

MENU ANALYSIS

F067 [071609] K= kilo calories

	Servings	K CAL	FAT [Gm]	S FAT (Gm)	CHOL [mg]	SOD [mg]	PROT [Gm]	CARB [Gm]	TDF [Gm]
<u>Starters:</u>									
Baja Rolls	3	168	8	3	22	483	9	17	1
Maui Onion Rings	4	128	5	1	0	255	1	18	2
Jumbo French Fries	4	130	4	1	0	23	2	20	2
<u>Nachos:</u>									
Cheese	4	263	16	7	35	329	10	17	1
Carne Asada	4	285	17	7	45	466	15	18	1
Chicken	4	288	17	7	47	475	15	17	1
Shrimp	4	266	17	7	37	336	10	18	1
<u>Quesadilla:</u>									
Cheese	3	213	12	6	28	400	9	16	0
Banzai Veggie	3	223	12	6	28	410	9	18	1
Carne Asada	3	243	13	6	41	583	15	17	0
Chicken	3	246	13	6	43	595	15	16	0
Fish	3	260	14	6	53	431	15	16	0
Shrimp	3	218	12	6	31	409	9	16	0
<u>Taquitos - 3 per order:</u>									
Carne Asada	1	326	10	2	33	943	21	42	5
Carnitas	1	417	15	4	62	795	27	42	5
Chicken	1	334	9	1	38	973	21	41	5
Fish	1	384	15	3	55	790	18	41	5
Chips (Basket)	2	243	12	2	0	209	4	33	3

Soups, Salads & Sandwiches:

Chicken Tortilla Soup	1	54	1	0	11	541	6	5	2
Garden Salad	1	38	0	0	0	86	2	8	3
<u>Wahoo's Salad (-chips)</u>									
charbroiled fish	1	487	29	9	156	1029	43	14	5
blackened fish	1	484	28	9	157	995	43	14	5
charbroiled chicken	1	416	21	6	105	1870	44	14	5
blackened chicken	1	417	22	6	104	1892	44	14	5
carne asada	1	399	23	7	94	1809	43	16	5
carnitas	1	580	32	11	152	1514	55	18	7
shrimp	1	274	19	6	43	928	10	15	5
veggie	1	461	20	6	28	1348	19	54	14
veggie	1	422	20	6	28	1497	16	47	11
veggie	1	473	20	7	31	1426	19	56	13
veggie	1	434	20	7	31	1576	16	49	11
banzai veggie	1	297	18	6	28	928	13	24	8

Wahoo's Sandwich

charbroiled fish	1	553	22	7	103	897	34	51	2
blackened fish	1	552	22	7	104	877	34	51	2
charbroiled chicken	1	512	18	5	73	1387	35	51	2
blackened chicken	1	512	18	5	73	1400	35	51	2
carne asada	1	502	19	6	67	1351	34	52	2
carnitas	1	607	24	8	100	1179	41	53	3
shrimp	1	425	16	5	35	828	15	51	2
Sandwich Side Fries	1	331	11	2	0	59	5	50	5
Sandwich Side Onion Rings	1	340	14	3	0	680	4	48	5

Soups, Salads & Sandwiches (cont.):

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<u>Chopped Salad:</u>												
charbroiled fish	brown rice	black beans	1	396	10	3	85	651	34	45	12	
charbroiled fish	brown rice	white beans	1	357	10	3	85	801	31	38	10	
charbroiled fish	white rice	black beans	1	403	10	3	87	703	34	46	12	
charbroiled fish	white rice	white beans	1	364	10	3	87	853	31	39	10	
blackened fish	brown rice	black beans	1	394	10	3	86	628	34	45	12	
blackened fish	brown rice	white beans	1	355	10	3	86	778	31	38	10	
blackened fish	white rice	black beans	1	402	10	3	88	680	34	46	12	
blackened fish	white rice	white beans	1	363	10	3	88	830	31	39	10	
charbroiled chicken	brown rice	black beans	1	348	5	1	51	1212	35	44	12	
charbroiled chicken	brown rice	white beans	1	309	5	1	51	1361	32	38	10	
charbroiled chicken	white rice	black beans	1	356	5	1	53	1264	35	46	12	
charbroiled chicken	white rice	white beans	1	317	6	1	53	1413	32	39	10	
blackened chicken	brown rice	black beans	1	349	5	1	51	1226	35	45	12	
blackened chicken	brown rice	white beans	1	310	6	1	51	1376	31	38	10	
blackened chicken	white rice	black beans	1	356	6	1	52	1278	34	46	12	
blackened chicken	white rice	white beans	1	318	6	1	52	1428	31	39	10	
carne asada	brown rice	black beans	1	337	6	2	44	1171	34	46	12	
carne asada	brown rice	white beans	1	298	6	2	44	1320	31	39	10	
carne asada	white rice	black beans	1	345	6	2	46	1223	34	47	12	
carne asada	white rice	white beans	1	306	6	2	46	1372	31	40	10	
carnitas	brown rice	black beans	1	458	12	4	82	974	42	47	14	
carnitas	brown rice	white beans	1	419	12	4	82	1123	39	40	11	
carnitas	white rice	black beans	1	465	12	4	84	1026	42	48	13	
carnitas	white rice	white beans	1	426	12	4	84	1176	39	41	11	
shrimp	brown rice	black beans	1	249	3	1	8	573	12	45	12	
shrimp	brown rice	white beans	1	210	4	1	8	723	9	38	10	
shrimp	white rice	black beans	1	257	4	1	9	625	12	46	12	
shrimp	white rice	white beans	1	218	4	1	9	775	9	39	10	
vegetarian	brown rice	black beans	1	378	4	1	0	863	18	71	18	
vegetarian	brown rice	white beans	1	313	5	1	0	1113	13	60	14	
vegetarian	white rice	black beans	1	394	5	2	4	968	18	74	18	
vegetarian	white rice	white beans	1	329	5	1	4	1217	13	62	14	
banzai veggie	brown rice	black beans	1	270	3	1	0	598	14	52	14	
banzai veggie	brown rice	white beans	1	231	3	1	0	747	11	45	12	
banzai veggie	white rice	black beans	1	278	3	1	2	650	14	53	14	
banzai veggie	white rice	white beans	1	239	3	1	2	799	11	46	12	
blackened mushroom	brown rice	black beans	1	261	3	1	0	611	16	49	14	
blackened mushroom	brown rice	white beans	1	222	3	1	0	760	12	42	11	
blackened mushroom	white rice	black beans	1	269	3	1	2	663	15	50	13	
blackened mushroom	white rice	white beans	1	230	3	1	2	812	12	43	11	
<u>Salad dressings:</u>												
roasted pepper cilantro - 3 oz.				1	39	0	0	0	398	0	8	0
ranch - 3 oz.				1	283	28	4	28	652	0	3	0
balsamic vinaigrette - 3 oz.				1	325	34	6	6	280	3	5	0

