

The nutritional information provided is approximate for informational purposes only. Reported nutritional values are based upon data collected through laboratory testing, published resources, suppliers and third party software. Values listed may be different than the actual values due to supplier differences, serving size, product differences, specification ranges, tolerances, variable preparation, recipe changes and ingredient substitutions. We encourage you to consult your doctor if you have questions about your health or diet. Complete menu analysis available at the counter or online. Information based on a 2,000 calorie a day diet. Your daily values may be higher or lower depending on your calorie needs.

MENU ANALYSIS

F067 [080315]

	Servings	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				
<u>Soups, Salads & Sandwiches:</u>													
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													
			brown rice	black beans	1	461	20	6	28	1348	19	54	14
			brown rice	white beans	1	422	20	6	28	1497	16	47	11
			white rice	black beans	1	473	20	7	31	1426	19	56	13
			white rice	white beans	1	434	20	7	31	1576	16	49	11
banzai veggie	1	297	18	6	28	928	13	24	8				
salmon	1	524	37	8	116	1342	30	21	6				
<u>Kale Kai Salad (-Chips)</u>													
charbroiled fish	1	314	15	2	106	769	31	16	6				
blackened fish	1	311	15	2	107	741	32	16	7				
charbroiled chicken	1	277	11	1	64	1470	32	16	6				
blackened chicken	1	278	11	1	63	1488	32	16	7				

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

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carne asada	1	263	12	2	55	1419	32	17	6
carnitas	1	328	17	5	23	1132	29	19	8
shrimp	1	153	8	1	9	672	4	16	6
veggie	1	349	10	1	0	1115	13	56	15
veggie	1	310	10	1	49	1244	10	48	13
veggie	1	360	10	2	3	1170	13	57	15
veggie	1	321	10	2	3	1299	10	51	12
tofu	1	277	14	2	0	693	18	20	8
mushroom	1	168	8	1	0	719	9	21	8
banzai veggie	1	174	8	1	0	648	7	24	9
salmon	1	368	24	3	73	1127	21	21	7

Soups, Salads & Sandwiches (cont.):

Shredder Sandwich

charbroiled fish	1	386	21	4	74	353	22	29	3
blackened fish	1	384	20	4	75	333	23	29	3
charbroiled chicken	1	360	18	3	45	844	23	29	3
blackened chicken	1	360	18	3	44	857	23	29	3
carne asada	1	350	18	4	39	808	23	30	3
carnitas	1	396	22	6	16	607	21	31	4
shrimp	1	273	16	3	7	285	3	30	3
Salmon	1	423	27	4	51	604	15	33	4
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

Power Chopper:

charbroiled fish	1	396	10	3	85	651	34	45	12
charbroiled fish	1	357	10	3	85	801	31	38	10
charbroiled fish	1	403	10	3	87	703	34	46	12
charbroiled fish	1	364	10	3	87	853	31	39	10
blackened fish	1	394	10	3	86	628	34	45	12
blackened fish	1	355	10	3	86	778	31	38	10
blackened fish	1	402	10	3	88	680	34	46	12
blackened fish	1	363	10	3	88	830	31	39	10
charbroiled chicken	1	348	5	1	51	1212	35	44	12
charbroiled chicken	1	309	5	1	51	1361	32	38	10
charbroiled chicken	1	356	5	1	53	1264	35	46	12
charbroiled chicken	1	317	6	1	53	1413	32	39	10
blackened chicken	1	349	5	1	51	1226	35	45	12
blackened chicken	1	310	6	1	51	1376	31	38	10
blackened chicken	1	356	6	1	52	1278	34	46	12
blackened chicken	1	318	6	1	52	1428	31	39	10
carne asada	1	337	6	2	44	1171	34	46	12
carne asada	1	298	6	2	44	1320	31	39	10
carne asada	1	345	6	2	46	1223	34	47	12
carne asada	1	306	6	2	46	1372	31	40	10
carnitas	1	458	12	4	82	974	42	47	14
carnitas	1	419	12	4	82	1123	39	40	11
carnitas	1	465	12	4	84	1026	42	48	13
carnitas	1	426	12	4	84	1176	39	41	11
shrimp	1	249	3	1	8	573	12	45	12

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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

Soups, Salads & Sandwiches (cont.):

Power Chopper (cont.):

