

# 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                   |  | 640                  | 11            | 3                 | 0              | 160              | 900         | 100                    | 1                 | 12         | 38          | S, W      |
| WM Chicken                |  | 630                  | 5             | 1                 | 0              | 110              | 880         | 100                    | 1                 | 12         | 46          | S, W      |
| Sweet & Spicy Chicken     |  | 680                  | 11            | 3                 | 0              | 160              | 2460        | 120                    | 1                 | 33         | 38          | -         |
| Rib-Eye Steak             |  | 720                  | 18            | 8                 | 1              | 70               | 1250        | 110                    | 1                 | 21         | 29          | S, W      |
| WaBa (Chicken & Steak)    |  | 710                  | 16            | 6                 | 1              | 130              | 1100        | 100                    | 1                 | 17         | 37          | S, W      |
| WaBa (WM Chicken & Steak) |  | 710                  | 13            | 5                 | 1              | 100              | 1090        | 100                    | 1                 | 17         | 42          | S, W      |
| Wild Caught Salmon        |  | 540                  | 5             | 1                 | 0              | 70               | 710         | 90                     | 1                 | 9          | 29          | F, S, W   |
| Jumbo Shrimp              |  | 470                  | 1             | 0                 | 0              | 130              | 1270        | 90                     | 1                 | 9          | 19          | C, S, W   |
| Organic Tofu              |  | 590                  | 11            | 2                 | 0              | 0                | 620         | 90                     | 1                 | 9          | 23          | S, W      |
| Plantspired Steak         |  | 660                  | 15            | 3                 | 0              | 0                | 1140        | 110                    | 6                 | 20         | 22          | S, W      |

| 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                       |  | 320                  | 5             | 1                 | 0              | 70               | 640         | 50                     | 1                 | 9          | 17          | S, W      |
| WM Chicken                    |  | 320                  | 2             | 1                 | 0              | 50               | 630         | 50                     | 1                 | 9          | 21          | S, W      |
| Organic Tofu                  |  | 330                  | 7             | 1                 | 0              | 0                | 410         | 50                     | 1                 | 6          | 14          | S, W      |
| Sweet & Spicy                 |  | 320                  | 6             | 2                 | 0              | 90               | 450         | 50                     | 1                 | 6          | 21          | -         |
| Chicken Veggies               |  | 290                  | 5             | 1                 | 0              | 70               | 660         | 40                     | 2                 | 11         | 18          | S, W      |
| WM Chicken Veggies            |  | 290                  | 2             | 1                 | 0              | 50               | 660         | 40                     | 2                 | 11         | 21          | S, W      |
| Organic Tofu Veggies          |  | 300                  | 7             | 1                 | 0              | 0                | 440         | 40                     | 2                 | 8          | 14          | S, W      |
| Sweet & Spicy Chicken Veggies |  | 290                  | 6             | 2                 | 0              | 90               | 480         | 40                     | 2                 | 8          | 21          | -         |
| Plantspired Steak             |  | 320                  | 7             | 1                 | 0              | 0                | 540         | 50                     | 3                 | 9          | 10          | S, W      |

| VEGGIE 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                   |  | 590                  | 11            | 3                 | 0              | 160              | 940         | 90                     | 14                | 17         | 39          | S, W      |
| WM Chicken                |  | 580                  | 5             | 1                 | 0              | 110              | 930         | 90                     | 4                 | 17         | 47          | S, W      |
| Sweet & Spicy Chicken     |  | 640                  | 11            | 3                 | 0              | 160              | 2500        | 110                    | 4                 | 38         | 39          | -         |
| Rib-Eye Steak             |  | 620                  | 17            | 8                 | 1              | 70               | 740         | 80                     | 4                 | 15         | 29          | S, W      |
| WaBa (Chicken & Steak)    |  | 660                  | 16            | 6                 | 1              | 130              | 1150        | 90                     | 4                 | 15         | 38          | S, W      |
| WaBa (WM Chicken & Steak) |  | 660                  | 13            | 5                 | 1              | 100              | 1140        | 90                     | 4                 | 21         | 42          | S, W      |
| Wild Caught Salmon        |  | 500                  | 5             | 1                 | 0              | 70               | 760         | 80                     | 4                 | 14         | 30          | F, S, W   |
| Jumbo Shrimp              |  | 420                  | 1             | 0                 | 0              | 130              | 1320        | 80                     | 4                 | 14         | 20          | C, S, W   |
| Organic Tofu              |  | 520                  | 11            | 2                 | 0              | 0                | 640         | 80                     | 2                 | 11         | 22          | S, W      |
| Plantspired Steak         |  | 620                  | 15            | 3                 | 0              | 0                | 1190        | 100                    | 10                | 24         | 23          | S, W      |

