



# NUTRITIONALS & ALLERGEN GUIDE

**IF YOU HAVE FOOD ALLERGY CONCERNS, PLEASE NOTIFY PITA PIT STAFF BEFORE PLACING ORDER**

**NUTRITIONAL DISCLAIMER:**

The nutritional information provided in these charts is based on data from Pita Pit-approved suppliers, standardized recipes, and calculated serving sizes. While we strive to ensure accuracy, variations may occur due to differences in preparation, ingredient substitutions, seasonal variations, or supplier changes. As a result, actual nutritional values may differ from those listed. Calories and macronutrient values are approximate and should be used as a general guide. If you have specific dietary concerns or restrictions, we recommend consulting a registered dietitian or healthcare professional.

**ALLERGEN DISCLAIMER:**

The information in these charts is based on product information provided by PITA PIT® approved food suppliers. Every reasonable effort is made to keep this information current; however, it is possible that ingredient changes and substitutions may occur without our knowledge or consent before these charts can be updated. Accordingly, no warranty is expressed or implied regarding its accuracy. Specific promotional and regional items are not included, as ingredients vary. If you have a food allergy, or have come into contact with, peanuts, tree nuts, or other possible allergens. PITA PIT® is a restaurant environment serving whole and prepared foods that are not in sealed packages. Therefore, we unfortunately cannot guarantee a 100% allergen-free environment.



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## CREATED FOR YOU — PITA

| Menu Item                      | Size    | Cal  | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas (mg) | Calc (mg) | Iron (mg) | Allergens                                         |
|--------------------------------|---------|------|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|---------------------------------------------------|
| C4U - Crispy Donair Pita       | Small   | 380  | 21      | 4.5     | 0         | 30        | 38        | 1         | 4         | 13       | 570       | 170        | 55        | 2.2       | Milk, Wheat/Gluten, Soy                           |
|                                | Regular | 570  | 29      | 7       | 0.5       | 45        | 61        | 2         | 7         | 20       | 840       | 310        | 70        | 5.4       | Milk, Wheat/Gluten, Soy                           |
|                                | XL      | 820  | 45      | 14      | 1         | 80        | 73        | 3         | 12        | 31       | 1260      | 460        | 95        | 6.4       | Milk, Wheat/Gluten, Soy                           |
| C4U Crispy chicken shawarma    | Small   | 460  | 30      | 4       | 0         | 45        | 33        | 3         | 4         | 13       | 1100      | 390        | 75        | 3         | Gluten, Milk, Egg, Soy, Sesame, Mustard, Sulfites |
|                                | Regular | 750  | 50      | 7       | 0         | 90        | 50        | 6         | 6         | 24       | 1800      | 710        | 120       | 5         | Gluten, Milk, Egg, Soy, Sesame, Mustard, Sulfites |
|                                | XL      | 1160 | 75      | 12      | 0         | 155       | 80        | 8         | 9         | 41       | 2500      | 970        | 190       | 7         | Gluten, Milk, Egg, Soy, Sesame, Mustard, Sulfites |
| C4U Crispy Beef Shawarma       | Small   | 460  | 30      | 4       | 0         | 42        | 33        | 3         | 4         | 18       | 1120      | 470        | 85        | 3         | Gluten, Milk, Egg, Soy, Sesame, Mustard, Sulfites |
|                                | Regular | 750  | 50      | 7       | 0         | 85        | 50        | 6         | 6         | 33       | 1990      | 870        | 145       | 6         | Gluten, Milk, Egg, Soy, Sesame, Mustard, Sulfites |
|                                | XL      | 1150 | 65      | 11      | 0         | 140       | 80        | 8         | 9         | 58       | 2900      | 1290       | 230       | 9         | Gluten, Milk, Egg, Soy, Sesame, Mustard, Sulfites |
| C4U - Crispy Halloumi Shawarma | Small   | 550  | 40      | 10      | 0         | 40        | 35        | 4         | 5         | 17       | 1350      | 370        | 350       | 3         | Gluten, Milk, Egg, Sesame, Mustard, Sulfites      |
|                                | Regular | 920  | 65      | 19      | 0         | 85        | 50        | 6         | 9         | 31       | 2300      | 670        | 680       | 4         | Gluten, Milk, Egg, Sesame, Mustard, Sulfites      |
|                                | XL      | 1460 | 100     | 34      | 1         | 140       | 85        | 8         | 14        | 52       | 3400      | 850        | 1300      | 6         | Gluten, Milk, Egg, Sesame, Mustard, Sulfites      |
| C4U Ancho Chicken Pita         | Small   | 540  | 27      | 9       | 0         | 65        | 50        | 6         | 11        | 26       | 1800      | 700        | 300       | 4.5       | Gluten, Milk, Egg, Mustard, Sulfites              |
|                                | Regular | 920  | 52      | 17      | 0.5       | 130       | 69        | 11        | 20        | 46       | 3370      | 1300       | 550       | 6.5       | Gluten, Milk, Egg, Mustard, Sulfites              |
|                                | XL      | 1690 | 102     | 34      | 1.2       | 255       | 112       | 21        | 39        | 88       | 6540      | 2650       | 1050      | 11.5      | Gluten, Milk, Egg, Mustard, Sulfites              |
|                                | Small   | 470  | 27      | 7       | 0.3       | 70        | 33        | 2         | 3         | 27       | 830       | 550        | 300       | 3.5       | Gluten, Milk, Egg, Soy, Mustard                   |



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|-----------------------------|---------|------|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|---------------------------------|
| C4U Cordon Bleu Pita        | Regular | 800  | 51      | 13      | 0.7       | 140       | 39        | 3         | 5         | 49       | 1480      | 1300       | 550       | 5         | Gluten, Milk, Egg, Soy, Mustard |
|                             | XL      | 1440 | 99      | 26      | 1.4       | 280       | 49        | 5         | 8         | 93       | 2710      | 1850       | 1100      | 8.5       | Gluten, Milk, Egg, Soy, Mustard |
| C4U Chicken Crave 2.0 Pita  | Small   | 360  | 10      | 5       | 0         | 60        | 48        | 3         | 17        | 23       | 1250      | 600        | 200       | 3.5       | Gluten, Milk                    |
|                             | Regular | 650  | 24      | 11      | 0.2       | 130       | 71        | 5         | 34        | 43       | 2550      | 1400       | 400       | 5         | Gluten, Milk                    |
|                             | XL      | 1150 | 45      | 22      | 0.3       | 255       | 113       | 8         | 66        | 81       | 4740      | 2150       | 700       | 8         | Gluten, Milk                    |
| C4U Fiesta Steak Pita       | Small   | 580  | 38      | 10      | 0.5       | 70        | 43        | 3         | 10        | 22       | 1210      | 500        | 300       | 4         | Gluten, Milk, Egg, Soy, Mustard |
|                             | Regular | 1210 | 76      | 20      | 1         | 135       | 89        | 7         | 22        | 45       | 2560      | 850        | 550       | 7.5       | Gluten, Milk, Egg, Soy, Mustard |
|                             | XL      | 1980 | 145     | 39      | 2         | 270       | 96        | 11        | 40        | 74       | 4510      | 1550       | 1000      | 10        | Gluten, Milk, Egg, Soy, Mustard |
| C4U Halloumi & Falafel Pita | Small   | 570  | 36      | 15      | 0.5       | 70        | 43        | 4         | 7         | 23       | 1510      | 500        | 600       | 3.5       | Gluten, Milk, Sesame, Sulfites  |
|                             | Regular | 870  | 55      | 24      | 1         | 135       | 56        | 4         | 18        | 41       | 2220      | 800        | 850       | 4         | Gluten, Milk, Sesame, Sulfites  |
|                             | XL      | 1830 | 135     | 56      | 3         | 275       | 87        | 14        | 24        | 76       | 5410      | 1700       | 2100      | 9.5       | Gluten, Milk, Sesame, Sulfites  |
| C4U Halloumi Bacon Pita     | Small   | 670  | 46      | 14      | 0.7       | 85        | 43        | 3         | 11        | 27       | 1600      | 550        | 450       | 3.5       | Gluten, Milk, Egg, Soy, Mustard |
|                             | Regular | 830  | 53      | 23      | 1.2       | 120       | 53        | 4         | 18        | 39       | 2050      | 900        | 800       | 4.5       | Gluten, Milk, Egg, Soy, Mustard |
|                             | XL      | 1670 | 133     | 47      | 2.3       | 295       | 55        | 7         | 10        | 75       | 3990      | 1450       | 1600      | 7         | Gluten, Milk, Egg, Soy, Mustard |
| C4U Sweet Heat Pita         | Small   | 520  | 25      | 8       | 0.4       | 70        | 55        | 3         | 16        | 24       | 1850      | 500        | 300       | 3         | Gluten, Milk, Egg, Soy          |
|                             | Regular | 900  | 48      | 15      | 0.7       | 135       | 81        | 5         | 29        | 42       | 3450      | 850        | 500       | 4         | Gluten, Milk, Egg, Soy          |
|                             | XL      | 1640 | 94      | 29      | 1.4       | 270       | 133       | 8         | 56        | 77       | 7600      | 1750       | 950       | 5.5       | Gluten, Milk, Egg, Soy          |
| C4U Jalapeno Club Pita      | Small   | 510  | 22      | 7       | 0.3       | 50        | 54        | 2         | 17        | 23       | 1170      | 550        | 300       | 2.5       | Gluten, Milk, Egg, Soy          |



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|-------------------------------|---------|------|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-------------------------------------------|
|                               | Regular | 870  | 41      | 14      | 0.7       | 100       | 80        | 4         | 33        | 40       | 2160      | 1350       | 550       | 3.5       | Gluten, Milk, Egg, Soy                    |
|                               | XL      | 1580 | 80      | 28      | 1.2       | 190       | 131       | 6         | 63        | 74       | 4060      | 2000       | 1000      | 5.5       | Gluten, Milk, Egg, Soy                    |
| C4U Lemon Pepper Chicken Pita | Small   | 430  | 23      | 7       | 0         | 60        | 36        | 3         | 7         | 21       | 1060      | 450        | 200       | 2.5       | Gluten, Milk, Sesame                      |
|                               | Regular | 700  | 43      | 14      | 0.5       | 115       | 44        | 5         | 11        | 37       | 1910      | 800        | 350       | 3.5       | Gluten, Milk, Sesame                      |
|                               | XL      | 1260 | 84      | 27      | 1         | 230       | 61        | 8         | 22        | 69       | 3610      | 160        | 650       | 5.5       | Gluten, Milk, Sesame                      |
| C4U Mighty Ceasar Pita        | Small   | 460  | 26      | 4.5     | 0.2       | 65        | 36        | 3         | 3         | 23       | 960       | 400        | 125       | 3         | Gluten, Milk, Egg, Fish                   |
|                               | Regular | 780  | 50      | 9       | 0         | 125       | 46        | 5         | 5         | 40       | 1700      | 750        | 200       | 4.5       | Gluten, Milk, Egg, Fish                   |
|                               | XL      | 1400 | 97      | 16      | 0         | 245       | 63        | 8         | 9         | 74       | 3200      | 1400       | 400       | 7         | Gluten, Milk, Egg, Fish                   |
| C4U BBQ Brisket Pita          | Small   | 600  | 32      | 9       | 0.6       | 60        | 57        | 2         | 23        | 22       | 1310      | 800        | 350       | 3.5       | Gluten, Milk, Egg, Soy, Mustard, Sulfites |
|                               | Regular | 1050 | 61      | 18      | 1.1       | 115       | 87        | 3         | 45        | 39       | 2410      | 1550       | 600       | 5.5       | Gluten, Milk, Egg, Soy, Mustard, Sulfites |
|                               | XL      | 1940 | 119     | 34      | 2.2       | 230       | 145       | 5         | 88        | 72       | 4620      | 3000       | 1150      | 9         | Gluten, Milk, Egg, Soy, Mustard, Sulfites |
| C4U Southwest Baja Pita       | Small   | 630  | 41      | 9       | 0.4       | 45        | 55        | 7         | 11        | 18       | 1180      | 700        | 350       | 4.5       | Gluten, Milk, Egg, Soy, Mustard           |
|                               | Regular | 1070 | 73      | 18      | 0.5       | 85        | 79        | 9         | 22        | 30       | 2130      | 900        | 600       | 7         | Gluten, Milk, Egg, Soy, Mustard           |
|                               | XL      | 2180 | 160     | 37      | 1.5       | 170       | 142       | 25        | 44        | 57       | 4360      | 2350       | 1150      | 12        | Gluten, Milk, Egg, Soy, Mustard           |
| C4U Spicy Buffalo Cesar Pita  | Small   | 650  | 40      | 9       | 0         | 60        | 49        | 3         | 10        | 23       | 1930      | 400        | 350       | 3.5       | Gluten, Milk, Egg, Soy, Fish, Mustard     |
|                               | Regular | 1160 | 78      | 18      | 0.5       | 115       | 71        | 5         | 18        | 41       | 3650      | 750        | 600       | 5         | Gluten, Milk, Egg, Soy, Fish, Mustard     |
|                               | XL      | 2150 | 153     | 35      | 1.5       | 230       | 111       | 8         | 33        | 33       | 7100      | 1400       | 1150      | 8         | Gluten, Milk, Egg, Soy, Fish, Mustard     |



