



Sandella's New Item Nutritional Information

Item	Serving Size Ounces	Calories	Fat grams	Sat Fat grams	Trans Fat grams	Cholest mg	Total Carbs grams	Protein grams	Sodium mg	Dietary Fiber grams	Sugars grams
WRAPS											
Apple Crisp Wrap	8.75	650	21	2.0	0	0	108	31	230	10	31
Avocado Turkey Wrap	14.00	470	17	2.5	0	40	56	29	1080	9	7
Berlin Turkey Wrap	11.75	390	10	1.5	0	40	51	28	1080	5	8
California Turkey Wrap	12.75	410	10	1.0	0	35	55	29	1170	6	10
Chef's Salad Wrap	15.75	550	19	6	0	75	59	40	1880	7	10
Chicken Avocado Club Wrap	14.75	520	23	5	0	75	60	28	940	9	8
Chicken Club Wrap	14.25	550	24	6	0	130	61	39	1560	5	8
Chicken Salad Club Wrap	13.00	440	14	3	0	60	62	25	920	6	11
Cucumber and Tomato Wrap	10.25	270	5	1.0	0	0	53	9	460	5	9
Fireside BBQ Chicken Wrap	12.00	440	7	2.0	0	65	70	30	1100	8	15
Garden Turkey Wrap	11.50	370	6	1.0	0	35	54	28	1070	6	10
Gourmet Chicken Salad Wrap	13.50	380	8	1.0	0	35	61	19	640	6	12
Greek Chicken Wrap	12.50	430	14	5	0	65	55	25	1120	7	10
Greek Salad Wrap	10.50	370	13	5	0	25	55	12	890	7	10
Honey Mustard Chicken Wrap	11.25	380	10	1.0	0	45	56	22	640	5	10
Italian Combo Wrap	15.32	660	33	13	0	95	58	37	2330	7	9
Nut & Honey Wrap	9.75	800	32	7	0	0	116	41	490	12	35
Panzanella Salad Wrap	6.75	290	5	2.0	0	5	53	11	510	6	6
Ranch Chicken Wrap	11.25	450	15	1.0	0	10	59	24	760	8	7
Roast Beef Club Wrap	12.75	490	16	4	0	70	60	35	1390	5	7
Seven Layer Wrap	15.00	570	23	12	0	70	66	27	1050	10	7
Spinach Salad Wrap	6.25	330	7	2.0	0	55	59	15	680	5	13
Sweet Ham & Swiss Wrap	11.75	490	16	9	0	65	64	27	1030	5	15
Swiss Salad Wrap	13.50	500	20	9	0	45	62	21	490	6	11
Teriyaki Chicken Wrap	12.75	350	1	0	0	40	67	22	1340	5	19
Texas Beef Wrap	11.75	420	10	2.5	0	40	58	30	1050	5	9
The Russian Wrap	12.25	400	7	1.5	0	35	60	30	1050	5	10
Traditional Roast Beef Wrap	13.25	590	25	11	0	75	57	40	1420	5	7
Tuna Wrap	12.00	400	9	1.5	0	35	51	29	530	5	6
Turkey & Guacamole Wrap	13.75	360	5	0.0	0	30	54	29	1300	6	8
Turkey and Swiss Wrap	13.25	560	21	9	0	75	56	39	1140	5	10
Turkey Club Wrap	12.75	440	12	2.0	0	65	55	34	1420	5	8
Veggie & Cheese Wrap	8.25	450	19	9	0	35	52	19	900	6	4

