



UNLEADED MENU

to keep your engine running smoothly

	-serving size	calories sides included	protein (g)	carbs (g)	fiber (g)	sugar (g)	fat (g)	saturated fat (g)	trans fat (g)	sodium (g)	cholesterol (mg)
SALAD											
<small>dressings not included</small>											
SIDE SPINACH SALAD	1 SALAD	128	5	11	2	6	8	3	0	261	13
HOUSE SALAD	1 SALAD	77	7	4	1	2	4	3	0	221	13
SPINACH SALAD W. CHICKEN	1 SALAD	312	41	14	3	7	12	4	0	366	131
COBB SALAD	1 SALAD	547	72	6	3	2	24	8	0	871	395
WRAP											
<small>served w. baked sweet potato fries</small>											
SMOKED TURKEY WRAP	1 WRAP	733	30	82	1	15	32	4	0	1,327	38
PIZZA											
CHEESE – SAUCE – CHICKEN BREAST – MUSHROOMS – GARLIC – BASIL – ON WHEAT	1 6" PIZZA	702	72	85	17	13	13	4	0	1,552	129
PASTA											
VEGGIE PASTA	1 PLATE	684	15	85	6	12	30	4	0	38	0
ENTREES											
<small>served w. baked sweet potato fries & mixed vegetables</small>											
CHICKEN PROTEIN PLATE	1 PLATE	548	40	52	8	15	19	3	0	389	118
SHRIMP PROTEIN PLATE	1 PLATE	455	20	53	8	15	17	2	0	955	139
TUNA PROTEIN PLATE	1 PLATE	640	58	52	8	15	19	1	0	411	101