






# Nutritional Information

11.08

	Serving Size	Total Fat GM	Saturated Fat GM	Cholesterol MG	Dietary Fiber GM	Sodium MG	Calories	Calories from Fat	Carbo- hydrates GM	Protein GM	Net Carbs GM
<b>APPETIZERS</b>											
 <b>Black Bean Roll-Ups</b>	Portion as served	10	2.4	14	10.2	1203	577	90	95.3	28.5	
<b>Low-Fat Tex Mex Dressing</b>	2 Tablespoons	0.1	0	2	0.1	129	23	0.9	2.3	2.9	
<b>SALADS</b>											
 <b>Hula Bowl</b> with 3 oz of Fat-Free Honey Mustard Dressing (without breadstick)	Portion as served	9.6	1.5	112	5.5	1345	583	86.4	78	47.6	
 <b>Half Hula Bowl</b> with 2 oz of Fat-Free Honey Mustard Dressing (without breadstick)	Portion as served	4.8	0.7	56	3.5	813	319	43.2	45.5	24	
<b>Baby Greens Salad</b> (without breadstick)	Portion as served	11	1.1	0	2	259	119	99	6.1	1.2	
<b>DRESSINGS</b> (Serving portions vary & may be requested on the side)											
<b>Ranch</b>	2 Tablespoons	12.6	2.1	10.9	0	90.3	120	113.4	0.7	0.5	0.7
<b>Italian</b>	2 Tablespoons	12	2	0	0	180	110	108	1	0	1
<b>Bleu Cheese</b>	2 Tablespoons	21.4	4	19.3	0	169.3	201	192.6	0.4	0.8	0.4
<b>Balsamic Vinaigrette</b>	2 Tablespoons	14	2	0	0	165	140	130	4	0	
<b>Fat-Free Honey Mustard</b>	2 Tablespoons	0	0	0	0	280	50	0	12	0	
<b>ENTREES</b>											
 <b>Caribbean Chicken: Lunch Portion</b>	Portion as served	20	8.3	97	2.9	1151	536	180	59.4	28.2	
<b>Black Bean Veggie Burger</b>	Portion as served	28	4.3	20	9.3	1495	649	252	79.1	32.7	
<b>BEVERAGES</b>											
 <b>Fruit Smoothie</b>	Portion as served	0.4	0.1	0	0.8	4	124	3.6	28.5	0.8	
<b>SIDES</b>											
<b>Garlic Breadstick</b>	1 Breadstick	6	1	0	0	250	150	54	20	4	
<b>Fruit Salad</b> (Recipe varies seasonally; nutritional info is an average)	4.5-oz. portion	0	0	0	1.3	6	54	0	16.6	0.7	

These are the only menu items for which we have nutritional information available. If you have special dietary needs, please let us know & we will do our best to accommodate your request.