

**All information is approximate, as nutrition values are susceptible to change and handmade.**

Salads	Calories	Protein(g)	Fat Calories	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Total Carbs(g)	Fiber(g)	Sugar(g)
Baby Artichoke Chicken Salad	489.36	33.55	295.85	33.45	5.5	0	78.47	1221.45	16.62	5	6.59
Regular Artichoke Chicken Salad	504.83	35.68	305.48	35.33	5.83	0	79.98	1244.46	19.42	6.79	7.6
Baby Asian Peanut Crusted Chicken Salad	507.82	37.36	202.53	21.81	3.26	0	65.81	624.28	41.84	7.35	14.14
Regular Asian Peanut Crusted Chicken Salad	532.84	38.36	202.53	21.81	3.26	0	65.81	704.32	45.84	9.35	15.14
Baby Avocado BLT Salad	545.66	17.77	361.49	43.03	8.11	0	66.13	850.74	29.18	5.39	6.12
Regular Avocado BLT Salad	560.12	18.79	364.04	43.29	8.14	0	66.13	857.55	31.98	7.18	7.13
Baby Baklava Salmon Salad	394.99	24.79	91.9	9.19	1.43	0	45.16	823.99	55.33	3.82	35.9
Regular Baklava Salmon Salad	420.01	25.79	91.9	9.19	1.43	0	45.16	904.03	59.33	5.82	36.9
Baby Berry Salad	476.09	5.35	215.67	24.26	3.25	0	0	386.14	60.74	8.79	41.63
Regular Berry Salad	501.11	6.35	210.61	24.26	3.25	0	0	461.12	64.74	10.79	42.63
Baby Bleu Belly Salad	633.11	30.77	518.14	47.1	13.52	0	108.2	906.54	23.97	4.23	8.9
Regular Bleu Belly Salad	647.57	31.79	520.69	47.36	13.55	0	108.2	913.35	26.77	6.02	9.91
Baby Bob's Cobb Salad	711.44	59.98	440.55	49.8	14.25	0	357.55	1364.54	9.55	2.38	4.34
Regular Bob's Cobb Salad	725.9	61	443.1	50.06	14.28	0	357.55	1361.22	12.35	4.17	5.35
Baby Bruschetta Salad	513.48	29.65	260.66	29.13	3.28	0	65.81	923.18	35.42	4.39	18.49
Regular Bruschetta Salad	527.94	30.27	263.21	28.79	3.25	0	65.81	929.99	37.64	5.98	19.12
Baby Buffalo Chicken Salad with Blue Cheese	546.68	32.75	555.07	40.53	10.38	0	133.96	1479.51	13.12	4.58	6.18
Baby Buffalo Chicken Salad with Ranch	466.82	32.42	478.53	32.19	8.21	0	128.27	998.07	13.78	4.58	5.02
Regular Buffalo Chicken Salad with Blue Cheese	560.37	33.8	557.62	40.79	10.41	0	133.96	1486.45	15.79	6.43	7.34
Regular Buffalo Chicken Salad with Ranch	480.51	33.47	481.08	32.45	8.24	0	128.27	1005.01	16.45	6.43	6.18

