

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
SHARED PLATES									
Baja Roll	168	9	17	8	22	1	485	1	2
Baja Roll Combo Brown Rice Black Beans	634	27	103	14	22	1	1484	19	5
Baja Roll Combo Brown Rice White Beans	556	21	89	14	22	1	1783	14	6
Baja Roll Combo White Rice Black Beans	660	27	108	15	28	1	1666	17	4
Baja Roll Combo White Rice White Beans	583	21	94	15	28	1	1965	13	6
Cajun Fries (Basket)	220	8	27	9	12	0	1526	5	1
Cajun Fries (Side)	154	5	19	6	8	0	1063	3	1
French Fries (Side)	91	1	14	3	0	0	16	1	0
French Fries (Basket)	130	2	20	4	0	0	23	2	0
Nachos Banzai Veggie	1080	43	75	66	142	0	1325	7	4
Nachos Blackened Mushroom	1076	44	73	66	142	0	1375	6	3
Nachos Carne Asada	285	15	18	17	45	0	466	1	0
Nachos Carnitas	1188	58	72	72	158	0	1665	6	1
Nachos Cheese	259	10	18	16	35	0	306	1	0
Nachos Chicken	288	15	17	17	47	0	475	1	0
Nachos Shrimp	266	10	18	17	37	0	336	1	0
Nachos Tofu	1152	50	73	70	142	0	1357	6	1
Nachos Veggie White Rice Black Beans	1184	46	94	67	143	0	1629	10	2
Onion Rings (Basket)	340	4	48	14	0	0	680	5	9
Onion Rings (Side)	128	1	18	5	0	0	255	2	3
Quesadilla Banzai	223	9	18	12	28	1	410	1	2
Quesadilla Carne Asada	243	15	17	13	41	1	583	0	1
Quesadilla Carnitas	776	43	51	43	101	2	1548	2	2
Quesadilla Charbroiled Fish	260	15	16	14	53	1	431	0	1
Quesadilla Cheese	213	9	16	12	28	1	400	0	1
Quesadilla Chicken	246	15	16	13	43	1	595	0	1
Quesadilla Mushroom	664	29	52	37	85	2	1258	2	4
Quesadilla Shrimp	218	9	16	12	31	1	408	0	1
Quesadilla Tofu	740	35	52	41	85	2	1241	2	2
Taquito Carne Asada	326	21	42	10	33	0	943	5	3
Taquito Carnitas	365	19	43	13	14	0	771	5	3
Taquito Chicken	334	21	41	9	38	0	973	4	3
Taquito Fish	370	20	41	13	64	0	553	5	3
ENTRÉES (See last page for #2 entrée disclaimer)									
Bajalada Combo Brown Rice Black Beans	912	42	115	32	79	1	2453	20	7
Bajalada Combo Brown Rice White Beans	834	36	101	32	79	1	2752	15	8
Bajalada Combo White Rice Black Beans	939	41	120	32	85	1	2635	18	6
Bajalada Combo White Rice White Beans	861	35	106	32	85	1	2934	14	8
#1 Citrus Slaw Banzai Veggie Taco Side Brown Rice Black Beans	500	19	84	11	7	0	1019	14	5
#1 Citrus Slaw Banzai Veggie Taco Side Brown Rice White Beans	461	16	78	11	7	0	2241	16	8
#1 Citrus Slaw Banzai Veggie Taco Side White Rice Black Beans	614	21	102	14	26	0	1316	13	5
#1 Citrus Slaw Banzai Veggie Taco Side White Rice White Beans	576	17	96	15	26	0	2538	16	8
#1 Citrus Slaw Blackened Chicken Taco Side Brown Rice Black Beans	571	28	86	14	37	0	1099	14	5
#1 Citrus Slaw Blackened Chicken Taco Side Brown Rice White Beans	532	25	80	14	37	0	2322	17	8

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
#1 Citrus Slaw Blackened Chicken Taco Side White Rice Black Beans	685	29	104	17	56	0	1396	14	5
#1 Citrus Slaw Blackened Chicken Taco Side White Rice White Beans	647	26	98	17	56	0	2619	16	8
#1 Citrus Slaw Blackened Fish Taco Side Brown Rice Black Beans	550	29	86	11	28	0	1131	14	5
#1 Citrus Slaw Blackened Fish Taco Side Brown Rice White Beans	512	25	80	12	28	0	2353	17	8
#1 Citrus Slaw Blackened Fish Taco Side White Rice Black Beans	665	30	104	15	47	0	1428	14	5
#1 Citrus Slaw Blackened Fish Taco Side White Rice White Beans	627	26	98	15	47	0	2650	16	8
#1 Citrus Slaw Carne Asada Taco Side Brown Rice Black Beans	603	28	86	18	36	0	1045	14	5
#1 Citrus Slaw Carne Asada Taco Side Brown Rice White Beans	565	24	79	18	36	0	2267	17	8
#1 Citrus Slaw Carne Asada Taco Side White Rice Black Beans	718	29	104	21	55	0	1342	14	5
#1 Citrus Slaw Carne Asada Taco Side White Rice White Beans	680	25	97	22	55	0	2564	16	8
#1 Citrus Slaw Carnitas Taco Side Brown Rice Black Beans	644	34	87	19	57	0	1357	15	5
#1 Citrus Slaw Carnitas Taco Side Brown Rice White Beans	605	31	80	19	57	0	2579	17	8
#1 Citrus Slaw Carnitas Taco Side White Rice Black Beans	758	36	105	22	76	0	1654	14	5
#1 Citrus Slaw Carnitas Taco Side White Rice White Beans	720	32	98	23	76	0	2876	17	8
#1 Citrus Slaw Charbroiled Chicken Taco Side Brown Rice Black Beans	571	28	85	14	38	0	1079	14	5
#1 Citrus Slaw Charbroiled Chicken Taco Side Brown Rice White Beans	532	25	79	15	38	0	2301	17	8
#1 Citrus Slaw Charbroiled Chicken Taco Side White Rice Black Beans	685	30	103	17	57	0	1376	14	5
#1 Citrus Slaw Charbroiled Chicken Taco Side White Rice White Beans	647	26	97	18	57	0	2598	16	8
#1 Citrus Slaw Charbroiled Fish Taco Side Brown Rice Black Beans	546	29	85	11	28	0	1112	14	5
#1 Citrus Slaw Charbroiled Fish Taco Side Brown Rice White Beans	508	25	79	12	28	0	2334	17	8
#1 Citrus Slaw Charbroiled Fish Taco Side White Rice Black Beans	661	30	103	15	48	0	1409	14	5
#1 Citrus Slaw Charbroiled Fish Taco Side White Rice White Beans	623	27	97	15	48	0	2632	16	8
#1 Citrus Slaw Mushroom Taco Side Brown Rice Black Beans	539	20	87	13	7	0	1031	15	7
#1 Citrus Slaw Mushroom Taco Side Brown Rice White Beans	501	16	81	14	7	0	2254	17	10
#1 Citrus Slaw Mushroom Taco Side White Rice Black Beans	654	21	105	17	26	0	1328	14	7
#1 Citrus Slaw Mushroom Taco Side White Rice White Beans	615	18	99	17	26	0	2551	17	10
#1 Citrus Slaw Shrimp Taco Side Brown Rice Black Beans	541	25	86	11	63	0	1240	14	5
#1 Citrus Slaw Shrimp Taco Side Brown Rice White Beans	503	21	80	12	63	0	2463	17	9
#1 Citrus Slaw Shrimp Taco Side White Rice Black Beans	656	26	104	15	83	0	1537	14	5
#1 Citrus Slaw Shrimp Taco Side White Rice White Beans	617	23	98	15	83	0	2760	16	8
#1 Citrus Slaw Tofu Taco Side Brown Rice Black Beans	544	22	87	12	7	0	1009	15	6
#1 Citrus Slaw Tofu Taco Side Brown Rice White Beans	506	19	81	13	7	0	2231	17	9
#1 Citrus Slaw Tofu Taco Side White Rice Black Beans	659	24	105	16	26	0	1306	14	6
#1 Citrus Slaw Tofu Taco Side White Rice White Beans	621	20	99	16	26	0	2528	17	9
#1 Classic Banzai Veggie Taco Side Brown Rice Black Beans	472	19	82	8	7	0	936	13	4
#1 Classic Banzai Veggie Taco Side Brown Rice White Beans	434	15	76	9	7	0	2158	15	7
#1 Classic Banzai Veggie Taco Side White Rice Black Beans	587	20	100	12	26	0	1233	12	4
#1 Classic Banzai Veggie Taco Side White Rice White Beans	549	17	94	12	26	0	2455	15	7
#1 Classic Blackened Chicken Taco Side Brown Rice Black Beans	534	28	82	11	37	0	1086	14	4
#1 Classic Blackened Chicken Taco Side Brown Rice White Beans	496	25	76	12	37	0	2309	17	7
#1 Classic Blackened Chicken Taco Side White Rice Black Beans	649	29	100	15	56	0	1384	14	3
#1 Classic Blackened Chicken Taco Side White Rice White Beans	611	26	94	15	56	0	2606	16	6
#1 Classic Blackened Fish Taco Side Brown Rice Black Beans	517	29	83	9	28	0	1121	15	4
#1 Classic Blackened Fish Taco Side Brown Rice White Beans	478	25	77	10	28	0	2343	17	7
#1 Classic Blackened Fish Taco Side White Rice Black Beans	631	30	101	13	47	0	1418	14	4

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#1 Classic Blackened Fish Taco Side White Rice White Beans	593	26	95	13	47	0	2640	17	7
#1 Classic Blackened Mushroom Taco Side Brown Rice Black Beans	503	20	84	11	7	0	1019	14	5
#1 Classic Blackened Mushroom Taco Side Brown Rice White Beans	464	16	77	12	7	0	2241	17	8
#1 Classic Blackened Mushroom Taco Side White Rice Black Beans	617	21	102	15	26	0	1316	14	5
#1 Classic Blackened Mushroom Taco Side White Rice White Beans	579	18	95	15	26	0	2538	16	8
#1 Classic Carne Asada Taco Side Brown Rice Black Beans	567	27	82	16	36	0	1032	14	3
#1 Classic Carne Asada Taco Side Brown Rice White Beans	529	24	76	16	36	0	2255	17	6
#1 Classic Carne Asada Taco Side White Rice Black Beans	682	29	100	19	55	0	1329	14	3
#1 Classic Carne Asada Taco Side White Rice White Beans	644	25	94	19	55	0	2552	16	6
#1 Classic Carnitas Taco Side Brown Rice Black Beans	607	34	83	16	57	0	1344	15	4
#1 Classic Carnitas Taco Side Brown Rice White Beans	569	31	77	17	57	0	2566	17	7
#1 Classic Carnitas Taco Side White Rice Black Beans	722	36	101	20	76	0	1641	14	3
#1 Classic Carnitas Taco Side White Rice White Beans	684	32	95	20	76	0	2863	17	6
#1 Classic Charbroiled Chicken Taco Side Brown Rice Black Beans	534	28	81	12	38	0	1066	14	3
#1 Classic Charbroiled Chicken Taco Side Brown Rice White Beans	496	25	75	12	38	0	2289	16	6
#1 Classic Charbroiled Chicken Taco Side White Rice Black Beans	649	29	99	15	57	0	1363	13	3
#1 Classic Charbroiled Chicken Taco Side White Rice White Beans	611	26	93	16	57	0	2586	16	6
#1 Classic Charbroiled Fish Taco Side Brown Rice Black Beans	513	29	82	9	28	0	1102	14	4
#1 Classic Charbroiled Fish Taco Side Brown Rice White Beans	475	25	76	10	28	0	2325	17	7
#1 Classic Charbroiled Fish Taco Side White Rice Black Beans	628	30	100	12	48	0	1399	14	4
#1 Classic Charbroiled Fish Taco Side White Rice White Beans	589	27	94	13	48	0	2622	16	7
#1 Classic Shrimp Taco Side Brown Rice Black Beans	508	25	83	9	63	0	1230	14	4
#1 Classic Shrimp Taco Side Brown Rice White Beans	469	21	77	10	63	0	2453	17	7
#1 Classic Shrimp Taco Side White Rice Black Beans	622	26	101	13	83	0	1527	14	4
#1 Classic Shrimp Taco Side White Rice White Beans	584	23	95	13	83	0	2750	16	7
#1 Classic Tofu Taco Side Brown Rice Black Beans	508	22	83	10	7	0	996	14	5
#1 Classic Tofu Taco Side Brown Rice White Beans	470	19	77	11	7	0	2219	17	8
#1 Classic Tofu Taco Side White Rice Black Beans	623	24	101	14	26	0	1293	14	5
#1 Classic Tofu Taco Side White Rice White Beans	585	20	95	14	26	0	2516	16	8
#1 Green Enchilada Banzai Veggie Side Brown Rice Black Beans	520	21	80	12	21	0	1304	12	6
#1 Green Enchilada Banzai Veggie Side White Rice Black Beans	634	23	97	16	41	0	1601	12	6
#1 Green Enchilada Banzai Veggie Side White Rice White Beans	596	19	91	16	41	0	2824	14	9
#1 Green Enchilada Blackened Chicken Side Brown Rice Black Beans	559	29	75	15	51	0	1335	11	2
#1 Green Enchilada Blackened Chicken Side Brown Rice White Beans	521	26	69	15	51	0	2558	14	5
#1 Green Enchilada Blackened Chicken Side White Rice Black Beans	435	15	75	8	19	0	981	10	1
#1 Green Enchilada Blackened Chicken Side White Rice White Beans	635	27	87	19	71	0	2855	13	5
#1 Green Enchilada Blackened Fish Side Brown Rice Black Beans	539	30	75	13	42	0	1367	11	2
#1 Green Enchilada Blackened Fish Side Brown Rice White Beans	500	26	69	13	42	0	2589	14	5
#1 Green Enchilada Blackened Fish Side White Rice Black Beans	653	31	93	16	61	0	1664	11	2
#1 Green Enchilada Blackened Fish Side White Rice White Beans	615	28	87	16	61	0	2886	13	5
#1 Green Enchilada Brown Rice & White Beans Side Brown Rice White Beans	498	18	76	13	21	0	2562	15	6
#1 Green Enchilada Carne Asada Side Brown Rice Black Beans	592	29	75	19	50	0	1281	11	2
#1 Green Enchilada Carne Asada Side Brown Rice White Beans	554	25	69	19	50	0	2503	14	5
#1 Green Enchilada Carne Asada Side White Rice White Beans	668	27	86	23	70	0	2800	13	5
#1 Green Enchilada Carnitas Side Brown Rice Black Beans	632	35	76	20	71	0	1593	12	2