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
salmon	brown rice	black beans	1	420	16	2	58	938	25	49	13
salmon	brown rice	white beans	1	380	16	2	58	1067	22	42	10
salmon	white rice	black beans	1	427	16	2	60	975	25	50	12
salmon	white rice	white beans	1	388	16	2	60	1104	22	43	10

Paleo Avo Salad:

charbroiled fish only			1	352	20	3	127	414	36	11	6
charbroiled fish & blackened fish			1	350	20	3	128	397	36	11	6
charbroiled fish & charbroiled chicken			1	349	21	3	96	1039	34	11	6
charbroiled fish & blackened chicken			1	330	18	3	102	846	36	11	6
charbroiled fish & carne asada			1	321	18	3	97	804	36	12	6
charbroiled fish & maui steak			1	322	18	3	97	816	36	13	6
charbroiled fish & carnitas			1	360	21	4	78	632	34	13	6
charbroiled fish & shrimp			1	259	16	2	71	363	19	11	6
charbroiled fish & salmon			1	384	25	3	107	629	29	14	6
charbroiled fish & tofu			1	330	19	3	37	369	27	14	7
charbroiled fish & mushrooms			1	264	16	2	64	384	22	14	6
blackened fish only			1	349	20	3	129	380	36	11	6
blackened fish & charbroiled chicken			1	347	21	3	97	1022	34	11	6
blackened fish & blackened chicken			1	329	17	2	103	829	36	11	6
blackened fish & carne asada			1	320	18	3	96	787	36	12	6
blackened fish & maui steak			1	321	18	3	97	799	36	12	6
blackened fish & carnitas			1	359	21	4	78	615	34	13	6
blackened fish & shrimp			1	257	16	2	72	346	20	11	6
blackened fish & salmon			1	383	25	3	108	612	30	14	6
blackened fish & tofu			1	328	19	3	65	352	28	14	6
blackened fish & mushrooms			1	263	15	2	65	367	22	14	6
charbroiled chicken only			1	330	18	2	102	846	36	11	6
charbroiled chicken & blk chicken			1	321	18	3	97	804	36	12	6
charbroiled chicken & carne asada			1	256	17	2	40	988	18	11	5
charbroiled chicken & shrimp			1	381	26	3	76	1253	28	14	6
charbroiled chicken & salmon			1	261	16	2	33	1008	20	14	6
charbroiled chicken & mushrooms			1	327	20	3	33	993	26	14	7
charbroiled chicken & tofu			1	339	18	4	52	1063	35	13	6

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blackened chicken & carnitas	1	308	15	2	76	1277	37	11	6
blackened chicken only	1	299	15	2	71	1236	37	12	6
blackened chicken & carne asada	1	237	14	2	46	795	20	11	6
blackened chicken & shrimp	1	362	23	3	82	1061	30	14	6
blackened chicken & salmon	1	308	17	2	38	800	28	14	7
blackened chicken & tofu	1	243	13	2	38	816	23	14	6
blackened chicken & mushrooms	1	291	16	3	66	1194	36	13	6
carne asada only	1	330	19	5	47	1022	34	14	6
carne asada & carnitas	1	291	16	3	66	1206	36	13	6
carne asada & maui steak	1	228	14	3	41	753	20	12	6
carne asada & shrimp	1	353	23	4	77	1019	30	15	6
carne asada & salmon	1	299	17	3	33	759	28	14	7
carne asada & tofu	1	234	14	2	33	774	22	15	6
carne asada & mushrooms	1	369	22	6	28	850	33	14	7
carnitas only	1	357	22	4	47	1256	32	13	6
carnitas & charboiled chicken	1	393	26	5	58	847	28	16	7
carnitas & salmon	1	267	17	4	22	581	18	13	6
carnitas & shrimp	1	338	20	4	14	589	26	15	7
carnitas & tofu	1	273	17	4	14	602	21	16	7
carnitas & mushrooms	1	292	15	3	66	1218	36	14	5
maui steak only	1	300	15	2	71	1247	36	12	6
maui steak & blackened chicken	1	319	18	3	66	1441	34	12	5
maui steak & charbroiled chicken	1	331	19	4	47	1034	34	14	6
maui steak & carnitas	1	229	14	2	41	766	20	13	5
maui steak & shrimp	1	354	23	3	77	1031	30	16	6
maui steak & salmon	1	300	17	3	33	771	28	15	7
maui steak & tofu	1	235	13	2	33	786	22	15	6
maui steak & mushrooms	1	166	12	2	15	313	3	11	5
shrimp only	1	291	21	3	51	578	13	14	6
shrimp & salmon	1	237	16	2	8	318	11	14	7
shrimp & tofu	1	171	12	2	8	333	6	14	6
shrimp & mushrooms	1	416	30	4	87	844	23	17	6
salmon only	1	362	25	3	44	584	21	17	7
salmon & tofu	1	297	21	3	44	599	16	17	7
salmon & mushrooms	1	177	11	2	0	354	8	17	7
mushrooms only	1	308	19	3	0	323	19	16	8
tofu only	1	242	15	2	0	339	14	17	7

