

SOUP (SEE BELOW FOR ADD ONS)

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Chicken Tortilla Soup	130	51	9	11	6	1	23	0	728	3	4
Add 3 oz. White Rice	120	27	2	21	3	2	7	0	232	0	0
Add 3 oz. Brown Rice	70	18	1	12	2	0	0	0	94	1	0
Add Avocado Slices	56	43	1	3	5	1	0	0	2	2	0

SALADS

Kale Kai Salad Banzai Veggies	276	72	11	42	8	1	0	0	1390	12	19
Kale Kai Salad Banzai Veggies w/ chips	311	90	11	45	10	1	0	0	1394	12	19
Kale Kai Salad Carne Asada	499	281	35	20	31	10	99	0	1210	8	3
Kale Kai Salad Carne Asada w/ chips	534	299	35	23	33	10	99	0	1214	8	3
Kale Kai Salad Carnitas	555	266	49	23	30	8	142	0	2017	10	4
Kale Kai Salad Carnitas w/ chips	590	284	49	26	32	8	142	0	2021	10	4
Kale Kai Salad Chicken Blackened	347	135	32	22	15	2	86	0	1281	9	4
Kale Kai Salad Chicken Blackened w/ chips	382	153	32	25	17	2	86	0	1285	9	4
Kale Kai Salad Chicken Charbroiled	347	148	32	18	16	2	88	0	1223	7	3
Kale Kai Salad Chicken Charbroiled w/ chips	382	166	32	21	18	2	88	0	1227	7	3
Kale Kai Salad Fish Blackened	288	80	33	22	9	1	59	0	1371	9	4
Kale Kai Salad Fish Blackened W/ Chips	323	98	33	25	11	1	59	0	1375	9	4
Kale Kai Salad Fish Charbroiled	278	78	34	19	9	1	61	0	1297	8	3
Kale Kai Salad Fish Charbroiled W/ Chips	313	96	34	22	11	1	61	0	1301	8	3

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Kale Kai Salad Mushrooms	278	145	9	27	16	2	0	0	1162	9	10
Kale Kai Salad Mushrooms w/ Chips	313	163	9	30	18	2	0	0	1166	9	10
Kale Kai Salad Salmon	358	139	36	21	15	2	78	0	1051	8	5
Kale Kai Salad Salmon w/ chips	393	157	36	24	17	2	78	0	1055	8	5
Kale Kai Salad Shrimp	268	84	24	23	9	1	169	0	1733	8	5
Kale Kai Salad Shrimp w/ chips	303	102	24	26	11	1	169	0	1737	8	5
Kale Kai Salad Tofu	346	135	22	29	15	2	0	0	1212	10	9
Kale Kai Salad Tofu w/ chips	381	153	22	32	17	2	0	0	1216	10	9
Kale Kai Salad Veggie Brown Rice Black Beans	337	89	14	53	10	1	0	0	1104	16	4
Kale Kai Salad Veggie Brown Rice Black Beans w/chips	384	106	13	58	12	1	0	0	1119	15	4
Kale Kai Salad Veggie Brown Rice White Beans	297	90	11	46	10	1	0	0	1233	13	5
Kale Kai Salad Veggie Brown Rice White Beans w/ chips	345	107	10	52	12	1	0	0	1248	13	5
Kale Kai Salad Veggie White Rice Black Beans	348	91	14	55	10	2	3	0	1160	15	4
Kale Kai Salad Veggie White Rice Black Beans w/ chips	395	108	13	60	12	2	3	0	1174	15	4
Kale Kai Salad Veggie White Rice White Beans	326	99	10	50	11	3	7	0	1376	13	5
Kale Kai Salad Veggie White Rice White Beans w/ chips	356	108	10	53	12	2	3	0	1303	12	5
Wahoo Salad Banzai Veggie	415	218	14	35	24	6	28	0	990	9	10
Wahoo Salad Mushrooms	471	293	14	28	33	7	28	0	1416	6	9
Wahoo Salad Carne Asada	692	428	40	22	48	14	127	0	1463	6	3
Wahoo Salad Carnitas	748	414	54	25	46	13	170	0	2270	7	3

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Wahoo Salad Chicken Blackened	539	283	37	23	31	7	114	0	1535	6	3
Wahoo Salad Chicken Charbroiled	540	295	37	20	33	7	117	0	1476	5	2
Wahoo Salad Fish Blackened	481	228	38	24	25	6	87	0	1625	6	3
Wahoo Salad Fish Charbroiled	470	226	39	21	25	6	89	0	1551	5	2
Wahoo Salad Salmon	551	286	40	22	32	7	106	0	1305	5	4
Wahoo Salad Shrimp	461	231	29	24	26	6	197	0	1987	5	4
Wahoo Salad Tofu	538	282	26	30	31	7	28	0	1465	7	9
Power Chopper Banzai Veggie Brown Rice	225	22	9	44	2	0	0	0	717	9	10
Power Chopper Banzai Veggie White Rice	258	27	9	50	3	1	5	0	806	9	10
Power Chopper Mushrooms Brown Rice	222	72	9	32	8	1	0	0	561	7	10
Power Chopper Mushrooms White Rice	255	77	9	38	9	2	5	0	651	7	10
Power Chopper Carne Asada Brown Rice	321	158	24	18	18	6	66	0	483	4	3
Power Chopper Carne Asada White Rice	403	167	26	34	19	7	71	0	682	6	5
Power Chopper Carnitas Brown Rice	461	179	41	30	20	6	114	0	1305	8	6
Power Chopper Carnitas White Rice	494	184	42	36	20	7	118	0	1395	8	6
Power Chopper Chicken Blackened Brown Rice	294	74	27	29	8	1	68	0	716	7	6
Power Chopper Chicken Blackened White Rice	328	79	28	35	9	2	73	0	806	7	6
Power Chopper Chicken Charbroiled Brown Rice	290	84	27	25	9	1	71	0	666	6	5
Power Chopper Chicken Charbroiled White Rice	328	89	28	32	10	2	75	0	760	6	5
Power Chopper Fish Blackened Brown Rice	247	30	28	29	3	0	47	0	789	7	6

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Power Chopper Fish Blackened White Rice	281	35	29	35	4	1	52	0	879	7	6
Power Chopper Fish Charbroiled Brown Rice	239	29	29	27	3	0	49	0	729	6	5
Power Chopper Fish Charbroiled White Rice	272	34	29	33	4	1	53	0	819	6	5
Power Chopper Salmon Brown Rice	275	67	26	28	7	1	52	0	486	6	7
Power Chopper Salmon White Rice	309	72	27	34	8	2	57	0	576	6	7
Power Chopper Shrimp Brown Rice	215	30	18	29	3	1	113	0	941	6	6
Power Chopper Shrimp White Rice	249	35	19	35	4	2	118	0	1031	6	6
Power Chopper Tofu Brown Rice	234	53	14	31	6	1	0	0	510	7	9
Power Chopper Tofu White Rice	268	58	14	37	6	2	5	0	599	7	8
Power Chopper Vegetarian Brown Rice Black Beans	211	25	10	39	3	0	0	0	433	8	5
Power Chopper Vegetarian Brown Rice White Beans	192	27	8	36	3	1	0	0	1044	10	7
Power Chopper Vegetarian White Rice Black Beans	261	32	11	48	4	2	7	0	568	8	5
Power Chopper Vegetarian White Rice White Beans	242	34	9	45	4	2	7	0	1179	10	7

ENTREÉS

***DISCLAIMER: FOR #2 ENTRÉE: ADD ONE TACO OR ENCHILADA TO THE #1 (A LA CARTE TACOS & ENCHILADAS CAN BE FOUND ON PAGES 29 - 33)**

#1 TACO OR ENCHILADA W/ RICE & BEANS

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#1 Citrus Slaw Banzai Veggie Taco Side Brown Rice Black Beans	491	78	20	86	9	2	7	0	1002	15	5
#1 Citrus Slaw Banzai Veggie Taco Side Brown Rice White Beans	461	100	16	78	11	2	7	0	2241	16	8
#1 Citrus Slaw Banzai Veggie Taco Side White Rice Black Beans	614	126	21	102	14	6	26	0	1316	13	5
#1 Citrus Slaw Banzai Veggie Taco Side White Rice White Beans	576	131	17	96	15	6	26	0	2538	16	8
#1 Citrus Slaw Blackened Chicken Taco Side Brown Rice Black Beans	571	122	28	86	14	3	37	0	1099	14	5
#1 Citrus Slaw Blackened Chicken Taco Side Brown Rice White Beans	532	126	25	80	14	3	37	0	2322	17	8
#1 Citrus Slaw Blackened Chicken Taco Side White Rice Black Beans	685	153	29	104	17	7	56	0	1396	14	5
#1 Citrus Slaw Blackened Chicken Taco Side White Rice White Beans	647	157	26	98	17	7	56	0	2619	16	8
#1 Citrus Slaw Blackened Fish Taco Side Brown Rice Black Beans	550	103	29	86	11	3	28	0	1131	14	5
#1 Citrus Slaw Blackened Fish Taco Side Brown Rice White Beans	512	107	25	80	12	3	28	0	2353	17	8
#1 Citrus Slaw Blackened Fish Taco Side White Rice Black Beans	665	133	30	104	15	7	47	0	1428	14	5
#1 Citrus Slaw Blackened Fish Taco Side White Rice White Beans	627	138	26	98	15	7	47	0	2650	16	8
#1 Citrus Slaw Carne Asada Taco Side Brown Rice Black Beans	603	160	28	86	18	5	36	0	1045	14	5
#1 Citrus Slaw Carne Asada Taco Side Brown Rice White Beans	565	165	24	79	18	5	36	0	2267	17	8
#1 Citrus Slaw Carne Asada Taco Side White Rice Black Beans	718	191	29	104	21	9	55	0	1342	14	5
#1 Citrus Slaw Carne Asada Taco Side White Rice White Beans	680	195	25	97	22	9	55	0	2564	16	8
#1 Citrus Slaw Carnitas Taco Side Brown Rice Black Beans	644	168	34	87	19	5	57	0	1357	15	5

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#1 Citrus Slaw Carnitas Taco Side Brown Rice White Beans	605	172	31	80	19	5	57	0	2579	17	8
#1 Citrus Slaw Carnitas Taco Side White Rice Black Beans	758	198	36	105	22	9	76	0	1654	14	5
#1 Citrus Slaw Carnitas Taco Side White Rice White Beans	720	203	32	98	23	9	76	0	2876	17	8
#1 Citrus Slaw Charbroiled Chicken Taco Side Brown Rice Black Beans	571	126	28	85	14	3	38	0	1079	14	5
#1 Citrus Slaw Charbroiled Chicken Taco Side Brown Rice White Beans	532	131	25	79	15	3	38	0	2301	17	8
#1 Citrus Slaw Charbroiled Chicken Taco Side White Rice Black Beans	685	157	30	103	17	7	57	0	1376	14	5
#1 Citrus Slaw Charbroiled Chicken Taco Side White Rice White Beans	647	161	26	97	18	7	57	0	2598	16	8
#1 Citrus Slaw Charbroiled Fish Taco Side Brown Rice Black Beans	546	102	29	85	11	3	28	0	1112	14	5
#1 Citrus Slaw Charbroiled Fish Taco Side Brown Rice White Beans	508	106	25	79	12	3	28	0	2334	17	8
#1 Citrus Slaw Charbroiled Fish Taco Side White Rice Black Beans	661	133	30	103	15	7	48	0	1409	14	5
#1 Citrus Slaw Charbroiled Fish Taco Side White Rice White Beans	623	137	27	97	15	7	48	0	2632	16	8
#1 Citrus Slaw Mushroom Taco Side Brown Rice Black Beans	539	121	20	87	13	3	7	0	1031	15	7
#1 Citrus Slaw Mushroom Taco Side Brown Rice White Beans	501	125	16	81	14	3	7	0	2254	17	10
#1 Citrus Slaw Mushroom Taco Side White Rice Black Beans	654	151	21	105	17	7	26	0	1328	14	7
#1 Citrus Slaw Mushroom Taco Side White Rice White Beans	615	156	18	99	17	7	26	0	2551	17	10
#1 Citrus Slaw Shrimp Taco Side Brown Rice Black Beans	541	103	25	86	11	3	63	0	1240	14	5
#1 Citrus Slaw Shrimp Taco Side Brown Rice White Beans	503	108	21	80	12	3	63	0	2463	17	9
#1 Citrus Slaw Shrimp Taco Side White Rice Black Beans	656	134	26	104	15	7	83	0	1537	14	5
#1 Citrus Slaw Shrimp Taco Side White Rice White Beans	617	139	23	98	15	7	83	0	2760	16	8
#1 Citrus Slaw Tofu Taco Side Brown Rice Black Beans	544	112	22	87	12	3	7	0	1009	15	6

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#1 Citrus Slaw Tofu Taco Side Brown Rice White Beans	506	117	19	81	13	3	7	0	2231	17	9
#1 Citrus Slaw Tofu Taco Side White Rice Black Beans	659	143	24	105	16	7	26	0	1306	14	6
#1 Citrus Slaw Tofu Taco Side White Rice White Beans	621	148	20	99	16	7	26	0	2528	17	9
#1 1988 Banzai Veggie Taco Side Brown Rice Black Beans	472	75	19	82	8	2	7	0	936	13	4
#1 1988 Banzai Veggie Taco Side Brown Rice White Beans	434	80	15	76	9	2	7	0	2158	15	7
#1 1988 Banzai Veggie Taco Side White Rice Black Beans	587	106	20	100	12	6	26	0	1233	12	4
#1 1988 Banzai Veggie Taco Side White Rice White Beans	549	110	17	94	12	6	26	0	2455	15	7
#1 1988 Blackened Chicken Taco Side Brown Rice Black Beans	534	101	28	82	11	3	37	0	1086	14	4
#1 1988 Blackened Chicken Taco Side Brown Rice White Beans	496	106	25	76	12	3	37	0	2309	17	7
#1 1988 Blackened Chicken Taco Side White Rice Black Beans	649	132	29	100	15	7	56	0	1384	14	3
#1 1988 Blackened Chicken Taco Side White Rice White Beans	611	136	26	94	15	7	56	0	2606	16	6
#1 1988 Blackened Fish Taco Side Brown Rice Black Beans	517	82	29	83	9	2	28	0	1121	15	4
#1 1988 Blackened Fish Taco Side Brown Rice White Beans	478	86	25	77	10	2	28	0	2343	17	7
#1 1988 Blackened Fish Taco Side White Rice Black Beans	631	113	30	101	13	6	47	0	1418	14	4
#1 1988 Blackened Fish Taco Side White Rice White Beans	593	117	26	95	13	6	47	0	2640	17	7
#1 1988 Mushrooms Taco Side Brown Rice Black Beans	503	100	20	84	11	3	7	0	1019	14	5
#1 1988 Mushrooms Taco Side Brown Rice White Beans	464	105	16	77	12	3	7	0	2241	17	8
#1 1988 Mushrooms Taco Side White Rice Black Beans	617	131	21	102	15	7	26	0	1316	14	5
#1 1988 Mushrooms Taco Side White Rice White Beans	579	135	18	95	15	7	26	0	2538	16	8
#1 1988 Carne Asada Taco Side Brown Rice Black Beans	567	140	27	82	16	5	36	0	1032	14	3

