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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)
<b>SOUP (SEE BELOW FOR ADD ONS)</b>											
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 4 oz Cauliflower Rice	27	0	3	6	0	0	0	0	296	3	3
Add Avocado Slices	56	43	1	3	5	1	0	0	2	2	0
<b>SALADS</b>											
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

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 Fish Charbroiled W/ Chips	313	96	34	22	11	1	61	0	1301	8	3
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

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 Carnitas	748	414	54	25	46	13	170	0	2270	7	3
Sunset Chopped Salad w/ Charbroiled Chicken	705	427	47	31	47	15	131	0	781	10	7
Sunset Chopped Salad w/ Blackened Chicken	704	417	47	34	46	15	129	0	827	11	8
Sunset Chopped Salad w/ Charbroiled Fish	649	371	49	32	41	14	109	0	840	10	7
Sunset Chopped Salad w/ Blackened Fish	658	373	48	34	41	14	108	0	900	11	8
Sunset Chopped Salad w/ Carnitas	871	521	61	35	58	19	174	0	1416	11	8
Sunset Chopped Salad w/ Carne Asada	780	504	46	32	56	19	127	0	703	10	7
Sunset Chopped Salad w/ Shrimp	626	373	38	34	41	14	174	0	1052	10	8
Sunset Chopped Salad w/ Salmon	686	410	46	33	46	15	113	0	597	10	8
Sunset Chopped Salad w/ Tofu	645	395	34	36	44	14	61	0	621	11	10
Sunset Chopped Salad w/ Banzai Veggies	595	364	27	41	41	14	61	0	388	13	12
Sunset Chopped Salad w/ Brown Rice & Black Beans (vegetarian)	707	382	32	60	43	14	61	0	711	15	8
Sunset Chopped Salad w/ Brown Rice & White Beans (vegetarian)	688	384	31	57	43	14	61	0	1322	16	9
Sunset Chopped Salad w/ White Rice & White Beans (vegetarian)	739	392	31	66	44	16	68	0	1457	16	9
Sunset Chopped Salad w/ White Rice & Black Beans (vegetarian)	758	390	33	69	43	16	68	0	845	14	8
Honey Lime Vinaigrette	450	383	0	15	43	4	0	0	113	0	13
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

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 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
<b>ENTREÉS</b>											
<b>*DISCLAIMER: FOR #2 ENTRÉE: ADD ONE TACO OR ENCHILADA TO THE #1 (A LA CARTE TACOS &amp; ENCHILADAS CAN BE FOUND ON PAGES 29 - 33)</b>											
<b>#1 TACO OR ENCHILADA W/ RICE &amp; BEANS</b>											
#1 Fuego Carnitas Taco with Brown Rice and Black Beans	661	247	35	72	27	9	73	0	1587	13	4
#1 Fuego Carnitas Taco with Brown Rice and White Beans	623	251	32	66	28	9	73	0	2810	15	7
#1 Fuego Carnitas Taco with White Rice and Black Beans	763	262	36	91	29	12	88	0	1857	12	4
#1 Fuego Carnitas Taco with White Rice and White Beans	724	266	33	85	30	12	88	0	3079	15	7
#1 Fuego Carnitas Taco with Cauliflower Rice and Black Beans	550	210	35	55	23	8	73	0	1688	14	7
#1 Fuego Carnitas Taco with Cauliflower Rice and White Beans	511	215	32	48	24	8	73	0	2910	17	10
<b>Citrus Slaw Tacos</b>											
#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 Banzai Veggie Taco Side Cauliflower Rice Black Beans	462	42	21	85	5	2	7	0	1894	18	9
#1 Citrus Slaw Banzai Veggie Taco Side Cauliflower Rice White Beans	424	47	18	79	5	2	7	0	3117	20	12
#1 Citrus Slaw Blackened Chicken Taco Side Brown Rice Black Beans	571	122	28	86	14	3	37	0	1099	14	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 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 Chicken Taco Side Cauliflower Rice Black Beans	460	85	29	69	9	2	37	0	1276	17	8
#1 Citrus Slaw Blackened Chicken Taco Side Cauliflower Rice White Beans	422	89	26	62	10	2	37	0	2499	19	11
#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 Blackened Fish Taco Side Cauliflower Rice Black Beans	440	66	30	69	7	2	28	0	1308	17	8
#1 Citrus Slaw Blackened Fish Taco Side Cauliflower Rice White Beans	401	70	26	62	8	2	28	0	2530	19	11
#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 Carne Asada Taco Side Cauliflower Rice Black Beans	493	123	29	68	14	4	36	0	1222	17	7
#1 Citrus Slaw Carne Asada Taco Side Cauliflower Rice White Beans	455	128	25	62	14	5	36	0	2444	19	11
#1 Citrus Slaw Carnitas Taco Side Brown Rice Black Beans	644	168	34	87	19	5	57	0	1357	15	5
#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

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 White Rice White Beans	720	203	32	98	23	9	76	0	2876	17	8
#1 Citrus Slaw Carnitas Taco Side Cauliflower Rice Black Beans	533	131	35	69	15	4	57	0	1534	17	8
#1 Citrus Slaw Carnitas Taco Side Cauliflower Rice White Beans	495	135	32	63	15	4	57	0	2756	20	11
#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 Chicken Taco Side Cauliflower Rice Black Beans	460	89	29	67	10	2	38	0	1256	17	7
#1 Citrus Slaw Charbroiled Chicken Taco Side Cauliflower Rice White Beans	422	94	26	61	10	3	38	0	2478	19	10
#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 Charbroiled Fish Taco Side Cauliflower Rice Black Beans	436	65	30	68	7	2	28	0	1282	17	7
#1 Citrus Slaw Charbroiled Fish Taco Side Cauliflower Rice White Beans	398	69	26	61	8	2	28	0	2504	19	10
#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 Blackened Mushroom Taco Side Cauliflower Rice Black Beans	434	87	21	70	10	2	7	0	1227	17	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)
#1 Citrus Slaw Blackened Mushroom Taco Side Cauliflower Rice White Beans	395	92	18	64	10	2	7	0	2450	20	13
#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 Shrimp Taco Side Cauliflower Rice Black Beans	430	67	26	69	7	2	63	0	1417	17	8
#1 Citrus Slaw Shrimp Taco Side Cauliflower Rice White Beans	392	71	23	63	8	2	63	0	2640	19	11
#1 Citrus Slaw Tofu Taco Side Brown Rice Black Beans	544	112	22	87	12	3	7	0	1009	15	6
#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 Citrus Slaw Tofu Taco Side Cauliflower Rice Black Beans	440	78	24	70	9	2	7	0	1201	17	9
#1 Citrus Slaw Tofu Taco Side Cauliflower Rice White Beans	402	82	21	64	9	2	7	0	2424	20	12
<b>1988 Tacos</b>											
#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 Banzai Veggie Taco Side Cauliflower Rice Black Beans	462	42	21	85	5	2	7	0	1894	18	9
#1 1988 Banzai Veggie Taco Side Cauliflower Rice White Beans	424	47	18	79	5	2	7	0	3117	20	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)
#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 Chicken Taco Side Cauliflower Rice Black Beans	430	65	29	66	7	2	37	0	1253	17	7
#1 1988 Blackened Chicken Taco Side Cauliflower Rice White Beans	392	69	26	60	8	2	37	0	2476	19	10
#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 Blackened Fish Taco Side Cauliflower Rice Black Beans	412	45	30	67	5	2	28	0	1288	17	7
#1 1988 Blackened Fish Taco Side Cauliflower Rice White Beans	374	50	26	61	6	2	28	0	2510	19	10
#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 Blackened Mushroom Taco Side Cauliflower Rice Black Beans	404	67	21	68	7	2	7	0	1204	17	9
#1 1988 Blackened Mushroom Taco Side Cauliflower Rice White Beans	355	71	17	59	8	2	7	0	2316	18	11
#1 1988 Carne Asada Taco Side Brown Rice Black Beans	567	140	27	82	16	5	36	0	1032	14	3
#1 1988 Carne Asada Taco Side Brown Rice White Beans	529	144	24	76	16	5	36	0	2255	17	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 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 Carne Asada Taco Side Cauliflower Rice Black Beans	463	103	29	65	11	4	36	0	1199	16	6
#1 1988 Carne Asada Taco Side Cauliflower Rice White Beans	424	107	25	59	12	4	36	0	2421	19	9
#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 Carnitas Taco Side Cauliflower Rice Black Beans	503	111	35	67	12	4	57	0	1511	17	7
#1 1988 Carnitas Taco Side Cauliflower Rice White Beans	465	115	32	60	13	4	57	0	2733	19	10
#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 Chicken Taco Side Cauliflower Rice Black Beans	430	69	29	65	8	2	38	0	1233	16	6
#1 1988 Charbroiled Chicken Taco Side Cauliflower Rice White Beans	392	73	26	59	8	2	38	0	2455	19	9
#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

