

<b>SOUP (SEE BELOW FOR ADD ONS)</b>									
<b>FoodName</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>	<b>Total Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Trans Fat (g)</b>	<b>Sodium (mg)</b>	<b>Dietary Fiber (g)</b>	<b>Sugar (g)</b>
Chicken Tortilla Soup	130	9	11	6	23	0	728	3	4
Add 3 oz. White Rice	120	2	21	3	7	0	232	0	0
Add 3 oz. Brown Rice	70	1	12	2	0	0	94	1	0
Add Avocado Slices	56	1	3	5	0	0	2	2	0
<b>SALADS</b>									
Kale Kai Salad Banzai Veggies	276	11	42	8	0	0	1390	12	19
Kale Kai Salad Banzai Veggies w/ chips	311	11	45	10	0	0	1394	12	19
Kale Kai Salad Carne Asada	499	35	20	31	99	0	1210	8	3
Kale Kai Salad Carne Asada w/ chips	534	35	23	33	99	0	1214	8	3
Kale Kai Salad Carnitas	555	49	23	30	142	0	2017	10	4
Kale Kai Salad Carnitas w/ chips	590	49	26	32	142	0	2021	10	4
Kale Kai Salad Chicken Blackened	347	32	22	15	86	0	1281	9	4
Kale Kai Salad Chicken Blackened w/ chips	382	32	25	17	86	0	1285	9	4
Kale Kai Salad Chicken Charbroiled	347	32	18	16	88	0	1223	7	3
Kale Kai Salad Chicken Charbroiled w/ chips	382	32	21	18	88	0	1227	7	3
Kale Kai Salad Fish Blackened	288	33	22	9	59	0	1371	9	4
Kale Kai Salad Fish Blackened W/ Chips	323	33	25	11	59	0	1375	9	4
Kale Kai Salad Fish Charbroiled	278	34	19	9	61	0	1297	8	3
Kale Kai Salad Fish Charbroiled W/ Chips	313	34	22	11	61	0	1301	8	3
Kale Kai Salad Mushrooms	278	9	27	16	0	0	1162	9	10
Kale Kai Salad Mushrooms w/ Chips	313	9	30	18	0	0	1166	9	10
Kale Kai Salad Salmon	358	36	21	15	78	0	1051	8	5
Kale Kai Salad Salmon w/ chips	393	36	24	17	78	0	1055	8	5
Kale Kai Salad Shrimp	268	24	23	9	169	0	1733	8	5
Kale Kai Salad Shrimp w/ chips	303	24	26	11	169	0	1737	8	5
Kale Kai Salad Tofu	346	22	29	15	0	0	1212	10	9
Kale Kai Salad Tofu w/ chips	381	22	32	17	0	0	1216	10	9
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

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Kale Kai Salad Veggie White Rice White Beans	326	10	50	11	7	0	1376	13	5
Kale Kai Salad Veggie White Rice White Beans w/ chips	356	10	53	12	3	0	1303	12	5
Wahoo Salad Banzai Veggie	415	14	35	24	28	0	990	9	10
Wahoo Salad Mushrooms	471	14	28	33	28	0	1416	6	9
Wahoo Salad Carne Asada	692	40	22	48	127	0	1463	6	3
Wahoo Salad Carnitas	748	54	25	46	170	0	2270	7	3
Wahoo Salad Chicken Blackened	539	37	23	31	114	0	1535	6	3
Wahoo Salad Chicken Charbroiled	540	37	20	33	117	0	1476	5	2
Wahoo Salad Fish Blackened	481	38	24	25	87	0	1625	6	3
Wahoo Salad Fish Charbroiled	470	39	21	25	89	0	1551	5	2
Wahoo Salad Salmon	551	40	22	32	106	0	1305	5	4
Wahoo Salad Shrimp	461	29	24	26	197	0	1987	5	4
Wahoo Salad Tofu	538	26	30	31	28	0	1465	7	9
Power Chopper Banzai Veggie Brown Rice	225	9	44	2	0	0	717	9	10
Power Chopper Banzai Veggie White Rice	258	9	50	3	5	0	806	9	10
Power Chopper Mushrooms Brown Rice	222	9	32	8	0	0	561	7	10
Power Chopper Mushrooms White Rice	255	9	38	9	5	0	651	7	10
Power Chopper Carne Asada Brown Rice	321	24	18	18	66	0	483	4	3
Power Chopper Carne Asada White Rice	403	26	34	19	71	0	682	6	5
Power Chopper Carnitas Brown Rice	461	41	30	20	114	0	1305	8	6
Power Chopper Carnitas White Rice	494	42	36	20	118	0	1395	8	6
Power Chopper Chicken Blackened Brown Rice	294	27	29	8	68	0	716	7	6
Power Chopper Chicken Blackened White Rice	328	28	35	9	73	0	806	7	6
Power Chopper Chicken Charbroiled Brown Rice	290	27	25	9	71	0	666	6	5
Power Chopper Chicken Charbroiled White Rice	328	28	32	10	75	0	760	6	5
Power Chopper Fish Blackened Brown Rice	247	28	29	3	47	0	789	7	6
Power Chopper Fish Blackened White Rice	281	29	35	4	52	0	879	7	6
Power Chopper Fish Charbroiled Brown Rice	239	29	27	3	49	0	729	6	5
Power Chopper Fish Charbroiled White Rice	272	29	33	4	53	0	819	6	5
Power Chopper Salmon Brown Rice	275	26	28	7	52	0	486	6	7
Power Chopper Salmon White Rice	309	27	34	8	57	0	576	6	7
Power Chopper Shrimp Brown Rice	215	18	29	3	113	0	941	6	6
Power Chopper Shrimp White Rice	249	19	35	4	118	0	1031	6	6
Power Chopper Tofu Brown Rice	234	14	31	6	0	0	510	7	9

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Power Chopper Tofu White Rice	268	14	37	6	5	0	599	7	8
Power Chopper Vegetarian Brown Rice Black Beans	211	10	39	3	0	0	433	8	5
Power Chopper Vegetarian Brown Rice White Beans	192	8	36	3	0	0	1044	10	7
Power Chopper Vegetarian White Rice Black Beans	261	11	48	4	7	0	568	8	5
Power Chopper Vegetarian White Rice White Beans	242	9	45	4	7	0	1179	10	7
<b>ENTREES</b>	<b>*DISCLAIMER: FOR #2 ENTRÉE: ADD ONE TACO OR ENCHILADA TO THE #1</b>								
<b>#1 TACO OR ENCHILADA W/ RICE &amp; BEANS</b>									
#1 Citrus Slaw Banzai Veggie Taco Side Brown Rice Black Beans	491	20	86	9	7	0	1002	15	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
#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

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#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 1988 Banzai Veggie Taco Side Brown Rice Black Beans	472	19	82	8	7	0	936	13	4
#1 1988 Banzai Veggie Taco Side Brown Rice White Beans	434	15	76	9	7	0	2158	15	7
#1 1988 Banzai Veggie Taco Side White Rice Black Beans	587	20	100	12	26	0	1233	12	4
#1 1988 Banzai Veggie Taco Side White Rice White Beans	549	17	94	12	26	0	2455	15	7
#1 1988 Blackened Chicken Taco Side Brown Rice Black Beans	534	28	82	11	37	0	1086	14	4
#1 1988 Blackened Chicken Taco Side Brown Rice White Beans	496	25	76	12	37	0	2309	17	7
#1 1988 Blackened Chicken Taco Side White Rice Black Beans	649	29	100	15	56	0	1384	14	3
#1 1988 Blackened Chicken Taco Side White Rice White Beans	611	26	94	15	56	0	2606	16	6
#1 1988 Blackened Fish Taco Side Brown Rice Black Beans	517	29	83	9	28	0	1121	15	4
#1 1988 Blackened Fish Taco Side Brown Rice White Beans	478	25	77	10	28	0	2343	17	7
#1 1988 Blackened Fish Taco Side White Rice Black Beans	631	30	101	13	47	0	1418	14	4
#1 1988 Blackened Fish Taco Side White Rice White Beans	593	26	95	13	47	0	2640	17	7
#1 1988 Mushrooms Taco Side Brown Rice Black Beans	503	20	84	11	7	0	1019	14	5
#1 1988 Mushrooms Taco Side Brown Rice White Beans	464	16	77	12	7	0	2241	17	8
#1 1988 Mushrooms Taco Side White Rice Black Beans	617	21	102	15	26	0	1316	14	5
#1 1988 Mushrooms Taco Side White Rice White Beans	579	18	95	15	26	0	2538	16	8
#1 1988 Carne Asada Taco Side Brown Rice Black Beans	567	27	82	16	36	0	1032	14	3
#1 1988 Carne Asada Taco Side Brown Rice White Beans	529	24	76	16	36	0	2255	17	6
#1 1988 Carne Asada Taco Side White Rice Black Beans	682	29	100	19	55	0	1329	14	3
#1 1988 Carne Asada Taco Side White Rice White Beans	644	25	94	19	55	0	2552	16	6
#1 1988 Carnitas Taco Side Brown Rice Black Beans	607	34	83	16	57	0	1344	15	4