| 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                   |  | 820                  | 15            | 5                 | 0              | 220              | 1150        | 110                    | 3                 | 21         | 54          | S, W      |
| WM Chicken                |  | 800                  | 7             | 2                 | 0              | 160              | 1120        | 100                    | 3                 | 21         | 65          | S, W      |
| Sweet & Spicy Chicken     |  | 860                  | 15            | 5                 | 0              | 220              | 2900        | 140                    | 3                 | 45         | 54          | -         |
| Rib-Eye Steak             |  | 980                  | 27            | 12                | 2              | 110              | 1700        | 130                    | 3                 | 35         | 44          | S, W      |
| WaBa (Chicken & Steak)    |  | 890                  | 21            | 8                 | 1              | 190              | 1300        | 120                    | 3                 | 26         | 53          | S, W      |
| WaBa (WM Chicken & Steak) |  | 880                  | 15            | 6                 | 1              | 150              | 1280        | 120                    | 3                 | 26         | 61          | S, W      |
| Wild Caught Salmon        |  | 700                  | 7             | 2                 | 0              | 100              | 970         | 110                    | 3                 | 18         | 41          | F, S, W   |
| Jumbo Shrimp              |  | 570                  | 1             | 0                 | 0              | 170              | 1700        | 110                    | 3                 | 18         | 25          | C, S, W   |
| Organic Tofu              |  | 740                  | 14            | 3                 | 0              | 0                | 830         | 110                    | 3                 | 18         | 30          | S, W      |
| Plantspired Steak         |  | 870                  | 22            | 4                 | 0              | 0                | 1680        | 140                    | 11                | 35         | 30          | S, W      |
| K-Ribs                    |  | 1090                 | 38            | 1                 | 116            | 120              | 2300        | 140                    | 3                 | 47         | 36          | S, W, Ss  |

| TACOS             |  | 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           |  | 210                  | 11            | 2                 | 0              | 60               | 220         | 20                     | 2                 | 3          | 13          | S, W, Ss, E    |
| Steak             |  | 240                  | 14            | 4                 | 0              | 30               | 290         | 20                     | 2                 | 4          | 10          | S, W, Ss, E    |
| Shrimp            |  | 170                  | 8             | 1                 | 0              | 70               | 520         | 20                     | 2                 | 3          | 9           | C, S, W, Ss, E |
| Organic Tofu      |  | 200                  | 11            | 2                 | 0              | 0                | 200         | 20                     | 2                 | 3          | 8           | S, W, Ss, E    |
| Plantspired Steak |  | 230                  | 12            | 2                 | 0              | 0                | 430         | 20                     | 3                 | 7          | 7           | S, W, Ss, E    |

| 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 w/ WM Chicken) |  | 320                  | 8             | 1                 | 0              | 110              | 240         | 20                     | 3                 | 4          | 44          | M, E      |
| Spicy Asian (served w/ WM Chicken)     |  | 420                  | 10            | 1                 | 0              | 110              | 1230        | 30                     | 5                 | 14         | 49          | S, W      |

