



Salads (w/ dressing w/ bread)	Cals	Cals From Fat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbo	Fibre	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Arugula Salad	600	350	38g	7g	0g	10mg	600mg	55g	5g	21g	11g	30%	20%	15%	6%
Brixx Salad	740	510	56g	9g	0g	5mg	520mg	47g	3g	4g	12g	6%	6%	4%	10%
Brixx Salad with Roasted Chicken	940	570	63g	10g	0g	100mg	750mg	47g	3g	5g	42g	10%	10%	4%	15%
Brixx Salad with Salmon	1010	620	69g	11g	0g	90mg	1050mg	48g	4g	4g	44g	15%	8%	8%	20%
Brixx Salad with Sauteed Shrimp	810	510	57g	9g	0g	135mg	680mg	47g	3g	4g	28g	6%	6%	4%	20%
Caesar Salad	660	440	50g	8g	0g	15mg	1210mg	45g	4g	2g	14g	250%	60%	10%	15%
Caesar Salad with Roasted Chicken	860	500	57g	9g	0g	105mg	1440mg	46g	4g	2g	44g	250%	60%	15%	15%
Caesar Salad with Salmon	930	560	63g	10g	0g	100mg	1740mg	47g	5g	2g	46g	250%	60%	15%	20%
Caesar Salad with Sauteed Shrimp	780	490	55g	9g	0g	145mg	1440mg	45g	4g	2g	30g	250%	60%	15%	25%
Mediterranean Salad	650	450	49g	9g	0g	15mg	1550mg	42g	6g	4g	12g	260%	80%	10%	10%
Mediterranean Salad with Roasted Chicken	840	510	56g	10g	0g	105mg	1770mg	42g	6g	4g	43g	270%	80%	15%	15%
Mediterranean Salad with Roasted Salmon	910	560	62g	10g	0g	100mg	2070mg	43g	6g	4g	44g	270%	80%	15%	20%
Mediterranean Salad with Sauteed Shrimp	720	450	49g	9g	0g	145mg	1700mg	42g	6g	4g	29g	260%	80%	15%	25%
Southwestern Salad	950	390	44g	9g	0g	120mg	2560mg	87g	13g	9g	53g	290%	80%	30%	25%
Spinach Salad	430	120	15g	3.5g	0g	10mg	760mg	65g	5g	18g	15g	180%	50%	15%	20%
Spinach Salad with Roasted Chicken	630	180	22g	4.5g	0g	105mg	990mg	66g	5g	18g	46g	180%	60%	15%	25%
Spinach Salad with Roasted Salmon	690	240	28g	5g	0g	95mg	1280mg	67g	6g	18g	47g	180%	50%	20%	30%
Spinach Salad with Sauteed Shrimp	500	130	16g	3.5g	0g	140mg	910mg	65g	5g	18g	32g	180%	50%	15%	35%
Sweet Thai Chicken Salad	870	330	36g	8g	0g	105mg	2190mg	87g	7g	43g	49g	280%	90%	10%	20%
<b>Salad Bread</b>	<b>Cals</b>	<b>Cals From Fat</b>	<b>TotalFat</b>	<b>SaturatedFat</b>	<b>TransFat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Fibre</b>	<b>Sugars</b>	<b>Protein</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calcium</b>	<b>Iron</b>
Focaccia Dough (Salad Bread)	80	20	2.5g	0g	0g	0mg	140mg	13g	< 1g	0g	3g	0%	0%	0%	0%
<b>Salad Add Protein</b>	<b>Cals</b>	<b>Cals From Fat</b>	<b>TotalFat</b>	<b>SaturatedFat</b>	<b>TransFat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Fibre</b>	<b>Sugars</b>	<b>Protein</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calcium</b>	<b>Iron</b>