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#1 Green Enchilada Carnitas Side Brown Rice White Beans	594	32	70	20	71	0	2815	14	5
Combo #1 Green Enchilada Carnitas Side White Rice Black Beans	747	37	94	23	90	0	1890	11	2
#1 Green Enchilada Carnitas Side White Rice White Beans	708	33	88	24	90	0	3112	14	5
#1 Green Enchilada Charbroiled Chicken Side Brown Rice Black Beans	559	29	74	15	52	0	1315	11	2
#1 Green Enchilada Charbroiled Chicken Side Brown Rice White Beans	521	26	68	16	52	0	2537	13	5
Combo #1 Green Enchilada Charbroiled Chicken Side White Rice Black Beans	674	31	92	19	72	0	1612	10	2
#1 Green Enchilada Charbroiled Chicken Side White Rice White Beans	635	27	86	19	72	0	2834	13	5
#1 Green Enchilada Charbroiled Fish Side Brown Rice Black Beans	535	30	74	12	43	0	1348	11	2
#1 Green Enchilada Charbroiled Fish Side Brown Rice White Beans	497	26	68	13	43	0	2570	14	5
#1 Green Enchilada Charbroiled Fish Side White Rice Black Beans	650	31	92	16	62	0	1645	11	2
#1 Green Enchilada Charbroiled Fish Side White Rice White Beans	611	28	86	16	62	0	2868	13	5
#1 Green Enchilada Mushroom Side Brown Rice Black Beans	527	21	77	15	21	0	1267	11	4
#1 Green Enchilada Mushroom Side Brown Rice White Beans	489	18	70	15	21	0	2490	14	7
#1 Green Enchilada Mushroom Side White Rice Black Beans	642	23	95	18	41	0	1564	11	4
#1 Green Enchilada Mushroom Side White Rice White Beans	604	19	88	18	41	0	2787	13	7
#1 Green Enchilada Shrimp Side Brown Rice Black Beans	529	26	76	13	78	0	1476	11	2
#1 Green Enchilada Shrimp Side Brown Rice White Beans	491	23	69	13	78	0	2699	14	6
#1 Green Enchilada Shrimp Side White Rice Black Beans	644	28	94	16	97	0	1773	11	2
#1 Green Enchilada Shrimp Side White Rice White Beans	606	24	87	17	97	0	2996	13	5
#1 Green Enchilada Tofu Side Brown Rice Black Beans	533	24	76	14	21	0	1245	11	3
#1 Green Enchilada Tofu Side Brown Rice White Beans	495	20	70	14	21	0	2467	14	6
#1 Green Enchilada Tofu Side White Rice Black Beans	648	25	94	17	41	0	1542	11	3
#1 Green Enchilada Tofu Side White Rice White Beans	609	21	88	18	41	0	2764	13	6
#1 Green Enchilada Vegetarian Brown Rice & Black Beans Side Brown Rice Black Beans	543	22	84	13	21	0	1248	13	2
#1 Green Enchilada Vegetarian White Rice & White Beans Side White Rice White Beans	632	20	97	17	44	0	2908	15	6
#1 Green Enchilada White Rice & Black Beans Side White Rice Black Beans	677	24	105	17	44	0	1595	12	2
#1 Red Enchilada Banzai Veggie Side Brown Rice Black Beans	506	22	77	12	21	0	1217	13	7
#1 Red Enchilada Banzai Veggie Side Brown Rice White Beans	468	18	71	13	21	0	2440	15	10
#1 Red Enchilada Banzai Veggie Side White Rice Black Beans	621	23	95	16	41	0	1514	12	7
#1 Red Enchilada Banzai Veggie Side White Rice White Beans	583	20	89	16	41	0	2737	15	10
#1 Red Enchilada Blackened Chicken Side Brown Rice Black Beans	546	30	73	15	51	0	1248	12	3
#1 Red Enchilada Blackened Chicken Side Brown Rice White Beans	508	26	67	15	51	0	2471	14	6
#1 Red Enchilada Blackened Chicken Side White Rice Black Beans	660	31	91	18	71	0	1545	11	3
#1 Red Enchilada Blackened Chicken Side White Rice White Beans	622	28	85	19	71	0	2768	14	6
#1 Red Enchilada Blackened Fish Side Brown Rice Black Beans	525	30	73	13	42	0	1280	12	3
#1 Red Enchilada Blackened Fish Side Brown Rice White Beans	487	27	67	13	42	0	2502	14	6
#1 Red Enchilada Blackened Fish Side White Rice Black Beans	640	31	91	16	61	0	1577	11	3
#1 Red Enchilada Blackened Fish Side White Rice White Beans	602	28	85	17	61	0	2799	14	6
#1 Red Enchilada Carne Asada Side Brown Rice Black Beans	579	29	72	19	50	0	1194	12	3
#1 Red Enchilada Carne Asada Side Brown Rice White Beans	541	26	66	20	50	0	2416	14	6
#1 Red Enchilada Carne Asada Side White Rice Black Beans	693	30	90	22	70	0	1491	11	3
#1 Red Enchilada Carne Asada Side White Rice White Beans	655	27	84	23	70	0	2713	14	6
#1 Red Enchilada Carnitas Side Brown Rice Black Beans	619	36	73	20	71	0	1506	12	3
#1 Red Enchilada Carnitas Side Brown Rice White Beans	581	32	67	20	71	0	2728	15	6
#1 Red Enchilada Carnitas Side White Rice Black Beans	733	37	91	23	90	0	1803	12	3

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#1 Red Enchilada Carnitas Side White Rice White Beans	695	34	85	24	90	0	3025	14	6
#1 Red Enchilada Charbroiled Chicken Side Brown Rice Black Beans	546	30	72	15	52	0	1228	11	3
#1 Red Enchilada Charbroiled Chicken Side Brown Rice White Beans	508	26	65	16	52	0	2450	14	6
#1 Red Enchilada Charbroiled Chicken Side White Rice Black Beans	661	31	90	19	72	0	1525	11	3
#1 Red Enchilada Charbroiled Chicken Side White Rice White Beans	622	28	83	19	72	0	2747	13	6
#1 Red Enchilada Charbroiled Fish Side Brown Rice Black Beans	522	30	72	13	43	0	1261	12	3
#1 Red Enchilada Charbroiled Fish Side Brown Rice White Beans	483	27	66	13	43	0	2484	14	6
#1 Red Enchilada Charbroiled Fish Side White Rice Black Beans	636	32	90	16	62	0	1558	11	3
#1 Red Enchilada Charbroiled Fish Side White Rice White Beans	598	28	84	16	62	0	2781	14	6
#1 Red Enchilada Mushroom Side Brown Rice Black Beans	514	21	74	15	21	0	1180	12	5
#1 Red Enchilada Mushroom Side Brown Rice White Beans	476	18	68	15	21	0	2403	14	8
#1 Red Enchilada Mushroom Side White Rice Black Beans	629	23	92	18	41	0	1477	11	5
#1 Red Enchilada Mushroom Side White Rice White Beans	591	19	86	19	41	0	2700	14	8
#1 Red Enchilada Shrimp Side Brown Rice Black Beans	516	26	73	13	78	0	1389	12	4
#1 Red Enchilada Shrimp Side Brown Rice White Beans	478	23	67	13	78	0	2612	14	7
#1 Red Enchilada Shrimp Side White Rice Black Beans	631	28	91	16	97	0	1686	11	3
#1 Red Enchilada Shrimp Side White Rice White Beans	593	24	85	17	97	0	2909	14	7
#1 Red Enchilada Tofu Side Brown Rice Black Beans	520	24	74	14	21	0	1158	12	4
#1 Red Enchilada Tofu Side Brown Rice White Beans	482	20	68	14	21	0	2380	14	8
#1 Red Enchilada Tofu Side White Rice Black Beans	634	25	92	17	41	0	1455	12	4
#1 Red Enchilada Tofu Side White Rice White Beans	596	22	86	18	41	0	2677	14	7
#1 Red Enchilada Vegetarian White Rice & White Beans Side White Rice White Beans	619	20	95	17	44	0	2821	15	7
#1 Red Enchilada Vegetarian Brown Rice & Black Beans Side Brown Rice Black Beans	530	22	81	13	21	0	1162	13	3
#1 Red Enchilada Vegetarian White Rice & Black Beans Side White Rice Black Beans	670	25	103	17	42	0	1554	14	3
#1 Skinny Banzai Veggie Taco Side Brown Rice Black Beans	379	17	63	7	7	0	888	12	4
#1 Skinny Banzai Veggie Taco Side Brown Rice White Beans	340	13	57	8	7	0	2110	15	8
#1 Skinny Banzai Veggie Taco Side White Rice Black Beans	493	18	81	11	26	0	1185	12	4
#1 Skinny Banzai Veggie Taco Side White Rice White Beans	455	15	75	11	26	0	2407	14	7
#1 Skinny Blackened Chicken Taco Side Brown Rice Black Beans	432	25	61	10	37	0	1066	12	3
#1 Skinny Blackened Chicken Taco Side Brown Rice White Beans	394	22	55	10	37	0	2288	14	6
#1 Skinny Blackened Chicken Taco Side White Rice Black Beans	547	27	79	13	56	0	1363	11	3
#1 Skinny Blackened Chicken Taco Side White Rice White Beans	508	23	73	14	56	0	2585	14	6
#1 Skinny Blackened Fish Taco Side Brown Rice Black Beans	414	26	62	8	28	0	1100	12	4
#1 Skinny Blackened Fish Taco Side Brown Rice White Beans	376	23	56	8	28	0	2323	14	7
#1 Skinny Blackened Fish Taco Side White Rice Black Beans	529	27	80	11	47	0	1397	11	4
#1 Skinny Blackened Fish Taco Side White Rice White Beans	491	24	74	12	47	0	2620	14	7
#1 Skinny Carne Asada Taco Side Brown Rice Black Beans	465	25	61	14	36	0	1012	11	3
#1 Skinny Carne Asada Taco Side Brown Rice White Beans	427	21	55	15	36	0	2234	14	6
#1 Skinny Carne Asada Taco Side White Rice Black Beans	580	26	79	18	55	0	1309	11	3
#1 Skinny Carne Asada Taco Side White Rice White Beans	541	23	73	18	55	0	2531	13	6
#1 Skinny Carnitas Taco Side Brown Rice Black Beans	505	32	62	15	57	0	1324	12	3
#1 Skinny Carnitas Taco Side Brown Rice White Beans	467	28	56	16	57	0	2546	14	6
#1 Skinny Carnitas Taco Side White Rice Black Beans	620	33	80	18	76	0	1621	12	3
#1 Skinny Carnitas Taco Side White Rice White Beans	581	29	74	19	76	0	2843	14	6
#1 Skinny Charbroiled Chicken Taco Side Brown Rice Black Beans	432	26	60	10	38	0	1046	11	3