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 1988 Charbroiled Fish Taco Side Cauliflower Rice Black Beans	409	45	30	66	5	2	28	0	1261	17	7
#1 1988 Charbroiled Fish Taco Side Cauliflower Rice White Beans	370	49	26	60	5	2	28	0	2484	19	10
#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 Shrimp Taco Side Cauliflower Rice Black Beans	403	46	26	67	5	2	63	0	1397	17	7
#1 1988 Shrimp Taco Side Cauliflower Rice White Beans	355	51	22	59	6	2	63	0	2509	18	9
#1 1988 Tofu Taco Side Brown Rice Black Beans	508	92	22	83	10	2	7	0	996	14	5
#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 1988 Tofu Taco Side Cauliflower Rice Black Beans	410	58	24	67	6	2	7	0	1179	17	8
#1 1988 Tofu Taco Side Cauliflower Rice White Beans	372	62	20	61	7	2	7	0	2401	19	11
<b><i>Skinny Tacos</i></b>											
#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

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 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 Banzai Veggie Taco Side Cauliflower Rice Black Beans	358	30	19	64	3	1	7	0	1873	15	9
#1 Skinny 1988 Banzai Veggie Taco Side Cauliflower Rice White Beans	320	35	15	58	4	2	7	0	3096	17	12
#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 Chicken Taco Side Cauliflower Rice Black Beans	331	53	27	46	6	2	37	0	1277	14	7
#1 Skinny 1988 Blackened Chicken Taco Side Cauliflower Rice White Beans	292	58	23	40	6	2	37	0	2500	17	10
#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 Blackened Fish Taco Side Cauliflower Rice Black Beans	313	34	27	47	4	1	28	0	1312	14	7
#1 Skinny 1988 Blackened Fish Taco Side Cauliflower Rice White Beans	275	38	24	40	4	2	28	0	2534	17	10
#1 Skinny 1988 Carne Asada Taco Side Brown Rice Black Beans	465	128	25	61	14	5	36	0	1012	11	3
#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

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 Carne Asada Taco Side White Rice White Beans	541	163	23	73	18	9	55	0	2531	13	6
#1 Skinny 1988 Carne Asada Taco Side Cauliflower Rice Black Beans	364	91	26	45	10	4	36	0	1223	14	6
#1 Skinny 1988 Carne Asada Taco Side Cauliflower Rice White Beans	325	96	23	39	11	4	36	0	2445	16	10
#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 Carnitas Taco Side Cauliflower Rice Black Beans	404	99	33	46	11	4	57	0	1535	14	7
#1 Skinny 1988 Carnitas Taco Side Cauliflower Rice White Beans	365	103	29	40	11	4	57	0	2757	17	10
#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 Chicken Taco Side Cauliflower Rice Black Beans	331	57	27	45	6	2	38	0	1257	14	6
#1 Skinny 1988 Charbroiled Chicken Taco Side Cauliflower Rice White Beans	292	62	23	38	7	2	38	0	2479	16	10
#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 Charbroiled Fish Taco Side Cauliflower Rice Black Beans	309	33	27	46	4	1	28	0	1293	14	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 1988 Charbroiled Fish Taco Side Cauliflower Rice White Beans	271	37	24	39	4	2	28	0	2515	17	10
#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 Mushroom Taco Side Cauliflower Rice Black Beans	299	52	19	47	6	2	7	0	1209	14	8
#1 Skinny 1988 Mushroom Taco Side Cauliflower Rice White Beans	261	56	15	41	6	2	7	0	2432	17	11
#1 Skinny 1988 Shrimp Taco Side Brown Rice Black Beans	373	69	16	61	8	2	11	0	879	11	4
#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 Shrimp Taco Side Cauliflower Rice Black Beans	304	35	24	47	4	2	64	0	1421	14	8
#1 Skinny 1988 Shrimp Taco Side Cauliflower Rice White Beans	266	39	20	41	4	2	64	0	2644	17	11
#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 1988 Tofu Taco Side Cauliflower Rice Black Beans	305	44	21	47	5	2	7	0	1187	14	8
#1 Skinny 1988 Tofu Taco Side Cauliflower Rice White Beans	266	48	17	41	5	2	7	0	2409	17	11
#1 Skinny Citrus Slaw Vegetarian Taco Brown Rice Black Beans	444	92	18	72	10	2	7	0	958	13	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 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 Banzai Veggie Taco Side Cauliflower Rice Black Beans	390	51	19	67	6	2	7	0	1897	16	10
#1 Skinny Citrus Slaw Banzai Veggie Taco Side Cauliflower Rice White Beans	352	55	16	61	6	2	7	0	3119	18	13
#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 Chicken Taco Side Cauliflower Rice Black Beans	331	53	27	46	6	2	37	0	1277	14	7
#1 Skinny Citrus Slaw Blackened Chicken Taco Side Cauliflower Rice White Beans	292	58	23	40	6	2	37	0	2500	17	10
#1 Skinny Citrus Slaw Blackened Fish Taco Side Brown Rice Black Beans	448	91	26	65	10	2	28	0	1110	12	5
#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 Blackened Fish Taco Side Cauliflower Rice Black Beans	347	54	27	50	6	2	28	0	1322	14	8

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 Cauliflower Rice White Beans	308	59	24	43	7	2	28	0	2544	17	11
#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 Carne Asada Taco Side Cauliflower Rice Black Beans	400	112	26	49	12	4	36	0	1236	14	8
#1 Skinny Citrus Slaw Carne Asada Taco Side Cauliflower Rice White Beans	362	116	23	43	13	4	36	0	2458	17	11
#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 Carnitas Taco Side Cauliflower Rice Black Beans	440	119	33	50	13	4	57	0	1547	15	8
#1 Skinny Citrus Slaw Carnitas Taco Side Cauliflower Rice White Beans	402	124	29	44	14	4	57	0	2770	17	11
#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 Chicken Taco Side Cauliflower Rice Black Beans	367	74	27	50	8	2	37	0	1290	14	8
#1 Skinny Citrus Slaw Charbroiled Chicken Taco Side Cauliflower Rice White Beans	329	78	23	43	9	2	37	0	2512	17	11
#1 Skinny Citrus Slaw Charbroiled Fish Taco Side Brown Rice Black Beans	444	90	26	64	10	2	28	0	1092	11	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 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 Charbroiled Fish Taco Side Cauliflower Rice Black Beans	343	54	27	49	6	2	28	0	1303	14	8
#1 Skinny Citrus Slaw Charbroiled Fish Taco Side Cauliflower Rice White Beans	305	58	24	42	6	2	28	0	2525	16	11
#1 Skinny Citrus Slaw Mushroom Taco Side Brown Rice Black Beans	437	109	17	67	12	3	7	0	1011	12	7
#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 Blackened Mushroom Taco Side Cauliflower Rice Black Beans	335	72	19	51	8	2	7	0	1222	14	10
#1 Skinny Citrus Slaw Blackened Mushroom Taco Side Cauliflower Rice White Beans	297	77	15	45	9	2	7	0	2444	17	13
#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 Shrimp Taco Side Cauliflower Rice Black Beans	337	55	24	50	6	2	63	0	1431	14	9
#1 Skinny Citrus Slaw Shrimp Taco Side Cauliflower Rice White Beans	299	60	20	44	7	2	63	0	2654	16	12
#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

