

Footlong Churro	Footlong Churro	91	1234	295	11	4.9	49	25	0.9	2	0.2	100	1357	324	12	5.4	53	27	1	2.2	0.2
Cookies and Pop Dots	Cookiet & Donitsipallot																				
Cookie, Chocolate Chunk	Cookie, Chocolate Chunk	45	896	214	10	5.1	28	16	0.4	2.3	0.3	100	1992	476	23	11	62	35	0.8	5	0.6
Cookie, Double Chocolate	Cookie, Double Chocolate	45	875	209	9.4	5.4	27	17.5	0.54	2.2	0.4	100	2100	502	33	20	45	22	0.9	5.3	0.9
Cookie, Rainbow	Cookie, Rainbow	45	894	214	9.8	5	28	18	1.5	2.2	0.3	100	1987	475	22	11	63	40	3.4	4.9	0.6
Cookie, White Chocolate Chip Macadamia Nut	Cookie, White Chocolate Chip Macademian Nut	45	900	215	10	5.1	27	16	0.5	2.3	0.4	100	2000	478	23	11	61	36	1.2	5.2	0.9
Ingredients	Raaka-aineet																				
Bread	Leivät																				
Herbs and Cheese Bread	Juusto-oregano	75	782	187	2.2	1.1	33	5.2	2.6	8.4	0.7	100	1043	249	3	1	44	7	3.5	11.2	0.9
Honey Oat Bread	Hunajakaura	94	953	228	2.1	0.3	39	8.1	6.0	9.6	0.5	100	1014	242	2	0	41	9	6.3	10.2	0.6
Wholegrain with Seeds	Kokojyvä siemensekoituksella	86	907	217	5.9	0.9	28	1	6.0	10.3	0.6	100	1055	252	7	1	33	2	6.9	11.9	0.7
Wholegrain Bread	Kokojyvä	76	658	157	0.8	0.2	27	1	4.4	7.5	0.6	100	866	207	1	0	35	2	5.8	9.9	0.7
White Bread	Vaalea	71	728	174	1.9	0.9	32	5	1.9	7.8	0.6	100	1025	245	3	1	45	7	2.7	11	0.9
Wheat Tortilla	Vehnätortilla	95	1152	275	5.7	0.8	48	3	3.8	6.6	1.1	100	1213	290	6	1	50	3	4.1	7.0	1.2
Gluten Free Bread	Gluteitonit leipä	110	1192	285	4.5	0.4	56	1.4	3.5	3.1	1.1	100	1084	259	4	0	51	1	3.2	2.8	1.0
Cheese	Juustot																				
American Processed Cheese, 2 slices	Amerikkalainen juusto	12	177	42	3.5	2.3	0	0.4	0.0	2.3	0.3	100	1477	353	29	19	3.5	3.5	0	19.5	2.5
Blue Cheese	Sinihomejuusto	14	199	48	4.0	2.2	0	0.0	0.1	2.5	0.4	100	1422	340	29	16	0	0	1	18	3.1
Pepperjack Cheese, 2 slices	Pepper Jack -juusto	14	189	45	3.8	2.4	0	0.3	0.2	2.5	0.5	100	1351	323	27	17	2.1	2.1	1.3	18	3.3
Mozzarella	Mozzarella	28	294	70	5.3	3.3	0	0.3	0.0	5.3	0.2	100	1050	251	19	12	1.0	1	0	19	0.6
Proteins	Proteiinit																				
Chicken Strips	Kananrinta	56	281	67	1	0.3	1.2	0.6	0.3	13	0.7	100	502	120	1.5	0.6	2.1	1	0.5	23	1.2
Slow Cooked Chicken Breast	Hitaasti kypsytetty kananrinta	56	297	71	2	0.3	0.1	0.1	0.0	12	0.5	100	531	127	3.5	0.51	0.21	0.21	0	22	0.9
Churrasco Beef Patty, 2 patties	American Steakhouse naudan jauhelihapihvi, 2 pihviä	64	575	138	9.4	4.8	1.5	0.8	1.4	10	0.4	100	899	215	15	7.5	0.4	1.2	2.2	16	0.7
Ham, 2 slices	Kinkku, 2 siivua	28	143	34	1	0.3	0.7	0.4	0.3	5.4	0.5	100	510	122	3.8	1.1	2.5	1.4	1	19	1.6
Maple Bacon, 2 slices	Pekoni, 2 siivua	9	154	37	2.8	1	0.2	0.3	0	3	0.2	100	1715	410	32	11	2.5	3.1	1	34	2.5
Pepperoni, 3 slices	Pepperoni, 3 siivua	18	305	73	6.3	2.0	0.6	0	0	3.6	0.7	100	1694	405	35	11	3.5	0.2	0.5	20	4
Philly Style Steak	Steak naudan suikaleet	56	309	74	1.1	0.4	5.3	2.9	0.4	11	0.6	100	552	132	2	0.8	9.5	5.2	0.8	20	1.1
Salami, 3 slices	Salami, 3 siivua	18	304	73	6.3	2.6	0.3	0	0	3.6	0.7	100	1692	404	35	14	1.9	0.5	0	20	3.8
Spicy Vegan Patty	Kasvispihvi	85	633	151	7.2	1.8	7.7	2.4	4.0	12	0.9	100	744	178	8.5	2.1	9.1	2.9	4.7	14	1.1