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#1 1988 Carne Asada Taco Side Brown Rice White Beans	529	144	24	76	16	5	36	0	2255	17	6
#1 1988 Carne Asada Taco Side White Rice Black Beans	682	170	29	100	19	9	55	0	1329	14	3
#1 1988 Carne Asada Taco Side White Rice White Beans	644	175	25	94	19	9	55	0	2552	16	6
#1 1988 Carnitas Taco Side Brown Rice Black Beans	607	147	34	83	16	5	57	0	1344	15	4
#1 1988 Carnitas Taco Side Brown Rice White Beans	569	151	31	77	17	5	57	0	2566	17	7
#1 1988 Carnitas Taco Side White Rice Black Beans	722	178	36	101	20	9	76	0	1641	14	3
#1 1988 Carnitas Taco Side White Rice White Beans	684	182	32	95	20	9	76	0	2863	17	6
#1 1988 Charbroiled Chicken Taco Side Brown Rice Black Beans	534	106	28	81	12	3	38	0	1066	14	3
#1 1988 Charbroiled Chicken Taco Side Brown Rice White Beans	496	110	25	75	12	3	38	0	2289	16	6
#1 1988 Charbroiled Chicken Taco Side White Rice Black Beans	649	136	29	99	15	7	57	0	1363	13	3
#1 1988 Charbroiled Chicken Taco Side White Rice White Beans	611	141	26	93	16	7	57	0	2586	16	6
#1 1988 Charbroiled Fish Taco Side Brown Rice Black Beans	513	81	29	82	9	2	28	0	1102	14	4
#1 1988 Charbroiled Fish Taco Side Brown Rice White Beans	475	86	25	76	10	2	28	0	2325	17	7
#1 1988 Charbroiled Fish Taco Side White Rice Black Beans	628	112	30	100	12	6	48	0	1399	14	4
#1 1988 Charbroiled Fish Taco Side White Rice White Beans	589	116	27	94	13	6	48	0	2622	16	7
#1 1988 Shrimp Taco Side Brown Rice Black Beans	508	83	25	83	9	2	63	0	1230	14	4
#1 1988 Shrimp Taco Side Brown Rice White Beans	469	87	21	77	10	2	63	0	2453	17	7
#1 1988 Shrimp Taco Side White Rice Black Beans	622	113	26	101	13	6	83	0	1527	14	4
#1 1988 Shrimp Taco Side White Rice White Beans	584	118	23	95	13	6	83	0	2750	16	7
#1 1988 Tofu Taco Side Brown Rice Black Beans	508	92	22	83	10	2	7	0	996	14	5

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#1 1988 Tofu Taco Side Brown Rice White Beans	470	96	19	77	11	3	7	0	2219	17	8
#1 1988 Tofu Taco Side White Rice Black Beans	623	123	24	101	14	6	26	0	1293	14	5
#1 1988 Tofu Taco Side White Rice White Beans	585	127	20	95	14	7	26	0	2516	16	8
#1 Skinny 1988 Vegetarian Taco Brown Rice Black Beans	420	72	18	71	8	2	7	0	982	13	4
#1 Skinny 1988 Vegetarian Taco Brown Rice White Beans	375	77	14	63	9	2	7	0	2408	16	7
#1 Skinny 1988 Vegetarian Taco White Rice Black Beans	538	90	20	92	10	6	24	0	1296	13	4
#1 Skinny 1988 Vegetarian Taco White Rice White Beans	494	95	16	85	11	6	24	0	2722	16	7
#1 Skinny 1988 Banzai Veggie Taco Side Brown Rice Black Beans	379	66	17	63	7	2	7	0	888	12	4
#1 Skinny 1988 Banzai Veggie Taco Side Brown Rice White Beans	340	70	13	57	8	2	7	0	2110	15	8
#1 Skinny 1988 Banzai Veggie Taco Side White Rice Black Beans	493	96	18	81	11	6	26	0	1185	12	4
#1 Skinny 1988 Banzai Veggie Taco Side White Rice White Beans	455	101	15	75	11	6	26	0	2407	14	7
#1 Skinny 1988 Blackened Chicken Taco Side Brown Rice Black Beans	432	89	25	61	10	3	37	0	1066	12	3
#1 Skinny 1988 Blackened Chicken Taco Side Brown Rice White Beans	394	94	22	55	10	3	37	0	2288	14	6
#1 Skinny 1988 Blackened Chicken Taco Side White Rice Black Beans	547	120	27	79	13	7	56	0	1363	11	3
#1 Skinny 1988 Blackened Chicken Taco Side White Rice White Beans	508	124	23	73	14	7	56	0	2585	14	6
#1 Skinny 1988 Blackened Fish Taco Side Brown Rice Black Beans	414	70	26	62	8	2	28	0	1100	12	4
#1 Skinny 1988 Blackened Fish Taco Side Brown Rice White Beans	376	74	23	56	8	2	28	0	2323	14	7
#1 Skinny 1988 Blackened Fish Taco Side White Rice Black Beans	529	101	27	80	11	6	47	0	1397	11	4
#1 Skinny 1988 Blackened Fish Taco Side White Rice White Beans	491	105	24	74	12	6	47	0	2620	14	7
#1 Skinny 1988 Carne Asada Taco Side Brown Rice Black Beans	465	128	25	61	14	5	36	0	1012	11	3

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#1 Skinny 1988 Carne Asada Taco Side Brown Rice White Beans	427	132	21	55	15	5	36	0	2234	14	6
#1 Skinny 1988 Carne Asada Taco Side White Rice Black Beans	580	158	26	79	18	9	55	0	1309	11	3
#1 Skinny 1988 Carne Asada Taco Side White Rice White Beans	541	163	23	73	18	9	55	0	2531	13	6
#1 Skinny 1988 Carnitas Taco Side Brown Rice Black Beans	505	135	32	62	15	4	57	0	1324	12	3
#1 Skinny 1988 Carnitas Taco Side Brown Rice White Beans	467	140	28	56	16	5	57	0	2546	14	6
#1 Skinny 1988 Carnitas Taco Side White Rice Black Beans	620	166	33	80	18	8	76	0	1621	12	3
#1 Skinny 1988 Carnitas Taco Side White Rice White Beans	581	170	29	74	19	9	76	0	2843	14	6
#1 Skinny 1988 Charbroiled Chicken Taco Side Brown Rice Black Beans	432	94	26	60	10	3	38	0	1046	11	3
#1 Skinny 1988 Charbroiled Chicken Taco Side Brown Rice White Beans	394	98	22	54	11	3	38	0	2268	14	6
#1 Skinny 1988 Charbroiled Chicken Taco Side White Rice Black Beans	547	124	27	78	14	7	57	0	1343	11	3
#1 Skinny 1988 Charbroiled Chicken Taco Side White Rice White Beans	508	129	23	72	14	7	57	0	2565	13	6
#1 Skinny 1988 Charbroiled Fish Taco Side Brown Rice Black Beans	411	69	26	61	8	2	28	0	1082	12	4
#1 Skinny 1988 Charbroiled Fish Taco Side Brown Rice White Beans	373	74	23	55	8	2	28	0	2304	14	7
#1 Skinny 1988 Charbroiled Fish Taco Side White Rice Black Beans	525	100	28	79	11	6	48	0	1379	11	3
#1 Skinny 1988 Charbroiled Fish Taco Side White Rice White Beans	487	104	24	73	12	6	48	0	2601	14	7
#1 Skinny 1988 Mushroom Taco Side Brown Rice Black Beans	400	88	17	63	10	2	7	0	998	12	5
#1 Skinny 1988 Mushroom Taco Side Brown Rice White Beans	362	93	14	57	10	2	7	0	2220	14	8
#1 Skinny 1988 Mushroom Taco Side White Rice Black Beans	515	119	19	81	13	6	26	0	1295	11	5
#1 Skinny 1988 Mushroom Taco Side White Rice White Beans	477	123	15	74	14	6	26	0	2518	14	8
#1 Skinny 1988 Shrimp Taco Side Brown Rice Black Beans	373	69	16	61	8	2	11	0	879	11	4

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#1 Skinny 1988 Shrimp Taco Side Brown Rice White Beans	335	73	13	55	8	2	11	0	2101	14	7
#1 Skinny 1988 Shrimp Taco Side White Rice Black Beans	488	99	17	79	11	6	30	0	1176	11	3
#1 Skinny 1988 Shrimp Taco Side White Rice White Beans	449	104	14	73	12	6	30	0	2398	13	7
#1 Skinny 1988 Tofu Taco Side Brown Rice Black Beans	406	80	20	63	9	2	7	0	976	12	4
#1 Skinny 1988 Tofu Taco Side Brown Rice White Beans	368	84	16	56	9	2	7	0	2198	14	8
#1 Skinny 1988 Tofu Taco Side White Rice Black Beans	521	111	21	80	12	6	26	0	1273	11	4
#1 Skinny 1988 Tofu Taco Side White Rice White Beans	482	115	18	74	13	6	26	0	2495	14	7
#1 Skinny Citrus Slaw Vegetarian Taco Brown Rice Black Beans	444	92	18	72	10	2	7	0	958	13	4
#1 Skinny Citrus Slaw Vegetarian Taco Brown Rice White Beans	399	97	14	64	11	3	7	0	2384	16	8
#1 Skinny Citrus Slaw Vegetarian Taco White Rice Black Beans	562	110	20	93	12	6	24	0	1272	12	4
#1 Skinny Citrus Slaw Vegetarian Taco White Rice White Beans	517	115	16	86	13	6	24	0	2698	15	7
#1 Skinny Citrus Slaw Banzai Veggie Taco Side Brown Rice Black Beans	404	86	17	65	10	2	7	0	970	12	5
#1 Skinny Citrus Slaw Banzai Veggie Taco Side Brown Rice White Beans	365	90	14	59	10	2	7	0	2192	15	8
#1 Skinny Citrus Slaw Banzai Veggie Taco Side White Rice Black Beans	518	116	19	83	13	6	26	0	1267	12	5
#1 Skinny Citrus Slaw Banzai Veggie Taco Side White Rice White Beans	480	121	15	77	13	6	26	0	2489	14	8
#1 Skinny Citrus Slaw Blackened Chicken Taco Side Brown Rice Black Beans	468	110	26	65	12	3	37	0	1079	12	5
#1 Skinny Citrus Slaw Blackened Chicken Taco Side Brown Rice White Beans	430	114	22	59	13	3	37	0	2301	14	8
#1 Skinny Citrus Slaw Blackened Chicken Taco Side White Rice Black Beans	583	141	27	83	16	7	56	0	1376	11	5
#1 Skinny Citrus Slaw Blackened Chicken Taco Side White Rice White Beans	545	145	23	77	16	7	56	0	2598	14	8
#1 Skinny Citrus Slaw Blackened Fish Taco Side Brown Rice Black Beans	448	91	26	65	10	2	28	0	1110	12	5

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#1 Skinny Citrus Slaw Blackened Fish Taco Side Brown Rice White Beans	410	95	23	59	11	2	28	0	2333	14	8
#1 Skinny Citrus Slaw Blackened Fish Taco Side White Rice Black Beans	563	121	27	83	13	6	47	0	1407	11	5
#1 Skinny Citrus Slaw Blackened Fish Taco Side White Rice White Beans	524	126	24	77	14	6	47	0	2630	14	8
#1 Skinny Citrus Slaw Carne Asada Taco Side Brown Rice Black Beans	501	148	25	65	16	5	36	0	1024	12	5
#1 Skinny Citrus Slaw Carne Asada Taco Side Brown Rice White Beans	463	153	21	58	17	5	36	0	2247	14	8
#1 Skinny Citrus Slaw Carne Asada Taco Side White Rice Black Beans	616	179	26	83	20	9	55	0	1321	11	5
#1 Skinny Citrus Slaw Carne Asada Taco Side White Rice White Beans	578	183	23	76	20	9	55	0	2544	14	8
#1 Skinny Citrus Slaw Carnitas Taco Side Brown Rice Black Beans	541	156	32	66	17	5	57	0	1336	12	5
#1 Skinny Citrus Slaw Carnitas Taco Side Brown Rice White Beans	503	160	28	60	18	5	57	0	2559	15	8
#1 Skinny Citrus Slaw Carnitas Taco Side White Rice Black Beans	656	186	33	84	21	9	76	0	1633	12	5
#1 Skinny Citrus Slaw Carnitas Taco Side White Rice White Beans	618	191	30	77	21	9	76	0	2856	14	8
#1 Skinny Citrus Slaw Charbroiled Chicken Taco Side Brown Rice Black Beans	468	114	26	64	13	3	38	0	1058	11	5
#1 Skinny Citrus Slaw Charbroiled Chicken Taco Side Brown Rice White Beans	430	119	22	58	13	3	38	0	2281	14	8
#1 Skinny Citrus Slaw Charbroiled Chicken Taco Side White Rice Black Beans	583	145	27	82	16	7	57	0	1355	11	5
#1 Skinny Citrus Slaw Charbroiled Chicken Taco Side White Rice White Beans	545	149	23	76	17	7	57	0	2578	13	8
#1 Skinny Citrus Slaw Charbroiled Fish Taco Side Brown Rice Black Beans	444	90	26	64	10	2	28	0	1092	11	5
#1 Skinny Citrus Slaw Charbroiled Fish Taco Side Brown Rice White Beans	406	94	23	58	10	2	28	0	2314	14	8
#1 Skinny Citrus Slaw Charbroiled Fish Taco Side White Rice Black Beans	559	121	28	82	13	6	48	0	1389	11	5
#1 Skinny Citrus Slaw Charbroiled Fish Taco Side White Rice White Beans	521	125	24	76	14	6	48	0	2611	13	8
#1 Skinny Citrus Slaw Mushroom Taco Side Brown Rice Black Beans	437	109	17	67	12	3	7	0	1011	12	7