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|-------------------------------|---------|------|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-------------------------------------------|
| C4U Spicy Greek Pita          | Small   | 360  | 16      | 7       | 0         | 60        | 37        | 3         | 6         | 22       | 1930      | 550        | 225       | 3         | Gluten, Milk, Soy, Mustard, Sulfites      |
|                               | Regular | 610  | 32      | 14      | 0.4       | 125       | 48        | 5         | 10        | 40       | 3770      | 1000       | 400       | 4.5       | Gluten, Milk, Soy, Mustard, Sulfites      |
|                               | XL      | 1070 | 61      | 27      | 0.7       | 250       | 66        | 9         | 18        | 75       | 7280      | 2000       | 700       | 7         | Gluten, Milk, Soy, Mustard, Sulfites      |
| C4U Veg Cheeseburger Pita     | Small   | 540  | 27      | 8       | 0         | 35        | 63        | 6         | 16        | 19       | 1420      | 600        | 300       | 4         | Gluten, Milk, Egg, Soy, Mustard, Sulfites |
|                               | Regular | 940  | 51      | 15      | 0.5       | 70        | 97        | 11        | 31        | 32       | 2630      | 1100       | 550       | 6         | Gluten, Milk, Egg, Soy, Mustard, Sulfites |
|                               | XL      | 1730 | 99      | 30      | 1.5       | 135       | 158       | 21        | 60        | 59       | 5060      | 2200       | 1050      | 10.5      | Gluten, Milk, Egg, Soy, Mustard, Sulfites |
| C4U West Coast Club Pita      | Small   | 580  | 31      | 8       | 0.4       | 85        | 49        | 5         | 15        | 27       | 2030      | 750        | 300       | 3         | Gluten, Milk, Egg, Soy, Mustard, Sulfites |
|                               | Regular | 1010 | 61      | 16      | 0.5       | 165       | 70        | 8         | 28        | 48       | 3860      | 1400       | 500       | 4.5       | Gluten, Milk, Egg, Soy, Mustard, Sulfites |
|                               | XL      | 1870 | 118     | 32      | 1.4       | 330       | 112       | 15        | 54        | 91       | 8460      | 2850       | 950       | 6.5       | Gluten, Milk, Egg, Soy, Mustard, Sulfites |
| C4U Zesty chicken /bacon Pita | Small   | 460  | 23      | 3.5     | 0.1       | 50        | 49        | 3         | 16        | 19       | 1430      | 450        | 125       | 2.5       | Gluten, Milk, Egg, Fish                   |
|                               | Regular | 780  | 44      | 6       | 0.3       | 100       | 69        | 5         | 30        | 32       | 2540      | 800        | 225       | 3.5       | Gluten, Milk, Egg, Fish                   |
|                               | XL      | 1400 | 86      | 12      | 0.4       | 200       | 107       | 8         | 58        | 59       | 4760      | 1450       | 400       | 5.5       | Gluten, Milk, Egg, Fish                   |
| C4U Chicken Bruschetta Pita   | Small   | 530  | 35      | 7       | 0.2       | 70        | 34        | 2         | 4         | 22       | 1160      | 450        | 250       | 3.5       | Gluten, Milk, Egg, Soy, Mustard, Sulfites |
|                               | Regular | 910  | 68      | 14      | 0.4       | 135       | 40        | 3         | 7         | 38       | 2120      | 800        | 450       | 5         | Gluten, Milk, Egg, Soy, Mustard, Sulfites |
|                               | XL      | 1670 | 134     | 28      | 0.8       | 265       | 51        | 6         | 12        | 71       | 4030      | 1550       | 800       | 8         | Gluten, Milk, Egg, Soy, Mustard, Sulfites |
| C4U Balsamic bacon Pita       | Small   | 510  | 29      | 9       | 0         | 45        | 42        | 3         | 7         | 23       | 1030      | 450        | 350       | 4         | Gluten, Milk, Soy, Sulfites               |
|                               | Regular | 830  | 55      | 17      | 1         | 90        | 49        | 4         | 11        | 39       | 1790      | 800        | 650       | 5.5       | Gluten, Milk, Soy, Sulfites               |



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| Menu Item                       | Size    | Cal  | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas (mg) | Calc (mg) | Iron (mg) | Allergens                       |
|---------------------------------|---------|------|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|---------------------------------|
|                                 | XL      | 1510 | 107     | 34      | 1.9       | 175       | 70        | 8         | 22        | 72       | 3380      | 1650       | 1200      | 9.5       | Gluten, Milk, Soy, Sulfites     |
| C4U BBQ Bacon Cheeseburger Pita | Small   | 530  | 26      | 10      | 0.5       | 70        | 50        | 3         | 15        | 27       | 1790      | 600        | 600       | 12        | Gluten, Milk, Egg, Soy, Mustard |
|                                 | Regular | 910  | 49      | 19      | 0.9       | 135       | 72        | 4         | 27        | 48       | 3380      | 1100       | 1100      | 2.5       | Gluten, Milk, Egg, Soy, Mustard |
|                                 | XL      | 1660 | 96      | 37      | 1.6       | 265       | 117       | 6         | 53        | 90       | 6480      | 2200       | 1000      | 9         | Gluten, Milk, Egg, Soy, Mustard |

## CREATED FOR YOU — SALAD BOWL

| Menu Item                      | Size  | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas (mg) | Calc (mg) | Iron (mg) | Allergens                        |
|--------------------------------|-------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|----------------------------------|
| C4U - Crispy Donair Salad Bowl | Small | 150 | 9       | 3.5     | 0         | 20        | 14        | 2         | 4         | 7        | 400       | 230        | 50        | 1.4       | Milk, Wheat/Gluten, Soy          |
|                                | Large | 300 | 17      | 7       | 0.5       | 35        | 25        | 3         | 8         | 13       | 620       | 430        | 75        | 2.9       | Milk, Wheat/Gluten, Soy          |
| C4U Crispy Chicken Shawarma    | Small | 270 | 20      | 3       | 0         | 45        | 10        | 3         | 2         | 10       | 690       | 390        | 45        | 1.5       | Milk, Egg, Soy, Sesame, Sulfites |
|                                | Large | 540 | 41      | 6       | 0         | 90        | 20        | 6         | 4         | 20       | 1380      | 780        | 90        | 3         | Milk, Egg, Soy, Sesame, Sulfites |
| C4U Crispy Beef Shawarma       | Small | 265 | 18      | 3       | 0         | 40        | 10        | 3         | 3         | 15       | 780       | 470        | 55        | 2         | Milk, Egg, Soy, Sesame, Sulfites |
|                                | Large | 530 | 36      | 6       | 0         | 80        | 20        | 6         | 6         | 30       | 1560      | 940        | 110       | 4         | Milk, Egg, Soy, Sesame, Sulfites |
| C4U Ancho chicken Salad        | Small | 380 | 25      | 8       | 0.3       | 65        | 21        | 5         | 9         | 21       | 1590      | 650        | 250       | 2.5       | Milk, Egg, Mustard, Sulfites     |
|                                | Large | 760 | 49      | 17      | 0.6       | 130       | 41        | 10        | 18        | 41       | 3170      | 1250       | 500       | 5         | Milk, Egg, Mustard, Sulfites     |
| C4U Cordon Bleu Salad          | Small | 320 | 24      | 6       | 0.3       | 70        | 6         | 1         | 2         | 22       | 630       | 500        | 300       | 1.8       | Milk, Egg, Soy, Mustard          |



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|------------------------------|-------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------------------------------|
| C4U Chicken Crave Salad      | Large | 650 | 48      | 13      | 0.7       | 140       | 12        | 2         | 4         | 44       | 1250      | 950        | 550       | 3.5       | Milk, Egg, Soy, Mustard           |
|                              | Small | 250 | 11      | 5       | 0.1       | 65        | 22        | 2         | 16        | 19       | 1210      | 550        | 175       | 1.8       | Milk                              |
|                              | Large | 500 | 21      | 11      | 0.2       | 130       | 43        | 4         | 32        | 38       | 2310      | 1050       | 350       | 3.5       | Milk                              |
| C4U Fiesta Steak Salad       | Small | 480 | 37      | 10      | 0.5       | 70        | 20        | 3         | 10        | 18       | 1120      | 400        | 250       | 2.5       | Milk, Egg, Soy, Mustard           |
|                              | Large | 960 | 74      | 19      | 0.9       | 135       | 39        | 6         | 19        | 36       | 2240      | 800        | 500       | 5         | Milk, Egg, Soy, Mustard           |
| C4U Halloumi & Falafel Salad | Small | 420 | 33      | 14      | 0.7       | 70        | 15        | 3         | 5         | 18       | 1300      | 450        | 550       | 2         | Milk, Sesame, Sulfites            |
|                              | Large | 830 | 66      | 28      | 1.4       | 140       | 29        | 6         | 11        | 36       | 2600      | 850        | 1050      | 4         | Milk, Sesame, Sulfites            |
| C4U Halloumi & Bacon Salad   | Small | 490 | 41      | 13      | 0.6       | 80        | 15        | 2         | 9         | 18       | 1260      | 400        | 400       | 1.5       | Milk, Egg, Soy, Mustard           |
|                              | Large | 980 | 81      | 26      | 1.1       | 160       | 30        | 3         | 17        | 36       | 2470      | 750        | 800       | 3         | Milk, Egg, Soy, Mustard           |
| C4U Sweet Heat Salad         | Small | 370 | 23      | 7       | 0.4       | 70        | 27        | 2         | 14        | 18       | 1650      | 400        | 225       | 1.2       | Milk, Egg, Soy                    |
|                              | Large | 740 | 46      | 14      | 0.7       | 135       | 53        | 3         | 27        | 36       | 3240      | 800        | 450       | 2.2       | Milk, Egg, Soy                    |
| C4U Jalapeno Club Salad      | Small | 360 | 19      | 7       | 0.3       | 50        | 27        | 1         | 16        | 18       | 970       | 550        | 250       | 1         | Milk, Egg, Mustard                |
|                              | Large | 720 | 39      | 14      | 0.6       | 95        | 53        | 3         | 32        | 35       | 1930      | 1050       | 500       | 2         | Milk, Egg, Mustard                |
| C4U Lemon Pep Chicken Salad  | Small | 380 | 31      | 8       | 0.5       | 60        | 10        | 2         | 7         | 16       | 1040      | 350        | 150       | 1         | Milk, Sesame                      |
|                              | Large | 760 | 62      | 16      | 0.9       | 115       | 19        | 3         | 13        | 32       | 2080      | 700        | 300       | 2         | Milk, Sesame                      |
| C4U Mighty Caesar Salad      | Small | 290 | 22      | 3.5     | 0.1       | 60        | 9         | 1         | 2         | 16       | 690       | 350        | 50        | 1.2       | Gluten, Milk, Egg, Fish           |
|                              | Large | 620 | 47      | 8       | 0.2       | 125       | 17        | 3         | 4         | 35       | 1500      | 650        | 175       | 2.5       | Gluten, Milk, Egg, Fish           |
| C4U BBQ Brisket Salad        | Small | 450 | 29      | 8       | 0.6       | 60        | 30        | 1         | 22        | 17       | 1110      | 750        | 300       | 2         | Milk, Egg, Soy, Mustard, Sulfites |



