

	Calories	Total Fat(g)	Sat Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Sodium(mg)
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CLASSIC SANDWICHES ¹							
BLT w/ Avocado	293	11	3	36	2	11	642
Chicken Ranch	315	6	1	35	1	27	622
Classic Turkey	292	6	3	35	1	22	901
Hummus & Avocado	260	6	1	42	4	9	618
Thanksgiving Turkey	302	5	2	46	1	18	755
Tillamook® Chicken	348	9	4	36	1	30	575

SPECIALTY SANDWICHES ¹							
Buffalo Chicken	385	9	3	51	2	24	1503
Chicken Pesto MBT	395	13	5	34	1	32	614
Crispy Bacon Western	484	16	5	52	2	28	1407
French Dip	322	10	5	32	0	25	547
Steak & Avocado	297	9	2	36	2	17	475
Turkey, Bacon & Avo	345	11	3	36	2	22	962
Chicken Club	398	14	4	35	2	31	627

PASTAS ²							
Chicken Parmesan	580	17	6	65	5	37	1173
Chicken Fett. Alfredo	484	18	4	47	1	34	314
Chicken Spinach Pesto	526	20	4	48	6	34	525
Spaghetti & Meatballs	448	19	7	46	3	22	1550
Sundried Tomato Pesto	430	21	3	49	5	14	255
Thai Chicken	506	20	2	58	4	22	1238
Add Grilled Chicken	106	2.5	0.5	0	0	20	47.5
Add Crispy Chicken	175	5.4	0.5	15.5	1.5	15	501
Add Grilled Shrimp	130	0	0	10	2	26	596

SOUPS ³							
Chicken & Rice	98	2	0	5	1	14	887
Clam Chowder	250	18	10	13	1	4	721
Chicken Tortilla	129	6	2	14	1	4	754
Cream of Broccoli	206	15	8	13	1	2	598
Potato Cheddar	195	8	5	25	2	6	890
Tomato Basil	93	2	0	15	1	4	222
Vegetable Harvest	42	1	0	7	2	1	622
Honey Wheat Roll	216	4	1	38	2	7	164

- Nutritionals are for half size on sourdough bread. Multiply by 2 for full size.
- Does not include garlic bread.
- Nutritionals are for a 8oz cup of soup. Bowl size is 16oz.
- Nutritionals are for half size w/ salad dressing. Multiply by 2 for full size.
- Dressing nutritionals for half size salads (avg. 1.7 oz). Multiply by 2 for full salads.
- These nutritionals do not include chosen protein (beef, veggie, turkey).

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SALADS ⁴							
BBQ Chicken Chop	260	8	1	28	6	19	684
Classic Caesar	155	9	2	13	2	6	400
Chicken Caesar	260	11	2	13	2	25	448
Crispy Thai Chicken	357	19	2	30	4	17	495
El Capitan	294	12	4	25	7	22	1029
Steak Cobb Salad	379	22	9	14	4	29	650
Grilled Shrimp & Avo	174	8	2	17	4	10	467
Mandarin Chicken	283	10	1	24	5	22	779
Mediterranean Tahini	280	18	3	22	6	9	751
Seared Ahi Salad^	246	11	1	22	3	14	865
Garden Harvest**	81	3	0	12	2	3	86
Green Apple Salad	250	13	4	30	4	7	542
Add Grilled Chicken	106	2.5	0.5	0	0	20	47.5
Add Crispy Chicken	175	5.4	0.5	16	1.5	15	501
Add Grilled Shrimp	65	0	0	5	1	13	298

SALAD DRESSINGS ⁵							
Balsamic Vinaigrette	130	8	1	12	0	1	284
BBQ Sauce	46	0	0	11	0	0	239
Caesar	66	5	1	4	0	2	292
Lemon-Tahini	88	8	1	3	1	1	205
Mango Vinaigrette	37	0	0	9	0	0	260
Oriental	57	4	0	4	0	1	642
Ranch	79	5	1	6	0	2	299
Salsa	13	0	0	3	1	1	183
Sesame Ginger	74	5	1	7	0	1	540
Thai Peanut	122	10	1	5	0	1	22

SIDES, BREADS & FAVORITES							
Hand-Cut French Fries	330	22	2	32	4	4	400
Side Fruit Salad^^	89	0	0	21	2	1	14
Side Caesar	77	4	1	6	1	3	200
Mac & Cheese	251	8	4	38	5	13	324
Chicken Tender Basket	484	22	2	43	4	29	1278
Garlic Bread	151	3	1	25	0	5	182
Honey-wheat (2 oz)	140	3	0	25	1	4	113
French (3 oz)	181	1	0	37	1	6	203
Sourdough (2 oz)	154	0	0	32	0	6	385
Green Fries	338	16	2.6	43	4	4	1066

- ^Seared ahi is less than thoroughly cooked.
 **Salad dressing not included. ^^Seasonal; nutrition may vary.