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#1 1988 Carnitas Taco Side Brown Rice White Beans	569	31	77	17	57	0	2566	17	7
#1 1988 Carnitas Taco Side White Rice Black Beans	722	36	101	20	76	0	1641	14	3
#1 1988 Carnitas Taco Side White Rice White Beans	684	32	95	20	76	0	2863	17	6
#1 1988 Charbroiled Chicken Taco Side Brown Rice Black Beans	534	28	81	12	38	0	1066	14	3
#1 1988 Charbroiled Chicken Taco Side Brown Rice White Beans	496	25	75	12	38	0	2289	16	6
#1 1988 Charbroiled Chicken Taco Side White Rice Black Beans	649	29	99	15	57	0	1363	13	3
#1 1988 Charbroiled Chicken Taco Side White Rice White Beans	611	26	93	16	57	0	2586	16	6
#1 1988 Charbroiled Fish Taco Side Brown Rice Black Beans	513	29	82	9	28	0	1102	14	4
#1 1988 Charbroiled Fish Taco Side Brown Rice White Beans	475	25	76	10	28	0	2325	17	7
#1 1988 Charbroiled Fish Taco Side White Rice Black Beans	628	30	100	12	48	0	1399	14	4
#1 1988 Charbroiled Fish Taco Side White Rice White Beans	589	27	94	13	48	0	2622	16	7
#1 1988 Shrimp Taco Side Brown Rice Black Beans	508	25	83	9	63	0	1230	14	4
#1 1988 Shrimp Taco Side Brown Rice White Beans	469	21	77	10	63	0	2453	17	7
#1 1988 Shrimp Taco Side White Rice Black Beans	622	26	101	13	83	0	1527	14	4
#1 1988 Shrimp Taco Side White Rice White Beans	584	23	95	13	83	0	2750	16	7
#1 1988 Tofu Taco Side Brown Rice Black Beans	508	22	83	10	7	0	996	14	5
#1 1988 Tofu Taco Side Brown Rice White Beans	470	19	77	11	7	0	2219	17	8
#1 1988 Tofu Taco Side White Rice Black Beans	623	24	101	14	26	0	1293	14	5
#1 1988 Tofu Taco Side White Rice White Beans	585	20	95	14	26	0	2516	16	8
#1 Skinny 1988 Vegetarian Taco Brown Rice Black Beans	420	18	71	8	7	0	982	13	4
#1 Skinny 1988 Vegetarian Taco Brown Rice White Beans	375	14	63	9	7	0	2408	16	7
#1 Skinny 1988 Vegetarian Taco White Rice Black Beans	538	20	92	10	24	0	1296	13	4
#1 Skinny 1988 Vegetarian Taco White Rice White Beans	494	16	85	11	24	0	2722	16	7
#1 Skinny 1988 Banzai Veggie Taco Side Brown Rice Black Beans	379	17	63	7	7	0	888	12	4
#1 Skinny 1988 Banzai Veggie Taco Side Brown Rice White Beans	340	13	57	8	7	0	2110	15	8
#1 Skinny 1988 Banzai Veggie Taco Side White Rice Black Beans	493	18	81	11	26	0	1185	12	4
#1 Skinny 1988 Banzai Veggie Taco Side White Rice White Beans	455	15	75	11	26	0	2407	14	7
#1 Skinny 1988 Blackened Chicken Taco Side Brown Rice Black Beans	432	25	61	10	37	0	1066	12	3
#1 Skinny 1988 Blackened Chicken Taco Side Brown Rice White Beans	394	22	55	10	37	0	2288	14	6
#1 Skinny 1988 Blackened Chicken Taco Side White Rice Black Beans	547	27	79	13	56	0	1363	11	3
#1 Skinny 1988 Blackened Chicken Taco Side White Rice White Beans	508	23	73	14	56	0	2585	14	6
#1 Skinny 1988 Blackened Fish Taco Side Brown Rice Black Beans	414	26	62	8	28	0	1100	12	4
#1 Skinny 1988 Blackened Fish Taco Side Brown Rice White Beans	376	23	56	8	28	0	2323	14	7
#1 Skinny 1988 Blackened Fish Taco Side White Rice Black Beans	529	27	80	11	47	0	1397	11	4

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#1 Skinny 1988 Blackened Fish Taco Side White Rice White Beans	491	24	74	12	47	0	2620	14	7
#1 Skinny 1988 Carne Asada Taco Side Brown Rice Black Beans	465	25	61	14	36	0	1012	11	3
#1 Skinny 1988 Carne Asada Taco Side Brown Rice White Beans	427	21	55	15	36	0	2234	14	6
#1 Skinny 1988 Carne Asada Taco Side White Rice Black Beans	580	26	79	18	55	0	1309	11	3
#1 Skinny 1988 Carne Asada Taco Side White Rice White Beans	541	23	73	18	55	0	2531	13	6
#1 Skinny 1988 Carnitas Taco Side Brown Rice Black Beans	505	32	62	15	57	0	1324	12	3
#1 Skinny 1988 Carnitas Taco Side Brown Rice White Beans	467	28	56	16	57	0	2546	14	6
#1 Skinny 1988 Carnitas Taco Side White Rice Black Beans	620	33	80	18	76	0	1621	12	3
#1 Skinny 1988 Carnitas Taco Side White Rice White Beans	581	29	74	19	76	0	2843	14	6
#1 Skinny 1988 Charbroiled Chicken Taco Side Brown Rice Black Beans	432	26	60	10	38	0	1046	11	3
#1 Skinny 1988 Charbroiled Chicken Taco Side Brown Rice White Beans	394	22	54	11	38	0	2268	14	6
#1 Skinny 1988 Charbroiled Chicken Taco Side White Rice Black Beans	547	27	78	14	57	0	1343	11	3
#1 Skinny 1988 Charbroiled Chicken Taco Side White Rice White Beans	508	23	72	14	57	0	2565	13	6
#1 Skinny 1988 Charbroiled Fish Taco Side Brown Rice Black Beans	411	26	61	8	28	0	1082	12	4
#1 Skinny 1988 Charbroiled Fish Taco Side Brown Rice White Beans	373	23	55	8	28	0	2304	14	7
#1 Skinny 1988 Charbroiled Fish Taco Side White Rice Black Beans	525	28	79	11	48	0	1379	11	3
#1 Skinny 1988 Charbroiled Fish Taco Side White Rice White Beans	487	24	73	12	48	0	2601	14	7
#1 Skinny 1988 Mushroom Taco Side Brown Rice Black Beans	400	17	63	10	7	0	998	12	5
#1 Skinny 1988 Mushroom Taco Side Brown Rice White Beans	362	14	57	10	7	0	2220	14	8
#1 Skinny 1988 Mushroom Taco Side White Rice Black Beans	515	19	81	13	26	0	1295	11	5
#1 Skinny 1988 Mushroom Taco Side White Rice White Beans	477	15	74	14	26	0	2518	14	8
#1 Skinny 1988 Shrimp Taco Side Brown Rice Black Beans	373	16	61	8	11	0	879	11	4
#1 Skinny 1988 Shrimp Taco Side Brown Rice White Beans	335	13	55	8	11	0	2101	14	7
#1 Skinny 1988 Shrimp Taco Side White Rice Black Beans	488	17	79	11	30	0	1176	11	3
#1 Skinny 1988 Shrimp Taco Side White Rice White Beans	449	14	73	12	30	0	2398	13	7
#1 Skinny 1988 Tofu Taco Side Brown Rice Black Beans	406	20	63	9	7	0	976	12	4
#1 Skinny 1988 Tofu Taco Side Brown Rice White Beans	368	16	56	9	7	0	2198	14	8
#1 Skinny 1988 Tofu Taco Side White Rice Black Beans	521	21	80	12	26	0	1273	11	4
#1 Skinny 1988 Tofu Taco Side White Rice White Beans	482	18	74	13	26	0	2495	14	7
#1 Skinny Citrus Slaw Vegetarian Taco Brown Rice Black Beans	444	18	72	10	7	0	958	13	4
#1 Skinny Citrus Slaw Vegetarian Taco Brown Rice White Beans	399	14	64	11	7	0	2384	16	8
#1 Skinny Citrus Slaw Vegetarian Taco White Rice Black Beans	562	20	93	12	24	0	1272	12	4
#1 Skinny Citrus Slaw Vegetarian Taco White Rice White Beans	517	16	86	13	24	0	2698	15	7
#1 Skinny Citrus Slaw Banzai Veggie Taco Side Brown Rice Black Beans	404	17	65	10	7	0	970	12	5