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| Menu Item                      | Size  | Cal  | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas (mg) | Calc (mg) | Iron (mg) | Allergens                                 |
|--------------------------------|-------|------|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-------------------------------------------|
| C4U Southwest Baja Salad       | Large | 900  | 58      | 17      | 1.1       | 115       | 60        | 2         | 44        | 34       | 2210      | 1500       | 550       | 4         | Milk, Egg, Soy, Mustard, Sulfites         |
|                                | Small | 500  | 39      | 9       | 0.4       | 45        | 28        | 6         | 10        | 13       | 1040      | 550        | 300       | 3         | Milk, Egg, Soy, Mustard                   |
|                                | Large | 1010 | 79      | 18      | 0.7       | 85        | 56        | 12        | 20        | 26       | 2070      | 1100       | 550       | 5.5       | Milk, Egg, Soy, Mustard                   |
| C4U Spicy Buffalo Caesar Salad | Small | 500  | 38      | 8       | 0.3       | 60        | 21        | 2         | 8         | 18       | 1720      | 350        | 300       | 1.8       | Gluten, Milk, Egg, Soy, Fish, Mustard     |
|                                | Large | 1000 | 76      | 17      | 0.7       | 115       | 43        | 4         | 17        | 36       | 3440      | 700        | 550       | 3.5       | Gluten, Milk, Egg, Soy, Fish, Mustard     |
| C4U Spicy Greek Salad          | Small | 230  | 15      | 7       | 0.2       | 65        | 10        | 2         | 4         | 18       | 1810      | 500        | 175       | 1.5       | Gluten, Milk, Soy, Mustard, Sulfites      |
|                                | Large | 460  | 29      | 13      | 0.4       | 125       | 19        | 4         | 8         | 35       | 3560      | 950        | 350       | 3         | Gluten, Milk, Soy, Mustard, Sulfites      |
| C4U Veg cheeseburger Salad     | Small | 390  | 24      | 7       | 0.3       | 35        | 35        | 5         | 14        | 14       | 1220      | 550        | 250       | 2.2       | Milk, Egg, Soy, Mustard, Sulfites         |
|                                | Large | 780  | 48      | 15      | 0.7       | 70        | 69        | 10        | 29        | 27       | 2430      | 1050       | 500       | 4.5       | Milk, Egg, Soy, Mustard, Sulfites         |
| C4U West Coast Club Salad      | Small | 430  | 29      | 8       | 0.4       | 85        | 21        | 3         | 13        | 22       | 1830      | 700        | 225       | 1.2       | Milk, Egg, Soy, Mustard, Sulfites         |
|                                | Large | 870  | 58      | 16      | 0.7       | 165       | 44        | 8         | 24        | 44       | 3840      | 1350       | 500       | 3.5       | Milk, Egg, Soy, Mustard, Sulfites         |
| C4U Zesty Chicken/bacon Salad  | Small | 320  | 21      | 3       | 0.1       | 50        | 23        | 2         | 15        | 14       | 1230      | 400        | 100       | 1         | Milk, Egg, Fish                           |
|                                | Large | 630  | 42      | 6       | 0.2       | 100       | 43        | 4         | 29        | 27       | 2330      | 750        | 175       | 2         | Milk, Egg, Fish                           |
| C4U Chicken Bruschetta Salad   | Small | 380  | 33      | 7       | 0         | 70        | 7         | 1         | 3         | 17       | 960       | 400        | 200       | 1.8       | Gluten, Milk, Egg, Soy, Mustard, Sulfites |
|                                | Large | 760  | 66      | 13      | 0         | 135       | 13        | 3         | 6         | 33       | 1910      | 800        | 3.5       | 4         | Gluten, Milk, Egg, Soy, Mustard, Sulfites |
| C4U Balsamic bacon Salad       | Small | 340  | 26      | 8       | 0         | 45        | 10        | 1         | 5         | 17       | 800       | 400        | 300       | 2         | Milk, Soy, Sulfites                       |
|                                | Large | 670  | 52      | 17      | 1         | 90        | 20        | 3         | 9         | 33       | 1590      | 750        | 600       | 4         | Milk, Soy, Sulfites                       |
|                                | Small | 400  | 25      | 9       | 0         | 70        | 24        | 2         | 13        | 22       | 1570      | 500        | 250       | 2         | Milk, Egg, Soy, Mustard                   |



# NUTRITIONALS & ALLERGEN GUIDE

## CREATED FOR YOU — SALAD BOWL

| Menu Item                        | Size  | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas (mg) | Calc (mg) | Iron (mg) | Allergens               |
|----------------------------------|-------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-------------------------|
| C4U BBQ Bacon Cheeseburger Salad | Large | 800 | 49      | 18      | 1         | 135       | 48        | 5         | 27        | 43       | 3140      | 1000       | 500       | 4         | Milk, Egg, Soy, Mustard |

## CREATED FOR YOU — RICE BOWL

| Menu Item                             | Size  | Cal  | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas (mg) | Calc (mg) | Iron (mg) | Allergens                        |
|---------------------------------------|-------|------|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|----------------------------------|
| B4U - Crispy Donair Rice Bowl         | Small | 420  | 11      | 3.5     | 0         | 20        | 70        | 4         | 4         | 13       | 400       | 360        | 65        | 3         | Milk, Wheat/Gluten, Soy          |
|                                       | Large | 830  | 21      | 7       | 0.5       | 35        | 137       | 9         | 8         | 26       | 630       | 700        | 100       | 6         | Milk, Wheat/Gluten, Soy          |
| C4U Crispy Chicken Shawarma Rice Bowl | Small | 650  | 30      | 4       | 0         | 60        | 70        | 4         | 2         | 16       | 750       | 400        | 60        | 4         | Milk, Egg, Soy, Sesame, Sulfites |
|                                       | Large | 1300 | 60      | 8       | 0         | 120       | 140       | 8         | 4         | 31       | 1500      | 800        | 120       | 8         | Milk, Egg, Soy, Sesame, Sulfites |
| C4U Crispy Beef Shawarma Rice Bowl    | Small | 650  | 28      | 4       | 0         | 55        | 70        | 4         | 2         | 20       | 840       | 490        | 70        | 5         | Milk, Egg, Soy, Sesame, Sulfites |
|                                       | Large | 1300 | 56      | 8       | 0         | 110       | 140       | 8         | 4         | 40       | 1680      | 975        | 140       | 10        | Milk, Egg, Soy, Sesame, Sulfites |
| C4U Ancho chicken Rice Bowl           | Small | 800  | 28      | 9       | 0.3       | 65        | 108       | 8         | 10        | 31       | 1620      | 650        | 300       | 4         | Milk, Egg, Mustard, Sulfites     |
|                                       | Large | 1590 | 55      | 18      | 0.6       | 130       | 215       | 16        | 20        | 62       | 3240      | 1300       | 550       | 8         | Milk, Egg, Mustard, Sulfites     |
| C4U Cordon Bleu Rice Bowl             | Small | 740  | 27      | 7       | 0.3       | 70        | 93        | 4         | 3         | 33       | 660       | 500        | 300       | 3.5       | Milk, Egg, Soy, Mustard          |
|                                       | Large | 1480 | 54      | 14      | 0.7       | 140       | 186       | 9         | 6         | 65       | 1320      | 1000       | 550       | 6.5       | Milk, Egg, Soy, Mustard          |
| C4U Chicken Crave Rice Bowl           | Small | 660  | 14      | 6       | 0.1       | 65        | 109       | 5         | 17        | 30       | 1250      | 600        | 200       | 3.5       | Milk                             |
|                                       | Large | 1330 | 27      | 12      | 0.2       | 130       | 217       | 10        | 34        | 59       | 2380      | 1100       | 400       | 6         | Milk                             |



# NUTRITIONALS & ALLERGEN GUIDE

## CREATED FOR YOU — RICE BOWL

| Menu Item                        | Size  | Cal  | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas (mg) | Calc (mg) | Iron (mg) | Allergens                         |
|----------------------------------|-------|------|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------------------------------|
| C4U Fiesta Steak Rice Bowl       | Small | 830  | 37      | 9       | 0.4       | 50        | 106       | 6         | 10        | 21       | 840       | 300        | 250       | 3         | Milk, Egg, Soy, Mustard           |
|                                  | Large | 1740 | 77      | 20      | 0.9       | 135       | 207       | 11        | 20        | 55       | 2220      | 750        | 500       | 7         | Milk, Egg, Soy, Mustard           |
| C4U Halloumi & Falafel Rice Bowl | Small | 830  | 36      | 15      | 0.7       | 70        | 102       | 6         | 6         | 29       | 1340      | 450        | 550       | 3.5       | Milk, Sesame, Sulfites            |
|                                  | Large | 1670 | 72      | 29      | 1.4       | 140       | 203       | 12        | 13        | 57       | 2670      | 900        | 1100      | 7         | Milk, Sesame, Sulfites            |
| C4U Halloumi & Bacon Rice Bowl   | Small | 910  | 44      | 14      | 0.6       | 80        | 102       | 5         | 10        | 29       | 1300      | 400        | 450       | 3         | Milk, Egg, Soy, Mustard           |
|                                  | Large | 1820 | 87      | 27      | 1.1       | 160       | 203       | 9         | 19        | 57       | 2540      | 800        | 850       | 6         | Milk, Egg, Soy, Mustard           |
| C4U Sweet Heat Rice Bowl         | Small | 800  | 28      | 8       | 0.4       | 75        | 113       | 5         | 14        | 29       | 1730      | 450        | 250       | 2.5       | Milk, Egg, Soy                    |
|                                  | Large | 1580 | 52      | 15      | 0.7       | 135       | 227       | 10        | 29        | 57       | 3310      | 850        | 500       | 5         | Milk, Egg, Soy                    |
| C4U Jalapeno Club Rice Bowl      | Small | 770  | 22      | 8       | 0.3       | 50        | 114       | 5         | 17        | 28       | 1000      | 550        | 300       | 2.5       | Milk, Egg, Soy                    |
|                                  | Large | 1550 | 44      | 15      | 0.6       | 95        | 227       | 9         | 34        | 56       | 2000      | 1100       | 550       | 5         | Milk, Egg, Mustard                |
| C4U Lemon Pep Chicken Rice Bowl  | Small | 790  | 34      | 9       | 0.5       | 60        | 97        | 5         | 8         | 27       | 1080      | 400        | 175       | 2.5       | Milk, Sesame                      |
|                                  | Large | 1590 | 67      | 18      | 0.9       | 115       | 193       | 10        | 15        | 53       | 2150      | 750        | 350       | 5         | Milk, Sesame                      |
| C4U Mighty Caesar Rice Bowl      | Small | 730  | 27      | 4.5     | 0.1       | 65        | 96        | 5         | 3         | 28       | 790       | 350        | 100       | 3         | Gluten, Milk, Egg, Fish           |
|                                  | Large | 1450 | 53      | 9       | 0.2       | 125       | 191       | 10        | 6         | 56       | 1570      | 700        | 200       | 5.5       | Gluten, Milk, Egg, Fish           |
| C4U BBQ Brisket Rice Bowl        | Small | 860  | 32      | 9       | 0.6       | 60        | 117       | 4         | 23        | 28       | 1140      | 800        | 300       | 3.5       | Milk, Egg, Soy, Mustard, Sulfites |
|                                  | Large | 1730 | 64      | 18      | 1.1       | 115       | 234       | 9         | 46        | 55       | 2280      | 1550       | 600       | 6.5       | Milk, Egg, Soy, Mustard, Sulfites |
| C4U Southwest Baja Rice Bowl     | Small | 920  | 42      | 10      | 0.4       | 45        | 115       | 9         | 11        | 24       | 1080      | 600        | 300       | 4.5       | Milk, Egg, Soy, Mustard           |
|                                  | Large | 1840 | 84      | 20      | 0.7       | 85        | 230       | 18        | 22        | 47       | 2140      | 1150       | 600       | 8.5       | Milk, Egg, Soy, Mustard           |



