



	Calories	Fat	Protein	Carbohydrates
CHICKEN MEATBALL TORTELLINI	585	25	36	54
Low Carb	N/A	N/A	N/A	N/A
Extra Protein	663	31	42	54
Extra Protein + Low Carb	N/A	N/A	N/A	N/A
CUBAN BOWL	537	29	34	35
Low Carb	468	28	34	20
Extra Protein	625	33	46	36
Extra Protein + Low Carb	520	28	46	21
GREEN HERB CHICKEN W/ RED POTATOES	281	5	30	29
Low Carb	237	5	30	18
Extra Protein	342	6	42	30
Extra Protein + Low Carb	294	6	42	18
POBLANO POPPER CHICKEN BOWL	405	13	35	37
Low Carb	344	12	34	25
Extra Protein	475	15	47	38
Extra Protein + Low Carb	410	14	46	25
SWEET CHILI CHICKEN MAC & CHEESE	449	9	26	66
Low Carb	241	5	32	17
*CE Sweet Chili ON SIDE (for LC)	76			19
Extra Protein	528	12	35	70
Extra Protein + Low Carb	306	6	45	18
*CE Sweet Chili ON SIDE (for XP/ LC)	76			19
WESTERN BREAKFAST PLATE	357	17	23	28
Extra Protein	459	23	34	29
LOADED BEEF TACO PIZZA	692	32	25	76
PREMIUM: TRI TIP STEAK W/ HORSERADISH SAUCE	310	14	31	15
SALAD: SOUTHWEST SALAD	318	10	31	26
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