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#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

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#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
#1 Skinny Citrus Slaw Tofu Taco Side White Rice Black Beans	557	21	84	15	26	0	1285	11	6
#1 Skinny Citrus Slaw Taco Side White Rice White Beans	505	18	79	13	22	0	2480	14	9
#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 Brown Rice White Beans	530	20	81	13	21	0	3020	15	16
#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 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 Black Beans	707	30	93	22	70	0	1578	11	2
#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
#1 Green Enchilada Carnitas Side Brown Rice White Beans	594	32	70	20	71	0	2815	14	5
#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
#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



FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#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 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
#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

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#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
Bajalada (Green) Combo Brown Rice Black Beans	1117	52	117	49	138	2	2663	13	7
Bajalada (Green) Combo Brown Rice White Beans	1079	49	110	49	138	2	3885	15	10
Bajalada (Green) Combo White Rice Black Beans	1218	54	135	50	153	2	2932	12	7
Bajalada (Green) Combo White Rice White Beans	1180	50	129	51	153	2	4155	15	10
Bajalada (Red) Combo Brown Rice Black Beans	1100	53	114	49	138	2	2554	13	8
Bajalada (Red) Combo Brown Rice White Beans	1062	49	107	49	138	2	3777	16	11
Bajalada (Red) Combo White Rice Black Beans	1202	54	132	50	153	2	2823	13	8
Bajalada (Red) Combo White Rice White Beans	1163	51	126	51	153	2	4046	15	11
<b>SHREDDER SANDWICHES WITH RICE &amp; BEANS</b>									
Shredder Sandwich Banzai Veggie Brown Rice Black Beans	871	26	132	29	30	0	1548	17	14
Shredder Sandwich Banzai Veggie Brown Rice White Beans	832	22	126	29	30	0	2770	20	17
Shredder Sandwich Banzai Veggie White Rice Black Beans	972	27	151	30	44	0	1817	17	14
Shredder Sandwich Banzai Veggie White Rice White Beans	934	24	144	31	44	0	3040	19	17
Shredder Sandwich Mushrooms Brown Rice Black Beans	917	27	131	33	30	0	1802	16	15
Shredder Sandwich Mushrooms Brown Rice White Beans	879	23	125	34	30	0	3025	19	18
Shredder Sandwich Mushrooms White Rice Black Beans	1019	28	150	35	44	0	2072	16	14
Shredder Sandwich Mushrooms White Rice White Beans	980	25	144	36	44	0	3294	18	18

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Shredder Sandwich Carne Asada Brown Rice Black Beans	1046	42	127	42	87	0	1830	16	11
Shredder Sandwich Carne Asada Brown Rice White Beans	1008	38	121	43	87	0	3052	18	14
Shredder Sandwich Carne Asada White Rice Black Beans	1147	43	146	44	102	0	2099	15	11
Shredder Sandwich Carne Asada White Rice White Beans	1109	40	140	44	102	0	3322	18	14
Shredder Sandwich Carnitas Brown Rice Black Beans	1126	55	130	44	129	1	2453	17	11
Shredder Sandwich Carnitas Brown Rice White Beans	1088	52	123	44	129	1	3676	19	14
Shredder Sandwich Carnitas White Rice Black Beans	1228	57	148	46	144	1	2723	16	11
Shredder Sandwich Carnitas White Rice White Beans	1189	53	142	46	144	1	3945	19	14
Shredder Sandwich Chicken Blackened Brown Rice Black Beans	980	43	129	34	89	0	1938	16	11
Shredder Sandwich Chicken Blackened Brown Rice White Beans	942	39	123	34	89	0	3161	19	14
Shredder Sandwich Chicken Blackened White Rice Black Beans	1082	44	147	35	104	0	2208	16	11
Shredder Sandwich Chicken Blackened White Rice White Beans	1043	41	141	36	104	0	3430	18	14
Shredder Sandwich Chicken Charbroiled Brown Rice Black Beans	980	43	126	35	91	0	1898	15	11
Shredder Sandwich Chicken Charbroiled Brown Rice White Beans	942	40	120	35	91	0	3120	18	14
Shredder Sandwich Chicken Charbroiled White Rice Black Beans	1082	44	145	36	106	0	2167	15	11
Shredder Sandwich Chicken Charbroiled White Rice White Beans	1044	41	139	37	106	0	3389	17	14
Shredder Sandwich Fish Blackened Brown Rice Black Beans	939	44	129	29	71	0	2002	16	11
Shredder Sandwich Fish Blackened Brown Rice White Beans	901	40	123	30	71	0	3224	19	14
Shredder Sandwich Fish Blackened White Rice Black Beans	1041	45	147	31	85	0	2271	16	11
Shredder Sandwich Fish Blackened White Rice White Beans	1003	42	141	32	85	0	3493	18	14
Shredder Sandwich Fish Charbroiled Brown Rice Black Beans	932	44	127	29	72	0	1949	16	11
Shredder Sandwich Fish Charbroiled Brown Rice White Beans	894	41	121	30	72	0	3172	18	14
Shredder Sandwich Fish Charbroiled White Rice Black Beans	1033	46	145	31	87	0	2219	15	11
Shredder Sandwich Fish Charbroiled White Rice White Beans	995	42	139	32	87	0	3441	18	14
Shredder Sandwich Salmon Brown Rice Black Beans	964	42	128	33	75	0	1737	16	12
Shredder Sandwich Salmon Brown Rice White Beans	926	38	121	34	75	0	2960	18	15
Shredder Sandwich Salmon White Rice Black Beans	1065	43	146	35	90	0	2007	15	12
Shredder Sandwich Salmon White Rice White Beans	1027	40	140	35	90	0	3229	18	15
Shredder Sandwich Shrimp Brown Rice Black Beans	911	35	129	29	128	0	2135	16	12
Shredder Sandwich Shrimp Brown Rice White Beans	873	32	123	30	128	0	3358	18	15
Shredder Sandwich Shrimp White Rice Black Beans	1013	36	147	31	143	0	2405	15	12
Shredder Sandwich Shrimp White Rice White Beans	975	33	141	32	143	0	3627	18	15
Shredder Sandwich Tofu Brown Rice Black Beans	928	31	131	32	30	0	1757	16	14
Shredder Sandwich Tofu Brown Rice White Beans	890	28	125	32	30	0	2980	19	17