# NUTRITIONALS & ALLERGEN GUIDE

## CREATED FOR YOU — RICE BOWL

| Menu Item                            | Size  | Cal  | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas (mg) | Calc (mg) | Iron (mg) | Allergens                                 |
|--------------------------------------|-------|------|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-------------------------------------------|
| C4U Spicy Buffalo Rice Bowl Rice     | Small | 920  | 41      | 9       | 0.3       | 60        | 108       | 5         | 9         | 29       | 1760      | 400        | 300       | 3         | Gluten, Milk, Egg, Soy, Fish, Mustard     |
|                                      | Large | 1830 | 81      | 18      | 0.7       | 115       | 216       | 10        | 19        | 57       | 3510      | 750        | 600       | 6.5       | Gluten, Milk, Egg, Soy, Fish, Mustard     |
| C4U Spicy Greek Rice Bowl            | Small | 640  | 18      | 7       | 0.2       | 65        | 97        | 5         | 5         | 28       | 1850      | 500        | 200       | 3         | Gluten, Milk, Soy, Mustard, Sulfites      |
|                                      | Large | 1290 | 35      | 15      | 0.4       | 125       | 193       | 10        | 10        | 56       | 3630      | 1000       | 400       | 6         | Gluten, Milk, Soy, Mustard, Sulfites      |
| C4U Veg cheeseburger Rice Bowl       | Small | 810  | 27      | 8       | 0.3       | 35        | 122       | 8         | 15        | 24       | 1250      | 550        | 300       | 4         | Milk, Egg, Soy, Mustard, Sulfites         |
|                                      | Large | 1620 | 54      | 16      | 0.7       | 70        | 243       | 16        | 31        | 48       | 2490      | 1100       | 550       | 7.5       | Milk, Egg, Soy, Mustard, Sulfites         |
| C4U West Coast Club Rice Bowl        | Small | 850  | 32      | 8       | 0.4       | 85        | 109       | 7         | 13        | 33       | 1960      | 700        | 300       | 3         | Milk, Egg, Soy, Mustard, Sulfites         |
|                                      | Large | 1690 | 64      | 17      | 0.7       | 165       | 216       | 13        | 28        | 64       | 3720      | 1400       | 500       | 5.5       | Milk, Egg, Soy, Mustard, Sulfites         |
| C4U Zesty Chicken/bacon Rice Bowl    | Small | 730  | 24      | 3.5     | 0.1       | 50        | 109       | 5         | 16        | 24       | 1210      | 450        | 125       | 2.5       | Milk, Egg, Fish                           |
|                                      | Large | 1470 | 48      | 7       | 0.2       | 100       | 216       | 10        | 31        | 48       | 2350      | 850        | 225       | 5         | Milk, Egg, Fish                           |
| C4U Chicken Bruschetta Rice Bowl     | Small | 930  | 51      | 9       | 0         | 80        | 95        | 4         | 5         | 28       | 1220      | 450        | 225       | 3.5       | Gluten, Milk, Egg, Soy, Mustard, Sulfites |
|                                      | Large | 1600 | 72      | 15      | 0         | 135       | 187       | 9         | 8         | 54       | 1980      | 850        | 400       | 6.5       | Gluten, Milk, Egg, Soy, Mustard, Sulfites |
| C4U Balsamic bacon Rice Bowl         | Small | 750  | 29      | 9       | 0         | 45        | 97        | 5         | 6         | 27       | 830       | 400        | 350       | 3.5       | Milk, Soy, Sulfites                       |
|                                      | Large | 1510 | 58      | 18      | 1         | 90        | 194       | 9         | 11        | 54       | 1660      | 800        | 650       | 7         | Milk, Soy, Sulfites                       |
| C4U BBQ Bacon Cheeseburger Rice Bowl | Small | 810  | 28      | 10      | 0         | 70        | 111       | 6         | 14        | 32       | 1610      | 550        | 250       | 3.5       | Milk, Egg, Soy, Mustard                   |
|                                      | Large | 1630 | 55      | 20      | 1         | 135       | 222       | 11        | 29        | 64       | 3200      | 1100       | 500       | 6.5       | Milk, Egg, Soy, Mustard                   |



# NUTRITIONALS & ALLERGEN GUIDE

## BUILD YOUR OWN - PITA BREAD

| Menu Item         | Size        | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens |
|-------------------|-------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------|
| Pita White        | 1 EA (57g)  | 150 | 2.5     | 0.5     | 0         | 0         | 28        | 1         | 2         | 6        | 210       | 75         | 50        | 1.8       | Gluten    |
| Pita Whole Wheat  | 1 EA (57g)  | 150 | 2.5     | 0.5     | 0         | 0         | 28        | 1         | 2         | 6        | 210       | 75         | 50        | 1.8       | Gluten    |
| Pita Gluten- Free | 1 EA (112g) | 280 | 5       | 0       | 0         | 0         | 52        | 8         | 0         | 6        | 460       | 350        | 150       | 2         | None      |
| Bread Pita blend  | 1 EA (60g)  | 160 | 2.5     | 0.5     | 0         | 0         | 30        | 1         | 2         | 6        | 220       | 75         | 50        | 1.8       | Gluten    |

## BUILD YOUR OWN - RICE

| Menu Item       | Size        | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens |
|-----------------|-------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------|
| Rice for Pitass | Small 181 g | 210 | 1.5     | 0       | 0         | 0         | 44        | 2         | 1         | 6        | 20        | 20         | 20        | 0.8       | None      |
|                 | Large 313 g | 420 | 3       | 0.5     | 0         | 0         | 87        | 3         | 1         | 11       | 40        | 30         | 30        | 1.5       | None      |
|                 | XL 526 g    | 830 | 6       | 1.5     | 0         | 0         | 174       | 6         | 2         | 21       | 70        | 75         | 50        | 3         | None      |
| Rice for Bowls  | Small 313 g | 420 | 3       | 0.5     | 0         | 0         | 87        | 3         | 1         | 11       | 40        | 30         | 30        | 1.5       | None      |
|                 | Large 526 g | 830 | 6       | 1.5     | 0         | 0         | 174       | 6         | 2         | 21       | 70        | 75         | 50        | 3         | None      |



# NUTRITIONALS & ALLERGEN GUIDE

## BUILD YOUR OWN - PROTEINS

| Menu Item               | Size              | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens   |
|-------------------------|-------------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-------------|
| Crispy Donair           | Small<br>1.5 oz   | 112 | 7.7     | 3.1     | 0.3       | 17        | 4.9       | 0         | 0         | 4.9      | 209       | 0          | 0         | 0.9       | Gluten, Soy |
|                         | Large<br>3 oz     | 223 | 15.3    | 6.3     | 0.6       | 35        | 9.8       | 0         | 0         | 9.8      | 418       | 0          | 0         | 1.7       | Gluten, Soy |
|                         | XL<br>6 oz        | 446 | 30.7    | 12.5    | 1.1       | 70        | 19.5      | 0         | 0         | 19.5     | 837       | 0          | 0         | 3.5       | Gluten, Soy |
| Crispy beef Shawarma    | Small<br>1.5 oz   | 72  | 3       | 1       | 0         | 28        | 1         | 0         | 0         | 10       | 340       | 160        | 15        | 1         | Milk, Soy   |
|                         | Large<br>3 oz     | 145 | 6       | 2       | 0         | 56        | 2         | 0         | 0         | 20       | 680       | 320        | 30        | 2         | Milk, Soy   |
|                         | XL<br>6 oz        | 280 | 12      | 5       | 0         | 110       | 3         | 0         | 0         | 25       | 1350      | 640        | 70        | 4         | Milk, Soy   |
| Crispy Chicken Shawarma | Small<br>1.5 oz   | 76  | 5       | 1.5     | 0         | 32        | 0.6       | 0         | 0         | 6        | 250       | 80         | 6         | 0.4       | Milk, Soy   |
|                         | Large<br>3 oz     | 150 | 19      | 3       | 0         | 64        | 1.2       | 0         | 0         | 12       | 500       | 160        | 12        | 0.7       | Milk, Soy   |
|                         | XL<br>6 oz        | 300 | 21      | 6       | 0         | 127       | 2.5       | 1         | 1         | 23       | 996       | 330        | 25        | 1.5       | Milk, Soy   |
| Falafel                 | Small<br>2 Pc     | 100 | 5       | 1       | 0         | 0         | 11        | 3         | 2         | 3        | 170       | 150        | 75        | 2         | None        |
|                         | Large<br>4 Pc     | 190 | 10      | 1       | 0         | 0         | 22        | 6         | 4         | 6        | 340       | 300        | 125       | 4         | None        |
|                         | XL<br>6 Pc        | 380 | 19      | 3.5     | 0         | 0         | 43        | 12        | 7         | 12       | 670       | 550        | 250       | 7.5       | None        |
| Bacon                   | Small<br>3 slices | 70  | 5       | 1.5     | 0.1       | 20        | 1         | 0         | 1         | 7        | 330       | 100        | 0         | 0.4       | None        |
|                         | Large<br>6 slices | 150 | 10      | 1.5     | 0.2       | 40        | 2         | 0         | 1         | 13       | 650       | 200        | 0         | 0.8       | None        |
|                         | XL<br>8 Slices    | 300 | 20      | 7       | 0         | 75        | 4         | 0         | 2         | 26       | 1300      | 400        | 10        | 1.2       | None        |



# NUTRITIONALS & ALLERGEN GUIDE

## BUILD YOUR OWN - PROTEINS

| Menu Item        | Size         | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens   |
|------------------|--------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-------------|
| Beef Brisket     | Small 1.5 oz | 100 | 6       | 2.5     | 0.2       | 30        | 3         | 0         | 1         | 7        | 340       | 350        | 0         | 0.8       | Soy         |
|                  | Large 3 oz   | 200 | 13      | 2.5     | 0.4       | 55        | 6         | 0         | 3         | 14       | 670       | 650        | 10        | 1.5       | Soy         |
|                  | XL 6 oz      | 390 | 26      | 10      | 0.8       | 105       | 11        | 0         | 5         | 28       | 1330      | 1300       | 20        | 3         | Soy         |
| Buffalo Chicken  | Small 1.5 oz | 90  | 3.5     | 0       | 0         | 15        | 9         | 0         | 0         | 6        | 160       | 100        | 0         | 0.8       | Gluten, Soy |
|                  | Large 3 oz   | 180 | 7       | 0       | 0         | 30        | 17        | 1         | 0         | 12       | 310       | 175        | 10        | 1.2       | Gluten, Soy |
|                  | XL 6 oz      | 360 | 14      | 1       | 0         | 55        | 33        | 2         | 0         | 24       | 620       | 350        | 20        | 2.2       | Gluten, Soy |
| Chicken Breast   | Small 1.5 oz | 50  | 1       | 0       | 0         | 35        | 0         | 0         | 0         | 10       | 170       | 125        | 0         | 0.3       | None        |
|                  | Large 3 oz   | 100 | 2       | 0       | 0         | 65        | 0         | 0         | 0         | 20       | 330       | 250        | 0         | 0.8       | None        |
|                  | XL 6 oz      | 190 | 4       | 1       | 0         | 125       | 0         | 0         | 0         | 39       | 660       | 500        | 10        | 1.2       | None        |
| Chicken & Bacon  | Small 1.5 oz | 100 | 4.5     | 1.5     | 0.1       | 45        | 1         | 0         | 0         | 15       | 380       | 200        | 0         | 0.8       | None        |
|                  | Large 3 oz   | 190 | 9       | 1.5     | 0.1       | 85        | 2         | 0         | 1         | 29       | 760       | 400        | 10        | 1.2       | None        |
|                  | XL 6 oz      | 390 | 17      | 6       | 0         | 170       | 3         | 0         | 1         | 57       | 1520      | 750        | 20        | 2.2       | None        |
| Chicken Shawarma | Small 1.5 oz | 50  | 2.5     | 0       | 0         | 30        | 1         | 0         | 0         | 8        | 260       | 100        | 10        | 0.8       | Soy         |
|                  | Large 3 oz   | 100 | 5       | 0       | 0         | 60        | 2         | 0         | 1         | 16       | 510       | 175        | 20        | 1.2       | Soy         |
|                  | XL 6 oz      | 200 | 10      | 0       | 0         | 115       | 4         | 0         | 2         | 31       | 1010      | 350        | 40        | 2.2       | Soy         |



