

BOWLS

NUTRITIONAL INFORMATION DOES NOT INCLUDE DRESSINGS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
ATLANTIS	298	100	12	4	0	89	512	17	8	7	34
HOUSE CAESAR	159	63	7	3	0	13	425	18	5	3	8
HOUSE CAESAR with chicken	309	92	10	4	0	90	493	18	5	3	36
HOUSE CAESAR with steak	275	104	12	5	0	62	462	18	5	3	25
KALE-IFORNIA	241	102	12	4	0	12	336	26	6	11	14
KALE-IFORNIA with chicken	447	204	23	7	0	90	419	26	6	11	38
KALE-IFORNIA with shrimp	313	111	13	4	0	140	908	27	6	11	28
LONE STAR	367	183	21	5	0	60	94	22	12	9	27
METROPOLITAN COBB	768	537	61	18	0	275	388	18	11	6	40
NOLA	239	97	11	4	0	75	646	20	5	9	18
PACIFIC BEACH with chicken	358	147	17	3	0	73	118	22	15	5	33
PACIFIC BEACH with shrimp	288	128	15	2	0	127	626	23	15	5	20
PLYMOUTH ROCK	296	142	17	5	0	46	696	13	5	5	26
SHANGHAI with chicken	341	71	8	1	0	77	287	33	6	19	35
SHANGHAI with tofu	375	156	19	2	0	0	231	40	9	21	19
SOUTHWEST with chicken	447	128	14	3	0	77	199	43	14	4	38
TEJANO CAESAR	192	75	7	2	0	0	110	27	6	4	5
TEJANO CAESAR with chicken	342	104	11	3	0	77	176	27	6	4	33
TEJANO CAESAR with steak	342	104	11	3	0	77	176	27	6	4	33
WASHINGTON STATE	334	135	16	5	0	89	421	13	5	7	36

ZEPPELINS

NUTRITIONAL INFORMATION DOES NOT INCLUDE DRESSINGS.
ADDITIONAL CALORIES AND FIGURES FROM CORED BREAD ARE APPROXIMATE.

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
ATLANTIS	614	101	11	4	0	89	649	31	5	5	34
HOUSE CAESAR	475	63	7	3	0	13	607	33	2	1	9
HOUSE CAESAR with chicken	414	92	10	4	0	90	647	33	2	1	37
HOUSE CAESAR with steak	592	105	11	5	0	62	643	33	2	1	26
KALE-IFORNIA	545	101	11	3	0	12	499	39	4	11	13
KALE-IFORNIA with chicken	751	203	23	7	0	90	582	39	4	11	37
KALE-IFORNIA with shrimp	617	110	12	4	0	140	1071	40	4	11	27
LONE STAR	675	184	21	5	0	60	263	35	10	4	28
METROPOLITAN COBB	580	308	34	11	0	180	528	28	6	2	38
NOLA	548	98	11	4	0	74	814	33	3	4	19
PACIFIC BEACH with chicken	674	148	17	3	0	73	300	38	12	3	34
PACIFIC BEACH with shrimp	604	129	15	2	0	127	808	39	12	3	21
PLYMOUTH ROCK	620	146	17	5	0	46	851	30	4	4	27
SHANGHAI with chicken	661	72	8	1	0	77	416	51	5	19	36
SHANGHAI with tofu	696	159	18	2	0	0	360	58	8	20	19
SOUTHWEST with chicken	764	129	13	3	0	77	380	59	11	2	39
SOUTHWEST with steak	519	145	15	4	0	49	362	64	15	4	31
TEJANO CAESAR	509	75	7	2	0	0	305	48	7	4	8
TEJANO CAESAR with chicken	658	105	10	3	0	0	291	43	4	2	6
TEJANO CAESAR with steak	658	105	10	3	0	77	358	43	4	2	34
WASHINGTON STATE	661	140	16	5	0	77	358	43	4	2	34

DRESSINGS

GF = GLUTEN FREE | DF = DAIRY FREE | SERVING SIZE 1 OZ

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)
<i>AVOCADO RANCH</i> GF	220	13	2	0	10	210	2
<i>BALSAMIC VINAIGRETTE</i> GF DF	140	14	1	0	0	100	1
<i>CARROT GINGER LIME</i> DF	45	1	0	0	0	680	9
<i>CHAMPAGNE VINAIGRETTE</i> GF DF	140	14	1	0	0	55	2
<i>CHIPOTLE RANCH</i> GF	220	12	2	0	10	220	2
<i>CRANBERRY POPPYSEED</i> GF	220	23	3	0	10	55	5
<i>CREAMY WASABI</i> GF	110	12	3	0	10	65	1
<i>CUCUMBER DILL</i> GF	20	0	0	0	0	80	2
<i>FRENCH REMOULADE</i>	100	12	2	0	10	120	<1
<i>GREEK VINAIGRETTE</i> GF	150	15	2	0	30	110	<1
<i>HANGAR BLEU</i>	130	14	4	0	15	230	<1
<i>HONEY DIJON</i> GF	100	11	1	0	<5	85	1
<i>HOUSE CAESAR</i>	140	15	2	0	30	170	<1
<i>LIGHT BALSAMIC</i> DF	20	0	0	0	0	150	3
<i>LIGHT CAESAR</i> DF	60	5	1	0	45	75	2
<i>METROPOLITAN COBB</i> DF	170	19	2	0	<5	180	0
<i>RANCH</i> GF	220	12	2	0	10	210	2
<i>TEJANO CAESAR</i>	180	19	2	0	35	150	0
<i>WHITE BALSAMIC VINAIGRETTE</i> GF DF	180	18	2	0	0	30	4