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#1 Skinny Citrus Slaw Mushroom Taco Side Brown Rice White Beans	399	113	14	60	13	3	7	0	2233	14	10
#1 Skinny Citrus Slaw Mushroom Taco Side White Rice Black Beans	551	139	19	84	15	7	26	0	1308	11	6
#1 Skinny Citrus Slaw Mushroom Taco Side White Rice White Beans	513	144	15	78	16	7	26	0	2530	14	10
#1 Skinny Citrus Slaw Shrimp Taco Side Brown Rice Black Beans	439	92	22	65	10	3	63	0	1220	11	5
#1 Skinny Citrus Slaw Shrimp Taco Side Brown Rice White Beans	401	96	19	59	11	3	63	0	2442	14	8
#1 Skinny Citrus Slaw Shrimp Taco Side White Rice Black Beans	553	122	24	83	14	7	83	0	1517	11	5
#1 Skinny Citrus Slaw Shrimp Taco Side White Rice White Beans	515	127	20	77	14	7	83	0	2739	13	8
#1 Skinny Citrus Slaw Tofu Taco Side Brown Rice Black Beans	442	101	20	66	11	3	7	0	988	12	6
#1 Skinny Citrus Slaw Tofu Taco Side Brown Rice White Beans	404	105	16	60	12	3	7	0	2211	14	9
#1 Skinny Citrus Slaw Tofu Taco Side White Rice Black Beans	557	131	21	84	15	7	26	0	1285	11	6
#1 Skinny Citrus Slaw Tofu Taco Side White Rice White Beans	505	117	18	79	13	7	22	0	2480	14	9
#1 Green Enchilada Banzai Veggie Side Brown Rice Black Beans	520	109	21	80	12	4	21	0	1304	12	6
#1 Green Enchilada Banzai Veggie Side Brown Rice White Beans	530	117	20	81	13		21	0	3020	15	16
#1 Green Enchilada Banzai Veggie Side White Rice Black Beans	634	140	23	97	16	8	41	0	1601	12	6
#1 Green Enchilada Banzai Veggie Side White Rice White Beans	596	144	19	91	16	8	41	0	2824	14	9
#1 Green Enchilada Blackened Chicken Side Brown Rice Black Beans	559	132	29	75	15	5	51	0	1335	11	2
#1 Green Enchilada Blackened Chicken Side Brown Rice White Beans	521	137	26	69	15	5	51	0	2558	14	5
#1 Green Enchilada Blackened Chicken Side White Rice Black Beans	435	75	15	75	8	5	19	0	981	10	1
#1 Green Enchilada Blackened Chicken Side White Rice White Beans	635	167	27	87	19	9	71	0	2855	13	5
#1 Green Enchilada Blackened Fish Side Brown Rice Black Beans	539	113	30	75	13	4	42	0	1367	11	2

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#1 Green Enchilada Blackened Fish Side Brown Rice White Beans	500	117	26	69	13	4	42	0	2589	14	5
#1 Green Enchilada Blackened Fish Side White Rice Black Beans	653	144	31	93	16	8	61	0	1664	11	2
#1 Green Enchilada Blackened Fish Side White Rice White Beans	615	148	28	87	16	8	61	0	2886	13	5
#1 Green Enchilada Carne Asada Side Brown Rice Black Beans	592	171	29	75	19	7	50	0	1281	11	2
#1 Green Enchilada Carne Asada Side Brown Rice White Beans	554	175	25	69	19	7	50	0	2503	14	5
#1 Green Enchilada Carne Asada Side White Rice Black Beans	707	201	30	93	22	11	70	0	1578	11	2
#1 Green Enchilada Carne Asada Side White Rice White Beans	668	206	27	86	23	11	70	0	2800	13	5
#1 Green Enchilada Carnitas Side Brown Rice Black Beans	632	178	35	76	20	7	71	0	1593	12	2
#1 Green Enchilada Carnitas Side Brown Rice White Beans	594	183	32	70	20	7	71	0	2815	14	5
#1 Green Enchilada Carnitas Side White Rice Black Beans	747	209	37	94	23	11	90	0	1890	11	2
#1 Green Enchilada Carnitas Side White Rice White Beans	708	213	33	88	24	11	90	0	3112	14	5
#1 Green Enchilada Charbroiled Chicken Side Brown Rice Black Beans	559	137	29	74	15	5	52	0	1315	11	2
#1 Green Enchilada Charbroiled Chicken Side Brown Rice White Beans	521	141	26	68	16	5	52	0	2537	13	5
#1 Green Enchilada Charbroiled Chicken Side White Rice Black Beans	674	167	31	92	19	9	72	0	1612	10	2
#1 Green Enchilada Charbroiled Chicken Side White Rice White Beans	635	172	27	86	19	9	72	0	2834	13	5
#1 Green Enchilada Charbroiled Fish Side Brown Rice Black Beans	535	112	30	74	12	4	43	0	1348	11	2
#1 Green Enchilada Charbroiled Fish Side Brown Rice White Beans	497	117	26	68	13	4	43	0	2570	14	5
#1 Green Enchilada Charbroiled Fish Side White Rice Black Beans	650	143	31	92	16	8	62	0	1645	11	2
#1 Green Enchilada Charbroiled Fish Side White Rice White Beans	611	148	28	86	16	8	62	0	2868	13	5
#1 Green Enchilada Mushroom Side Brown Rice Black Beans	527	131	21	77	15	5	21	0	1267	11	4

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#1 Green Enchilada Mushroom Side Brown Rice White Beans	489	136	18	70	15	5	21	0	2490	14	7
#1 Green Enchilada Mushroom Side White Rice Black Beans	642	162	23	95	18	9	41	0	1564	11	4
#1 Green Enchilada Mushroom Side White Rice White Beans	604	166	19	88	18	9	41	0	2787	13	7
#1 Green Enchilada Shrimp Side Brown Rice Black Beans	529	114	26	76	13	5	78	0	1476	11	2
#1 Green Enchilada Shrimp Side Brown Rice White Beans	491	118	23	69	13	5	78	0	2699	14	6
#1 Green Enchilada Shrimp Side White Rice Black Beans	644	145	28	94	16	9	97	0	1773	11	2
#1 Green Enchilada Shrimp Side White Rice White Beans	606	149	24	87	17	9	97	0	2996	13	5
#1 Green Enchilada Tofu Side Brown Rice Black Beans	533	123	24	76	14	5	21	0	1245	11	3
#1 Green Enchilada Tofu Side Brown Rice White Beans	495	127	20	70	14	5	21	0	2467	14	6
#1 Green Enchilada Tofu Side White Rice Black Beans	648	154	25	94	17	9	41	0	1542	11	3
#1 Green Enchilada Tofu Side White Rice White Beans	609	158	21	88	18	9	41	0	2764	13	6
#1 Red Enchilada Banzai Veggie Side Brown Rice Black Beans	506	110	22	77	12	4	21	0	1217	13	7
#1 Red Enchilada Banzai Veggie Side Brown Rice White Beans	468	114	18	71	13	4	21	0	2440	15	10
#1 Red Enchilada Banzai Veggie Side White Rice Black Beans	621	140	23	95	16	8	41	0	1514	12	7
#1 Red Enchilada Banzai Veggie Side White Rice White Beans	583	145	20	89	16	9	41	0	2737	15	10
#1 Red Enchilada Blackened Chicken Side Brown Rice Black Beans	546	133	30	73	15	5	51	0	1248	12	3
#1 Red Enchilada Blackened Chicken Side Brown Rice White Beans	508	137	26	67	15	5	51	0	2471	14	6
#1 Red Enchilada Blackened Chicken Side White Rice Black Beans	660	164	31	91	18	9	71	0	1545	11	3
#1 Red Enchilada Blackened Chicken Side White Rice White Beans	622	168	28	85	19	9	71	0	2768	14	6
#1 Red Enchilada Blackened Fish Side Brown Rice Black Beans	525	114	30	73	13	4	42	0	1280	12	3

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#1 Red Enchilada Blackened Fish Side Brown Rice White Beans	487	118	27	67	13	5	42	0	2502	14	6
#1 Red Enchilada Blackened Fish Side White Rice Black Beans	640	144	31	91	16	8	61	0	1577	11	3
#1 Red Enchilada Blackened Fish Side White Rice White Beans	602	149	28	85	17	9	61	0	2799	14	6
#1 Red Enchilada Carne Asada Side Brown Rice Black Beans	579	171	29	72	19	7	50	0	1194	12	3
#1 Red Enchilada Carne Asada Side Brown Rice White Beans	541	176	26	66	20	7	50	0	2416	14	6
#1 Red Enchilada Carne Asada Side White Rice Black Beans	693	202	30	90	22	11	70	0	1491	11	3
#1 Red Enchilada Carne Asada Side White Rice White Beans	655	206	27	84	23	11	70	0	2713	14	6
#1 Red Enchilada Carnitas Side Brown Rice Black Beans	619	179	36	73	20	7	71	0	1506	12	3
#1 Red Enchilada Carnitas Side Brown Rice White Beans	581	183	32	67	20	7	71	0	2728	15	6
#1 Red Enchilada Carnitas Side White Rice Black Beans	733	209	37	91	23	11	90	0	1803	12	3
#1 Red Enchilada Carnitas Side White Rice White Beans	695	214	34	85	24	11	90	0	3025	14	6
#1 Red Enchilada Charbroiled Chicken Side Brown Rice Black Beans	546	137	30	72	15	5	52	0	1228	11	3
#1 Red Enchilada Charbroiled Chicken Side Brown Rice White Beans	508	142	26	65	16	5	52	0	2450	14	6
#1 Red Enchilada Charbroiled Chicken Side White Rice Black Beans	661	168	31	90	19	9	72	0	1525	11	3
#1 Red Enchilada Charbroiled Chicken Side White Rice White Beans	622	172	28	83	19	9	72	0	2747	13	6
#1 Red Enchilada Charbroiled Fish Side Brown Rice Black Beans	522	113	30	72	13	4	43	0	1261	12	3
#1 Red Enchilada Charbroiled Fish Side Brown Rice White Beans	483	117	27	66	13	4	43	0	2484	14	6
#1 Red Enchilada Charbroiled Fish Side White Rice Black Beans	636	144	32	90	16	8	62	0	1558	11	3
#1 Red Enchilada Charbroiled Fish Side White Rice White Beans	598	148	28	84	16	8	62	0	2781	14	6
#1 Red Enchilada Mushroom Side Brown Rice Black Beans	514	132	21	74	15	5	21	0	1180	12	5

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
#1 Red Enchilada Mushroom Side Brown Rice White Beans	476	136	18	68	15	5	21	0	2403	14	8
#1 Red Enchilada Mushroom Side White Rice Black Beans	629	162	23	92	18	9	41	0	1477	11	5
#1 Red Enchilada Mushroom Side White Rice White Beans	591	167	19	86	19	9	41	0	2700	14	8
#1 Red Enchilada Shrimp Side Brown Rice Black Beans	516	114	26	73	13	5	78	0	1389	12	4
#1 Red Enchilada Shrimp Side Brown Rice White Beans	478	119	23	67	13	5	78	0	2612	14	7
#1 Red Enchilada Shrimp Side White Rice Black Beans	631	145	28	91	16	9	97	0	1686	11	3
#1 Red Enchilada Shrimp Side White Rice White Beans	593	150	24	85	17	9	97	0	2909	14	7
#1 Red Enchilada Tofu Side Brown Rice Black Beans	520	123	24	74	14	5	21	0	1158	12	4
#1 Red Enchilada Tofu Side Brown Rice White Beans	482	128	20	68	14	5	21	0	2380	14	8
#1 Red Enchilada Tofu Side White Rice Black Beans	634	154	25	92	17	9	41	0	1455	12	4
#1 Red Enchilada Tofu Side White Rice White Beans	596	159	22	86	18	9	41	0	2677	14	7
Bajalada (Green) Combo Brown Rice Black Beans	1117	437	52	117	49	21	138	2	2663	13	7
Bajalada (Green) Combo Brown Rice White Beans	1079	441	49	110	49	21	138	2	3885	15	10
Bajalada (Green) Combo White Rice Black Beans	1218	452	54	135	50	24	153	2	2932	12	7
Bajalada (Green) Combo White Rice White Beans	1180	456	50	129	51	24	153	2	4155	15	10
Bajalada (Red) Combo Brown Rice Black Beans	1100	437	53	114	49	21	138	2	2554	13	8
Bajalada (Red) Combo Brown Rice White Beans	1062	442	49	107	49	21	138	2	3777	16	11
Bajalada (Red) Combo White Rice Black Beans	1202	453	54	132	50	24	153	2	2823	13	8
Bajalada (Red) Combo White Rice White Beans	1163	457	51	126	51	24	153	2	4046	15	11

SHREDDER SANDWICHES WITH RICE & BEANS

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Shredder Sandwich Banzai Veggie Brown Rice Black Beans	871	257	26	132	29	10	30	0	1548	17	14
Shredder Sandwich Banzai Veggie Brown Rice White Beans	832	261	22	126	29	10	30	0	2770	20	17
Shredder Sandwich Banzai Veggie White Rice Black Beans	972	272	27	151	30	13	44	0	1817	17	14
Shredder Sandwich Banzai Veggie White Rice White Beans	934	276	24	144	31	13	44	0	3040	19	17
Shredder Sandwich Mushrooms Brown Rice Black Beans	917	301	27	131	33	11	30	0	1802	16	15
Shredder Sandwich Mushrooms Brown Rice White Beans	879	306	23	125	34	11	30	0	3025	19	18
Shredder Sandwich Mushrooms White Rice Black Beans	1019	317	28	150	35	13	44	0	2072	16	14
Shredder Sandwich Mushrooms White Rice White Beans	980	321	25	144	36	14	44	0	3294	18	18
Shredder Sandwich Carne Asada Brown Rice Black Beans	1046	380	42	127	42	15	87	0	1830	16	11
Shredder Sandwich Carne Asada Brown Rice White Beans	1008	385	38	121	43	15	87	0	3052	18	14
Shredder Sandwich Carne Asada White Rice Black Beans	1147	396	43	146	44	18	102	0	2099	15	11
Shredder Sandwich Carne Asada White Rice White Beans	1109	400	40	140	44	18	102	0	3322	18	14
Shredder Sandwich Carnitas Brown Rice Black Beans	1126	395	55	130	44	15	129	1	2453	17	11
Shredder Sandwich Carnitas Brown Rice White Beans	1088	400	52	123	44	15	129	1	3676	19	14
Shredder Sandwich Carnitas White Rice Black Beans	1228	410	57	148	46	18	144	1	2723	16	11
Shredder Sandwich Carnitas White Rice White Beans	1189	415	53	142	46	18	144	1	3945	19	14
Shredder Sandwich Chicken Blackened Brown Rice Black Beans	980	304	43	129	34	11	89	0	1938	16	11
Shredder Sandwich Chicken Blackened Brown Rice White Beans	942	308	39	123	34	11	89	0	3161	19	14
Shredder Sandwich Chicken Blackened White Rice Black Beans	1082	319	44	147	35	14	104	0	2208	16	11