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Shredder Sandwich Tofu White Rice Black Beans	1029	33	149	33	44	0	2027	16	13
Shredder Sandwich Tofu White Rice White Beans	991	29	143	34	44	0	3249	18	16
<b>SHREDDER SANDWICHES a la carte (SEE BELOW FOR SIDE OPTIONS)</b>									
Cajun Fries (Sandwich Side)	616	21	77	24	34	0	4253	13	2
French Fries (Sandwich Side)	331	5	50	11	0	0	59	5	0
Onion Rings (Sandwich Side)	351	4	48	16	0	0	680	5	9
Shredder Sandwich Banzai Veggie (a la carte)	550	12	75	24	30	0	863	7	12
Shredder Sandwich Mushrooms (a la carte)	596	13	74	29	30	0	1118	6	13
Shredder Sandwich Carne Asada (a la carte)	725	28	70	37	87	0	1145	6	9
Shredder Sandwich Carnitas (a la carte)	806	42	73	39	129	1	1769	7	10
Shredder Sandwich Chicken Blackened (a la carte)	660	29	72	29	89	0	1254	6	10
Shredder Sandwich Chicken Charbroiled (a la carte)	660	29	69	30	91	0	1213	5	9
Shredder Sandwich Fish Blackened (a la carte)	619	30	72	25	71	0	1317	6	10
Shredder Sandwich Fish Charbroiled (a la carte)	611	31	70	24	72	0	1280	6	9
Shredder Sandwich Salmon (a la carte)	643	28	71	28	75	0	1053	6	10
Shredder Sandwich Shrimp (a la carte)	591	21	72	25	128	0	1451	6	10
Shredder Sandwich Tofu (a la carte)	607	18	74	27	30	0	1073	6	12
<b>BOWLS</b>									
Banzai Bowl Carne Asada Brown Rice Black Beans	679	39	80	22	66	0	1725	14	15
Banzai Bowl Carne Asada Brown Rice White Beans	640	36	74	23	66	0	2947	17	18
Banzai Bowl Carne Asada White Rice Black Beans	797	41	102	24	83	0	2039	14	15
Banzai Bowl Carne Asada White Rice White Beans	759	37	96	25	83	0	3262	16	18
Banzai Bowl Carnitas Brown Rice Black Beans	770	54	83	24	114	0	2438	15	15
Banzai Bowl Carnitas Brown Rice White Beans	732	51	77	24	114	0	3660	18	18
Banzai Bowl Carnitas White Rice Black Beans	889	56	105	26	131	0	2752	15	15
Banzai Bowl Carnitas White Rice White Beans	850	52	98	26	131	0	3974	17	18
Banzai Bowl Chicken Blackened Brown Rice Black Beans	603	40	82	12	68	0	1849	15	15
Banzai Bowl Chicken Blackened Brown Rice White Beans	565	37	76	13	68	0	3071	17	18
Banzai Bowl Chicken Blackened White Rice Black Beans	722	42	104	14	86	0	2163	14	15
Banzai Bowl Chicken Blackened White Rice White Beans	683	38	97	15	86	0	3386	16	18
Banzai Bowl Chicken Charbroiled Brown Rice Black Beans	604	40	79	13	71	0	1802	14	15
Banzai Bowl Chicken Charbroiled Brown Rice White Beans	565	37	73	14	71	0	3025	16	18
Banzai Bowl Chicken Charbroiled White Rice Black Beans	856	46	122	16	88	0	3751	14	35
Banzai Bowl Chicken Charbroiled White Rice White Beans	684	39	95	16	88	0	3339	16	18

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Banzai Bowl Fish Blackened Brown Rice Black Beans	557	41	82	7	47	0	1921	15	15
Banzai Bowl Fish Blackened Brown Rice White Beans	519	38	76	8	47	0	3144	17	18
Banzai Bowl Fish Blackened White Rice Black Beans	675	43	104	9	64	0	2236	14	15
Banzai Bowl Fish Blackened White Rice White Beans	637	40	97	10	64	0	3458	17	18
Banzai Bowl Fish Charbroiled Brown Rice Black Beans	548	42	80	7	49	0	1862	14	15
Banzai Bowl Fish Charbroiled Brown Rice White Beans	510	38	74	8	49	0	3084	16	18
Banzai Bowl Fish Charbroiled White Rice Black Beans	666	43	101	9	66	0	2176	13	15
Banzai Bowl Fish Charbroiled White Rice White Beans	628	40	95	10	66	0	3399	16	18
Banzai Bowl Salmon Brown Rice Black Beans	585	39	81	12	52	0	1619	14	16
Banzai Bowl Salmon Brown Rice White Beans	546	36	74	12	52	0	2842	16	19
Banzai Bowl Salmon White Rice Black Beans	703	41	102	14	69	0	1933	13	16
Banzai Bowl Salmon White Rice White Beans	665	37	96	14	69	0	3156	16	19
Banzai Bowl Shrimp Brown Rice Black Beans	525	31	82	8	113	0	2074	14	16
Banzai Bowl Shrimp Brown Rice White Beans	487	28	76	8	113	0	3296	16	19
Banzai Bowl Shrimp White Rice Black Beans	643	33	104	9	130	0	2388	13	16
Banzai Bowl Shrimp White Rice White Beans	605	29	97	10	130	0	3611	16	19
Banzai Bowl Tofu Brown Rice Black Beans	544	27	84	10	0	0	1642	15	18
Banzai Bowl Tofu Brown Rice White Beans	506	24	78	10	0	0	2865	17	21
Banzai Bowl Tofu White Rice Black Beans	662	29	106	12	17	0	1957	14	18
Banzai Bowl Tofu White Rice White Beans	624	25	100	12	17	0	3179	17	21
Salmon Bowl Brown Rice	485	35	46	18	78	0	935	4	10
Salmon Bowl White Rice	603	36	68	20	95	0	1249	3	10
Shrimp Bowl Brown Rice Black Beans	462	33	65	8	169	0	1743	11	3
Shrimp Bowl Brown Rice White Beans	424	29	59	8	169	0	2965	13	6
Shrimp Bowl White Rice Black Beans	581	35	87	10	186	0	2057	10	3
Shrimp Bowl White Rice White Beans	542	31	81	10	186	0	3280	13	6
Kalua Pig Bowl Brown Rice Black Beans	830	61	78	28	142	0	3007	13	15
Kalua Pig Bowl Brown Rice White Beans	792	57	72	29	142	0	4230	16	18
Kalua Pig Bowl White Rice Black Beans	948	62	100	30	159	0	3321	13	14
Kalua Pig Bowl White Rice White Beans	910	59	94	31	159	0	4544	15	18
Maui Steak Bowl Brown Rice Black Beans	773	47	75	30	99	0	2200	12	14
Maui Steak Bowl Brown Rice White Beans	735	43	69	30	99	0	3423	14	17
Maui Steak Bowl White Rice Black Beans	892	48	97	32	116	0	2515	11	14
Maui Steak Bowl White Rice White Beans	854	45	91	32	116	0	3737	14	17

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Wahoo's Bowl Chicken Blackened Brown Rice Black Beans	541	41	65	13	86	0	1291	11	2
Wahoo's Bowl Chicken Blackened Brown Rice White Beans	503	37	58	14	86	0	2513	14	5
Wahoo's Bowl Chicken Blackened White Rice Black Beans	659	43	86	15	103	0	1605	11	2
Wahoo's Bowl Chicken Blackened White Rice White Beans	621	39	80	16	103	0	2827	13	5
Wahoo's Bowl Chicken Charbroiled Brown Rice Black Beans	541	41	61	15	88	0	1233	10	2
Wahoo's Bowl Chicken Charbroiled Brown Rice White Beans	503	38	55	15	88	0	2455	13	5
Wahoo's Bowl Chicken Charbroiled White Rice Black Beans	659	43	83	17	105	0	1547	10	2
Wahoo's Bowl Chicken Charbroiled White Rice White Beans	621	39	76	17	105	0	2769	12	5
Wahoo's Bowl Fish Blackened Brown Rice Black Beans	483	42	65	7	59	0	1381	11	2
Wahoo's Bowl Fish Blackened Brown Rice White Beans	444	39	58	8	59	0	2604	14	5
Wahoo's Bowl Fish Blackened White Rice Black Beans	601	44	86	9	76	0	1696	11	2
Wahoo's Bowl Fish Blackened White Rice White Beans	563	40	80	10	76	0	2918	13	5
Wahoo's Bowl Fish Charbroiled Brown Rice Black Beans	472	43	62	7	61	0	1307	11	2
Wahoo's Bowl Fish Charbroiled Brown Rice White Beans	434	39	56	8	61	0	2529	13	5
Wahoo's Bowl Fish Charbroiled White Rice Black Beans	590	44	83	9	78	0	1621	10	2
Wahoo's Bowl Fish Charbroiled White Rice White Beans	552	41	77	10	78	0	2843	12	5
Wahoo's Bowl Tofu Brown Rice Black Beans	540	31	71	13	0	0	1221	12	8
Wahoo's Bowl Tofu Brown Rice White Beans	502	27	65	14	0	0	2444	15	11
Wahoo's Bowl Tofu White Rice Black Beans	658	32	93	15	17	0	1536	12	8
Wahoo's Bowl Tofu White Rice White Beans	620	29	87	16	17	0	2758	14	11
Protein Bowl Charbroiled Chicken only	428	39	22	22	106	0	993	9	10
Protein Bowl Charbroiled Chicken & Blackened Chicken	428	39	25	21	104	0	1028	10	10
Protein Bowl Charbroiled Chicken & Carnitas	553	50	25	30	138	0	1469	10	10
Protein Bowl Charbroiled Chicken & Carne Asada	485	38	23	28	102	0	935	9	10
Protein Bowl Charbroiled Chicken & Charbroiled Fish	387	40	23	17	89	0	1050	9	10
Protein Bowl Charbroiled Chicken & Blackened Fish	393	40	25	17	88	0	1082	10	10
Protein Bowl Charbroiled Chicken & Salmon	414	38	24	20	92	0	855	9	10
Protein Bowl Charbroiled Chicken & Shrimp	389	36	25	18	166	0	1367	9	11
Protein Bowl Charbroiled Chicken & Tofu	384	29	26	19	53	0	873	10	12
Protein Bowl Charbroiled Chicken & Mushrooms	374	25	27	21	53	0	911	10	13
Protein Bowl Blackened Chicken only	428	39	27	20	103	0	1063	10	10
Protein Bowl Blackened Chicken & Carnitas	553	50	27	29	136	0	1504	11	10
Protein Bowl Blackened Chicken & Carne Asada	485	38	26	27	101	0	970	10	10
Protein Bowl Blackened Chicken & Charbroiled Fish	387	40	25	16	88	0	1085	10	10

