

NUTRITION GUIDE

	Calories	Total Fat(g)	Sat Fat(g)	Carbs(g)	Protein(g)	Fiber(g)	Sodium(mg)
SANDWICHES¹							
BLT w/ Avocado	293	11	3	36	11	2	642
California Grill	284	3	1	37	26	1	485
Chicken Ranch	315	6	1	35	27	1	622
Classic Turkey	292	6	3	35	22	1	901
Hummus & Mozzarella	302	9	4	40	14	2	637
Thanksgiving Turkey	302	5	2	46	18	1	755
Tuna Melt	355	12	4	37	24	1	957
Veggie Delight	302	12	5	37	11	2	609
SPECIALTY SANDWICHES¹							
BBQ Steak	350	10	3	37	26	2	478
Chicken Pesto MBT	395	13	5	34	32	1	614
Crispy Bacon Western	473	16	6	51	28	2	1220
French Dip	350	11	5	32	29	0	555
Turkey, Bacon & Avo	345	11	3	36	22	2	962
PASTAS²							
Chicken Parmesan	580	17	6	65	37	5	1173
Chicken Penne Pesto	525	23	3	44	31	4	551
Creamy Bruschetta	310	7	3	48	13	1	308
Garlic Chicken Fett.	491	19	2	46	31	2	298
Penne Marinara	242	3	1	42	9	3	231
Seared Ahi Pesto	576	28	3	49	30	2	1099
Teriyaki Veggie	387	5	2	71	11	5	3073
Thai Chicken	506	20	2	58	22	4	1238
SOUPS³							
Chicken & Rice	98	2	0	5	14	1	887
Clam Chowder	250	18	10	13	4	1	721
Cream of Broccoli	206	15	8	13	2	1	598
Mexican Tortilla	131	6	2	14	5	1	1337
Potato Cheddar	196	8	5	25	6	2	809
Tomato Basil	93	2	0	15	4	1	222
Vegetable Harvest	42	1	0	7	1	2	622

1) Nutritionals are for half size on sourdough bread. Multiply by 2 for full size.

2) Does not include garlic bread.

3) Nutritionals are for a 8oz cup of soup. Bowl size is 16oz.

	Calories	Total Fat(g)	Sat Fat(g)	Carbs(g)	Protein(g)	Fiber(g)	Sodium(mg)
SALADS⁴							
BBQ Chicken Chop	260	8	1	28	19	6	684
Caesar Salad	155	9	2	13	6	2	400
Chicken Caesar	260	11	2	13	25	2	448
Chicken Harvest	345	19	5	17	27	2	589
Crispy Thai Chicken	357	19	2	30	17	4	495
EI Capitan	302	13	5	25	22	7	891
Garden Salad*	86	3	0	12	3	2	86
Green Apple Salad	334	20	5	33	7	4	535
Mandarin Chicken	283	10	1	24	22	5	779
Mediterranean Tahini	280	18	3	22	9	6	751
Santa Barbara Cobb*	211	6	1	14	24	5	71
Seared Ahi Salad	246	11	1	22	14	3	865
Steak Caesar	298	15	4	13	25	2	438
Thai Steak	354	19	4	21	24	2	171
SALAD DRESSINGS⁵							
Ahi Ginger	74	5	1	7	1	0	540
Balsamic Vinaigrette	130	8	1	12	1	0	284
BBQ Sauce	46	0	0	11	0	0	239
Caesar	66	5	1	4	2	0	292
Lemon-Tahini	103	10	1	3	1	1	205
Oriental	57	4	0	4	1	0	642
Ranch	70	5	1	5	2	0	265
Raspberry Vinaigrette	122	8	1	12	1	1	254
Salsa	13	0	0	3	1	1	183
Thai Peanut	122	10	1	5	1	0	22
SIDES & BREADS							
Seasoned Fries	330	22	2	32	4	5	400
Side Fruit Salad	78	0	0	18	1	2	14
Side Caesar	77	4	1	6	3	1	200
Mac & Cheese	251	8	4	38	13	5	324
Chicken Tenders	292	9	1	26	25	3	835
Garlic Bread	132	5	0	19	3	0	151
Honey-wheat (2 oz)	140	3	0	25	4	1	113
French (3 oz)	181	1	0	37	6	1	203
Sourdough (2 oz)	154	0	0	32	6	0	385

4) Nutritionals are for half size w/ salad dressing. Multiply by 2 for full size.

5) Nutritionals for half size salads (avg. 1.6 oz). Multiply by 2 for full salads.

	Calories	Total Fat(g)	Sat Fat(g)	Carbs(g)	Protein(g)	Fiber(g)	Sodium(mg)
BURGERS⁶							
Cal Pesto	315	14	2	39	8	4	287
Classic	265	9	1	39	7	3	329
Gaucho	315	12	3	40	11	3	559
Pepper Jack	387	19	6	39	13	3	756
All-natural Beef**	260	16	6	0	27	0	75
Handmade Veggie	366	3	0	70	15	10	759
Seared Ahi ⁸	159	5	1	1	26	0	593
SHAKES, SUNDAES & DESSERTS							
Choc. Banana Berry	308	0	0	67	10	2	225
Cookie Monster	297	3	0	59	10	0	250
Orgasmic Orange	281	0	0	64	7	0	176
Tropical Freeze	319	0	0	72	7	2	179
AlmondBerry	303	6	3	54	8	2	170
Banana Split	432	5	4	87	7	3	179
Dbl. Fudge Brownie**	478	10	4	85	9	1	351
Soft-serve only	200	0	0	44	6	0	170
Whipped Cream	45	3	3	3	0	0	0
Choc. Chip Cookie	208	11	2	26	1	0	105
Brownie**	300	6	1	55	3	0	310
Rice Crispy Treat	164	4	0	30	1	0	202
BEVERAGES⁷							
Pepsi	150	0	0	41	0	0	30
Diet Pepsi	0	0	0	0	0	0	35
Sierra Mist	140	0	0	39	0	0	35
Mountain Dew	170	0	0	46	0	0	70
Root Beer	160	0	0	43	0	0	65
Sobe Diet C. G.	8	0	0	2	0	0	23
Tropicana Twister	190	0	0	52	0	0	35
Wild Cherry Pepsi	160	0	0	42	0	0	30
Crystal Lite	10	0	0	0	0	0	0
Iced Tea	10	0	0	0	0	0	0

6) These nutritionals do not include chosen protein (beef, veggie, ahi).

7) Self-serve beverages based on 20oz cup w/ 12oz liquid and 8oz ice.

8) Seared ahi is less than thoroughly cooked.

* Salad dressings not included in totals. ** Contains small amount of trans fat.

Nutrition information subject to change without notice - Apr 2009