Kid's Menu:

****Request Items without cheese and/or teriyaki sauce to reduce fat/sodium content (an even healthier choice!)**

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				K CAL	FAT [Gm]	S FAT (Gm)	CHOL [mg]	SOD [mg]	PROT [Gm]	CARB [Gm]	TDF [Gm]	
Servings												
<u>Kid Bowl:</u>												
charbroiled fish	brown rice	black beans	1	394	8	2	37	770	23	60	13	
charbroiled fish	brown rice	white beans	1	335	8	2	37	994	18	49	10	
charbroiled fish	white rice	black beans	1	411	8	3	41	887	23	63	12	
charbroiled fish	white rice	white beans	1	353	8	2	41	1111	18	53	9	
blackened fish	brown rice	black beans	1	393	8	2	38	760	23	60	13	
blackened fish	brown rice	white beans	1	334	8	2	38	984	19	49	10	
blackened fish	white rice	black beans	1	410	8	2	42	877	23	63	12	
blackened fish	white rice	white beans	1	352	8	2	42	1101	18	53	9	
charbroiled chicken	brown rice	black beans	1	373	6	1	22	1015	23	60	13	
charbroiled chicken	brown rice	white beans	1	314	6	1	22	1239	19	49	10	
charbroiled chicken	white rice	black beans	1	390	6	2	26	1132	23	63	12	
charbroiled chicken	white rice	white beans	1	332	6	2	26	1356	19	52	9	
blackened chicken	brown rice	black beans	1	373	6	1	22	1021	23	60	13	
blackened chicken	brown rice	white beans	1	315	6	1	22	1246	19	49	10	
blackened chicken	white rice	black beans	1	390	6	2	26	1138	23	63	12	
blackened chicken	white rice	white beans	1	332	6	2	26	1363	19	53	9	
carne asada	brown rice	black beans	1	368	6	1	19	997	23	60	13	
carne asada	brown rice	white beans	1	310	6	1	19	1221	19	50	10	
carne asada	white rice	black beans	1	385	6	2	23	1114	23	63	12	
carne asada	white rice	white beans	1	327	6	2	23	1338	19	53	9	
carnitas	brown rice	black beans	1	421	9	2	36	911	27	61	14	
carnitas	brown rice	white beans	1	362	9	2	36	1135	22	50	10	
carnitas	white rice	black beans	1	438	9	3	40	1028	27	64	13	
carnitas	white rice	white beans	1	380	9	3	40	1252	22	53	9	
shrimp	brown rice	black beans	1	330	5	1	4	737	14	60	13	
shrimp	brown rice	white beans	1	272	5	1	4	962	9	50	10	
shrimp	white rice	black beans	1	348	5	2	8	855	13	63	12	
shrimp	white rice	white beans	1	289	5	2	8	1079	9	53	9	
banzai veggie	brown rice	black beans	1	339	5	1	0	749	14	63	14	
banzai veggie	brown rice	white beans	1	280	5	1	0	973	10	53	10	
banzai veggie	white rice	black beans	1	356	5	2	4	866	14	66	13	
banzai veggie	white rice	white beans	1	298	5	2	4	1090	10	56	10	
blackened mushroom	brown rice	black beans	1	335	5	1	0	752	15	61	14	
blackened mushroom	brown rice	white beans	1	276	5	1	0	976	11	51	10	
blackened mushroom	white rice	black beans	1	352	5	2	4	869	15	64	13	
blackened mushroom	white rice	white beans	1	294	5	2	4	1093	10	54	9	
tofu	brown rice	black beans	1	373	7	1	0	743	18	61	14	
tofu	brown rice	white beans	1	315	7	1	0	967	14	51	10	
tofu	white rice	black beans	1	390	7	2	4	860	18	64	13	
tofu	white rice	white beans	1	332	7	2	4	1084	14	54	9	
<u>Mini Quesadilla:</u>												
served with		fries	1	556	26	10	43	642	16	60	4	
served with	brown rice	black beans	1	677	24	10	43	1318	26	90	13	
served with	brown rice	white beans	1	625	24	10	43	1517	22	81	10	
served with	white rice	black beans	1	700	24	11	48	1474	26	94	12	
served with	white rice	white beans	1	649	24	10	48	1674	22	85	9	