# NUTRITIONALS & ALLERGEN GUIDE

## BUILD YOUR OWN - PROTEINS

| Menu Item         | Size           | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens               |
|-------------------|----------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-------------------------|
| Chicken Souvlaki  | Small 1.5 oz   | 50  | 1.5     | 0       | 0         | 30        | 2         | 0         | 0         | 9        | 390       | 150        | 10        | 0.3       | Soy                     |
|                   | Large 3 oz     | 100 | 2.5     | 0       | 0         | 55        | 4         | 0         | 1         | 18       | 770       | 300        | 20        | 0.5       | Soy                     |
|                   | XL 6 oz        | 200 | 5       | 0.5     | 0         | 105       | 7         | 0         | 2         | 35       | 1540      | 550        | 40        | 1         | Soy                     |
| Southwest chicken | Small 1.5 oz   | 100 | 5       | 1       | 0         | 35        | 4         | 0         | 3         | 10       | 270       | 175        | 10        | 0.4       | Milk, Egg, Mustard      |
|                   | Large 3 oz     | 190 | 10      | 1       | 0         | 70        | 7         | 0         | 6         | 20       | 540       | 350        | 20        | 1         | Milk, Egg, Mustard      |
|                   | XL 6 oz        | 200 | 10      | 0       | 0         | 115       | 4         | 0         | 2         | 31       | 1010      | 350        | 40        | 2.2       | Milk, Egg, Mustard      |
| Chicken Crave     | Small 1.5 oz   | 70  | 1.5     | 0       | 0         | 40        | 1         | 0         | 0         | 13       | 270       | 200        | 0         | 0.5       | None                    |
|                   | Large 3 oz     | 140 | 3       | 0       | 0         | 75        | 2         | 0         | 1         | 26       | 560       | 700        | 0         | 1         | None                    |
|                   | XL 6 oz        | 190 | 4       | 1       | 0         | 125       | 0         | 0         | 0         | 39       | 660       | 500        | 10        | 1.2       | None                    |
| Southwest Steak   | Small 1.5 oz   | 110 | 6       | 1.5     | 0.1       | 25        | 5         | 0         | 3         | 9        | 420       | 175        | 10        | 1         | Milk, Egg, Soy, Mustard |
|                   | Large 3 oz     | 210 | 13      | 1.5     | 0.2       | 50        | 9         | 0         | 7         | 17       | 840       | 350        | 20        | 2         | Milk, Egg, Soy, Mustard |
|                   | XL 6 oz        | 240 | 10      | 4.5     | 0.3       | 90        | 4         | 0         | 2         | 33       | 1260      | 550        | 20        | 3.5       | Milk, Egg, Soy, Mustard |
| Steak             | Small 1.5 oz   | 60  | 2.5     | 1       | 0.1       | 25        | 1         | 0         | 0         | 9        | 320       | 150        | 0         | 1         | Soy                     |
|                   | Large 3 oz     | 120 | 5       | 1       | 0.2       | 45        | 2         | 0         | 1         | 17       | 630       | 300        | 10        | 1.8       | Soy                     |
|                   | XL 6 oz        | 240 | 10      | 4.5     | 0.3       | 90        | 4         | 0         | 2         | 33       | 1260      | 550        | 20        | 3.5       | Soy                     |
| Deli ham          | Small 2 slices | 35  | 1       | 0       | 0         | 15        | 2         | 0         | 0         | 6        | 200       | 175        | 0         | 0.3       | None                    |



# NUTRITIONALS & ALLERGEN GUIDE

## BUILD YOUR OWN - PROTEINS

| Menu Item               | Size              | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens    |
|-------------------------|-------------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|--------------|
|                         | Large<br>4 slices | 80  | 2.5     | 0       | 0         | 30        | 3         | 0         | 1         | 12       | 460       | 950        | 0         | 0.5       | None         |
|                         | XL<br>8 Slices    | 220 | 7       | 2       | 0         | 85        | 7         | 0         | 2         | 33       | 1190      | 950        | 30        | 1.8       | None         |
| Deli Turkey             | Small<br>2 slices | 60  | 0.5     | 0       | 0         | 25        | 3         | 0         | 1         | 7        | 390       | 300        | 0         | 0.4       | None         |
|                         | Large<br>4 slices | 120 | 1.5     | 0       | 0         | 50        | 6         | 0         | 1         | 13       | 770       | 600        | 10        | 0.8       | None         |
|                         | XL<br>8 Slices    | 230 | 2.5     | 1       | 0         | 95        | 11        | 0         | 3         | 26       | 1530      | 1200       | 20        | 1.5       | None         |
| Deli Club               | Small<br>2 slices | 70  | 2.5     | 1       | 0         | 25        | 3         | 0         | 1         | 9        | 400       | 300        | 0         | 0.4       | None         |
|                         | Large<br>4 slices | 150 | 5       | 1       | 0.1       | 50        | 5         | 0         | 2         | 17       | 830       | 850        | 0         | 1         | None         |
|                         | XL<br>8 Slices    | 290 | 10      | 3.5     | 0         | 100       | 9         | 0         | 3         | 33       | 1590      | 1050       | 20        | 1.8       | None         |
| Gyro                    | Small<br>2 slices | 150 | 13      | 4.5     | 0.3       | 30        | 2         | 0         | 1         | 9        | 370       | 175        | 20        | 1.2       | Soy, Mustard |
|                         | Large<br>4 slices | 300 | 26      | 4.5     | 0.6       | 60        | 4         | 0         | 2         | 18       | 740       | 350        | 40        | 2.5       | Soy, Mustard |
|                         | XL<br>8 Slices    | 600 | 52      | 18      | 1.2       | 120       | 8         | 0         | 4         | 36       | 1480      | 700        | 100       | 5         | Soy, Mustard |
| BBQ Rib Patty           | Small<br>1.5 oz   | 160 | 11      | 4.5     | 0         | 50        | 0         | 0         | 0         | 12       | 55        | 150        | 20        | 0.5       | None         |
|                         | Large<br>3 oz     | 310 | 23      | 9       | 0         | 95        | 0         | 0         | 0         | 24       | 115       | 300        | 30        | 1         | None         |
|                         | XL<br>6 oz        | 620 | 46      | 17      | 0         | 190       | 0         | 0         | 0         | 48       | 230       | 550        | 75        | 2         | None         |
| Ham Black Forest Sliced | Small<br>1 slice  | 20  | 0.5     | 0       | 0         | 5         | 1         | 0         | 0         | 3        | 100       | 75         | 0         | 0.1       | None         |
|                         | Large<br>2 slices | 35  | 1       | 0       | 0         | 15        | 2         | 0         | 0         | 6        | 200       | 175        | 0         | 0.3       | None         |



# NUTRITIONALS & ALLERGEN GUIDE

## BUILD YOUR OWN - PROTEINS

| Menu Item         | Size            | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens |
|-------------------|-----------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------|
|                   | XL<br>4 Slices  | 80  | 2.5     | 0       | 0         | 30        | 3         | 0         | 1         | 12       | 460       | 950        | 0         | 0.5       | None      |
| Halloumi          | Small<br>1.5 oz | 140 | 11      | 7       | 0.4       | 30        | 2         | 0         | 1         | 9        | 470       | 50         | 300       | 0         | Milk      |
|                   | Large<br>3 oz   | 280 | 23      | 14      | 0.8       | 60        | 3         | 0         | 3         | 18       | 940       | 100        | 600       | 0         | Milk      |
|                   | XL<br>6 oz      | 570 | 45      | 28      | 1.5       | 115       | 6         | 0         | 6         | 34       | 1870      | 175        | 1150      | 0         | Milk      |
| Black Beans Patty | Small<br>2 Pc   | 100 | 5       | 0       | 0         | 0         | 11        | 2         | 2         | 4        | 180       | 150        | 20        | 1.2       | None      |
|                   | Large<br>4 Pc   | 200 | 11      | 1       | 0         | 0         | 23        | 5         | 3         | 8        | 350       | 300        | 50        | 2.5       | None      |
|                   | XL<br>8 Pc      | 400 | 21      | 1.5     | 0         | 0         | 46        | 9         | 6         | 15       | 700       | 600        | 100       | 5.5       | None      |
| Pepperoni         | Small<br>2 Pc   | 110 | 8       | 3       | 0         | 30        | 2         | 0         | 1         | 7        | 530       | 225        | 20        | 0.4       | Mustard   |

## BUILD YOUR OWN - TOPPINGS

| Menu Item         | Size          | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens |
|-------------------|---------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------|
| Cheddar Cheese    | Small<br>1 oz | 110 | 9       | 6       | 0.3       | 30        | 2         | 0         | 0         | 7        | 210       | 20         | 200       | 0         | Milk      |
|                   | Large<br>2 oz | 210 | 17      | 11      | 0.6       | 60        | 3         | 1         | 1         | 13       | 420       | 40         | 400       | 0.1       | Milk      |
|                   | XL<br>4 oz    | 430 | 35      | 23      | 1.2       | 115       | 6         | 2         | 2         | 26       | 840       | 75         | 750       | 0.2       | Milk      |
| Mozzarella Cheese | Small<br>1 oz | 80  | 6       | 4       | 0         | 20        | 1         | 0         | 0         | 7        | 190       | 30         | 175       | 0.1       | Milk      |
|                   | Large         | 170 | 12      | 8       | 0         | 40        | 2         | 0         | 0         | 14       | 380       | 50         | 400       | 0.2       | Milk      |



# NUTRITIONALS & ALLERGEN GUIDE

## BUILD YOUR OWN - TOPPINGS

| Menu Item       | Size       | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas (mg) | Calc (mg) | Iron (mg) | Allergens    |
|-----------------|------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|--------------|
|                 | 2 oz       |     |         |         |           |           |           |           |           |          |           |            |           |           |              |
|                 | XL 4 oz    | 340 | 23      | 15      | 0.5       | 75        | 3         | 0         | 0         | 29       | 750       | 100        | 750       | 0.3       | Milk         |
|                 |            |     |         |         |           |           |           |           |           |          |           |            |           |           |              |
| Swiss Cheese    | Small 1 oz | 100 | 8       | 4.5     | 0.3       | 20        | 1         | 0         | 0         | 8        | 110       | 10         | 225       | 0         | Milk         |
|                 | Large 2 oz | 210 | 15      | 9       | 0.6       | 40        | 2         | 0         | 0         | 16       | 220       | 20         | 450       | 0         | Milk         |
|                 | XL 4 oz    | 420 | 30      | 19      | 1.1       | 80        | 4         | 0         | 0         | 31       | 440       | 40         | 900       | 0         | Milk         |
| Parmesan Cheese | Small 1 oz | 15  | 1       | 0.5     | 0.1       | 5         | 0         | 0         | 0         | 2        | 60        | 0          | 40        | 0         | Gluten, Milk |
|                 | Large 2 oz | 35  | 2       | 1.5     | 0.1       | 10        | 0         | 0         | 0         | 3        | 115       | 10         | 75        | 0         | Gluten, Milk |
|                 | XL 4 oz    | 70  | 4.5     | 3       | 0.2       | 15        | 1         | 1         | 0         | 5        | 230       | 20         | 150       | 0         | Gluten, Milk |
| Feta Cheese     | Small 1 oz | 70  | 6       | 4       | 0         | 20        | 0         | 0         | 0         | 4        | 330       | 20         | 100       | 0         | Milk         |
|                 | Large 2 oz | 130 | 11      | 8       | 0         | 40        | 0         | 0         | 0         | 8        | 650       | 40         | 200       | 0         | Milk         |
|                 | XL 4 oz    | 260 | 23      | 15      | 0         | 80        | 0         | 0         | 0         | 16       | 1290      | 100        | 400       | 0         | Milk         |
| Alfalfa Sprouts | Small 1 oz | 0   | 0       | 0       | 0         | 0         | 0         | 0         | 0         | 0        | 0         | 10         | 0         | 0.1       | None         |
|                 | Large 2 oz | 0   | 0       | 0       | 0         | 0         | 0         | 0         | 0         | 1        | 5         | 20         | 0         | 0.2       | None         |
|                 | XL 4 oz    | 5   | 0       | 0       | 0         | 0         | 1         | 1         | 0         | 2        | 5         | 30         | 10        | 0.3       | None         |
| Black Olives    | Small 1 oz | 15  | 1.5     | 0       | 0         | 0         | 1         | 0         | 0         | 0        | 105       | 0          | 10        | 0.5       | None         |
|                 | Large 2 oz | 30  | 3       | 0       | 0         | 0         | 2         | 0         | 0         | 0        | 210       | 0          | 20        | 1         | None         |
|                 | XL         | 60  | 6       | 1       | 0         | 0         | 4         | 0         | 0         | 0        | 420       | 0          | 40        | 2         | None         |