Taco Beef	Naudan jauheliha	56	391	94	4.8	3	2.5	1.3	1.1	9	0.6	100	698	167	8.5	5.5	4.4	2.3	2	17	1
Nacho Chicken Bite	Nacho Chicken Bite	18	177	45	2.1	0.29	3.5	0.2	0.3	3	0.2	100	987	250	11.8	1.64	19.5	0.88	1.4	15	1.3
Tuna (with Lite Mayonnaise)	Tonnikala sis. majoneesi	74	606	145	10	0.9	2.5	1	0	12	0.9	100	819	196	14	1.1	3.3	1.3	0	16	1.2
Turkey, 2 slices	Kalkkuna, 2 siivua	38	157	38	0.6	0.1	0.4	0.4	0.2	7.6	0.6	100	414	99	1.6	0.4	0.9	1	0.5	20	1.6
Vegan Soy Strips (NoChicken)	NoChicken	56	318	76	1.4	0.2	3.3	0.6	3.4	10	1.0	100	569	136	2.5	0.4	6	1	6.1	18	1.7
Sauces & Condiments	Kastikkeet & mausteet																				
Chipotle	Southwest (mieto chilikastike)	14	258	62	6.1	0.4	1.2	0.9	0.1	0.2	0.2	100	1845	441	44	3	9	7.1	1	1.1	1.7
BBQ Sauce	BBQ	14	99	24	0	0	5.6	4.9	0.1	0.1	0.1	100	711	170	0	0	40	35	0.8	1	1.4
Honey & Wholegrain Mustard	Hunajasinappi	14	122	29	1.8	0.1	2.6	2.3	0.2	0.3	0	100	870	208	13	1	20	16	0.9	1.8	1.5
Lite Mayonnaise	Keyytmajoneesi	14	201	48	4.8	0.3	1.2	0.5	0	0	0.2	100	1438	344	35	2	8.8	3.6	0	0.2	1.8
Olive Oil	Oliiviöljy	3.5	118	28	3.2	0.5	0	0	0	0	0	100	3378	807	91	13	0	0	0	0	0
Red Wine Vinegar	Punaviinietikka	3.5	4	1	0	0	0	0	0	0	0	100	117	28	0	0	1.2	0.1	0.1	0.2	0.3
Sticky Sweet Chili Sauce	Makea chilikastike	14	127	30	0	0	7.5	6.5	0	0	0.2	100	908	217	0.5	0	54	47	0.5	0.4	1.7
Sweet Onion Sauce	Makea sipulikastike	14	91	22	0.2	0	4.9	4.2	0	0	0.1	100	649	155	1.4	0	35	31	0.5	0.5	0.7
Vegan Garlic Aioli	Valkosipulikastike (vegaaninen)	14	286	68	7	0.5	1.2	0.8	0	0	0.2	100	2042	488	50	4	9	5.4	0.5	0.4	1.6
Crispy Onions	Paahdettu sipuli	7	172	41	3	1	2.9	0.6	0.3	0.4	0.1	100	2450	586	43	14	42	8.9	3.7	6.1	1.1
Peppercorn	Pippuri	1	14	3	0.1	0	0.6	0	0.2	0.1	0	100	1448	346	7.7	1	55	0	16	10	0
Sea Salt	Suola	1	0	0	0	0	0	0	0	0	0	100	0	0	0	0	0	0	0	0	98
Extra Spicy Southwest	Extra tulinen Southwest	14	251	60	6	0.5	1.1	0.7	0	0.1	0	100	1794	429	43.7	3	8	5	0.7	1.2	2
Chocolate Sauce	Suklaakastike	36	426	101	0.6	0.3	23	17	0.5	0.3	0	100	1184	283	1.8	1	65	46	1.4	1	0
Vegetables	Kasvikset																				
Lettuce	Salaatti	14	6	2	0.0	0	0.2	0.2	0.2	0.2	0	100	46	11	0.1	0.1	1.4	1.4	1.5	1.2	0
Olives, 3 slices	Oliivi, 3 siivua	3	12	3	0.3	0	0	0	0.1	0	0.1	100	406	97	9.4	1.5	1.1	0.1	3.1	1	1.9
Onions	Punasipuli	7	10	3	0.0	0	0.6	0.4	0.1	0.1	0	100	150	36	0.2	0	7.9	5.6	1.4	1.2	0
Peppers, 3 pieces	Paprika, 3 siivua	12	13	3	0.0	0	0.5	0.3	0.2	0.1	0	100	105	25	0.2	0	4.3	2.4	1.8	0.7	0
Tomato, 3 slices	Tomaatti, 3 siivua	30	23	5	0.1	0	0.8	0.8	0.4	0.3	0	100	75	18	0.2	0	2.7	2.6	1.2	0.9	0
Cucumber, 3 slices	Kurkku, 3 siivua	18	11	3	0	0	0.6	0.3	0.1	0.1	0	100	63	15	0.1	0	3.1	1.7	0.5	0.7	0
Guacamole	Guacamole	35	282	68	6	1	2.5	0.4	0.6	0.7	0.2	100	807	193	17	2.8	7.2	1.1	1.7	1.9	0.7
Jalapenos, 3 slices	Jalapeno, 3 siivua	7	3	1	0	0	0.1	0.1	0.1	0	0	100	46	11	0.5	0.1	1.6	0.8	1.4	0.4	4.3
Sweetcorn	Maissi	7	23	6	0.1	0	0.8	0.4	0.3	0.2	0	100	335	80	1.9	0.5	1.1	5.2	3.8	2.9	0.4
Caramelized Red Onion	Karamelloitu punasipuli	15	72	17	0.2	0	3.6	3.3	0.3	0.2	0	100	481	115	1.2	0.1	24.2	22	1.95	1	0.1
Ravintosisältö voi vaihdella muutosten vuoksi. Ota yhteyttä, jos tarvitset lisätietoja.																					