

Updated January 2012

Starters	Serving Size	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Spinach and Artichoke Dip Appetizer	Menu Portion	640	380	42g	23g	1.5g	115mg	1740mg	52g	5g	6g	13g	70%	15%	20%	25%
Pita Chips and Dip Appetizer	Menu Portion	800	250	28g	4g	0g	0mg	1870mg	105g	12g	8g	25g	4%	15%	45%	50%
Brixx Stixx Appetizer	Menu Portion	860	290	34g	7g	0g	20mg	1800mg	121g	5g	23g	31g	20%	20%	20%	8%
Bruschetta Appetizer	Menu Portion	720	500	56g	9g	1.5g	5mg	1500mg	47g	3g	6g	9g	40%	40%	4%	15%
Pimento Cheese Appetizer	Menu Portion	1090	630	68g	16g	0g	60mg	1760mg	82g	4g	4g	26g	20%	20%	60%	20%
Salads (no dressing)	Serving Size	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Brixx Salad (no dressing)	Menu Portion	310	70	9g	2g	0g	5mg	570mg	47g	3g	3g	11g	6%	6%	4%	15%
Caesar Salad (no dressing)	Menu Portion	280	50	7g	1.5g	0g	5mg	650mg	48g	4g	2g	12g	250%	60%	15%	20%
Mediterranean Salad (no dressing)	Menu Portion	280	80	9g	3g	0g	10mg	1130mg	42g	5g	4g	11g	260%	80%	10%	20%
Spinach Salad (no dressing)	Menu Portion	350	100	12g	3g	0g	10mg	830mg	50g	4g	2g	15g	180%	50%	15%	30%
Brixx Salad with Roasted Chicken (no dressing)	Menu Portion	500	140	17g	3.5g	0g	100mg	790mg	48g	3g	3g	42g	10%	8%	6%	20%
Southwestern Salad (no dressing)	Menu Portion	900	200	22g	6g	0g	105mg	2150mg	118g	16g	4g	54g	260%	80%	25%	40%
Spinach Salad with Roasted Salmon (no dressing)	Menu Portion	610	220	25g	5g	0g	100mg	1350mg	51g	5g	2g	47g	180%	50%	20%	40%
Sweet Thai Chicken Salad (no dressing)	Menu Portion	640	190	22g	5g	0g	125mg	1160mg	63g	6g	22g	49g	260%	90%	10%	25%
Dressings and Sauces	Serving Size	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Balsamic Vinaigrette	2 oz Ramekin	420	410	44g	6g	0g	0mg	60mg	2g	0g	2g	0g	0%	0%	0%	0%
Blue Cheese Dressing	2 oz Ramekin	360	300	34g	6g	0g	20mg	700mg	4g	0g	2g	2g	0%	0%	4%	0%
Caesar Dressing	2 oz Ramekin	360	360	40g	6g	0g	10mg	660mg	0g	0g	0g	2g	0%	0%	0%	0%
Chipotle-Honey Vinaigrette	2 oz Ramekin	60	0	0g	0g	0g	0mg	20mg	0g	0g	13g	0g	2%	0%	0%	0%
Feta Dressing	2 oz Ramekin	350	340	37g	6g	0g	< 5mg	510mg	2g	0g	0g	1g	2%	2%	2%	2%
Honey Mustard	2 oz Ramekin	170	70	7g	1g	0g	5mg	300mg	25g	0g	18g	8g	0%	8%	2%	2%
Ranch Dressing	2 oz Ramekin	260	240	26g	4g	0g	20mg	460mg	6g	0g	2g	2g	0%	0%	4%	0%
Creamy Chili Pepper Dressing	2 oz Ramekin	230	220	25g	3.5g	0g	15mg	450mg	5g	0g	2g	2g	4%	4%	4%	0%
Thai Satay Dressing	2 oz Ramekin	140	80	9g	1g	0g	0mg	700mg	12g	2g	8g	4g	0%	0%	0%	4%
Salads (with dressings)	Serving Size	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Brixx Salad	Menu Portion	640	400	44g	7g	0g	5mg	610mg	49g	3g	4g	12g	6%	6%	4%	15%
Brixx Salad with Roasted Chicken	Menu Portion	840	460	51g	8g	0g	100mg	840mg	49g	3g	4g	42g	10%	8%	6%	20%
Brixx Salad with Salmon	Menu Portion	900	520	58g	9g	0g	95mg	1130mg	50g	4g	4g	43g	15%	8%	8%	25%
Brixx Salad with Sauteed Shrimp	Menu Portion	710	410	45g	7g	0g	135mg	770mg	49g	3g	4g	28g	6%	6%	6%	30%