Item	Serving Size	Calories	Fat	Sat Fat	Trans Fat	Cholest	Total Carbs	Protein	Sodium	Dietary Fiber	Sugars
	Ounces		grams	grams	grams	mg	grams	grams	mg	grams	grams
Veggie Ranch Wrap	12.00	310	6	0.0	0	10	59	9	480	6	8
Wild Tomato Chicken Wrap	12.00	450	14	8	0	65	52	32	920	5	7
PANINIS											
Americana Panini	9.50	580	25	11	0	75	54	40	1400	3	6
Apple Cheddar Omelet	12.50	700	35	16	0	410	54	44	1780	5	8
Appolo Panini	8.11	440	17	7	0	45	51	21	880	4	5
Arizona Chicken Panini	14.30	660	23	11	0	100	78	37	1290	7	5
Athenian Omelet Panini	8.11	450	19	7	0	330	51	21	740	6	5
Barbeque Chicken Panini	12.25	490	2	0.5	0	40	92	27	820	9	13
Basilico Panini	10.61	530	20	9	0	65	50	39	1560	4	5
Beef Fajita Panini	13.05	630	27	14	0	105	58	43	1690	5	5
Bistro Ham and Brie Panini	9.61	560	19	10	0	90	70	30	1620	5	25
Bourbon Street Panini	14.30	740	44	20	0	395	51	37	1180	5	7
Brazilian Beef Panini	10.75	500	6	1.5	0	35	86	31	1010	5	12
Brazilian Chicken Panini	10.25	430	2	0.0	0	40	83	23	620	5	13
Cafe Turkey & Brie Panini	11.36	500	13	8	0	75	65	36	1160	6	21
Campfire Chicken Panini	10.75	400	3	1.0	0	45	70	25	1120	7	14
Chicken & Broccoli Panini	11.25	550	18	11	0	100	63	36	930	5	15
Chicken Parmesan Panini	9.50	560	20	8	0	40	55	38	1190	7	7
Chicken Teriyaki Panini on Bistro	11	540	198	21	8	67	60	32	1665	4	10
Chipotle BBQ Panini	9.75	560	19	10	0	70	61	40	1510	3	12
Classico Ham & Cheese Panini	8.75	640	33	15	0	115	53	35	1800	4	6
Farmer's Market Panini	10.50	590	26	13	0	90	67	29	1270	6	4
Fireside Grill Panini	11.50	400	5	1.5	0	35	65	29	1110	5	14
Genoa Panini	11.32	730	37	20	0	125	53	47	2350	5	4
Gourmet Ham & Cheddar Panini Melt	12.00	650	34	15	0	115	53	36	1820	7	7
Greek Vegetable Panini	8.25	360	13	5	0	25	54	12	880	7	8
Ham & Cheddar Omelet Panini	11.00	680	35	16	0	410	48	44	1770	4	4
Hawaiian Ham & Swiss Panini	9.75	570	19	10	0	85	67	33	1570	5	19
Holiday Ham Panini	11.50	770	21	11	0	95	110	37	2470	6	31
Honey Granola Panini	7.25	630	21	2.0	0	0	102	31	230	9	26
Honey Ham & Brie Panini	8.25	520	19	10	0	90	59	30	1750	4	13
Lone Star Chicken Panini	13.75	680	29	14	0	130	66	44	1330	8	9
Meatball Panini	10.50	630	29	14	0	85	56	35	1340	5	9
Milan Chicken Panini	9.75	530	21	8	0	70	58	33	1070	5	8
Napoli Chicken Panini	8.00	440	17	6	0	70	49	24	1080	6	5
Oriental Chicken Panini	7.75	330	1	0.0	0	40	62	21	1350	5	17
Panini Cordon Bleu	9.00	620	26	10	0	70	54	43	1330	7	4
Parisian Turkey Panini	8.36	500	20	9	0	80	46	35	1320	4	5
Pastrami Melt Panini	13.50	670	33	10	0	95	55	43	1580	6	8
Philly Cheese Panini	10.50	590	25	11	0	75	55	40	1400	4	6
Quattro Fromaggi Panini	10.61	620	30	19	0	105	49	38	1010	4	6