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 Tofu Taco Side White Rice White Beans	505	117	18	79	13	7	22	0	2480	14	9
#1 Skinny Citrus Slaw Tofu Taco Side Cauliflower Rice Black Beans	341	64	21	51	7	2	7	0	1199	14	10
#1 Skinny Citrus Slaw Tofu Taco Side Cauliflower Rice White Beans	303	69	17	44	8	2	7	0	2422	17	13
<b><i>Enchiladas</i></b>											
#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	5	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 Banzai Veggie Side Cauliflower Rice Black Beans	466	74	24	72	8	4	21	0	2009	15	16
#1 Green Enchilada Banzai Veggie Side Cauliflower Rice White Beans	428	79	21	66	9	4	21	0	3232	18	19
#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 Chicken Side Cauliflower Rice Black Beans	458	96	31	60	11	4	51	0	1546	14	6
#1 Green Enchilada Blackened Chicken Side Cauliflower Rice White Beans	419	100	27	53	11	4	51	0	2769	16	9
#1 Green Enchilada Blackened Fish Side Brown Rice Black Beans	539	113	30	75	13	4	42	0	1367	11	2
#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

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 Cauliflower Rice Black Beans	437	77	31	60	9	4	42	0	1578	14	6
#1 Green Enchilada Blackened Fish Side Cauliflower Rice White Beans	399	81	28	54	9	4	42	0	2801	16	9
#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 Carne Asada Side Cauliflower Rice Black Beans	491	134	30	59	15	6	50	0	1492	14	5
#1 Green Enchilada Carne Asada Side Cauliflower Rice White Beans	452	139	26	53	15	6	50	0	2715	16	9
#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 Carnitas Side Cauliflower Rice Black Beans	531	142	37	60	16	6	71	0	1804	14	6
#1 Green Enchilada Carnitas Side Cauliflower Rice White Beans	492	146	33	54	16	6	71	0	3026	17	9
#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 Chicken Side Cauliflower Rice Black Beans	458	100	31	58	11	4	52	0	1526	13	5
#1 Green Enchilada Charbroiled Chicken Side Cauliflower Rice White Beans	419	105	27	52	12	4	52	0	2748	16	8

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 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 Charbroiled Fish Side Cauliflower Rice Black Beans	434	76	31	59	8	4	43	0	1559	14	5
#1 Green Enchilada Charbroiled Fish Side Cauliflower Rice White Beans	395	81	28	53	9	4	43	0	2782	16	8
#1 Green Enchilada Mushroom Side Brown Rice Black Beans	527	131	21	77	15	5	21	0	1267	11	4
#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 Blackened Mushroom Side Cauliflower Rice Black Beans	431	98	23	61	11	4	21	0	1497	14	8
#1 Green Enchilada Blackened Mushroom Side Cauliflower Rice White Beans	393	103	19	55	11	4	21	0	2720	16	11
#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 Shrimp Side Cauliflower Rice Black Beans	428	78	27	60	9	4	78	0	1688	14	6
#1 Green Enchilada Shrimp Side Cauliflower Rice White Beans	390	82	24	54	9	4	78	0	2910	16	9
#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

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 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 Green Enchilada Tofu Side Cauliflower Rice Black Beans	438	89	25	61	10	4	21	0	1472	14	7
#1 Green Enchilada Tofu Side Cauliflower Rice White Beans	399	93	22	55	10	4	21	0	2694	17	10
#1 Green Enchilada Cheese Side Brown Rice Black Beans	632	203	28	75	23	10	57	0	1359	11	2
#1 Green Enchilada Cheese Side Brown Rice White Beans	594	208	25	69	23	10	57	0	2581	13	5
#1 Green Enchilada Cheese Side White Rice White Beans	695	223	26	88	25	13	71	0	2851	13	5
#1 Green Enchilada Cheese Side White Rice Black Beans	733	219	30	94	24	13	71	0	1628	11	2
#1 Green Enchilada Cheese Side Cauliflower Rice Black Beans	530	167	29	60	19	10	57	0	1570	13	5
#1 Green Enchilada Cheese Side Cauliflower Rice White Beans	492	171	26	53	19	10	57	0	2792	16	8
#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 Banzai Veggie Side Cauliflower Rice Black Beans	453	75	25	69	8	4	21	0	1922	16	17
#1 Red Enchilada Banzai Veggie Side Cauliflower Rice White Beans	415	79	21	63	9	4	21	0	3145	18	20
#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

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 Chicken Side Cauliflower Rice Black Beans	444	97	31	57	11	4	51	0	1459	14	7
#1 Red Enchilada Blackened Chicken Side Cauliflower Rice White Beans	406	101	27	51	11	4	51	0	2682	17	10
#1 Red Enchilada Blackened Fish Side Brown Rice Black Beans	525	114	30	73	13	4	42	0	1280	12	3
#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 Blackened Fish Side Cauliflower Rice Black Beans	424	77	31	57	9	4	42	0	1491	14	7
#1 Red Enchilada Blackened Fish Side Cauliflower Rice White Beans	386	82	28	51	9	4	42	0	2714	17	10
#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 Carne Asada Side Cauliflower Rice Black Beans	477	135	30	57	15	6	50	0	1405	14	7
#1 Red Enchilada Carne Asada Side Cauliflower Rice White Beans	439	139	27	50	15	6	50	0	2628	17	10
#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 Carnitas Side Cauliflower Rice Black Beans	517	142	37	58	16	6	71	0	1717	15	7
#1 Red Enchilada Carnitas Side Cauliflower Rice White Beans	479	147	33	51	16	6	71	0	2939	17	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)
#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 Chicken Side Cauliflower Rice Black Beans	445	101	31	56	11	4	52	0	1439	14	7
#1 Red Enchilada Charbroiled Chicken Side Cauliflower Rice White Beans	406	105	27	50	12	4	52	0	2662	16	10
#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 Charbroiled Fish Side Cauliflower Rice Black Beans	420	77	32	56	9	4	43	0	1472	14	7
#1 Red Enchilada Charbroiled Fish Side Cauliflower Rice White Beans	382	81	28	50	9	4	43	0	2695	17	10
#1 Red Enchilada Mushroom Side Brown Rice Black Beans	514	132	21	74	15	5	21	0	1180	12	5
#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 Blackened Mushroom Side Cauliflower Rice Black Beans	418	99	23	59	11	4	21	0	1410	15	9
#1 Red Enchilada Blackened Mushroom Side Cauliflower Rice White Beans	380	103	19	53	11	4	21	0	2633	17	12
#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

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 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 Shrimp Side Cauliflower Rice Black Beans	415	78	28	57	9	4	78	0	1601	14	7
#1 Red Enchilada Shrimp Side Cauliflower Rice White Beans	377	83	24	51	9	4	78	0	2823	17	10
#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
#1 Red Enchilada Tofu Side Cauliflower Rice Black Beans	425	89	26	59	10	4	21	0	1385	15	8
#1 Red Enchilada Tofu Side Cauliflower Rice White Beans	386	94	22	52	10	4	21	0	2607	17	11
#1 Red Enchilada Cheese Side White Rice Black Beans	720	219	30	91	24	13	71	0	1541	11	3
#1 Red Enchilada Cheese Side White Rice White Beans	682	223	26	85	25	13	71	0	2764	14	6
#1 Red Enchilada Cheese Side Brown Rice White Beans	580	208	25	67	23	10	57	0	2494	14	6
#1 Red Enchilada Cheese Side Brown Rice Black Beans	619	204	29	73	23	10	57	0	1272	12	3
#1 Red Enchilada Cheese Side Cauliflower Rice Black Beans	507	167	29	55	19	10	57	0	1372	13	6
#1 Red Enchilada Cheese Side Cauliflower Rice White Beans	479	172	26	51	19	10	57	0	2706	16	10
<b>Bajaladas</b>											
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