# NUTRITIONALS & ALLERGEN GUIDE

## BUILD YOUR OWN - TOPPINGS

| Menu Item           | Size             | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens |
|---------------------|------------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------|
|                     | 4 oz             |     |         |         |           |           |           |           |           |          |           |            |           |           |           |
| Cucumber            | Small<br>1 oz    | 0   | 0       | 0       | 1         | 0         | 0         | 0         | 0         | 0        | 0         | 30         | 0         | 0         | None      |
|                     | Large<br>2 oz    | 0   | 0       | 0       | 0         | 0         | 2         | 0         | 0         | 0        | 5         | 50         | 0         | 0.1       | None      |
|                     | XL<br>4 oz       | 10  | 0       | 0       | 0         | 0         | 3         | 0         | 1         | 0        | 5         | 100        | 10        | 0.2       | None      |
| Green Olives        | Small<br>0.5 oz  | 20  | 2.5     | 0       | 0         | 0         | 1         | 0         | 0         | 0        | 220       | 10         | 10        | 0.1       | None      |
|                     | Large<br>1 oz    | 40  | 4.5     | 0.5     | 0         | 0         | 2         | 0         | 0         | 0        | 440       | 20         | 20        | 0.2       | None      |
|                     | XL<br>2 oz       | 80  | 9       | 1       | 0         | 0         | 4         | 0         | 0         | 1        | 870       | 40         | 40        | 0.4       | None      |
| Green Peppers       | Small<br>0.5 oz  | 0   | 0       | 0       | 0         | 0         | 1         | 0         | 0         | 0        | 0         | 30         | 0         | 0.1       | None      |
|                     | Large<br>1 oz    | 5   | 0       | 0       | 0         | 0         | 2         | 0         | 1         | 0        | 5         | 50         | 0         | 0.1       | None      |
|                     | XL<br>2 oz       | 10  | 0       | 0       | 0         | 0         | 3         | 1         | 1         | 0        | 5         | 100        | 10        | 0.2       | None      |
| Roasted Red Peppers | Small<br>0.5 oz  | 0   | 0       | 0       | 0         | 0         | 1         | 0         | 0         | 0.2      | 2         | 20         | 0         | 0.2       | None      |
|                     | Large<br>1 oz    | 5   | 0       | 0       | 0         | 0         | 1         | 0         | 1         | 0.3      | 4         | 40         | 0         | 0.5       | None      |
|                     | XL<br>2 oz       | 15  | 0       | 0       | 0         | 0         | 3         | 1         | 2         | 1        | 10        | 100        | 0         | 1         | None      |
| Hot Peppers         | Small<br>0.25 oz | 0   | 0       | 0       | 0         | 0         | 0         | 0         | 0         | 0        | 5         | 20         | 0         | 0         | Sulfites  |
|                     | Large<br>0.5 oz  | 0   | 0       | 0       | 0         | 0         | 1         | 0         | 0         | 0        | 5         | 40         | 0         | 0.1       | Sulfites  |
|                     | XL<br>1 oz       | 0   | 0       | 0       | 0         | 0         | 1         | 1         | 0         | 0        | 410       | 30         | 40        | 0         | Sulfites  |
| Jalapenos           | Small            | 0   | 0       | 0       | 0         | 0         | 0         | 0         | 0         | 0        | 95        | 10         | 10        | 0         | None      |



# NUTRITIONALS & ALLERGEN GUIDE

## BUILD YOUR OWN - TOPPINGS

| Menu Item        | Size          | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens |
|------------------|---------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------|
|                  | 0.25 oz       |     |         |         |           |           |           |           |           |          |           |            |           |           |           |
|                  | Large 0.5 oz  | 0   | 0       | 0       | 0         | 0         | 0         | 0         | 0         | 0        | 95        | 20         | 20        | 0         | None      |
|                  | XL 1 oz       | 70  | 4.5     | 3       | 0.2       | 15        | 1         | 1         | 0         | 5        | 230       | 20         | 150       | 0         | None      |
| Lettuce Iceberg  | Small 1.5 oz  | 5   | 0       | 0       | 0         | 0         | 2         | 1         | 1         | 0        | 5         | 75         | 10        | 0.2       | None      |
|                  | Large 3 oz    | 10  | 0       | 0       | 0         | 0         | 3         | 1         | 2         | 1        | 10        | 125        | 20        | 0.4       | None      |
|                  | XL 6 oz       | 25  | 0       | 0       | 0         | 0         | 6         | 2         | 3         | 2        | 20        | 250        | 40        | 0.8       | None      |
| Lettuce Romaine  | Small 1.5 oz  | 5   | 0       | 0       | 0         | 0         | 2         | 1         | 1         | 1        | 5         | 125        | 20        | 0.5       | None      |
|                  | Large 3 oz    | 15  | 0       | 0       | 0         | 0         | 3         | 2         | 1         | 2        | 10        | 225        | 30        | 1         | None      |
|                  | XL 6 oz       | 30  | 0.5     | 0       | 0         | 0         | 6         | 4         | 2         | 3        | 15        | 450        | 75        | 1.8       | None      |
| Shredded Carrots | Small 0.5 oz  | 5   | 0       | 0       | 0         | 0         | 1         | 0         | 1         | 0.1      | 10        | 40         | 0         | 0         | None      |
|                  | Large 1 oz    | 10  | 0       | 0       | 0         | 0         | 3         | 1         | 1         | 0.3      | 20        | 100        | 10        | 0.1       | None      |
| Mushrooms        | Small 0.5 oz  | 0   | 0       | 0       | 0         | 0         | 0         | 0         | 0         | 0        | 5         | 50         | 0         | 0.1       | None      |
|                  | Large 1 oz    | 5   | 0       | 0       | 0         | 0         | 1         | 0         | 1         | 1        | 5         | 100        | 0         | 0.2       | None      |
|                  | XL 2 oz       | 10  | 0       | 0       | 0         | 0         | 2         | 1         | 1         | 2        | 5         | 200        | 0         | 0.3       | None      |
| Onions           | Small 0.25 oz | 0   | 0       | 0       | 0         | 1         | 1         | 0         | 0         | 0        | 0         | 20         | 0         | 0         | None      |
|                  | Large 0.5 oz  | 5   | 0       | 0       | 0         | 0         | 2         | 0         | 1         | 0        | 5         | 30         | 0         | 0         | None      |
|                  | XL            | 10  | 0       | 0       | 0         | 0         | 3         | 0         | 1         | 0        | 5         | 50         | 10        | 0.1       | None      |



# NUTRITIONALS & ALLERGEN GUIDE

## BUILD YOUR OWN - TOPPINGS

| Menu Item         | Size            | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas (mg) | Calc (mg) | Iron (mg) | Allergens |
|-------------------|-----------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------|
|                   | 1 oz            |     |         |         |           |           |           |           |           |          |           |            |           |           |           |
| Pineapple         | Small<br>0.5 oz | 5   | 0       | 0       | 0         | 0         | 2         | 0         | 1         | 0        | 0         | 20         | 0         | 0         | None      |
|                   | Large<br>1 oz   | 15  | 0       | 0       | 0         | 0         | 4         | 0         | 3         | 0        | 0         | 40         | 0         | 0.1       | None      |
|                   | XL<br>2 oz      | 30  | 0       | 0       | 0         | 0         | 8         | 1         | 6         | 0        | 0         | 75         | 10        | 0.2       | None      |
| Pickles           | Small<br>0.5 oz | 40  | 2.5     | 0       | 0         | 0         | 4         | 0         | 0         | 0        | 45        | 100        | 0         | 0.2       | None      |
|                   | Large<br>1 oz   | 80  | 5       | 0.5     | 0         | 0         | 8         | 1         | 0         | 1        | 85        | 200        | 0         | 0.3       | None      |
|                   | XL<br>2 oz      | 160 | 10      | 1       | 0         | 0         | 16        | 1         | 1         | 2        | 170       | 400        | 10        | 0.8       | None      |
| Pickled Turnip    | Small<br>0.5 oz | 5   | 0       | 0       | 0         | 0         | 1         | 0         | 0         | 0        | 63        | 23         | 5         | 0         | None      |
|                   | Large<br>1 oz   | 9   | 0       | 0       | 0         | 0         | 2         | 0         | 0         | 0        | 126       | 47         | 9         | 0         | None      |
|                   | XL<br>2 oz      | 9   | 0       | 0       | 0         | 0         | 2         | 0         | 0         | 0        | 126       | 47         | 9         | 0         | None      |
| Pickled red onion | Small<br>0.5 oz | 5   | 0       | 0       | 0         | 0         | 1.4       | 0         | 0         | 0        | 26        | 23         | 0         | 0         | Sulfites  |
|                   | Large<br>1 oz   | 9   | 0       | 0       | 0         | 0         | 3         | 0         | 0         | 0        | 51        | 47         | 0         | 0         | Sulfites  |
|                   | XL<br>2 oz      | 9   | 0       | 0       | 0         | 0         | 3         | 0         | 0         | 0        | 51        | 47         | 0         | 0         | Sulfites  |
| Spinach Baby      | Small<br>0.5 oz | 5   | 0       | 0       | 0         | 0         | 2         | 1         | 0         | 1        | 25        | 175        | 30        | 1         | None      |
|                   | Large<br>1 oz   | 5   | 0       | 0       | 0         | 0         | 2         | 1         | 0         | 1        | 25        | 175        | 30        | 1         | None      |
|                   | XL<br>2 oz      | 25  | 0       | 0       | 0         | 0         | 5         | 2         | 0         | 4        | 90        | 650        | 125       | 3.5       | None      |
| Tomato            | Small           | 0   | 0       | 0       | 0         | 0         | 0         | 0         | 0         | 0        | 0         | 20         | 0         | 0         | None      |



# NUTRITIONALS & ALLERGEN GUIDE

## BUILD YOUR OWN - TOPPINGS

| Menu Item | Size             | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens    |
|-----------|------------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|--------------|
|           | 0.5 oz           |     |         |         |           |           |           |           |           |          |           |            |           |           |              |
|           | Large<br>1 oz    | 0   | 0       | 0       | 0         | 0         | 0         | 0         | 0         | 0        | 0         | 30         | 0         | 0         | None         |
|           | XL<br>2 oz       | 10  | 0       | 0       | 0         | 0         | 3         | 1         | 1         | 1        | 5         | 150        | 10        | 0.2       | None         |
| Croutons  | Small<br>0.25 oz | 35  | 1.5     | 0       | 0         | 5         | 5         | 0         | 0         | 1        | 80        | 20         | 10        | 0.2       | Gluten, Milk |
|           | Large<br>0.5 oz  | 70  | 2.5     | 0.5     | 0         | 5         | 9         | 1         | 1         | 2        | 160       | 30         | 20        | 0.4       | Gluten, Milk |
|           | XL<br>1 oz       | 130 | 5       | 1.5     | 0         | 5         | 18        | 1         | 1         | 4        | 310       | 75         | 30        | 1         | Gluten, Milk |

## BUILD YOUR OWN - SPREADS

| Menu Item    | Size          | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens |
|--------------|---------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------|
| Hummus       | Small<br>1 oz | 45  | 2.5     | 0       | 0         | 0         | 5         | 2         | 0         | 3        | 110       | 75         | 20        | 0.8       | Sesame    |
|              | Large<br>2 oz | 90  | 5       | 1       | 0         | 0         | 9         | 3         | 0         | 5        | 220       | 150        | 30        | 1.5       | Sesame    |
|              | XL<br>4 oz    | 190 | 11      | 1.5     | 0         | 0         | 17        | 7         | 0         | 9        | 430       | 300        | 50        | 3         | Sesame    |
| Avocado Pulp | Large<br>2 oz | 45  | 4       | 0.5     | 0         | 0         | 3         | 2         | 0         | 1        | 75        | 150        | 0         | 0.2       | None      |
|              | Small<br>1 oz | 90  | 8       | 1       | 0         | 0         | 6         | 4         | 1         | 2        | 150       | 300        | 10        | 0.4       | None      |
|              | XL<br>4 oz    | 180 | 16      | 2.5     | 0         | 0         | 11        | 8         | 1         | 3        | 300       | 550        | 20        | 0.8       | None      |