Kid's Menu (cont.):

Black Bean & Cheese Burrito			1	674	29	13	57	1507	29	75	11
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White Bean & Cheese Burrito	1	622	29	13	57	1707	25	66	8
Kid Nachos	1	561	35	14	71	688	21	40	3

Combo platter choices:
(add rice and beans to taco, burrito, enchilada selections for combo platters)

#1 side	brown rice	black beans	1	431	6	1	0	963	18	79	17
#1 side	brown rice	white beans	1	353	6	1	0	1262	12	66	13
#1 side	white rice	black beans	1	454	6	2	5	1119	18	84	16
#1 side	white rice	white beans	1	376	6	2	5	1418	12	70	12
#2 thru #5	brown rice	black beans	1	466	7	1	0	1001	19	86	18
#2 thru #5	brown rice	white beans	1	388	7	1	0	1300	13	72	13
#2 thru #5	white rice	black beans	1	493	7	2	6	1183	19	91	17
#2 thru #5	white rice	white beans	1	415	7	2	6	1482	12	77	12
kid side	brown rice	black beans	1	357	5	1	0	719	13	66	12
kid side	brown rice	white beans	1	305	5	1	0	918	9	57	9
kid side	white rice	black beans	1	380	6	2	5	875	13	70	11
kid side	white rice	white beans	1	328	6	2	5	1074	9	61	8

A la Carte Taco:

charbroiled fish			1	209	7	2	44	275	14	23	2
blackened fish			1	208	7	2	45	265	14	23	2
charbroiled chicken			1	203	5	1	29	492	15	26	4
blackened chicken			1	186	5	1	29	524	14	22	2
carne asada			1	181	5	2	26	499	14	22	2
carnitas			1	233	8	3	43	413	17	23	2
shrimp			1	146	4	1	11	242	4	23	2
veggie	brown rice	black beans	1	211	4	1	7	387	7	36	5
veggie	brown rice	white beans	1	198	4	1	7	437	6	34	4
veggie	white rice	black beans	1	215	4	2	8	414	7	36	5
veggie	white rice	white beans	1	202	4	2	8	463	6	34	4
banzai veggie			1	152	4	1	7	251	5	25	3
mushroom			1	148	4	1	7	254	6	23	3
tofu			1	193	6	2	7	248	10	24	3

A la Carte Classic Burrito:

charbroiled fish			1	547	23	8	99	1125	32	53	3
blackened fish			1	545	23	8	100	1102	33	53	3
charbroiled chicken			1	493	18	5	65	1680	33	51	3
blackened chicken			1	494	18	5	65	1695	33	52	3
carne asada			1	482	19	7	58	1639	33	53	3
carnitas			1	603	25	9	97	1442	41	54	4
shrimp			1	400	16	6	22	1047	11	53	3
veggie	brown rice	black beans	1	620	19	6	14	1517	20	96	12
veggie	brown rice	white beans	1	581	19	6	14	1666	17	89	10
veggie	white rice	black beans	1	633	19	7	17	1608	20	98	12
veggie	white rice	white beans	1	594	19	7	17	1757	17	92	9
mushroom			1	406	16	6	14	1079	14	55	4
tofu			1	494	21	6	14	1059	21	55	4

Combo platter choices (cont.):
add taco, burrito, enchilada selections to rice and beans

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<u>A la Carte Red Enchilada:</u>												
	cheese			1	329	20	11	64	655	17	16	1
	charbroiled fish			1	229	11	5	58	433	16	15	1
	blackened fish			1	228	11	5	59	423	16	15	1
	charbroiled chicken			1	208	9	4	44	679	17	15	1
	blackened chicken			1	209	9	4	44	685	17	15	1
	carne asada			1	203	9	4	41	661	16	15	1
	carnitas			1	256	12	5	57	575	20	16	2
	shrimp			1	166	8	4	25	401	7	15	1
	veggie	brown rice	black beans	1	230	8	4	21	546	10	28	4
	veggie	brown rice	white beans	1	217	8	4	21	596	9	25	3
	veggie	white rice	black beans	1	234	8	4	22	572	10	28	4
	veggie	white rice	white beans	1	221	9	4	22	622	9	26	3
	banzai veggie			1	176	8	4	21	413	8	18	2
	mushroom			1	172	8	4	21	420	8	17	2
	tofu			1	215	10	4	21	410	12	16	2