Baby Caprese Salad	305.32	13.25	167.29	16.73	7.97	0	30	583.7	26.2	2.59	13.77
Regular Caprese Salad	331.89	17.99	68.09	16.92	7.05	0	30.37	834.37	28.97	3.03	14.3
Baby Coconut Chicken Salad	788.73	47.27	368.59	45.79	12.46	0	101.46	968.94	57.48	5.81	15.78
Regular Coconut Chicken Salad	793.3	47.84	369.39	45.86	12.47	0	101.46	984.62	58.2	6.25	15.86
Baby Dill Chicken Salad	450.84	11.1	94.78	18.15	2.48	0	32.87	718.27	60.82	3.39	47.7
Regular Dill Chicken Salad	475.86	12.1	94.78	18.15	2.48	0	32.87	798.31	64.82	5.39	48.7
Baby Greek Salad	600.44	24.28	431.13	49.03	17.02	0	78.85	2105.58	24.77	4.48	7.64
Regular Greek Salad	614.9	25.3	433.68	49.29	17.05	0	78.85	2112.39	27.57	6.27	8.65
Baby Hot Chicken Salad	536.89	45.97	295.2	31.7	9.39	0.18	130.73	1147.11	21.02	2.56	8.45
Regular Hot Chicken Salad	550.9	50.06	300.22	33.36	10.41	0.18	134.09	1202.95	19.17	4.35	5.54
Baby Hummus Salad Buffalo	390.17	12.53	125.14	16.19	4.13	0	15.47	6939.14	56.38	6.7	14
Regular Hummus Salad Buffalo	394.74	13.1	125.94	16.26	4.14	0	15.47	6954.82	57.1	7.14	14.08
Baby Hummus Salad Cilantro	362.47	11.94	104.59	10.77	1.83	0	5.07	990.78	57.81	9.03	11.72
Regular Hummus Salad Cilantro	367.04	12.51	105.39	10.84	1.84	0	5.07	1004.46	58.53	9.47	11.8
Baby Parmesan Herb Salad	746.94	60.67	427.25	52.52	17.73	0	154.47	3196.85	27.51	3.28	6.1
Regular Parmesan Herb Salad	761.4	61.92	429.8	53.12	17.79	0	154.47	3203.66	30.64	5.18	7.33
Baby Pesto Chicken Salad	392.4	42.2	186.4	20.29	6.03	0	92.55	1101.2	17.39	5.56	6.28
Regular Pesto Chicken Salad	398.92	43.02	186.54	20.4	6.05	0	92.55	1123.6	18.42	6.18	6.4
Baby Quinoa Salad	385.17	31.57	152.57	16.21	1.42	0	65.81	577.53	33.7	3.94	10.27
Regular Quinoa Salad	430.2	34.57	158.88	16.91	1.42	0	65.81	612.55	42.7	5.94	10.27
Baby Salmon Salad	465.91	27.28	184.89	19.58	2.6	0	48.28	1027.34	54.72	5.66	33.06

Regular Salmon Salad	470.48	27.85	180.63	19.65	2.61	0	48.28	1037.96	55.44	6.1	33.14
Baby Souvlaki Salad	495.38	32.81	326.45	37.32	12.45	0	120.23	1331.18	15.05	3.38	4.71
Regular Souvlaki Salad	509.84	33.83	329	37.58	12.48	0	120.23	1337.99	17.85	5.17	5.72
Baby Super Fit Salad	542.23	39.57	265.02	28.45	5.59	0	87	491.71	42.58	8.58	11.02
Regular Super Fit Salad	587.26	42.57	271.33	29.15	5.59	0	87	526.73	51.58	10.58	11.02
Baby Taco Salad	591.1	28.68	355.74	39.79	12.75	1.4	93.17	1205.49	30.2	5.6	4.11
Regular Taco Salad	607.56	29.72	268.29	40.17	12.8	1.4	93.17	1219.36	33.2	7.41	5.12
Baby Thai Salmon Salad	556.39	33.74	261.69	27.71	4.77	0	45.16	1228.85	42.1	6.82	19.68
Regular Thai Salmon Salad	581.41	34.74	261.69	27.71	4.77	0	45.16	1308.89	46.1	8.82	20.68

Lettuce Wraps	Calories	Protein(g)	Fat Calories	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Total Carbs(g)	Fiber(g)	Sugar(g)
Avocado BLT Lettuce Wrap (3)	353.19	14.94	230.09	27.5	6.06	0	53.1	732.5	15.26	3.52	2.78
Avocado BLT Lettuce Wrap (6)	591.62	28.93	356.56	43.64	10.59	0	96.07	1382.69	26.89	5.4	4.64
Bruschetta Lettuce Wrap (3)	177.69	21.21	38.02	4.48	0.16	0	49.36	253.52	14.21	1.84	7.08
Bruschetta Lettuce Wrap (6)	323.29	42.48	76.21	8.98	0.34	0	98.72	507.47	21.04	3.8	10.44
Buffalo Chicken Lettuce Wrap (3)	224.07	21.69	210.25	12.83	3.66	0	79.26	649.57	5.92	1.93	2.05
Buffalo Chicken Lettuce Wrap (6)	443.26	43.23	420.98	25.72	7.34	0	158.51	1287.66	10.71	3.72	3.18
Caprese Lettuce Wrap (3)	116.6	4.23	37.91	3.9	2.08	0	9.06	198.38	17.37	1.77	6.5
Caprese Lettuce Wrap (6)	163.85	7.39	64.39	6.56	3.85	0	16.56	244.95	20.42	2.92	7.52
Chicken Pesto Lettuce Wraps (3)	223.56	26.58	125.39	13.47	4.52	0	71	151.19	3.84	1.3	1.04
Chicken Pesto Lettuce Wraps (6)	322.4	46.87	145.74	15.89	4.54	0	120.36	211.76	5.33	2.26	1.58