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Protein Bowl Blackened Chicken & Blackened Fish	393	40	27	16	86	0	1117	10	10
Protein Bowl Blackened Chicken & Salmon	414	38	26	19	90	0	890	10	11
Protein Bowl Blackened Chicken & Shrimp	389	36	27	17	164	0	1402	10	11
Protein Bowl Blackened Chicken & Tofu	383	29	28	18	51	0	908	11	12
Protein Bowl Blackened Chicken & Mushrooms	374	25	29	20	51	0	946	11	13
Protein Bowl Carnitas only	679	60	28	37	170	0	1945	12	10
Protein Bowl Carnitas & Carne Asada	610	49	26	36	135	0	1411	11	10
Protein Bowl Carnitas & Charbroiled Fish	512	51	26	25	122	0	1526	11	10
Protein Bowl Carnitas & Blackened Fish	518	50	27	25	120	0	1558	11	10
Protein Bowl Carnitas & Salmon	539	49	26	28	124	0	1332	11	11
Protein Bowl Carnitas & Shrimp	514	46	28	25	198	0	1844	11	11
Protein Bowl Carnitas & Tofu	509	40	29	27	85	0	1349	11	12
Protein Bowl Carnitas & Mushrooms	499	36	30	28	85	0	1387	11	13
Protein Bowl Carne Asada only	541	37	24	35	99	0	877	10	10
Protein Bowl Carne Asada & Charbroiled Fish	443	39	24	24	86	0	992	10	10
Protein Bowl Carne Asada & Blackened Fish	450	39	26	24	85	0	1024	10	10
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 & Mushrooms	430	24	28	27	50	0	853	10	13
Protein Bowl Charbroiled Fish only	345	41	23	12	73	0	1107	9	10
Protein Bowl Charbroiled Fish & Blackened Fish	352	41	25	13	72	0	1139	10	10
Protein Bowl Charbroiled Fish & Salmon	373	39	24	16	75	0	912	9	10
Protein Bowl Charbroiled Fish & Shrimp	347	37	26	13	149	0	1424	9	11
Protein Bowl Charbroiled Fish & Tofu	342	30	27	14	36	0	930	10	12
Protein Bowl Charbroiled Fish & Mushrooms	333	26	27	16	36	0	968	10	13
Protein Bowl Blackened Fish only	358	41	27	13	70	0	1171	10	10
Protein Bowl Blackened Fish & Salmon	379	39	26	16	74	0	945	10	11
Protein Bowl Blackened Fish & Shrimp	354	36	28	13	148	0	1457	10	11
Protein Bowl Blackened Fish & Tofu	348	30	28	15	35	0	962	11	12
Protein Bowl Blackened Fish & Mushrooms	339	26	29	16	35	0	1000	11	13
Protein Bowl Salmon only	400	38	25	19	78	0	718	9	11
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

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Protein Bowl Salmon & Mushrooms	360	24	28	19	39	0	774	10	14
Protein Bowl Shrimp only	350	32	28	13	226	0	1742	10	12
Protein Bowl Shrimp & Tofu	344	26	29	15	113	0	1247	10	13
Protein Bowl Shrimp & Mushrooms	335	22	30	16	113	0	1286	10	14
Protein Bowl Tofu only	339	19	30	16	0	0	753	11	14
Protein Bowl Tofu & Mushrooms	329	15	31	18	0	0	791	11	15
Protein Bowl Mushrooms only	320	11	31	20	0	0	829	11	16
<b>SIDES</b>									
Side Black Beans 10oz.	303	19	56	1	0	0	815	15	2
Side White Beans 10oz.	239	13	46	2	0	0	2853	19	8
Side Brown Rice 8oz	185	3	31	5	0	0	261	2	0
Side White Rice 8oz	321	5	56	8	20	0	620	1	0
Side 1/2 & 1/2 Brown Rice Black Beans	241	10	43	4	0	0	513	8	1
Side 1/2 & 1/2 Brown Rice White Beans	212	8	38	4	0	0	1430	9	4
Side 1/2 & 1/2 White Rice Black Beans	317	11	57	5	11	0	715	7	1
Side 1/2 & 1/2 White Rice White Beans	288	9	52	5	11	0	1632	9	3
Large Side 1/2 & 1/2 Brown Rice Black Beans	374	16	67	6	0	0	799	12	2
Large Side 1/2 & 1/2 Brown Rice White Beans	330	12	59	6	0	0	2225	15	6
Large Side 1/2 & 1/2 White Rice Black Beans	492	18	88	8	17	0	1113	11	2
Large Side 1/2 & 1/2 White Rice White Beans	448	13	81	8	17	0	2539	14	5
Side Aoli Sauce 1.5 oz.	55	0	12	0	0	0	197	0	6
Side Balsamic Vinaigrette 3 oz.	325	3	5	34	6	0	280	0	4
Side Citrus Slaw Large 6oz.	127	2	9	10	0	0	368	4	4
Side Citrus Slaw Regular 3oz.	64	1	5	5	0	0	184	2	2
Side Guacamole Large 12 oz.	474	6	23	44	0	0	1071	14	3
Side Guacamole Regular 3 oz.	119	2	6	11	0	0	268	3	1
Side Mr. Lee Sauce Regular 0.5 oz.	43	0	3	3	0	0	142	0	0
Side Mr. Lee Sauce Large 12 oz.	1021	0	68	68	0	0	3402	0	0
Side Sour Cream Regular 3oz.	180	3	6	15	45	0	135	0	3
Side Ranch Dressing Regular 3 oz.	283	0	3	28	28	0	652	0	0
Side Roasted Pepper Cilantro Dressing Large 12 oz.	158	2	32	0	0	0	1718	2	2
Side Roasted Pepper Cilantro Dressing Regular 3 oz.	39	0	8	0	0	0	398	0	0
Side Pico De Gallo Salsa Large 12 oz.	73	4	16	1	0	0	1069	5	9
Side Pico De Gallo Salsa Regular 3 oz.	18	1	4	0	0	0	267	1	2



FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Side Roasted Tomato Salsa Large 12 oz	100	3	16	4	0	0	1443	5	9
Side Roasted Tomato Salsa Regular 3 oz	25	1	4	1	0	0	361	1	2
Side Corn Tortillas - 3 ea.	144	3	29	2	0	0	74	2	0
Side Tortilla Flour - 1 ea.	300	6	46	11	0	2	660	1	2
<b>SALSA BAR</b>									
Roasted Pepper Cilantro Dressing 2.5 oz	33	0	7	0	0	0	358	0	0
Side Pico De Gallo Salsa Regular 2.5 oz	15	1	3	0	0	0	223	1	2
Side Roasted Tomato Salsa Regular 2.5 oz	21	1	3	1	0	0	301	1	2
Sliced Jalapenos 2.5 oz	12	0	2	0	0	0	709	2	0
Maria's Green Salsa 2.5 oz	51	1	5	3	0	0	249	2	3
Green Tomatillo Salsa 2.5 oz	30	3	5	0	0	0	300	3	3
<b>BURRITOS</b>									
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

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
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
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
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
Citrus Slaw Blackened Fish Burrito White Rice White Beans	794	42	87	31	93	2	2669	9	6