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
#1 Skinny Charbroiled Chicken Taco Side Brown Rice White Beans	394	22	54	11	38	0	2268	14	6
#1 Skinny Charbroiled Chicken Taco Side White Rice Black Beans	547	27	78	14	57	0	1343	11	3
#1 Skinny Charbroiled Chicken Taco Side White Rice White Beans	508	23	72	14	57	0	2565	13	6
#1 Skinny Charbroiled Fish Taco Side Brown Rice Black Beans	411	26	61	8	28	0	1082	12	4
#1 Skinny Charbroiled Fish Taco Side Brown Rice White Beans	373	23	55	8	28	0	2304	14	7
#1 Skinny Charbroiled Fish Taco Side White Rice Black Beans	525	28	79	11	48	0	1379	11	3
#1 Skinny Charbroiled Fish Taco Side White Rice White Beans	487	24	73	12	48	0	2601	14	7
#1 Skinny Citrus Slaw Banzai Veggie Taco Side Brown Rice Black Beans	404	17	65	10	7	0	970	12	5
#1 Skinny Citrus Slaw Banzai Veggie Taco Side Brown Rice White Beans	365	14	59	10	7	0	2192	15	8
#1 Skinny Citrus Slaw Banzai Veggie Taco Side White Rice Black Beans	518	19	83	13	26	0	1267	12	5
#1 Skinny Citrus Slaw Banzai Veggie Taco Side White Rice White Beans	480	15	77	13	26	0	2489	14	8
#1 Skinny Citrus Slaw Blackened Chicken Taco Side Brown Rice Black Beans	468	26	65	12	37	0	1079	12	5
#1 Skinny Citrus Slaw Blackened Chicken Taco Side Brown Rice White Beans	430	22	59	13	37	0	2301	14	8
#1 Skinny Citrus Slaw Blackened Chicken Taco Side White Rice Black Beans	583	27	83	16	56	0	1376	11	5
#1 Skinny Citrus Slaw Blackened Chicken Taco Side White Rice White Beans	545	23	77	16	56	0	2598	14	8
#1 Skinny Citrus Slaw Blackened Fish Taco Side Brown Rice Black Beans	448	26	65	10	28	0	1110	12	5
#1 Skinny Citrus Slaw Blackened Fish Taco Side Brown Rice White Beans	410	23	59	11	28	0	2333	14	8
#1 Skinny Citrus Slaw Blackened Fish Taco Side White Rice Black Beans	563	27	83	13	47	0	1407	11	5
#1 Skinny Citrus Slaw Blackened Fish Taco Side White Rice White Beans	524	24	77	14	47	0	2630	14	8
#1 Skinny Citrus Slaw Carne Asada Taco Side Brown Rice Black Beans	501	25	65	16	36	0	1024	12	5
#1 Skinny Citrus Slaw Carne Asada Taco Side Brown Rice White Beans	463	21	58	17	36	0	2247	14	8
#1 Skinny Citrus Slaw Carne Asada Taco Side White Rice Black Beans	616	26	83	20	55	0	1321	11	5
#1 Skinny Citrus Slaw Carne Asada Taco Side White Rice White Beans	578	23	76	20	55	0	2544	14	8
#1 Skinny Citrus Slaw Carnitas Taco Side Brown Rice Black Beans	541	32	66	17	57	0	1336	12	5
#1 Skinny Citrus Slaw Carnitas Taco Side Brown Rice White Beans	503	28	60	18	57	0	2559	15	8
#1 Skinny Citrus Slaw Carnitas Taco Side White Rice Black Beans	656	33	84	21	76	0	1633	12	5
#1 Skinny Citrus Slaw Carnitas Taco Side White Rice White Beans	618	30	77	21	76	0	2856	14	8
#1 Skinny Citrus Slaw Charbroiled Chicken Taco Side Brown Rice Black Beans	468	26	64	13	38	0	1058	11	5
#1 Skinny Citrus Slaw Charbroiled Chicken Taco Side Brown Rice White Beans	430	22	58	13	38	0	2281	14	8
#1 Skinny Citrus Slaw Charbroiled Chicken Taco Side White Rice Black Beans	583	27	82	16	57	0	1355	11	5
#1 Skinny Citrus Slaw Charbroiled Chicken Taco Side White Rice White Beans	545	23	76	17	57	0	2578	13	8
#1 Skinny Citrus Slaw Charbroiled Fish Taco Side Brown Rice Black Beans	444	26	64	10	28	0	1092	11	5
#1 Skinny Citrus Slaw Charbroiled Fish Taco Side Brown Rice White Beans	406	23	58	10	28	0	2314	14	8
#1 Skinny Citrus Slaw Charbroiled Fish Taco Side White Rice Black Beans	559	28	82	13	48	0	1389	11	5
#1 Skinny Citrus Slaw Charbroiled Fish Taco Side White Rice White Beans	521	24	76	14	48	0	2611	13	8
#1 Skinny Citrus Slaw Mushroom Taco Side Brown Rice Black Beans	437	17	67	12	7	0	1011	12	7
#1 Skinny Citrus Slaw Mushroom Taco Side Brown Rice White Beans	399	14	60	13	7	0	2233	14	10
#1 Skinny Citrus Slaw Mushroom Taco Side White Rice Black Beans	551	19	84	15	26	0	1308	11	6
#1 Skinny Citrus Slaw Mushroom Taco Side White Rice White Beans	513	15	78	16	26	0	2530	14	10
#1 Skinny Citrus Slaw Shrimp Taco Side Brown Rice Black Beans	439	22	65	10	63	0	1220	11	5
#1 Skinny Citrus Slaw Shrimp Taco Side Brown Rice White Beans	401	19	59	11	63	0	2442	14	8
#1 Skinny Citrus Slaw Shrimp Taco Side White Rice Black Beans	553	24	83	14	83	0	1517	11	5
#1 Skinny Citrus Slaw Shrimp Taco Side White Rice White Beans	515	20	77	14	83	0	2739	13	8
#1 Skinny Citrus Slaw Tofu Taco Side Brown Rice Black Beans	442	20	66	11	7	0	988	12	6
#1 Skinny Citrus Slaw Tofu Taco Side Brown Rice White Beans	404	16	60	12	7	0	2211	14	9

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
#1 Skinny Citrus Slaw Tofu Taco Side White Rice Black Beans	557	21	84	15	26	0	1285	11	6
#1 Skinny Citrus Slaw Tofu Taco Side White Rice White Beans	519	18	78	15	26	0	2508	14	9
#1 Skinny Mushroom Taco Side Brown Rice Black Beans	400	17	63	10	7	0	998	12	5
#1 Skinny Mushroom Taco Side Brown Rice White Beans	362	14	57	10	7	0	2220	14	8
#1 Skinny Mushroom Taco Side White Rice Black Beans	515	19	81	13	26	0	1295	11	5
#1 Skinny Mushroom Taco Side White Rice White Beans	477	15	74	14	26	0	2518	14	8
#1 Skinny Shrimp Taco Side Brown Rice Black Beans	373	16	61	8	11	0	879	11	4
#1 Skinny Shrimp Taco Side Brown Rice White Beans	335	13	55	8	11	0	2101	14	7
#1 Skinny Shrimp Taco Side White Rice Black Beans	488	17	79	11	30	0	1176	11	3
#1 Skinny Shrimp Taco Side White Rice White Beans	449	14	73	12	30	0	2398	13	7
#1 Skinny Tofu Taco Side Brown Rice Black Beans	406	20	63	9	7	0	976	12	4
#1 Skinny Tofu Taco Side Brown Rice White Beans	368	16	56	9	7	0	2198	14	8
#1 Skinny Tofu Taco Side White Rice Black Beans	521	21	80	12	26	0	1273	11	4
#1 Skinny Tofu Taco Side White Rice White Beans	482	18	74	13	26	0	2495	14	7
#1 Skinny Vegetarian Citrus Slaw Taco Brown Rice & Black Beans Side Brown Rice Black Beans	453	18	74	10	7	0	992	13	5
#1 Skinny Vegetarian Citrus Slaw Taco Brown Rice & White Beans Side Brown Rice White Beans	408	14	66	11	7	0	2418	16	9
#1 Skinny Vegetarian Citrus Slaw Taco White Rice & Black Beans Side White Rice Black Beans	587	20	95	14	30	0	1339	12	5
#1 Skinny Vegetarian Citrus Slaw Taco White Rice & White Beans Side White Rice White Beans	542	16	87	15	30	0	2765	15	8
#1 Skinny Vegetarian Taco Brown Rice & Black Beans Side Brown Rice Black Beans	420	18	71	8	7	0	982	13	4
#1 Skinny Vegetarian Taco White Rice & Black Beans Side White Rice Black Beans	554	20	92	12	30	0	1328	13	4
#1 Skinny Vegetarian Taco White Rice & White Beans Side White Rice White Beans	509	16	84	13	30	0	2642	15	7
#1 Spicy Chi Banzai Veggie Taco Side Brown Rice Black Beans	487	20	76	12	14	0	1017	13	4
#1 Spicy Chi Banzai Veggie Taco Side Brown Rice White Beans	448	16	70	13	14	0	2239	16	7
#1 Spicy Chi Banzai Veggie Taco Side White Rice Black Beans	601	21	94	16	34	0	1314	13	4
#1 Spicy Chi Banzai Veggie Taco Side White Rice White Beans	563	18	88	16	34	0	2536	15	7
#1 Spicy Chi Blackened Chicken Taco Side Brown Rice Black Beans	541	28	75	15	44	0	1212	13	3
#1 Spicy Chi Blackened Chicken Taco Side Brown Rice White Beans	503	25	68	15	44	0	2435	15	6
#1 Spicy Chi Blackened Chicken Taco Side White Rice Black Beans	656	30	92	18	64	0	1509	12	3
#1 Spicy Chi Blackened Chicken Taco Side White Rice White Beans	618	26	86	19	64	0	2732	15	6
#1 Spicy Chi Blackened Fish Taco Side Brown Rice Black Beans	521	29	75	13	35	0	1244	13	3
#1 Spicy Chi Blackened Fish Taco Side Brown Rice White Beans	483	25	68	13	35	0	2466	15	6
#1 Spicy Chi Blackened Fish Taco Side White Rice Black Beans	636	30	93	16	54	0	1541	12	3
#1 Spicy Chi Blackened Fish Taco Side White Rice White Beans	597	27	86	17	54	0	2763	15	6
#1 Spicy Chi Carne Asada Taco Side Brown Rice Black Beans	574	28	74	19	43	0	1158	13	3
#1 Spicy Chi Carne Asada Taco Side Brown Rice White Beans	536	24	68	20	43	0	2380	15	6
#1 Spicy Chi Carne Asada Taco Side White Rice Black Beans	689	29	92	23	62	0	1455	12	3
#1 Spicy Chi Carne Asada Taco Side White Rice White Beans	651	26	86	23	62	0	2677	15	6
#1 Spicy Chi Carnitas Side White Rice Black Beans	729	36	93	23	83	0	1767	13	3
#1 Spicy Chi Carnitas Side White Rice White Beans	691	32	87	24	83	0	2989	15	6
#1 Spicy Chi Carnitas Taco Side Brown Rice Black Beans	614	34	75	20	64	0	1470	13	3
#1 Spicy Chi Carnitas Taco Side Brown Rice White Beans	576	31	69	20	64	0	2692	16	6
#1 Spicy Chi Charbroiled Fish Taco Side Brown Rice Black Beans	517	29	74	13	35	0	1225	13	3
#1 Spicy Chi Charbroiled Fish Taco Side Brown Rice White Beans	479	26	67	13	35	0	2447	15	6
#1 Spicy Chi Charbroiled Fish Taco Side White Rice Black Beans	632	30	92	16	55	0	1522	12	3
#1 Spicy Chi Charbroiled Fish Taco Side White Rice White Beans	594	27	85	17	55	0	2744	15	6

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
#1 Spicy Chi Chicken Taco Side Brown Rice Black Beans	542	28	73	15	45	0	1192	13	3
#1 Spicy Chi Chicken Taco Side Brown Rice White Beans	503	25	67	16	45	0	2414	15	6
#1 Spicy Chi Chicken Taco Side White Rice Black Beans	656	30	91	19	64	0	1489	12	3
#1 Spicy Chi Chicken Taco Side White Rice White Beans	618	26	85	19	64	0	2711	15	6
#1 Spicy Chi Mushroom Taco Side Brown Rice Black Beans	510	20	76	15	14	0	1144	13	5
#1 Spicy Chi Mushroom Taco Side Brown Rice White Beans	472	17	70	15	14	0	2367	15	8
#1 Spicy Chi Mushroom Taco Side White Rice Black Beans	625	22	94	18	34	0	1441	13	4
#1 Spicy Chi Mushroom Taco Side White Rice White Beans	586	18	88	19	34	0	2664	15	8
#1 Spicy Chi Shrimp Taco Side Brown Rice Black Beans	512	25	75	13	71	0	1353	13	3
#1 Spicy Chi Shrimp Taco Side Brown Rice White Beans	474	22	69	13	71	0	2576	15	6
#1 Spicy Chi Shrimp Taco Side White Rice Black Beans	627	27	93	16	90	0	1650	12	3
#1 Spicy Chi Shrimp Taco Side White Rice White Beans	588	23	87	17	90	0	2873	15	6
#1 Spicy Chi Tofu Taco Side Brown Rice Black Beans	515	23	76	14	14	0	1122	13	4
#1 Spicy Chi Tofu Taco Side Brown Rice White Beans	477	19	69	14	14	0	2344	15	7
#1 Spicy Chi Tofu Taco Side White Rice Black Beans	630	24	94	17	34	0	1419	13	4
#1 Spicy Chi Tofu Taco Side White Rice White Beans	592	20	87	18	34	0	2641	15	7
#1 Spicy Chi Vegetarian Brown Rice & Black Beans Side Brown Rice Black Beans	526	21	83	13	14	0	1125	14	3
#1 Spicy Chi Vegetarian Brown Rice & White Beans Side Brown Rice White Beans	481	17	76	13	14	0	2552	17	7
#1 Spicy Chi Vegetarian White Rice & Black Beans Side White Rice Black Beans	660	23	104	17	37	0	1472	14	3
#1 Spicy Chi Vegetarian White Rice & White Beans Side White Rice White Beans	621	19	98	17	37	0	2694	16	6
#1 Taco Citrus Slaw Vegetarian Brown Rice & Black Beans Side Brown Rice Black Beans	546	20	92	11	7	0	1040	14	5
#1 Taco Citrus Slaw Vegetarian White Rice & Black Beans Side White Rice Black Beans	846	22	148	17	30	0	2003	13	23
#1 Taco Vegetarian Brown Rice & Black Beans Side Brown Rice Black Beans	514	20	89	9	7	0	1030	14	4
#1 Taco Vegetarian Brown Rice & White Beans Side Brown Rice White Beans	468	16	82	10	7	0	2343	17	7
#1 Taco Vegetarian White Rice & Black Beans Side White Rice Black Beans	650	22	112	13	27	0	1395	15	4
#1 Taco Vegetarian White Rice & White Beans Side White Rice White Beans	801	18	141	17	30	0	3317	16	27
#1 Taco Vegetarian White Rice & White Beans Side White Rice White Beans	602	18	103	14	30	0	2690	16	7
#1 Green Enchilada Banzai Veggie Side Brown Rice White Beans	481	18	73	13	21	0	2527	15	9
#1 Red Enchilada Vegetarian Brown Rice & White Beans Side Brown Rice White Beans	485	18	74	13	21	0	2475	16	7
#1 Skinny Vegetarian Taco Brown Rice & White Beans Side Brown Rice White Beans	375	14	63	9	7	0	2295	16	7
#1 Skinny Vegetarian Taco Brown Rice & White Beans Side Brown Rice White Beans	375	14	63	9	7	0	2295	16	7
#1 Taco Citrus Slaw Vegetarian Brown Rice & White Beans Side Brown Rice White Beans	501	16	85	12	7	0	2353	17	8
Shredder Sandwich Banzai Veggie	288	5	35	15	0	0	268	5	12
Shredder Sandwich Blackened Mushroom	284	6	33	15	0	0	318	4	11
Shredder Sandwich Carne Asada	350	23	30	18	39	0	808	3	9
Shredder Sandwich Carnitas	396	21	31	22	16	0	607	4	10
Shredder Sandwich Chicken Blackened	360	23	29	18	44	0	857	3	9
Shredder Sandwich Chicken Charbroiled	360	23	29	17	45	0	844	3	9
Shredder Sandwich Fish Blackened	384	23	29	20	75	0	333	3	9
Shredder Sandwich Fish Charbroiled	386	22	29	21	74	0	353	3	9
Shredder Sandwich Salmon	423	15	33	27	51	0	604	4	9
Shredder Sandwich Shrimp	273	3	29	16	7	0	285	3	9
Shredder Sandwich Tofu	360	13	32	20	0	0	300	4	9
Enchilada Green Carne Asada	271	15	18	14	50	0	596	1	0
Enchilada Green Carnitas	311	22	19	15	71	0	908	2	1

