAMIC VINEGAR 1 10z 30 0 0 0 0 0 0 0 0 6 0 6 0 0 0 X X X X X TRADITIONAL SALSA 1.5 oz 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	CREAMY GREEK	2.5 oz	220	22	5	0	20	360	4	0	1	4			Х		Milk, Eggs
THAI PEANUT	JALAPEÑO RANCH	2.5 oz	230	24	2.5	0	0	460	3	0	1	2	Х		Х		Milk
EXTRA VIRGIN OLIVE OIL 1 oz 230 26 4 0 0 0 0 0 0 0 0 0	RANCH	2.5 oz	220	23	3.5	0	10	410	2	0	1	2	Х		Х		Milk
BALSAMIC VINEGAR	THAI PEANUT	2.5 oz	300	27	4	0	0	250	10	1	6	4			χ)	(Fis	h, Peanuts, Soy, Sesame
BALSAMIC VINEGAR	EXTRA VIRGIN OLIVE OIL	1 oz	230	26	4	0	0	0	0	0	0	0	Х	Х	χ)	(
TRADITIONAL SALSA 1.5 oz 10 0 0 0 0 190 2 0 1 0 0 0 0 0 190 2 0 1 0 0 0 0 0 0 0 0		1	30	0	0	0	0	0	6	0	6	0	Х	Х	χ)	(
SALSA VERDE 1.5 02	TRADITIONAL SALSA		10	0	0	0	0	190	2	0	1	0	Х	Х	χ)	(
SPICY ADOBO SAUCE 2.5 oz 180 18 5 0 20 630 4 0 2 2 X X Milik	SALSA VERDE		15	0	0	0	0	80	3	0	2	0	х	Х		(
Description													_				Milk
BUFFALO CHICKEN 3.95 oz 160 10 2 0 55 1270 2 0 1 17																	
CHICKEN 2.5 oz 100 3.5 1 0 55 350 2 0 1 16	PROTEINS																
PULLED CHICKEN 3 oz 90 1.5 1 0 55 350 1 0 0 18	BUFFALO CHICKEN	3.95 oz	160	10	2	0	55	1270		0	1	17					Milk
STEAK 2.5 oz 140 7 3.5 0 40 150 0 0 0 18	CHICKEN	2.5 oz	100	3.5	1		55		2	0	1					_	
TOFU 3.3 oz 140 4.5 1 0 0 640 14 2 6 10 X X X X Soy, Sesame, Tree Nut CHEESES BLUE CHEESE 7.7 oz 70 6 4 0 15 210 1 0 0 4 X X X X MIIK FETA 8.8 oz 60 5 3.5 0 20 250 1 0 1 3 X X X MIIK PARMESAN (SHAVED) 5.5 oz 60 4.5 3 0 15 230 0 0 0 6 X X X MIIK PEPPER JACK CHEESE 7.7 oz 70 5 3 0 20 110 1 0 0 4 X X X MIIK GREENS MIXED GREENS (SALAD PORTION) 3.5 oz 15 0 0 0 0 65 3 1 0 1 X X X X ROMAINE (SALAD PORTION) 6 oz 30 0 0 0 0 0 6 4 2 2 X X X X	PULLED CHICKEN	3 oz	90	1.5	1	0	55	350	1	0	0	18			χ)	(
CHEESE BLUE CHEESE 1.7 oz 70 6 4 0 15 210 1 0 0 4 X X X MIIK FETA 1.8 oz 60 5 3.5 0 20 250 1 0 1 3 X X X MIIK PARMESAN (SHAVED) 1.5 oz 60 4.5 3 0 15 230 0 0 0 6 X X X MIIK PEPPER JACK CHEESE 1.7 oz 70 5 3 0 20 110 1 0 0 4 X X X MIIK GREENS MIXED GREENS (SALAD PORTION) 3.5 oz 15 0 0 0 0 65 3 1 0 1 X X X X ROMAINE (SALAD PORTION) 6 oz 30 0 0 0 0 10 6 4 2 2 X X X X											_	_				_	
BLUE CHEESE	TOFU	3.3 oz	140	4.5	1	0	0	640	14	2	6	10	Х	Х	X)	(!	Soy, Sesame, Tree Nut
FETA 8.02 60 5 3.5 0 20 250 1 0 1 3 X X Milk	CHEESES																
PARMESAN (SHAVED) .5 oz 60 4.5 3 0 15 230 0 0 0 6 X X X Milk PEPPER JACK CHEESE .7 oz 70 5 3 0 20 110 1 0 0 4 X X MIlk GREENS MIXED GREENS (SALAD PORTION) 3.5 oz 15 0 0 0 0 65 3 1 0 1 X X X X ROMAINE (SALAD PORTION) 6 oz 30 0 0 0 0 10 6 4 2 2 X X X X	BLUE CHEESE	.7 oz	70	6	4	0	15	210	1	0	0	4	Х		Х		Milk
PEPPER JACK CHEESE .7 oz 70 s 3 d 0 d 20 d 110 d 0 d 4 d X d Milk GREENS MIXED GREENS (SALAD PORTION) 3.5 oz 15 doz 0 doz	FETA	.8 oz	60	5	3.5	0	20	250	1	0	1	3	Х		Х		Milk
PEPPER JACK CHEESE .7 oz 70 s 3 d 0 d 20 d 110 d 0 d 4 d X d Milk GREENS MIXED GREENS (SALAD PORTION) 3.5 oz 15 doz 0 doz	PARMESAN (SHAVED)	.5 oz	60	4.5	3	0	15	230	0	0	0	6	Х		Х		Milk
GREENS													_				
MIXED GREENS (SALAD PORTION) 3.5 oz 15 0 0 0 0 65 3 1 0 1 X X X X ROMAINE (SALAD PORTION) 6 oz 30 0 0 0 10 6 4 2 2 X X X X																	
ROMAINE (SALAD PORTION) 6 oz 30 0 0 0 10 6 4 2 2 X X X X		3,5 07	15	0	0	0	0	65	3	1	0	1	х	х	х	(
	·	1											x	x		. - 	
				1								1		/ /	<i>'</i> /	7 /	ALERGENG*

