

WRAPS

	Serving Size	Weight Gms	Weight Ozs	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat Fat (g)	Cholesterol (mg)
Vegetarian Wrap-no dressing	1	359	12.66	584	234	26	12	0	55
Vegetarian Wrap w/ house dressing	1	387	13.65	729	363	40	14	0	66
Grill Chix Caesar Wrap-no dressing	1	334	11.78	630	170	19	6	0	83
Grilled Chicken Caesar Wrap w/dressing	1	379	13.37	825	350	38	9	0	98
Californian Wrap	1	319	11.25	512	190	21	7	0	26
Californian Wrap w /house dressing	1	347	12.24	657	319	35	9	0	37
West Coast Tuna Wrap	1	389	13.72	756	405	44	9	0	42
West Coast Chicken Wrap	1	389	13.72	630	258	27	6	0	60
SW Turkey Wrap	1	375	13.23	562	190	21	7	0	51
SW Turkey Wrap w,ranch dressing	1	417	14.71	702	330	36	9	0	65

	Sodium (mg)	Carbo (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C %DV	Calcium %DV	Iron %DV
Vegetarian Wrap-no dressing	569	65	5	6	24	164	45	61	38
Vegetarian Wrap w/ house dressing	732	69	5	10	24	165	47	61	38
Grill Chix Caesar Wrap-no dressing	1364	71	4	5	42	148	34	37	43
Grilled Chicken Caesar Wrap w/dressing	1934	74	4	6	45	148	34	46	43
Californian Wrap	395	65	6	5	17	159	48	41	37
Californian Wrap w /house dressing	558	69	6	9	17	160	50	41	37
West Coast Tuna Wrap	737	64	6	5	23	154	48	19	40
West Coast Chicken Wrap	650	67	6	8	27	154	48	19	40
SW Turkey Wrap	835	66	6	6	28	159	48	41	39
SW Turkey Wrap w,ranch dressing	1213	68	6	7	28	159	48	44	39