Caesar Salad	Menu Portion	640	410	47g	7g	0g	15mg	1310mg	48g	4g	2g	14g	250%	60%	15%	20%
Caesar Salad with Roasted Chicken	Menu Portion	840	470	54g	9g	0g	110mg	1540mg	48g	4g	2g	44g	250%	60%	15%	25%
Caesar Salad with Salmon	Menu Portion	910	530	60g	9g	0g	100mg	1840mg	49g	5g	2g	45g	250%	60%	20%	30%
Caesar Salad with Sauteed Shrimp	Menu Portion	710	420	47g	7g	0g	145mg	1470mg	48g	4g	2g	30g	250%	60%	15%	35%
Mediterranean Salad	Menu Portion	630	420	45g	8g	0g	15mg	1640mg	44g	5g	4g	12g	260%	80%	15%	20%
Mediterranean Salad with Roasted Chicken	Menu Portion	830	480	52g	10g	0g	110mg	1870mg	44g	5g	4g	42g	270%	80%	15%	25%
Mediterranean Salad with Roasted Salmon	Menu Portion	890	540	59g	10g	0g	100mg	2160mg	45g	6g	4g	44g	270%	80%	20%	30%
Mediterranean Salad with Sauteed Shrimp	Menu Portion	700	430	46g	8g	0g	145mg	1790mg	44g	5g	4g	28g	260%	80%	15%	30%
Spinach Salad	Menu Portion	410	100	12g	3g	0g	10mg	850mg	67g	5g	17g	15g	180%	50%	15%	30%
Spinach Salad with Roasted Chicken	Menu Portion	610	160	19g	4.5g	0g	105mg	1080mg	68g	5g	18g	45g	180%	60%	15%	35%
Spinach Salad with Roasted Salmon	Menu Portion	680	220	25g	5g	0g	100mg	1370mg	69g	5g	17g	47g	180%	50%	20%	40%
Spinach Salad with Sauteed Shrimp	Menu Portion	490	110	12g	3g	0g	140mg	1010mg	67g	5g	17g	31g	180%	50%	15%	40%
Southwestern Salad	Menu Portion	1130	410	47g	9g	0g	120mg	2600mg	123g	16g	6g	56g	270%	80%	30%	40%
Sweet Thai Chicken Salad	Menu Portion	780	270	31g	6g	0g	125mg	1870mg	75g	8g	30g	53g	260%	90%	10%	30%
Add on Meats for Salads	Serving Size	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Blackened Chicken	4 oz	160	30	3.5g	1g	0g	90mg	990mg	0g	0g	0g	30g	0%	2%	0%	2%
Roasted Chicken Strips	4 oz	200	60	7g	1.5g	0g	90mg	230mg	0g	0g	0g	30g	2%	4%	0%	4%
Salmon Marinated	6 oz	280	120	14g	2g	0g	90mg	550mg	2g	< 1g	0g	34g	6%	2%	4%	10%
Sauteed Shrimp	8 ct	70	10	1g	0g	0g	130mg	150mg	0g	0g	0g	16g	0%	0%	2%	10%
Sandwiches (no side)	Serving Size	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Chicken Club Sandwich	Menu Portion	760	300	34g	9g	0g	145mg	1530mg	62g	3g	2g	50g	15%	15%	15%	20%
Turkey Wrap	Menu Portion	530	240	26g	4.5g	0g	60mg	1610mg	49g	4g	3g	28g	40%	20%	8%	6%
Portabella Sandwich	Menu Portion	510	190	21g	7g	0g	15mg	1200mg	64g	5g	3g	18g	20%	15%	25%	20%
Mozzarella Sandwich	Menu Portion	680	360	39g	12g	0g	35mg	1720mg	59g	2g	5g	21g	20%	10%	80%	15%
Tuscan Sandwich	Menu Portion	830	410	45g	17g	0g	110mg	2920mg	71g	3g	10g	34g	25%	10%	20%	20%
Sandwich Side Items	Serving Size	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Corn and Black Bean Salsa	1 Cup	320	30	3.5g	0.5g	0g	0mg	360mg	63g	10g	2g	12g	6%	4%	2%	15%
Three Bean Salad	1 Cup	160	60	6g	1.5g	0g	< 5mg	630mg	18g	6g	3g	7g	8%	40%	10%	15%
Pasta Salad	1 Cup	280	110	11g	2.5g	0g	10mg	1540mg	36g	< 1g	6g	7g	4%	8%	4%	8%
Fruit Mix	1 Cup	70	0	0g	0g	**	0mg	15mg	18g	2g	16g	1g	35%	80%	2%	2%
Blue Potato Chip side item	2 oz	260	100	12g	2g	0g	0mg	230mg	38g	6g	0g	4g	0%	0%	0%	8%