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)
Bajalada (Green) Combo White Rice White Beans	1180	456	50	129	51	24	153	2	4155	15	10
Bajalada (Green) Combo Cauliflower Rice Black Beans	1015	401	53	101	45	20	138	2	2874	15	10
Bajalada (Green) Combo Cauliflower Rice White Beans	967	405	49	93	45	20	138	2	3985	17	12
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
Bajalada (Red) Combo Cauliflower Rice Black Beans	999	401	54	98	45	20	138	2	2765	16	12
Bajalada (Red) Combo Cauliflower Rice White Beans	960	406	50	92	45	20	138	2	3988	18	15
<b>BOWLS</b>											
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 Carne Asada Cauliflower Rice Black Beans	558	157	40	62	17	6	66	0	1941	17	19
Banzai Bowl Carne Asada Cauliflower Rice White Beans	519	161	37	55	18	6	66	0	3163	19	22
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

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 Carnitas Cauliflower Rice Black Beans	649	174	55	64	19	6	114	0	2653	18	19
Banzai Bowl Carnitas Cauliflower Rice White Beans	611	178	52	58	20	6	114	0	3876	21	22
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 Blackened Chicken Cauliflower Rice Black Beans	471	70	41	60	8	1	71	0	1824	16	18
Banzai Bowl Blackened Chicken Cauliflower Rice White Beans	447	75	39	57	8	1	71	0	3195	19	22
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	722	139	42	101	16	6	88	0	2117	13	15
Banzai Bowl Chicken Charbroiled White Rice White Beans	684	143	39	95	16	6	88	0	3339	16	18
Banzai Bowl Charbroiled Chicken Cauliflower Rice Black Beans	548	112	51	57	12	2	106	0	2076	15	17
Banzai Bowl Charbroiled Chicken Cauliflower Rice White Beans	444	83	38	54	9	2	71	0	3241	19	22
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
Banzai Bowl Fish Blackened White Rice White Beans	637	90	40	97	10	5	64	0	3458	17	18
Banzai Bowl Blackened Fish Cauliflower Rice Black Beans	450	54	38	62	6	1	71	0	2018	17	19
Banzai Bowl Blackened Fish Cauliflower Rice White Beans	412	58	35	56	6	1	71	0	3240	19	22

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 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 Charbroiled Fish Cauliflower Rice Black Beans	474	102	37	58	11	2	73	0	1882	15	17
Banzai Bowl Charbroiled Fish Cauliflower Rice White Beans	449	106	35	55	12	2	73	0	3252	19	22
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 Salmon Cauliflower Rice Black Beans	464	62	40	62	7	1	52	0	1835	17	20
Banzai Bowl Salmon Cauliflower Rice White Beans	425	66	37	56	7	1	52	0	3057	19	23
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 Shrimp Cauliflower Rice Black Beans	404	25	32	63	3	1	113	0	2290	17	20
Banzai Bowl Shrimp Cauliflower Rice White Beans	366	30	29	57	3	1	113	0	3512	19	23
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

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 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
Banzai Bowl Tofu Cauliflower Rice Black Beans	423	48	28	65	5	1	0	0	1858	17	22
Banzai Bowl Tofu Cauliflower Rice White Beans	384	52	25	59	6	1	0	0	3080	20	25
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
Salmon Bowl Cauliflower Rice	365	119	36	27	13	2	78	0	1145	7	14
Shrimp Bowl Brown Rice Black Beans	462	69	33	65	8	1	169	0	1743	11	3
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
Shrimp Bowl Cauliflower Rice Black Beans	341	27	34	46	3	1	169	0	1959	13	7
Shrimp Bowl Cauliflower Rice White Beans	303	31	31	40	3	1	169	0	3181	16	10
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
Kalua Pig Bowl Cauliflower Rice Black Beans	709	210	62	59	23	7	142	0	3223	16	18
Kalua Pig Bowl Cauliflower Rice White Beans	671	215	59	53	24	7	142	0	4445	18	21
Maui Steak Bowl Brown Rice Black Beans	773	267	47	75	30	10	99	0	2200	12	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)
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
Maui Steak Bowl Cauliflower Rice Black Beans	652	225	48	57	25	9	99	0	2416	14	18
Maui Steak Bowl Cauliflower Rice White Beans	614	229	45	50	25	9	99	0	3638	17	21
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 Blackened Chicken Cauliflower Rice Black Beans	420	78	42	46	9	2	86	0	1506	14	6
Wahoo's Bowl Blackened Chicken Cauliflower Rice White Beans	382	83	39	39	9	2	86	0	2729	16	9
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 Charbroiled Chicken Cauliflower Rice Black Beans	420	91	42	42	10	2	88	0	1448	13	5
Wahoo's Bowl Charbroiled Chicken Cauliflower Rice White Beans	382	95	39	36	11	2	88	0	2671	15	9
Wahoo's Bowl Fish Blackened Brown Rice Black Beans	483	66	42	65	7	1	59	0	1381	11	2
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

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 White Rice White Beans	563	88	40	80	10	5	76	0	2918	13	5
Wahoo's Bowl Blackened Fish Cauliflower Rice Black Beans	379	59	38	45	7	1	89	0	1448	14	6
Wahoo's Bowl Blackened Fish Cauliflower Rice White Beans	341	64	35	38	7	1	89	0	2670	16	9
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 Charbroiled Fish Cauliflower Rice Black Beans	426	120	39	43	13	2	91	0	1463	13	5
Wahoo's Bowl Charbroiled Fish Cauliflower Rice White Beans	388	124	35	37	14	2	91	0	2685	16	8
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
Wahoo's Bowl Tofu Cauliflower Rice Black Beans	419	78	32	52	9	1	0	0	1437	15	12
Wahoo's Bowl Tofu Cauliflower Rice White Beans	381	82	28	46	9	1	0	0	2659	18	15
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

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 & 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
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

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 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
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



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 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
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
<b>SIDES</b>											
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 of Cauliflower Rice 7oz	48	0	5	10	0	0	0	0	518	5	5
Side 1/2 & 1/2 Cauliflower Rice Black Beans (4.5 oz each)	167	6	11	32	1	0	0	0	699	10	4
Side 1/2 & 1/2 Cauliflower Rice White Beans (4.5 oz each)	138	9	9	27	1	0	0	0	1616	11	6
Large Side 1/2 & 1/2 Cauliflower Rice Black Beans (7 oz ea.)	253	9	17	48	1	0	0	0	1014	14	6
Large Side 1/2 & 1/2 Cauliflower Rice White Beans (7 oz ea.)	208	14	13	41	2	0	0	0	2440	17	9