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
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	1857	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
Mr. Lee's SCReaM'n Chicken Burrito Brown Rice	568	34	73	17	51	2	1738	3	4
Mr. Lee's SCReaM'n Chicken Burrito White Rice	580	33	75	17	54	2	1793	3	4

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Banzai Burrito Mushrooms Brown Rice Black Beans	538	16	81	18	0	2	1594	8	13
Banzai Burrito Mushrooms Brown Rice White Beans	524	15	79	18	0	2	1776	9	14
Banzai Burrito Mushrooms White Rice Black Beans	576	16	87	19	6	2	1693	8	13
Banzai Burrito Mushrooms 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
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

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
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
1988 Burrito Mushrooms	455	13	56	21	14	2	1285	4	8
1988 Burrito Carne Asada	584	28	52	30	72	2	1312	3	5
1988 Burrito Carnitas	664	42	55	31	113	2	1936	4	5
1988 Burrito Chicken Blackened	518	29	54	21	74	2	1421	4	5
1988 Burrito Chicken Charbroiled	518	30	51	22	76	2	1380	3	5
1988 Burrito Fish Blackened	483	31	55	17	55	2	1490	4	6
1988 Burrito Fish Charbroiled	475	31	53	17	57	2	1452	3	6
1988 Burrito Salmon	507	29	54	20	60	2	1225	3	7
1988 Burrito Shrimp	465	23	56	17	127	2	1709	3	7
1988 Burrito Tofu	466	18	56	19	14	2	1240	4	7
1988 Burrito Vegetarian Brown Rice Black Beans	559	18	83	18	14	2	1383	9	6
1988 Burrito Vegetarian Brown Rice White Beans	538	16	80	18	14	2	1655	10	8
1988 Burrito Vegetarian White Rice Black Beans	626	19	94	20	25	2	1556	8	6
1988 Burrito Vegetarian White Rice White Beans	605	17	91	20	25	2	1828	9	8
<b>WET BURRITOS (add this info to any burrito of your choice)</b>									
<i>Any Burrito Wet with Red Sauce</i>	265	20	15	8	43	0	1185	3	2
<i>Any Burrito Wet with Green Sauce</i>	214	19	21	7	43	0	1294	2	0
<b>TACOS &amp; ENCHILADAS (a la carte)</b>									
Citrus Slaw Taco Banzai Veggie	271	7	46	6	7	0	1021	6	5
Citrus Slaw Taco Mushrooms	214	7	29	9	7	0	331	5	5
Citrus Slaw Taco Carne Asada	273	14	26	13	36	0	326	4	2
Citrus Slaw Taco Carnitas	314	21	28	14	57	0	638	5	3
Citrus Slaw Taco Chicken Blackened	241	15	27	9	37	0	380	4	3
Citrus Slaw Taco Chicken Charbroiled	241	15	26	9	38	0	360	4	2

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Citrus Slaw Taco Fish Blackened	220	15	27	6	28	0	412	4	3
Citrus Slaw Taco Fish Charbroiled	216	15	26	6	28	0	386	4	2
Citrus Slaw Taco Salmon	241	15	27	9	33	0	294	4	3
Citrus Slaw Taco Shrimp	211	11	27	7	63	0	522	4	3
Citrus Slaw Taco Tofu	221	9	29	8	7	0	306	5	4
Citrus Slaw Taco Vegetarian Brown Rice Black Beans	216	7	33	6	7	0	321	4	2
Citrus Slaw Taco Vegetarian Brown Rice White Beans	210	6	32	6	7	0	525	4	3
Citrus Slaw Taco Vegetarian White Rice Black Beans	233	7	36	7	10	0	366	4	2
Citrus Slaw Taco Vegetarian White Rice White Beans	227	6	35	7	10	0	570	4	3
1988 Taco Banzai Veggie	243	7	44	4	7	0	999	5	4
1988 Taco Mushrooms	184	6	26	7	7	0	308	4	3
1988 Taco Carne Asada	243	14	24	11	36	0	303	4	1
1988 Taco Carnitas	283	20	25	11	57	0	615	5	2
1988 Taco Chicken Blackened	210	14	25	6	37	0	357	4	2
1988 Taco Chicken Charbroiled	211	14	23	7	38	0	337	4	1
1988 Taco Fish Blackened	193	15	25	4	28	0	392	4	2
1988 Taco Fish Charbroiled	189	15	25	4	28	0	366	4	2
1988 Taco Salmon	214	15	25	6	33	0	274	4	2
1988 Taco Shrimp	184	11	26	4	63	0	501	4	2
1988 Taco Tofu	190	9	26	6	7	0	283	4	3
1988 Taco Vegetarian Brown Rice White Beans	187	6	31	4	7	0	549	4	3
1988 Taco Vegetarian Brown Rice Black Beans	193	7	32	4	7	0	345	4	2
1988 Taco Vegetarian White Rice Black Beans	210	7	35	4	10	0	390	4	2
1988 Taco Vegetarian White Rice White Beans	203	6	34	5	10	0	594	4	2
Skinny Taco Citrus Slaw Banzai Veggie	171	4	25	5	7	0	1001	3	5
Skinny Taco Citrus Slaw Mushrooms	116	4	9	7	7	0	326	2	5
Skinny Taco Citrus Slaw Carne Asada	180	11	7	12	36	0	340	2	3
Skinny Taco Citrus Slaw Carnitas	221	18	9	12	57	0	652	2	3
Skinny Taco Citrus Slaw Chicken Blackened	148	12	8	7	37	0	394	2	3
Skinny Taco Citrus Slaw Chicken Charbroiled	148	12	7	8	38	0	374	1	3
Skinny Taco Citrus Slaw Fish Blackened	127	12	8	5	28	0	426	2	3
Skinny Taco Citrus Slaw Fish Charbroiled	123	13	7	5	28	0	407	1	3
Skinny Taco Citrus Slaw Salmon	139	11	8	7	30	0	294	1	4
Skinny Taco Citrus Slaw Shrimp	118	9	8	5	63	0	535	1	4

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Skinny Taco Citrus Slaw Tofu	122	6	9	6	7	0	304	2	4
Skinny Taco Citrus Slaw Veggie Brown Rice Black Beans	123	5	14	5	7	0	273	3	2
Skinny Taco Citrus Slaw Veggie Brown Rice White Beans	116	4	13	5	7	0	477	3	3
Skinny Taco Citrus Slaw Veggie White Rice Black Beans	140	5	18	6	10	0	318	3	2
Skinny Taco Citrus Slaw Veggie White Rice White Beans	133	4	17	6	10	0	522	3	3
Skinny 1988 Taco Banzai Veggie	139	4	23	2	7	0	977	2	4
Skinny 1988 Taco Mushrooms	80	4	6	5	7	0	314	2	3
Skinny 1988 Taco Carne Asada	144	11	4	9	36	0	327	1	1
Skinny 1988 Taco Carnitas	184	18	5	10	57	0	639	2	2
Skinny 1988 Taco Chicken Blackened	111	12	4	5	37	0	382	2	2
Skinny 1988 Taco Chicken Charbroiled	111	12	3	6	38	0	361	1	1
Skinny 1988 Taco Fish Blackened	94	12	5	3	28	0	416	2	2
Skinny 1988 Taco Fish Charbroiled	90	13	4	3	28	0	397	2	2
Skinny 1988 Taco Salmon	106	12	5	5	30	0	284	2	2
Skinny 1988 Taco Shrimp	85	9	5	3	64	0	526	2	3
Skinny 1988 Taco Tofu	85	6	5	4	7	0	291	2	3
Skinny 1988 Taco Vegetarian Brown Rice White Beans	91	4	12	3	7	0	500	3	3
Skinny 1988 Taco Vegetarian Brown Rice Black Beans	97	5	13	3	7	0	296	3	2
Skinny 1988 Taco Vegetarian White Rice Black Beans	116	5	17	3	10	0	342	3	2
Skinny 1988 Taco Vegetarian White Rice White Beans	110	5	16	3	10	0	546	4	3
Crispy Flounder Taco	318	21	35	11	49	0	774	2	2
Enchilada Green Banzai Veggie	247	9	30	7	21	0	1113	3	11
Enchilada Green Mushrooms	212	8	20	10	21	0	602	2	3
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
Enchilada Green Cheese	311	15	18	18	57	0	674	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	239	17	18	10	47	0	564	1	1
Enchilada Green Shrimp	209	13	18	8	78	0	792	1	1
Enchilada Green Tofu	218	10	20	9	21	0	576	2	2
Enchilada Green Vegetarian Brown Rice Black Beans	223	9	27	8	21	0	564	3	1

