

Sandella's Nutritional Information

		Fat	Sat Fat	Cholest	Total Carbs	Protein	Sodium	Dietary Fiber	Sugars
<u>Item</u>	<u>Calories</u>	<u>grams</u>	<u>grams</u>	<u>mg</u>	<u>grams</u>	<u>grams</u>	<u>mg</u>	<u>grams</u>	<u>grams</u>
WRAPS									
Chicken Caesar Wrap	390	4	1.5	50	54	24	1500	6	8
Turkey Basil Club Wrap	440	12	2	65	55	34	1420	5	8
Sweet & Spicy Chicken Wrap	400	7	2	65	64	27	920	5	16
Chipolte Chicken Wrap	350	7	1	40	55	22	650	5	10
Hummus Wrap	320	6	1	0	59	13	460	8	6
Turkey & Bacon Wrap	530	19	5	65	54	38	1700	5	10
PANINIS									
Buffalo Chicken Panini	600	25	12	100	48	35	1430	4	6
Provolone & Veggie Panini	450	17	8	35	56	20	780	6	9
Tangy Turkey & Mozzarella Panini	520	13	6	65	62	40	1450	5	14
Tuscan Chicken Panini	540	21	7	90	55	34	1290	5	5
QUESADILLAS									
California Quesadilla	500	23	12	70	53	23	1060	5	5
Cheese Quesadilla	450	19	12	70	49	21	960	3	4
Chicken Fajita Quesadilla	510	19	11	105	52	34	1430	4	6
GRILLED FLAT BREAD									
Brazilian Chicken	510	10	6	80	73	33	1410	3	26
Margerita Flatbread	360	9	5	30	51	21	480	5	9
Cheese	370	9	6	35	49	20	790	4	7
Spinach & Bacon	750	45	17	110	51	34	1930	6	7
SALADS									
Chicken Caesar Salad	320	5	2	50	36	22	1400	7	8
Greek Salad	310	15	6	25	37	11	850	7	11
Rice Bowls									
Black Beans & Rice Bowl	840	20	12	60	130	38	1270	18	5
Cheddar Chicken & Broccoli Bowl	850	20	11	105	128	41	1380	8	27

* The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical Recommended limits may be higher or lower depending upon calorie consumption.