

NUTRITIONAL FACTS



BOWLS

	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken	760	11	3	0	155	2455	123	1	36	38	SW
White Meat Chicken	750	5	1	0	108	2437	123	1	36	46	SW
Sweet & Spicy Chicken	680	11	3	0	155	2455	120	1	33	38	-
Rib-Eye Steak	780	18	8	1	68	2026	121	1	33	29	SW
WaBa (Chicken & Steak)	800	16	6	1	125	2212	122	1	35	37	SW
WaBa (White Meat Chicken & Steak)	800	13	5	1	99	2202	122	1	35	42	SW
Wild Caught Salmon	600	3	0.5	0	45	1884	110	1	25	28	FSW
Jumbo Shrimp	540	1	0	0	130	2241	109	1	24	19	CSW
Organic Tofu	670	11	2	0	0	1593	109	1	24	23	SW

MINI BOWLS

	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken	340	5	1	0	69	831	55	1	12	17	SW
White Meat Chicken	330	2	1	0	48	823	55	1	12	21	SW
Organic Tofu	370	7	1	0	0	801	55	1	12	14	SW
Sweet & Spicy	320	6	2	0	86	454	47	1	6	21	-
Chicken Veggies	310	5	1	0	69	858	48	9	14	18	SW
White Meat Chicken Veggies	300	2	1	0	48	850	48	8	14	21	SW
Organic Tofu Veggies	330	7	1	0	0	828	48	9	14	14	SW
Sweet & Spicy Chicken Veggies	290	6	2	0	86	481	40	9	8	21	-

VEGGIE BOWL

	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken	710	11	3	0	155	2505	113	17	40	39	SW
White Meat Chicken	710	5	1	0	108	2487	113	17	40	47	SW
Sweet & Spicy Chicken	640	11	3	0	155	2505	110	17	37	39	-
Rib-Eye Steak	670	17	8	1	68	1520	98	17	27	30	SW
WaBa (Chicken & Steak)	770	16	6	1	125	2513	116	17	42	38	SW
WaBa (White Meat Chicken & Steak)	770	13	5	1	99	2503	116	17	42	43	SW
Wild Caught Salmon	580	3	1	0	45	2323	107	17	35	29	FSW
Jumbo Shrimp	530	1	0	0	130	2680	106	17	34	20	CSW
Organic Tofu	600	11	2	0	0	1612	93	9	26	22	SW

PLATES

	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken	950	15	5	0	224	2905	146	3	48	54	SW
White Meat Chicken	940	7	2	0	157	2879	146	3	48	65	SW
Sweet & Spicy Chicken	860	15	5	0	224	2905	143	3	45	54	-
Rib-Eye Steak	1070	28	12	2	107	2761	153	3	53	44	SW
WaBa (Chicken & Steak)	980	21	8	1	194	2410	141	3	44	53	SW
WaBa (White Meat Chicken & Steak)	970	15	6	1	147	2392	141	3	44	61	SW
Wild Caught Salmon	730	5	1	0	68	2054	127	3	32	40	FSW
Jumbo Shrimp	660	1	0	0	174	2866	132	3	36	25	CSW
Organic Tofu	830	14	3	0	0	2002	132	3	36	30	SW

SALAD ENTREES

	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Signature House (served with White Meat)	470	24	4	0	123	608	20	3	5	45	ME
Spicy Asian (served with White Meat)	530	20	3	0	108	1558	43	5	22	49	SW

Allergens Key: M - Milk, E - Eggs, P - Peanuts, T - Tree Nuts, F - Fish, C - Shellfish, S - Soy, W - Wheat

Nutritional content may vary because of variations in portion size or recipes, changes in growing seasons, or differences in the sources of our ingredients. We may update this chart from time to time. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. We do our best to keep this chart as current as possible. For the most up-to-date nutrition information please check wabagrill.com

FAMILY A LA CARTE

	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken	1230	45	14	0	689	4400	70	0	60	140	SW
White Meat Chicken	1190	20	6	0	482	4320	70	0	60	176	SW
Sweet & Spicy Chicken	1100	45	14	0	689	4400	65	0	55	140	-
Rib-Eye Steak	1510	78	35	5	312	4363	91	1	75	103	SW
WaBa (Chicken & Steak)	1460	66	26	3	570	4432	81	1	68	135	SW
WaBa (White Meat Chicken & Steak)	1440	51	21	3	445	4384	81	0	68	157	SW
Organic Tofu	900	37	7	0	0	3230	56	0	48	59	SW
White Rice (2 Servings)	740	1	0	0	0	6	162	2	1	13	-
Brown Rice (2 Servings)	640	5	1	0	0	23	133	9	0	13	-
Mixed Veggies	150	1	0	0	0	180	35	50	14	8	-
All Broccoli	120	1	0	0	0	120	24	8	6	10	-
Broccoli & Carrots	130	1	0	0	0	175	30	9	10	7	-
20pc Pork Veggie Dumplings	840	30	8	0	100	4620	152	0	44	28	SW
Salad	360	30	4.5	0	0	1034	30	1	26	2	-

SIDES

	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Loaded Miso Soup (w/ Chicken)	150	2	1	0	34	666	19	0	3	10	FSW
Loaded Miso Soup (w/ White Meat Chicken)	150	1	0	0	24	662	19	0	3	12	FSW
Loaded Miso Soup (w/ Tofu)	160	4	1	0	0	651	19	0	3	9	FSW
Miso Soup	30	0	0	0	0	640	3	0	3	2	FSW
Half-Ocado	150	14	2	0	0	5	8	6	1	2	-
5pc Pork Veggie Dumplings	210	8	2	0	25	1155	38	0	11	7	SW
10pc Pork Veggie Dumplings	420	15	4	0	50	2310	76	0	22	14	SW
Side Chicken (4.5 oz)	270	10	3	0	155	893	14	0	12	32	SW
Side White Meat Chicken (4.5 oz)	260	5	1	0	108	875	14	0	12	40	SW
Side Sweet & Spicy Chicken (4.5 oz)	240	10	3	0	155	893	13	0	11	32	-
Side Steak (3.5 oz)	290	17	8	1	68	688	13	0	11	22	SW
Side Salmon (4 oz)	140	3	1	0	45	711	8	0	7	21	FSW
Side Shrimp (2 pc)	50	0	0	0	43	616	7	0	6	4	CSW
Side Tofu (6 oz)	270	10	2	0	0	1200	21	0	18	16	SW
Side Salad	190	0	0	0	0	704	46	2	38	2	-
Side Steamed Veggies	50	0	0	0	0	63	11	13	5	2	-
Side White Rice (10 oz)	370	1	0	0	0	3	81	1	0	7	-
Side Brown Rice (10 oz)	320	2	1	0	0	11	67	5	0	7	-

SAUCE / DRESSING

	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Garlic Serrano Sauce (1 oz)	50	1	0	0	0	660	8	0	6	1	SW
Sweet Chili Sauce (1 oz)	50	0	0	0	0	780	13	0	11	0	-
WaBa Sauce (1 oz)	60	0	0	0	0	780	14	0	12	0	SW
Spicy WaBa Sauce (1 oz)	60	0	0	0	0	610	12	0	10	0	SW
WaBa Sesame Dressing (1 oz)	110	10	2	0	0	330	8	0	8	0	S
Spicy Sesame Dressing (1 oz)	70	4	1	0	0	550	8	0	7	1	SW
Ranch Dressing (1.5 oz)	150	16	3	0	15	370	1	0	1	1	ME

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