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
Enchilada Green Cheese	339	16	18	20	64	0	719	1	0
Enchilada Green Chicken Blackened	238	16	18	10	51	0	651	1	1
Enchilada Green Chicken Charbroiled	238	16	17	10	52	0	630	1	0
Enchilada Green Fish Blackened	218	16	18	8	42	0	682	1	1
Enchilada Green Fish Charbroiled	214	16	17	8	43	0	664	1	0
Enchilada Green Salmon	230	15	18	9	44	0	550	1	1
Enchilada Green Shrimp	209	13	18	8	78	0	792	1	1
Enchilada Green Tofu	212	10	19	9	21	0	560	1	2
Enchilada Green Vegetarian Brown Rice Black Beans	223	9	27	8	21	0	564	3	1
Enchilada Green Vegetarian Brown Rice White Beans	216	8	25	8	21	0	655	3	1
Enchilada Green Vegetarian White Rice Black Beans	242	9	30	8	24	0	614	3	1
Enchilada Green Vegetarian White Rice White Beans	235	8	28	9	24	0	704	3	1
Enchilada Red Banzai Veggie	186	8	20	7	21	0	533	3	5
Enchilada Red Blackened Mushroom	194	8	17	10	21	0	496	2	3
Enchilada Red Carne Asada	258	15	15	14	50	0	510	2	2
Enchilada Red Carnitas	298	22	16	15	71	0	821	2	2
Enchilada Red Cheese	326	17	16	20	64	0	632	1	2
Enchilada Red Chicken Blackened	225	16	16	10	51	0	564	2	2
Enchilada Red Chicken Charbroiled	225	16	15	10	52	0	543	1	2
Enchilada Red Fish Blackened	205	17	16	8	42	0	595	2	2
Enchilada Red Fish Charbroiled	201	17	15	8	43	0	577	2	2
Enchilada Red Salmon	217	16	15	10	44	0	463	2	2
Enchilada Red Salmon	217	16	15	10	44	0	463	2	2
Enchilada Red Shrimp	196	13	16	8	78	0	705	2	2
Enchilada Red Tofu	199	10	17	9	21	0	473	2	3
Enchilada Red Vegetarian Brown Rice Black Beans	210	9	24	8	21	0	477	3	2
Enchilada Red Vegetarian Brown Rice White Beans	203	8	23	8	21	0	568	4	2
Enchilada Red Vegetarian White Rice Black Beans	234	10	28	8	22	0	572	4	2
Enchilada Red Vegetarian White Rice White Beans	222	9	26	9	24	0	617	3	2
TACOS & ENCHILADAS									
Flounder Taco	318	21	35	11	49	0	774	2	2
Spicy Chi Banzai Veggie Taco	166	6	19	7	14	0	333	3	3
Spicy Chi Blackened Chicken Taco	221	15	17	10	44	0	528	3	1
Spicy Chi Blackened Fish Taco	200	15	17	8	35	0	559	3	1
Spicy Chi Carne Asada Taco	254	14	17	14	43	0	473	3	1
Spicy Chi Carnitas Taco	294	21	18	15	64	0	785	3	1
Spicy Chi Charbroiled Chicken Taco	221	15	16	10	45	0	507	3	1
Spicy Chi Charbroiled Fish Taco	197	15	16	8	35	0	541	3	1
Spicy Chi Mushroom Taco	189	7	19	10	14	0	460	3	3
Spicy Chi SalmonTaco	213	14	17	10	37	0	427	3	2
Spicy Chi Shrimp Taco	191	12	18	8	71	0	669	3	2
Spicy Chi TofuTaco	195	9	18	9	14	0	437	3	2
Spicy Chi Vegetarian Brown Rice Black Beans Taco	205	8	26	8	14	0	441	4	1
Spicy Chi Vegetarian Brown Rice White Beans Taco	199	7	25	8	14	0	645	5	2
Spicy Chi Vegetarian White Rice Black Beans Taco	224	8	29	9	17	0	490	4	1

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
Spicy Chi Vegetarian White Rice White Beans Taco	224	8	29	9	17	0	490	4	1
Taco Citrus Slaw Banzai Veggie	170	6	29	4	7	0	318	5	3
Taco Citrus Slaw Blackened Mushroom	218	6	30	9	7	0	347	5	5
Taco Citrus Slaw Carne Asada	283	14	28	13	36	0	360	4	3
Taco Citrus Slaw Carnitas	323	21	30	14	57	0	672	5	4
Taco Citrus Slaw Chicken Blackened	250	15	29	9	37	0	415	4	4
Taco Citrus Slaw Chicken Charbroiled	250	15	28	9	38	0	394	4	3
Taco Citrus Slaw Fish Blackened	229	15	29	7	28	0	446	4	4
Taco Citrus Slaw Fish Charbroiled	226	15	28	6	28	0	428	4	3
Taco Citrus Slaw Salmon	242	14	29	8	30	0	314	4	4
Taco Citrus Slaw Shrimp	220	11	29	7	63	0	556	4	4
Taco Citrus Slaw Skinny Banzai Veggie	83	4	8	5	7	0	285	2	3
Taco Citrus Slaw Tofu	224	9	30	8	7	0	324	5	5
Taco Citrus Slaw Vegetarian Brown Rice Black Beans	226	7	35	6	7	0	355	4	3
Taco Citrus Slaw Vegetarian Brown Rice White Beans	219	6	34	7	7	0	447	4	4
Taco Citrus Slaw Vegetarian White Rice Black Beans	411	7	73	8	10	0	1022	4	22
Taco Citrus Slaw Vegetarian White Rice White Beans	404	6	72	8	10	0	1113	4	22
Taco Classic Banzai Veggie	152	5	25	3	7	0	251	3	3
Taco Classic Blackened Mushroom	182	6	27	6	7	0	334	4	4
Taco Classic Carne Asada	246	14	25	11	36	0	348	4	2
Taco Classic Carnitas	287	21	26	11	57	0	660	5	2
Taco Classic Chicken Blackened	213	14	25	6	37	0	402	4	2
Taco Classic Chicken Charbroiled	214	15	24	7	38	0	382	4	2
Taco Classic Fish Blackened	196	15	26	4	28	0	436	5	2
Taco Classic Fish Charbroiled	192	15	25	4	28	0	418	4	2
Taco Classic Salmon	200	13	25	6	27	0	290	4	3
Taco Classic Shrimp	187	11	26	4	63	0	546	4	3
Taco Classic Tofu	187	9	26	5	7	0	312	4	3
Taco Skinny Banzai Veggie	58	3	6	2	7	0	204	2	3
Taco Skinny Blackened Mushroom	80	4	6	5	7	0	314	2	3
Taco Skinny Carne Asada	144	11	4	9	36	0	327	1	1
Taco Skinny Carnitas	184	18	5	10	57	0	639	2	2
Taco Skinny Chicken Blackened	111	12	4	5	37	0	382	2	2
Taco Skinny Chicken Charbroiled	111	12	3	6	38	0	361	1	1
Taco Skinny Citrus Slaw Blackened Mushroom	116	4	9	7	7	0	326	2	5
Taco Skinny Citrus Slaw Carne Asada	180	11	7	12	36	0	340	2	3
Taco Skinny Citrus Slaw Carnitas	221	18	9	12	57	0	652	2	3
Taco Skinny Citrus Slaw Chicken Blackened	148	12	8	7	37	0	394	2	3
Taco Skinny Citrus Slaw Chicken Charbroiled	148	12	7	8	38	0	374	1	3
Taco Skinny Citrus Slaw Fish Blackened	127	12	8	5	28	0	426	2	3
Taco Skinny Citrus Slaw Fish Charbroiled	123	13	7	5	28	0	407	1	3
Taco Skinny Citrus Slaw Salmon	139	11	8	7	30	0	294	1	4
Taco Skinny Citrus Slaw Shrimp	118	9	8	5	63	0	535	1	4
Taco Skinny Citrus Slaw Tofu	122	6	9	6	7	0	304	2	4
Taco Skinny Citrus Slaw Vegetarian Brown Rice Black Beans	132	5	16	5	7	0	308	3	3

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
Taco Skinny Citrus Slaw Vegetarian Brown Rice White Beans	126	4	15	5	7	0	511	3	4
Taco Skinny Citrus Slaw Vegetarian White Rice Black Beans	151	5	19	6	10	0	357	3	3
Taco Skinny Citrus Slaw Vegetarian White Rice White Beans	145	4	18	6	10	0	561	3	4
Taco Skinny Fish Blackened	94	12	5	3	28	0	416	2	2
Taco Skinny Fish Charbroiled	90	13	4	3	28	0	397	2	2
Taco Skinny Salmon	106	12	5	5	30	0	284	2	2
Taco Skinny Shrimp	52	3	4	3	11	0	195	1	2
Taco Skinny Tofu	85	6	5	4	7	0	291	2	3
Taco Skinny Vegetarian Brown Rice Black Beans	99	5	13	3	7	0	297	3	2
Taco Skinny Vegetarian Brown Rice White Beans	92	4	12	3	7	0	389	4	3
Taco Skinny Vegetarian White Rice Black Beans	118	5	16	4	10	0	347	3	2
Taco Skinny Vegetarian White Rice White Beans	111	5	15	4	10	0	438	3	3
Taco Vegetarian Brown Rice Black Beans	193	7	32	4	7	0	345	4	2
Taco Vegetarian Brown Rice White Beans	186	6	31	4	7	0	436	4	2
Taco Vegetarian White Rice Black Beans	215	7	36	4	8	0	413	5	2
Taco Vegetarian White Rice White Beans	205	6	34	5	10	0	486	4	2
Shredder Sandwich Banzai Veggie	288	5	35	15	0	0	268	5	12
Shredder Sandwich Blackened Mushroom	284	6	33	15	0	0	318	4	11
Shredder Sandwich Carne Asada	350	23	30	18	39	0	808	3	9
Shredder Sandwich Carnitas	396	21	31	22	16	0	607	4	10
Shredder Sandwich Chicken Blackened	360	23	29	18	44	0	857	3	9
Shredder Sandwich Chicken Charbroiled	360	23	29	17	45	0	844	3	9
Shredder Sandwich Fish Blackened	384	23	29	20	75	0	333	3	9
Shredder Sandwich Fish Charbroiled	386	22	29	21	74	0	353	3	9
Shredder Sandwich Salmon	423	15	33	27	51	0	604	4	9
Shredder Sandwich Shrimp	273	3	29	16	7	0	285	3	9
Shredder Sandwich Tofu	360	13	32	20	0	0	300	4	9
BOWLS									
Banzai Bowl Carne Asada Brown Rice Black Beans	768	40	96	25	66	0	1561	15	11
Banzai Bowl Carne Asada Brown Rice Black Beans	768	40	96	25	66	0	1561	15	11
Banzai Bowl Carne Asada Brown Rice White Beans	730	37	90	26	66	0	2783	17	14
Banzai Bowl Carne Asada White Rice Black Beans	997	43	132	32	105	0	2155	14	11
Banzai Bowl Carne Asada White Rice White Beans	959	39	126	33	105	0	3377	16	14
Banzai Bowl Carnitas Brown Rice Black Beans	859	55	98	27	114	0	2273	16	11
Banzai Bowl Carnitas Brown Rice White Beans	821	52	92	28	114	0	3496	19	15
Banzai Bowl Carnitas White Rice Black Beans	1089	58	134	34	152	0	2868	15	11
Banzai Bowl Carnitas White Rice White Beans	1051	55	128	35	152	0	4090	18	14
Banzai Bowl Chicken Blackened Brown Rice Black Beans	693	41	97	16	68	0	1685	15	11
Banzai Bowl Chicken Blackened Brown Rice White Beans	654	38	91	16	68	0	2907	18	14
Banzai Bowl Chicken Blackened White Rice Black Beans	922	44	133	23	107	0	2279	14	11
Banzai Bowl Chicken Blackened White Rice White Beans	884	41	127	23	107	0	3501	17	14
Banzai Bowl Chicken Charbroiled Brown Rice Black Beans	693	42	95	17	71	0	1638	14	11
Banzai Bowl Chicken Charbroiled Brown Rice White Beans	655	38	88	17	71	0	2861	17	14
Banzai Bowl Chicken Charbroiled White Rice Black Beans	922	44	130	24	109	0	2232	13	11
Banzai Bowl Chicken Charbroiled White Rice White Beans	884	41	124	24	109	0	3455	16	14