Salad dressings:

	1	39	0	0	0	398	0	8	0
roasted pepper cilantro - 3 oz.	1	283	28	4	28	652	0	3	0
ranch - 3 oz.	1	325	34	6	6	280	3	5	0
balsamic vinaigrette - 3 oz.									

Kid's Menu:

Kid Bowl:

	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
charbroiled fish	brown rice	black beans	1	393	8	2	38	760	23	60	13

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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
blackened fish	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
charbroiled 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
blackened chicken	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
carne asada	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
carnitas											

Kid's Menu (cont.):

Kid Bowl (cont.):

	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
shrimp											
	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
banzai veggie											
	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
blackened mushroom											
	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
tofu											

Mini Quesadilla:

		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
served with											

			1	674	29	13	57	1507	29	75	11
Black Bean & Cheese Burrito			1	622	29	13	57	1707	25	66	8

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White Bean & Cheese Burrito	1	561	35	14	71	688	21	40	3
Kid Nachos									

Combo platter choices:

(add rice and beans to taco, burrito, enchilada selections for combo platters)

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

A la Carte Original Taco:

			1	209	7	2	44	275	14	23	2
charbroiled fish			1	208	7	2	45	265	14	23	2
blackened fish			1	203	5	1	29	492	15	26	4
charbroiled chicken			1	186	5	1	29	524	14	22	2
blackened chicken			1	181	5	2	26	499	14	22	2
carne asada			1	233	8	3	43	413	17	23	2
carnitas			1	146	4	1	11	242	4	23	2
shrimp	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
veggie			1	152	4	1	7	251	5	25	3
banzai veggie			1	148	4	1	7	254	6	23	3
mushroom			1	193	6	2	7	248	10	24	3

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charbroiled chicken	white rice	white beans	1	759	29	11	83	2232	39	86	8
charbroiled chicken											
	brown rice	black beans	1	788	29	11	81	2059	42	91	11
blackened chicken	brown rice	white beans	1	748	29	11	81	2188	39	84	8
blackened chicken	white rice	black beans	1	799	29	11	83	2114	42	93	10
blackened chicken	white rice	white beans	1	760	29	11	83	2243	39	86	8
blackened chicken											
	brown rice	black beans	1	779	29	12	76	2017	42	92	11
carne asada	brown rice	white beans	1	739	29	11	76	2146	39	85	8
carne asada	white rice	black beans	1	790	29	12	78	2072	42	94	10
carne asada	white rice	white beans	1	751	29	11	78	2202	39	87	8
carne asada											
	brown rice	black beans	1	818	32	13	57	1845	40	93	11
carnitas	brown rice	white beans	1	779	32	13	57	1975	37	86	9
carnitas	white rice	black beans	1	829	32	13	59	1901	40	95	11
carnitas	white rice	white beans	1	790	32	13	59	2030	37	88	8
carnitas											
	brown rice	black beans	1	713	27	11	48	1569	25	91	11
shrimp	brown rice	white beans	1	673	27	11	48	1698	22	84	8
shrimp	white rice	black beans	1	724	27	11	51	1624	25	93	10
shrimp	white rice	white beans	1	685	27	11	51	1753	22	86	8
shrimp											
	brown rice	black beans	1	788	31	11	43	1582	34	94	12
tofu	brown rice	white beans	1	748	31	11	43	1711	31	87	9
tofu	white rice	black beans	1	799	31	11	45	1637	33	96	11
tofu	white rice	white beans	1	759	31	11	45	1766	30	89	9
tofu											