# NUTRITIONALS & ALLERGEN GUIDE

## BUILD YOUR OWN - SAUCES

| Menu Item            | Size          | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens               |
|----------------------|---------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-------------------------|
| Ancho Chipotle       | Small<br>1 oz | 110 | 8       | 1.5     | 0         | 10        | 8         | 0         | 6         | 0        | 280       | 0          | 10        | 0.2       | Milk, Egg, Mustard      |
|                      | Large<br>2 oz | 220 | 16      | 3       | 0         | 15        | 15        | 0         | 12        | 1        | 550       | 0          | 20        | 0.4       | Milk, Egg, Mustard      |
|                      | XL<br>4 oz    | 450 | 33      | 6       | 0         | 25        | 29        | 0         | 24        | 2        | 1100      | 0          | 40        | 1         | Milk, Egg, Mustard      |
| Balsamic Gluten Free | Small<br>1 oz | 100 | 10      | 1       | 0         | 0         | 3         | 0         | 2         | 0        | 170       | 0          | 20        | 0.4       | Soy, Sulfites           |
|                      | Large<br>2 oz | 200 | 21      | 1.5     | 0         | 0         | 5         | 0         | 3         | 0        | 330       | 10         | 30        | 0.8       | Soy, Sulfites           |
|                      | XL<br>4 oz    | 410 | 41      | 3       | 0.4       | 0         | 10        | 0         | 6         | 0        | 660       | 20         | 50        | 1.5       | Soy, Sulfites           |
| BBQ                  | Small<br>1 oz | 50  | 0       | 0       | 0         | 0         | 13        | 1         | 8         | 1        | 310       | 100        | 30        | 0.4       | Soy, Mustard, Sulfites  |
|                      | Large<br>2 oz | 110 | 0       | 0       | 0         | 0         | 25        | 2         | 17        | 2        | 610       | 175        | 50        | 1         | Soy, Mustard, Sulfites  |
|                      | XL<br>4 oz    | 210 | 0       | 0       | 0         | 0         | 49        | 3         | 33        | 4        | 1210      | 350        | 100       | 1.8       | Soy, Mustard, Sulfites  |
| Caesar               | Small<br>1 oz | 150 | 17      | 1.5     | 0.1       | 15        | 1         | 0         | 0         | 1        | 230       | 10         | 20        | 0.1       | Milk, Egg, Fish         |
|                      | Large<br>2 oz | 310 | 33      | 3       | 0.1       | 30        | 2         | 0         | 1         | 2        | 460       | 20         | 30        | 0.2       | Milk, Egg, Fish         |
|                      | XL<br>4 oz    | 610 | 67      | 6       | 0.2       | 60        | 4         | 0         | 1         | 3        | 920       | 40         | 75        | 0.4       | Milk, Egg, Fish         |
| Donair               | Small<br>1 oz | 60  | 1.5     | 0       | 0         | 0         | 12        | 0         | 9         | 1        | 35        | 0          | 20        | 0         | Milk                    |
|                      | Large<br>2 oz | 110 | 3       | 0       | 0         | 0         | 23        | 0         | 19        | 2        | 70        | 0          | 40        | 0         | Milk                    |
|                      | XL<br>4 oz    | 110 | 3       | 0       | 0         | 0         | 23        | 0         | 19        | 2        | 70        | 200        | 40        | 0         | Milk                    |
| Garlic Aioli         | Small         | 140 | 15      | 1       | 0         | 15        | 2         | 0         | 1         | 0        | 230       | 20         | 10        | 0.1       | Milk, Egg, Soy, Mustard |



# NUTRITIONALS & ALLERGEN GUIDE

## BUILD YOUR OWN - SAUCES

| Menu Item     | Size       | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens               |
|---------------|------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-------------------------|
|               | 1 oz       |     |         |         |           |           |           |           |           |          |           |            |           |           |                         |
|               | Large 2 oz | 270 | 29      | 2.5     | 0         | 30        | 3         | 0         | 1         | 1        | 460       | 30         | 20        | 0.2       | Milk, Egg, Soy, Mustard |
|               | XL 4 oz    | 540 | 59      | 4.5     | 0.2       | 55        | 5         | 0         | 2         | 2        | 910       | 50         | 30        | 0.4       | Milk, Egg, Soy, Mustard |
| Honey Garlic  | Small 1 oz | 70  | 0       | 0       | 0         | 0         | 18        | 0         | 10        | 0        | 190       | 30         | 0         | 0.2       | Soy                     |
|               | Large 2 oz | 140 | 0       | 0       | 0         | 0         | 36        | 0         | 20        | 0        | 380       | 50         | 0         | 0.3       | Soy                     |
|               | XL 4 oz    | 290 | 0       | 0       | 0         | 0         | 72        | 0         | 40        | 1        | 750       | 100        | 0         | 0.8       | Soy                     |
| Honey Mustard | Small 1 oz | 60  | 0       | 0       | 0         | 0         | 14        | 0         | 12        | 0        | 85        | 10         | 0         | 0.1       | Mustard                 |
|               | Large 2 oz | 120 | 0       | 0       | 0         | 0         | 28        | 0         | 25        | 0        | 170       | 20         | 0         | 0.2       | Mustard                 |
|               | XL 4 oz    | 250 | 1       | 0       | 0         | 0         | 56        | 0         | 49        | 1        | 330       | 40         | 0         | 0.4       | Mustard                 |
| Hot Sauce     | Small 1 oz | 0   | 0       | 0       | 0         | 0         | 1         | 0         | 0         | 0        | 750       | 50         | 0         | 0.2       | None                    |
|               | Large 2 oz | 5   | 0       | 0       | 0         | 0         | 1         | 0         | 1         | 0        | 1500      | 100        | 0         | 0.3       | None                    |
|               | XL 4 oz    | 10  | 0       | 0       | 0         | 0         | 2         | 0         | 1         | 1        | 3000      | 175        | 10        | 0.8       | None                    |
| Ketchup       | Small 1 oz | 35  | 0       | 0       | 0         | 0         | 9         | 0         | 7         | 0        | 250       | 75         | 0         | 0         | None                    |
|               | Large 2 oz | 70  | 0       | 0       | 0         | 0         | 17        | 0         | 13        | 1        | 500       | 150        | 0         | 0         | None                    |
|               | XL 4 oz    | 130 | 0       | 0       | 0         | 0         | 33        | 0         | 26        | 2        | 990       | 300        | 0         | 0         | None                    |
| Lemon Za'atar | Small 1 oz | 100 | 10      | 1.5     | 0         | 0         | 2         | 0         | 2         | 0        | 190       | 0          | 0         | 0         | Sesame                  |
|               | Large      | 210 | 21      | 3       | 0         | 4         | 0         | 0         | 4         | 0        | 380       | 0          | 0         | 0         | Sesame                  |



# NUTRITIONALS & ALLERGEN GUIDE

## BUILD YOUR OWN - SAUCES

| Menu Item        | Size       | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas (mg) | Calc (mg) | Iron (mg) | Allergens         |
|------------------|------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-------------------|
| Light Mayonnaise | 2 oz       |     |         |         |           |           |           |           |           |          |           |            |           |           |                   |
|                  | XL 4 oz    | 420 | 42      | 6       | 1         | 0         | 8         | 0         | 8         | 0        | 760       | 0          | 0         | 0         | Sesame            |
|                  | Small 1 oz | 70  | 6       | 1       | 0         | 5         | 3         | 0         | 1         | 0        | 240       | 10         | 0         | 0         | Egg               |
| Mustard          | Large 2 oz | 130 | 13      | 2       | 0         | 10        | 6         | 0         | 2         | 0        | 470       | 20         | 0         | 0.1       | Egg               |
|                  | XL 4 oz    | 270 | 25      | 4       | 0.1       | 20        | 11        | 0         | 4         | 0        | 940       | 40         | 10        | 0.2       | Egg               |
|                  | Small 1 oz | 20  | 1       | 0       | 0         | 5         | 2         | 1         | 0         | 2        | 350       | 40         | 20        | 0.3       | Mustard           |
| Ranch            | Large 2 oz | 35  | 2.5     | 0       | 0         | 5         | 3         | 2         | 0         | 3        | 680       | 100        | 40        | 0.5       | Mustard           |
|                  | XL 4 oz    | 70  | 5       | 0       | 0         | 6         | 4         | 1         | 5         | 5        | 1360      | 175        | 75        | 1         | Mustard           |
|                  | Small 1 oz | 120 | 13      | 1       | 0         | 10        | 3         | 0         | 1         | 0        | 190       | 30         | 10        | 0.1       | Milk, Egg, Soy    |
| Smoky BBQ        | Large 2 oz | 250 | 26      | 2       | 0         | 20        | 5         | 0         | 2         | 1        | 380       | 50         | 20        | 0.2       | Milk, Egg, Soy    |
|                  | XL 4 oz    | 500 | 52      | 4       | 0         | 35        | 10        | 0         | 3         | 2        | 750       | 100        | 40        | 0.3       | Milk, Egg, Soy    |
|                  | Small 1 oz | 45  | 0       | 0       | 0         | 0         | 12        | 0         | 9         | 0        | 210       | 100        | 10        | 0.1       | Mustard, Sulfites |
| Spicy Mayo       | Large 2 oz | 90  | 0       | 0       | 0         | 0         | 23        | 0         | 19        | 1        | 410       | 175        | 20        | 0.2       | Mustard, Sulfites |
|                  | XL 4 oz    | 190 | 0       | 0       | 0         | 0         | 45        | 0         | 38        | 2        | 820       | 350        | 40        | 0.4       | Mustard, Sulfites |
|                  | Small 1 oz | 190 | 21      | 3.5     | 0.1       | 15        | 0         | 0         | 0         | 0        | 190       | 10         | 0         | 0.1       | Egg, Soy          |
| Spicy Mayo       | Large 2 oz | 390 | 42      | 7       | 0.1       | 25        | 0         | 0         | 0         | 1        | 370       | 20         | 0         | 0.2       | Egg, Soy          |
|                  | XL         | 770 | 85      | 13      | 0         | 50        | 1         | 0         | 1         | 2        | 730       | 30         | 10        | 0.3       | Egg, Soy          |



# NUTRITIONALS & ALLERGEN GUIDE

## BUILD YOUR OWN - SAUCES

| Menu Item          | Size            | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas (mg) | Calc (mg) | Iron (mg) | Allergens             |
|--------------------|-----------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------------------|
|                    | 4 oz            |     |         |         |           |           |           |           |           |          |           |            |           |           |                       |
| Spicy Thai         | Small<br>1 oz   | 60  | 0       | 0       | 0         | 0         | 14        | 0         | 12        | 0        | 330       | 40         | 0         | 0.1       | None                  |
|                    | Large<br>2 oz   | 110 | 0       | 0       | 0         | 0         | 28        | 1         | 25        | 0        | 660       | 75         | 0         | 0.2       | None                  |
|                    | XL<br>4 oz      | 220 | 0       | 0       | 0         | 0         | 55        | 1         | 49        | 1        | 1320      | 150        | 10        | 0.3       | None                  |
| Teriyaki           | Small<br>1 oz   | 40  | 0       | 0       | 0         | 0         | 11        | 0         | 9         | 0        | 310       | 30         | 0         | 0.1       | Gluten, Soy, Sulfites |
|                    | Large<br>2 oz   | 80  | 0       | 0       | 0         | 0         | 21        | 0         | 17        | 0        | 620       | 50         | 0         | 0.2       | Gluten, Soy, Sulfites |
|                    | XL<br>4 oz      | 160 | 0       | 0       | 0         | 0         | 41        | 0         | 35        | 0        | 1230      | 100        | 0         | 0.4       | Gluten, Soy, Sulfites |
| Tzatziki           | Small<br>1 oz   | 40  | 3       | 1       | 0         | 10        | 3         | 0         | 1         | 1        | 180       | 20         | 30        | 0.1       | Milk                  |
|                    | Large<br>2 oz   | 80  | 6       | 2.5     | 0.2       | 15        | 5         | 1         | 3         | 2        | 350       | 30         | 75        | 0.2       | Milk                  |
|                    | XL<br>4 oz      | 160 | 12      | 4.5     | 0.3       | 30        | 10        | 1         | 6         | 4        | 690       | 75         | 125       | 0.3       | Milk                  |
| Special Sauce      | Small<br>1 oz   | 139 | 15      | 1       | 0         | 0         | 0         | 0         | 0         | 0        | 157       | 11         | 4         | 0         | Sulfites              |
|                    | Large<br>2 oz   | 282 | 31      | 2       | 0         | 0         | 1         | 0         | 0         | 0        | 319       | 23         | 9         | 0         | Sulfites              |
|                    | XL<br>4 oz      | 560 | 62.7    | 4.4     | 0         | 0         | 2         | 1.2       | 0.7       | 0.2      | 633       | 45         | 17        | 0         | Sulfites              |
| Tahini Sauce       | Small<br>0.5 oz | 40  | 4       | 0       | 0         | 0         | 1         | 0         | 0         | 2        | 26        | 35         | 5         | 0         | Sesame, Sulfites      |
|                    | Large<br>1 oz   | 80  | 8       | 0       | 0         | 0         | 2         | 0         | 0         | 4        | 51        | 70         | 9         | 1         | Sesame, Sulfites      |
|                    | XL<br>1 oz      | 80  | 8       | 0       | 0         | 0         | 2         | 0         | 0         | 4        | 51        | 70         | 9         | 1         | Sesame, Sulfites      |
| Spicy Garlic Sauce | Small           | 90  | 9       | 0       | 0         | 14        | 0         | 0         | 0         | 0        | 65        | 5          | 0         | 0         | Egg, Sulfites         |