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
Banzai Bowl Fish Blackened Brown Rice Black Beans	646	43	97	11	47	0	1757	15	11
Banzai Bowl Fish Blackened Brown Rice White Beans	608	39	91	11	47	0	2980	18	15
Banzai Bowl Fish Blackened White Rice Black Beans	875	45	133	18	86	0	2351	14	11
Banzai Bowl Fish Blackened White Rice White Beans	837	42	127	18	86	0	3574	17	14
Banzai Bowl Fish Charbroiled Brown Rice Black Beans	637	43	95	11	49	0	1714	15	11
Banzai Bowl Fish Charbroiled Brown Rice White Beans	599	39	89	11	49	0	2937	17	14
Banzai Bowl Fish Charbroiled White Rice Black Beans	899	46	137	19	95	0	1675	20	7
Banzai Bowl Fish Charbroiled White Rice White Beans	828	42	125	18	87	0	3531	16	14
Banzai Bowl Salmon Brown Rice Black Beans	674	40	96	15	52	0	1455	15	12
Banzai Bowl Salmon Brown Rice White Beans	636	37	90	15	52	0	2678	17	15
Banzai Bowl Salmon White Rice Black Beans	903	43	132	22	91	0	2049	14	12
Banzai Bowl Salmon White Rice White Beans	865	40	126	22	91	0	3272	16	15
Banzai Bowl Shrimp Brown Rice Black Beans	614	32	97	11	113	0	1910	15	12
Banzai Bowl Shrimp Brown Rice White Beans	576	29	91	11	113	0	3132	17	15
Banzai Bowl Shrimp White Rice Black Beans	843	35	133	18	152	0	2504	14	12
Banzai Bowl Shrimp White Rice White Beans	805	32	127	18	152	0	3726	16	15
Banzai Bowl Tofu Brown Rice Black Beans	633	28	100	13	0	0	1478	15	14
Banzai Bowl Tofu Brown Rice White Beans	633	28	100	13	0	0	1478	15	14
Banzai Bowl Tofu Brown Rice White Beans	595	25	93	14	0	0	2701	18	17
Banzai Bowl Tofu White Rice Black Beans	862	31	136	20	39	0	2072	15	14
Banzai Bowl Tofu White Rice White Beans	824	27	129	21	39	0	3295	17	17
Slim Banzai bowl Carne Asada	424	30	55	13	44	0	1076	7	7
Slim Banzai Bowl Carnitas	515	28	63	17	19	0	1270	8	8
Slim Banzai Bowl Chicken blackened	475	31	61	13	51	0	1555	7	7
Slim Banzai Bowl Chicken Charbroiled	500	28	61	17	44	0	1812	7	7
Slim Banzai Bowl Fish Blackened	502	30	61	16	86	0	957	7	7
Slim Banzai Bowl Fish Charbroiled	504	30	61	16	85	0	980	7	7
Slim Banzai Bowl Salmon	547	22	65	23	58	0	1266	7	7
Slim Banzai Bowl Shrimp	375	8	61	11	8	0	902	7	7
Slim Banzai Bowl Tofu	474	19	64	15	0	0	919	8	7
Kahlua Pig Bowl Brown Rice Black Beans	875	52	123	21	28	0	1836	21	4
Kahlua Pig Bowl Brown Rice White Beans	796	46	109	21	28	0	2095	16	6
Kahlua Pig Bowl White Rice Black Beans	920	51	131	22	38	0	2057	19	3
Kahlua Pig Bowl White Rice White Beans	841	45	117	22	38	0	2315	14	5
Maui Bowl Brown Rice Black Beans	796	55	121	15	66	0	2160	19	3
Maui Bowl Brown Rice White Beans	718	49	107	15	66	0	2459	15	5
Maui Bowl White Rice Black Beans	842	55	129	16	76	0	2473	17	3
Maui Bowl White Rice White Beans	765	49	116	16	76	0	2772	12	4
Protein Bowl Blackened Chicken & Shrimp	389	36	27	17	164	0	1402	10	11
Protein Bowl Carne Asada & Carnitas	610	49	26	36	135	0	1411	11	10
Protein Bowl Carne Asada & Chicken Blackened	485	38	26	27	101	0	970	10	10
Protein Bowl Carne Asada & Chicken Blackened	26	2	1	2	5	0	48	1	0
Protein Bowl Carne Asada & Chicken Charbroiled	485	38	23	28	102	0	935	9	10
Protein Bowl Carne Asada & Maui Bowl Meat	541	38	26	33	100	0	894	10	12
Protein Bowl Carne Asada & Mushrooms Blackened	430	24	28	27	50	0	853	10	13

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
Protein Bowl Carne Asada & Salmon	470	37	25	27	88	0	797	10	10
Protein Bowl Carne Asada & Shrimp	445	35	26	24	162	0	1309	10	11
Protein Bowl Carne Asada & Tofu	440	28	27	26	50	0	815	10	12
Protein Bowl Carne Asada only	541	37	24	35	99	0	877	10	10
Protein Bowl Carnitas & Chicken Charbroiled	553	50	25	30	138	0	1469	10	10
Protein Bowl Carnitas only	679	60	28	37	170	0	1945	12	10
Protein Bowl Chicken Blackened & Carnitas	553	50	27	29	136	0	1504	11	10
Protein Bowl Chicken Blackened & Chicken Charbroiled	428	39	25	21	104	0	1028	10	10
Protein Bowl Chicken Blackened & Maui Bowl Meat	485	39	27	26	102	0	987	10	13
Protein Bowl Chicken Blackened & Mushrooms Blackened	374	25	29	20	51	0	946	11	13
Protein Bowl Chicken Blackened & Salmon	414	38	26	19	90	0	890	10	11
Protein Bowl Chicken Blackened & Shrimp	389	36	27	17	164	0	1402	10	11
Protein Bowl Chicken Blackened & Tofu	383	29	28	18	51	0	908	11	12
Protein Bowl Chicken Blackened only	370	38	24	15	103	0	1060	8	10
Protein Bowl Chicken Blackened only	428	39	27	20	103	0	1063	10	10
Protein Bowl Chicken Charbroiled only	370	39	19	16	106	0	990	7	9
Protein Bowl Chicken Charbroiled only	428	39	22	22	106	0	993	9	10
Protein Bowl Fish Blackened & Carne Asada	450	39	26	24	85	0	1024	10	10
Protein Bowl Fish Blackened & Carnitas	518	50	27	25	120	0	1558	11	10
Protein Bowl Fish Blackened & Chicken Blackened	393	40	27	16	86	0	1117	10	10
Protein Bowl Fish Blackened & Chicken Charbroiled	393	40	25	17	88	0	1082	10	10
Protein Bowl Fish Blackened & Maui Bowl Meat	450	39	27	22	86	0	1042	10	13
Protein Bowl Fish Blackened & Mushrooms Blackened	339	26	29	16	35	0	1000	11	13
Protein Bowl Fish Blackened & Salmon	379	39	26	16	74	0	945	10	11
Protein Bowl Fish Blackened & Shrimp	354	36	28	13	148	0	1457	10	11
Protein Bowl Fish Blackened & Tofu	348	30	28	15	35	0	962	11	12
Protein Bowl Fish Blackened only	300	40	24	7	70	0	1169	8	10
Protein Bowl Fish Blackened only	358	41	27	13	70	0	1171	10	10
Protein Bowl Fish Charbroiled & Carne Asada	443	39	24	24	86	0	992	10	10
Protein Bowl Fish Charbroiled & Carnitas	512	51	26	25	122	0	1526	11	10
Protein Bowl Fish Charbroiled & Chicken Blackened	387	40	25	16	88	0	1085	10	10
Protein Bowl Fish Charbroiled & Chicken Charbroiled	387	40	23	17	89	0	1050	9	10
Protein Bowl Fish Charbroiled & Fish Blackened	352	41	25	13	72	0	1139	10	10
Protein Bowl Fish Charbroiled & Maui Bowl Meat	444	40	26	22	87	0	1010	9	12
Protein Bowl Fish Charbroiled & Mushrooms Blackened	333	26	27	16	36	0	968	10	13
Protein Bowl Fish Charbroiled & Salmon	373	39	24	16	75	0	912	9	10
Protein Bowl Fish Charbroiled & Shrimp	347	37	26	13	149	0	1424	9	11
Protein Bowl Fish Charbroiled & Tofu	342	30	27	14	36	0	930	10	12
Protein Bowl Fish Charbroiled only	345	41	23	12	73	0	1107	9	10
Protein Bowl Maui Bowl Meat & Carnitas	610	49	28	34	136	0	1429	11	13
Protein Bowl Maui Bowl Meat & Charbroiled Chicken	485	39	25	26	104	0	953	9	12
Protein Bowl Maui Bowl Meat & Mushrooms Blackened	431	25	30	25	51	0	871	10	16
Protein Bowl Maui Bowl Meat & Salmon	471	38	26	25	90	0	815	9	13
Protein Bowl Maui Bowl Meat & Shrimp	446	35	28	22	163	0	1327	9	13
Protein Bowl Maui Bowl Meat & Tofu	440	29	29	24	51	0	832	10	15

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
Protein Bowl Maui Bowl Meat only	542	38	28	31	101	0	912	9	15
Protein Bowl Mushrooms Blackened & Carnitas	499	36	30	28	85	0	1387	11	13
Protein Bowl Mushrooms Blackened & Chicken Charbroiled	374	25	27	21	53	0	911	10	13
Protein Bowl Mushrooms Blackened only	320	11	31	20	0	0	829	11	16
Protein Bowl Salmon & Carnitas	539	49	26	28	124	0	1332	11	11
Protein Bowl Salmon & Charbroiled Chicken	414	38	24	20	92	0	855	9	10
Protein Bowl Salmon & Mushrooms Blackened	360	24	28	19	39	0	774	10	14
Protein Bowl Salmon & Shrimp	375	35	27	16	152	0	1230	9	11
Protein Bowl Salmon & Tofu	369	28	27	18	39	0	735	10	13
Protein Bowl Salmon only	342	37	22	13	78	0	715	7	11
Protein Bowl Salmon only	400	38	25	19	78	0	718	9	11
Protein Bowl Shrimp & Carnitas	514	46	28	25	198	0	1844	11	11
Protein Bowl Shrimp & Chicken Charbroiled	389	36	25	18	166	0	1367	9	11
Protein Bowl Shrimp & Mushrooms Blackened	335	22	30	16	113	0	1286	10	14
Protein Bowl Shrimp & Tofu	344	26	29	15	113	0	1247	10	13
Protein Bowl Shrimp only	350	32	28	13	226	0	1742	10	12
Protein Bowl Shrimp only	252	25	24	7	169	0	1398	7	11
Protein Bowl Tofu & Carnitas	509	40	29	27	85	0	1349	11	12
Protein Bowl Tofu & Chicken Charbroiled	384	29	26	19	53	0	873	10	12
Protein Bowl Tofu only	339	19	30	16	0	0	753	11	14
Protein Bowl Tofu & Mushrooms Blackened	329	15	31	18	0	0	791	11	15
Salmon Bowl Brown Rice	600	25	62	29	80	0	1034	5	3
Salmon Bowl White Rice	630	25	68	29	87	0	1182	3	2
Wahoo's Bowl Salmon Brown Rice Black Beans	762	38	100	25	80	0	1656	19	4
Wahoo's Bowl Salmon Brown Rice White Beans	683	32	86	25	80	0	1914	14	6
Wahoo's Bowl Salmon White Rice Black Beans	792	38	106	26	87	0	1803	18	3
Wahoo's Bowl Salmon White Rice White Beans	713	32	92	26	87	0	2062	13	5
Wahoo's Bowl Carne Asada Bowl Brown Rice Black Beans	794	55	120	16	66	0	2136	19	3
Wahoo's Bowl Carne Asada Bowl Brown Rice White Beans	716	49	106	16	66	0	2435	15	5
Wahoo's Bowl Carne Asada Bowl White Rice Black Beans	840	55	128	16	76	0	2448	17	3
Wahoo's Bowl Carne Asada Bowl White Rice White Beans	763	49	114	16	76	0	2747	12	4
Wahoo's Bowl Carnitas Bowl Brown Rice Black Beans	871	52	122	21	28	0	1792	21	4
Wahoo's Bowl Carnitas Bowl Brown Rice White Beans	792	46	108	21	28	0	2051	16	6
Wahoo's Bowl Carnitas Bowl White Rice Black Beans	916	51	130	22	38	0	2013	19	3
Wahoo's Bowl Carnitas Bowl White Rice White Beans	837	45	116	22	38	0	2271	14	5
Wahoo's Bowl Chicken Bowl Blackened Brown Rice Black Beans	812	56	118	15	76	0	2219	19	3
Wahoo's Bowl Chicken Bowl Blackened Brown Rice White Beans	734	50	105	15	76	0	2518	15	5
Wahoo's Bowl Chicken Bowl Blackened White Rice Black Beans	858	56	126	15	86	0	2531	17	3
Wahoo's Bowl Chicken Bowl Blackened White Rice White Beans	780	49	113	15	86	0	2830	12	4
Wahoo's Bowl Chicken Bowl Charbroiled Brown Rice Black Beans	811	56	118	14	77	0	2197	19	3
Wahoo's Bowl Chicken Bowl Charbroiled Brown Rice White Beans	733	50	104	15	77	0	2496	15	5
Wahoo's Bowl Chicken Bowl Charbroiled White Rice Black Beans	857	56	126	15	87	0	2509	17	3
Wahoo's Bowl Chicken Bowl Charbroiled White Rice White Beans	779	50	113	15	87	0	2808	12	4
Wahoo's Bowl Chicken Bowl Teriyaki Brown Rice Black Beans	815	56	119	14	77	0	2241	19	3
Wahoo's Bowl Chicken Bowl Teriyaki Brown Rice White Beans	737	50	105	15	77	0	2540	15	5

