



NUTRITIONAL INFO

ALLERGENS

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A % of DV	Calcium % of DV	Vitamin C % of DV	Iron % of DV	Egg	Milk	Soy	Wheat	Sesame Seeds
SALADS - without bread bowl																					
BBQ Chicken Caesar	269	118	22	2	0	0	15	475	17	4	11	10	100	6	159	13	o	o	✓	o	o
Cajun Chicken Caesar	269	99	27	3	0	0	17	299	9	4	5	11	112	8	174	13	o	o	✓	o	o
Donair Salad	312	91	25	3	0	0	7	136	12	4	6	6	70	6	78	13	o	o	✓	o	o
Garlic Chicken Picante	213	105	34	4	0	0	28	458	4	2	2	15	74	7	58	13	o	o	✓	o	o
Greek Chicken Cucumber	326	103	25	3	0	0	17	285	11	4	6	11	59	7	73	12	o	o	✓	o	o
Gyros Salad	312	91	25	3	0	0	7	136	12	4	6	6	70	6	78	13	o	o	✓	o	o
Mediterranean	340	189	103	11	7	0	11	715	13	4	6	11	62	21	72	12	o	✓	o	o	o
Monterey Chicken	312	164	28	3	0	0	23	373	22	3	17	13	64	6	61	12	o	o	✓	o	o
Okanagon Fruit Salad*	384	260	84	9	6	0	20	158	37	2	31	9	97	25	52	8	o	✓	o	o	o
South Philly Caesar	297	99	9	1	0	0	23	388	12	4	5	13	97	7	97	21	o	o	o	o	o
Bread Bowl Only**	200	500	76	8	0	0	0	880	90	4	8	16	0	4	8	40	o	o	o	✓	o
DRESSINGS																					
Buffalo Ranch	57	175	161	18	1	0	18	384	3	0	2	1	1	2	6	1	✓	✓	o	o	o
Caesar	57	352	345	38	3	1	21	403	3	0	0	1	0	3	5	1	✓	✓	o	o	o
Honey Mustard	57	75	16	2	0	0	0	625	14	0	13	2	0	0	0	0	o	o	o	o	o
Oil Vinegar	57	347	340	38	3	0	0	208	3	0	3	0	0	0	0	1	o	o	o	o	o
Ranch	57	215	201	22	2	0	22	476	3	0	2	1	0	3	0	1	✓	✓	o	o	o
Salsa	71	52	27	3	0	0	0	467	5	1	3	1	12	1	16	1	o	o	o	o	o
Sweet Sauce	57	104	19	2	1	0	0	73	23	0	19	1	0	4	0	0	o	✓	o	o	o
Tzatziki	57	66	43	5	3	0	19	397	4	0	0	2	4	0	0	0	o	✓	o	o	o
DESSERTS - per serving (1/4 pizza or full cookie)																					
Banana Bread	123	386	162	18	4	0	54	212	50	2	30	4	8	2	4	40	✓	✓	o	✓	o
Cinnamon Pizza	60	176	44	6	2	0	8	240	28	2	8	4	4	2	0	10	o	✓	o	✓	o
Pizza Fruta*	114	248	68	8	4	0	14	220	42	2	20	4	4	2	28	46	o	✓	o	✓	o
Craisin Cookie	70	378	115	13	9	0	99	214	7	2	16	5	14	2	0	8	✓	✓	o	✓	o
Chocolate Chip Cookie	70	378	115	13	9	0	99	214	7	2	17	5	14	2	0	8	✓	✓	o	✓	o
Tvosi Carrot Cake	116	387	143	16	5	0	109	192	11	2	9	5	51	3	1	30	✓	✓	o	✓	o
Real Fruit Smoothies																					
Peach Mango	454	454	88	0	0	0	0	1	24	3	19	1	38	3	214	3	o	o	o	o	o
Strawberry Banana	473	473	98	0	0	0	0	4	27	4	13	1	2	2	93	6	o	o	o	o	o

Percent Daily Values are based on a 2000 calorie diet. Individual daily values may be higher or lower depending on your calorie needs.

Nutritional information was obtained through analysis by our nutritional software ChefTec and information provided by suppliers.

Goods may vary slightly by size and region.

Coco Brooks reviews its recipes periodically and may change the recipe in an effort to improve our quality. During the beta-testing stage of an item, some locations may offer the item from a previous recipe while other locations are using the new recipe

* Selection of fresh fruit may vary from restaurant to restaurant.

** Bread & Pizza crusts are manufactured in a facility that may contain traces of soy, milk, and egg products

- ✓ Item contains allergen indicated
- o Item has a component that is manufactured in a facility that handles allergen indicated

Nutritional Information is current as of June 2009