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 1/2 & 1/2 Brown Rice Black Beans (4.5 oz each)	241	36	10	43	4	1	0	0	513	8	1
Side 1/2 & 1/2 Brown Rice White Beans (4.5 oz each)	212	36	8	38	4	1	0	0	1430	9	4
Side 1/2 & 1/2 White Rice Black Beans (4.5 oz each)	317	45	11	57	5	3	11	0	715	7	1
Side 1/2 & 1/2 White Rice White Beans (4.5 oz each)	288	46	9	52	5	3	11	0	1632	9	3
Large Side 1/2 & 1/2 Brown Rice Black Beans (7 oz ea.)	374	54	16	67	6	1	0	0	799	12	2
Large Side 1/2 & 1/2 Brown Rice White Beans (7 oz ea.)	330	54	12	59	6	1	0	0	2225	15	6
Large Side 1/2 & 1/2 White Rice Black Beans (7 oz ea.)	492	72	18	88	8	4	17	0	1113	11	2
Large Side 1/2 & 1/2 White Rice White Beans (7 oz ea.)	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
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 Ketchup 3oz.	86	1	1	23	0	0	0	0	771	0	18
Side Roasted Pepper Cilantro Dressing Large 12 oz.	158	1	2	32	0	0	0	0	1718	2	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)
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
<b>SALSAS</b>											
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
Roasted Fuego Salsa 2.5 oz	14	1	1	3	0	0	0	0	307	1	2
<b>BURRITOS</b>											
Hawaiian Onion Ring Burrito	1287	588	46	123	65	26	151	2	2359	7	15
Hawaiian Onion Ring Burrito with Cauliflower Rice	1155	554	47	101	62	23	141	2	2348	9	18
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

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 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 Banzai Veggie Cauliflower Rice Black Beans	660	224	28	84	25	10	43	2	1565	12	11
Outer Reef Burrito Banzai Veggie Cauliflower Rice White Beans	641	226	26	81	25	10	43	2	2176	13	13
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 Carne Asada Cauliflower Rice Black Beans	803	345	42	73	38	15	100	2	1834	9	5
Outer Reef Burrito Carne Asada Cauliflower Rice White Beans	784	347	40	70	39	15	100	2	2445	10	7
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
Outer Reef Burrito Carnitas Cauliflower Rice Black Beans	883	360	55	75	40	15	142	2	2458	10	6
Outer Reef Burrito Carnitas Cauliflower Rice White Beans	864	362	53	72	40	15	142	2	3069	11	7
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

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 Cauliflower Rice Black Beans	737	268	43	75	30	11	102	2	1943	9	6
Outer Reef Burrito Chicken Blackened Cauliflower Rice White Beans	718	270	41	71	30	11	102	2	2554	10	7
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 Chicken Charbroiled Cauliflower Rice Black Beans	738	277	43	72	31	11	104	2	1902	8	5
Outer Reef Burrito Chicken Charbroiled Cauliflower Rice White Beans	718	279	41	69	31	11	104	2	2513	9	7
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 Blackened Cauliflower Rice Black Beans	697	230	44	75	26	10	84	2	2006	9	6
Outer Reef Burrito Fish Blackened Cauliflower Rice White Beans	677	232	42	71	26	10	84	2	2617	10	7
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 Fish Charbroiled Cauliflower Rice Black Beans	689	228	44	73	25	10	85	2	1954	8	5
Outer Reef Burrito Fish Charbroiled Cauliflower Rice White Beans	670	230	42	70	26	10	85	2	2565	10	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 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
Outer Reef Burrito Mushroom Cauliflower Rice Black Beans	674	266	27	77	30	11	43	2	1807	9	9
Outer Reef Burrito Mushroom Cauliflower Rice White Beans	655	268	25	74	30	11	43	2	2418	10	11
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 Salmon Cauliflower Rice Black Beans	721	262	42	73	29	11	88	2	1742	8	6
Outer Reef Burrito Salmon Cauliflower Rice White Beans	702	264	40	70	29	11	88	2	2353	10	8
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 Shrimp Cauliflower Rice Black Beans	678	231	37	75	26	11	155	2	2225	8	6
Outer Reef Burrito Shrimp Cauliflower Rice White Beans	659	234	35	72	26	11	155	2	2836	10	8
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

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 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
Outer Reef Burrito Tofu Cauliflower Rice Black Beans	685	249	31	77	28	11	43	2	1762	9	8
Outer Reef Burrito Tofu Cauliflower Rice White Beans	666	252	30	73	28	11	43	2	2373	10	9
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 Banzai Veggie Burrito Cauliflower Rice Black Beans	642	237	26	78	26	11	43	2	1579	10	9
Citrus Slaw Banzai Veggie Burrito Cauliflower Rice White Beans	625	239	25	75	27	11	43	2	2191	12	11
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
Citrus Slaw Blackened Chicken Burrito Cauliflower Rice Black Beans	747	283	43	74	31	11	102	2	1968	9	6
Citrus Slaw Blackened Chicken Burrito Cauliflower Rice White Beans	728	286	41	71	32	11	102	2	2579	11	8
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

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 Cauliflower Rice Black Beans	707	245	44	74	27	11	84	2	2032	9	6
Citrus Slaw Blackened Fish Burrito Cauliflower Rice White Beans	687	247	42	71	27	11	84	2	2643	11	8
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 Burrito Carne Asada Cauliflower Rice Black Beans	813	360	42	73	40	15	100	2	1860	9	6
Citrus Slaw Burrito Carne Asada Cauliflower Rice White Beans	794	362	40	69	40	15	100	2	2471	10	8
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 Carnitas Burrito Cauliflower Rice Black Beans	893	375	55	75	42	15	142	2	2483	10	7
Citrus Slaw Carnitas Burrito Cauliflower Rice White Beans	874	377	54	72	42	15	142	2	3094	11	8
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 Chicken Burrito Cauliflower Rice Black Beans	747	292	43	71	32	12	104	2	1927	9	6
Citrus Slaw Charbroiled Chicken Burrito Cauliflower Rice White Beans	728	294	41	68	33	12	104	2	2539	10	8



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 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
Citrus Slaw Charbroiled Fish Burrito Cauliflower Rice Black Beans	699	244	44	72	27	11	85	2	1979	9	6
Citrus Slaw Charbroiled Fish Burrito Cauliflower Rice White Beans	680	246	43	69	27	11	85	2	2591	10	8
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 Mushrooms Burrito Cauliflower Rice Black Beans	684	281	27	76	31	11	43	2	1832	9	10
Citrus Slaw Mushrooms Burrito Cauliflower Rice White Beans	665	283	25	73	31	11	43	2	2443	11	11
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 Salmon Burrito Cauliflower Rice Black Beans	731	277	42	73	31	11	88	2	1767	9	7
Citrus Slaw Salmon Burrito Cauliflower Rice White Beans	712	279	40	70	31	11	88	2	2378	10	9
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

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 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 Shrimp Burrito Cauliflower Rice Black Beans	688	247	37	74	27	11	155	2	2251	9	7
Citrus Slaw Shrimp Burrito Cauliflower Rice White Beans	669	249	35	71	28	11	155	2	2862	10	9
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
Citrus Slaw Tofu Burrito Cauliflower Rice Black Beans	695	265	32	76	29	11	43	2	1787	9	9
Citrus Slaw Tofu Burrito Cauliflower Rice White Beans	676	267	30	73	30	11	43	2	2398	11	10
Mr. Lee's SCReaM'n Chicken Burrito Brown Rice	812	340	42	75	38	12	111	2	1986	4	6
Mr. Lee's SCReaM'n Chicken Burrito White Rice	879	350	43	87	39	14	121	2	2165	4	6
Mr. Lee's SCReaM'n Chicken Burrito Cauliflower Rice	746	316	43	65	35	12	111	2	2151	6	9
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
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 Blackened Mushroom Cauliflower Rice Black Beans	505	153	16	76	17	4	0	2	1677	9	14
Banzai Burrito Blackened Mushroom Cauliflower Rice White Beans	492	154	15	74	17	4	0	2	2084	10	15
Banzai Burrito Carne Asada Brown Rice Black Beans	666	244	31	77	27	8	58	2	1622	8	9

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 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 Carne Asada Cauliflower Rice Black Beans	634	232	32	72	26	8	58	2	1704	9	11
Banzai Burrito Carne Asada Cauliflower Rice White Beans	621	233	31	70	26	8	58	2	2112	9	12
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 Carnitas Cauliflower Rice Black Beans	714	246	45	74	27	8	99	2	2328	10	11
Banzai Burrito Carnitas Cauliflower Rice White Beans	701	248	44	72	28	8	99	2	2735	10	12
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 Blackened Cauliflower Rice Black Beans	568	155	33	73	17	4	60	2	1813	9	11
Banzai Burrito Chicken Blackened Cauliflower Rice White Beans	555	156	32	71	17	4	60	2	2220	10	12
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