Combo platter choices (cont.):

add taco, burrito, enchilada selections to rice and beans

A la Carte Outer Reef Burrito (cont.):

	brown rice	black beans	1	842	37	12	86	1842	35	94	11
salmon	brown rice	white beans	1	802	37	12	86	1971	32	87	8
salmon	white rice	black beans	1	853	37	12	89	1898	35	96	10
salmon	white rice	white beans	1	814	37	12	89	2027	32	89	8
salmon											

A la Carte Fast Break Burrito:

	brown rice		1	766	33	12	127	1324	40	76	2
charbroiled fish	white rice		1	781	33	12	131	1398	40	78	2
charbroiled fish											
	brown rice		1	764	33	12	129	1302	40	76	2
blackened fish	white rice		1	779	33	12	132	1375	40	78	2
blackened fish											
	brown rice		1	736	30	11	94	1885	41	76	2
charbroiled chicken	white rice		1	751	30	11	97	1958	41	78	2
charbroiled chicken											
	brown rice		1	737	30	11	94	1900	41	76	2
blackened chicken	white rice		1	752	30	11	97	1973	41	78	2
blackened chicken											
	brown rice		1	778	34	13	61	1615	39	78	3
carnitas	white rice		1	793	34	14	65	1689	39	81	3
carnitas											

A la Carte SCReaM'n Burrito:

	brown rice		1	565	17	4	51	1720	34	73	3
blackened chicken	white rice		1	580	17	4	54	1793	34	75	3
blackened chicken											

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

MENU ANALYSIS

F067 [080315]

	Servings	CAL	FAT [Gm]	S FAT (Gm)	CHOL [mg]	SOD [mg]	PROT [Gm]	CARB [Gm]	TDF [Gm]		
<u>A la Carte Red Enchilada:</u>											
	1	329	20	11	64	655	17	16	1		
cheese	1	229	11	5	58	433	16	15	1		
charbroiled fish	1	228	11	5	59	423	16	15	1		
blackened fish	1	208	9	4	44	679	17	15	1		
charbroiled chicken	1	209	9	4	44	685	17	15	1		
blackened chicken	1	203	9	4	41	661	16	15	1		
carne asada	1	256	12	5	57	575	20	16	2		
carnitas	1	166	8	4	25	401	7	15	1		
shrimp	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
veggie			1	176	8	4	21	413	8	18	2
banzai veggie			1	172	8	4	21	420	8	17	2
mushroom			1	215	10	4	21	410	12	16	2
tofu			1	240	13	4	47	559	13	16	1
salmon											

Combo platter choices (cont.):

add taco, burrito, enchilada selections to rice and beans

A la Carte Green Enchilada:

	1	339	20	11	64	699	16	18	1		
cheese	1	239	10	5	58	477	16	17	1		
charbroiled fish	1	239	10	5	59	467	16	17	1		
blackened fish	1	219	8	4	44	722	16	17	1		
charbroiled chicken	1	219	8	4	44	729	16	17	1		
blackened chicken	1	214	9	4	41	704	16	17	1		
carne asada	1	266	11	5	57	618	19	18	1		
carnitas	1	176	8	4	25	445	6	17	1		
shrimp	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
veggie			1	187	7	4	21	457	7	21	2
banzai veggie			1	182	7	4	21	463	8	19	2
mushroom			1	226	10	4	21	453	12	19	2
tofu			1	250	13	4	47	602	12	19	1
salmon											

Baja Roll Combo:

	brown rice	black beans	1	634	14	4	22	1484	27	103	19
served with	brown rice	white beans	1	556	14	4	22	1783	21	89	14
served with	white rice	black beans	1	660	15	5	28	1666	27	108	17
served with	white rice	white beans	1	583	15	5	28	1965	21	94	13
served with											

Bajaladas Combo:

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MENU ANALYSIS

F067 [080315]

			Servings	CAL	FAT [Gm]	S FAT (Gm)	CHOL [mg]	SOD [mg]	PROT [Gm]	CARB [Gm]	TDF [Gm]
	brown rice	black beans	1	912	32	14	79	2453	42	115	20
served with	brown rice	white beans	1	834	32	14	79	2752	36	101	15
served with	white rice	black beans	1	939	32	15	85	2635	41	120	18
served with	white rice	white beans	1	861	32	15	85	2934	35	106	14
served with											

Banzai Burrito:

	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
charbroiled fish	white rice	white beans	1	630	21	6	87	1531	34	79	8
charbroiled 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
blackened fish											
	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
charbroiled 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
blackened chicken											
	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
carne asada											
	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
carnitas											
	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

