

## Dukes Deli

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Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (Kcals)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Signature Items</b>												
Tuna Apple Wrap	1 each	210	110	13	2	0	20	410	22	13	4	13
The Ultimate Italian	1 each	1060	711	79	33	0	200	3980	37	0	4	56
Dukes Club	1 each	670	198	22	14	0	130	2710	63	0	14	54
New Yorker	1 each	550	180	20	9	0	115	1980	44	0	4	44
The Texan	1 each	700	351	39	17	0	140	1930	30	0	6	48
The Broccoli and Swiss Wrap	1 each	390	180	20	7	0	25	780	40	5	7	18
<b>MTO Deli</b>												
American Cheese	1 slice	40	30	4	2	0	10	125	1	0	1	2
Bacon	2 slices	160	100	12	4	0	40	440	0	0	0	12
Banana Peppers	2 Tbsp	0	0	0	0	0	0	315	<1	0	0	0
Beyond Chicken	6 slices	130	30	4	0	0	0	330	5	3	0	20
Cheddar	1 slice	40	18	2	4	0	13	68	0	0	0	3
Chicken Salad	1 serving	270	200	22	4	0	60	280	2	0	0	14
Chipotle Mayonnaise	1 Tbsp.	100	100	11	2	0	10	90	0	0	0	0
Corned Beef	3 slices	120	38	5	2	0	45	570	0	0	0	18
Cucumbers	2 Tbsp	0	0	0	0	0	0	0	0	0	0	0
Dijon Mustard	1 Tbsp.	15	0	0	0	0	0	360	0	0	0	0
Dill Pickle Spears	1 each	3	0	0	0	0	0	270	1	0	0	0
Sprouted Bread	2 Slices	200	9	1	0	0	0	270	36	8	2	12
Gluten-Free Bread - Udi's	2 slices	140	35	4	0	0	0	300	22	1	2	4
Gluten-Free Wrap - La Tortilla Factory	1 each	180	36	4	1	0	0	390	31	3	1	2
Green Leaf Lettuce	1 leaf	0	0	0	0	0	0	0	0	0	0	0
Green Peppers	1/4 cup	5	0	0	0	0	0	1	1	0	0	0
Ham	3 slices	110	40	4	2	0	40	960	2	0	2	15
Honey Dijon Mustard	1 Tbsp.	NA	0	0	0	0	0	0	0	0	0	0
Hummus, Plain	3 oz.	210	120	14	2	0	0	510	21	6	2	9
Hummus, Plain	2 Tbsp	70	40	5	1	0	0	170	7	2	1	3
Hummus, Red Pepper	3 oz.	270	135	17	0	0	0	630	32	9	5	9
Hummus, Red Pepper	2 Tbsp.	60	30	4	0	0	0	140	7	2	1	2
Light Mayonnaise	1 Tbsp.	35	30	4	1	0	<5	100	1	0	0	0
Light Italian Dressing	2 Tbsp.	40	30	4	1	0	0	270	2	0	2	0
Made without Gluten Options Available	1 each	0	0	0	0	0	0	0	0	0	0	0
Made without Gluten Sub Rolls	1 roll	160	20	2	0	0	0	380	34	5	2	2
Made without Gluten Wraps	1 wrap	180	45	5	1	0	0	390	31	3	1	2
Mayonnaise	1 Tbsp.	100	100	11	2	0	10	75	0	0	0	0
Mr. J's Asiago Cheese Bagel	1 each	337.5	27	3	1	0	5	534	67	2	4	12
Mr. J's Egg Bagel	1 each	318.75	27	3	1	0	33	478	65	2	5	10
Mr. J's Everything Bagel	1 each	Contact Mr. J's Bagels for Nutrition information. Phone# 540-432-1386.										
Mr. J's Plain Bagel	1 each	Contact Mr. J's Bagels for Nutrition information. Phone# 540-432-1386.										
Mr. J's Sesame Seeds Bagel	1 each	Contact Mr. J's Bagels for Nutrition information. Phone# 540-432-1386.										
Mr. J's Wheat Bagel	1 each	300	9	1	0	0	0	441	67	3	10	9
Tuna Apple Wrap	1 each	210	110	13	2	0	20	410	22	13	4	13
The Ultimate Italian	1 each	1060	711	79	33	0	200	3980	37	0	4	56
Dukes Club	1 each	670	198	22	14	0	130	2710	63	0	14	54
New Yorker	1 each	550	180	20	9	0	115	1980	44	0	4	44
The Texan	1 each	700	351	39	17	0	140	1930	30	0	6	48
The Broccoli and Swiss Wrap	1 each	390	180	20	7	0	25	780	40	5	7	18
Pepper Jack	1 slice	50	70	4	3	0	15	85	<1	0	0	4
Pepperoni	8 pieces	75	65	7	3	0	15	255	<1	0	0	3
Pickle Slices	1/4 cup	5	0	0	0	0	0	520	1	<1	0	0
Provolone	1 slice	50	35	4	3	0	10	125	<1	0	0	4
Ranch	2 Tbsp.	100	100	10	2	0	10	260	1	0	1	1
Red Wine Vinegar	2 Tbsp.	0	0	0	0	0	0	0	0	0	0	0
Roast Beef	3 oz.	120	38	5	2	0	38	510	2	0	2	18
Rye Bread	1 slice	120	10	1	0	0	0	280	20	1	0	3
Salami	3 slices	230	190	21	8	0	50	900	1	0	1	10
Sliced Tomatoes	2 slices	0	0	0	0	0	0	0	0	0	0	0