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
Wahoo's Bowl Chicken Bowl Teriyaki White Rice Black Beans	861	56	127	15	87	0	2553	17	3
Wahoo's Bowl Chicken Bowl Teriyaki White Rice White Beans	783	50	113	15	87	0	2852	12	4
Wahoo's Bowl Fish Bowl Blackened Brown Rice Black Beans	880	55	118	21	129	0	1322	19	3
Wahoo's Bowl Fish Bowl Blackened Brown Rice White Beans	802	49	104	21	129	0	1621	15	5
Wahoo's Bowl Fish Bowl Blackened White Rice Black Beans	926	55	126	22	139	0	1634	17	3
Wahoo's Bowl Fish Bowl Blackened White Rice White Beans	848	49	113	22	139	0	1933	12	4
Wahoo's Bowl Fish Bowl Charbroiled Brown Rice Black Beans	882	55	118	22	127	0	1356	19	3
Wahoo's Bowl Fish Bowl Charbroiled Brown Rice White Beans	804	48	104	22	127	0	1655	15	5
Wahoo's Bowl Fish Bowl Charbroiled White Rice Black Beans	928	54	126	22	138	0	1668	17	3
Wahoo's Bowl Fish Bowl Charbroiled White Rice White Beans	851	48	113	22	138	0	1967	12	4
Wahoo's Bowl Fish Bowl Teriyaki Brown Rice Black Beans	886	55	119	22	127	0	1400	19	3
Wahoo's Bowl Fish Bowl Teriyaki Brown Rice White Beans	808	48	105	22	127	0	1699	15	5
Wahoo's Bowl Fish Bowl Teriyaki White Rice Black Beans	932	54	127	22	138	0	1712	17	3
Wahoo's Bowl Fish Bowl Teriyaki White Rice White Beans	855	48	114	22	138	0	2011	12	4
Wahoo's Bowl Shrimp Bowl Brown Rice Black Beans	669	22	119	12	15	0	1254	19	3
Wahoo's Bowl Shrimp Bowl Brown Rice White Beans	591	16	105	12	15	0	1553	15	5
Wahoo's Bowl Shrimp Bowl White Rice Black Beans	715	22	127	13	25	0	1567	17	3
Wahoo's Bowl Shrimp Bowl White Rice White Beans	638	16	113	13	25	0	1866	12	4
Shrimp Bowl Teriyaki Brown Rice Black Beans	696	23	123	12	15	0	1581	19	7
Shrimp Bowl Teriyaki Brown Rice White Beans	618	17	109	12	15	0	1880	15	9
Shrimp Bowl Teriyaki White Rice Black Beans	742	23	131	13	25	0	1894	17	7
Shrimp Bowl Teriyaki White Rice White Beans	665	17	117	13	25	0	2193	12	9
Wahoo's Bowl Tofu Bowl Brown Rice Black Beans	811	38	123	18	0	0	1265	21	3
Wahoo's Bowl Tofu Bowl Brown Rice White Beans	734	32	110	18	0	0	1564	17	5
Wahoo's Bowl Tofu Bowl White Rice Black Beans	858	38	132	19	10	0	1577	19	3
Wahoo's Bowl Tofu Bowl White Rice White Beans	780	32	118	19	10	0	1876	14	4
Wahoo's Bowl Veggie Bowl Brown Rice Black Beans	715	27	133	11	0	0	1263	24	10
Wahoo's Bowl Veggie Bowl Brown Rice White Beans	637	21	119	11	0	0	1562	19	12
Wahoo's Bowl Veggie Bowl White Rice Black Beans	761	26	141	11	10	0	1575	22	10
Wahoo's Bowl Veggie Bowl White Rice White Beans	684	20	128	11	10	0	1874	17	12
BURRITOS									
Banzai Burrito Banzai Veggie Brown Rice Black Beans	491	15	82	13	0	2	1340	9	12
Banzai Burrito Banzai Veggie Brown Rice White Beans	477	14	80	13	0	2	1522	10	13
Banzai Burrito Banzai Veggie White Rice Black Beans	529	16	88	14	6	2	1439	9	12
Banzai Burrito Banzai Veggie White Rice White Beans	515	15	85	15	6	2	1621	9	13
Banzai Burrito Blackened Mushroom Brown Rice Black Beans	538	16	81	18	0	2	1594	8	13
Banzai Burrito Blackened Mushroom Brown Rice White Beans	524	15	79	18	0	2	1776	9	14
Banzai Burrito Blackened Mushroom White Rice Black Beans	576	16	87	19	6	2	1693	8	13
Banzai Burrito Blackened Mushroom White Rice White Beans	562	15	85	20	6	2	1875	9	14
Banzai Burrito Carne Asada Brown Rice Black Beans	666	31	77	27	58	2	1622	8	9
Banzai Burrito Carne Asada Brown Rice White Beans	652	30	75	27	58	2	1803	8	10
Banzai Burrito Carne Asada White Rice Black Beans	705	32	83	28	64	2	1721	7	9
Banzai Burrito Carne Asada White Rice White Beans	691	30	81	28	64	2	1902	8	10
Banzai Burrito Carnitas Brown Rice Black Beans	747	45	79	29	99	2	2245	9	10
Banzai Burrito Carnitas Brown Rice White Beans	733	43	77	29	99	2	2427	9	11

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
Banzai Burrito Carnitas White Rice Black Beans	785	45	85	30	106	2	2344	9	10
Banzai Burrito Carnitas White Rice White Beans	771	44	83	30	106	2	2526	9	11
Banzai Burrito Chicken Blackened Brown Rice Black Beans	601	32	78	19	60	2	1730	8	10
Banzai Burrito Chicken Blackened Brown Rice White Beans	587	31	76	19	60	2	1911	9	11
Banzai Burrito Chicken Blackened White Rice Black Beans	639	33	84	20	66	2	1829	8	10
Banzai Burrito Chicken Blackened White Rice White Beans	625	32	82	20	66	2	2010	8	11
Banzai Burrito Chicken Charbroiled Brown Rice Black Beans	601	32	76	20	62	2	1689	7	9
Banzai Burrito Chicken Charbroiled Brown Rice White Beans	587	31	74	20	62	2	1871	8	10
Banzai Burrito Chicken Charbroiled White Rice Black Beans	639	33	82	21	68	2	1788	7	9
Banzai Burrito Chicken Charbroiled White Rice White Beans	625	32	80	21	68	2	1970	8	10
Banzai Burrito Fish Blackened Brown Rice Black Beans	560	33	78	14	41	2	1793	8	10
Banzai Burrito Fish Blackened Brown Rice White Beans	546	32	76	14	41	2	1975	9	11
Banzai Burrito Fish Blackened White Rice Black Beans	598	34	84	15	47	2	1892	8	10
Banzai Burrito Fish Blackened White Rice White Beans	584	33	82	16	47	2	2074	8	11
Banzai Burrito Fish Charbroiled Brown Rice Black Beans	552	34	77	14	43	2	1756	7	9
Banzai Burrito Fish Charbroiled Brown Rice White Beans	538	32	74	14	43	2	1937	8	10
Banzai Burrito Fish Charbroiled White Rice Black Beans	591	34	83	15	49	2	1855	7	9
Banzai Burrito Fish Charbroiled White Rice White Beans	577	33	80	15	49	2	2036	8	10
Banzai Burrito Salmon Brown Rice Black Beans	584	31	77	18	45	2	1529	7	10
Banzai Burrito Salmon Brown Rice White Beans	570	30	75	18	45	2	1710	8	11
Banzai Burrito Salmon White Rice Black Beans	622	32	83	19	52	2	1628	7	10
Banzai Burrito Salmon White Rice White Beans	608	31	81	19	52	2	1809	8	11
Banzai Burrito Shrimp Brown Rice Black Beans	542	26	79	14	113	2	2012	7	10
Banzai Burrito Shrimp Brown Rice White Beans	528	25	77	15	113	2	2194	8	11
Banzai Burrito Shrimp White Rice Black Beans	580	26	85	16	119	2	2111	7	10
Banzai Burrito Shrimp White Rice White Beans	566	25	83	16	119	2	2293	8	11
Banzai Burrito Tofu Brown Rice Black Beans	549	21	80	16	0	2	1549	8	12
Banzai Burrito Tofu Brown Rice White Beans	534	20	78	17	0	2	1731	9	13
Banzai Burrito Tofu White Rice Black Beans	587	21	86	18	6	2	1648	8	12
Banzai Burrito Tofu White Rice White Beans	573	20	84	18	6	2	1830	9	13
Banzai Burrito Vegetarian Brown Rice Black Beans	511	16	86	14	0	2	1279	11	10
Banzai Burrito Vegetarian Brown Rice White Beans	485	14	82	14	0	2	1378	9	11
Banzai Burrito Vegetarian White Rice Black Beans	519	16	88	14	2	2	1331	11	10
Banzai Burrito Vegetarian White Rice White Beans	493	14	83	14	2	2	1430	9	10
Citrus Slaw Banzai Veggie Burrito Brown Rice Black Beans	691	26	85	28	43	2	1457	9	7
Citrus Slaw Banzai Veggie Burrito Brown Rice White Beans	672	24	82	29	43	2	2068	10	9
Citrus Slaw Banzai Veggie Burrito White Rice Black Beans	748	26	94	30	52	2	1606	9	7
Citrus Slaw Banzai Veggie Burrito White Rice White Beans	729	24	91	30	52	2	2217	10	9
Citrus Slaw Blackened Chicken Burrito Brown Rice Black Beans	796	42	81	34	102	2	1846	8	5
Citrus Slaw Blackened Chicken Burrito Brown Rice White Beans	777	41	78	34	102	2	2457	9	6
Citrus Slaw Blackened Chicken Burrito White Rice Black Beans	854	43	90	35	112	2	1994	8	4
Citrus Slaw Blackened Chicken Burrito White Rice White Beans	834	41	87	35	112	2	2606	9	6
Citrus Slaw Blackened Fish Burrito Brown Rice Black Beans	755	43	81	29	84	2	1909	8	5
Citrus Slaw Blackened Fish Burrito Brown Rice White Beans	736	42	78	29	84	2	2521	9	6
Citrus Slaw Blackened Fish Burrito White Rice Black Beans	813	44	90	31	93	2	2058	8	4

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
Citrus Slaw Blackened Fish Burrito White Rice White Beans	794	42	87	31	93	2	2669	9	6
Citrus Slaw Carne Asada Burrito Brown Rice Black Beans	862	41	80	42	100	2	1738	8	4
Citrus Slaw Carne Asada Burrito Brown Rice White Beans	843	39	77	42	100	2	2349	9	6
Citrus Slaw Carne Asada Burrito White Rice Black Beans	919	42	89	44	110	2	1886	7	4
Citrus Slaw Carne Asada Burrito White Rice White Beans	900	40	86	44	110	2	2497	9	6
Citrus Slaw Carnitas Burrito Brown Rice Black Beans	942	55	82	44	142	2	2361	9	5
Citrus Slaw Carnitas Burrito Brown Rice White Beans	923	53	79	44	142	2	2972	10	6
Citrus Slaw Carnitas Burrito White Rice Black Beans	1000	55	91	45	152	2	2510	8	5
Citrus Slaw Carnitas Burrito White Rice White Beans	981	53	88	46	152	2	3121	10	6
Citrus Slaw Charbroiled Chicken Burrito Brown Rice Black Beans	796	42	79	34	104	2	1805	7	4
Citrus Slaw Charbroiled Chicken Burrito Brown Rice White Beans	777	41	76	35	104	2	2417	8	6
Citrus Slaw Charbroiled Chicken Burrito White Rice Black Beans	854	43	88	36	114	2	1954	7	4
Citrus Slaw Charbroiled Chicken Burrito White Rice White Beans	835	41	85	36	114	2	2565	8	6
Citrus Slaw Charbroiled Fish Burrito Brown Rice Black Beans	748	44	79	29	85	2	1872	7	4
Citrus Slaw Charbroiled Fish Burrito Brown Rice White Beans	729	42	76	29	85	2	2483	9	6
Citrus Slaw Charbroiled Fish Burrito White Rice Black Beans	805	44	88	31	95	2	2020	7	4
Citrus Slaw Charbroiled Fish Burrito White Rice White Beans	786	43	85	31	95	2	2632	8	6
Citrus Slaw Mushrooms Burrito Brown Rice Black Beans	733	26	84	33	43	2	1710	8	8
Citrus Slaw Mushrooms Burrito Brown Rice White Beans	714	24	81	33	43	2	2321	9	9
Citrus Slaw Mushrooms Burrito White Rice Black Beans	790	27	93	35	52	2	1858	8	8
Citrus Slaw Mushrooms Burrito White Rice White Beans	771	25	90	35	52	2	2470	9	9
Citrus Slaw Salmon Burrito Brown Rice Black Beans	780	41	80	33	88	2	1645	7	5
Citrus Slaw Salmon Burrito Brown Rice White Beans	761	40	77	33	88	2	2256	9	7
Citrus Slaw Salmon Burrito White Rice Black Beans	837	42	89	35	98	2	1793	7	5
Citrus Slaw Salmon Burrito White Rice White Beans	818	40	86	35	98	2	2405	8	7
Citrus Slaw Shrimp Burrito Brown Rice Black Beans	737	36	82	29	155	2	2128	7	5
Citrus Slaw Shrimp Burrito Brown Rice White Beans	718	34	79	30	155	2	2740	9	7
Citrus Slaw Shrimp Burrito White Rice Black Beans	795	37	91	31	165	2	2277	7	5
Citrus Slaw Shrimp Burrito White Rice White Beans	776	35	88	31	165	2	2888	8	7
Citrus Slaw Tofu Burrito Brown Rice Black Beans	744	31	83	31	43	2	1665	8	7
Citrus Slaw Tofu Burrito Brown Rice White Beans	725	29	80	32	43	2	2276	9	8
Citrus Slaw Tofu Burrito White Rice Black Beans	801	31	92	33	52	2	1814	8	7
Citrus Slaw Tofu Burrito White Rice White Beans	782	30	89	33	52	2	2425	9	8
Classic Burrito Blackened Mushroom	455	13	56	21	14	2	1285	4	8
Classic Burrito Carne Asada	584	28	52	30	72	2	1312	3	5
Classic Burrito Carnitas	664	42	55	31	113	2	1936	4	5
Classic Burrito Chicken Blackened	518	29	54	21	74	2	1421	4	5
Classic Burrito Chicken Charbroiled	518	30	51	22	76	2	1380	3	5
Classic Burrito Fish Blackened	483	31	55	17	55	2	1490	4	6
Classic Burrito Fish Charbroiled	475	31	53	17	57	2	1452	3	6
Classic Burrito Salmon	507	29	54	20	60	2	1225	3	7
Classic Burrito Shrimp	465	23	56	17	127	2	1709	3	7
Classic Burrito Tofu	466	18	56	19	14	2	1240	4	7
Classic Burrito Vegetarian Brown Rice Black Beans	559	18	83	18	14	2	1383	9	6
Classic Burrito Vegetarian Brown Rice White Beans	538	16	80	18	14	2	1655	10	8
Classic Burrito Vegetarian White Rice Black Beans	626	19	94	20	25	2	1556	8	6

