

## NUTRITIONAL INFORMATION

	calories	Calories from Fat	Total fat	Saturated Fat	Transfat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Pizzas Veggie</b>															
Four Cheese & Tomato	1010	370	42	18	0	70	2400	101	5	3	45	20%	20%	90%	40%
Garlic Parm & Mushroom	1100	460	51	22	2	100	2310	102	5	2	44	25%	6%	60%	40%
Grilled Veggie & Goat	1290	620	71	26	0	95	1890	103	6	4	47	50%	80%	70%	50%
Magherita	800	180	22	11	0	50	1530	104	7	4	33	15%	15%	30%	40%
Great White	940	320	36	16	0	85	1800	103	6	6	39	25%	8%	120%	40%
<b>Pizzas Veggie</b>															
Shark Repellent	860	250	28	11	0	55	1880	105	7	7	35	10%	15%	35%	40%
Manhattan Beach	1130	460	53	21	0	100	2560	107	8	4	42	20%	25%	30%	50%
<b>Pizzas Chicken</b>															
Sweet Barbecue Chicken	990	330	37	14	0	90	1850	103	5	6	50	10%	10%	50%	40%
Baja Chicken & Roasted Red Pesto Chicken	960	310	36	12	0	85	1660	102	5	5	47	35%	80%	40%	40%
	740	160	17	7	0	70	1350	99	5	2	37	15%	15%	25%	40%
<b>Pizzas Bacon</b>															
The Big Sur	840	250	26	11	0	85	2080	103	6	3	38	10%	15%	30%	40%
Coronado Beach	1130	430	49	19	0	115	2420	111	7	2	50	15%	35%	60%	40%
<b>Pizzas Steak &amp; Seafood</b>															
SoCal Tri-Tip	880	230	25	9	0	60	1780	105	7	5	42	15%	40%	25%	50%
Santa Barbara	1560	680	77	28	0	530	3310	101	6	2	558	35%	10%	120%	45%
<b>Surf City Tacos</b>															
Cabo-Style Fish Tacos	150	100	11	105	0	50	200	5	<1	1	11	4%	15%	0%	0%
Baja-Style Shrimp Tacos	140	50	6	1	0	<5	390	20	2	3	3	4%	15%	4%	6%
Malibu-Style Salmon Tacos	110	50	6	1	0	30	130	4	<1	5	9	6%	15%	2%	2%
Cali-Style Chicken Tacos	100	50	6	1	0	30	100	2	<1	1	9	8%	15%	0%	2%
Founder-Style Steak Tacos	330	120	14	6	0	55	610	33	2	2	17	8%	4%	20%	8%
Cantina-Style Veggie Tacos	110	100	11	1.5	0	10	170	4	<1	2	<1	15%	40%	0%	2%
<b>Rice Bowl - Proteins &amp; Rice</b>															
Brown Rice	70	0	0	0	0	0	230	16	1	0	2	0%	0%	0%	4%
White Rice	70	0	0	0	0	0	230	16	0	0	2	0%	0%	0%	4%
Grilled Mahi-Mahi	90	10	1	0	0	80	95	0	0	0	20	0%	0%	0%	0%
Citrus-Grilled Shrimp	110	15	2	0	0	160	150	<1	0	0	21	4%	4%	6%	15%
Wild-Caught Salmon	100	25	3	1	0	55	50	0	0	5	17	2%	0%	2%	4%
Grilled Chicken	100	20	2.5	0.5	0	55	55	0	0	0	18	2%	2%	0%	2%
Grilled Tri-Tip Steak	230	120	13	5	0	60	60	0	0	0	25	0%	0%	2%	15%
Grilled Veggies	30	15	2	0	0	0	105	3	1	2	<1	15%	60%	2%	2%
<b>Rice Bowl - Extras</b>															
Black Beans	70	0	0	0	0	0	210	12	3	0	4	0%	4%	2%	15%
Grilled Veggies	10	0	0	0	0	0	30	<1	0	0	0	4%	20%	0%	0%
Lettuce	5	0	0	0	0	0	15	0	0	0	4%	2%	0%	0%	0%
Cabbage	10	0	0	0	0	0	10	2	<1	1	0	6%	305	2%	2%
Shredded Cheese	50	45	4.5	2.5	0	15	90	0	0	0	4	4%	0%	10%	0%
Tomato Salsa	10	0	0	0	0	0	65	2	<1	1	0	6%	10%	0%	0%
Corn Salsa	25	5	0.5	0	0	0	160	5	<1	1	<1	0%	4%	0%	0%
