



# NUTRITIONAL CHART

## WRAPS

	Calories	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Sugar(g)	Protein(g)
TURKEY CLUB WRAP	428	16.6	7.3	0	71.4	1416	41	4	31.7
CHICKEN CAESAR WRAP	436	14.3	6.5	0	75	1369	43.5	5	32.5
MIX GRANDE WRAP	358	7.5	2.5	0	55	1121.3	45	6.4	27.5
BLACKBEAN AND RICE WRAP	448	12.2	6.3	0	22.5	1161.3	64.0	4.9	19.3
TUNA SALAD WRAP	563	29	7.3	0	52.5	1262	54.5	15.5	22
CHICKEN SALAD WRAP	534	28	5.5	0	40	900	55	11.5	15.5
HUMMUS WRAP	384	16.0	4.5	0	12.5	1080.3	50.5	4.9	12
THAI D UP WRAP	458	25.1	3.5	0	6.5	754	50.9	7.8	11.8
PHILLY MELT WRAP	458	17.8	8.5	0	82.5	1053.3	42.5	3.9	33
HAM AND SWISS WRAP	398	13.5	7	0	55	1308.3	45	6.9	26.5
GARDEN WRAP	279	6.4	2.3	0	0	581.8	48.5	8.4	7.7

## PANINIS

	Calories	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Sugar(g)	Protein(g)
CHICKEN BELLA PANINI	485	20	4.8	0	67.5	1400	42.5	3	33.5
PHILLY MELT PANINI	394	11.8	5	0	67.5	1043	41.5	2.5	30
HAM IT UP PANINI	370	10.5	5	0	55	1236	43	5	26
BALSAMIC GARDEN PANINI	298	7.5	1.8	0	7.5	780	45.5	3	10.5
TURKEY BLT	334	6.3	0.7	0	57.9	1480	39	2.5	30.9

## SALADS

	Calories	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Sugar(g)	Protein(g)
CHEF SALAD	307	14.6	7.8	0	75.5	902.4	15.3	8.1	28.6
GARDEN SALAD	61	0	0.0	0	0	43.6	14	8.9	3.3
TUNA SALAD PLATTER	315	20.1	4.4	0	43.8	721.6	19.7	13.1	13.8
CHICKEN SALAD PLATTER	342	23.1	3.5	0	40	491.6	23	10.9	10.3
CAESAR SALAD	154	9.0	3.0	0	15	402	14	3	11
CHICKEN CAESAR SALAD	310	12.3	3.7	0	86.5	1143	17.9	4.3	38.3

\*All items above do NOT include dressing. See Dressing Nutritional Chart for information.

\*\*All Wraps above are served on a Wheat Tortilla. See Wrap Nutritional Chart for other wrap information.