Chicken Souvlaki Lettuce Wrap (3)	580.21	25.8	463.35	53.03	17.51	0	97.45	1205.65	11.94	1.43	3.96
Chicken Souvlaki Lettuce Wrap (6)	690.6	47.29	478.57	55.67	14.45	0	128.46	1705.47	15.59	3.05	4
Coconut Chicken Lettuce Wrap (3)	854.94	36.31	348.77	47.22	14.23	0	83.19	1382.76	78.05	9.85	15.58
Coconut Chicken Lettuce Wrap (6)	1022.28	49.05	601.39	67.11	18.32	0	153.71	1660.47	59.35	5.73	27.52
Dill Chicken Lettuce Wrap (3)	397.91	24.74	203.81	24.05	2.46	0	63.59	258.34	27.24	3.52	18.3
Dill Chicken Lettuce Wrap (6)	688.34	46.25	331.01	39.42	4.2	0	127.19	427.73	48.28	5.28	33.99
Hummus Lettuce Wrap (3) Buffalo	185.91	5.58	51.2	4.97	1.23	0	3.96	2699.12	29.81	3.46	5.23
Hummus Lettuce Wrap (6) Buffalo	380.66	12.03	112.16	13.35	3.4	0	12.87	5413.17	59.23	7.6	12.11
Hummus Lettuce Wrap (3) Cilantro	217.26	5.86	55.35	4.63	0.83	0	2.53	500.41	37.62	4.7	5.44
Hummus Lettuce Wrap (6) Cilantro	359.83	11.59	96.71	9.28	1.67	0	5.05	940.73	60.31	9.36	10.39
Greek Lettuce Wrap (3)	438.38	16.51	345.25	37.95	18.25	0	92.58	776.2	13.5	1.9	4.81
Greek Lettuce Wrap (6)	657.94	25.22	501.39	55.29	25.15	0	126.95	1261.46	20.9	3.68	6.53
Sriracha Lettuce Wrap (3)	388.97	38.26	183.54	20.84	7.6	0.04	107.56	883.78	8.56	1.01	2.1
Sriracha Lettuce Wrap (6)	778.9	76.68	422.27	47.7	16.2	0.18	217.63	1868.4	17.87	2.16	4.35
Super Fit Lettuce Wrap (3)	158.41	21.07	38.89	4.83	0.53	0	51.84	114.79	11.11	1.55	2.48
Super Fit Lettuce Wrap (6)	308.21	41.82	77.95	9.68	1.08	0	103.67	222.36	20.49	2.85	3.88
Thai Chicken Lettuce Wrap (3)	550.75	31.37	214.92	22.74	3.42	0	60.75	1020.13	58.49	8.65	10.72
Thai Chicken Lettuce Wrap (6)	867.88	56.23	363.95	38.33	5.84	0	121.5	1655.95	78.17	11.69	15.09

Wraps	Calories	Protein(g)	Fat Calories	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Total Carbs(g)	Fiber(g)	Sugar(g)
Asian Chicken Wrap	608.45	32.32	129.48	22.58	5.67	0	32.91	967.02	78.63	12.76	17.85