# NUTRITIONALS & ALLERGEN GUIDE

## BUILD YOUR OWN - SAUCES

| Menu Item             | Size         | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens          |
|-----------------------|--------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|--------------------|
|                       | 0.5 oz       |     |         |         |           |           |           |           |           |          |           |            |           |           |                    |
|                       | Large 1 oz   | 180 | 18      | 0       | 0         | 28        | 0         | 0         | 0         | 0        | 120       | 9          | 0         | 0         | Egg, Sulfites      |
|                       | XL 1 oz      | 180 | 18      | 0       | 0         | 28        | 0         | 0         | 0         | 0        | 120       | 9          | 0         | 0         | Egg, Sulfites      |
| Garlic Sauce          | Small 0.5 oz | 100 | 10      | 1       | 0         | 14        | 0         | 0         | 0         | 0        | 70        | 5          | 0         | 0         | Egg, Sulfites      |
|                       | Large 1 oz   | 200 | 20      | 2       | 0         | 28        | 0         | 0         | 0         | 0        | 140       | 9          | 0         | 0         | Egg, Sulfites      |
|                       | XL 1 oz      | 200 | 20      | 2       | 0         | 28        | 0         | 0         | 0         | 0        | 140       | 9          | 0         | 0         | Egg, Sulfites      |
| Chipotle crunch sauce | Small 0.5 oz | 980 | 100     | 6       | 0         | 0         | 1         | 0         | 1         | 0        | 30        | 10         | 0         | 0         | Milk, Egg, Mustard |
|                       | XL 0.5 oz    | 980 | 100     | 6       | 0         | 0         | 1         | 0         | 0         | 1        | 30        | 10         | 0         | 0         | Milk, Egg, Mustard |

## SNACKS & SIDES

| Menu Item                  | Size  | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens             |
|----------------------------|-------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------------------|
| Falafel & Dip              | 85 g  | 190 | 10      | 2       | 0         | 0         | 21        | 6         | 4         | 6        | 330       | 250        | 125       | 3.5       | None                  |
| Pita Chips                 | 113 g | 310 | 5       | 1.5     | 0         | 0         | 57        | 3         | 4         | 10       | 420       | 125        | 100       | 3.5       | Gluten                |
| Buffalo bites              | 85 g  | 240 | 9       | 0.5     | 0         | 35        | 22        | 1         | 0         | 16       | 410       | 225        | 10        | 1.5       | Gluten, Soy           |
| Halloumi Sticks            | 85 g  | 280 | 23      | 14      | 0.8       | 60        | 3         | 0         | 3         | 18       | 940       | 100        | 600       | 0         | Milk                  |
| Pita Twist - Pepperoni     | 295 g | 350 | 17      | 7       | 0         | 50        | 31        | 1         | 2         | 19       | 920       | 300        | 250       | 2         | Gluten, Milk, Mustard |
| Pita Twist - Cheesy Garlic | 310 g | 450 | 24      | 15      | 0.5       | 70        | 31        | 1         | 2         | 27       | 740       | 125        | 650       | 1.8       | Gluten, Milk          |



# NUTRITIONALS & ALLERGEN GUIDE

## COOKIES

| Menu Item               | Size         | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens                         |
|-------------------------|--------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------------------------------|
| Cookie Peanut Butter    | 2 EA (75.4g) | 350 | 19      | 7       | 0.1       | 20        | 40        | 2         | 20        | 6        | 460       | 150        | 30        | 2         | Gluten, Milk, Egg, Soy, Peanuts   |
| Cookie Macademia Nut    | 2 EA (75.4g) | 350 | 17      | 8       | 0.1       | 20        | 46        | 1         | 28        | 4        | 260       | 75         | 40        | 1.8       | Gluten, Milk, Egg, Soy, Tree Nuts |
| Cookie Double Chocolate | 2 EA (75.4g) | 320 | 16      | 8       | 0.2       | 20        | 46        | 2         | 30        | 4        | 300       | 200        | 20        | 3         | Gluten, Milk, Egg, Soy            |
| Cookie Oatmeal Raison   | 2 EA (75.4g) | 320 | 13      | 8       | 0         | 15        | 49        | 3         | 27        | 6        | 290       | 150        | 30        | 2.2       | Gluten, Milk, Egg, Soy            |
| Cookie Carnival         | 2 EA (75.4g) | 320 | 16      | 8       | 0.2       | 20        | 46        | 2         | 30        | 4        | 300       | 200        | 20        | 3         | Gluten, Milk, Egg, Soy            |
| Cookie Chocolate Chip   | 2 EA (75.4g) | 320 | 16      | 8       | 0.2       | 20        | 46        | 2         | 30        | 4        | 300       | 200        | 20        | 3         | Gluten, Milk, Egg, Soy            |

## SMOOTHIES

| Menu Item           | Size        | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens |
|---------------------|-------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------|
| Berry Bliss         | Small 12 oz | 280 | 1.5     | 1       | 0         | 5         | 66        | 4         | 49        | 2        | 55        | 250        | 100       | 0.5       | Milk      |
|                     | Large 16 oz | 390 | 2.5     | 2       | 0         | 10        | 92        | 4         | 65        | 2        | 100       | 400        | 150       | 0.4       | Milk      |
| Sunset paradise     | Small 12 oz | 290 | 1       | 1       | 0         | 5         | 68        | 2         | 48        | 2        | 60        | 300        | 75        | 0.5       | Milk      |
|                     | Large 16 oz | 400 | 2       | 2       | 0         | 10        | 93        | 2         | 64        | 2        | 105       | 450        | 125       | 0.8       | Milk      |
| Chocolate Banana    | Small 12 oz | 300 | 3       | 2.5     | 0         | 15        | 62        | 2         | 44        | 9        | 190       | 850        | 350       | 0.8       | Milk      |
|                     | Large 16 oz | 370 | 7       | 5       | 0.1       | 30        | 66        | 2         | 42        | 12       | 210       | 1000       | 400       | 0.4       | Milk      |
| Strawberry & Banana | Small 12 oz | 290 | 1       | 1       | 0         | 5         | 71        | 2         | 52        | 2        | 50        | 450        | 100       | 0.8       | Milk      |
|                     | Large 16 oz | 420 | 2       | 2       | 0         | 10        | 97        | 2         | 70        | 3        | 100       | 550        | 150       | 0.8       | Milk      |
|                     | Small       | 50  | 0       | 0       | 0         | 0         | 0         | 0         | 0         | 13       | 35        | 75         | 0         | 0         | Milk, Soy |



# NUTRITIONALS & ALLERGEN GUIDE

## SMOOTHIES

| Menu Item            | Size       | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens |
|----------------------|------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------|
| Whey Protein (Scoop) | 14 g       |     |         |         |           |           |           |           |           |          |           |            |           |           |           |
|                      | Large 28 g | 100 | 0       | 0       | 0         | 0         | 0         | 0         | 0         | 25       | 65        | 150        | 0         | 0         | Milk, Soy |

## BUILD YOUR OWN — FROZEN YOGURT

| Menu Item                     | Size         | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens              |
|-------------------------------|--------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|------------------------|
| Low Fat Vanilla Yogurt (Base) | Small 1/2 EA | 70  | 1       | 1       | 0         | 5         | 14        | 0         | 7         | 1        | 45        | 100        | 40        | 0         | Milk                   |
|                               | Large 1 EA   | 140 | 2       | 2       | 0         | 10        | 28        | 0         | 14        | 1        | 90        | 200        | 100       | 0         | Milk                   |
| Crushed KitKat                | 28.3 g       | 150 | 7       | 5       | 0         | 5         | 19        | 0         | 14        | 2        | 20        | 75         | 40        | 0.3       | Gluten, Milk, Soy      |
| Crushed Smarties              | 28.3 g       | 140 | 9       | 5       | 0         | 0         | 19        | 2         | 15        | 2        | 5         | 125        | 10        | 1         | Gluten, Milk, Soy      |
| Cookie Crumble                | 28.3 g       | 130 | 5       | 1.5     | 0         | 0         | 21        | 1         | 11        | 2        | 100       | 40         | 20        | 1.2       | Gluten, Soy            |
| Cheesecake bites              | 28.3 g       | 100 | 6       | 3.5     | 0.2       | 30        | 11        | 0         | 8         | 2        | 65        | 75         | 30        | 0.4       | Gluten, Milk, Egg, Soy |

## JUST FRUIT FROZEN DESSERT

| Menu Item                 | Size          | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens |
|---------------------------|---------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------|
| Mango Frozen Dessert      | Small 113.4 g | 100 | 1       | 1       | 0         | 5         | 23        | 1         | 15        | 1        | 50        | 200        | 50        | 0.1       | None      |
|                           | Large 213 g   | 210 | 2.5     | 2       | 0         | 10        | 46        | 2         | 29        | 2        | 95        | 400        | 100       | 0.2       | None      |
| Strawberry Frozen Dessert | Small 113.4 g | 90  | 1       | 1       | 0         | 5         | 20        | 1         | 9         | 1        | 45        | 175        | 50        | 0.4       | None      |
|                           | Large 213 g   | 180 | 2       | 2       | 0         | 10        | 39        | 2         | 19        | 2        | 90        | 350        | 100       | 1         | None      |



# NUTRITIONALS & ALLERGEN GUIDE

## JUST FRUIT FROZEN DESSERT

| Menu Item                | Size          | Cal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sodi (mg) | Potas( mg) | Calc (mg) | Iron (mg) | Allergens |
|--------------------------|---------------|-----|---------|---------|-----------|-----------|-----------|-----------|-----------|----------|-----------|------------|-----------|-----------|-----------|
| Raspberry Frozen Dessert | Small 99.2 g  | 90  | 1.5     | 1       | 0         | 5         | 20        | 3         | 9         | 2        | 45        | 175        | 75        | 0         | None      |
|                          | Large 185 g   | 180 | 2.5     | 2       | 0         | 10        | 39        | 5         | 18        | 3        | 90        | 350        | 125       | 0.1       | None      |
| Peach Frozen Dessert     | Small 113.4 g | 90  | 1       | 1       | 0         | 5         | 20        | 1         | 11        | 1        | 45        | 200        | 50        | 0.1       | None      |
|                          | Large 213 g   | 190 | 2.5     | 2       | 0         | 10        | 39        | 2         | 23        | 2        | 90        | 400        | 100       | 0.2       | None      |
| Blueberry Frozen Dessert | Small 99.2 g  | 90  | 1       | 1       | 0         | 5         | 20        | 1         | 10        | 1        | 50        | 150        | 75        | 0.1       | None      |
|                          | Large 185 g   | 180 | 2.5     | 2       | 0         | 10        | 39        | 2         | 21        | 2        | 95        | 250        | 100       | 0.2       | None      |
| Pinapple Frozen Dessert  | Small 113.4 g | 100 | 1       | 1       | 0         | 5         | 22        | 1         | 13        | 1        | 50        | 175        | 50        | 0.2       | None      |
|                          | Large 213 g   | 200 | 2       | 2       | 0         | 10        | 43        | 2         | 25        | 2        | 95        | 350        | 100       | 0.4       | None      |
| Banana Frozen Dessert    | Small 113.4 g | 120 | 1       | 1       | 0         | 5         | 27        | 1         | 16        | 2        | 45        | 300        | 50        | 0.2       | None      |
|                          | Large 213 g   | 250 | 2       | 2       | 0         | 10        | 54        | 2         | 31        | 3        | 90        | 600        | 100       | 0.4       | None      |