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

MENU ANALYSIS

F067 [080315]

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shrimp	white rice	white beans	1	483	14	4	9	1453	12	79	8
shrimp	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
vegetarian	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
blackened mushroom	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
tofu											

Wahoo Bowls:

	brown rice	black beans	1	811	14	2	77	2197	56	118	19
charbroiled chicken bowl	brown rice	white beans	1	733	15	2	77	2496	50	104	15
charbroiled chicken bowl	white rice	black beans	1	857	15	4	87	2509	56	126	17
charbroiled chicken bowl	white rice	white beans	1	779	15	4	87	2808	50	113	12
charbroiled chicken bowl	brown rice	black beans	1	812	15	2	76	2219	56	118	19
blackened chicken bowl	brown rice	white beans	1	734	15	2	76	2518	50	105	15
blackened chicken bowl	white rice	black beans	1	858	15	4	86	2531	56	127	17
blackened chicken bowl	white rice	white beans	1	780	15	4	86	2830	49	113	12
blackened chicken bowl	brown rice	black beans	1	815	14	2	77	2241	56	119	19
teriyaki chicken bowl	brown rice	white beans	1	737	15	2	77	2540	50	105	15
teriyaki chicken bowl	white rice	black beans	1	861	15	4	87	2553	56	127	17
teriyaki chicken bowl	white rice	white beans	1	783	15	4	87	2852	50	113	12
teriyaki chicken bowl	brown rice	black beans	1	882	22	5	127	1356	55	118	19
charbroiled fish bowl	brown rice	white beans	1	804	22	5	127	1655	48	105	15
charbroiled fish bowl	white rice	black beans	1	928	22	7	138	1668	54	126	17
charbroiled fish bowl	white rice	white beans	1	851	22	7	138	1968	48	113	12
charbroiled fish bowl	brown rice	black beans	1	880	21	5	129	1322	55	118	19
blackened fish bowl	brown rice	white beans	1	802	21	5	129	1621	49	105	15
blackened fish bowl	white rice	black beans	1	926	22	7	139	1634	55	126	17
blackened fish bowl	white rice	white beans	1	848	22	7	139	1933	49	113	12
blackened fish bowl	brown rice	black beans	1	886	22	5	127	1400	55	119	19
teriyaki fish bowl	brown rice	white beans	1	808	22	5	127	1699	48	105	15
teriyaki fish bowl	white rice	black beans	1	932	22	7	138	1712	54	127	17
teriyaki fish bowl	white rice	white beans	1	855	22	7	138	2012	48	114	12
teriyaki fish bowl	brown rice	black beans	1	669	12	2	15	1254	22	119	19
shrimp bowl	brown rice	white beans	1	591	12	2	15	1553	16	105	15
shrimp bowl	white rice	black beans	1	715	13	4	25	1567	22	127	17

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MENU ANALYSIS

F067 [080315]

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shrimp bowl	white rice	white beans	1	638	13	4	25	1866	16	113	12
shrimp bowl	brown rice	black beans	1	762	25	3	80	1656	38	100	19
wahoo bowl salmon	brown rice	white beans	1	683	25	3	80	1914	32	86	14
wahoo bowl salmon	white rice	black beans	1	792	26	5	87	1803	38	106	18
wahoo bowl salmon	white rice	white beans	1	713	26	5	87	2062	32	92	13
wahoo bowl salmon	brown rice	black beans	1	801	16	3	0	1258	36	131	24
wafu bowl	brown rice	white beans	1	724	16	3	0	1557	30	117	19
wafu bowl	white rice	black beans	1	848	17	4	10	1571	36	139	22
wafu bowl	white rice	white beans	1	770	17	4	10	1870	30	126	17
wafu bowl	brown rice	black beans	1	811	18	3	0	1265	38	123	21
tofu bowl	brown rice	white beans	1	734	19	3	0	1564	32	110	17
tofu bowl	white rice	black beans	1	858	19	5	10	1577	38	132	19
tofu bowl	white rice	white beans	1	780	19	5	10	1877	32	118	14
tofu bowl	brown rice	black beans	1	796	15	3	66	2160	55	121	19
maui bowl	brown rice	white beans	1	718	15	3	66	2459	49	107	15
maui bowl	white rice	black beans	1	842	16	5	76	2473	55	129	17
maui bowl	white rice	white beans	1	765	16	5	76	2772	49	116	12
maui bowl	brown rice	black beans	1	794	16	4	66	2136	55	120	19
carne asada bowl	brown rice	white beans	1	716	16	4	66	2435	49	106	15
carne asada bowl	white rice	black beans	1	840	16	5	76	2448	55	128	17
carne asada bowl	white rice	white beans	1	763	16	5	76	2747	49	114	12
carne asada bowl	brown rice	black beans	1	794	16	4	66	2136	55	120	19

