



unleaded menu

to keep your engine running smoothly

	servings size	calories <small>sides included</small>	protein (g)	carbs (g)	fiber (g)	sugar (g)	fat (g)	saturated fat (g)	trans fat (g)	sodium (mg)	cholesterol (mg)
SALAD											
SPINACH SALAD W. CHICKEN	1 SALAD	470	41	15	3	8	30	6	0	770	130
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	630	50	50	11	10	27	3.5	0	1060	145
SHRIMP PROTEIN PLATE	1 PLATE	455	20	53	8	15	17	2	0	955	139
TUNA PROTEIN PLATE	1 PLATE	450	45	47	8	4	8	1.5	0	430	65
BAKED CATFISH PLATTER	1 PLATE	480	37	45	10	10	16	5	0	710	120