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Shredder Sandwich Chicken Blackened White Rice White Beans	1043	323	41	141	36	14	104	0	3430	18	14
Shredder Sandwich Chicken Charbroiled Brown Rice Black Beans	980	312	43	126	35	11	91	0	1898	15	11
Shredder Sandwich Chicken Charbroiled Brown Rice White Beans	942	317	40	120	35	11	91	0	3120	18	14
Shredder Sandwich Chicken Charbroiled White Rice Black Beans	1082	328	44	145	36	14	106	0	2167	15	11
Shredder Sandwich Chicken Charbroiled White Rice White Beans	1044	332	41	139	37	14	106	0	3389	17	14
Shredder Sandwich Fish Blackened Brown Rice Black Beans	939	265	44	129	29	10	71	0	2002	16	11
Shredder Sandwich Fish Blackened Brown Rice White Beans	901	270	40	123	30	10	71	0	3224	19	14
Shredder Sandwich Fish Blackened White Rice Black Beans	1041	280	45	147	31	13	85	0	2271	16	11
Shredder Sandwich Fish Blackened White Rice White Beans	1003	285	42	141	32	13	85	0	3493	18	14
Shredder Sandwich Fish Charbroiled Brown Rice Black Beans	932	264	44	127	29	10	72	0	1949	16	11
Shredder Sandwich Fish Charbroiled Brown Rice White Beans	894	268	41	121	30	10	72	0	3172	18	14
Shredder Sandwich Fish Charbroiled White Rice Black Beans	1033	279	46	145	31	13	87	0	2219	15	11
Shredder Sandwich Fish Charbroiled White Rice White Beans	995	284	42	139	32	13	87	0	3441	18	14
Shredder Sandwich Salmon Brown Rice Black Beans	964	297	42	128	33	11	75	0	1737	16	12
Shredder Sandwich Salmon Brown Rice White Beans	926	302	38	121	34	11	75	0	2960	18	15
Shredder Sandwich Salmon White Rice Black Beans	1065	313	43	146	35	13	90	0	2007	15	12
Shredder Sandwich Salmon White Rice White Beans	1027	317	40	140	35	14	90	0	3229	18	15
Shredder Sandwich Shrimp Brown Rice Black Beans	911	265	35	129	29	10	128	0	2135	16	12
Shredder Sandwich Shrimp Brown Rice White Beans	873	270	32	123	30	10	128	0	3358	18	15
Shredder Sandwich Shrimp White Rice Black Beans	1013	281	36	147	31	13	143	0	2405	15	12

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Shredder Sandwich Shrimp White Rice White Beans	975	285	33	141	32	13	143	0	3627	18	15
Shredder Sandwich Tofu Brown Rice Black Beans	928	285	31	131	32	10	30	0	1757	16	14
Shredder Sandwich Tofu Brown Rice White Beans	890	289	28	125	32	10	30	0	2980	19	17
Shredder Sandwich Tofu White Rice Black Beans	1029	300	33	149	33	13	44	0	2027	16	13
Shredder Sandwich Tofu White Rice White Beans	991	305	29	143	34	13	44	0	3249	18	16
SHREDDER SANDWICHES a la carte (SEE BELOW FOR SIDE OPTIONS)											
Cajun Fries (Sandwich Side)	616	218	21	77	24	9	34	0	4253	13	2
French Fries (Sandwich Side)	331	96	5	50	11	2	0	0	59	5	0
Onion Rings (Sandwich Side)	351	141	4	48	16	3	0	0	680	5	9
Shredder Sandwich Banzai Veggie (a la carte)	550	213	12	75	24	9	30	0	863	7	12
Shredder Sandwich Mushrooms (a la carte)	596	257	13	74	29	10	30	0	1118	6	13
Shredder Sandwich Carne Asada (a la carte)	725	336	28	70	37	14	87	0	1145	6	9
Shredder Sandwich Carnitas (a la carte)	806	351	42	73	39	14	129	1	1769	7	10
Shredder Sandwich Chicken Blackened (a la carte)	660	260	29	72	29	10	89	0	1254	6	10
Shredder Sandwich Chicken Charbroiled (a la carte)	660	268	29	69	30	10	91	0	1213	5	9
Shredder Sandwich Fish Blackened (a la carte)	619	221	30	72	25	9	71	0	1317	6	10
Shredder Sandwich Fish Charbroiled (a la carte)	611	220	31	70	24	9	72	0	1280	6	9
Shredder Sandwich Salmon (a la carte)	643	254	28	71	28	10	75	0	1053	6	10
Shredder Sandwich Shrimp (a la carte)	591	221	21	72	25	9	128	0	1451	6	10
Shredder Sandwich Tofu (a la carte)	607	241	18	74	27	9	30	0	1073	6	12

BOWLS

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Banzai Bowl Carne Asada Brown Rice Black Beans	679	198	39	80	22	7	66	0	1725	14	15
Banzai Bowl Carne Asada Brown Rice White Beans	640	203	36	74	23	7	66	0	2947	17	18
Banzai Bowl Carne Asada White Rice Black Beans	797	217	41	102	24	10	83	0	2039	14	15
Banzai Bowl Carne Asada White Rice White Beans	759	221	37	96	25	10	83	0	3262	16	18
Banzai Bowl Carnitas Brown Rice Black Beans	770	216	54	83	24	7	114	0	2438	15	15
Banzai Bowl Carnitas Brown Rice White Beans	732	220	51	77	24	7	114	0	3660	18	18
Banzai Bowl Carnitas White Rice Black Beans	889	234	56	105	26	10	131	0	2752	15	15
Banzai Bowl Carnitas White Rice White Beans	850	238	52	98	26	10	131	0	3974	17	18
Banzai Bowl Chicken Blackened Brown Rice Black Beans	603	111	40	82	12	2	68	0	1849	15	15
Banzai Bowl Chicken Blackened Brown Rice White Beans	565	116	37	76	13	2	68	0	3071	17	18
Banzai Bowl Chicken Blackened White Rice Black Beans	722	129	42	104	14	6	86	0	2163	14	15
Banzai Bowl Chicken Blackened White Rice White Beans	683	134	38	97	15	6	86	0	3386	16	18
Banzai Bowl Chicken Charbroiled Brown Rice Black Beans	604	121	40	79	13	2	71	0	1802	14	15
Banzai Bowl Chicken Charbroiled Brown Rice White Beans	565	126	37	73	14	2	71	0	3025	16	18
Banzai Bowl Chicken Charbroiled White Rice Black Beans	856	141	46	122	16	6	88	0	3751	14	35
Banzai Bowl Chicken Charbroiled White Rice White Beans	684	143	39	95	16	6	88	0	3339	16	18
Banzai Bowl Fish Blackened Brown Rice Black Beans	557	67	41	82	7	1	47	0	1921	15	15
Banzai Bowl Fish Blackened Brown Rice White Beans	519	72	38	76	8	1	47	0	3144	17	18
Banzai Bowl Fish Blackened White Rice Black Beans	675	85	43	104	9	5	64	0	2236	14	15

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Banzai Bowl Fish Blackened White Rice White Beans	637	90	40	97	10	5	64	0	3458	17	18
Banzai Bowl Fish Charbroiled Brown Rice Black Beans	548	66	42	80	7	1	49	0	1862	14	15
Banzai Bowl Fish Charbroiled Brown Rice White Beans	510	70	38	74	8	1	49	0	3084	16	18
Banzai Bowl Fish Charbroiled White Rice Black Beans	666	84	43	101	9	4	66	0	2176	13	15
Banzai Bowl Fish Charbroiled White Rice White Beans	628	88	40	95	10	5	66	0	3399	16	18
Banzai Bowl Salmon Brown Rice Black Beans	585	104	39	81	12	2	52	0	1619	14	16
Banzai Bowl Salmon Brown Rice White Beans	546	109	36	74	12	2	52	0	2842	16	19
Banzai Bowl Salmon White Rice Black Beans	703	122	41	102	14	5	69	0	1933	13	16
Banzai Bowl Salmon White Rice White Beans	665	126	37	96	14	5	69	0	3156	16	19
Banzai Bowl Shrimp Brown Rice Black Beans	525	68	31	82	8	1	113	0	2074	14	16
Banzai Bowl Shrimp Brown Rice White Beans	487	72	28	76	8	1	113	0	3296	16	19
Banzai Bowl Shrimp White Rice Black Beans	643	85	33	104	9	5	130	0	2388	13	16
Banzai Bowl Shrimp White Rice White Beans	605	90	29	97	10	5	130	0	3611	16	19
Banzai Bowl Tofu Brown Rice Black Beans	544	90	27	84	10	2	0	0	1642	15	18
Banzai Bowl Tofu Brown Rice White Beans	506	94	24	78	10	2	0	0	2865	17	21
Banzai Bowl Tofu White Rice Black Beans	662	108	29	106	12	5	17	0	1957	14	18
Banzai Bowl Tofu White Rice White Beans	624	112	25	100	12	5	17	0	3179	17	21
Salmon Bowl Brown Rice	485	162	35	46	18	3	78	0	935	4	10
Salmon Bowl White Rice	603	179	36	68	20	6	95	0	1249	3	10
Shrimp Bowl Brown Rice Black Beans	462	69	33	65	8	1	169	0	1743	11	3

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Shrimp Bowl Brown Rice White Beans	424	73	29	59	8	1	169	0	2965	13	6
Shrimp Bowl White Rice Black Beans	581	87	35	87	10	5	186	0	2057	10	3
Shrimp Bowl White Rice White Beans	542	91	31	81	10	5	186	0	3280	13	6
Kalua Pig Bowl Brown Rice Black Beans	830	253	61	78	28	8	142	0	3007	13	15
Kalua Pig Bowl Brown Rice White Beans	792	257	57	72	29	8	142	0	4230	16	18
Kalua Pig Bowl White Rice Black Beans	948	270	62	100	30	11	159	0	3321	13	14
Kalua Pig Bowl White Rice White Beans	910	275	59	94	31	11	159	0	4544	15	18
Maui Steak Bowl Brown Rice Black Beans	773	267	47	75	30	10	99	0	2200	12	14
Maui Steak Bowl Brown Rice White Beans	735	272	43	69	30	10	99	0	3423	14	17
Maui Steak Bowl White Rice Black Beans	892	285	48	97	32	13	116	0	2515	11	14
Maui Steak Bowl White Rice White Beans	854	290	45	91	32	13	116	0	3737	14	17
Wahoo's Bowl Chicken Blackened Brown Rice Black Beans	541	121	41	65	13	2	86	0	1291	11	2
Wahoo's Bowl Chicken Blackened Brown Rice White Beans	503	125	37	58	14	2	86	0	2513	14	5
Wahoo's Bowl Chicken Blackened White Rice Black Beans	659	138	43	86	15	6	103	0	1605	11	2
Wahoo's Bowl Chicken Blackened White Rice White Beans	621	143	39	80	16	6	103	0	2827	13	5
Wahoo's Bowl Chicken Charbroiled Brown Rice Black Beans	541	133	41	61	15	2	88	0	1233	10	2
Wahoo's Bowl Chicken Charbroiled Brown Rice White Beans	503	137	38	55	15	3	88	0	2455	13	5
Wahoo's Bowl Chicken Charbroiled White Rice Black Beans	659	151	43	83	17	6	105	0	1547	10	2
Wahoo's Bowl Chicken Charbroiled White Rice White Beans	621	155	39	76	17	6	105	0	2769	12	5
Wahoo's Bowl Fish Blackened Brown Rice Black Beans	483	66	42	65	7	1	59	0	1381	11	2

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Wahoo's Bowl Fish Blackened Brown Rice White Beans	444	70	39	58	8	1	59	0	2604	14	5
Wahoo's Bowl Fish Blackened White Rice Black Beans	601	83	44	86	9	4	76	0	1696	11	2
Wahoo's Bowl Fish Blackened White Rice White Beans	563	88	40	80	10	5	76	0	2918	13	5
Wahoo's Bowl Fish Charbroiled Brown Rice Black Beans	472	64	43	62	7	1	61	0	1307	11	2
Wahoo's Bowl Fish Charbroiled Brown Rice White Beans	434	68	39	56	8	1	61	0	2529	13	5
Wahoo's Bowl Fish Charbroiled White Rice Black Beans	590	82	44	83	9	4	78	0	1621	10	2
Wahoo's Bowl Fish Charbroiled White Rice White Beans	552	86	41	77	10	4	78	0	2843	12	5
Wahoo's Bowl Tofu Brown Rice Black Beans	540	120	31	71	13	2	0	0	1221	12	8
Wahoo's Bowl Tofu Brown Rice White Beans	502	125	27	65	14	2	0	0	2444	15	11
Wahoo's Bowl Tofu White Rice Black Beans	658	138	32	93	15	5	17	0	1536	12	8
Wahoo's Bowl Tofu White Rice White Beans	620	142	29	87	16	5	17	0	2758	14	11
Protein Bowl Charbroiled Chicken only	428	195	39	22	22	3	106	0	993	9	10
Protein Bowl Charbroiled Chicken & Blackened Chicken	428	187	39	25	21	3	104	0	1028	10	10
Protein Bowl Charbroiled Chicken & Carnitas	553	266	50	25	30	7	138	0	1469	10	10
Protein Bowl Charbroiled Chicken & Carne Asada	485	253	38	23	28	7	102	0	935	9	10
Protein Bowl Charbroiled Chicken & Charbroiled Fish	387	153	40	23	17	3	89	0	1050	9	10
Protein Bowl Charbroiled Chicken & Blackened Fish	393	154	40	25	17	3	88	0	1082	10	10
Protein Bowl Charbroiled Chicken & Salmon	414	182	38	24	20	3	92	0	855	9	10
Protein Bowl Charbroiled Chicken & Shrimp	389	158	36	25	18	3	166	0	1367	9	11
Protein Bowl Charbroiled Chicken & Tofu	384	171	29	26	19	3	53	0	873	10	12

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Protein Bowl Charbroiled Chicken & Mushrooms	374	185	25	27	21	3	53	0	911	10	13
Protein Bowl Blackened Chicken only	428	180	39	27	20	3	103	0	1063	10	10
Protein Bowl Blackened Chicken & Carnitas	553	258	50	27	29	6	136	0	1504	11	10
Protein Bowl Blackened Chicken & Carne Asada	485	246	38	26	27	7	101	0	970	10	10
Protein Bowl Blackened Chicken & Charbroiled Fish	387	146	40	25	16	2	88	0	1085	10	10
Protein Bowl Blackened Chicken & Blackened Fish	393	147	40	27	16	2	86	0	1117	10	10
Protein Bowl Blackened Chicken & Salmon	414	175	38	26	19	3	90	0	890	10	11
Protein Bowl Blackened Chicken & Shrimp	389	150	36	27	17	3	164	0	1402	10	11
Protein Bowl Blackened Chicken & Tofu	383	164	29	28	18	3	51	0	908	11	12
Protein Bowl Blackened Chicken & Mushrooms	374	178	25	29	20	3	51	0	946	11	13
Protein Bowl Carnitas only	679	337	60	28	37	10	170	0	1945	12	10
Protein Bowl Carnitas & Carne Asada	610	324	49	26	36	10	135	0	1411	11	10
Protein Bowl Carnitas & Charbroiled Fish	512	224	51	26	25	6	122	0	1526	11	10
Protein Bowl Carnitas & Blackened Fish	518	225	50	27	25	6	120	0	1558	11	10
Protein Bowl Carnitas & Salmon	539	253	49	26	28	6	124	0	1332	11	11
Protein Bowl Carnitas & Shrimp	514	229	46	28	25	6	198	0	1844	11	11
Protein Bowl Carnitas & Tofu	509	242	40	29	27	6	85	0	1349	11	12
Protein Bowl Carnitas & Mushrooms	499	256	36	30	28	6	85	0	1387	11	13
Protein Bowl Carne Asada only	541	311	37	24	35	10	99	0	877	10	10
Protein Bowl Carne Asada & Charbroiled Fish	443	212	39	24	24	6	86	0	992	10	10