Wahoo Bowls (cont.):

Wahoo Bowl	brown rice	black beans	1	979	25	7	123	1884	67	122	21
kahlua pig bowl	brown rice	white beans	1	901	25	7	123	2183	61	109	16
kahlua pig bowl	white rice	black beans	1	1025	25	9	134	2197	67	131	19
kahlua pig bowl	white rice	white beans	1	948	25	9	134	2496	61	117	14
kahlua pig bowl	brown rice	black beans	1	975	25	7	123	1840	67	122	21
carnitas bowl	brown rice	white beans	1	897	25	7	123	2139	61	108	16
carnitas bowl	white rice	black beans	1	1021	25	9	134	2153	67	130	19
carnitas bowl	white rice	white beans	1	944	25	9	134	2452	61	116	14
carnitas bowl	brown rice	black beans	1	715	11	2	0	1263	27	133	24
veggie bowl	brown rice	white beans	1	637	11	2	0	1562	21	119	19
veggie bowl	white rice	black beans	1	761	11	4	10	1575	26	141	22
veggie bowl	white rice	white beans	1	684	12	4	10	1874	20	128	17
veggie bowl	brown rice	black beans	1	715	11	2	0	1263	27	133	24

Banzai Bowl:

Banzai Bowl	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
charbroiled 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
blackened fish	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
charbroiled chicken	brown rice	black beans	1	805	13	2	51	1923	48	128	22

charbroiled chicken

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MENU ANALYSIS

F067 [080315]

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	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
blackened chicken											
	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
carne asada											
	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
carnitas											
Salmon Bowl:											
	brown rice		1	600	29	4	80	1034	25	62	5
salmon bowl	white rice		1	630	30	5	87	1182	25	68	3
salmon bowl											
Paleo Avo Bowl:											
			1	409	21	3	127	560	39	22	9
charbroiled fish only			1	408	21	3	128	543	39	22	9
charbroiled fish & blackened fish			1	406	21	3	96	1184	38	22	9
charbroiled fish & charbroiled chicken			1	387	18	2	102	991	40	22	9
charbroiled fish & blackened chicken			1	378	19	3	97	950	40	23	9
charbroiled fish & carne asada			1	379	18	3	97	962	39	24	9
charbroiled fish & maui steak			1	418	22	5	78	778	38	24	10
charbroiled fish & carnitas			1	316	17	3	71	509	23	22	9
charbroiled fish & shrimp			1	441	26	4	107	775	33	25	9
charbroiled fish & salmon			1	387	20	3	34	514	31	25	10
charbroiled fish & tofu			1	322	16	3	64	530	26	25	10
charbroiled fish & mushrooms											
			1	406	20	3	129	526	40	22	9
blackened fish only			1	405	21	3	97	1167	38	22	9
blackened fish & charbroiled chicken			1	386	18	2	103	974	40	22	9
blackened fish & blackened chicken			1	377	18	3	98	933	40	23	9
blackened fish & carne asada			1	378	18	3	97	945	40	24	9
blackened fish & maui steak			1	416	21	5	78	761	38	24	10
blackened fish & carnitas			1	315	17	3	72	492	23	22	9
blackened fish & shrimp			1	440	26	4	108	758	33	25	9
blackened fish & salmon			1	386	20	3	65	497	31	28	10
blackened fish & tofu			1	320	16	2	65	513	26	25	10
blackened fish & mushrooms											
			1	403	22	3	65	1808	36	22	9
charbroiled chicken only			1	384	19	2	71	1616	38	22	9
charbroiled chicken & blk chicken			1	375	19	3	66	1574	38	23	9
charbroiled chicken & carne asada			1	313	18	2	40	1133	21	22	9
charbroiled chicken & shirmp			1	438	27	3	76	1399	32	25	9
charbroiled chicken & salmon			1	319	17	2	33	1154	24	25	10
charbroiled chicken & mushrooms			1	384	21	3	33	1139	29	25	10
charbroiled chicken & tofu											
			1	396	19	4	52	1209	39	24	10
blackened chicken & carnitas			1	366	16	2	76	1423	41	22	9
blackened chicken only			1	357	16	3	71	1381	40	23	9
blackened chicken & carne asada			1	294	14	2	46	940	24	22	9
blackened chicken & shrimp			1	420	23	3	82	1206	34	25	9
blackened chicken & salmon			1	365	17	2	38	946	32	25	10
blackened chicken & tofu											