A la Carte Green Enchilada:

	cheese			1	339	20	11	64	699	16	18	1
	charbroiled fish			1	239	10	5	58	477	16	17	1
	blackened fish			1	239	10	5	59	467	16	17	1
	charbroiled chicken			1	219	8	4	44	722	16	17	1
	blackened chicken			1	219	8	4	44	729	16	17	1
	carne asada			1	214	9	4	41	704	16	17	1
	carnitas			1	266	11	5	57	618	19	18	1
	shrimp			1	176	8	4	25	445	6	17	1
	veggie	brown rice	black beans	1	241	8	4	21	590	9	30	4
	veggie	brown rice	white beans	1	228	8	4	21	640	8	28	3
	veggie	white rice	black beans	1	245	8	4	22	616	9	31	4
	veggie	white rice	white beans	1	232	8	4	22	666	8	29	3
	banzai veggie			1	187	7	4	21	457	7	21	2
	mushroom			1	182	7	4	21	463	8	19	2
	tofu			1	226	10	4	21	453	12	19	2

Baja Roll Combo:

	served with	brown rice	black beans	1	522	9	2	7	1162	22	92	18
	served with	brown rice	white beans	1	444	9	2	7	1461	15	78	13
	served with	white rice	black beans	1	549	9	3	13	1344	21	96	17
	served with	white rice	white beans	1	471	10	3	13	1643	15	83	12

Wet Baja Roll Combo:

	served with	brown rice	black beans	1	800	27	12	64	2131	36	103	19
	served with	brown rice	white beans	1	723	27	12	64	2430	30	90	14
	served with	white rice	black beans	1	827	27	13	70	2313	36	108	18
	served with	white rice	white beans	1	749	27	13	70	2612	30	95	13

Banzai Burrito:

	charbroiled fish	brown rice	black beans	1	648	21	6	85	1379	36	82	10
	charbroiled fish	brown rice	white beans	1	622	21	6	85	1479	34	77	8
	charbroiled fish	white rice	black beans	1	656	21	6	87	1431	36	83	9

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charbroiled fish	white rice	white beans	1	630	21	6	87	1531	34	79	8
blackened fish	brown rice	black beans	1	647	21	6	86	1356	36	82	10
blackened fish	brown rice	white beans	1	621	21	6	86	1456	34	77	8
blackened fish	white rice	black beans	1	654	21	6	88	1408	36	83	9
blackened fish	white rice	white beans	1	628	21	6	88	1508	34	79	8
charbroiled chicken	brown rice	black beans	1	601	16	3	51	1939	37	82	10
charbroiled chicken	brown rice	white beans	1	575	16	3	51	2039	35	77	8
charbroiled chicken	white rice	black beans	1	608	16	4	53	1991	37	83	9
charbroiled chicken	white rice	white beans	1	583	16	4	53	2091	35	78	8
blackened chicken	brown rice	black beans	1	602	16	3	51	1954	37	82	10
blackened chicken	brown rice	white beans	1	576	16	3	51	2054	35	77	8
blackened chicken	white rice	black beans	1	609	16	4	52	2006	37	83	9
blackened chicken	white rice	white beans	1	583	16	4	52	2106	35	79	8
carne asada	brown rice	black beans	1	589	17	5	44	1893	36	83	10
carne asada	brown rice	white beans	1	563	17	5	44	1993	34	79	8
carne asada	white rice	black beans	1	597	17	5	46	1945	36	85	9
carne asada	white rice	white beans	1	571	17	5	46	2045	34	80	8
carnitas	brown rice	black beans	1	710	23	7	82	1702	45	84	11
carnitas	brown rice	white beans	1	684	23	7	82	1801	43	79	9
carnitas	white rice	black beans	1	718	23	7	84	1754	45	85	10
carnitas	white rice	white beans	1	692	23	7	84	1853	43	81	9
shrimp	brown rice	black beans	1	502	14	4	8	1301	14	82	10
shrimp	brown rice	white beans	1	476	14	4	8	1401	12	77	8
shrimp	white rice	black beans	1	509	14	4	9	1353	14	83	9
shrimp	white rice	white beans	1	483	14	4	9	1453	12	79	8
vegetarian	brown rice	black beans	1	511	14	4	0	1279	16	86	11
vegetarian	brown rice	white beans	1	485	14	3	0	1378	14	82	9
vegetarian	white rice	black beans	1	519	14	4	2	1331	16	88	11
vegetarian	white rice	white beans	1	493	14	4	2	1431	14	83	9
blackened mushroom	brown rice	black beans	1	514	14	4	0	1338	18	86	11
blackened mushroom	brown rice	white beans	1	488	14	4	0	1438	16	81	9
blackened mushroom	white rice	black beans	1	522	14	4	2	1391	18	87	10
blackened mushroom	white rice	white beans	1	496	14	4	2	1490	16	82	9
tofu	brown rice	black beans	1	599	19	4	0	1296	25	85	11
tofu	brown rice	white beans	1	573	19	4	0	1396	23	80	9
tofu	white rice	black beans	1	607	19	4	2	1348	25	86	11
tofu	white rice	white beans	1	581	19	4	2	1448	23	82	9