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Protein Bowl Carne Asada & Blackened Fish	450	213	39	26	24	6	85	0	1024	10	10
Protein Bowl Carne Asada & Salmon	470	240	37	25	27	6	88	0	797	10	10
Protein Bowl Carne Asada & Shrimp	445	216	35	26	24	6	162	0	1309	10	11
Protein Bowl Carne Asada Tofu	440	230	28	27	26	6	50	0	815	10	12
Protein Bowl Carne Asada & Mushrooms	430	244	24	28	27	6	50	0	853	10	13
Protein Bowl Charbroiled Fish only	345	112	41	23	12	2	73	0	1107	9	10
Protein Bowl Charbroiled Fish & Blackened Fish	352	113	41	25	13	2	72	0	1139	10	10
Protein Bowl Charbroiled Fish & Salmon	373	141	39	24	16	2	75	0	912	9	10
Protein Bowl Charbroiled Fish & Shrimp	347	116	37	26	13	2	149	0	1424	9	11
Protein Bowl Charbroiled Fish & Tofu	342	130	30	27	14	2	36	0	930	10	12
Protein Bowl Charbroiled Fish & Mushrooms	333	144	26	27	16	2	36	0	968	10	13
Protein Bowl Blackened Fish only	358	114	41	27	13	2	70	0	1171	10	10
Protein Bowl Blackened Fish & Salmon	379	142	39	26	16	2	74	0	945	10	11
Protein Bowl Blackened Fish & Shrimp	354	117	36	28	13	2	148	0	1457	10	11
Protein Bowl Blackened Fish & Tofu	348	131	30	28	15	2	35	0	962	11	12
Protein Bowl Blackened Fish & Mushrooms	339	145	26	29	16	2	35	0	1000	11	13
Protein Bowl Salmon only	400	169	38	25	19	2	78	0	718	9	11
Protein Bowl Salmon & Shrimp	375	145	35	27	16	3	152	0	1230	9	11
Protein Bowl Salmon & Tofu	369	159	28	27	18	3	39	0	735	10	13
Protein Bowl Salmon & Mushrooms	360	173	24	28	19	3	39	0	774	10	14

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Protein Bowl Shrimp only	350	121	32	28	13	2	226	0	1742	10	12
Protein Bowl Shrimp & Tofu	344	134	26	29	15	2	113	0	1247	10	13
Protein Bowl Shrimp & Mushrooms	335	148	22	30	16	2	113	0	1286	10	14
Protein Bowl Tofu only	339	148	19	30	16	2	0	0	753	11	14
Protein Bowl Tofu & Mushrooms	329	162	15	31	18	3	0	0	791	11	15
Protein Bowl Mushrooms only	320	176	11	31	20	3	0	0	829	11	16
SIDES											
Side Black Beans 10oz.	303	9	19	56	1	0	0	0	815	15	2
Side White Beans 10oz.	239	18	13	46	2	0	0	0	2853	19	8
Side Brown Rice 8oz	185	45	3	31	5	1	0	0	261	2	0
Side White Rice 8oz	321	70	5	56	8	5	20	0	620	1	0
Side 1/2 & 1/2 Brown Rice Black Beans	241	36	10	43	4	1	0	0	513	8	1
Side 1/2 & 1/2 Brown Rice White Beans	212	36	8	38	4	1	0	0	1430	9	4
Side 1/2 & 1/2 White Rice Black Beans	317	45	11	57	5	3	11	0	715	7	1
Side 1/2 & 1/2 White Rice White Beans	288	46	9	52	5	3	11	0	1632	9	3
Large Side 1/2 & 1/2 Brown Rice Black Beans	374	54	16	67	6	1	0	0	799	12	2
Large Side 1/2 & 1/2 Brown Rice White Beans	330	54	12	59	6	1	0	0	2225	15	6
Large Side 1/2 & 1/2 White Rice Black Beans	492	72	18	88	8	4	17	0	1113	11	2
Large Side 1/2 & 1/2 White Rice White Beans	448	72	13	81	8	4	17	0	2539	14	5
Side Aoli Sauce 1.5 oz.	55	4	0	12	0	0	0	0	197	0	6

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Side Balsamic Vinaigrette 3 oz.	325	305	3	5	34	6	6	0	280	0	4
Side Citrus Slaw Large 6oz.	127	92	2	9	10	1	0	0	368	4	4
Side Citrus Slaw Regular 3oz.	64	46	1	5	5	1	0	0	184	2	2
Side Guacamole Large 12 oz.	474	396	6	23	44	5	0	0	1071	14	3
Side Guacamole Regular 3 oz.	119	99	2	6	11	1	0	0	268	3	1
Side Mr. Lee Sauce Regular 0.5 oz.	43	26	0	3	3	0	0	0	142	0	0
Side Mr. Lee Sauce Large 12 oz.	1021	612	0	68	68	0	0	0	3402	0	0
Side Sour Cream Regular 3oz.	180	135	3	6	15	10	45	0	135	0	3
Side Ranch Dressing Regular 3 oz.	283	255	0	3	28	4	28	0	652	0	0
Side Roasted Pepper Cilantro Dressing Large 12 oz.	158	1	2	32	0	0	0	0	1718	2	2
Side Roasted Pepper Cilantro Dressing Regular 3 oz.	39	1	0	8	0	0	0	0	398	0	0
Side Pico De Gallo Salsa Large 12 oz.	73	9	4	16	1	0	0	0	1069	5	9
Side Pico De Gallo Salsa Regular 3 oz.	18	2	1	4	0	0	0	0	267	1	2
Side Roasted Tomato Salsa Large 12 oz	100	36	3	16	4	0	0	0	1443	5	9
Side Roasted Tomato Salsa Regular 3 oz	25	9	1	4	1	0	0	0	361	1	2
Side Corn Tortillas - 3 ea.	144	15	3	29	2	0	0	0	74	2	0
Side Tortilla Flour - 1 ea.	300	99	6	46	11	3	0	2	660	1	2

SALSA BAR

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Roasted Pepper Cilantro Dressing 2.5 oz	33	0	0	7	0	0	0	0	358	0	0
Side Pico De Gallo Salsa Regular 2.5 oz	15	0	1	3	0	0	0	0	223	1	2
Side Roasted Tomato Salsa Regular 2.5 oz	21	9	1	3	1	0	0	0	301	1	2
Sliced Jalapenos 2.5 oz	12	0	0	2	0	0	0	0	709	2	0
Maria's Green Salsa 2.5 oz	51	27	1	5	3	0	0	0	249	2	3
Green Tomatillo Salsa 2.5 oz	30	0	3	5	0	0	0	0	300	3	3

BURRITOS

Outer Reef Burrito Banzai Veggie Brown Rice Black Beans	709	242	27	92	27	11	43	2	1441	10	10
Outer Reef Burrito Banzai Veggie Brown Rice White Beans	688	243	25	89	27	11	43	2	1713	12	11
Outer Reef Burrito Banzai Veggie White Rice Black Beans	766	257	28	101	29	13	52	2	1589	10	9
Outer Reef Burrito Banzai Veggie White Rice White Beans	745	258	26	98	29	13	52	2	1862	11	11
Outer Reef Burrito Carne Asada Brown Rice Black Beans	852	363	41	81	40	16	100	2	1710	7	3
Outer Reef Burrito Carne Asada Brown Rice White Beans	831	364	39	77	40	16	100	2	1982	8	5
Outer Reef Burrito Carne Asada White Rice Black Beans	909	378	42	90	42	18	110	2	1859	7	3
Outer Reef Burrito Carne Asada White Rice White Beans	888	379	40	86	42	18	110	2	2131	8	5
Outer Reef Burrito Carnitas Brown Rice Black Beans	932	378	54	83	42	15	142	2	2334	8	4
Outer Reef Burrito Carnitas Brown Rice White Beans	911	379	53	80	42	15	142	2	2606	9	5
Outer Reef Burrito Carnitas White Rice Black Beans	990	393	55	92	44	17	152	2	2482	8	4
Outer Reef Burrito Carnitas White Rice White Beans	969	394	53	89	44	17	152	2	2754	9	5

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Outer Reef Burrito Chicken Blackened Brown Rice Black Beans	786	286	42	82	32	11	102	2	1818	8	4
Outer Reef Burrito Chicken Blackened Brown Rice White Beans	765	287	40	79	32	11	102	2	2091	9	5
Outer Reef Burrito Chicken Blackened White Rice Black Beans	844	302	43	91	34	13	112	2	1967	7	4
Outer Reef Burrito Chicken Blackened White Rice White Beans	823	303	41	88	34	13	112	2	2239	8	5
Outer Reef Burrito Chicken Charbroiled Brown Rice Black Beans	786	295	42	80	33	12	104	2	1778	7	3
Outer Reef Burrito Chicken Charbroiled Brown Rice White Beans	765	296	41	76	33	12	104	2	2050	8	5
Outer Reef Burrito Chicken Charbroiled White Rice Black Beans	844	310	43	89	34	14	114	2	1926	7	3
Outer Reef Burrito Chicken Charbroiled White Rice White Beans	823	311	41	85	35	14	114	2	2198	8	5
Outer Reef Burrito Fish Blackened Brown Rice Black Beans	746	248	43	82	28	11	84	2	1882	8	4
Outer Reef Burrito Fish Blackened Brown Rice White Beans	724	249	41	79	28	11	84	2	2154	9	5
Outer Reef Burrito Fish Blackened White Rice Black Beans	803	263	44	91	29	13	93	2	2030	7	4
Outer Reef Burrito Fish Blackened White Rice White Beans	782	264	42	88	29	13	93	2	2303	8	5
Outer Reef Burrito Fish Charbroiled Brown Rice Black Beans	738	246	43	80	27	11	85	2	1844	7	3
Outer Reef Burrito Fish Charbroiled Brown Rice White Beans	717	248	42	77	28	11	85	2	2116	8	5
Outer Reef Burrito Fish Charbroiled White Rice Black Beans	795	262	44	89	29	13	95	2	1993	7	3
Outer Reef Burrito Fish Charbroiled White Rice White Beans	774	263	42	86	29	13	95	2	2265	8	5
Outer Reef Burrito Mushroom Brown Rice White Beans	702	285	24	81	32	11	43	2	1955	9	9
Outer Reef Burrito Mushroom White Rice Black Beans	781	299	26	93	33	13	52	2	1831	7	7
Outer Reef Burrito Mushrooms White Rice White Beans	759	300	25	90	33	13	52	2	2103	9	8
Outer Reef Burrito Mushrooms Brown Rice Black Beans	723	284	26	85	32	11	43	2	1682	8	7

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Outer Reef Burrito Salmon Brown Rice Black Beans	770	280	41	81	31	11	88	2	1617	7	4
Outer Reef Burrito Salmon Brown Rice White Beans	749	281	39	78	31	11	88	2	1890	8	6
Outer Reef Burrito Salmon White Rice Black Beans	827	295	42	90	33	13	98	2	1766	7	4
Outer Reef Burrito Salmon White Rice White Beans	806	297	40	87	33	13	98	2	2038	8	6
Outer Reef Burrito Shrimp Brown Rice Black Beans	727	249	36	82	28	11	155	2	2101	7	4
Outer Reef Burrito Shrimp Brown Rice White Beans	706	251	34	79	28	11	155	2	2373	8	6
Outer Reef Burrito Shrimp White Rice Black Beans	785	265	36	91	29	13	165	2	2249	7	4
Outer Reef Burrito Shrimp White Rice White Beans	764	266	35	88	30	13	165	2	2522	8	6
Outer Reef Burrito Tofu Brown Rice Black Beans	734	268	31	84	30	11	43	2	1638	8	6
Outer Reef Burrito Tofu Brown Rice White Beans	713	269	29	81	30	11	43	2	1910	9	7
Outer Reef Burrito Tofu White Rice Black Beans	791	283	31	93	31	13	52	2	1786	8	6
Outer Reef Burrito Tofu White Rice White Beans	770	284	29	90	32	13	52	2	2058	9	7
Citrus Slaw Banzai Veggie Burrito Brown Rice Black Beans	691	255	26	85	28	11	43	2	1457	9	7
Citrus Slaw Banzai Veggie Burrito Brown Rice White Beans	672	257	24	82	29	11	43	2	2068	10	9
Citrus Slaw Banzai Veggie Burrito White Rice Black Beans	748	270	26	94	30	13	52	2	1606	9	7
Citrus Slaw Banzai Veggie Burrito White Rice White Beans	729	272	24	91	30	13	52	2	2217	10	9
Citrus Slaw Blackened Chicken Burrito Brown Rice Black Beans	796	302	42	81	34	12	102	2	1846	8	5
Citrus Slaw Blackened Chicken Burrito Brown Rice White Beans	777	304	41	78	34	12	102	2	2457	9	6
Citrus Slaw Blackened Chicken Burrito White Rice Black Beans	854	317	43	90	35	14	112	2	1994	8	4
Citrus Slaw Blackened Chicken Burrito White Rice White Beans	834	319	41	87	35	14	112	2	2606	9	6

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Citrus Slaw Blackened Fish Burrito Brown Rice Black Beans	755	263	43	81	29	11	84	2	1909	8	5
Citrus Slaw Blackened Fish Burrito Brown Rice White Beans	736	265	42	78	29	11	84	2	2521	9	6
Citrus Slaw Blackened Fish Burrito White Rice Black Beans	813	278	44	90	31	13	93	2	2058	8	4
Citrus Slaw Blackened Fish Burrito White Rice White Beans	794	281	42	87	31	13	93	2	2669	9	6
Citrus Slaw Carne Asada Burrito Brown Rice Black Beans	862	378	41	80	42	16	100	2	1738	8	4
Citrus Slaw Carne Asada Burrito Brown Rice White Beans	843	380	39	77	42	16	100	2	2349	9	6
Citrus Slaw Carne Asada Burrito White Rice Black Beans	919	394	42	89	44	18	110	2	1886	7	4
Citrus Slaw Carne Asada Burrito White Rice White Beans	900	396	40	86	44	18	110	2	2497	9	6
Citrus Slaw Carnitas Burrito Brown Rice Black Beans	942	393	55	82	44	16	142	2	2361	9	5
Citrus Slaw Carnitas Burrito Brown Rice White Beans	923	395	53	79	44	16	142	2	2972	10	6
Citrus Slaw Carnitas Burrito White Rice Black Beans	1000	408	55	91	45	18	152	2	2510	8	5
Citrus Slaw Carnitas Burrito White Rice White Beans	981	411	53	88	46	18	152	2	3121	10	6
Citrus Slaw Charbroiled Chicken Burrito Brown Rice Black Beans	796	310	42	79	34	12	104	2	1805	7	4
Citrus Slaw Charbroiled Chicken Burrito Brown Rice White Beans	777	312	41	76	35	12	104	2	2417	8	6
Citrus Slaw Charbroiled Chicken Burrito White Rice Black Beans	854	326	43	88	36	14	114	2	1954	7	4
Citrus Slaw Charbroiled Chicken Burrito White Rice White Beans	835	328	41	85	36	14	114	2	2565	8	6
Citrus Slaw Charbroiled Fish Burrito Brown Rice Black Beans	748	262	44	79	29	11	85	2	1857	7	4
Citrus Slaw Charbroiled Fish Burrito Brown Rice White Beans	729	264	42	76	29	11	85	2	2483	9	6
Citrus Slaw Charbroiled Fish Burrito White Rice Black Beans	805	277	44	88	31	13	95	2	2020	7	4
Citrus Slaw Charbroiled Fish Burrito White Rice White Beans	786	279	43	85	31	13	95	2	2632	8	6