Item	Serving Size		Fat	Sat Fat	Trans Fat	Cholest	Total Carbs	Protein	Sodium	Dietary Fiber	Sugars
	Ounces	Calories	grams	grams	grams	mg	grams	grams	mg	grams	grams
Rusticana Chicken Panini	9.75	490	18	8	0	70	54	32	1010	4	8
Sausage & Cheese Omelet	9.80	650	35	15	0	370	47	35	1120	3	5
South of the Border Panini	11.25	570	27	14	0	365	51	30	970	4	6
Spacco Panini	7.88	530	23	11	0	70	49	28	1310	4	7
Spicy Chicken & Rice Panini	14	504	73	8	1	38	87	24	1031	6	9
Spinach & Bacon Panini	9.00	610	29	13	0	125	65	36	1320	5	13
Superiore Turkey Panini	10.75	570	23	9	0	65	55	40	1620	7	5
Teriyaki Beef Panini	12.50	530	6	1.5	0	35	93	32	1730	6	16
Texas Café Panini	15.00	680	25	12	0	105	79	38	1170	6	6
Thai Chicken Panini	11.25	520	12	2.0	0	40	80	29	750	8	9
Thai Veggie Panini	6.50	340	10	1.5	0	0	54	14	530	7	9
Toasted Caprese Panini	8.86	380	14	6	0	30	50	20	490	4	7
Tomato Basil Panini	7.61	390	12	5	0	30	53	21	540	5	7
Venetian Veggie Panini	9.00	450	19	9	0	35	53	20	900	6	4
GRILLED FLATBREAD											
Artichoke Grilled Flatbread	9.51	560	23	8	0	35	64	30	1350	6	15
Bacon & Cheddar Grilled Flatbread	9.75	630	34	17	0	145	54	39	1580	4	7
BBQ Cheese Grilled Flatbread	7.25	430	9	6	0	35	67	20	1160	3	23
BBQ Chicken Grilled Flatbread	9.75	500	10	6	0	75	69	33	1400	3	24
Bianco Grilled Flatbread	8.36	530	27	9	0	55	52	21	1110	4	4
Brazilian Grilled Flatbread	6.75	440	9	6	0	35	71	20	930	3	25
Chicken Fajita Grilled Flatbread	10.80	500	18	11	0	100	52	34	1190	4	6
Chicken Parmesan Grilled Flatbread	9.50	560	20	8	0	40	55	38	1190	7	7
Classic Chicken Grilled Flatbread	9.25	440	10	6	0	75	50	33	1020	4	8
El Paso Grilled Flatbread	14.75	710	19	11	0	100	97	43	1670	12	25
Ham & Cheddar Grilled Flatbread	9.75	570	25	14	0	110	51	36	1840	5	7
Meatball Grilled Flatbread	10.50	630	29	14	0	85	56	35	1340	5	9
Olympian Grilled Flatbread	8.00	480	26	7	0	45	53	12	1070	5	5
Pesto and Peppers Grilled Flatbread	9.00	530	27	9	0	55	52	20	990	4	4
Philly Beef Grilled Flatbread	12.00	520	14	8	0	70	57	43	1420	5	9
Philly Style Grilled Flatbread	11.50	450	10	6	0	75	54	35	1020	5	10
Spinach & Artichoke Grilled Flatbread	10.00	610	33	13	0	80	54	25	1430	6	6
Spinach & Mushroom Grilled Flatbread	11.50	440	13	6	0	35	58	23	850	8	10
Thai Chicken Grilled Flatbread	12.51	630	24	8	0	75	66	42	1460	6	16
The Parmegiano Grilled Flatbread	11.50	690	30	8	0	115	64	41	1910	6	8
Tomato Bacon Grilled Flatbread	12.75	580	26	12	0	120	58	38	1640	5	9
QUESADILLAS											
Barbecue Quesadilla	10.30	570	18	11	0	100	66	38	1240	7	13
Beef Fajita Quesadilla	11.30	570	22	13	0	95	55	42	1580	4	5
Brazilian Quesadilla	11.80	540	18	11	0	100	62	35	1050	4	16
Buffalo Chicken Quesadilla	10.55	510	20	12	0	105	49	35	1490	4	5
Chicken Quesadilla	11.05	550	24	12	0	105	53	35	1290	5	5