Wahoo Bowls:

#6 maui bowl	brown rice	black beans	1	796	15	3	66	2160	55	121	19
#6 maui bowl	brown rice	white beans	1	718	15	3	66	2459	49	107	15
#6 maui bowl	white rice	black beans	1	842	16	5	76	2473	55	129	17
#6 maui bowl	white rice	white beans	1	765	16	5	76	2772	49	116	12

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MENU ANALYSIS

F067 [071609] K= kilo calories

			Servings	K CAL	FAT [Gm]	S FAT (Gm)	CHOL [mg]	SOD [mg]	PROT [Gm]	CARB [Gm]	TDF [Gm]
#6 carne asada bowl	brown rice	black beans	1	794	16	4	66	2136	55	120	19
#6 carne asada bowl	brown rice	white beans	1	716	16	4	66	2435	49	106	15
#6 carne asada bowl	white rice	black beans	1	840	16	5	76	2448	55	128	17
#6 carne asada bowl	white rice	white beans	1	763	16	5	76	2747	49	114	12
#7 charbroiled chicken bowl	brown rice	black beans	1	811	14	2	77	2197	56	118	19
#7 charbroiled chicken bowl	brown rice	white beans	1	733	15	2	77	2496	50	104	15
#7 charbroiled chicken bowl	white rice	black beans	1	857	15	4	87	2509	56	126	17
#7 charbroiled chicken bowl	white rice	white beans	1	779	15	4	87	2808	50	113	12
#7 blackened chicken bowl	brown rice	black beans	1	812	15	2	76	2219	56	118	19
#7 blackened chicken bowl	brown rice	white beans	1	734	15	2	76	2518	50	105	15
#7 blackened chicken bowl	white rice	black beans	1	858	15	4	86	2531	56	127	17
#7 blackened chicken bowl	white rice	white beans	1	780	15	4	86	2830	49	113	12
#7 teriyaki chicken bowl	brown rice	black beans	1	815	14	2	77	2241	56	119	19
#7 teriyaki chicken bowl	brown rice	white beans	1	737	15	2	77	2540	50	105	15
#7 teriyaki chicken bowl	white rice	black beans	1	861	15	4	87	2553	56	127	17
#7 teriyaki chicken bowl	white rice	white beans	1	783	15	4	87	2852	50	113	12
#8 charbroiled fish bowl	brown rice	black beans	1	882	22	5	127	1356	55	118	19
#8 charbroiled fish bowl	brown rice	white beans	1	804	22	5	127	1655	48	105	15
#8 charbroiled fish bowl	white rice	black beans	1	928	22	7	138	1668	54	126	17
#8 charbroiled fish bowl	white rice	white beans	1	851	22	7	138	1968	48	113	12
#8 blackened fish bowl	brown rice	black beans	1	880	21	5	129	1322	55	118	19
#8 blackened fish bowl	brown rice	white beans	1	802	21	5	129	1621	49	105	15
#8 blackened fish bowl	white rice	black beans	1	926	22	7	139	1634	55	126	17
#8 blackened fish bowl	white rice	white beans	1	848	22	7	139	1933	49	113	12
#8 teriyaki fish bowl	brown rice	black beans	1	886	22	5	127	1400	55	119	19
#8 teriyaki fish bowl	brown rice	white beans	1	808	22	5	127	1699	48	105	15
#8 teriyaki fish bowl	white rice	black beans	1	932	22	7	138	1712	54	127	17
#8 teriyaki fish bowl	white rice	white beans	1	855	22	7	138	2012	48	114	12
#8 shrimp bowl	brown rice	black beans	1	669	12	2	15	1254	22	119	19
#8 shrimp bowl	brown rice	white beans	1	591	12	2	15	1553	16	105	15
#8 shrimp bowl	white rice	black beans	1	715	13	4	25	1567	22	127	17
#8 shrimp bowl	white rice	white beans	1	638	13	4	25	1866	16	113	12
#9 veggie bowl	brown rice	black beans	1	715	11	2	0	1263	27	133	24
#9 veggie bowl	brown rice	white beans	1	637	11	2	0	1562	21	119	19
#9 veggie bowl	white rice	black beans	1	761	11	4	10	1575	26	141	22
#9 veggie bowl	white rice	white beans	1	684	12	4	10	1874	20	128	17
#10 kahlua pig bowl	brown rice	black beans	1	979	25	7	123	1884	67	122	21
#10 kahlua pig bowl	brown rice	white beans	1	901	25	7	123	2183	61	109	16
#10 kahlua pig bowl	white rice	black beans	1	1025	25	9	134	2197	67	131	19
#10 kahlua pig bowl	white rice	white beans	1	948	25	9	134	2496	61	117	14
#10 carnitas bowl	brown rice	black beans	1	975	25	7	123	1840	67	122	21
#10 carnitas bowl	brown rice	white beans	1	897	25	7	123	2139	61	108	16
#10 carnitas bowl	white rice	black beans	1	1021	25	9	134	2153	67	130	19
#10 carnitas bowl	white rice	white beans	1	944	25	9	134	2452	61	116	14