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Citrus Slaw Mushrooms Burrito Brown Rice Black Beans	733	299	26	84	33	12	43	2	1710	8	8
Citrus Slaw Mushrooms Burrito Brown Rice White Beans	714	301	24	81	33	12	43	2	2321	9	9
Citrus Slaw Mushrooms Burrito White Rice Black Beans	790	315	27	93	35	14	52	2	1858	8	8
Citrus Slaw Mushrooms Burrito White Rice White Beans	771	317	25	90	35	14	52	2	2470	9	9
Citrus Slaw Salmon Burrito Brown Rice Black Beans	780	295	41	80	33	12	88	2	1645	7	5
Citrus Slaw Salmon Burrito Brown Rice White Beans	761	298	40	77	33	12	88	2	2256	9	7
Citrus Slaw Salmon Burrito White Rice Black Beans	837	311	42	89	35	14	98	2	1793	7	5
Citrus Slaw Salmon Burrito White Rice White Beans	818	313	40	86	35	14	98	2	2405	8	7
Citrus Slaw Shrimp Burrito Brown Rice Black Beans	737	265	36	82	29	11	155	2	2128	7	5
Citrus Slaw Shrimp Burrito Brown Rice White Beans	718	267	34	79	30	11	155	2	2740	9	7
Citrus Slaw Shrimp Burrito White Rice Black Beans	795	280	37	91	31	13	165	2	2277	7	5
Citrus Slaw Shrimp Burrito White Rice White Beans	776	282	35	88	31	13	165	2	2888	8	7
Citrus Slaw Tofu Burrito Brown Rice Black Beans	744	283	31	83	31	11	43	2	1665	8	7
Citrus Slaw Tofu Burrito Brown Rice White Beans	725	285	29	80	32	11	43	2	2276	9	8
Citrus Slaw Tofu Burrito White Rice Black Beans	801	298	31	92	33	13	52	2	1814	8	7
Citrus Slaw Tofu Burrito White Rice White Beans	782	300	30	89	33	13	52	2	2425	9	8
Mr. Lee's SCReaM'n Chicken Burrito Brown Rice	568	154	34	73	17	4	51	2	1738	3	4
Mr. Lee's SCReaM'n Chicken Burrito White Rice	580	156	33	75	17	4	54	2	1793	3	4
Banzai Burrito Mushrooms Brown Rice Black Beans	538	165	16	81	18	4	0	2	1594	8	13
Banzai Burrito Mushrooms Brown Rice White Beans	524	165	15	79	18	4	0	2	1776	9	14

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Banzai Burrito Mushrooms White Rice Black Beans	576	175	16	87	19	5	6	2	1693	8	13
Banzai Burrito Mushrooms White Rice White Beans	562	176	15	85	20	5	6	2	1875	9	14
Banzai Burrito Carne Asada Brown Rice Black Beans	666	244	31	77	27	8	58	2	1622	8	9
Banzai Burrito Carne Asada Brown Rice White Beans	652	244	30	75	27	8	58	2	1803	8	10
Banzai Burrito Carne Asada White Rice Black Beans	705	254	32	83	28	10	64	2	1721	7	9
Banzai Burrito Carne Asada White Rice White Beans	691	255	30	81	28	10	64	2	1902	8	10
Banzai Burrito Carnitas Brown Rice Black Beans	747	259	45	79	29	8	99	2	2245	9	10
Banzai Burrito Carnitas Brown Rice White Beans	733	259	43	77	29	8	99	2	2427	9	11
Banzai Burrito Carnitas White Rice Black Beans	785	269	45	85	30	9	106	2	2344	9	10
Banzai Burrito Carnitas White Rice White Beans	771	270	44	83	30	10	106	2	2526	9	11
Banzai Burrito Chicken Blackened Brown Rice Black Beans	601	167	32	78	19	4	60	2	1730	8	10
Banzai Burrito Chicken Blackened Brown Rice White Beans	587	168	31	76	19	4	60	2	1911	9	11
Banzai Burrito Chicken Blackened White Rice Black Beans	639	177	33	84	20	6	66	2	1829	8	10
Banzai Burrito Chicken Blackened White Rice White Beans	625	178	32	82	20	6	66	2	2010	8	11
Banzai Burrito Chicken Charbroiled Brown Rice Black Beans	601	176	32	76	20	4	62	2	1689	7	9
Banzai Burrito Chicken Charbroiled Brown Rice White Beans	587	176	31	74	20	4	62	2	1871	8	10
Banzai Burrito Chicken Charbroiled White Rice Black Beans	639	186	33	82	21	6	68	2	1788	7	9
Banzai Burrito Chicken Charbroiled White Rice White Beans	625	187	32	80	21	6	68	2	1970	8	10
Banzai Burrito Fish Blackened Brown Rice Black Beans	560	128	33	78	14	3	41	2	1793	8	10
Banzai Burrito Fish Blackened Brown Rice White Beans	546	129	32	76	14	3	41	2	1975	9	11

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Banzai Burrito Fish Blackened White Rice Black Beans	598	139	34	84	15	5	47	2	1892	8	10
Banzai Burrito Fish Blackened White Rice White Beans	584	140	33	82	16	5	47	2	2074	8	11
Banzai Burrito Fish Charbroiled Brown Rice Black Beans	552	127	34	77	14	3	43	2	1756	7	9
Banzai Burrito Fish Charbroiled Brown Rice White Beans	538	128	32	74	14	3	43	2	1937	8	10
Banzai Burrito Fish Charbroiled White Rice Black Beans	591	137	34	83	15	5	49	2	1855	7	9
Banzai Burrito Fish Charbroiled White Rice White Beans	577	138	33	80	15	5	49	2	2036	8	10
Banzai Burrito Salmon Brown Rice Black Beans	584	161	31	77	18	4	45	2	1529	7	10
Banzai Burrito Salmon Brown Rice White Beans	570	162	30	75	18	4	45	2	1710	8	11
Banzai Burrito Salmon White Rice Black Beans	622	171	32	83	19	5	52	2	1628	7	10
Banzai Burrito Salmon White Rice White Beans	608	172	31	81	19	5	52	2	1809	8	11
Banzai Burrito Shrimp Brown Rice Black Beans	542	130	26	79	14	4	113	2	2012	7	10
Banzai Burrito Shrimp Brown Rice White Beans	528	131	25	77	15	4	113	2	2194	8	11
Banzai Burrito Shrimp White Rice Black Beans	580	140	26	85	16	5	119	2	2111	7	10
Banzai Burrito Shrimp White Rice White Beans	566	141	25	83	16	5	119	2	2293	8	11
Banzai Burrito Tofu Brown Rice Black Beans	549	148	21	80	16	4	0	2	1549	8	12
Banzai Burrito Tofu Brown Rice White Beans	534	149	20	78	17	4	0	2	1731	9	13
Banzai Burrito Tofu White Rice Black Beans	587	159	21	86	18	5	6	2	1648	8	12
Banzai Burrito Tofu White Rice White Beans	573	159	20	84	18	5	6	2	1830	9	13
Banzai Burrito Vegetarian Brown Rice Black Beans	511	122	16	86	14	3	0	2	1279	11	10
Banzai Burrito Vegetarian Brown Rice White Beans	485	122	14	82	14	3	0	2	1378	9	11

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Banzai Burrito Vegetarian White Rice Black Beans	519	123	16	88	14	4	2	2	1331	11	10
Banzai Burrito Vegetarian White Rice White Beans	493	123	14	83	14	4	2	2	1430	9	10
1988 Burrito Mushrooms	455	187	13	56	21	6	14	2	1285	4	8
1988 Burrito Carne Asada	584	266	28	52	30	10	72	2	1312	3	5
1988 Burrito Carnitas	664	281	42	55	31	10	113	2	1936	4	5
1988 Burrito Chicken Blackened	518	189	29	54	21	6	74	2	1421	4	5
1988 Burrito Chicken Charbroiled	518	198	30	51	22	6	76	2	1380	3	5
1988 Burrito Fish Blackened	483	150	31	55	17	5	55	2	1490	4	6
1988 Burrito Fish Charbroiled	475	149	31	53	17	5	57	2	1452	3	6
1988 Burrito Salmon	507	183	29	54	20	6	60	2	1225	3	7
1988 Burrito Shrimp	465	152	23	56	17	6	127	2	1709	3	7
1988 Burrito Tofu	466	170	18	56	19	6	14	2	1240	4	7
1988 Burrito Vegetarian Brown Rice Black Beans	559	165	18	83	18	6	14	2	1383	9	6
1988 Burrito Vegetarian Brown Rice White Beans	538	166	16	80	18	6	14	2	1655	10	8
1988 Burrito Vegetarian White Rice Black Beans	626	183	19	94	20	8	25	2	1556	8	6
1988 Burrito Vegetarian White Rice White Beans	605	184	17	91	20	8	25	2	1828	9	8
WET BURRITOS (add this info to any burrito of your choice)											
<i>Any Burrito Wet with Red Sauce</i>	260	155	15	9	17	10	58	0	858	2	4
<i>Any Burrito Wet with Green Sauce</i>	293	154	14	15	17	10	58	0	1075	1	1

TACOS & ENCHILADAS (a la carte)

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Citrus Slaw Taco Banzai Veggie	271	55	7	46	6	2	7	0	1021	6	5
Citrus Slaw Taco Mushrooms	214	79	7	29	9	2	7	0	331	5	5
Citrus Slaw Taco Carne Asada	273	116	14	26	13	4	36	0	326	4	2
Citrus Slaw Taco Carnitas	314	123	21	28	14	4	57	0	638	5	3
Citrus Slaw Taco Chicken Blackened	241	77	15	27	9	2	37	0	380	4	3
Citrus Slaw Taco Chicken Charbroiled	241	82	15	26	9	2	38	0	360	4	2
Citrus Slaw Taco Fish Blackened	220	58	15	27	6	2	28	0	412	4	3
Citrus Slaw Taco Fish Charbroiled	216	57	15	26	6	2	28	0	386	4	2
Citrus Slaw Taco Salmon	241	77	15	27	9	2	33	0	294	4	3
Citrus Slaw Taco Shrimp	211	59	11	27	7	2	63	0	522	4	3
Citrus Slaw Taco Tofu	221	70	9	29	8	2	7	0	306	5	4
Citrus Slaw Taco Vegetarian Brown Rice Black Beans	216	58	7	33	6	6	7	0	321	4	2
Citrus Slaw Taco Vegetarian Brown Rice White Beans	210	58	6	32	6	6	7	0	525	4	3
Citrus Slaw Taco Vegetarian White Rice Black Beans	233	60	7	36	7	7	10	0	366	4	2
Citrus Slaw Taco Vegetarian White Rice White Beans	227	61	6	35	7	7	10	0	570	4	3
1988 Taco Banzai Veggie	243	35	7	44	4	1	7	0	999	5	4
1988 Taco Mushrooms	184	59	6	26	7	2	7	0	308	4	3
1988 Taco Carne Asada	243	95	14	24	11	4	36	0	303	4	1
1988 Taco Carnitas	283	103	20	25	11	4	57	0	615	5	2

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
1988 Taco Chicken Blackened	210	57	14	25	6	2	37	0	357	4	2
1988 Taco Chicken Charbroiled	211	61	14	23	7	2	38	0	337	4	1
1988 Taco Fish Blackened	193	38	15	25	4	1	28	0	392	4	2
1988 Taco Fish Charbroiled	189	36	15	25	4	1	28	0	366	4	2
1988 Taco Salmon	214	57	15	25	6	2	33	0	274	4	2
1988 Taco Shrimp	184	39	11	26	4	2	63	0	501	4	2
1988 Taco Tofu	190	50	9	26	6	2	7	0	283	4	3
1988 Taco Vegetarian Brown Rice White Beans	187	38	6	31	4	1	7	0	549	4	3
1988 Taco Vegetarian Brown Rice Black Beans	193	38	7	32	4	1	7	0	345	4	2
1988 Taco Vegetarian White Rice Black Beans	210	40	7	35	4	2	10	0	390	4	2
1988 Taco Vegetarian White Rice White Beans	203	41	6	34	5	2	10	0	594	4	2
Skinny Taco Citrus Slaw Banzai Veggie	171	43	4	25	5	2	7	0	1001	3	5
Skinny Taco Citrus Slaw Mushrooms	116	65	4	9	7	2	7	0	326	2	5
Skinny Taco Citrus Slaw Carne Asada	180	104	11	7	12	4	36	0	340	2	3
Skinny Taco Citrus Slaw Carnitas	221	112	18	9	12	4	57	0	652	2	3
Skinny Taco Citrus Slaw Chicken Blackened	148	66	12	8	7	2	37	0	394	2	3
Skinny Taco Citrus Slaw Chicken Charbroiled	148	70	12	7	8	2	38	0	374	1	3
Skinny Taco Citrus Slaw Fish Blackened	127	47	12	8	5	2	28	0	426	2	3
Skinny Taco Citrus Slaw Fish Charbroiled	123	46	13	7	5	2	28	0	407	1	3
Skinny Taco Citrus Slaw Salmon	139	63	11	8	7	2	30	0	294	1	4