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Enchilada Green Vegetarian Brown Rice White Beans	216	8	26	8	21	0	768	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	233	8	29	8	24	0	813	3	1
Enchilada Red Banzai Veggie	234	10	28	7	21	0	1026	3	12
Enchilada Red Mushrooms	199	8	17	10	21	0	515	2	4
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	298	15	16	18	57	0	587	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	226	17	15	10	47	0	478	2	2
Enchilada Red Shrimp	196	13	16	8	78	0	705	2	2
Enchilada Red Tofu	205	11	17	9	21	0	489	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	681	4	2
Enchilada Red Vegetarian White Rice Black Beans	227	9	27	8	24	0	522	3	2
Enchilada Red Vegetarian White Rice White Beans	220	9	26	8	24	0	726	3	2
<b>SHARED PLATES</b>									
Loaded Nachos Blackened Chicken Black Beans	1304	67	99	69	202	1	2518	14	2
Loaded Nachos Blackened Chicken White Beans	1278	64	95	69	202	1	3333	16	4
Loaded Nachos Carne Asada Black Beans	1370	65	97	78	200	1	2409	14	2
Loaded Nachos Carne Asada White Beans	1344	63	93	78	200	1	3224	15	4
Loaded Nachos Carnitas Black Beans	1450	79	100	79	241	1	3033	15	2
Loaded Nachos Carnitas White Beans	1424	76	96	80	241	1	3848	16	4
Loaded Nachos Charbroiled Chicken Black Beans	1304	67	96	70	204	1	2477	13	2
Loaded Nachos Charbroiled Chicken White Beans	1278	64	92	70	204	1	3292	15	4
Baja Roll	536	25	51	27	81	2	1261	2	5
Crispy Baja Roll	551	25	51	28	81	2	1261	2	5
Crispy Baja Roll w/ Maria's Salsa	602	26	56	31	81	2	1510	4	8
Loaded Quesadilla Banzai Veggies	670	28	55	37	85	2	1232	3	5
Loaded Quesadilla Blackened Chicken	778	45	51	42	145	2	1600	2	2
Loaded Quesadilla Blackened Fish	737	46	51	38	126	2	1664	2	2



FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Loaded Quesadilla Carne Asada	844	44	50	51	143	2	1492	2	2
Loaded Quesadilla Carnitas	924	57	52	52	184	2	2115	3	3
Loaded Quesadilla Charbroiled Chicken	778	45	49	43	147	2	1559	1	2
Loaded Quesadilla Charbroiled Fish	730	46	49	38	128	2	1626	1	2
Loaded Quesadilla Mushroom	715	28	54	42	85	2	1464	2	6
Loaded Quesadilla Salmon	762	44	50	41	130	2	1399	1	3
Loaded Quesadilla Shrimp	709	37	51	38	184	2	1797	1	3
Loaded Quesadilla Tofu	726	33	53	40	85	2	1419	2	5
Cheese Quesadilla	640	26	49	37	85	2	1199	1	2
Cajun Fries (Basket)	881	30	110	35	48	0	6103	19	3
French Fries (Basket)	520	7	78	17	0	0	93	7	0
Taquitos Carne Asada	422	19	42	19	50	0	721	5	3
Taquitos Carnitas	491	31	43	20	85	0	1255	6	3
Taquitos Chicken	366	20	41	13	53	0	779	4	3
Onion Rings (Basket)	525	5	73	23	0	0	1021	8	13
Chips ( <i>See Sides Section for Sides</i> )	590	7	67	35	0	1	326	5	1
<b>JUST FOR KIDS</b>									
<b>KIDS BOWL</b>									
Kid's Bowl Banzai Veggie Brown Rice Black Beans	296	12	52	4	0	0	1121	9	12
Kid's Bowl Banzai Veggie Brown Rice White Beans	270	10	48	4	0	0	1936	10	14
Kid's Bowl Banzai Veggie White Rice Black Beans	363	13	64	5	10	0	1301	9	12
Kid's Bowl Banzai Veggie White Rice White Beans	338	11	60	5	10	0	2116	10	14
Kid's Bowl Mushrooms Brown Rice Black Beans	257	11	41	6	0	0	608	7	3
Kid's Bowl Mushrooms Brown Rice White Beans	231	8	37	7	0	0	1423	9	5
Kid's Bowl Mushrooms White Rice Black Beans	324	11	53	7	10	0	788	7	3
Kid's Bowl Mushrooms White Rice White Beans	299	9	49	8	10	0	1603	9	5
Kid's Bowl Carne Asada Brown Rice Black Beans	330	19	39	11	33	0	624	7	1
Kid's Bowl Carne Asada Brown Rice White Beans	305	17	35	12	33	0	1439	9	3
Kid's Bowl Carne Asada White Rice Black Beans	398	20	51	12	43	0	803	7	1
Kid's Bowl Carne Asada White Rice White Beans	372	18	47	13	43	0	1618	8	3
Kid's Bowl Carnitas Brown Rice Black Beans	376	27	40	12	57	0	980	8	1
Kid's Bowl Carnitas Brown Rice White Beans	351	25	36	13	57	0	1795	9	3
Kid's Bowl Carnitas White Rice Black Beans	444	28	52	13	67	0	1160	7	1
Kid's Bowl Carnitas White Rice White Beans	418	25	48	14	67	0	1975	9	3

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Kid's Bowl Chicken Blackened Brown Rice Black Beans	293	20	39	6	34	0	686	7	1
Kid's Bowl Chicken Blackened Brown Rice White Beans	267	18	35	7	34	0	1501	9	3
Kid's Bowl Chicken Blackened White Rice Black Beans	360	21	52	8	44	0	865	7	1
Kid's Bowl Chicken Blackened White Rice White Beans	399	16	57	11	54	0	849	1	0
Kid's Bowl Chicken Charbroiled Brown Rice Black Beans	293	20	38	7	35	0	663	7	1
Kid's Bowl Chicken Charbroiled Brown Rice White Beans	267	18	34	7	35	0	1477	8	3
Kid's Bowl Chicken Charbroiled White Rice Black Beans	360	21	50	8	45	0	842	6	1
Kid's Bowl Chicken Charbroiled White Rice White Beans	335	19	46	8	45	0	1657	8	3
Kid's Bowl Fish Blackened Brown Rice Black Beans	269	20	40	4	23	0	722	7	1
Kid's Bowl Fish Blackened Brown Rice White Beans	244	18	35	4	23	0	1537	9	3
Kid's Bowl Fish Blackened White Rice Black Beans	337	21	52	5	33	0	902	7	1
Kid's Bowl Fish Blackened White Rice White Beans	311	19	48	5	33	0	1717	8	3
Kid's Bowl Fish Charbroiled Brown Rice Black Beans	265	21	38	4	24	0	692	7	1
Kid's Bowl Fish Charbroiled Brown Rice White Beans	240	18	34	4	24	0	1507	8	3
Kid's Bowl Fish Charbroiled White Rice Black Beans	333	22	51	5	34	0	872	6	1
Kid's Bowl Fish Charbroiled White Rice White Beans	307	19	47	5	34	0	1687	8	3
Kid's Bowl Shrimp Brown Rice Black Beans	253	15	40	4	56	0	798	7	2
Kid's Bowl Shrimp Brown Rice White Beans	228	13	35	4	56	0	1613	8	4
Kid's Bowl Shrimp White Rice Black Beans	321	16	52	5	66	0	978	7	1
Kid's Bowl Shrimp White Rice White Beans	295	14	48	5	66	0	1793	8	4
Kid's Bowl Tofu Brown Rice Black Beans	263	13	41	5	0	0	582	7	3
Kid's Bowl Tofu Brown Rice White Beans	237	11	37	6	0	0	1397	9	5
Kid's Bowl Tofu White Rice Black Beans	330	14	53	6	10	0	762	7	3
Kid's Bowl Tofu White Rice White Beans	305	12	49	7	10	0	1577	9	5
<b>KIDS BRC BURRITO</b>									
Kid's Bean & Cheese Burrito Brown Rice Black Beans	687	26	76	30	57	2	1361	6	3
Kid's Bean & Cheese Burrito Brown Rice White Beans	668	24	73	31	57	2	1973	7	4
Kid's Bean & Cheese Burrito White Rice Black Beans	744	27	85	32	66	2	1510	6	3
Kid's Bean & Cheese Burrito White Rice White Beans	725	25	82	32	66	2	2121	7	4

