

BOWLS

NUTRITIONAL INFORMATION DOES NOT INCLUDE DRESSINGS

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

ZEPPELINS

NUTRITIONAL INFORMATION DOES NOT INCLUDE DRESSINGS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
ATLANTIS	509	96	11	4	0	89	499	11	4	5	31
HOUSE CAESAR	370	58	7	3	0	13	412	12	1	1	6
HOUSE CAESAR with chicken	309	87	10	4	0	90	479	12	1	1	34
HOUSE CAESAR with steak	487	100	11	5	0	62	448	12	1	1	23
KALE-IFORNIA	440	96	11	3	0	12	304	18	3	11	10
KALE-IFORNIA with chicken	646	198	23	7	0	90	387	18	3	11	34
KALE-IFORNIA with shrimp	512	105	12	4	0	140	876	19	3	11	24
LONE STAR	570	179	21	5	0	60	68	14	9	4	25
METROPOLITAN COBB	475	303	34	11	0	180	333	7	5	2	35
NOLA	443	93	11	4	0	74	619	12	2	4	16
PACIFIC BEACH with chicken	569	143	17	3	0	73	105	17	11	3	31
PACIFIC BEACH with shrimp	499	124	15	2	0	127	613	18	11	3	18
PLYMOUTH ROCK	515	141	17	5	0	46	656	9	3	4	24
SHANGHAI with chicken	556	67	8	1	0	77	221	30	4	19	33
SHANGHAI with tofu	591	153	18	2	0	0	165	37	7	20	16
SOUTHWEST with chicken	659	123	13	3	0	77	185	38	10	2	36
SOUTHWEST with steak	414	140	15	4	0	49	167	43	14	4	28
TEJANO CAESAR	404	70	7	2	0	0	110	27	6	4	5
TEJANO CAESAR with chicken	553	100	10	3	0	0	96	22	3	2	3
TEJANO CAESAR with steak	553	100	10	3	0	77	163	22	3	2	31
WASHINGTON STATE	556	135	16	5	0	77	163	22	3	2	31

DRESSINGS

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

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