

	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
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
Veggie Delight	302	12	5	37	11	2	609
White Cheddar Chk Grill	336	6	3	38	29	1	644
SPECIALTY SANDWICHES¹							
Ahi Club	407	16	5	38	26	2	989
Chicken Pesto MBT	395	13	5	34	32	1	614
Crispy Bacon Western	484	16	5	52	28	2	1407
French Dip	322	10	5	32	25	0	547
Steak & Avocado	297	9	2	36	17	2	475
Turkey, Bacon & Avo	345	11	3	36	22	2	962
PASTAS²							
Chicken Fett. Alfredo	484	18	4	46	34	3	369
Chicken Parmesan	676	20	6	74	45	6	1444
Chicken Spinach Pesto	503	20	4	45	32	5	464
Fettuccine Primavera	291	3	1	51	13	6	322
Roasted Pep. Rotini	365	11	2	60	15	10	244
Thai Chicken	554	22	3	62	27	5	1373
Wasabi-Cream Ahi	470	6	0	68	36	5	1803
SOUPS³							
Chicken & Rice	98	2	0	5	14	1	887
Clam Chowder	250	18	10	13	4	1	721
Chicken Tortilla	129	6	2	14	4	1	754
Cream of Broccoli	135	7	2	13	2	1	598
Potato Cheddar	195	8	5	25	6	2	890
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.

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

5) Nutritionals for half size salads (avg. 1.7 oz). Multiply by 2 for full salads.

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.

	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
Chicken Caesar	259	11	2	13	25	2	448
Classic Caesar	154	9	2	13	6	2	401
Crispy Thai Chicken	404	20	2	34	21	4	630
El Capitan	269	10	2	25	20	7	924
Farmer's Market	339	19	3	18	25	3	406
Garden Harvest*	86	3	0	12	3	2	86
Green Apple Salad	334	20	5	33	7	4	535
Mandarin Chicken	264	10	1	23	19	4	770
Mediterranean Tahini	274	18	3	21	8	5	748
Seared Ahi Salad	246	11	1	22	14	3	865
Steak Caesar	211	11	3	13	13	2	416
Thai Steak	268	15	2	21	12	2	148
Wedge Salad	202	14	5	12	6	1	531
SALAD DRESSINGS⁵							
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	88	8	1	3	1	1	205
Oriental	57	4	0	4	1	0	642
Ranch	79	5	1	6	2	0	299
Raspberry Vinaigrette	122	8	1	12	1	1	254
Salsa	13	0	0	3	1	1	183
Sesame Ginger	74	5	1	7	1	0	540
Thai Peanut	122	10	1	5	1	0	22
SIDES & BREADS							
Seasoned Fries	330	22	2	32	4	4	400
Side Fruit Salad	89	0	0	21	1	2	14
Side Caesar	77	4	1	6	3	1	200
Mac & Cheese	251	8	4	38	13	5	324
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

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

Nutrition information subject to change without notice - Apr. 2009.

There isn't a category for trans fat because we don't have any.

	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
Greek	301	9	1	45	9	5	405
Pepper Jack	387	19	6	39	13	3	756
All-natural Beef**	260	16	6	0	27	0	75
Handmade Veggie	250	2	0	47	10	7	518
Seared Ahi ⁸	159	5	1	1	26	0	593
SHAKES, SUNDAES & DESSERTS							
Lemon-Berry Blast	250	0	0	57	6	1	191
Power Smoothie	450	8	1	80	15	4	293
Strawberry Swirl	238	0	0	54	6	3	95
Tropical Twist	249	0	0	57	6	2	98
Cookie Monster	297	3	0	59	10	0	250
Fresh Strawberry	264	0	0	56	10	2	221
Peanut Butter Cup	460	10	3	79	14	3	265
Raspberry Truffle	307	3	2	61	10	0	224
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
Classic Vanilla soft-serve	200	0	0	44	6	0	170
Plain Tart soft-serve	135	0	0	30	4	0	90
Whipped Cream	45	3	3	3	0	0	0
Choc. Chip Cookie	208	11	2	26	1	0	105
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
Iced Tea	0	0	0	0	0	0	0
Sm. Milk	79	0	0	12	8	0	118
Sm. Orange Juice	91	0	0	22	2	0	12
Fresh Lemonade	142	0	0	38	0	0	85
Fresh Berry Lemonade	152	1	0	41	0	1	86