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
<b>KIDS PLATE: ADD ONE KIDS TACO OR KIDS ENCHILADA TO THE FOLLOWING SIDE OPTIONS</b>									
Kid's Plate Side Brown Rice Black Beans (add Taco or Enchilada)	160	7	29	2	0	0	342	5	1
Kid's Plate Side Brown Rice White Beans (add Taco or Enchilada)	141	5	25	3	0	0	953	6	2
Kid's Plate Side White Rice Black Beans (add Taco or Enchilada)	211	8	38	3	7	0	477	5	1
Kid's Plate Side White Rice White Beans (add Taco or Enchilada)	192	6	35	4	7	0	1088	6	2
Kid's Plate Side Kid's Fries (add Taco or Enchilada)	247	3	35	9	0	0	42	3	0
<b>KIDS TACOS &amp; ENCHILADAS (a la carte)</b>									
Kid's Taco Banzai Veggies	117	4	19	3	7	0	35	2	1
Kid's Taco Blackened Chicken	164	12	17	6	32	0	203	2	0
Kid's Taco Blackened Fish	147	12	17	4	24	0	230	2	0
Kid's Taco Carne Asada	193	11	17	9	31	0	156	2	0
Kid's Taco Carnitas	227	17	18	10	49	0	423	2	0
Kid's Taco Charbroiled Chicken	165	12	16	6	33	0	185	1	0
Kid's Taco Charbroiled Fish	144	12	16	4	25	0	207	1	0
Kid's Taco Mushroom	137	5	18	6	7	0	144	2	2
Kid's Taco Salmon	157	11	17	5	26	0	117	1	1
Kid's Taco Shrimp	135	8	17	4	49	0	287	1	0
Kid's Taco Tofu	142	7	18	5	7	0	125	2	1
Kid's Enchilada Green Blackened Chicken	202	14	15	9	46	0	534	1	1
Kid's Enchilada Green Blackened Fish	184	15	15	7	38	0	561	1	1
Kid's Enchilada Green Carnitas	264	20	15	13	63	0	754	2	1
Kid's Enchilada Green Carne Asada	230	14	14	13	45	0	487	1	1
Kid's Enchilada Green Charbroiled Chicken	202	14	14	10	47	0	516	1	1
Kid's Enchilada Green Charbroiled Fish	181	15	14	7	38	0	538	1	1
Kid's Enchilada Green Cheese	168	8	14	9	27	0	385	1	1
Kid's Enchilada Green Mushroom	174	7	16	9	20	0	475	1	2
Kid's Enchilada Green Salmon	194	14	14	9	40	0	447	1	1
Kid's Enchilada Green Shrimp	172	11	15	7	62	0	618	1	1
Kid's Enchilada Green Tofu	179	9	16	8	20	0	456	1	2
Kid's Enchilada Red Banzai Veggies	141	7	14	7	20	0	279	2	3
Kid's Enchilada Red Blackened Chicken	188	15	12	9	46	0	447	2	2
Kid's Enchilada Red Blackened Fish	171	15	12	7	38	0	474	2	2
Kid's Enchilada Red Carne Asada	217	14	12	13	45	0	400	2	2
Kid's Enchilada Red Carnitas	251	20	13	14	63	0	667	2	2

FoodName	Calories	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Kid's Enchilada Red Charbroiled Chicken	188	15	11	10	47	0	429	1	2
Kid's Enchilada Red Charbroiled Fish	168	15	11	7	38	0	451	2	2
Kid's Enchilada Red Cheese	155	8	11	9	27	0	299	1	2
Kid's Enchilada Red Mushroom	161	8	13	9	20	0	388	2	3
Kid's Enchilada Red Salmon	181	14	12	9	40	0	360	2	2
Kid's Enchilada Red Shrimp	159	11	12	7	62	0	531	2	2
Kid's Enchilada Red Tofu	166	10	13	8	20	0	369	2	3
<b><u>MINI QUESADILLA</u></b>									
Kid's Mini Quesadilla with Brown Rice and Black Beans	480	20	53	21	43	1	942	5	2
Kid's Mini Quesadilla with Brown Rice and White Beans	461	18	50	21	43	1	1553	7	3
Kid's Mini Quesadilla with Fries	568	16	60	27	43	1	642	4	1
Kid's Mini Quesadilla with White Rice and Black Beans	531	20	62	22	50	1	1076	5	2
Kid's Mini Quesadilla with White Rice and White Beans	512	19	59	22	50	1	1687	7	3
<b><u>DESSERTS</u></b>									
Churro Chips	554	4	118	9	0	0	372	6	90
<b><u>LIMITED TIME OFFERINGS (LTO'S)</u></b>									
Pollo Al Fuego Taco	246	17	16	13	51	0	475	3	2
#1 Combo Pollo Al Fuego Taco Brown Rice Black Beans	567	30	73	18	51	0	1159	13	4
#1 Combo Pollo Al Fuego Taco Brown Rice White Beans	528	27	67	18	51	0	2382	16	7
#1 Combo Pollo Al Fuego Taco White Rice Black Beans	668	32	92	19	66	0	1429	13	3
#1 Combo Pollo Al Fuego Taco White Rice White Beans	630	28	85	20	66	0	2651	15	7
<b><u>Wahoo's Philly:</u></b>									
Wahoo's Classic Pizza Alaskan Flounder	774	42	57	40	99	0	1767	3	2
Wahoo's Classic Pizza Blackened Chicken	792	46	56	40	136	0	1932	4	2
Wahoo's Classic Pizza Blackened Fish	757	46	56	37	120	0	1987	4	2
Wahoo's Classic Pizza Mushrooms	737	32	58	40	85	0	1816	4	5
Wahoo's Classic Pizza Carne Asada	848	45	55	48	135	0	1839	3	2
Wahoo's Classic Pizza Carnitas	917	56	56	49	170	0	2374	4	2
Wahoo's Classic Pizza Charbroiled Chicken	792	46	54	41	138	0	1897	3	2
Wahoo's Classic Pizza Charbroiled Fish	750	47	54	37	121	0	1954	3	2
Wahoo's Classic Pizza Salmon	777	45	55	40	124	0	1760	3	2
Wahoo's Classic Pizza Shrimp	732	39	56	37	170	0	2101	3	2
Wahoo's Classic Pizza Tofu	747	36	57	39	85	0	1777	4	4
Wahoo's SCREAM'N Pizza	954	48	68	51	136	0	2586	5	5

<b>Wahoo's Hawaii:</b>									
7 Layer Dip	118	5	7	8	19	0	320	2	1
7 Layer Salad Alaskan Flounder	611	42	62	23	52	0	1474	13	7
7 Layer Salad Banzai Veggie	483	23	65	16	28	0	1193	16	11
7 Layer Salad Blackened Chicken	640	47	60	24	114	0	1750	14	7
7 Layer Salad Blackened Fish	582	49	60	18	87	0	1841	14	7
7 Layer Salad Mushrooms	550	24	64	23	28	0	1556	14	12
7 Layer Salad Carne Asada	734	46	58	36	111	0	1595	14	7
7 Layer Salad Carnitas	848	65	61	38	170	0	2486	15	8
7 Layer Salad Charbroiled Chicken	640	48	56	25	117	0	1692	13	7
7 Layer Salad Charbroiled Fish	571	49	57	18	89	0	1787	13	7
7 Layer Salad Salmon	616	46	58	23	93	0	1463	13	8
7 Layer Salad Shrimp	541	36	60	18	169	0	2032	13	8
7 Layer Salad Tofu	565	31	63	21	28	0	1492	15	11
<b>Wahoo's LAX:</b>									
Breakfast Bowl w/ Brown Rice	775	37	55	45	428	0	1375	10	4
Breakfast Bowl w/ White Rice	889	38	73	49	447	0	1672	10	3
Breakfast Nachos	1536	80	116	85	558	1	2511	17	5
Breakfast Pico De Gallo Taco (1)	385	22	31	19	149	0	651	4	3
Breakfast Pico De Gallo Tacos (2)	770	45	62	37	299	0	1302	9	6