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 Chicken Charbroiled White Rice White Beans	625	187	32	80	21	6	68	2	1970	8	10
Banzai Burrito Chicken Charbroiled Cauliflower Rice Black Beans	568	164	33	71	18	4	62	2	1772	8	11
Banzai Burrito Chicken Charbroiled Cauliflower Rice White Beans	555	165	32	69	18	4	62	2	2180	9	12
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
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 Blackened Cauliflower Rice Black Beans	527	116	34	73	13	3	41	2	1876	9	11
Banzai Burrito Fish Blackened Cauliflower Rice White Beans	514	118	33	71	13	3	41	2	2284	10	12
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 Fish Charbroiled Cauliflower Rice Black Beans	520	115	34	72	13	3	43	2	1824	8	11
Banzai Burrito Fish Charbroiled Cauliflower Rice White Beans	507	117	33	69	13	3	43	2	2231	9	12
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 Salmon Cauliflower Rice Black Beans	552	149	32	72	17	4	45	2	1612	8	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)
Banzai Burrito Salmon Cauliflower Rice White Beans	539	150	31	70	17	4	45	2	2019	9	13
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 Shrimp Cauliflower Rice Black Beans	509	118	26	74	13	3	113	2	2095	8	12
Banzai Burrito Shrimp Cauliflower Rice White Beans	496	120	25	72	13	3	113	2	2503	9	13
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 Tofu Cauliflower Rice Black Beans	516	136	21	75	15	4	0	2	1632	9	13
Banzai Burrito Tofu Cauliflower Rice White Beans	503	138	20	73	15	4	0	2	2039	10	14
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
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
Banzai Burrito Vegetarian Cauliflower Rice Black Beans	459	107	15	74	12	3	0	2	1279	9	11
Banzai Burrito Vegetarian Cauliflower Rice White Beans	446	109	14	72	12	3	0	2	1687	10	12
1988 Burrito Mushrooms	455	187	13	56	21	6	14	2	1285	4	8

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 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
1988 Burrito Vegetarian Cauliflower Rice Black Beans	549	150	20	84	17	6	14	2	2125	14	8
1988 Burrito Vegetarian Cauliflower Rice White Beans	479	146	17	71	16	6	14	2	2102	11	10
<b>ENCHILADA STYLE BURRITO (add this info to any burrito of your choice)</b>											
<i>Any Burrito Wet with Red Sauce &amp; Melted Cheese</i>	196	117	11	7	13	7	43	0	668	2	3
<i>Any Burrito Wet with Green Sauce &amp; Melted Cheese</i>	223	116	11	12	13	7	43	0	842	1	1
<b>TACOS &amp; ENCHILADAS (a la carte)</b>											
Fuego Carnitas Taco	340	203	21	15	23	8	73	0	903	3	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)
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
1988 Taco Chicken Blackened	210	57	14	25	6	2	37	0	357	4	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 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
Skinny Taco Citrus Slaw Shrimp	118	48	9	8	5	2	63	0	535	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)
Skinny Taco Citrus Slaw Tofu	122	57	6	9	6	2	7	0	304	2	4
Skinny Taco Citrus Slaw Veggie Brown Rice Black Beans	123	48	5	14	5	5	7	0	273	3	2
Skinny Taco Citrus Slaw Veggie Brown Rice White Beans	116	49	4	13	5	5	7	0	477	3	3
Skinny Taco Citrus Slaw Veggie White Rice Black Beans	140	51	5	18	6	6	10	0	318	3	2
Skinny Taco Citrus Slaw Veggie White Rice White Beans	133	51	4	17	6	6	10	0	522	3	3
Skinny 1988 Taco Banzai Veggie	139	22	4	23	2	1	7	0	977	2	4
Skinny 1988 Taco Mushrooms	80	44	4	6	5	2	7	0	314	2	3
Skinny 1988 Taco Carne Asada	144	84	11	4	9	4	36	0	327	1	1
Skinny 1988 Taco Carnitas	184	91	18	5	10	4	57	0	639	2	2
Skinny 1988 Taco Chicken Blackened	111	45	12	4	5	2	37	0	382	2	2
Skinny 1988 Taco Chicken Charbroiled	111	50	12	3	6	2	38	0	361	1	1
Skinny 1988 Taco Fish Blackened	94	26	12	5	3	1	28	0	416	2	2
Skinny 1988 Taco Fish Charbroiled	90	25	13	4	3	1	28	0	397	2	2
Skinny 1988 Taco Salmon	106	42	12	5	5	2	30	0	284	2	2
Skinny 1988 Taco Shrimp	85	25	9	5	3	1	64	0	526	2	3
Skinny 1988 Taco Tofu	85	36	6	5	4	1	7	0	291	2	3
Skinny 1988 Taco Vegetarian Brown Rice White Beans	91	29	4	12	3	1	7	0	500	3	3
Skinny 1988 Taco Vegetarian Brown Rice Black Beans	97	28	5	13	3	1	7	0	296	3	2
Skinny 1988 Taco Vegetarian White Rice Black Beans	116	31	5	17	3	2	10	0	342	3	2
Skinny 1988 Taco Vegetarian White Rice White Beans	110	31	5	16	3	2	10	0	546	4	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)
Crispy Flounder Taco	318	97	21	35	11	4	49	0	774	2	2
Enchilada Green Banzai Veggie	247	67	9	30	7	4	21	0	1113	3	11
Enchilada Green Mushrooms	212	91	8	20	10	4	21	0	602	2	3
Enchilada Green Carne Asada	271	127	15	18	14	6	50	0	596	1	0
Enchilada Green Carnitas	311	134	22	19	15	6	71	0	908	2	1
Enchilada Green Cheese	311	159	15	18	18	9	57	0	674	1	0
Enchilada Green Chicken Blackened	238	88	16	18	10	4	51	0	651	1	1
Enchilada Green Chicken Charbroiled	238	93	16	17	10	4	52	0	630	1	0
Enchilada Green Fish Blackened	218	69	16	18	8	4	42	0	682	1	1
Enchilada Green Fish Charbroiled	214	69	16	17	8	4	43	0	664	1	0
Enchilada Green Salmon	239	88	17	18	10	4	47	0	564	1	1
Enchilada Green Shrimp	209	70	13	18	8	4	78	0	792	1	1
Enchilada Green Tofu	218	81	10	20	9	4	21	0	576	2	2
Enchilada Green Vegetarian Brown Rice Black Beans	223	71	9	27	8	4	21	0	564	3	1
Enchilada Green Vegetarian Brown Rice White Beans	216	72	8	26	8	4	21	0	768	3	1
Enchilada Green Vegetarian White Rice Black Beans	242	76	9	30	8	4	24	0	614	3	1
Enchilada Green Vegetarian White Rice White Beans	233	74	8	29	8	4	24	0	813	3	1
Enchilada Red Banzai Veggie	234	67	10	28	7	4	21	0	1026	3	12
Enchilada Red Mushrooms	199	91	8	17	10	4	21	0	515	2	4
Enchilada Red Carne Asada	258	127	15	15	14	6	50	0	510	2	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)
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
<b>SHARED PLATES</b>											
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
Loaded Nachos Carnitas White Beans	1424	716	76	96	80	31	241	1	3848	16	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)
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
Taquitos Carne Asada	422	171	19	42	19	5	50	0	721	5	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)
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
<b>JUST FOR KIDS</b>											
<b>KIDS BOWL</b>											
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 Banzai Veggie Cauliflower Rice Black Beans	230	8	14	42	1	0	0	0	1287	11	15
Kid's Bowl Banzai Veggie Cauliflower Rice White Beans	205	11	11	38	1	0	0	0	2102	12	17
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
Kids Bowl Mushrooms Cauliflower Rice Black Beans	191	32	12	31	4	1	0	0	774	9	6
Kids Bowl Mushrooms Cauliflower Rice White Beans	166	35	9	27	4	1	0	0	1588	11	8
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

