



Sandella's Nutritional Information

Item	Serving Size Ounces	Calories	Fat grams	Sat Fat grams	Trans Fat grams	Cholest mg	Total Carbs grams	Protein grams	Sodium mg	Dietary Fiber grams	Sugars grams
WRAPS											
Buffalo Chicken Wrap	11.75	400	7	1.0	0	45	51	22	1340	5	7
Chicken Caesar Wrap	9.00	390	4	1.5	0	50	54	24	1500	6	8
Chicken Fajita Wrap	11.55	520	20	12	0	115	53	35	1440	4	6
Chicken Verona Wrap	12.50	510	18	7	0	90	54	34	1230	4	7
Chipotle Chicken Wrap	11.25	350	7	1.0	0	50	55	22	890	5	10
Classic BLT Wrap	11.75	750	42	13	0	95	55	39	2280	5	9
Classic Ham & Swiss Wrap	13.25	590	25	11	0	90	59	34	1610	6	9
Georgetown Turkey Wrap	9.00	540	3	0.5	0	30	96	34	1750	5	20
Hummus Wrap	11.50	320	6	1.0	0	0	59	13	460	8	6
Pacific Chicken Wrap	13.25	550	23	5	0	80	57	32	1610	6	10
Pesto Turkey Wrap	14.11	460	15	6	0	65	54	32	1390	6	8
Roast Beef Club Wrap	12.75	580	22	7	0	70	59	40	1670	5	9
Spicy Roast Beef Melt Wrap	9.25	530	14	7	0	70	63	41	1360	3	13
Sweet & Spicy Chicken Wrap	12.25	490	14	4.0	0	75	62	32	1490	5	16
Turkey & Bacon Wrap	12.75	530	19	5	0	65	54	38	1700	5	10
Turkey Basil Club Wrap	12.86	540	20	9	0	75	53	39	1140	5	8
PANINIS											
Buffalo Panini	10.76	600	25	12	0	105	48	35	1670	4	6
Chicken Delicato Panini	9.51	490	18	7	0	90	51	33	1230	3	5
Pastrami Melt Panini	12.01	490	15	8	0	95	51	39	1740	5	6
Provolone & Veggie Panini	10.51	450	17	8	0	35	56	20	780	6	9
Spinach Ham & Swiss Panini	8.62	550	20	10	0	85	61	33	1570	6	13
Tangy Turkey & Mozzarella Panini	9.62	520	13	6	0	65	62	40	1450	5	14
Turkey Reuben Panini	11.01	540	18	8	0	70	59	39	1500	5	13
Tuscan Chicken Panini	9.62	540	21	7	0	90	55	34	1290	5	5
All American Omelet Panini	9.00	630	32	13	0	370	46	39	1340	3	4
South of the Border Panini	11.25	570	27	14	0	365	51	30	970	4	6
Western Omelet Panini	12.25	570	28	14	0	365	51	31	670	5	7
TOASTED WRAPPERS											
BTC Wrapper	4.00	240	11	5	0	30	24	12	500	2	3
Roma Wrapper	3.32	250	12	5	0	35	23	13	720	2	2
Rodeo Wrapper	3.75	210	6	3.0	0	25	27	14	680	2	4

Item	Serving Size Ounces	Calories	Fat grams	Sat Fat grams	Trans Fat grams	Cholest mg	Total Carbs grams	Protein grams	Sodium mg	Dietary Fiber grams	Sugars grams
QUESADILLAS											
California Quesadilla	9.81	500	23	12	0	70	53	23	1060	5	5
Cheese Quesadilla	7.56	450	19	12	0	70	49	21	960	3	4
Chicken Fajita Quesadilla	10.81	510	19	11	0	105	52	34	1430	4	6
Mediterranean Quesadilla	8.24	400	16	6	0	35	53	12	970	6	5
Southwestern Quesadilla	10.56	550	23	12	0	70	62	26	1160	8	5
GRILLED FLAT BREAD											
Brazilian Bacon	11.50	650	24	10	0	65	78	32	1680	5	26
Brazilian Chicken	9.25	510	10	6	0	80	73	33	1410	3	26
Buffalo Chicken	9.25	420	10	6	0	80	47	33	2390	3	5
Cheese	6.75	370	9	6	0	35	49	20	790	4	7
Hawaiian	12.36	700	24	11	0	80	88	35	1920	5	37
Margherita	9.93	360	9	5.0	0	30	51	21	480	5	9
Perfecto Pepperoni	7.88	530	23	11	0	70	49	28	1310	4	7
Pesto Chicken	13.50	610	28	9	0	100	56	34	1460	4	9
Spinach & Bacon	9.25	750	45	17	0	110	51	34	1930	6	7
Vegetable Confetti	11.50	510	21	11	0	60	61	24	950	6	7
SALADS											
Caesar Salad	9.00	250	4	2	0	5	34	9	930	7	7
Chicken Caesar Salad	11.50	320	5	2	0	50	36	22	1400	7	8
Hawaiian Salad	15.61	570	23	11	0	75	59	31	1490	7	29
Fiesta Salad	17.50	360	8	1.0	0	45	54	24	1110	11	11
Greek Salad	13.50	310	15	6	0	25	37	11	850	7	11
Santa Fe Salad	12.75	420	24	11	0	60	35	20	950	7	5
RICE BOWLS											
Black Beans & Rice Bowl	19.30	840	20	12	0	60	130	38	1270	18	5
Cheddar Chicken & Broccoli Bowl	19.00	850	20	11	0	105	128	41	1380	8	27
Chicken Fajita Bowl	18.80	750	20	11	0	105	104	40	1440	8	7

Nutritional content may vary because of changes in growing seasons, different suppliers, slight variations in our recipes, or the different places that we buy our ingredients.

Menu items may vary by location.

We may update this chart from time to time.

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. A 2,000 calorie daily diet is used as the basis for general nutrition advice; individual calorie needs, however, may vary.