



	Calories	Fat	Protein	Carbohydrates						
BBQ MASHED POTATO BOWL	403	11	33	43						
Low Carb	261	5	28	26						
Extra Protein	468	12	46	44						
Extra Protein + Low Carb	326	6	41	27						
HEARTY BEEF RAGU	503	19	41	42						
Low Carb	405	17	41	22						
Extra Protein	568	20	55	42						
Extra Protein + Low Carb	515	23	55	22						
TEMPURA CHICKEN HIBACHI W/ YUM YUM SAUCE	401	13	28	43						
Low Carb	325	13	28	24						
Extra Protein	512	16	40	52						
Extra Protein + Low Carb	436	16	40	33						
BOURBON CHICKEN MAC & CHEESE	365	5	30	50						
Low Carb	216	4	25	20						
Extra Protein	418	6	40	51						
Extra Protein + Low Carb	269	5	35	21						
PUB CHICKEN	372	12	35	31						
Low Carb	302	10	33	20						
Extra Protein	413	13	47	27						
Extra Protein + Low Carb	363	11	45	21						
BISCUITS & GRAVY BREAKFAST	525	25	26	49						
Extra Protein	600	28	38	49						
PEPPERJACK BACON CHICKEN PIZZA	668	28	41	63						
PREMIUM: TRI TIP STEAK W/ HORSEY SAUCE	310	14	31	15						
GRAPE PB&J	250	12	12	33						
STRAWBERRY PB&J	250	12	12	33						
BEEF & CHEESE EMPANADA	250	12	14	19						
PEPPERONI PIZZA EMPANADA	330	23	15	17						