

# WaBa Grill Nutrition Facts



	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Sodium (mg)	Calcium %DV	Iron %DV
<b>Plates*</b>																
Chicken Steak Plate**	534	698	156	17	5.9	0	107	76	4	9	52	49	75	520	10	36
Chicken Plate**	534	685	134	15	4.3	0	84	76	4	8	52	50	75	292	9	35
Steak Plate**	508	668	176	20	8.0	0	135	76	4	10	46	48	75	877	10	36
<b>Specialty Plates*</b>																
Rib Plate**	514	846	371	41	17	3.8	122	76	4	10	40	48	75	1420	9	42
Chicken Salad Plate	343	302	30	3.3	0.6	0	50	23	5	7	39	148	62	212	8	17
Oriental Dressing	77	332	230	26	4	0	0	28	0	20	0	0	0	842	5	0
Ranch Dressing	77	281	275	31	6	0	5	2.6	0	2.6	2.6	0	0	561	5	0
Caesar Dressing	77	357	321	36	6	0	0	2.6	0	2.6	2.6	0	0	842	10	0
Salmon Plate**	495	608	222	25	5	0	80	76	4	8	35	49	83	158	9	25
<b>Rice Bowls*</b>																
Chicken Bowl	365	542	93	10	3.0	0	58	67	1.5	2.0	37	3	7	197	4	28
Steak Bowl	340	512	113	13	5.1	0	86	67	1.5	2.9	30	2	7	554	4	27
Half Half Bowl	289	455	114	13	4.5	0	81	45	1.3	2.1	35	3	7	425	4	22
Salmon Bowl	330	472	140	16	3.4	0	50	67	1.5	2.0	23	2	12	95	4	21
<b>Rice Bowls w/Veggies*</b>																
Chicken Veggie Bowl†	447	485	94	10	3.0	0	58	55	5	5.5	38	40	122	227	11	24
Steak Veggie Bowl†	422	455	114	13	5.1	0	86	55	5	6.5	31	38	122	584	11	24
Half Half Veggie Bowl†	447	498	116	13	4.6	0	81	55	5	6.0	38	39	122	455	11	25
Veggie Bowl†	282	184	6	0.7	0.1	0	0	41	5	5.0	5.2	86	128	44	8	12
<b>Sides</b>																
WaBa Sauce (on all meat and chicken)	30	61	43	5	0.7	0	0	1.0	0.1	0.9	2.4	1	1	1094	0	0
Oriental Dressing (on all side salads)	24	105	73	8	1.2	0	0	8.9	0	6.5	0	0	0	267	2	0
Sriracha Hot Sauce	5	5	0	0	0	0	0	1.0	0	1.0	0	0	0	100	0	0
Cajun Hot Sauce	5	0	0	0	0	0	0	0	0	0	0	0	0	140	0	0
Jalapenos	30	15	0	0.1	0	0	0	3.6	0.4	2.6	0.5	25	88	254	0	2
Avocado	101	161	133	15	2.1	0	0	8.6	6.7	0.7	2.0	3	17	7	1	3
Soy Sauce	15	8	0	0	0	0	0	0	0	0	1.7	0	0	767	0	0
Green Onions	30	12	0	0	0	0	0	2.4	1.2	1.2	0	2	10	12	2	0

\*Nutrition information is for dishes served without sauces and dressings.

\*\*Exchanging vegetables for rice Reduces: 233 Cal, 51g Carb, 2g Protein, 14% Iron and Contributes: an additional 56 mg Sodium, (5g Dietary Fiber, 5g Sugars), 110% Vitamin A, 160% Vitamin C, 10% Calcium.

† Exchanging vegetables for rice Reduces: 160 Cal, 34g Carb, 1g Protein, 10% Iron and Contributes: an additional 29 mg Sodium, (3g Dietary Fiber, 3g Sugars), 35% Vitamin A, 110% Vitamin C, 6% Calcium.

Brooker Laboratories compiled this nutrition information from the following data: Nutrition information from WaBa Grill approved food manufacturers; and/or the USDA National Nutrient Database for Standard Reference (Release #19), and/or Laboratory Analysis.

The nutrition information listed here is based on recipes and product formulations, however slight variations may occur due to seasonal changes in products, use of an alternate suppliers, regions of the country and/or small differences in preparation.

Nutritional information is based on the most common formulas and ingredients.