Avocado BLT Wrap	666.93	23.51	261.98	39.73	9.59	0	53.1	1265.68	62.33	9.71	3.32
Bruschetta Wrap	446.02	23.57	49.2	13.87	3.86	0	32.91	963.37	60.93	8.68	8.89
Buffalo Chicken Wrap	1259.54	67.92	2177.81	81.76	41.39	0	269.1	3919.93	67.24	16.02	3.1
Berry Wrap	475.44	10.78	54.74	14.41	4.13	0	0	589.86	82.2	10.17	27.31
Caprese Wrap	433.71	15.85	63.99	14.6	7.39	0	16.56	822.35	64.9	8.34	7.86
Chipotle Wrap	443.71	25.69	85.38	17.65	6.56	0	46.78	741.73	51.2	7.38	3.81
Chicken Souvlaki Wrap	777.19	30.71	381.13	52.87	18.67	0	91.13	2156.4	61.65	8.52	6.6
Coconut Chicken Wrap	811.34	40.74	287.77	40.68	15.09	0	90.95	1277.38	76.69	10.54	13.12
Cuban Wrap	531.28	35.15	136.18	23.74	10.36	0	73.31	2481.4	56.99	7.96	6.91
Dill Chicken Wrap	548.79	26.29	95.05	20.13	4.47	0	37.02	777.33	73.12	10.24	19.7
Garden Wrap	382.52	13.25	65.6	15.41	6.48	0	15.24	676.47	52.53	8.41	4.39
Greek Wrap	575.18	22.4	217.22	31.53	13.98	0	54.61	1064.63	56.24	8.45	4
Hummus Wrap Cilantro	555.75	15.39	81.1	15.3	4.65	0	2.58	1161.54	91.45	11.95	8.4
Hummus Wrap Buffalo	593.53	15.23	99.43	19.66	6.46	0	10.4	5454.25	92.66	12.04	10.86
Pesto Wrap	442.18	27.32	71.46	17.17	7.09	0	45.62	821.89	49.79	7.21	2.79
Spinach Artichoke Wrap	619.86	35.74	88.75	27.43	11.69	0	71.06	1275.03	65.61	12.54	2.79
Sriracha Wrap	571.17	30.04	204.79	30.72	10.31	0.18	66.77	1016.66	50.59	7.15	2.49
Super Fit Wrap	635.08	31.42	197.57	30.19	7.81	0	54.1	886.34	71.39	10.23	9.23
Thai Chicken Wrap	636.11	31.35	197.38	29.38	6.58	0	32.91	1122.79	68.68	10.93	9.17
White Truffle Wrap	535.48	30.51	152.54	25.51	9.73	0	56.18	859.24	50.26	7.07	2.79

Sandwiches	Calories	Protein(g)	Fat Calories	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Total Carbs(g)	Fiber(g)	Sugar(g)
Avocado BLT Sandwich Ciabatta	755.44	35.56	368.98	44.76	10.1	0	93.6	1796.81	56.79	5.64	4.31
Avocado BLT Sandwich Flatbread	933.44	34.86	592.11	60.54	13.79	0	123.2	2181.26	104.98	5.71	6.78
Bruschetta Sandwich Ciabatta	590.73	36.8	178.8	25.29	4.82	0	64.55	1331.92	55.64	4.01	9.61
Bruschetta Sandwich Flatbread	625.73	35.6	288.8	28.24	6.52	0	81.55	1602.92	95.54	3.71	11.01
Buffalo Chicken Sandwich Ciabatta	544.51	33.1	428.63	26.45	6.59	0.06	84.45	1975.4	46.51	3.67	4.07
Buffalo Chicken Sandwich Flatbread	581.58	30.5	535.14	29.1	8.62	0	113.8	1680.76	86.53	3.37	5.31
Caprese Sandwich Ciabatta	340.52	13.4	71.86	7.8	3.82	0	16.56	618.26	55.89	2.18	8.63
Caprese Sandwich Flatbread	405.52	13.2	197.86	12.25	5.52	0	33.56	969.26	97.79	2.88	10.03
Cuban Sandwich Ciabatta	557.47	34.32	214.84	24.66	8.08	0	101.06	1639.67	49.47	2.94	10.46
Cuban Sandwich Flatbread	563.31	33.85	312.18	26.09	9.27	0	97.81	2549.55	93.4	2.64	11.35
Dill Chicken Sandwich Ciabatta	596.52	32.67	145.18	17.76	1.16	0	53.47	792.23	82.11	6.62	32.54
Dill Chicken Sandwich Flatbread	639.12	29.95	255.18	20.71	3.24	0	81.86	1317.62	122.77	6.32	33.94
Grilled Cheese Sandwich Ciabatta	748.55	46.22	353.36	40.79	17.15	0	121.31	2154.93	49.61	3.44	6.48
Grilled Cheese Sandwich Flatbread	783.55	45.02	463.36	43.74	18.85	0	138.31	2425.93	89.51	3.14	7.88
Gyro Sandwich Ciabatta	585.24	22.88	305.93	33.56	14.33	0	73.59	1107.02	51.36	3.28	5.64
Gyro Sandwich Flatbread	620.24	21.68	415.93	36.51	16.03	0	90.59	1378.02	91.26	2.98	7.04
Hummus Sandwich Ciabatta Cilantro	604.07	18.03	143.52	14.35	1.8	0	5.09	1415.59	101.66	8.86	12.96
Hummus Sandwich Flatbread Cilantro	568.2	16.83	239.35	17.3	3.5	0	22.09	1629.89	127.39	8.56	14.36
Hummus Sandwich Ciabatta Buffalo	635.64	18.7	166.78	20.47	4.39	0	16.83	8125.01	100.11	6.23	15.54
Hummus Sandwich Flatbread Buffalo	594.3	14.22	262.61	23.42	6.09	0	33.83	7901.72	123.65	5.93	16.94