ROMAINE WITH MIXED GREENS (SALAD PORTION)	4.85 oz	25	0	0	0	0	40	5	3	1	2	Х	Х	Х	х	
SPINACH (SALAD PORTION)	4.85 02 2.7 oz	20	0	0	0	0	60	3	2	0	2	X	_	X	X	
MIXED GREENS (WRAP PORTION)	2.4 oz	10	0	0	0	0	45	2	1	0	1	X		X	X	
ROMAINE (WRAP PORTION)	3 oz	15	0	0	0	0	5	3	2	1	1	Х		Х	Х	
ROMAINE WITH MIXED GREENS (WRAP PORTION)	1.6 oz	5	0	0	0	0	15	1	1	0	0	Х	Х	Х	Х	
SPINACH (WRAP PORTION)	1 oz	5	0	0	0	0	20	1	1	0	1	Х		Х	Х	
FRUITS, VEGGIES AND MORE																
AVOCADO	1/2 each	60	6	1	0	0	0	3	0	0	1	Х	Х	Х	Х	
BACON	.9 oz	110	7	3.5	0	35	380	0	0	0	7			Х	Х	
BANANA PEPPERS	.7 oz	0	0	0	0	0	250	1	0	0	0	Х	Х	Х	Х	
BLACK BEANS, SPICY	1.52 oz	30	0	0	0	0	190	5	1	0	2	Х	-	Х	Х	
BRUSSELS SPROUTS	1.9 oz	49	3	0	0	0	120	5	2	1	2	Х		Х	Х	
CARROTS	.8 oz	10	0	0	0	0	15	2	1	1	0	Х	_	Х	Х	
CELERY	1.1 oz	5	0	0	0	0	20	<1	0	0	0	Х	Х	Х	Х	
CRANBERRIES (DRIED)	.8 oz	70	0	0	0	0	0	18	0	16	0	Х	Х	Х	Х	
CROUTONS	.8 oz	100	3	0	0	0	280	16	0	0	3	X	X		X	Milk, Wheat
CUCUMBERS	1.5 oz	5	0	0	0	0	0	1	0	1	0	Х	_	Х	X	Trining Princial
EGG - HARD BOILED	1.5 02 1 egg	80	5	2	0	185	60	<1	0	< 1	6	X		X	X	Eggs
KALAMATA OLIVES	1.1 oz	50	5	1	0	0	510	1	0	0	0	X	Х	X	X	-553
PECANS (CANDIED)	.8 oz	130	9	1	0	0	60	12	0	11	1	X		X		Milk, Peanuts, Tree Nuts
PICO DE GALLO	1.6 oz	10	0	0	0	0	210	2	1	1	0	X	Х	X	Х	ming i canady free fides
POBLANOS - ROASTED	1 oz	20	1	0	0	0	0	3	0	1	<1	Х	-	Х	х	
RED CABBAGE	1.3 oz	10	0	0	0	0	10	3	1	1	< 1	Х	Х	Х	х	
RED ONIONS - PICKLED	1 oz	18	0	0	0	0	1	5	0	3	0	Х	Х	Х	х	
RED ONIONS - FRESH	.9 oz	15	0	0	0	0	0	3	1	1	0	Х	_	Х	Х	
RED PEPPERS - FRESH	2 oz	15	0	0	0	0	0	3	1	2	0	х	_	Х	х	
ROASTED CORN	1.35 oz	40	1	0	0	0	0	7	2	3	1	х	_	Х	х	
SWEET POTATOES	2.8 oz	54	2	0	0	0	265	7	1	6	1	Х	х	Х	х	
TOMATOES	1.7 oz	10	0	0	0	0	0	2	1	1	0	Х	1	Х	х	
TORTILLA STRIPS	.4 oz	50	3	0	0	0	15	6	0	0	1	Х	х	Х	х	
FLOUR TORTILLA (12")	1 each	280	8	3	0	0	750	44	2	1	7	Х	Х		Х	Wheat
	¥2/5	CALONIES	POTAL FAX.	SATURATED E.	TRANS FAT.	CHOLESTERO.	(Bul) Tour (Will)	CARBOHYDRA	FIBER (p)	SUGARC	PROTEIL	(8)	eBetarian	Clube.	Dairy E.	ALLERGEIG.
BEVERAGES																
GREEN REVIVER JUICE	24 oz	180	0	0	0	0	45	45	1	34	2	Х	Х	Х	Х	
HOUSEMADE LEMONADE - TRADITIONAL	24 oz	270	0	0	0	0	10	73	0	69	1	Х	Х	Х	Х	
HOUSEMADE LEMONADE - CUCUMBER MINT	24 oz	180	0	0	0	0	10	49	0	46	1	Х		Х	Х	
HOUSEMADE LEMONADE - BLUEBERRY BASIL	24 oz	230	0	0	0	0	10	62	0	58	1	Х	_	Х	Х	
HOUSEMADE LEMONADE - APPLE CIDER	24 oz	280	0	0	0	0	20	72	0	67	1	X	X	X	X	
HOUSEMADE LEMONADE - CARAMEL APPLE HOUSEMADE LEMONADE - CARAMEL APPLE	24 oz	310	0	0	0	0	25	81	0	75	1	X	X	X	X	
	i e											X	X	X	X	
HOUSEMADE LEMONADE - FROZEN STRAWBERRY	24 oz	290	0	0	0	0	25	74	0	71	1					
FRUIT STAND LEMONADE - BLACKBERRY BRAMBLE	24 oz	320	0	0	0	0	20	86	0	82	1	X	X	X	X	
FRUIT STAND LEMONADE - SUMMER STONE FRUIT	24 oz	330	0	0	0	0	20	86	0	83	1	Х	Χ	Х	Χ	
FRUIT STAND LEMONADE - SUNKISSED YUZU	24 oz	350	0	0	0	0	60	93	0	89	1	Х	Х	Х	Χ	
FRUIT STAND LEMONADE - MANGO GROVE	24 oz	350	0	0	0	0	25	93	0	88	1	Х	Χ	Х	Χ	
FRUIT STAND LEMONADE - BLACK CHERRY ORCHARD	24 oz	350	0	0	0	0	15	91	0	87	1	Х	Χ	Х	Χ	
ICED TEA - BLACK	24 oz	0	0	0	0	0	20	0	0	0	0	Х	Х	Х	х	