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 Carne Asada White Rice White Beans	372	114	18	47	13	5	43	0	1618	8	3
Kids Bowl Carne Asada Cauliflower Rice Black Beans	265	77	20	29	9	3	33	0	789	9	4
Kids Bowl Carne Asada Cauliflower Rice White Beans	239	80	18	25	9	3	33	0	1604	11	6
Kid's Bowl Carnitas Brown Rice Black Beans	376	110	27	40	12	3	57	0	980	8	1
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
Kids Bowl Carnitas Cauliflower Rice Black Beans	311	86	28	30	10	3	57	0	1146	9	4
Kids Bowl Carnitas Cauliflower Rice White Beans	285	89	26	26	10	3	57	0	1960	11	6
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
Kids Bowl Chicken Blackened Cauliflower Rice Black Beans	227	33	21	29	4	1	34	0	851	9	4
Kids Bowl Chicken Blackened Cauliflower Rice White Beans	202	36	19	25	4	1	34	0	1666	11	6
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 Chicken Charbroiled Cauliflower Rice Black Beans	227	38	21	28	4	1	35	0	828	9	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)
Kid's Bowl Chicken Charbroiled Cauliflower Rice White Beans	202	41	19	24	5	1	35	0	1643	10	6
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
Kids Bowl Blackened Fish Cauliflower Rice Black Beans	204	11	21	30	1	0	23	0	887	9	4
Kids Bowl Blackened Fish Cauliflower Rice White Beans	179	14	19	25	2	0	23	0	1702	11	6
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
Kids Bowl Fish Charbroiled Cauliflower Rice Black Beans	200	11	22	28	1	0	24	0	858	9	4
Kids Bowl Fish Charbroiled Cauliflower Rice White Beans	174	14	19	24	2	0	24	0	1673	10	6
Kid's Bowl Shrimp Brown Rice Black Beans	253	36	15	40	4	1	56	0	798	7	2
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
Kids Bowl Shrimp Cauliflower Rice Black Beans	188	11	16	30	1	0	56	0	964	9	4
Kids Bowl Shrimp Cauliflower Rice White Beans	162	14	14	25	2	0	56	0	1779	10	6
Kid's Bowl Tofu Brown Rice Black Beans	263	47	13	41	5	1	0	0	582	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)
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 Bowl Tofu Cauliflower Rice Black Beans	198	23	14	31	3	0	0	0	748	9	5
Kids Bowl Tofu Cauliflower Rice White Beans	172	26	12	27	3	0	0	0	1563	11	7
<b>KIDS BRC BURRITO</b>											
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
Kid's Bean & Cheese Burrito Cauliflower Rice Black Beans	668	257	29	75	29	13	57	2	1567	9	5
Kid's Bean & Cheese Burrito Cauliflower Rice White Beans	643	260	26	70	29	13	57	2	2382	11	7
<b>KIDS PLATE: ADD ONE KIDS TACO OR KIDS ENCHILADA TO THE FOLLOWING SIDE OPTIONS</b>											
Kid's Plate Side Brown Rice Black Beans (add Taco or Enchilada)	160	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 Cauliflower Rice Black Beans (add Taco or Enchilada)	149	5	10	28	1	0	0	0	622	9	4
Kid's Plate Cauliflower Rice White Beans (add Taco or Enchilada)	123	8	8	24	1	0	0	0	1437	10	6
Kid's Plate Side Kid's Fries (add Taco or Enchilada))	247	81	3	35	9	2	0	0	42	3	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)
<b>KIDS TACOS &amp; ENCHILADAS (a la carte)</b>											
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
<b>MINI QUESADILLA</b>											
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

