



	Calories	Fat	Protein	Carbohydrates
CAJUN CHICKEN ALFREDO	383	7	35	45
Low Carb	245	5	35	15
Extra Protein	453	9	47	46
Extra Protein + Low Carb	306	6	47	16
CRISPY BBQ CHICKEN MAC & CHEESE	453	17	28	47
Low Carb	332	8	41	24
Extra Protein	553	21	37	54
Extra Protein + Low Carb	389	9	52	25
PEPPER & ONION STEAK	314	10	25	31
Low Carb	257	9	25	19
Extra Protein	384	12	37	32
Extra Protein + Low Carb	336	12	37	20
CITRUS PONZU CHICKEN MEATBALLS	354	6	28	47
Low Carb	242	6	28	19
Extra Protein	411	7	40	47
Extra Protein + Low Carb	299	7	40	19
PULLED BBQ MASHED POTATO BOWL	407	15	29	39
Low Carb	318	14	29	19
Extra Protein	513	21	42	39
Extra Protein + Low Carb	424	20	42	19
MAPLE WAFFLE FRY LOADED BREAKFAST	533	25	31	46
Extra Protein	640	28	41	56
BBQ BRISKET PIZZA	852	36	47	85
PREMIUM: BBQ BRISKET WAFFLE FRIES	592	28	30	55
SALAD: COBB SALAD	463	27	31	24
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
BLUEBERRY WAFFLE & SAUSAGE BREAKFAST SAMMIEZ	440	24	14	42
CHICKEN & WAFFLE BREAKFAST SAMMIEZ	570	28	24	56
SAUSAGE EGG & CHEESE BREAKFAST SAMMIEZ	410	23	21	29
DARK CHOCOLATE PEANUT BUTTER BUCKEYES (PER 1 BUCKEYE)	100	7	5	6
ENERGY BITES (PER 1 ENERGY BITE)	93	5	2	10