| 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                    |  | 1050                 | 45            | 14                | 0              | 690              | 2060        | 30                     | 0                 | 24         | 140         | S, W      |
| WM Chicken                 |  | 950                  | 20            | 6                 | 0              | 480              | 1200        | 10                     | 0                 | 12         | 176         | S, W      |
| Sweet & Spicy Chicken      |  | 1100                 | 45            | 14                | 0              | 690              | 4400        | 70                     | 0                 | 55         | 140         | -         |
| Rib-Eye Steak              |  | 1570                 | 78            | 35                | 5              | 310              | 4810        | 100                    | 1                 | 85         | 104         | S, W      |
| WaBa (Chicken & Steak)     |  | 1390                 | 66            | 26                | 3              | 570              | 3290        | 60                     | 1                 | 51         | 136         | S, W      |
| WaBa (WM Chicken & Steak)  |  | 1360                 | 51            | 21                | 3              | 450              | 3240        | 60                     | 1                 | 51         | 157         | S, W      |
| Organic Tofu               |  | 720                  | 37            | 7                 | 0              | 0                | 890         | 10                     | 0                 | 12         | 59          | S, W      |
| White Rice (2 Servings)    |  | 740                  | 2             | 0                 | 0              | 0                | 0           | 160                    | 2                 | 1          | 14          | -         |
| Brown Rice (2 Servings)    |  | 640                  | 4             | 0                 | 0              | 0                | 20          | 140                    | 10                | 0          | 14          | -         |
| Mixed Veggies              |  | 50                   | 0             | 0                 | 0              | 0                | 60          | 10                     | 4                 | 5          | 2           | -         |
| 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        | 0                      | 0                 | 44         | 28          | S, W      |
| Salad                      |  | 300                  | 0             | 0                 | 0              | 0                | 40          | 30                     | 1                 | 2          | 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                  | 1             | 0                 | 0              | 20               | 1300        | 20                     | 0                 | 6          | 14          | F, S, W   |
| Loaded Miso Soup (w/ WM Chicken) |  | 150                  | 1             | 0                 | 0              | 20               | 1300        | 20                     | 0                 | 6          | 14          | F, S, W   |
| Loaded Miso Soup (w/ Tofu)       |  | 160                  | 4             | 1                 | 0              | 0                | 1290        | 20                     | 0                 | 6          | 11          | F, S, W   |
| Miso Soup                        |  | 30                   | 0             | 0                 | 0              | 0                | 640         | 3                      | 0                 | 3          | 2           | F, S, W   |
| Half-Ocado                       |  | 150                  | 14            | 2                 | 0              | 0                | 10          | 10                     | 6                 | 1          | 2           | -         |
| 5pc Pork Veggie Dumplings        |  | 210                  | 8             | 2                 | 0              | 30               | 1160        | 40                     | 0                 | 11         | 7           | S, W      |
| 10pc Pork Veggie Dumplings       |  | 420                  | 15            | 4                 | 0              | 50               | 2310        | 80                     | 0                 | 22         | 14          | S, W      |
| Chicken (4.5 oz)                 |  | 220                  | 10            | 3                 | 0              | 160              | 310         | 0                      | 0                 | 3          | 32          | S, W      |
| WM Chicken (4.5 oz)              |  | 220                  | 5             | 1                 | 0              | 110              | 290         | 0                      | 0                 | 3          | 40          | S, W      |
| Sweet & Spicy Chicken (4.5 oz)   |  | 240                  | 10            | 3                 | 0              | 160              | 890         | 10                     | 0                 | 11         | 32          | -         |
| Steak (3.5 oz)                   |  | 260                  | 17            | 8                 | 1              | 70               | 300         | 10                     | 0                 | 5          | 22          | S, W      |
| Salmon (4 oz)                    |  | 150                  | 5             | 1                 | 0              | 70               | 320         | 0                      | 0                 | 3          | 22          | F, S, W   |
| Shrimp (2 pc)                    |  | 30                   | 0             | 0                 | 0              | 40               | 420         | 0                      | 0                 | 3          | 4           | C, S, W   |
| Tofu (6 oz)                      |  | 200                  | 10            | 2                 | 0              | 0                | 230         | 0                      | 0                 | 3          | 16          | S, W      |
| Salad                            |  | 30                   | 0             | 0                 | 0              | 0                | 50          | 10                     | 2                 | 3          | 2           | -         |
| Steamed Veggies                  |  | 50                   | 0             | 0                 | 0              | 0                | 60          | 10                     | 4                 | 5          | 3           | -         |
| White Rice (10 oz)               |  | 370                  | 1             | 0                 | 0              | 0                | 0           | 80                     | 1                 | 0          | 7           | -         |
| Brown Rice (10 oz)               |  | 320                  | 2             | 0                 | 0              | 0                | 10          | 70                     | 5                 | 0          | 7           | -         |
| K-Ribs (1 strip)                 |  | 190                  | 11            | 0                 | 39             | 40               | 580         | 10                     | 0                 | 10         | 9           | S, W, Ss  |

| 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 fluid oz)  |  | 50                   | 1             | 0                 | 0              | 0                | 660         | 8                      | 0                 | 6          | 1           | S, W, Ss  |
| Sweet Chili Sauce (1 fluid oz)     |  | 50                   | 0             | 0                 | 0              | 0                | 780         | 13                     | 0                 | 11         | 0           | -         |
| WaBa Sauce Packet                  |  | 30                   | 0             | 0                 | 0              | 0                | 390         | 10                     | 0                 | 6          | 0           | S, W      |
| WaBa Hot Sauce Packet              |  | 0                    | 0             | 0                 | 0              | 0                | 200         | 0                      | 0                 | 2          | 0           | S, W      |
| Spicy WaBa Sauce (1 fluid oz)      |  | 60                   | 0             | 0                 | 0              | 0                | 610         | 12                     | 0                 | 10         | 0           | S, W, Ss  |
| WaBa Sesame Dressing (1 fluid oz)  |  | 110                  | 10            | 2                 | 0              | 0                | 330         | 8                      | 0                 | 8          | 0           | S, Ss     |
| Spicy Sesame Dressing (1 fluid oz) |  | 70                   | 4             | 1                 | 0              | 0                | 550         | 8                      | 0                 | 7          | 1           | S, W, Ss  |
| Ranch Dressing (1.5 fluid oz)      |  | 150                  | 16            | 3                 | 0              | 15               | 370         | 1                      | 0                 | 1          | 1           | M, E      |
| Boom Boom Sauce (1 fluid oz)       |  | 150                  | 16            | 3                 | 0              | 15               | 250         | 2                      | 0                 | 2          | 0           | E         |

WM: White Meat Chicken  
 Allergens Key: M - Milk, E - Eggs, P - Peanuts, T - Tree Nuts, F - Fish, C - Shellfish, S - Soy, W - Wheat, Ss - Sesame

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