

Daily - Menu

Friday, May 29, 2020

Item	Serving Size	Calories	Total Fat(g)	Sat. Fat(g)	Sodium(mg)	Carb.(g)	Dietary Fiber(g)	Protein(g)	Allergens	Gluten Friendly
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Create Your Own

Sandwich,
Wrap Or Sub

Ramen Bowl

Salad

Grain Bowl

New Items

Chicken Tender Wrap	1 ea	917	57	12	2097	71	5	32	Eggs, Fish, Milk, Soy, Wheat	
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Mac & Cheese Bites	1 ea	330	16	5	990	37	3	9	Milk, Soy, Wheat	
Chicken Tenders	1 ea	371	26	4	877	15	1	18	Soy, Wheat	
Signature Grain Bowls										
Autumn Grain	1 ea	440	26	3	484	45	7	10	Soy, Tree Nuts, Wheat	
The Freekah	1 ea	327	5	1	172	60	12	11	Soy, Wheat	
Mexican Quinoa	1 ea	266	14	2	453	29	8	5	Soy	GF
Ancient Grains	1 ea	463	20	3	426	44	8	24	Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat	
The Gramercy	1 ea	451	18	6	694	49	4	22	Milk, Tree Nuts	GF

Buddah	1 ea	716	19	3	692	106	9	20	Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat
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Signature Ramen Bowls

Champon Chicken Ramen	15.2 oz	326	6	1	678	42	5	26	Eggs, Soy, Wheat
Sapporo Miso Ramen	16.4 oz	1187	14	4	9511	231	6	42	Eggs, Soy, Wheat
Shio Shrimp Ramen	17.9 oz	716	13	3	3910	108	4	41	Eggs, Shellfish, Soy, Wheat
Shoyu Vegetable Ramen	13.6 oz	265	4	0	1004	48	6	9	Eggs, Soy, Wheat

Signature Salads

Steak Chef Salad	1 ea	372	20	5	441	24	4	18	Milk, Soy	GF
Pan Asian	1 ea	279	13	2	657	18	4	15	Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat	
Buena Vista Cobb	1 ea	581	42	10	877	31	10	17	Milk, Peanuts, Soy, Tree Nuts	GF
Mexicali	1 ea	355	18	3	499	19	7	25	Soy	GF
Seattle Caesar	1 ea	350	19	4	519	22	5	18	Fish, Milk, Shellfish, Soy, Tree Nuts, Wheat	

The Far East	1 ea	356	19	3	518	26	5	18	Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat
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Signature Sandwiches

The Mediterranean	1 ea	575	19	2	1445	82	14	23	Milk, Soy, Wheat
Steak Ciabatta	1 ea	783	42	9	1192	67	5	33	Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat
The Rachel	1 ea	648	27	9	1672	65	3	33	Eggs, Milk, Soy, Wheat

Chicken Philly	1 ea	604	23	7	946	71	3	30	Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat
Gourmet Grilled Cheese	1 ea	324	9	4	1373	40	4	11	Milk, Soy, Wheat
The Buffalo	1 ea	587	19	7	1081	69	3	36	Eggs, Milk, Soy, Wheat