												1			1	
ICED TEA - MANGO GREEN	24 oz	0	0	0	0	0	20	0	0	0	0	Х	Х	Χ	Χ	
COLD BREW ICED COFFEE	24 oz	0	0	0	0	0	25	0	0	0	0	х	х	х	Х	1
MANGO TANGO TEA	24 oz	80	0	0	0	0	35	20	0	19	0	Х	Х	Х	Χ	
MAN-GO CRAZY FSL	24 oz	360	0	0	0	0	35	94	0	90	1	Х	Х	Х	Х	
COLD BREW ADD-INS																
ALMOND MILK	2 oz	15	1	0	0	0	45	2	0	1	0	х	Х	Х	Х	Tree Nuts
OAT MILK	2 oz	35	2	1	0	0	25	4	1	2	< 1	Х	х	Х	Х	
HALF-AND-HALF	2 oz	90	6	4	0	30	55	4	0	2	2	Х		Х		Milk
SIMPLE SYRUP SHOT	1 oz	70	0	0	0	0	0	18	0	18	0	Х	Х	Х	Х	
CARAMEL FLAVOR SHOT	1 oz	80	0	0	0	0	0	20	0	19	0	Х	Х	Х	Х	
HAZELNUT FLAVOR SHOT	1 oz	80	0	0	0	0	0	19	0	19	0	х	Х	Х	Х	Tree Nuts
VANILLA FLAVOR SHOT	1 oz	80	0	0	0	0	0	20	0	20	0	х	х	х	Х	
SUGAR-FREE VANILLA FLAVOR SHOT	1 oz	0	0	0	0	0	0	0	0	0	0	Х	Х	Х	Х	
BLACKBERRY FLAVOR SHOT	.75 oz	50	0	0	0	0	0	13	0	13	0	Х	Х	Х	Х	
STONE FRUIT FLAVOR SHOT	.75 oz	60	0	0	0	0	0	14	0	13	0	Х	Х	Х	Х	
YUZU PUREE	1 oz	90	0	0	0	0	45	21	0	20	0	Х	Х	Х	Х	
MANGO PUREE	1 oz	80	0	0	0	0	10	20	0	19	0	Х	Х	Х	Х	
BLACK CHERRY PUREE	1 oz	80	0	0	0	0	0	18	0	18	0	Х	Х	Х	Х	