Wahoo Bowls (cont.):

#11 Banzai Bowl:

charbroiled fish	brown rice	black beans	1	853	18	4	85	1363	47	128	22
charbroiled fish	brown rice	white beans	1	775	18	4	85	1662	41	115	18
charbroiled fish	white rice	black beans	1	899	19	6	95	1675	47	137	20
charbroiled fish	white rice	white beans	1	821	19	6	95	1974	40	123	16

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MENU ANALYSIS

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				Servings	K CAL	FAT [Gm]	S FAT (Gm)	CHOL [mg]	SOD [mg]	PROT [Gm]	CARB [Gm]	TDF [Gm]
blackened fish	brown rice	black beans	1	851	18	4	86	1340	47	128	22	
blackened fish	brown rice	white beans	1	773	18	4	86	1639	41	115	18	
blackened fish	white rice	black beans	1	897	18	6	96	1652	47	137	20	
blackened fish	white rice	white beans	1	819	18	6	96	1951	41	123	16	
charbroiled chicken	brown rice	black beans	1	805	13	2	51	1923	48	128	22	
charbroiled chicken	brown rice	white beans	1	727	14	2	51	2222	42	115	18	
charbroiled chicken	white rice	black beans	1	851	14	4	61	2236	48	137	20	
charbroiled chicken	white rice	white beans	1	774	14	4	61	2535	41	123	15	
blackened chicken	brown rice	black beans	1	806	14	2	51	1938	48	128	22	
blackened chicken	brown rice	white beans	1	728	14	2	51	2237	42	115	18	
blackened chicken	white rice	black beans	1	852	14	4	61	2250	47	137	20	
blackened chicken	white rice	white beans	1	774	14	4	61	2549	41	123	16	
carne asada	brown rice	black beans	1	791	14	3	44	1855	47	130	22	
carne asada	brown rice	white beans	1	713	14	3	44	2154	41	116	18	
carne asada	white rice	black beans	1	837	15	5	54	2167	47	138	20	
carne asada	white rice	white beans	1	760	15	5	54	2466	41	124	15	
carnitas	brown rice	black beans	1	915	20	5	82	1686	55	131	23	
carnitas	brown rice	white beans	1	837	20	5	82	1985	49	117	19	
carnitas	white rice	black beans	1	961	21	7	93	1998	55	139	21	
carnitas	white rice	white beans	1	883	21	7	93	2297	49	125	17	
shrimp	brown rice	black beans	1	706	12	2	8	1285	25	129	22	
shrimp	brown rice	white beans	1	628	12	2	8	1584	19	115	18	
shrimp	white rice	black beans	1	752	12	4	18	1597	25	137	20	
shrimp	white rice	white beans	1	674	12	4	18	1896	19	123	15	
tofu	brown rice	black beans	1	801	16	3	0	1258	36	131	24	
tofu	brown rice	white beans	1	724	16	3	0	1557	30	117	19	
tofu	white rice	black beans	1	848	17	4	10	1571	36	139	22	
tofu	white rice	white beans	1	770	17	4	10	1870	30	126	17	
#12 shrimp bowl	brown rice	black beans	1	669	12	2	15	1254	22	119	19	
#12 shrimp bowl	brown rice	white beans	1	591	12	2	15	1553	16	105	15	
#12 shrimp bowl	white rice	black beans	1	715	13	4	25	1567	22	127	17	
#12 shrimp bowl	white rice	white beans	1	638	13	4	25	1866	16	113	12	
#14 tofu bowl	brown rice	black beans	1	811	18	3	0	1265	38	123	21	
#14 tofu bowl	brown rice	white beans	1	734	19	3	0	1564	32	110	17	
#14 tofu bowl	white rice	black beans	1	858	19	5	10	1577	38	132	19	
#14 tofu bowl	white rice	white beans	1	780	19	5	10	1877	32	118	14	

Wet Classic Burritos - Red Sauce:

charbroiled fish			1	812	41	17	156	2039	47	62	5
blackened fish			1	818	40	17	157	2158	48	64	6
charbroiled chicken			1	759	36	15	122	2594	48	60	4
blackened chicken			1	760	37	15	122	2609	48	60	4
carne asada			1	748	37	16	115	2553	48	61	4
carnitas			1	868	43	19	153	2357	56	63	5