Mango Salsa	25	0	0	0	0	0	0	6	<1	5	0	8%	30%	0%	0%
Sour Cream	50	40	4.5	3	0	15	15	<1	0	<1	<1	4%	0%	2%	0%
Guacamole	80	50	6	0.5	0	0	140	5	3	<1	<1	0%	6%	0%	0%
<b>Rice Bowl - Sauces</b>															
Garlic-Lime	180	180	20	2.5	0	20	140	2	0	0	0	0%	0%	0%	0%
Baja Ranchero	70	50	6	1	0	<5	200	4	0	4	0	2%	0%	0%	0%
Roasted Red Pepper	80	80	9	1	0	10	60	2	0	<1	0	8%	20%	0%	0%
Avocado Ranch	90	80	8	1.5	0	5	200	1	<1	<1	<1	0%	2%	0%	0%
Rail-Bang HOT!	80	80	8	1	0	10	80	2	0	<1	0	6%	25%	0%	0%
<b>Wraps</b>															
Baja Grilled Chicken	690	270	30	9	0	110	1210	62	6	14	40	30%	25%	30%	20%
California Greek Steak	870	460	52	14	0	75	1340	58	4	9	40	100%	80%	25%	45%
Coral Reef Veggie	590	290	33	9	0	35	1010	57	5	4	18	100%	90%	35%	15%
Santa Maria Tri-Tip Steak	490	210	24	9	0	75	720	35	5	3	31	4%	10%	10%	30%
<b>Salads</b>															
Anaheim Cobb	700	420	48	21	0	365	1730	13	5	5	51	50%	35%	45%	10%
1/2 Anaheim Cobb	350	210	24	11	0	180	870	6	3	2	25	25%	15%	25%	6%
Baja Grilled Chicken	360	160	20	7	0	75	450	18	6	6	24	35%	30%	20%	10%
1/2 Baja Grilled Chicken	180	80	10	3.5	0	35	230	9	3	3	12	15%	15%	10%	4%
Del Mar Grilled Shrimp	490	70	8	3.5	0	730	2400	10	3	3	892	140%	110%	70%	8%
1/2 Del Mar Grilled Shrimp	250	35	4	1.5	0	365	1200	5	2	2	446	70%	60%	35%	4%
Napa Valley	150	60	7	1.5	0	0	35	19	3	9	5	110%	100%	10%	15%
1/2 Napa Valley	70	30	3.5	0.5	0	0	20	8	1	3	2	60%	50%	4%	6%
Oceanside	290	140	15	8	0	95	190	4	1	6	33	140%	35%	30%	15%
1/2 Oceanside	140	70	8	4	0	50	95	2	<1	3	16	70%	15%	15%	8%
Pacific Grove	250	130	15	7	0	25	150	17	3	14	9	40%	60%	25%	8%
1/2 Pacific Grove	130	70	7	3.5	0	15	90	10	2	7	5	30%	50%	10%	6%
Riverside Mandarin	150	60	7	1.5	0	0	105	17	5	9	3	240%	90%	15%	30%
1/2 Riverside Mandarin	75	30	3	0.5	0	0	50	8	2.5	4.5	1.5	120%	45%	8%	15%
Walnut Creek	300	130	14	5	0	65	150	18	2	11	25	120%	50%	25%	15%
1/2 Wallnut Creek	150	60	7	2.5	0	35	75	9	<1	5	12	60%	25%	10%	6%
<b>Dressings</b>															
Avocado Ranch	150	130	14	2.5	0	10	340	3	1	1	1	0%	2%	0%	0%
Baja Ranchero	120	90	10	1.5	0	10	350	6	0	6	<1	2%	2%	0%	2%
Garlic-Lime	200	200	23	3.5	0	15	150	0	0	0	0	0%	0%	0%	0%
Coconut Cream	100	60	6	4.5	0	20	20	8	<1	7	1	4%	0%	2%	0%
Roasted Red Pepper	150	140	15	2	0	15	105	3	<1	1	<1	10%	30%	0%	2%
Blue Cheese	120	90	10	4	0	25	240	2	0	<1	2	6%	0%	6%	0%
French	210	180	20	2.5	0	0	380	7	0	7	0	4%	2%	2%	2%
Ranch	220	210	22	4	0	10	450	2	0	2	0	0%	0%	0%	0%
Lite Italian	35	25	3	0	0	<5	480	2	0	2	0	0%	0%	0%	2%
Fat-Free Ranch	60	0	0	0	0	0	380	14	<1	7	0	0%	0%	0%	2%
<b>Vinaigrettes</b>															
Herb_Balsamic	210	190	23	3	0	0	65	4	0	4	0	2%	0%	0%	2%
Mango-Chipotle	90	80	9	0.5	0	0	15	4	<1	3	0	4%	35%	0%	0%
Pomegranate	110	90	10	1.5	0	0	380	5	0	3	<1	0%	0%	2%	2%
Raspberry	130	110	12	1	0	0	45	5	<1	3	2	0%	8%	0%	2%