Blackened Chicken	160	30	3.5g	1g	0g	90mg	820mg	0g	0g	0g	30g	20%	2%	0%	2%
Blackened Shrimp	120	50	5g	0.5g	0g	130mg	930mg	0g	0g	0g	16g	25%	0%	2%	10%
Roasted Pulled Chicken	200	60	7g	1.5g	0g	90mg	230mg	0g	0g	0g	30g	2%	4%	0%	4%
Salmon Marinated	280	120	14g	2g	0g	90mg	550mg	2g	< 1g	0g	34g	6%	2%	4%	10%
Sauteed Shrimp	120	50	5g	0.5g	0g	130mg	230mg	0g	0g	0g	16g	0%	0%	2%	10%
<b>Dressings</b>	<b>Cals</b>	<b>Cals From Fat</b>	<b>TotalFat</b>	<b>SaturatedFat</b>	<b>TransFat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Fibre</b>	<b>Sugars</b>	<b>Protein</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calcium</b>	<b>Iron</b>
Balsamic Vinaigrette	420	410	44g	6g	0g	0mg	60mg	2g	0g	2g	0g	0%	0%	0%	0%
Blue Cheese Dressing	360	300	34g	6g	0g	20mg	700mg	4g	0g	2g	2g	0%	0%	4%	0%
Caesar Dressing	360	360	40g	6g	0g	10mg	660mg	0g	0g	0g	2g	0%	0%	0%	0%
Chipotle-Honey Vinaigrette	60	0	0g	0g	0g	0mg	20mg	15g	0g	13g	0g	2%	0%	0%	0%
Creamy Chili Pepper Dressing	210	190	21g	3.5g	0g	15mg	520mg	5g	< 1g	2g	2g	8%	4%	6%	0%
Feta Dressing	350	340	37g	6g	0g	< 5mg	510mg	2g	0g	0g	1g	2%	2%	2%	2%
Honey Herb Vinaigrette	350	320	34g	5g	0g	0mg	110mg	9g	0g	9g	0g	2%	0%	0%	0%
Honey Mustard	170	60	7g	1g	0g	< 5mg	300mg	25g	0g	18g	8g	0%	8%	2%	2%
Peanut Satay Dressing	180	100	10g	2g	0g	0mg	960mg	16g	0g	12g	4g	0%	0%	0%	0%
Ranch Dressing	260	240	26g	4g	0g	20mg	460mg	6g	0g	2g	2g	0%	0%	4%	0%
<b>Sandwiches</b>	<b>Cals</b>	<b>Cals From Fat</b>	<b>TotalFat</b>	<b>SaturatedFat</b>	<b>TransFat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Fibre</b>	<b>Sugars</b>	<b>Protein</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calcium</b>	<b>Iron</b>
Chicken Club Sandwich	760	340	38g	10g	0g	125mg	3510mg	54g	3g	2g	49g	15%	15%	10%	6%
Italian Beef Sandwich	580	190	21g	6g	0g	75mg	4370mg	59g	3g	4g	45g	10%	25%	10%	10%
Meatball Sub	880	400	46g	16g	2g	185mg	1660mg	74g	4g	13g	44g	35%	60%	30%	45%
Mozzarella Sandwich	790	460	51g	15g	0g	40mg	4180mg	56g	3g	5g	26g	20%	10%	90%	4%
Mozzarella Sandwich with Prosciutto	910	540	59g	18g	0g	75mg	4980mg	56g	3g	5g	37g	20%	10%	90%	6%
Prosciutto and Tomato Sandwich	650	290	32g	12g	0g	100mg	4410mg	53g	3g	3g	37g	20%	15%	8%	8%
Turkey and Cranberry Pecan Pesto Sandwich	810	370	40g	5g	0g	50mg	4000mg	79g	6g	22g	34g	6%	15%	4%	6%
<b>Sides</b>	<b>Cals</b>	<b>Cals From Fat</b>	<b>TotalFat</b>	<b>SaturatedFat</b>	<b>TransFat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Fibre</b>	<b>Sugars</b>	<b>Protein</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calcium</b>	<b>Iron</b>