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
Classic Burrito Vegetarian White Rice White Beans	605	17	91	20	25	2	1828	9	8
Fast Break Burrito Carnitas Brown Rice	778	39	78	34	61	2	1615	3	3
Fast Break Burrito Carnitas White Rice	793	38	81	34	65	2	1688	3	3
Fast Break Burrito Chicken Blackened Brown Rice	737	41	76	30	93	2	1900	2	2
Fast Break Burrito Chicken Blackened White Rice	752	41	79	30	97	2	1973	2	2
Fast Break Burrito Chicken Charbroiled Brown Rice	736	41	76	30	94	2	1885	2	2
Fast Break Burrito Chicken Charbroiled White Rice	751	41	78	30	97	2	1958	2	2
Fast Break Burrito Fish Blackened Brown Rice	764	41	76	33	128	2	1302	2	2
Fast Break Burrito Fish Blackened White Rice	779	41	79	33	132	2	1375	2	2
Fast Break Burrito Fish Charbroiled Fish Brown Rice	766	40	76	33	127	2	1324	2	2
Fast Break Burrito Fish Charbroiled White Rice	781	40	78	33	131	2	1398	2	2
Outer Reef Burrito Banzai Veggie Brown Rice Black Beans	709	27	92	27	43	2	1441	10	10
Outer Reef Burrito Banzai Veggie Brown Rice White Beans	688	25	89	27	43	2	1713	12	11
Outer Reef Burrito Banzai Veggie White Rice Black Beans	766	28	101	29	52	2	1589	10	9
Outer Reef Burrito Banzai Veggie White Rice White Beans	745	26	98	29	52	2	1862	11	11
Outer Reef Burrito Carne Asada Brown Rice Black Beans	852	41	81	40	100	2	1710	7	3
Outer Reef Burrito Carne Asada Brown Rice White Beans	831	39	77	40	100	2	1982	8	5
Outer Reef Burrito Carne Asada White Rice Black Beans	909	42	90	42	110	2	1859	7	3
Outer Reef Burrito Carne Asada White Rice White Beans	888	40	86	42	110	2	2131	8	5
Outer Reef Burrito Carnitas Brown Rice Black Beans	932	54	83	42	142	2	2334	8	4
Outer Reef Burrito Carnitas Brown Rice White Beans	911	53	80	42	142	2	2606	9	5
Outer Reef Burrito Carnitas White Rice Black Beans	990	55	92	44	152	2	2482	8	4
Outer Reef Burrito Carnitas White Rice White Beans	969	53	89	44	152	2	2754	9	5
Outer Reef Burrito Chicken Blackened Brown Rice Black Beans	786	42	82	32	102	2	1818	8	4
Outer Reef Burrito Chicken Blackened Brown Rice White Beans	765	40	79	32	102	2	2091	9	5
Outer Reef Burrito Chicken Blackened White Rice Black Beans	844	43	91	34	112	2	1967	7	4
Outer Reef Burrito Chicken Blackened White Rice White Beans	823	41	88	34	112	2	2239	8	5
Outer Reef Burrito Chicken Charbroiled Brown Rice Black Beans	786	42	80	33	104	2	1778	7	3
Outer Reef Burrito Chicken Charbroiled Brown Rice White Beans	765	41	76	33	104	2	2050	8	5
Outer Reef Burrito Chicken Charbroiled White Rice Black Beans	844	43	89	34	114	2	1926	7	3
Outer Reef Burrito Chicken Charbroiled White Rice White Beans	823	41	85	35	114	2	2198	8	5
Outer Reef Burrito Fish Blackened Brown Rice Black Beans	746	43	82	28	84	2	1882	8	4
Outer Reef Burrito Fish Blackened Brown Rice White Beans	724	41	79	28	84	2	2154	9	5
Outer Reef Burrito Fish Blackened White Rice Black Beans	803	44	91	29	93	2	2030	7	4
Outer Reef Burrito Fish Blackened White Rice White Beans	782	42	88	29	93	2	2303	8	5
Outer Reef Burrito Fish Charbroiled Brown Rice Black Beans	738	43	80	27	85	2	1844	7	3
Outer Reef Burrito Fish Charbroiled Brown Rice White Beans	717	42	77	28	85	2	2116	8	5
Outer Reef Burrito Fish Charbroiled White Rice Black Beans	795	44	89	29	95	2	1993	7	3
Outer Reef Burrito Fish Charbroiled White Rice White Beans	774	42	86	29	95	2	2265	8	5
Outer Reef Burrito Mushroom Brown Rice White Beans	702	24	81	32	43	2	1955	9	9
Outer Reef Burrito Mushroom White Rice Black Beans	781	26	93	33	52	2	1831	7	7
Outer Reef Burrito Mushrooms White Rice White Beans	759	25	90	33	52	2	2103	9	8
Outer Reef Burrito Mushrooms Brown Rice Black Beans	723	26	85	32	43	2	1682	8	7
Outer Reef Burrito Salmon Brown Rice Black Beans	770	41	81	31	88	2	1617	7	4
Outer Reef Burrito Salmon Brown Rice White Beans	749	39	78	31	88	2	1890	8	6
Outer Reef Burrito Salmon White Rice Black Beans	827	42	90	33	98	2	1766	7	4

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
Outer Reef Burrito Salmon White Rice White Beans	806	40	87	33	98	2	2038	8	6
Outer Reef Burrito Shrimp Brown Rice Black Beans	727	36	82	28	155	2	2101	7	4
Outer Reef Burrito Shrimp Brown Rice White Beans	706	34	79	28	155	2	2373	8	6
Outer Reef Burrito Shrimp White Rice Black Beans	785	36	91	29	165	2	2249	7	4
Outer Reef Burrito Shrimp White Rice White Beans	764	35	88	30	165	2	2522	8	6
Outer Reef Burrito Tofu Brown Rice Black Beans	734	31	84	30	43	2	1638	8	6
Outer Reef Burrito Tofu Brown Rice White Beans	713	29	81	30	43	2	1910	9	7
Outer Reef Burrito Tofu White Rice Black Beans	791	31	93	31	52	2	1786	8	6
Outer Reef Burrito Tofu White Rice White Beans	770	29	90	32	52	2	2058	9	7
SCReamM'n Burrito Brown Rice	568	34	73	17	51	2	1738	3	4
SCReamM'n Burrito White Rice	580	33	75	17	54	2	1793	3	4
WET BURRITOS (add this info to any burrito of your choice)									
Any Burrito Wet with Red Sauce	265	20	15	8	43	0	1185	3	2
Any Burrito Wet with Green Sauce	214	19	21	7	43	0	1294	2	0
SOUPS & SALADS									
Chicken Tortilla Soup	54	6	5	1	11	0	541	2	3
Kale Kai Salad Banzai Veggies	177	7	24	7	0	0	651	9	7
Kale Kai Salad Banzai Veggies w/ chips	212	7	27	9	0	0	655	9	7
Kale Kai Salad Carne Asada	250	33	15	12	55	0	1408	7	2
Kale Kai Salad Carne Asada w/ chips	298	32	20	14	55	0	1423	6	3
Kale Kai Salad Carnitas	316	30	17	17	23	0	1122	8	3
Kale Kai Salad Carnitas w/ chips	363	29	22	19	23	0	1136	8	3
Kale Kai Salad Chicken Blackened	265	34	14	11	63	0	1477	7	2
Kale Kai Salad Chicken Blackened w/ chips	313	32	19	13	63	0	1492	6	3
Kale Kai Salad Chicken Charbroiled	264	34	14	11	64	0	1459	7	2
Kale Kai Salad Chicken Charbroiled w/ chips	312	33	19	13	64	0	1474	6	3
Kale Kai Salad Fish Blackened	299	33	14	15	107	0	730	7	2
Kale Kai Salad Fish Blackened W/ Chips	346	32	19	17	107	0	745	6	3
Kale Kai Salad Fish Charbroiled	301	33	14	15	106	0	758	7	2
Kale Kai Salad Fish Charbroiled W/ Chips	349	31	19	17	106	0	773	6	3
Kale Kai Salad Mushroom Blackened	156	10	19	8	0	0	708	9	5
Kale Kai Salad Mushroom Blackened w/ Chips	203	9	24	10	0	0	723	8	5
Kale kai Salad Salmon	355	22	19	24	73	0	1117	7	3
Kale kai Salad Salmon w/ chips	403	21	24	26	73	0	1131	7	3
Kale Kai Salad Shrimp	140	5	14	8	9	0	661	7	2
Kale Kai Salad Shrimp w/ chips	188	4	19	10	9	0	676	6	3
Kale Kai Salad Tofu	265	19	18	14	0	0	683	9	2
Kale Kai Salad Tofu w/ chips	312	18	23	16	0	0	697	8	3
Kale Kai Salad Veggie Brown Rice Black Beans	337	14	53	10	0	0	1104	16	4
Kale Kai Salad Veggie Brown Rice Black Beans w/chips	384	13	58	12	0	0	1119	15	4
Kale Kai Salad Veggie Brown Rice White Beans	297	11	46	10	0	0	1233	13	5
Kale Kai Salad Veggie Brown Rice White Beans w/ chips	345	10	52	12	0	0	1248	13	5
Kale Kai Salad Veggie White Rice Black Beans	348	14	55	10	3	0	1160	15	4
Kale Kai Salad Veggie White Rice Black Beans w/ chips	395	13	60	12	3	0	1174	15	4
Kale Kai Salad Veggie White Rice White Beans w/ chips	356	10	53	12	3	0	1303	12	5
Kale Kai Salad Veggie White Rice White Beans w/ chips	356	10	53	12	3	0	1303	12	5

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
Power Chopper Banzai Veggie Brown Rice Black Beans	270	14	52	3	0	0	598	14	9
Power Chopper Banzai Veggie Brown Rice White Beans	229	11	45	3	0	0	727	12	10
Power Chopper Banzai Veggie White Rice Black Beans	278	14	53	3	2	0	650	14	9
Power Chopper Banzai Veggie White Rice White Beans	239	11	46	3	2	0	799	12	10
Power Chopper Blackened Mushroom Brown Rice Black Beans	261	15	48	3	0	0	611	14	8
Power Chopper Blackened Mushroom Brown Rice White Beans	222	12	42	3	0	0	760	11	9
Power Chopper Blackened Mushroom White Rice Black Beans	269	15	50	3	2	0	663	13	8
Power Chopper Blackened Mushroom White Rice White Beans	230	12	43	3	2	0	812	11	9
Power Chopper Carne Asada Brown Rice Black Beans	337	34	46	6	44	0	1171	12	6
Power Chopper Carne Asada Brown Rice White Beans	298	31	39	6	44	0	1320	10	7
Power Chopper Carne Asada White Rice Black Beans	345	34	47	6	46	0	1223	12	6
Power Chopper Carne Asada White Rice White Beans	306	31	40	6	46	0	1372	10	7
Power Chopper Carnitas Brown Rice Black Beans	388	32	47	10	19	0	942	13	6
Power Chopper Carnitas Brown Rice White Beans	349	29	40	10	19	0	1071	11	7
Power Chopper Carnitas White Rice Black Beans	396	32	48	10	20	0	979	13	6
Power Chopper Carnitas White Rice White Beans	356	29	41	10	20	0	1108	11	7
Power Chopper Chicken Blackened Brown Rice Black Beans	348	34	45	5	51	0	1227	12	6
Power Chopper Chicken Blackened Brown Rice White Beans	308	31	38	5	51	0	1356	10	7
Power Chopper Chicken Blackened White Rice Black Beans	355	34	46	5	52	0	1263	12	6
Power Chopper Chicken Blackened White Rice White Beans	316	31	39	5	52	0	1392	10	7
Power Chopper Chicken Charbroiled Brown Rice Black Beans	348	35	44	5	51	0	1212	12	6
Power Chopper Chicken Charbroiled Brown Rice White Beans	309	32	38	5	51	0	1361	10	7
Power Chopper Chicken Charbroiled White Rice Black Beans	356	35	46	5	53	0	1264	12	6
Power Chopper Chicken Charbroiled White Rice White Beans	317	32	39	5	53	0	1413	10	7
Power Chopper Fish Blackened Brown Rice Black Beans	394	34	45	10	86	0	628	12	6
Power Chopper Fish Blackened Brown Rice White Beans	355	31	38	10	86	0	778	10	7
Power Chopper Fish Blackened White Rice Black Beans	382	34	46	9	88	0	665	12	6
Power Chopper Fish Blackened White Rice White Beans	363	31	39	10	88	0	830	10	7
Power Chopper Fish Charbroiled Brown Rice Black Beans	396	34	45	10	85	0	651	12	6
Power Chopper Fish Charbroiled Brown Rice White Beans	357	31	38	10	85	0	801	10	7
Power Chopper Fish Charbroiled White Rice Black Beans	403	34	46	10	87	0	703	12	6
Power Chopper Fish Charbroiled White Rice White Beans	364	31	39	10	87	0	853	10	7
Power Chopper Salad Tofu Brown Rice Black Beans	347	23	48	8	0	0	591	14	6
Power Chopper Salmon Brown Rice Black Beans	420	25	49	16	58	0	938	13	6
Power Chopper Salmon Brown Rice White Beans	380	22	42	16	58	0	1067	10	7
Power Chopper Salmon White Rice Black Beans	427	25	50	16	60	0	975	12	6
Power Chopper Salmon White Rice White Beans	388	22	43	16	60	0	1104	10	7
Power Chopper Shrimp Brown Rice Black Beans	248	12	45	3	8	0	573	12	6
Power Chopper Shrimp Brown Rice White Beans	210	9	38	3	8	0	723	10	7
Power Chopper Shrimp White Rice Black Beans	257	12	46	4	9	0	625	12	6
Power Chopper Shrimp White Rice White Beans	218	9	39	4	9	0	775	10	7
Power Chopper Tofu Brown Rice White Beans	308	20	41	8	0	0	720	11	7
Power Chopper Tofu White Rice Black Beans	355	23	49	8	2	0	627	13	6
Power Chopper Tofu White Rice White Beans	315	20	43	8	2	0	757	11	7
Power Chopper Vegetarian Brown Rice Black Beans	378	18	71	4	0	0	863	18	7
Power Chopper Vegetarian Brown Rice White Beans	313	13	60	4	0	0	1113	14	8

