



# Nutrition Facts

\*all item information excludes dressing

Salads/Specialties	Calories	Protein	Carbs	Fat
Brown Rice Roll	333	8	55	9
Chef Salad	454	36	15	28
Chicken Salad	308	35	3	18
Chinese Chicken Salad	226	29	14	6
Cobb Salad	501	55	24	21
Deluxe Salad	380	16	20	26
Deluxe with Tuna	568	36	20	38
High Protein Salad	496	43	20	27
Lettuce Wrap w/ Tuna	223	21	7	12
Noodlerama	435	32	70	3
Poke Bowl	429	24	54	13
Quinoa Salad	478	18	39	28
Spicy Ricey	317	7	56	7
Spring Roll	221	1	54	0
Tofu Salad	358	16	19	24
Tortilla Wrap w/ Tuna	510	29	51	21
Tuna Avocado Salad	544	31	15	40
Tuna Egg Salad	618	35	13	47
Tuna Salad	276	28	3	17

Smoothies	Calories	Protein	Carbs	Fat
Super Green	279	8	59	1
Klean Green	201	4	39	3
Pina Colada	253	1	55	3
Very Berry	239	2	56	1
Strapplebana	208	1	49	1
High Pro Malt	217	21	29	2
Immune Booster	200	3	45	1
Femme Special	338	9	64	5
Green Tea	345	11	55	9

Sandwiches	Calories	Protein	Carbs	Fat
Avocado Cheese	422	19	55	14
BLT Avocado	464	21	63	14
Chicken Sand	485	37	51	15
Egg Sand	421	16	52	17
Tofu Sand	327	17	53	5
Tuna Sand	452	30	51	14
Tuna Avo Sand	535	32	54	21
Spicy Tuna	545	33	56	21
Turkey Sand	370	30	53	4
Veggie	379	13	61	9

Melts/Paninis	Calories	Protein	Carbs	Fat
Tuna Melt	559	37	37	29
Tuna Avocado Melt	642	39	40	36
Turkey Avocado Melt	585	41	61	20
Chicken Melt	591	44	37	30
Panini (tuna)	573	36	41	30
Panini (chicken)	605	43	41	30
Panini (turkey)	491	36	43	20

Pho / Soup	Calories	Protein	Carbs	Fat
Pho w/ Chicken	611	40	91	10
Veggie Soup (12 oz)	60	3	12	0

Dressing (2 oz)	Calories	Protein	Carbs	Fat
Original House	260	0	1	30
Spicy Asian	220	0	6	20
Sesame	220	0	7	20
Low Cal	0	0	<1	0
Ranch	200	1	1	20

Drinks	Calories	Protein	Carbs	Fat
Mango Greentini (16 oz)	71	0	18	0
Mango Greentini (32 oz)	143	0	36	0