

# NUTRITIONAL FACTS

	Serving Size (g)	Cal.	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>	<b>Chicken Steak Plate</b>	534	698	156	17	5.9	0	107	76	4	9	52	49	75	520	10	36
	<b>Chicken Plate</b>	534	685	134	15	4.3	0	84	76	4	8	52	50	75	292	9	35
	<b>Steak Plate</b>	508	668	176	20	8	0	135	76	4	10	46	48	75	877	10	36
	<b>Rib Plate</b>	514	846	371	41	17	3.8	122	76	4	10	40	48	75	1420	9	42
	<b>Chicken Salad Plate</b>	343	302	30	3.3	0.6	0	50	23	5	7	39	148	62	212	8	17
	<b>Oriental Dressing</b>	77	332	230	26	4	0	0	28	0	20	0	0	0	842	5	0
	<b>Ranch Dressing</b>	77	281	275	31	6	0	5	2.6	0	2.6	2.6	0	0	561	5	0
	<b>Caesar Dressing</b>	77	357	321	36	6	0	0	2.6	0	2.6	2.6	0	0	842	10	0
	<b>Salmon Plate</b>	495	608	222	25	5	0	80	76	4	8	35	49	83	158	9	25
	<b>Shrimp Plate</b>	652	570	96	11	1.6	0	215	85	6.5	16.3	33	190	90	1730	20	30
<b>Steak Salad Plate</b>	567	700	400	44	10	0	110	44	7	29	39	250	60	1960	20	25	
<b>Salmon Salad Plate</b>	563	670	440	49	8	0	70	44	7	28	31	250	70	1380	20	15	
<b>BOWLS</b>	<b>Chicken Bowl</b>	365	542	93	10	3	0	58	67	1.5	2.0	37	3	7	197	4	28
	<b>Steak Bowl</b>	340	512	113	13	5.1	0	86	67	1.5	2.9	30	2	7	554	4	27
	<b>Half Half Bowl</b>	289	455	114	13	4.5	0	81	45	1.3	2.1	35	3	7	425	4	22
	<b>Salmon Bowl</b>	330	472	140	16	3.4	0	50	67	1.5	2.0	23	2	12	95	4	21
	<b>Shrimp Bowl</b>	367	470	40	4	0.5	0	155	79	1	2	24	6	4	1250	8	25
	<b>Chicken Veggie Bowl</b>	447	485	94	10	3	0	58	55	5	5.5	38	40	122	227	11	24
	<b>Steak Veggie Bowl</b>	422	455	114	13	5.1	0	86	55	5	6.5	31	38	122	584	11	24
	<b>Half Half Veggie Bowl</b>	447	498	116	13	4.6	0	81	55	5	6	38	39	122	455	11	25
	<b>Veggie Bowl</b>	282	184	6	0.7	0.1	0	0	41	5	5	5.2	86	128	44	8	12
	<b>Salmon Veggie Bowl</b>	398	410	160	18	3.5	0	50	47	6	7	24	150	140	700	10	15
<b>Shrimp Veggie Bowl</b>	394	330	35	4	0.5	0	155	48	6	7	23	150	140	1320	16	15	
<b>SIDES</b>	<b>WaBa Sauce</b> (on all meat & chicken)	30	61	43	5	0.7	0	0	1.0	0.1	0.9	2.4	1	1	1094	0	0
	<b>Oriental Dressing</b> (on all side salads)	24	105	73	8	1.2	0	0	8.9	0	6.5	0	0	0	267	2	0
	<b>Cajun Hot Sauce</b>	5	0	0	0	0	0	0	0	0	0	0	0	0	140	0	0
	<b>Jalapeños</b>	30	15	0	0.1	0	0	0	3.6	0.4	2.6	0.5	25	88	254	0	2
	<b>Avocado</b>	101	161	133	15	2.1	0	0	8.6	6.7	0.7	2.0	3	17	7	1	3
	<b>Soy Sauce</b>	15	8	0	0	0	0	0	0	0	0	1.7	0	0	767	0	0
	<b>Green Onions</b>	30	12	0	0	0	0	0	2.4	1.2	1.2	0	2	10	12	2	0
	<b>Miso Soup</b>	214	30	10	1	0	0	0	3	0	3	2	0	0	810	0	0
	<b>Substituting Brown Rice</b>	n/a	-50	+15	+2	0	0	0	-15	+4	0	+1	0	0	+15	+19	-3

Plates: Exchange vegetables for rice Reduces: 233 Cal, 51g Carb, 2g Protein, 14% Iron and Contributes: an additional 56mg Sodium, (5g Dietary Fiber, 5g Sugars), 110% Vitamin A, 160% Vitamin C, 10% Calcium  
 Bowls: Exchange vegetables for rice Reduces: 160 Cal, 34g Carb, 1g Protein, 10% Iron and Contributes: an additional 29mg Sodium, (3g Dietary Fiber, 3g Sugars), 35% Vitamin A, 110% Vitamin C, 6% Calcium  
 Nutrition information is for dishes served without sauces and dressings.