Italian Sandwich Ciabatta	849.09	53.75	448.89	51.99	20.43	0	162.73	2754.67	45.93	3.13	5.35
Italian Sandwich Flatbread	884.09	52.55	558.89	54.94	22.13	0	179.73	3025.67	85.83	2.83	6.75
PB&J Grape Jam Ciabatta	945.39	23.53	275.78	31.62	6.2	0	0	663.5	144.34	5.7	97
PB&J Grape Jam Flatbread	1005.72	23.23	401.86	36.07	7.9	0	17.01	1014.92	185.23	6.2	97.63
PB&J Strawberry Ciabatta	833.64	24.53	291.78	33.12	6.2	0	0	743.5	109.89	6.7	60.55
PB&J Strawberry Flatbread	863.97	23.23	401.86	36.07	7.9	0	17.01	1014.92	148.78	6.2	61.18
PB&J Grape Ciabatta	828.82	24.43	291.78	33.12	6.2	0	0	743.5	108.83	6.5	53.7
PB&J Grape Flatbread	858.97	23.23	401.86	36.07	7.9	0	17.01	1041.92	148.78	6.2	55.1
Pesto Sandwich Ciabatta	560.12	38.67	197.22	25.15	7.55	0	79.98	864.17	50.14	4.65	4.01
Pesto Sandwich Flatbread	595.12	37.47	307.22	28.1	9.25	0	96.98	1135.17	90.04	4.35	5.41
Southwestern Steak Sandwich Ciabatta	530.83	28.38	122.55	19.55	7.24	0	64.36	785.96	61.58	4.76	7.18
Southwestern Steak Sandwich Flatbread	565.83	27.18	232.55	22.5	8.94	0	81.36	1056.96	101.48	4.46	8.58
Souvlaki Sandwich Ciabatta	856.59	35.35	520.38	59.13	19.67	0	118.97	1943	56.05	4.22	7.33
Souvlaki Sandwich Flatbread	891.59	34.15	630.38	62.08	21.37	0	135.97	2214	95.95	3.92	8.73
Spinach Artichoke Sandwich Ciabatta	602.78	47.35	47.25	22.1	10.09	0	97.14	1469.33	55.65	4.99	6.15
Spinach Artichoke Sandwich Flatbread	637.78	46.15	157.25	25.05	11.79	0	114.14	1740.33	95.55	4.69	7.55
Super Fit Sandwich Ciabatta	518.59	35.97	163.88	17.37	4.27	0	70.55	825.69	60.55	4.32	10.24
Super Fit Sandwich Flatbread	553.59	34.77	273.88	20.32	5.97	0	87.55	1096.69	100.45	4.02	11.64
Thai Chicken Sandwich Ciabatta	824.43	48.91	348.87	38.61	11.62	0	101.25	1842.96	73.75	4.78	14.83
Thai Chicken Sandwich Flatbread	859.43	47.71	458.87	41.56	13.32	0	118.25	2113.96	113.65	4.48	16.23
White Truffle Chicken Sandwich Ciabatta	645.44	43.21	220.25	33.83	8.92	0	86.31	1105.39	50.86	3.17	3.27

White Truffle Chicken Sandwich Flatbread	677.1	41.51	330.25	36.78	10.62	0	103.31	1375.89	90.43	2.7	4.67
--	-------	-------	--------	-------	-------	---	--------	---------	-------	-----	------