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Fiji Chicken Quesadilla	13.55	680	29	13	0	100	71	41	1290	7	16
Thai Veggie Quesadilla	10.30	570	27	13	0	60	60	29	950	7	10
SALADS											
Apple Walnut Salad	13.00	370	13	5	0	15	60	10	710	8	29
Caesar Salad	9.00	250	4	1.5	0	5	34	9	930	7	7
Chef's Salad	16.00	360	16	4.5	0	35	39	22	1250	8	10
Garden Salad	14.00	220	7	1.0	0	0	37	7	410	7	10
Island Grilled Chicken Salad	14.00	440	21	3.0	0	40	44	27	740	11	11
Mozzarella Salad	15.05	390	20	9	0	45	35	25	490	6	9
Napa Valley Salad	14.82	770	60	5.5	0	20	54	21	690	11	19
Panzanella Salad	10.75	190	3	0.5	0	0	36	7	280	7	7
Paradise Crunch Salad	14.50	400	12	2.0	0	0	69	13	500	10	35
Sandella's Chicken Salad	14.75	330	10	1.5	0	35	46	18	610	8	12
Siesta Salad	16.00	310	15	2.5	0	0	44	8	420	11	9
Spinach Salad	8.00	380	19	6	0	110	45	23	1200	9	14
Thai Chicken Salad	7.50	330	13	2.0	0	40	35	25	750	11	9
Thai Spinach & Chicken Salad	7.50	330	13	2.0	0	40	35	25	750	11	9
Tomato & Cucumber Salad	14.50	290	13	6	0	25	38	11	730	7	11
Tuna Salad	16.00	330	9	2.0	0	35	34	28	420	7	7
RICE BOWLS											
Asian Chicken & Broccoli Bowl	18.00	680	3	0.5	0	40	138	28	2480	9	34
Chicken Florentine Bowl	21.00	800	27	8	0	80	109	32	1210	9	9
Mesquite BBQ Bowl	20.75	930	21	12	0	100	140	48	1560	15	24
Mongolian Veggie Bowl	17.50	630	2	0.5	0	0	140	15	2250	10	34
Roma Pesto Bowl	19.75	740	23	4.5	0	60	107	30	1000	9	7
Southwest Veggie Bowl	22.25	810	20	12	0	60	126	36	1050	16	8
Thai Chicken Bowl	17.51	730	17	3.0	0	40	114	35	1140	10	16
Thai Peanut Sauté Bowl	17.76	680	16	3.0	0	0	116	23	880	11	18
Wild Buffalo Bowl	16.25	540	3	0.5	0	40	98	26	1820	8	5
POWER BLEND BOWLS											
Mediterranean Power Blend Bowl	18.25	452	20	5	0	57	49	24	1355	7	12
Mandarin Power Bowl	15.25	481	16	2	0	38	66	22	1565	5	12
Mexican Power Bowl	20.10	498	21	3	0	38	57	25	1022	13	13
Tropical Power Bowl	19.75	440	10	1	0	38	70	24	687	13	26
Black Bean Burrito Power Bowl	17.35	620	30	13	0	98	54	36	1555	7	9
Asian Chicken Power Bowl	14.65	541	17	2	0	38	76	25	1650	8	8
Asian Shiimp Power Bowl	13.65	524	16	2	0	75	75	23	1514	8	7
Autmn Pear Power Bowl	12.50	479	28	5	0	19	52	11	525	8	23
Fruit & Nut Power Bowl	15.75	537	36	7	0	19	48	13	528	11	15
DESSERTS											
Cherry Cup Cake Square	7.75	670	37	13	0	105	79	15	540	5	18

Item	Serving Size Ounces	Calories	Fat grams	Sat Fat grams	Trans Fat grams	Cholest mg	Total Carbs grams	Protein grams	Sodium mg	Dietary Fiber grams	Sugars grams
Peanut Butter Cup Square	6.00	670	38	9	0	0	75	19	360	7	27
Pumpkin Cheese Cake Square	8.75	690	32	9	0	40	86	15	480	10	27
Strawberry Cheese Cake Square	7.25	630	32	9	0	40	77	14	490	5	22
Strawberry Short Cake Square	8.75	730	37	13	0	105	91	15	570	5	23
Apple Cinnamon Square	6.50	480	19	2.0	0	0	74	12	260	10	24
Apple Cranberry Square	7.00	530	19	2.0	0	0	86	11	260	7	38
Banana Bliss Square	8.00	720	39	9	0	0	88	19	360	8	34
Black Forest Square	8.00	710	38	13	0	40	89	14	480	5	32
Cherry Chocolate Square	7.00	560	24	5.5	0	0	83	12	250	6	30
Cherry Jubilee Square	6.25	460	19	2.0	0	0	68	11	250	6	19

Item	Serving Size Ounces	Calories	Fat grams	Sat Fat grams	Trans Fat grams	Cholest mg	Total Carbs grams	Protein grams	Sodium mg	Dietary Fiber grams	Sugars grams
Chocolate Banana Square	7.00	560	24	5.5	0	0	82	12	230	7	31
Chocolate Macaroon Square	7.50	760	43	19	0	40	87	14	520	10	36
Chocolate Strawberry Square	7.00	600	25	5.5	0	0	88	12	270	5	32
Just Peachy Square	6.25	470	19	2.0	0	0	71	11	250	5	24
Peach Blueberry Square	6.25	470	19	2.0	0	0	71	11	250	5	24
Peach Cranberry Square	7.00	540	19	2.0	0	0	89	11	250	6	38
Pineapple Coconut Cake Square	9.25	800	44	18	0	105	95	17	640	10	31
Simply Strawberry Square	6.25	500	19	1.8	0	0	74	11	270	5	21
Very Blueberry Square	6.25	470	19	2.0	0	0	70	11	260	5	32

Nutritional content may vary because of changes in growing seasons, different suppliers, slight variations in our recipes, or the different places that we buy our ingredients.

Menu items may vary by location.

We may update this chart from time to time.

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. A 2,000 calorie daily diet is used as the basis for general nutrition advice; individual calorie needs, however, may vary.