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BURGERS ⁶							
Cal Pesto	315	14	2	39	4	8	287
Classic	265	9	1	39	3	7	329
Pepper Jack	387	19	6	39	3	13	756
Sundried Pesto	319	14	3	40	4	9	217
Tillamook® Burger	378	19	7	38	2	14	458
Jalapeño Burger	387	17	7	42	3	15	636
Beef Burger Patty	260	16	6	0	0	27	75
Veggie Burger Patty	250	2	0	47	7	10	518
Turkey Burger Patty	227	13	4	0	0	28	100

SHAKES, SUNDAES & DESSERTS ⁷							
Cookie Monster	297	3	0	58	0	10	250
Fresh Strawberry	264	0	0	56	2	10	221
Power Smoothie	461	10	1	78	5	16	261
Orange Freeze	320	0	0	76	0	3	209
Strawberry Swirl	238	0	0	54	3	6	95
Vanilla Soft-Serve	200	0	0	44	0	6	170
Whipped Cream	45	3	3	3	0	0	0
Chocolate Chip Cookie	208	11	2	26	0	1	105
Brownie	458	10	2	84	0	4	478
Rice Crispy Treat	279	7	0	53	0	1	310

BEVERAGES ⁸							
Pepsi	150	0	0	41	0	0	30
Diet Pepsi	0	0	0	0	0	0	35
Sierra Mist Natural	140	0	0	39	0	0	35
Wild Cherry Pepsi	160	0	0	42	0	0	30
Root Beer	160	0	0	43	0	0	65
SoBe Lean Cran/Grapefruit	8	0	0	2	0	0	23
Orange Crush Soda	195	0	0	52	0	0	75
Mountain Dew	170	0	0	46	0	0	65
Milk (non-fat)	124	0	0	19	0	12	186
Fresh Lemonade	142	0	0	38	0	0	85
Strawberry Lemonade	152	1	0	41	1	0	86
Fresh Orange Juice (12oz)	143	0	0	35	0	3	20
Organic Iced Tea	10	0	0	0	0	0	0
Organic Brewed Coffee	2	0	0	0	0	0.3	0

- 7) Smoothies are based on a 12 oz portion size. Large is 20 oz.
 8) Self-serve beverages based on 20oz cup w/ 12oz liquid and 8oz ice.

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BREAKFAST BOWLS ¹							
American Bowl	389	23	6	26	2	18	484
Mediterranean Bowl	416	25	7	27	3	22	729
Southwestern Bowl	430	23	4	37	7	18	817
Californian Bowl	397	29	7	16	3	17	488

BREAKFAST BURRITOS ¹							
American Burrito	600	28	7	63	8	25	904
Mediterranean Burrito	635	30	9	66	9	29	1249
Southwestern Burrito	640	28	5	74	13	25	1237
Californian Burrito	607	34	9	53	9	24	908

BELGIAN WAFFLES							
Neighborhood Classic	504	12	5	88	4	0	963
Santa Barbara Berry	555	12	5	100	6	1	963
Choc. Chip Banana	553	15	7	95	4	0	963
Chicken & Waffles	771	24	6	94	7	32	2371
Maple Syrup	110	0	0	28	0	0	33

FRUITS & GRAINS							
Açaí Energy Bowl	560	16	4	62	6	8	20
Yogurt Parfait ²	497	9	2	59	4	14	120
Oatmeal w/ Fruit ³	306	7	1	56	5	6	6

BREAKFAST SIDES & ADDITIONS							
Honey Wheat Toast	140	3	0	25	1	4	113
Sourdough Toast	154	0	0	32	0	6	385
Fruit Popper	45	0	0	10	1	1	6
Salsa	26	0	0	5	1	1	366
Side of Eggs	140	9	3	2	0	12	130
Side of Egg Whites	91	0	0	0	0	18	272
Bacon	144	11	4	0	0	8	384
Turkey Sausage	110	8	2	0	0	9	240

- Does not include fruit popper or salsa; see "Sides & Additions".
- Nutrition shown includes strawberries and bananas as fruits chosen.
- Nutrition shown includes strawberries as fruit chosen.

Nutrition information subject to change without notice.