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
Power Chopper Vegetarian White Rice Black Beans	394	18	74	5	3	0	967	17	7
Power Chopper Vegetarian White Rice White Beans	329	13	62	5	3	0	1217	14	8
Wahoo Salad Banzai Veggie	297	13	24	18	28	0	928	8	8
Wahoo Salad Blackened Mushroom	285	15	20	18	28	0	852	7	6
Wahoo Salad Carne Asada	399	43	16	23	94	0	1809	5	4
Wahoo Salad Carnitas	477	40	17	28	56	0	1348	7	4
Wahoo Salad Chicken Blackened	417	44	14	22	104	0	1892	5	4
Wahoo Salad Chicken Charbroiled	415	44	14	21	105	0	1753	5	4
Wahoo Salad Fish Blackened	484	43	14	28	157	0	995	5	4
Wahoo Salad Fish Charbroiled	460	43	14	27	156	0	912	5	4
Wahoo Salad Salmon	524	30	21	37	116	0	1342	5	4
Wahoo Salad Shrimp	274	10	15	19	43	0	928	5	4
Wahoo Salad Skinny Banzai Veggie	93	5	19	1	0	0	482	6	8
Wahoo Salad Skinny Carne Asada	195	36	10	5	68	0	1339	3	3
Wahoo Salad Skinny Carnitas	274	32	12	12	28	0	964	4	3
Wahoo Salad Skinny Chicken Blackened	213	36	9	5	76	0	1447	3	3
Wahoo Salad Skinny Chicken Charbroiled	212	36	9	5	77	0	1425	3	3
Wahoo Salad Skinny Fish Blackened	281	35	9	11	129	0	550	3	3
Wahoo Salad Skinny Fish Charbroiled	283	35	9	12	127	0	584	3	3
Wahoo Salad Skinny Fish Charbroiled	280	35	9	11	129	0	522	3	3
Wahoo Salad Skinny Shrimp	70	2	9	2	15	0	482	3	3
Wahoo Salad Skinny Veggie Brown Rice Black Beans	257	11	48	3	0	0	902	11	4
Wahoo Salad Skinny Veggie Brown Rice White Beans	218	8	42	3	0	0	1052	9	5
Wahoo Salad Skinny Veggie White Rice Black Beans	269	11	51	3	3	0	980	11	4
Wahoo Salad Skinny Veggie White Rice White Beans	230	8	44	3	3	0	1130	8	5
Wahoo Salad Tofu	416	27	19	25	28	0	821	7	4
Wahoo Salad Veggie Brown Rice Black Beans	461	19	54	20	28	0	1348	14	5
Wahoo Salad Veggie Brown Rice White Beans	422	16	47	20	28	0	1497	11	6
Wahoo Salad Veggie White Rice Black Beans	473	19	56	20	31	0	1426	13	5
Wahoo Salad Veggie White Rice White Beans	434	16	49	20	31	0	1575	11	6
KIDS MENU									
Kid Bean & Cheese Burrito Black	672	28	75	29	57	2	1773	11	4
Kid Bean & Cheese Burrito White	622	24	66	29	57	2	1707	8	5
Kid Bowl Banzai Veggie Brown Rice Black Beans	339	14	63	4	0	0	749	14	4
Kid Bowl Banzai Veggie Brown Rice Black Beans	335	14	62	4	0	0	727	14	4
Kid Bowl Banzai Veggie Brown Rice White Beans	276	10	52	4	0	0	921	10	5
Kid Bowl Banzai Veggie Brown Rice White Beans	280	10	52	5	0	0	973	10	5
Kid Bowl Banzai Veggie White Rice Black Beans	356	14	66	5	4	0	866	13	3
Kid Bowl Banzai Veggie White Rice Black Beans	352	14	65	4	4	0	810	13	3
Kid Bowl Banzai Veggie White Rice White Beans	293	10	55	5	4	0	1004	10	5
Kid Bowl Banzai Veggie White Rice White Beans	298	10	56	5	4	0	1090	10	5
Kid Bowl Blackened Mushroom Brown Rice Black Beans	335	15	61	5	0	0	752	14	3
Kid Bowl Blackened Mushroom Brown Rice White Beans	276	10	51	5	0	0	976	10	4
Kid Bowl Blackened Mushroom White Rice Black Beans	352	15	64	5	4	0	869	13	3
Kid Bowl Blackened Mushroom White Rice White Beans	294	10	54	5	4	0	1093	9	4
Kid Bowl Carne Asada Brown Rice Black Beans	366	23	60	6	19	0	997	13	2

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
Kid Bowl Carne Asada Brown Rice White Beans	307	18	50	6	19	0	1191	10	4
Kid Bowl Carne Asada White Rice Black Beans	383	23	63	6	23	0	1080	12	2
Kid Bowl Carne Asada White Rice White Beans	324	18	53	6	23	0	1274	9	3
Kid Bowl Carnitas Brown Rice Black Beans	389	22	61	7	8	0	897	14	2
Kid Bowl Carnitas Brown Rice White Beans	330	17	50	7	8	0	1091	10	4
Kid Bowl Carnitas White Rice Black Beans	406	22	64	8	12	0	980	13	2
Kid Bowl Carnitas White Rice White Beans	347	17	53	8	12	0	1174	9	3
Kid Bowl Chicken Blackened Brown Rice Black Beans	373	23	60	6	22	0	1021	13	2
Kid Bowl Chicken Blackened Brown Rice White Beans	315	19	49	6	22	0	1245	10	4
Kid Bowl Chicken Blackened White Rice Black Beans	390	23	63	6	26	0	1138	12	2
Kid Bowl Chicken Blackened White Rice White Beans	332	19	52	6	26	0	1363	9	3
Kid Bowl Chicken Charbroiled Brown Rice Black Beans	373	23	60	6	22	0	1015	13	2
Kid Bowl Chicken Charbroiled Brown Rice White Beans	314	19	49	6	22	0	1239	10	4
Kid Bowl Chicken Charbroiled White Rice Black Beans	390	23	63	6	26	0	1132	12	2
Kid Bowl Chicken Charbroiled White Rice White Beans	332	19	52	6	26	0	1356	9	3
Kid Bowl Fish Blackened Brown Rice Black Beans	393	23	60	7	38	0	760	13	2
Kid Bowl Fish Blackened Brown Rice White Beans	334	19	49	8	38	0	984	10	4
Kid Bowl Fish Blackened White Rice Black Beans	410	23	63	8	41	0	877	12	2
Kid Bowl Fish Blackened White Rice White Beans	352	18	52	8	41	0	1101	9	3
Kid Bowl Fish Charbroiled Brown Rice Black Beans	394	23	60	8	37	0	770	13	2
Kid Bowl Fish Charbroiled Brown Rice White Beans	335	18	49	8	37	0	994	10	4
Kid Bowl Fish Charbroiled White Rice Black Beans	411	23	63	8	41	0	887	12	2
Kid Bowl Fish Charbroiled White Rice White Beans	353	18	52	8	41	0	1111	9	3
Kid Bowl Shrimp Brown Rice Black Beans	330	13	60	5	4	0	737	13	2
Kid Bowl Shrimp Brown Rice White Beans	272	9	49	5	4	0	962	10	4
Kid Bowl Shrimp White Rice Black Beans	348	13	63	5	8	0	854	12	2
Kid Bowl Shrimp White Rice White Beans	289	9	53	5	8	0	1079	9	3
Kid Bowl Tofu Brown Rice Black Beans	373	18	61	7	0	0	743	14	2
Kid Bowl Tofu Brown Rice White Beans	315	14	51	7	0	0	967	10	4
Kid Bowl Tofu White Rice Black Beans	390	18	64	7	4	0	860	13	2
Kid Bowl Tofu White Rice White Beans	332	14	54	7	4	0	1084	9	3
Kid Chicken Burrito	714	35	69	32	91	2	1608	1	2
Kid Combo Brown Rice Black Beans	357	13	66	5	0	0	719	12	2
Kid Combo Brown Rice White Beans	305	9	57	5	0	0	918	9	3
Kid Combo White Rice Black Beans	380	13	70	6	5	0	875	11	2
Kid Combo White Rice White Beans	328	9	61	6	5	0	1074	8	3
Kid Mini Quesadilla with Brown Rice and Black Beans	677	26	90	24	43	1	1318	13	3
Kid Mini Quesadilla with Brown Rice and White Beans	625	22	81	24	43	1	1517	10	4
Kid Mini Quesadilla with Fries	556	16	60	26	43	1	642	4	1
Kid Mini Quesadilla with White Rice and Black Beans	700	26	94	24	48	1	1474	12	3
Kid Mini Quesadilla with White Rice and White Beans	649	22	85	24	48	1	1673	8	4
Kid Nachos	561	21	40	35	71	0	688	3	1
SIDES									
Side 1/2 & 1/2 Brown Rice Black Beans	215	9	40	3	0	0	482	9	1
Side 1/2 & 1/2 Brown Rice White Beans	175	6	33	3	0	0	611	7	2
Side 1/2 & 1/2 White Rice Black Beans	226	9	42	3	3	0	537	9	1

Food Name	Kilocalories (kcal)	Protein (g)	Carbohydrate (g)	Fat, Total (g)	Cholesterol (mg)	Trans Fatty Acid (g)	Sodium (mg)	Dietary Fiber, Total (g)	Sugar, Total (g)
Side 1/2 & 1/2 White Rice White Beans	186	6	35	3	3	0	666	6	2
Side Aoli Sauce 1.5 oz.	55	0	12	0	0	0	197	0	6
Side Balsamic Vinaigrette 3 oz.	321	3	5	33	8	0	280	0	4
Side Beans White 12 oz.	286	16	54	3	0	0	2063	22	9
Side Citrus Slaw Large 6oz.	127	2	9	10	0	0	368	4	4
Side Citrus Slaw Small 3oz.	64	1	5	5	0	0	184	2	2
Side Guacamole 12 oz.	480	12	24	48	0	0	1068	12	4
Side Guacamole 3 oz.	120	3	6	12	0	0	267	3	1
Side Mr. Lee Sauce 6 oz.	43	0	3	3	0	0	142	0	0
Side Mr. Lee Sauce 12 oz.	86	0	6	6	0	0	283	0	0
Side of Black Beans 12 oz.	219	14	41	1	0	0	733	16	2
Side of Brown Rice 10 oz.	210	4	39	4	0	0	230	2	0
Side of Chips (Basket)	243	4	33	12	0	0	209	3	0
Side of White Beans 12 oz.	140	8	27	1	0	0	991	11	4
Side of White Rice 10 oz.	232	4	43	5	5	0	341	1	0
Side Ranch Dressing 3 oz.	283	0	3	28	28	0	652	0	0
Side Roasted Pepper Cilantro Dressing 12 oz.	156	0	36	0	0	0	1716	0	0
Side Roasted Pepper Cilantro Dressing 3 oz.	39	0	9	0	0	0	429	0	0
Side Pico De Gallo Salsa 12 oz.	72	0	12	0	0	0	1068	0	12
Side Pico De Gallo Salsa 3 oz.	18	0	3	0	0	0	267	0	3
Side Sour Cream 12 oz.	588	12	24	48	144	0	588	0	12
Side Sour Cream 3 oz.	147	3	6	12	36	0	147	0	3
Side of Corn Tortillas (3 each)	144	3	29	2	0	0	74	2	0
Side of 1 Flour Tortilla	300	6	46	11	0	2	660	1	2
Side Enchilada Sauce 3 oz.	21	0	3	0	0	0	300	0	3
Side Roasted Tomato Salsa 3 oz.	24	0	3	0	0	0	360	0	3
Spicy Ketchup 3 oz.	86	1	22	1	0	0	784	0	16
New Mexico Ranch 3 oz.	362	1	6	37	22	0	872	0	4

#2 Disclaimer: To get the nutritional information for a #2, please add a taco or enchilada to the #1.