Pizzas	Calories	Protein(g)	Fat Calories	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Total Carbs(g)	Fiber(g)	Sugar(g)
12" BBQ Chicken Flatbread	1745.16	102.37	511.86	76.59	38.47	0	278.43	4460.45	176.12	6.43	52.57
16" BBQ Chicken Flatbread	1786.07	103.81	517.47	77.15	38.47	0	278.43	4535.05	184.46	6.75	53.05
12" BBQ Chicken Pizza	2165.48	115.41	505.23	78.96	38.47	0	278.43	5387.73	258.26	8.65	58.94
16" BBQ Chicken Pizza	2818.82	133.18	564.83	81.89	38.47	0	278.43	6694.4	388.92	14.62	70.86
12" Bruschetta Flatbread	1070.55	73.48	119.46	33.15	12.38	0	126.56	2071.2	131.34	5.36	17.58
16" Bruschetta Flatbread	1180.73	76.87	142.92	35.79	12.53	0	126.56	2358.35	149.81	7.65	23.76
12" Bruschetta Pizza	1490.87	86.52	112.83	35.52	12.38	0	126.56	2998.48	213.48	7.58	23.95
16" Bruschetta Pizza	2189.54	105.28	190.28	40.53	12.53	0	126.56	4498.54	349.48	14.56	38.7
12" Buffalo Wing Pizza	2005.75	99.8	1015.36	93.15	37.45	0.11	257.48	5817.68	207.41	9.4	20.34
16" Buffalo Wing Pizza	2658.37	117.67	1074.35	96.01	37.44	0.11	257.48	7126.6	337.89	15.31	32.74
12" Buffalo Wing Flatbread	1585.48	86.63	1021.38	90.71	37.44	0.11	257.48	4892.52	125.22	7.06	14.3
16" Buffalo Wing Flatbread	1626.39	88.27	1026.99	91.27	37.44	0.11	257.48	4967.12	133.56	7.38	14.78
12" Caprese Flatbread	747.2	33.07	265.89	26.81	14.63	0	63.12	1219.94	100.46	4.58	17.43
16" Caprese Flatbread	1025.72	41.72	319.59	32.4	15.26	0	66.23	1921.38	156.63	6.99	22.2
12" Caprese Pizza	1349.16	52.52	284.19	31.68	14.63	0	63.12	2478.45	219.64	8.22	25.94
16" Caprese Pizza	2058.47	71.09	366.95	37.14	15.26	0	66.23	4080.73	361.09	14.86	40.01
12" Cheese Flatbread	1078.8	61.22	235.24	45.9	22.27	0	111.37	2357.74	118.46	5.22	11.27
16" Cheese Flatbread	1119.71	62.66	241.85	46.46	22.27	0	111.37	2432.34	126.8	5.54	11.75

12" Cheese Pizza	1499.12	74.26	229.61	48.27	22.27	0	111.37	3285.02	200.6	7.44	17.64
16" Cheese Pizza	2152.46	92.03	289.21	51.2	22.27	0	111.37	4591.69	331.26	13.41	29.56
12" Cuban Flatbread	1065.15	58.55	407.1	45.5	14.64	0	141.37	3734.78	123.97	7.63	23.08
16" Cuban Flatbread	1106.06	59.99	412.71	46.06	14.64	0	141.37	3809.38	132.31	7.95	23.56
12" Cuban Pizza	1485.47	71.59	400.47	47.87	14.64	0	141.37	4662.06	206.11	9.85	29.45
16" Cuban Pizza	2138.81	89.36	460.67	50.8	14.64	0	141.37	5968.73	336.77	15.82	41.37
12" Four Cheese Flatbread	1484.03	75.64	641.33	91.96	36.32	0	166.04	2336.97	112.25	3.85	5.78
16" Four Cheese Flatbread	2020.8	77.08	1142.8	150.37	44.59	0	166.04	2411.57	120.59	4.17	6.26
12" Four Cheese Pizza	1904.35	88.68	634.7	94.33	36.32	0	166.04	3264.25	194.39	6.07	12.15
16" Four Cheese Pizza	3053.55	106.45	1190.16	155.11	44.59	0	166.04	4570.92	325.05	12.04	24.07
12" Greek Flatbread	1480.6	58.17	825.78	92.64	35.13	0	174.5	5019.56	133.93	6.79	15.9
16" Greek Flatbread	1379.76	49.49	709.89	81.05	27.03	0	123.88	4568.07	140.25	7.11	14.36
12" Greek Pizza	1900.92	71.21	819.15	95.01	35.13	0	174.5	5947.24	216.07	9.01	22.27
16" Greek Pizza	2412.51	78.86	757.25	85.79	27.03	0	123.88	6727.42	344.71	14.98	32.17
12" Hamburger Romano Flatbread	1182.07	69.68	227.33	52.69	23.67	1.05	146.13	2350.23	118.44	6.22	11.27
16" Hamburger Romano Flatbread	1222.98	71.12	232.94	53.25	23.67	1.05	146.13	2424.83	126.78	6.54	11.75
12" Hamburger Romano Pizza	1602.39	82.72	220.7	55.06	23.67	1.05	146.13	3277.51	200.58	8.44	17.64
16" Hamburger Romano Pizza	2255.73	100.49	280.3	57.99	23.67	1.05	146.13	4584.18	331.24	14.41	29.56
12" Italian Stallion Flatbread	1283.19	67.55	632.5	68.48	29.34	0	185.43	3280.23	113.35	5.89	11.41
16" Italian Stallion Flatbread	1324.1	68.99	638.11	69.04	29.34	0	185.43	3354.83	121.69	6.21	11.89
12" Italian Stallion Pizza	1703.51	80.59	625.87	70.85	29.34	0	185.43	4207.51	195.49	8.11	17.78