Corn and Black Bean Salad	140	10	1g	0g	0g	0mg	500mg	26g	7g	3g	7g	4%	6%	2%	10%
Fruit Mix	70	0	0g	0g	**	0mg	15mg	18g	2g	16g	1g	35%	80%	2%	2%
Kettle Chip Side Item	300	160	18g	2g	0g	0mg	320mg	32g	2g	0g	4g	0%	20%	0%	4%
Pasta Salad	450	230	25g	5g	0g	15mg	750mg	44g	5g	6g	9g	4%	8%	4%	15%
<b>Pastas</b>	<b>Cals</b>	<b>Cals From Fat</b>	<b>TotalFat</b>	<b>SaturatedFat</b>	<b>TransFat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Fibre</b>	<b>Sugars</b>	<b>Protein</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calcium</b>	<b>Iron</b>
Chicken and Bacon Alfredo Pasta	1840	1080	122g	56g	0g	400mg	3050mg	117g	6g	7g	70g	60%	6%	60%	25%
Chicken Penne Pasta	1630	970	108g	53g	0g	360mg	3460mg	108g	5g	7g	49g	110%	40%	35%	20%
Meatball Pasta	1500	580	67g	18g	2g	210mg	4070mg	162g	12g	37g	66g	60%	90%	35%	70%
Pomodoro Pasta	750	160	17g	1g	0g	0mg	2400mg	125g	9g	26g	22g	35%	60%	10%	30%
Pomodoro Pasta with Roasted Chicken	940	220	25g	2.5g	0g	90mg	2620mg	126g	9g	26g	52g	35%	60%	10%	35%
Pomodoro Pasta with Sauteed Shrimp	1140	430	46g	5g	0g	130mg	3050mg	138g	11g	33g	40g	60%	90%	15%	45%
Sausage and Peppers Pasta	2140	1320	144g	38g	0g	180mg	4300mg	144g	11g	29g	61g	60%	130%	15%	60%
Shrimp Carbonara	1350	670	76g	46g	0g	400mg	2800mg	120g	13g	13g	41g	50%	20%	35%	45%
<b>Desserts</b>	<b>Cals</b>	<b>Cals From Fat</b>	<b>TotalFat</b>	<b>SaturatedFat</b>	<b>TransFat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Fibre</b>	<b>Sugars</b>	<b>Protein</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calcium</b>	<b>Iron</b>
Chocolate Truffle Tort		230	26g	15g	0g	85mg	125mg	29g	2g	23g	4g	10%	0%	4%	10%
Salted Caramel Cookie	1200	480	55g	28g	1g	95mg	2170mg	179g	1g	111g	12g	35%	0%	10%	10%
Smores Pizza	930	250	29g	14g	0g	0mg	870mg	165g	8g	80g	15g	0%	0%	6%	25%
<b>Kids Menu</b>	<b>Calories</b>	<b>Cals From Fat</b>	<b>TotalFat</b>	<b>SaturatedFat</b>	<b>TransFat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbo</b>	<b>Fibre</b>	<b>Sugars</b>	<b>Protein</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calcium</b>	<b>Iron</b>
Kids Cheese Pizza	370	100	12g	6g	0g	30mg	950mg	49g	3g	3g	17g	15%	6%	15%	4%
Kids Penne with Alfredo Sauce	1120	610	70g	43g	0g	240mg	1780mg	103g	4g	5g	19g	50%	0%	35%	15%
Kids Penne with Butter	610	180	20g	3.5g	2.5g	0mg	1270mg	91g	4g	5g	16g	10%	0%	0%	15%
Kids Penne with Tomato Sauce	560	80	9g	1g	0g	0mg	1430mg	101g	6g	10g	18g	25%	25%	4%	20%
Kids Pepperoni Pizza	420	140	16g	8g	0g	45mg	1100mg	49g	3g	3g	19g	15%	6%	15%	4%