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 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
Kid's Mini Quesadilla with Cauliflower Rice and Black Beans	438	168	21	47	19	9	43	1	1140	8	4
Kid's Mini Quesadilla with Cauliflower Rice and White Beans	419	170	19	44	19	9	43	1	1751	9	6
<b>DESSERTS</b>											
Churro Chips	554	82	4	118	9	2	0	0	372	6	90
<b>LIMITED TIME OFFERINGS (LTO'S)</b>											
Kahuna Style	320	245	10	13	27	10	47	0	531	3	3
Turkey Albondigas Soup	147	50	9	15	6	2	37	0	1087	3	4
Shrimp Ceviche with Avocado and Chips	638	245	26	76	27	4	163	1	1637	9	3
<b>Ontario Airport</b>											
Bacon Breakfast Burrito	789	391	34	66	43	17	416	2	1584	2	5
Queso Nachos Blackened Chicken Black Beans	1011	434	48	100	48	16	114	1	2743	15	5
Queso Nachos Blackened Chicken White Beans	985	437	45	96	49	16	114	1	3558	17	7
Queso Nachos Carne Asada Black Beans	1077	511	47	99	57	20	112	1	2634	15	5
Queso Nachos Carne Asada White Beans	1051	513	44	95	57	20	112	1	3449	16	7
Queso Nachos Carnitas Black Beans	1157	525	60	101	58	20	154	1	3258	16	5
Queso Nachos Carnitas White Beans	1131	528	58	97	59	20	154	1	4073	17	7
Queso Nachos Charbroiled Chicken Black Beans	1011	443	48	98	49	16	116	1	2702	14	5
Queso Nachos Charbroiled Chicken White Beans	986	446	50	94	50	16	116	1	3517	16	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)
<b>Wahoo's Hawaii:</b>											
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
<b>Wahoo's LAX:</b>											
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 Tacos (2)	770	336	45	62	37	16	299	0	1302	9	6
<b>Wahoo's Fresno:</b>											
Jalapeno Rolls	587	300	28	45	33	13	92	2	1653	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)
Fajita Veggie Bowl - Blackened Chicken Brown Rice Black Beans	647	198	38	77	22	3	68	0	1453	15	8
Fajita Veggie Bowl - Blackened Chicken Brown Rice White Beans	609	203	34	71	23	3	68	0	2676	17	11
Fajita Veggie Bowl - Blackened Chicken White Rice Black Beans	766	216	39	98	24	6	86	0	1768	14	8
Fajita Veggie Bowl - Blackened Chicken White Rice White Beans	727	221	36	92	25	6	86	0	2990	17	11
Fajita Veggie Bowl - Blackened Fish Brown Rice Black Beans	601	154	39	77	17	2	47	0	1526	15	8
Fajita Veggie Bowl - Blackened Fish Brown Rice White Beans	563	159	35	71	18	2	47	0	2748	17	12
Fajita Veggie Bowl - Blackened Fish White Rice Black Beans	719	172	40	99	19	5	64	0	1840	14	8
Fajita Veggie Bowl - Blackened Fish White Rice White Beans	681	177	37	92	20	5	64	0	3063	17	11
Fajita Veggie Bowl - Carne Asada Brown Rice Black Beans	723	286	36	75	32	7	66	0	1330	14	8
Fajita Veggie Bowl - Carne Asada Brown Rice White Beans	684	290	33	69	32	8	66	0	2552	17	11
Fajita Veggie Bowl - Carne Asada White Rice Black Beans	841	304	38	97	34	11	83	0	1644	14	8
Fajita Veggie Bowl - Carne Asada White Rice White Beans	803	308	34	91	34	11	83	0	2866	16	11
Fajita Veggie Bowl - Carnitas Brown Rice Black Beans	814	303	52	78	34	7	114	0	2042	16	9
Fajita Veggie Bowl - Carnitas Brown Rice White Beans	776	307	48	72	34	7	114	0	3265	18	12
Fajita Veggie Bowl - Carnitas White Rice Black Beans	933	321	53	100	36	11	131	0	2356	15	8
Fajita Veggie Bowl - Carnitas White Rice White Beans	894	325	50	93	36	11	131	0	3579	18	11
Fajita Veggie Bowl - Charbroiled Chicken Brown Rice Black Beans	648	208	38	74	23	3	71	0	1407	14	8
Fajita Veggie Bowl - Charbroiled Chicken Brown Rice White Beans	609	213	34	68	24	3	71	0	2629	16	11
Fajita Veggie Bowl - Charbroiled Chicken White Rice Black Beans	766	226	39	96	25	6	88	0	1721	13	8
Fajita Veggie Bowl - Charbroiled Chicken White Rice White Beans	728	230	36	90	26	6	88	0	2944	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 - Charbroiled Fish Brown Rice Black Beans	592	153	39	75	17	2	49	0	1466	14	8
Fajita Veggie Bowl - Charbroiled Fish Brown Rice White Beans	554	157	36	69	17	2	49	0	2689	17	11
Fajita Veggie Bowl - Charbroiled Fish White Rice Black Beans	710	171	41	96	19	5	66	0	1781	14	8
Fajita Veggie Bowl - Charbroiled Fish White Rice White Beans	672	175	37	90	19	5	66	0	3003	16	11
Fajita Veggie Bowl - Salmon Brown Rice Black Beans	629	191	36	76	21	3	52	0	1224	14	9
Fajita Veggie Bowl - Salmon Brown Rice White Beans	591	196	33	69	22	3	52	0	2446	17	12
Fajita Veggie Bowl - Salmon White Rice Black Beans	747	209	38	97	23	6	69	0	1538	14	9
Fajita Veggie Bowl - Salmon White Rice White Beans	709	213	35	91	24	6	69	0	2760	16	12
Fajita Veggie Bowl - Shrimp Brown Rice Black Beans	569	155	29	77	17	2	113	0	1679	14	9
Fajita Veggie Bowl - Shrimp Brown Rice White Beans	531	159	25	71	18	2	113	0	2901	17	12
Fajita Veggie Bowl - Shrimp White Rice Black Beans	687	172	30	99	19	5	130	0	1993	14	9
Fajita Veggie Bowl - Shrimp White Rice White Beans	649	177	27	92	20	6	130	0	3215	16	12
Fajita Veggie Bowl - Tofu Brown Rice Black Beans	588	177	24	79	20	2	0	0	1247	15	11
Fajita Veggie Bowl - Tofu Brown Rice White Beans	550	181	21	73	20	2	0	0	2469	17	14
Fajita Veggie Bowl - Tofu White Rice Black Beans	706	195	26	101	22	6	17	0	1561	14	11
Fajita Veggie Bowl - Tofu White Rice White Beans	668	199	22	95	22	6	17	0	2784	17	14
Skinny Burrito Bowl - Blackened Chicken Brown Rice Black Beans	378	112	30	36	12	4	74	0	1103	8	4
Skinny Burrito Bowl - Blackened Chicken Brown Rice White Beans	359	114	28	33	13	4	74	0	1714	9	5
Skinny Burrito Bowl - Blackened Chicken White Rice Black Beans	429	120	31	46	13	5	81	0	1238	7	4
Skinny Burrito Bowl - Blackened Chicken White Rice White Beans	410	122	29	42	14	5	81	0	1849	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 - Blackened Fish Brown Rice Black Beans	337	74	31	36	8	3	55	0	1167	8	4
Skinny Burrito Bowl - Blackened Fish Brown Rice White Beans	318	76	29	33	8	3	55	0	1778	9	5
Skinny Burrito Bowl - Blackened Fish White Rice Black Beans	388	81	32	46	9	4	63	0	1301	7	4
Skinny Burrito Bowl - Blackened Fish White Rice White Beans	369	83	30	43	9	4	63	0	1912	9	5
Skinny Burrito Bowl - Carne Asada Brown Rice Black Beans	444	189	29	35	21	8	72	0	995	7	3
Skinny Burrito Bowl - Carne Asada Brown Rice White Beans	425	191	27	32	21	8	72	0	1606	8	5
Skinny Burrito Bowl - Carne Asada White Rice Black Beans	495	196	30	44	22	9	79	0	1129	7	3
Skinny Burrito Bowl - Carne Asada White Rice White Beans	475	199	28	41	22	9	79	0	1741	8	5
Skinny Burrito Bowl - Carnitas Brown Rice Black Beans	524	204	42	37	23	8	113	0	1618	8	4
Skinny Burrito Bowl - Carnitas Brown Rice White Beans	505	206	41	34	23	8	113	0	2229	10	5
Skinny Burrito Bowl - Carnitas White Rice Black Beans	575	211	43	46	23	9	121	0	1753	8	4
Skinny Burrito Bowl - Carnitas White Rice White Beans	556	213	41	43	24	9	121	0	2364	9	5
Skinny Burrito Bowl - Charbroiled Chicken Brown Rice Black Beans	378	121	30	34	13	4	76	0	1062	7	3
Skinny Burrito Bowl - Charbroiled Chicken Brown Rice White Beans	359	123	29	31	14	4	76	0	1674	8	5
Skinny Burrito Bowl - Charbroiled Chicken White Rice Black Beans	429	128	31	43	14	5	83	0	1197	7	3
Skinny Burrito Bowl - Charbroiled Chicken White Rice White Beans	410	131	29	40	15	5	83	0	1808	8	5
Skinny Burrito Bowl - Charbroiled Fish Brown Rice Black Beans	330	72	32	34	8	3	57	0	1114	7	3
Skinny Burrito Bowl - Charbroiled Fish Brown Rice White Beans	311	75	30	31	8	3	57	0	1726	8	5
Skinny Burrito Bowl - Charbroiled Fish White Rice Black Beans	380	80	32	44	9	4	64	0	1249	7	3
Skinny Burrito Bowl - Charbroiled Fish White Rice White Beans	361	82	30	41	9	4	64	0	1860	8	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 - Salmon Brown Rice Black Beans	362	106	29	35	12	4	60	0	902	7	4
Skinny Burrito Bowl - Salmon Brown Rice White Beans	343	108	28	32	12	4	60	0	1513	8	6
Skinny Burrito Bowl - Salmon White Rice Black Beans	412	114	30	44	13	5	67	0	1037	7	4
Skinny Burrito Bowl - Salmon White Rice White Beans	393	116	28	41	13	5	67	0	1648	8	6
Skinny Burrito Bowl - Shrimp Brown Rice Black Beans	309	74	22	36	8	3	113	0	1300	7	4
Skinny Burrito Bowl - Shrimp Brown Rice White Beans	290	76	21	33	8	3	113	0	1911	8	6
Skinny Burrito Bowl - Shrimp White Rice Black Beans	360	81	23	46	9	5	120	0	1435	7	4
Skinny Burrito Bowl - Shrimp White Rice White Beans	341	84	21	43	9	5	120	0	2046	8	6
Skinny Burrito Bowl - Tofu Brown Rice Black Beans	240	63	11	34	7	3	14	0	702	7	3
Skinny Burrito Bowl - Tofu Brown Rice White Beans	307	96	17	35	11	3	14	0	1533	9	8
Skinny Burrito Bowl - Tofu White Rice Black Beans	377	101	19	48	11	5	22	0	1057	7	6
Skinny Burrito Bowl - Tofu White Rice White Beans	357	103	18	45	11	5	22	0	1668	9	8
<b>Wahoo's Las Vegas:</b>											
<b>SHREDDER SANDWICH WITH RICE &amp; BEANS</b>											
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



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 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
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

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 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
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
<b>SHREDDER SANDWICH a la carte (SEE BELOW FOR SIDE OPTIONS)</b>											
Cajun Fries (Sandwich Side)	616	218	21	77	24	9	34	0	4253	13	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)
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
<b>Power Chopper Salad offered at Wahoo's Las Vegas and Fresno</b>											
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

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 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
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