

Hot Bowls¹

	Calories
Teriyaki Bowl with protein (chicken)	535
- without protein (chicken)	373
Sweet & Spicy Bowl with protein (chicken)	595
- without protein (chicken)	433
Sesame Soy & Chili Bowl with protein (chicken)	641
- without protein (chicken)	479
Szechuan Bowl with protein (chicken)	453
- without protein (chicken)	291
Thai Green Curry Bowl with protein (chicken)	656
- without protein (chicken)	494
Thai Peanut Bowl with protein (chicken)	675
- without protein (chicken)	513
Thai Panang Curry Bowl with protein (chicken)	636
- without protein (chicken)	474
Tikka Masala Bowl with protein (chicken)	696
- without protein (chicken)	534
Alfredo Pasta Bowl w/protein (chicken) and parmesan sprinkles	672
- without protein (chicken)	510
Alfredo Pasta Bowl w/protein (chicken) and parmesan sprinkles	630
- without protein (chicken)	468
Basil Pesto Pasta Bowl w/protein (chicken) and parmesan sprinkles	775
- without protein (chicken)	613
Basil Pesto Pasta Bowl with protein (chicken)	771
- without protein (chicken)	609
Chipotle Southwest Bowl w/protein (chicken) and parmesan sprinkles	603
- without protein (chicken)	441
Veggie Hot Bowl	373

Paninis

	Calories
Grilled Chicken and Avocado Panini	752
Grilled Chicken and Peppers Panini	762
Tomato and Mozzarella Panini	596
Veggie Panini	685
Chicken Tikka Masala Panini	666
Buffalo Chicken Panini	724
Steak Panini	758

Kids²

	Calories
Kids Hot Bowl - Teriyaki Noodle with protein (chicken)	284
- (w/o chicken)	233
Kids Hot Bowl - Alfredo Pasta w/protein (chicken) and parmesan sprinkles	499
- (w/o chicken)	447
Kids PB&J Panini	418
Kids Grilled Cheddar Cheese	388
- (w/grilled chicken)	451

Soups

	Calories
Chicken Noodle	Small 8oz 160
	Large 12oz 240
Black Bean	Small 8oz 280
	Large 12oz 420
Tomato Basil	Small 8oz 260
	Large 12oz 380

Salads*

	Calories
<i>Specialty Salads</i>	
Chicken Cobb	505
BBQ Chopped Chicken	405
Southwest Chicken	445
Mandarin Chicken	380
Signature	421
Spinach and Mushroom	356
Beets with Toasted Walnuts	413
Greek Salad	153
Vegan Garden Salad	228
Caesar Salad	211
<i>Warm Salads</i>	
Steak Salad	353
Buffalo Chicken Salad	282
Shrimp Salad	149
Grilled Chicken and Rice Salad	306

Wraps

	Calories
Grilled Chicken Salad Wrap	662

Dressings^(2 Tbsp)

	Calories
Balsamic Vinaigrette	151
BBQ -Buttermilk	80
Blue Cheese	160
Buttermilk-Herb	94
Caesar	130
Caesar-Lite	70
Fat Free Italian	10
Ranch Lite	110
Lemon-Oregano Vinaigrette	166
Olive Oil and Vinegar	50
Ranch	100
Sesame Oriental	90
Southwest	114
Thousand Island	140

Sides, Drinks

	Calories
Side Bread (rosemary focaccia), 1.25 oz	103
Kids Grapes, 0.5 cup	47
Kids Sliced Apples, 0.5 cup	29
Kids Side Ranch Dressing, 2 tbsp	100
Coca-Cola Zero™ 20 fl oz	0
Diet Coke® 20 fl	0
Coca-Cola® 20 fl oz	260
Sprite® 20 fl oz	240
Minute Maid Light Lemonade 20 fl oz	10
Powerade Mountain Berry Blast 20 fl oz	60
Fuze Green Tea with Honey 20 fl oz	125

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

¹ Hot Bowls™ made with: sauce, seasoning, typical 5 mix-ins, base and protein

² Kids Hot Bowls™ made with: sauce, seasoning, typical 2 mix-ins (broccoli, carrots), base and protein

*Dressing not included.

As customers have the discretion to alter the ingredients and quantities of their customized entrees, there can be a variance in terms of calorie related content.

Please note that these nutritional values are estimated based on our standard serving portions.