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MENU ANALYSIS

F067 [080315]

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carne asada	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
carnitas	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
shrimp	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
vegetarian	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
blackened mushroom	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
tofu											

Wet Banzai Burritos - Green Sauce

	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
charbroiled 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
blackened fish	white rice	white beans	1	920	38	15	144	2531	48	93	8
blackened fish	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
charbroiled 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
blackened chicken	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

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

MENU ANALYSIS

F067 [080315]

Servings	CAL	FAT [Gm]	S FAT (Gm)	CHOL [mg]	SOD [mg]	PROT [Gm]	CARB [Gm]	TDF [Gm]
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Desserts:

Cookies:

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

Ice Cream:

see nutrition label on individual ice cream packages

Skinny Menu:

Lettuce wrapped tacos:

	1	116	6	2	44	227	12	4	1		
charbroiled fish	1	115	5	2	45	217	12	4	1		
blackened fish	1	92	4	1	29	469	12	3	1		
charbroiled chicken	1	92	4	1	29	476	12	3	1		
blackened chicken	1	87	4	2	26	451	12	4	1		
carne asada	1	140	7	3	43	365	16	4	2		
carnitas	1	52	3	1	11	195	3	4	1		
shrimp	brown rice	black beans	1	118	3	1	7	340	6	17	4
veggie	brown rice	white beans	1	105	3	1	7	389	5	15	4
veggie	white rice	black beans	1	122	3	2	8	366	6	18	4
veggie	white rice	white beans	1	109	3	2	8	415	5	16	3
veggie			1	58	2	1	7	204	3	6	2
banzai veggie			1	54	3	1	7	206	4	5	2
mushroom			1	99	5	2	7	201	8	5	2
tofu											

Skinny Wahoo Salad:

	1	280	11	3	130	522	35	9	3
charbroiled fish	1	281	11	3	129	550	35	9	3
blackened fish	1	212	5	0	77	1425	36	9	3
charbroiled chicken	1	213	5	0	76	1447	36	9	3

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MENU ANALYSIS

F067 [080315]

		Servings	CAL	FAT [Gm]	S FAT (Gm)	CHOL [mg]	SOD [mg]	PROT [Gm]	CARB [Gm]	TDF [Gm]
blackened chicken		1	195	5	2	68	1340	36	11	3
carne asada		1	376	15	5	123	1068	48	12	4
carnitas		1	70	2	0	15	482	2	9	3
shrimp	brown rice	1	257	3	1	0	902	11	49	11
veggie	brown rice	1	218	3	1	0	1052	8	42	9
veggie	white rice	1	269	3	1	3	980	11	51	11
veggie	white rice	1	230	3	1	3	1130	8	44	9
veggie		1	93	1	0	0	482	5	19	6
banzai veggie										

Breakfast Menu:

	white rice	1	910	45	16	486	1418	35	89	5
the scrambler	brown rice	1	883	45	15	480	1236	35	84	6
the scrambler		1	795	45	16	691	1452	40	57	7
banzai omelette										
	black beans	1	861	42	19	501	1922	45	74	20
huevos rancheros	white beans	1	783	43	19	501	2221	39	60	15
huevos rancheros		1	927	45	17	480	2679	50	79	11
tofurrito										

Machaca Burrito:

	black beans	1	1010	47	17	480	3389	60	86	11
chicken	white beans	1	972	47	17	480	3539	57	80	8
chicken	black beans	1	973	43	17	524	3076	62	87	11
carne asada	white beans	1	934	43	17	524	3226	59	80	8
carne asada	black beans	1	1093	50	20	562	2880	71	88	12
carnitas	white beans	1	1055	50	19	562	3029	67	82	9
carnitas	black beans	1	902	40	16	480	2460	42	92	13
banzai veggie	white beans	1	863	40	16	180	2609	39	86	10
banzai veggie										

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