16" Italian Stallion Pizza	2356.85	98.36	685.47	73.78	29.34	0	185.43	5514.18	326.15	14.08	29.7
12" Mediterranean Flatbread	976.95	32.24	439.2	49.69	16.94	0	78.47	2726.07	121.25	7.59	12.61
16" Mediterranean Flatbread	1529.82	51.75	515.08	57.28	16.94	0	78.47	3734.24	233.99	11.93	19.11
12" Mediterranean Pizza	1397.27	45.28	432.57	52.06	16.94	0	78.47	3653.35	203.39	9.81	18.98
16" Mediterranean Pizza	2122.67	64.35	556.44	62.28	20.85	0	97.46	5086.58	336.21	15.82	32.2
12" Pepperoni Flatbread	1419	77.01	521.76	77.89	34.21	0	186.29	3606.17	120.48	5.22	11.27
16" Pepperoni Flatbread	1459.91	78.45	527.37	78.45	34.21	0	186.29	3683.77	128.82	5.54	11.75
12" Pepperoni Pizza	1839.32	90.05	515.13	80.26	34.21	0	186.29	4536.45	202.62	7.44	17.64
16" Pepperoni Pizza	2492.66	107.82	574.73	83.19	34.21	0	186.29	5843.12	333.28	13.41	29.56
12" Pesto Flatbread	1308.53	78.83	515.36	66.31	26.82	0	168.32	2244.06	134.1	6.59	7.17
16" Pesto Flatbread	1354.23	80.46	520.97	66.87	26.82	0	168.32	2322.49	143.39	7.1	8.22
12" Pesto Pizza	1733.64	92.06	508.73	68.68	26.82	0	168.32	3175.17	217.19	9	14.11
16" Pesto Pizza	2386.98	109.83	568.33	71.61	26.82	0	168.32	4481.84	347.85	14.97	26.03
12" Spinach Artichoke Flatbread	1238.42	86.37	94.96	48.88	23.25	0	174.34	2885.68	125.49	9.1	8.48
16" Spinach Artichoke Flatbread	1279.33	87.81	100.57	49.44	23.25	0	174.34	2960.28	133.83	9.42	8.96
12" Spinach Artichoke Pizza	1689.66	99.03	88.33	51.25	23.25	0	174.34	3906.55	215.83	10.94	19.77
16" Spinach Artichoke Pizza	2316.87	117.37	147.93	54.18	23.25	0	174.34	5123.46	339.24	17.48	27.34
12" Sriracha Flatbread	1967.81	118.67	867.98	114.16	49.47	0	338.48	3904.53	142.13	4.59	18.12
16" Sriracha Flatbread	2008.72	120.11	873.59	114.72	49.47	0	338.48	3979.13	150.47	4.91	18.6
12" Sriracha Pizza	2388.13	131.71	861.35	116.53	49.47	0	338.48	4831.81	224.27	6.81	24.49
16" Sriracha Pizza	3041.47	149.48	920.95	119.46	49.47	0	338.48	6138.48	354.93	12.78	36.41