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
<u>Skinny Taco Citrus Slaw Shrimp</u>	118	48	9	8	5	2	63	0	535	1	4
<u>Skinny Taco Citrus Slaw Tofu</u>	122	57	6	9	6	2	7	0	304	2	4
<u>Skinny Taco Citrus Slaw Veggie Brown Rice Black Beans</u>	123	48	5	14	5	5	7	0	273	3	2
<u>Skinny Taco Citrus Slaw Veggie Brown Rice White Beans</u>	116	49	4	13	5	5	7	0	477	3	3
<u>Skinny Taco Citrus Slaw Veggie White Rice Black Beans</u>	140	51	5	18	6	6	10	0	318	3	2
<u>Skinny Taco Citrus Slaw Veggie White Rice White Beans</u>	133	51	4	17	6	6	10	0	522	3	3
<u>Skinny 1988 Taco Banzai Veggie</u>	139	22	4	23	2	1	7	0	977	2	4
<u>Skinny 1988 Taco Mushrooms</u>	80	44	4	6	5	2	7	0	314	2	3
<u>Skinny 1988 Taco Carne Asada</u>	144	84	11	4	9	4	36	0	327	1	1
<u>Skinny 1988 Taco Carnitas</u>	184	91	18	5	10	4	57	0	639	2	2
<u>Skinny 1988 Taco Chicken Blackened</u>	111	45	12	4	5	2	37	0	382	2	2
<u>Skinny 1988 Taco Chicken Charbroiled</u>	111	50	12	3	6	2	38	0	361	1	1
<u>Skinny 1988 Taco Fish Blackened</u>	94	26	12	5	3	1	28	0	416	2	2
<u>Skinny 1988 Taco Fish Charbroiled</u>	90	25	13	4	3	1	28	0	397	2	2
<u>Skinny 1988 Taco Salmon</u>	106	42	12	5	5	2	30	0	284	2	2
<u>Skinny 1988 Taco Shrimp</u>	85	25	9	5	3	1	64	0	526	2	3
<u>Skinny 1988 Taco Tofu</u>	85	36	6	5	4	1	7	0	291	2	3
<u>Skinny 1988 Taco Vegetarian Brown Rice White Beans</u>	91	29	4	12	3	1	7	0	500	3	3
<u>Skinny 1988 Taco Vegetarian Brown Rice Black Beans</u>	97	28	5	13	3	1	7	0	296	3	2
<u>Skinny 1988 Taco Vegetarian White Rice Black Beans</u>	116	31	5	17	3	2	10	0	342	3	2

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
<u>Skinny 1988 Taco Vegetarian White Rice White Beans</u>	110	31	5	16	3	2	10	0	546	4	3
<u>Crispy Flounder Taco</u>	318	97	21	35	11	4	49	0	774	2	2
<u>Enchilada Green Banzai Veggie</u>	247	67	9	30	7	4	21	0	1113	3	11
<u>Enchilada Green Mushrooms</u>	212	91	8	20	10	4	21	0	602	2	3
<u>Enchilada Green Carne Asada</u>	271	127	15	18	14	6	50	0	596	1	0
<u>Enchilada Green Carnitas</u>	311	134	22	19	15	6	71	0	908	2	1
<u>Enchilada Green Cheese</u>	311	159	15	18	18	9	57	0	674	1	0
<u>Enchilada Green Chicken Blackened</u>	238	88	16	18	10	4	51	0	651	1	1
<u>Enchilada Green Chicken Charbroiled</u>	238	93	16	17	10	4	52	0	630	1	0
<u>Enchilada Green Fish Blackened</u>	218	69	16	18	8	4	42	0	682	1	1
<u>Enchilada Green Fish Charbroiled</u>	214	69	16	17	8	4	43	0	664	1	0
<u>Enchilada Green Salmon</u>	239	88	17	18	10	4	47	0	564	1	1
<u>Enchilada Green Shrimp</u>	209	70	13	18	8	4	78	0	792	1	1
<u>Enchilada Green Tofu</u>	218	81	10	20	9	4	21	0	576	2	2
<u>Enchilada Green Vegetarian Brown Rice Black Beans</u>	223	71	9	27	8	4	21	0	564	3	1
<u>Enchilada Green Vegetarian Brown Rice White Beans</u>	216	72	8	26	8	4	21	0	768	3	1
<u>Enchilada Green Vegetarian White Rice Black Beans</u>	242	76	9	30	8	4	24	0	614	3	1
<u>Enchilada Green Vegetarian White Rice White Beans</u>	233	74	8	29	8	4	24	0	813	3	1
<u>Enchilada Red Banzai Veggie</u>	234	67	10	28	7	4	21	0	1026	3	12
<u>Enchilada Red Mushrooms</u>	199	91	8	17	10	4	21	0	515	2	4

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Enchilada Red Carne Asada	258	127	15	15	14	6	50	0	510	2	2
Enchilada Red Carnitas	298	135	22	16	15	6	71	0	821	2	2
Enchilada Red Cheese	298	160	15	16	18	9	57	0	587	1	2
Enchilada Red Chicken Blackened	225	89	16	16	10	4	51	0	564	2	2
Enchilada Red Chicken Charbroiled	225	93	16	15	10	4	52	0	543	1	2
Enchilada Red Fish Blackened	205	70	17	16	8	4	42	0	595	2	2
Enchilada Red Fish Charbroiled	201	69	17	15	8	4	43	0	577	2	2
Enchilada Red Salmon	226	89	17	15	10	4	47	0	478	2	2
Enchilada Red Shrimp	196	71	13	16	8	4	78	0	705	2	2
Enchilada Red Tofu	205	82	11	17	9	4	21	0	489	2	3
Enchilada Red Vegetarian Brown Rice Black Beans	210	72	9	24	8	4	21	0	477	3	2
Enchilada Red Vegetarian Brown Rice White Beans	203	72	8	23	8	4	21	0	681	4	2
Enchilada Red Vegetarian White Rice Black Beans	227	74	9	27	8	4	24	0	522	3	2
Enchilada Red Vegetarian White Rice White Beans	220	75	9	26	8	4	24	0	726	3	2
SHARED PLATES											
Loaded Nachos Blackened Chicken Black Beans	1304	622	67	99	69	28	202	1	2518	14	2
Loaded Nachos Blackened Chicken White Beans	1278	625	64	95	69	28	202	1	3333	16	4
Loaded Nachos Carne Asada Black Beans	1370	698	65	97	78	32	200	1	2409	14	2
Loaded Nachos Carne Asada White Beans	1344	701	63	93	78	32	200	1	3224	15	4
Loaded Nachos Carnitas Black Beans	1450	713	79	100	79	31	241	1	3033	15	2

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Loaded Nachos Carnitas White Beans	1424	716	76	96	80	31	241	1	3848	16	4
Loaded Nachos Charbroiled Chicken Black Beans	1304	630	67	96	70	28	204	1	2477	13	2
Loaded Nachos Charbroiled Chicken White Beans	1278	633	64	92	70	28	204	1	3292	15	4
Baja Roll	536	239	25	51	27	10	81	2	1261	2	5
Crispy Baja Roll	551	255	25	51	28	11	81	2	1261	2	5
Crispy Baja Roll w/ Maria's Salsa	602	279	26	56	31	11	81	2	1510	4	8
Loaded Quesadilla Banzai Veggies	670	331	28	55	37	17	85	2	1232	3	5
Loaded Quesadilla Blackened Chicken	778	378	45	51	42	18	145	2	1600	2	2
Loaded Quesadilla Blackened Fish	737	340	46	51	38	17	126	2	1664	2	2
Loaded Quesadilla Carne Asada	844	455	44	50	51	22	143	2	1492	2	2
Loaded Quesadilla Carnitas	924	470	57	52	52	22	184	2	2115	3	3
Loaded Quesadilla Charbroiled Chicken	778	387	45	49	43	18	147	2	1559	1	2
Loaded Quesadilla Charbroiled Fish	730	338	46	49	38	17	128	2	1626	1	2
Loaded Quesadilla Mushroom	715	376	28	54	42	18	85	2	1464	2	6
Loaded Quesadilla Salmon	762	372	44	50	41	18	130	2	1399	1	3
Loaded Quesadilla Shrimp	709	340	37	51	38	17	184	2	1797	1	3
Loaded Quesadilla Tofu	726	359	33	53	40	18	85	2	1419	2	5
Cheese Quesadilla	640	329	26	49	37	17	85	2	1199	1	2
Cajun Fries (Basket)	881	312	30	110	35	13	48	0	6103	19	3
French Fries (Basket)	520	150	7	78	17	4	0	0	93	7	0

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Taquitos Carne Asada	422	171	19	42	19	5	50	0	721	5	3
Taquitos Chicken	366	113	20	41	13	2	53	0	779	4	3
Onion Rings (Basket)	525	209	5	73	23	4	0	0	1021	8	13
Chips (<i>See Sides Section for Sides</i>)	468	185	7	67	21	3	0	1	326	5	1

JUST FOR KIDS

KIDS BOWL

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Kid's Bowl Banzai Veggie Brown Rice Black Beans	296	32	12	52	4	1	0	0	1121	9	12
Kid's Bowl Banzai Veggie Brown Rice White Beans	270	35	10	48	4	1	0	0	1936	10	14
Kid's Bowl Banzai Veggie White Rice Black Beans	363	43	13	64	5	3	10	0	1301	9	12
Kid's Bowl Banzai Veggie White Rice White Beans	338	46	11	60	5	3	10	0	2116	10	14
Kid's Bowl Mushrooms Brown Rice Black Beans	257	56	11	41	6	1	0	0	608	7	3
Kid's Bowl Mushrooms Brown Rice White Beans	231	59	8	37	7	1	0	0	1423	9	5
Kid's Bowl Mushrooms White Rice Black Beans	324	66	11	53	7	3	10	0	788	7	3
Kid's Bowl Mushrooms White Rice White Beans	299	69	9	49	8	3	10	0	1603	9	5
Kid's Bowl Carne Asada Brown Rice Black Beans	330	101	19	39	11	3	33	0	624	7	1
Kid's Bowl Carne Asada Brown Rice White Beans	305	104	17	35	12	3	33	0	1439	9	3
Kid's Bowl Carne Asada White Rice Black Beans	398	111	20	51	12	5	43	0	803	7	1
Kid's Bowl Carne Asada White Rice White Beans	372	114	18	47	13	5	43	0	1618	8	3
Kid's Bowl Carnitas Brown Rice Black Beans	376	110	27	40	12	3	57	0	980	8	1

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Kid's Bowl Carnitas Brown Rice White Beans	351	113	25	36	13	3	57	0	1795	9	3
Kid's Bowl Carnitas White Rice Black Beans	444	120	28	52	13	5	67	0	1160	7	1
Kid's Bowl Carnitas White Rice White Beans	418	123	25	48	14	5	67	0	1975	9	3
Kid's Bowl Chicken Blackened Brown Rice Black Beans	293	58	20	39	6	1	34	0	686	7	1
Kid's Bowl Chicken Blackened Brown Rice White Beans	267	60	18	35	7	1	34	0	1501	9	3
Kid's Bowl Chicken Blackened White Rice Black Beans	360	68	21	52	8	3	44	0	865	7	1
Kid's Bowl Chicken Blackened White Rice White Beans	399	97	16	57	11	5	54	0	849	1	0
Kid's Bowl Chicken Charbroiled Brown Rice Black Beans	293	62	20	38	7	1	35	0	663	7	1
Kid's Bowl Chicken Charbroiled Brown Rice White Beans	267	65	18	34	7	1	35	0	1477	8	3
Kid's Bowl Chicken Charbroiled White Rice Black Beans	360	73	21	50	8	3	45	0	842	6	1
Kid's Bowl Chicken Charbroiled White Rice White Beans	335	76	19	46	8	3	45	0	1657	8	3
Kid's Bowl Fish Blackened Brown Rice Black Beans	269	36	20	40	4	1	23	0	722	7	1
Kid's Bowl Fish Blackened Brown Rice White Beans	244	38	18	35	4	1	23	0	1537	9	3
Kid's Bowl Fish Blackened White Rice Black Beans	337	46	21	52	5	3	33	0	902	7	1
Kid's Bowl Fish Blackened White Rice White Beans	311	49	19	48	5	3	33	0	1717	8	3
Kid's Bowl Fish Charbroiled Brown Rice Black Beans	265	35	21	38	4	1	24	0	692	7	1
Kid's Bowl Fish Charbroiled Brown Rice White Beans	240	38	18	34	4	1	24	0	1507	8	3
Kid's Bowl Fish Charbroiled White Rice Black Beans	333	45	22	51	5	3	34	0	872	6	1
Kid's Bowl Fish Charbroiled White Rice White Beans	307	48	19	47	5	3	34	0	1687	8	3
Kid's Bowl Shrimp Brown Rice Black Beans	253	36	15	40	4	1	56	0	798	7	2

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Kid's Bowl Shrimp Brown Rice White Beans	228	39	13	35	4	1	56	0	1613	8	4
Kid's Bowl Shrimp White Rice Black Beans	321	46	16	52	5	3	66	0	978	7	1
Kid's Bowl Shrimp White Rice White Beans	295	49	14	48	5	3	66	0	1793	8	4
Kid's Bowl Tofu Brown Rice Black Beans	263	47	13	41	5	1	0	0	582	7	3
Kid's Bowl Tofu Brown Rice White Beans	237	50	11	37	6	1	0	0	1397	9	5
Kid's Bowl Tofu White Rice Black Beans	330	57	14	53	6	3	10	0	762	7	3
Kid's Bowl Tofu White Rice White Beans	305	60	12	49	7	3	10	0	1577	9	5
KIDS BRC BURRITO											
Kid's Bean & Cheese Burrito Brown Rice Black Beans	687	274	26	76	30	13	57	2	1361	6	3
Kid's Bean & Cheese Burrito Brown Rice White Beans	668	276	24	73	31	13	57	2	1973	7	4
Kid's Bean & Cheese Burrito White Rice Black Beans	744	289	27	85	32	15	66	2	1510	6	3
Kid's Bean & Cheese Burrito White Rice White Beans	725	292	25	82	32	15	66	2	2121	7	4
KIDS PLATE: ADD ONE KIDS TACO OR KIDS ENCHILADA TO THE FOLLOWING SIDE OPTIONS											
Kid's Plate Side Brown Rice Black Beans (add Taco or Enchilada)	160	22	7	29	2	0	0	0	342	5	1
Kid's Plate Side Brown Rice White Beans (add Taco or Enchilada)	141	24	5	25	3	0	0	0	953	6	2
Kid's Plate Side White Rice Black Beans (add Taco or Enchilada)	211	30	8	38	3	2	7	0	477	5	1
Kid's Plate Side White Rice White Beans (add Taco or Enchilada)	192	32	6	35	4	2	7	0	1088	6	2
Kid's Plate Side Kid's Fries (add Taco or Enchilada)	247	81	3	35	9	2	0	0	42	3	0

KIDS TACOS & ENCHILADAS (a la carte)

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Kid's Taco Banzai Veggies	117	31	4	19	3	1	7	0	35	2	1
Kid's Taco Blackened Chicken	164	51	12	17	6	2	32	0	203	2	0
Kid's Taco Blackened Fish	147	35	12	17	4	1	24	0	230	2	0
Kid's Taco Carne Asada	193	84	11	17	9	3	31	0	156	2	0
Kid's Taco Carnitas	227	90	17	18	10	3	49	0	423	2	0
Kid's Taco Charbroiled Chicken	165	55	12	16	6	2	33	0	185	1	0
Kid's Taco Charbroiled Fish	144	34	12	16	4	1	25	0	207	1	0
Kid's Taco Mushroom	137	50	5	18	6	2	7	0	144	2	2
Kid's Taco Salmon	157	49	11	17	5	2	26	0	117	1	1
Kid's Taco Shrimp	135	35	8	17	4	1	49	0	287	1	0
Kid's Taco Tofu	142	43	7	18	5	1	7	0	125	2	1
Kid's Enchilada Green Banzai Veggie	154	62	7	16	7	4	20	0	366	2	2
Kid's Enchilada Green Blackened Chicken	202	82	14	15	9	4	46	0	534	1	1
Kid's Enchilada Green Blackened Fish	184	66	15	15	7	4	38	0	561	1	1
Kid's Enchilada Green Carnitas	264	121	20	15	13	6	63	0	754	2	1
Kid's Enchilada Green Carne Asada	230	117	14	14	13	6	45	0	487	1	1
Kid's Enchilada Green Charbroiled Chicken	202	86	14	14	10	4	47	0	516	1	1
Kid's Enchilada Green Charbroiled Fish	181	65	15	14	7	4	38	0	538	1	1
Kid's Enchilada Green Cheese	168	79	8	14	9	5	27	0	385	1	1

