








	Cal	Fat	Cal from Fat (%)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carbs (gm)	Protein (gm)	Dietary Fiber (gm)	Sugars (gm)	Trans Fat (gm)
Grilled Vegetable Wrap 	520	18	31	3	0	1241	59	10.5	12	15	0
Southwestern Wrap 	474	13.2	19	5	11.3	584.5	79.4	21.3	6.3	4.8	0
B.L.T.	336	18	48	4.5	5	629	35	10	3	2	0
White Mountain Turkey Sandwich	758	49	58	12	100	671	42	42	3	0	6
Grilled Lemon Chicken and Feta 	360	11	28	4	63	671	42	27	3	5	0
Buffalo Finger Wrap	657	19	26	4.5	45	2398	88	30.5	2	2	0
Grilled Chicken Panini	650	30	42	10	393	1066	60	32	3	6	0
Chipotle BBQ Chicken Melt	485	17	32	9	57	1076	50	31	1	12	0
Crispy Chicken Finger Salad	584	23	35	5.5	235	1877	55	34.5	3	13	0
Thai Chicken Lettuce Wrap 	517	18	31	3.5	87	1390	57.5	37	2	2.5	0
Chicken Key West 	355	8	20	0.5	45	700	49	23	4.5	8.5	0
Bacon Chicken Ranch Sandwich	494	22.5	41	6.5	91	879	40	37	2	3	0
Smoked Turkey Waldorf Melt	604	35	52	6	102	1450	49	38	4	17	0
Greek Chicken Grain Bowl 	450	22	44	8	91	1284	28	39	4	7	0
Artisan Salad 	417	16	34	2	0	727	80	15	14	31	0
Wild Mushroom Ravioli	532	26	44	21	154	599	37	20	3	3	0
Turkey Ruben Melt	683	34	45	13.5	115	1404	39.5	39	5	11	0
California Panini 	391	10	23	2	67	1075	61	32	9	4	0
Asian Sesame Salad 	309	14	40	1	0	913	36	8	7	21	0