

## **WRAPS**

### **Jim's Famous Wrap**

Serving: 1 Wrap (295 grams) Total Cal.: 620, Fat Cal.: 260, Total Fat: 29g, Sat. Fat: 7g, Trans Fat: 0g, Cholest.: 30mg, Sodium: 1450mg, Total Carb.: 67g, Sugars: 3g, Fiber: 4g, Protein: 21g  
Contains milk, eggs, wheat, soy beans, gluten, MSG

### **Amanda's Famous Wrap**

Serving: Wrap (255 grams) Total Cal.: 370, Fat Cal.: 100, Total Fat: 11g, Sat. Fat: 3.5g, Trans Fat: 0g, Cholest.: 65mg, Sodium: 750mg, Total Carb.: 39g, Sugars: 5g, Fiber: 2g, Protein: 27g  
Contains milk, wheat, soy beans, gluten

### **Chicken Caesar Wrap**

Serving: 1 Wrap (255 grams) Total Cal.: 520, Fat Cal.: 150, Total Fat: 16g, Sat. Fat: 5g, Trans Fat: 0g, Cholest.: 60mg, Sodium: 1150mg, Total Carb.: 61g, Sugars: 2g, Fiber: 3g, Protein: 30g  
Contains milk, fish, wheat, soy beans, gluten

### **Spokane Spinach Salad Wrap**

Serving: 1 Wrap (268 grams) Total Cal.: 480, Fat Cal.: 130, Total Fat: 14g, Sat. Fat: 6g, Trans Fat: 0g, Cholest.: 15mg, Sodium: 1110mg, Total Carb.: 76g, Sugars: 17g, Fiber: 5g, Protein: 14g  
Contains milk, wheat, tree nuts, soy beans, gluten

### **Roast Beef & Swiss Pub Wrap**

Serving: 1 Wrap (266 grams) Total Cal.: 490, Fat Cal.: 150, Total Fat: 16g, Sat. Fat: 8g, Trans Fat: 0g, Cholest.: 45mg, Sodium: 1630mg, Total Carb.: 57g, Sugars: 3g, Fiber: 3g, Protein: 25g  
Contains milk, fish, wheat, soy beans, gluten

### **Caribbean Pork Wrap**

Serving: 1 Burrito (234 grams) Total Cal.: 380, Fat Cal.: 110, Total Fat: 12g, Sat. Fat: 5g, Trans Fat: 0g, Cholest.: 45mg, Sodium: 1150mg, Total Carb.: 45g, Sugars: 2g, Fiber: 5g, Protein: 23g  
Contains milk, wheat, soy beans, gluten

### **Turkey Cranberry Club Wrap**

Serving: 1 Wrap (315 grams) Total Cal.: 960, Fat Cal.: 620, Total Fat: 68g, Sat. Fat: 18g, Trans Fat: 0g, Cholest.: 110mg, Sodium: 2130mg, Total Carb.: 53g, Sugars: 12g, Fiber: 5g, Protein: 35g  
Contains milk, eggs, wheat, soy beans, gluten

## **SALADS**

### **Mandarin Chicken Salad**

Serving: 1 Salad (272 grams) Total Cal.: 340, Fat Cal.: 170, Total Fat: 19g, Sat. Fat: 2g, Trans Fat: 0g, Cholest.: 15mg, Sodium: 530mg, Total Carb.: 32g, Sugars: 7g, Fiber: 5g, Protein: 13g  
Contains milk, eggs, wheat, tree nuts, soy beans, gluten

### **Chicken Caesar Salad**

Serving: 1 Salad (306 grams) Total Cal.: 320, Fat Cal.: 170, Total Fat: 19g, Sat. Fat: 4g, Trans Fat: 0g, Cholest.: 45mg, Sodium: 1470mg, Total Carb.: 21g, Sugars: 7g, Fiber: 3g, Protein: 19g  
Contains milk, fish, wheat, tree nuts, soy beans, gluten