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Kid's Enchilada Green Mushroom	174	81	7	16	9	4	20	0	475	1	2
Kid's Enchilada Green Salmon	194	79	14	14	9	4	40	0	447	1	1
Kid's Enchilada Green Shrimp	172	66	11	15	7	4	62	0	618	1	1
Kid's Enchilada Green Tofu	179	74	9	16	8	4	20	0	456	1	2
Kid's Enchilada Red Banzai Veggies	141	62	7	14	7	4	20	0	279	2	3
Kid's Enchilada Red Blackened Chicken	188	83	15	12	9	4	46	0	447	2	2
Kid's Enchilada Red Blackened Fish	171	66	15	12	7	4	38	0	474	2	2
Kid's Enchilada Red Carne Asada	217	117	14	12	13	6	45	0	400	2	2
Kid's Enchilada Red Carnitas	251	122	20	13	14	6	63	0	667	2	2
Kid's Enchilada Red Charbroiled Chicken	188	86	15	11	10	4	47	0	429	1	2
Kid's Enchilada Red Charbroiled Fish	168	66	15	11	7	4	38	0	451	2	2
Kid's Enchilada Red Cheese	155	80	8	11	9	5	27	0	299	1	2
Kid's Enchilada Red Mushroom	161	82	8	13	9	4	20	0	388	2	3
Kid's Enchilada Red Salmon	181	80	14	12	9	4	40	0	360	2	2
Kid's Enchilada Red Shrimp	159	66	11	12	7	4	62	0	531	2	2
Kid's Enchilada Red Tofu	166	75	10	13	8	4	20	0	369	2	3

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
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MINI QUESADILLA

Kid's Mini Quesadilla with Brown Rice and Black Beans	480	186	20	53	21	9	43	1	942	5	2
Kid's Mini Quesadilla with Brown Rice and White Beans	461	188	18	50	21	9	43	1	1553	7	3
Kid's Mini Quesadilla with Fries	568	244	16	60	27	10	43	1	642	4	1
Kid's Mini Quesadilla with White Rice and Black Beans	531	194	20	62	22	10	50	1	1076	5	2
Kid's Mini Quesadilla with White Rice and White Beans	512	196	19	59	22	10	50	1	1687	7	3

DESSERTS

Churro Chips	554	82	4	118	9	2	0	0	372	6	90
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Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
LIMITED TIME OFFERINGS (LTO'S)											
Pollo Al Fuego Taco	246	117	17	16	13	5	51	0	475	3	2
#1 Combo Pollo Al Fuego Taco Brown Rice Black Beans	567	162	30	73	18	5	51	0	1159	13	4
#1 Combo Pollo Al fuego Taco Brown Rice White Beans	528	162	27	67	18	5	51	0	2382	16	7
#1 Combo Pollo Al Fuego Taco White Rice Black Beans	668	171	32	92	19	8	66	0	1429	13	3
#1 Combo Pollo Al Fuego Taco White Rice White Beans	630	180	28	85	20	8	66	0	2651	15	7
Hawaiian Onion Ring Burrito	1287	588	46	123	65	26	151	2	2359	7	15
Wahoo's Hawaii:											
7 Layer Dip	118	70	5	7	8	3	19	0	320	2	1
7 Layer Salad Banzai Veggie	483	148	23	65	16	6	28	0	1193	16	11
7 Layer Salad Blackened Chicken	640	215	47	60	24	7	114	0	1750	14	7
7 Layer Salad Blackened Fish	582	160	49	60	18	6	87	0	1841	14	7
7 Layer Salad Mushrooms	550	211	24	64	23	7	28	0	1556	14	12
7 Layer Salad Carne Asada	734	324	46	58	36	13	111	0	1595	14	7
7 Layer Salad Carnitas	848	346	65	61	38	13	170	0	2486	15	8
7 Layer Salad Charbroiled Chicken	640	227	48	56	25	7	117	0	1692	13	7
7 Layer Salad Charbroiled Fish	571	158	49	57	18	6	89	0	1787	13	7
7 Layer Salad Salmon	616	206	46	58	23	7	93	0	1463	13	8
7 Layer Salad Shrimp	541	160	36	60	18	6	169	0	2032	13	8
7 Layer Salad Tofu	565	188	31	63	21	6	28	0	1492	15	11

Wahoo's LAX:

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Breakfast Bowl w/ Brown Rice	775	408	37	55	45	18	428	0	1375	10	4
Breakfast Bowl w/ White Rice	889	439	38	73	49	22	447	0	1672	10	3
Breakfast Nachos	1536	761	80	116	85	29	558	1	2511	17	5
Breakfast Pico De Gallo Taco (1)	385	168	22	31	19	8	149	0	651	4	3
Breakfast Pico De Gallo Tacos (2)	770	336	45	62	37	16	299	0	1302	9	6

Wahoo's Fresno:

Jalapeno Rolls	587	300	28	45	33	13	92	2	1653	2	3
Fajita Veggie Bowl - Blackened Chicken Brown Rice Black Beans	647	198	38	77	22	68	3	0	1453	15	8
Fajita Veggie Bowl - Blackened Chicken Brown Rice White Beans	609	203	34	71	23	68	3	0	2676	17	11
Fajita Veggie Bowl - Blackened Chicken White Rice Black Beans	766	216	39	98	24	86	6	0	1768	14	8
Fajita Veggie Bowl - Blackened Chicken White Rice White Beans	727	221	36	92	25	86	6	0	2990	17	11
Fajita Veggie Bowl - Blackened Fish Brown Rice Black Beans	601	154	39	77	17	47	2	0	1526	15	8
Fajita Veggie Bowl - Blackened Fish Brown Rice White Beans	563	159	35	71	18	47	2	0	2748	17	12
Fajita Veggie Bowl - Blackened Fish White Rice Black Beans	719	172	40	99	19	64	5	0	1840	14	8
Fajita Veggie Bowl - Blackened Fish White Rice White Beans	681	177	37	92	20	64	5	0	3063	17	11
Fajita Veggie Bowl - Carne Asada Brown Rice Black Beans	723	286	36	75	32	66	7	0	1330	14	8
Fajita Veggie Bowl - Carne Asada Brown Rice White Beans	684	290	33	69	32	66	8	0	2552	17	11
Fajita Veggie Bowl - Carne Asada White Rice Black Beans	841	304	38	97	34	83	11	0	1644	14	8
Fajita Veggie Bowl - Carne Asada White Rice White Beans	803	308	34	91	34	83	11	0	2866	16	11

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Fajita Veggie Bowl - Carnitas Brown Rice Black Beans	814	303	52	78	34	114	7	0	2042	16	9
Fajita Veggie Bowl - Carnitas Brown Rice White Beans	776	307	48	72	34	114	7	0	3265	18	12
Fajita Veggie Bowl - Carnitas White Rice Black Beans	933	321	53	100	36	131	11	0	2356	15	8
Fajita Veggie Bowl - Carnitas White Rice White Beans	894	325	50	93	36	131	11	0	3579	18	11
Fajita Veggie Bowl - Charbroiled Chicken Brown Rice Black Beans	648	208	38	74	23	71	3	0	1407	14	8
Fajita Veggie Bowl - Charbroiled Chicken Brown Rice White Beans	609	213	34	68	24	71	3	0	2629	16	11
Fajita Veggie Bowl - Charbroiled Chicken White Rice Black Beans	766	226	39	96	25	88	6	0	1721	13	8
Fajita Veggie Bowl - Charbroiled Chicken White Rice White Beans	728	230	36	90	26	88	6	0	2944	16	11
Fajita Veggie Bowl - Charbroiled Fish Brown Rice Black Beans	592	153	39	75	17	49	2	0	1466	14	8
Fajita Veggie Bowl - Charbroiled Fish Brown Rice White Beans	554	157	36	69	17	49	2	0	2689	17	11
Fajita Veggie Bowl - Charbroiled Fish White Rice Black Beans	710	171	41	96	19	66	5	0	1781	14	8
Fajita Veggie Bowl - Charbroiled Fish White Rice White Beans	672	175	37	90	19	66	5	0	3003	16	11
Fajita Veggie Bowl - Salmon Brown Rice Black Beans	629	191	36	76	21	52	3	0	1224	14	9
Fajita Veggie Bowl - Salmon Brown Rice White Beans	591	196	33	69	22	52	3	0	2446	17	12
Fajita Veggie Bowl - Salmon White Rice Black Beans	747	209	38	97	23	69	6	0	1538	14	9
Fajita Veggie Bowl - Salmon White Rice White Beans	709	213	35	91	24	69	6	0	2760	16	12
Fajita Veggie Bowl - Shrimp Brown Rice Black Beans	569	155	29	77	17	113	2	0	1679	14	9
Fajita Veggie Bowl - Shrimp Brown Rice White Beans	531	159	25	71	18	113	2	0	2901	17	12
Fajita Veggie Bowl - Shrimp White Rice Black Beans	687	172	30	99	19	130	5	0	1993	14	9
Fajita Veggie Bowl - Shrimp White Rice White Beans	649	177	27	92	20	130	6	0	3215	16	12

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Fajita Veggie Bowl - Tofu Brown Rice Black Beans	588	177	24	79	20	0	2	0	1247	15	11
Fajita Veggie Bowl - Tofu Brown Rice White Beans	550	181	21	73	20	0	2	0	2469	17	14
Fajita Veggie Bowl - Tofu White Rice Black Beans	706	195	26	101	22	17	6	0	1561	14	11
Fajita Veggie Bowl - Tofu White Rice White Beans	668	199	22	95	22	17	6	0	2784	17	14
Skinny Burrito Bowl - Blackened Chicken Brown Rice Black Beans	378	112	30	36	12	74	4	0	1103	8	4
Skinny Burrito Bowl - Blackened Chicken Brown Rice White Beans	359	114	28	33	13	74	4	0	1714	9	5
Skinny Burrito Bowl - Blackened Chicken White Rice Black Beans	429	120	31	46	13	81	5	0	1238	7	4
Skinny Burrito Bowl - Blackened Chicken White Rice White Beans	410	122	29	42	14	81	5	0	1849	9	5
Skinny Burrito Bowl - Blackened Fish Brown Rice Black Beans	337	74	31	36	8	55	3	0	1167	8	4
Skinny Burrito Bowl - Blackened Fish Brown Rice White Beans	318	76	29	33	8	55	3	0	1778	9	5
Skinny Burrito Bowl - Blackened Fish White Rice Black Beans	388	81	32	46	9	63	4	0	1301	7	4
Skinny Burrito Bowl - Blackened Fish White Rice White Beans	369	83	30	43	9	63	4	0	1912	9	5
Skinny Burrito Bowl - Carne Asada Brown Rice Black Beans	444	189	29	35	21	72	8	0	995	7	3
Skinny Burrito Bowl - Carne Asada Brown Rice White Beans	425	191	27	32	21	72	8	0	1606	8	5
Skinny Burrito Bowl - Carne Asada White Rice Black Beans	495	196	30	44	22	79	9	0	1129	7	3
Skinny Burrito Bowl - Carne Asada White Rice White Beans	475	199	28	41	22	79	9	0	1741	8	5
Skinny Burrito Bowl - Carnitas Brown Rice Black Beans	524	204	42	37	23	113	8	0	1618	8	4
Skinny Burrito Bowl - Carnitas Brown Rice White Beans	505	206	41	34	23	113	8	0	2229	10	5
Skinny Burrito Bowl - Carnitas White Rice Black Beans	575	211	43	46	23	121	9	0	1753	8	4
Skinny Burrito Bowl - Carnitas White Rice White Beans	556	213	41	43	24	121	9	0	2364	9	5

Food Name	Calories	Calories from fat	Protein (g)	Carbohydrate (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Trans Fat (g)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)
Skinny Burrito Bowl - Charbroiled Chicken Brown Rice Black Beans	378	121	30	34	13	76	4	0	1062	7	3
Skinny Burrito Bowl - Charbroiled Chicken Brown Rice White Beans	359	123	29	31	14	76	4	0	1674	8	5
Skinny Burrito Bowl - Charbroiled Chicken White Rice Black Beans	429	128	31	43	14	83	5	0	1197	7	3
Skinny Burrito Bowl - Charbroiled Chicken White Rice White Beans	410	131	29	40	15	83	5	0	1808	8	5
Skinny Burrito Bowl - Charbroiled Fish Brown Rice Black Beans	330	72	32	34	8	57	3	0	1114	7	3
Skinny Burrito Bowl - Charbroiled Fish Brown Rice White Beans	311	75	30	31	8	57	3	0	1726	8	5
Skinny Burrito Bowl - Charbroiled Fish White Rice Black Beans	380	80	32	44	9	64	4	0	1249	7	3
Skinny Burrito Bowl - Charbroiled Fish White Rice White Beans	361	82	30	41	9	64	4	0	1860	8	5
Skinny Burrito Bowl - Salmon Brown Rice Black Beans	362	106	29	35	12	60	4	0	902	7	4
Skinny Burrito Bowl - Salmon Brown Rice White Beans	343	108	28	32	12	60	4	0	1513	8	6
Skinny Burrito Bowl - Salmon White Rice Black Beans	412	114	30	44	13	67	5	0	1037	7	4
Skinny Burrito Bowl - Salmon White Rice White Beans	393	116	28	41	13	67	5	0	1648	8	6
Skinny Burrito Bowl - Shrimp Brown Rice Black Beans	309	74	22	36	8	113	3	0	1300	7	4
Skinny Burrito Bowl - Shrimp Brown Rice White Beans	290	76	21	33	8	113	3	0	1911	8	6
Skinny Burrito Bowl - Shrimp White Rice Black Beans	360	81	23	46	9	120	5	0	1435	7	4
Skinny Burrito Bowl - Shrimp White Rice White Beans	341	84	21	43	9	120	5	0	2046	8	6
Skinny Burrito Bowl - Tofu Brown Rice Black Beans	240	63	11	34	7	14	3	0	702	7	3
Skinny Burrito Bowl - Tofu Brown Rice White Beans	307	96	17	35	11	14	3	0	1533	9	8
Skinny Burrito Bowl - Tofu White Rice Black Beans	377	101	19	48	11	22	5	0	1057	7	6
Skinny Burrito Bowl - Tofu White Rice White Beans	357	103	18	45	11	22	5	0	1668	9	8