12" Taco Flatbread	1348.16	54.91	384.17	63.89	19.7	1.05	111	2276.59	150.42	10.64	9.29
16" Taco Flatbread	1389.07	56.35	389.78	64.45	19.7	1.05	111	2351.19	158.76	10.96	9.77
12" Taco Pizza	1768.48	67.95	377.54	66.26	19.7	1.05	111	3203.87	232.56	12.86	15.66
16" Taco Pizza	2421.82	85.72	437.14	69.19	19.7	1.05	111	4510.54	363.22	18.83	27.58
12" Thai Chicken Flatbread	1495.88	86.11	390.18	61.22	17.55	0	126.56	2719.78	163.42	10.31	27.07
16" Thai Chicken Flatbread	1836.01	97.43	484.45	70.9	18.21	0	126.56	3269.04	223.54	19.25	30.85
12" Thai Chicken Pizza	1916.2	99.15	383.55	63.59	17.55	0	126.56	3647.06	245.56	12.53	33.44
16" Thai Chicken Pizza	2868.76	126.8	531.81	75.64	18.21	0	126.56	5428.39	428	27.12	48.66
12" Veggie Flatbread	886.17	29.56	233.67	39.46	10.95	0	36.95	3117.01	120.39	8.29	9.05
16" Veggie Flatbread	927.08	31	239.28	40.02	10.95	0	36.95	3191.61	128.73	8.61	9.53
12" Veggie Pizza	1306.49	42.6	227.04	41.83	10.95	0	36.95	4044.29	202.53	10.51	15.42
16" Veggie Pizza	1959.83	60.37	286.64	44.76	10.95	0	36.95	5350.96	333.19	16.48	27.34
12" White Truffle Flatbread	1113.21	74.57	337.48	46.3	22.93	0	162.76	2036.66	132.83	5.67	7.74
16" White Truffle Flatbread	1154.12	76.01	343.09	46.86	22.93	0	162.76	2111.26	229.76	5.99	8.22
12" White Truffle Pizza	1665.15	87.61	462.47	62.84	23.94	0	162.76	2963.94	214.97	7.89	14.11
16" White Truffle Pizza	2186.87	105.38	390.45	51.6	22.93	0	162.76	4270.61	345.63	13.86	26.03

Specials	Calories	Protein(g)	Fat Calories	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Total Carbs(g)	Fiber(g)	Sugar(g)
8 oz. Quinoa Cup	106.15	0.94	54.17	5.77	0.47	0	0	87.92	11.56	0.86	2.78
Bruschetta Special	1052.63	27.26	53.54	6.24	0.46	0	0	2524.12	201.24	9.09	16.04
Caprese Special	256.29	13.21	101.98	10.2	7.03	0	30	187.66	27.13	3.56	12.3

Caprese Stackers	165.26	6.8	50.14	5.01	3.51	0	15	97.56	21.79	1.55	10.45
Gourmet Mac & Cheese	1816.92	80.36	643.83	115.36	61.04	0	309.77	3752.76	116.79	2.02	5.72
Hummus Special w/ Buffalo Hummus	872.1	17.76	324.91	43.54	10.09	0	31.68	19240.88	108.68	7.52	30.3
Hummus Special w/ Cilantro Hummus	788.79	16	263.1	27.25	3.18	0	0.4	1351	112.98	14.54	23.42
Low Carb Bruschetta Special	341.98	18.33	139.21	15.74	6.51	0	30.37	802.13	30.03	3.26	13.79
Pico Tacos Chicken	234.49	22.72	46.07	6.01	0.93	0	54.31	156.85	28.86	3.4	5.43
Pico Tacos Salmon	226.16	18.79	45.91	5.61	1.31	0	38.82	340.75	27.61	3.4	6.18

Kids	Calories	Protein(g)	Fat Calories	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Total Carbs(g)	Fiber(g)	Sugar(g)
Kid's Cheese Pizza	342.66	18.4	113.92	17.94	8.57	0	40.5	812.37	28.84	2.33	5.08
Kid's Chicken Sandwich	442.35	27.49	54.23	11.46	3.04	0	39.87	730.98	57.28	2.63	7.89
Kid's Grilled Cheese	427.16	17.62	125.74	14.37	5.06	0	25.31	672.12	56.27	2.63	7.89
Kid's Gyro	594.03	19.85	263.64	29.72	10.78	0	53.34	1107.64	62	3.24	9.76
Kid's Ham and Cheese	467.66	23.69	138.4	15.89	5.57	0	45.56	940.43	56.78	2.63	8.4
Kid's Peanut Butter and Grape Jam	572.7	18.5	177.63	20.32	3.1	0	0	651.87	77.91	4.4	24.72
Kid's Peanut Butter and Strawberry Jam	562.58	18.5	177.63	20.32	3.1	0	0	641.75	75.89	4.4	24.72