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MENU ANALYSIS

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				K CAL	FAT	S FAT	CHOL	SOD	PROT	CARB	TDF
				Servings	[Gm]	(Gm)	[mg]	[mg]	[Gm]	[Gm]	[Gm]
shrimp			1	665	34	15	78	1961	26	62	5
veggie	brown rice	black beans	1	885	37	16	71	2431	35	105	14
veggie	brown rice	white beans	1	847	37	16	71	2580	32	98	12
veggie	white rice	black beans	1	843	33	14	60	2433	32	107	13
veggie	white rice	white beans	1	860	37	16	74	2672	32	100	11
blackened mushroom			1	672	34	15	71	1993	29	64	6
tofu			1	759	39	16	71	1973	36	64	6

Wet Classic Burritos - Green Sauce:

charbroiled fish			1	838	40	17	156	2148	46	68	4
blackened fish			1	836	40	17	157	2125	47	68	4
charbroiled chicken			1	785	36	15	122	2703	47	66	3
blackened chicken			1	786	36	15	122	2718	47	66	4
carne asada			1	774	36	16	115	2662	47	68	4
carnitas			1	894	42	18	153	2466	55	69	5
shrimp			1	691	34	15	78	2070	25	68	4
veggie	brown rice	black beans	1	911	36	16	71	2540	34	111	13
veggie	brown rice	white beans	1	872	36	15	71	2689	31	104	11
veggie	white rice	black beans	1	869	32	14	60	2542	31	113	12
veggie	white rice	white beans	1	886	36	16	74	2780	31	106	10
blackened mushroom			1	698	33	15	71	2102	28	70	5
tofu			1	785	38	16	71	2082	35	70	5

Wet Banzai Burritos - Red Sauce:

charbroiled fish	brown rice	black beans	1	914	39	15	142	2293	51	90	11
charbroiled fish	brown rice	white beans	1	888	39	15	142	2393	49	86	10
charbroiled fish	white rice	black beans	1	922	39	15	143	2345	51	92	11
charbroiled fish	white rice	white beans	1	896	39	15	143	2445	49	87	9
blackened fish	brown rice	black beans	1	912	39	15	143	2270	51	91	11
blackened fish	brown rice	white beans	1	886	39	15	143	2370	49	86	10

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			Servings	K CAL	FAT [Gm]	S FAT (Gm)	CHOL [mg]	SOD [mg]	PROT [Gm]	CARB [Gm]	TDF [Gm]
blackened fish	white rice	black beans	1	920	39	15	144	2322	51	92	11
blackened fish	white rice	white beans	1	894	39	15	144	2422	49	87	9
charbroiled chicken	brown rice	black beans	1	866	34	13	108	2854	52	90	11
charbroiled chicken	brown rice	white beans	1	840	34	13	108	2953	50	86	10
charbroiled chicken	white rice	black beans	1	874	34	13	110	2906	52	92	11
charbroiled chicken	white rice	white beans	1	848	34	13	110	3005	50	87	9
blackened chicken	brown rice	black beans	1	867	34	13	107	2868	52	91	11
blackened chicken	brown rice	white beans	1	841	34	13	107	2968	50	86	10
blackened chicken	white rice	black beans	1	875	34	13	109	2920	52	92	11
blackened chicken	white rice	white beans	1	849	34	13	109	3020	50	87	9
carne asada	brown rice	black beans	1	855	35	14	101	2807	51	92	11
carne asada	brown rice	white beans	1	829	35	14	101	2907	49	87	10
carne asada	white rice	black beans	1	862	35	14	102	2859	51	93	11
carne asada	white rice	white beans	1	836	35	14	102	2959	49	89	9
carnitas	brown rice	black beans	1	976	41	17	139	2616	60	93	12
carnitas	brown rice	white beans	1	950	41	17	139	2716	58	88	11
carnitas	white rice	black beans	1	984	41	17	141	2668	60	94	12
carnitas	white rice	white beans	1	958	41	17	141	2768	57	90	10
shrimp	brown rice	black beans	1	767	32	13	64	2215	29	91	11
shrimp	brown rice	white beans	1	741	32	13	64	2315	27	86	10
shrimp	white rice	black beans	1	775	32	13	66	2267	29	92	11
shrimp	white rice	white beans	1	749	32	13	66	2367	27	88	9
vegetarian	brown rice	black beans	1	776	32	13	57	2193	31	95	13
vegetarian	brown rice	white beans	1	750	32	13	57	2293	29	91	11
vegetarian	white rice	black beans	1	784	32	13	58	2245	31	97	12
vegetarian	white rice	white beans	1	758	32	13	58	2345	29	92	11
blackened mushroom	brown rice	black beans	1	780	32	13	57	2253	33	94	12
blackened mushroom	brown rice	white beans	1	754	32	13	57	2352	31	90	11
blackened mushroom	white rice	black beans	1	787	32	13	58	2305	33	96	12
blackened mushroom	white rice	white beans	1	761	32	13	58	2405	31	91	10
tofu	brown rice	black beans	1	865	37	14	57	2211	40	94	12
tofu	brown rice	white beans	1	839	37	14	57	2310	38	89	11
tofu	white rice	black beans	1	872	37	14	58	2263	40	95	12
tofu	white rice	white beans	1	846	37	14	58	2362	38	90	11