* Based on the Food and Drug Administration's list of 9 common food allergens: dairy, eggs, fish, peanuts, shellfish, soy, tree nuts, wheat, sesame. We do not make representations about other allergens. While we make efforts to minimize the risk of cross contact, we cannot guarantee that our foods are free of any allergens. Individual foods may come into contact with one another during preparation, which is not reflected on this chart. We use eggs, milk, peanuts, tree nuts, wheat, soy, sesame, and fish as ingredients in our food. Salad and Go cannot guarantee the absence of these allergens in our ingredients. Please reach out to info@saladandgo.com if you have additional questions on allergens or ingredients.

^Gluten-Friendly

While our menu includes ingredients that are made without gluten, our restaurants are not gluten free. We take steps to minimize the risk of cross-contact with gluten, but cannot guarantee that these menu items are gluten free.

^^Dairy-Friendly

While our menu includes foods that are made without dairy, our restaurants are not dairy free. We take steps to minimize the risk of cross-contact and cannot guarantee that that these menu items are free of milk allergens.

PEANUT & TREE NUT ALLERGENS

Peanuts and Tree Nuts are used in Salad and Go recipes and may come in contact with your food or drink. While our restaurants take allergen requests seriously, cross contact may occur during food preparation and we cannot guarantee the absence of these allergens.

GLUTEN INTOLERANCE & CELIAC DISEASE

We serve foods that contain gluten. Please refer to our nutrition and allergen chart to see a specific list. If you are highly sensitive to gluten and would like us to change our gloves before serving you, please let us know at the start of your order. While we are happy to change our gloves, we cannot guarantee that any foods are gluten-free due to the risk of cross-contact.

†VEGAN & VEGETARIAN OPTIONS

Our tofu is vegan and vegetarian. Vegans should avoid our meats, cheeses, Ranch, BBQ Ranch, Caesar and Greek Dressings. Our Thai Salad (not the dressing!), balsamic dressing, balsamic vinegar, and olive oil are vegan. Our 'vegan' items are on the same line with animal-based products, individual foods may come into contact with one another during preparation.

* 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Nutrition information is based on our standard recipes and portion sizes. While care is taken to provide consistent portioning, because every item is made by hand, variations may occur.