Wet Banzai Burritos - Green Sauce

charbroiled fish	brown rice	black beans	1	940	38	15	142	2402	50	97	10
charbroiled fish	brown rice	white beans	1	914	38	15	142	2502	48	92	9
charbroiled fish	white rice	black beans	1	948	38	15	143	2454	50	98	10
charbroiled fish	white rice	white beans	1	922	38	15	143	2554	48	93	8
blackened fish	brown rice	black beans	1	938	38	15	143	2379	50	97	10
blackened fish	brown rice	white beans	1	912	38	15	143	2479	48	92	9
blackened fish	white rice	black beans	1	946	38	15	144	2431	50	98	10

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blackened fish	white rice	white beans	1	920	38	15	144	2531	48	93	8
charbroiled chicken	brown rice	black beans	1	892	33	13	108	2963	51	97	10
charbroiled chicken	brown rice	white beans	1	866	33	13	108	3062	49	92	9
charbroiled chicken	white rice	black beans	1	900	33	13	110	3015	51	98	10
charbroiled chicken	white rice	white beans	1	874	33	13	110	3114	49	93	8
blackened chicken	brown rice	black beans	1	893	33	13	107	2977	51	97	10
blackened chicken	brown rice	white beans	1	867	33	13	107	3077	49	92	9
blackened chicken	white rice	black beans	1	901	34	13	109	3029	51	98	10
blackened chicken	white rice	white beans	1	875	34	13	109	3129	49	93	8
carne asada	brown rice	black beans	1	880	34	14	101	2916	50	98	10
carne asada	brown rice	white beans	1	855	34	14	101	3016	48	94	9
carne asada	white rice	black beans	1	888	34	14	102	2968	50	100	10
carne asada	white rice	white beans	1	862	34	14	102	3068	48	95	8
carnitas	brown rice	black beans	1	1002	40	17	139	2725	58	99	11
carnitas	brown rice	white beans	1	976	40	16	139	2825	56	94	10
carnitas	white rice	black beans	1	1010	40	17	141	2777	58	100	11
carnitas	white rice	white beans	1	984	40	17	141	2877	56	96	9
shrimp	brown rice	black beans	1	793	31	13	64	2324	28	97	10
shrimp	brown rice	white beans	1	767	31	13	64	2424	26	92	9
shrimp	white rice	black beans	1	801	32	13	66	2376	28	98	10
shrimp	white rice	white beans	1	775	32	13	66	2476	26	94	8
vegetarian	brown rice	black beans	1	802	31	13	57	2302	30	101	12
vegetarian	brown rice	white beans	1	776	31	13	57	2402	28	97	10
vegetarian	white rice	black beans	1	810	31	13	58	2354	30	103	11
vegetarian	white rice	white beans	1	784	31	13	58	2454	28	98	10
blackened mushroom	brown rice	black beans	1	806	31	13	57	2362	32	101	11
blackened mushroom	brown rice	white beans	1	780	31	13	57	2461	30	96	10
blackened mushroom	white rice	black beans	1	813	31	13	58	2414	32	102	11
blackened mushroom	white rice	white beans	1	787	31	13	58	2513	30	97	10
tofu	brown rice	black beans	1	891	36	14	57	2319	39	100	12
tofu	brown rice	white beans	1	865	36	14	57	2419	37	95	10
tofu	white rice	black beans	1	898	36	14	58	2371	39	101	11
tofu	white rice	white beans	1	872	36	14	58	2471	37	97	10

Side Kicks:

side black beans			1	442	3	1	0	1465	28	82	31
side white beans			1	286	3	1	0	2063	16	54	22
side white rice			1	389	8	3	9	644	6	71	1
side brown rice			1	350	7	1	0	384	7	64	3
1/2 bean & 1/2 rice	brown rice	black beans	1	359	5	1	0	802	15	66	15
1/2 bean & 1/2 rice	brown rice	white beans	1	294	5	1	0	1052	10	55	11
1/2 bean & 1/2 rice	white rice	black beans	1	378	5	2	4	932	15	70	14
1/2 bean & 1/2 rice	white rice	white beans	1	313	5	2	4	1182	10	58	10
side corn tortillas - 3 ea.			1	144	2	0	0	74	3	29	2

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side flour tortilla - 1 ea.	1	300	11	3	0	660	6	46	1
side guacamole - 3 oz.	1	108	10	1	0	319	2	5	3
side sour cream - 3 oz.	1	170	14	10	43	128	3	6	0
side salsa - 3 oz.	1	18	0	0	0	259	1	4	1
side green sauce - 3 oz.	1	39	0	0	0	398	0	8	0
side Mr. Lee chili sauce - 0.5 oz.	1	43	3	0	0	142	0	3	0

Desserts:

Cookies:

chocolate chip cookie	2	260	10	5	15	200	3	39	1
white chocolate macadamia nut	2	270	12	6	15	210	3	37	1
oatmeal raisin	2	240	9	4	20	220	4	36	1
brownie with walnuts	2	250	12	5	30	210	3	33	1

Ice Cream:

see nutrition label on individual ice cream packages

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