Sliced Yellow Onions	1/4 cup	12	0	0	0	0	0	0	2	0	1	0
Sweet Pepper	1 oz.	5	0	0	0	*	0	390	1	0	*	0
Swiss	1 slice	55	40	5	3	0	13	70	<1	0	<1	4
Tuna Salad	1 serving	280	210	23	5	0	40	400	3	0	0	16
Turkey, Breast	3 slices	70	5	1	0	0	30	590	3	0	2	12
Turkey, Smoked	3 slices	75	15	2	0	0	0	810	2	0	3	17
Vegan Cheddar Cheese	1 oz.	50	15	2	0	0	0	125	10	2	0	1
Vegan Chipotle Mayo	1 Tbsp.	80	81	9	2	0	0	230	1	0	0	0
Vegan Mayo	0	0	0	0	0	0	0	0	0	0	0	0
Vegan Mozzarella	1 oz.	50	15	2	0	0	0	125	10	2	0	1
Vegetable Oil	2 Tbsp.	240	240	28	4	0	0	0	0	0	0	0
Wheat Bread	2 slice	140	20	2	0	0	0	300	26	4	4	6
Wheat Sub Roll	1 roll	230	31.5	4	1	*0	<5	450	40	4	4	10
Wheatberry Bread	2 slices	300	40	4	1	0	0	540	60	4	10	10
White Bread	2 slice	130	10	1	0	0	0	250	25	0	3	5
White Sub Roll	1 roll	170	10	1	0	0	0	350	35	1	1	6
Wrap, Honey Wheat	1 - 12"	300	70	8	3	0	0	700	49	3	3	8
Wrap, Jalapeno Cheese	1 - 12"	300	80	9	3	0	0	940	47	1	1	9
Wrap, Spinach	1 - 12"	300	70	8	3	0	0	680	49	2	2	8
Wrap, Sun-Dried Tomato Basil	1 - 12"	300	110	12	13	0	0	830	49	2	2	8
Yellow Mustard	1 Tbsp.	0	0	0	0	0	0	155	3	0	2	0

## Edy's Ice Cream

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<b>Ice Cream Scoop</b>												
Chocolate	1 scoop	140	60	7	4	0	25	35	17	1	15	3
Chocolate Chip	1 scoop	170	80	9	6	0	25	45	18	0	15	3
Chocolate Chip Cookie Dough	1 scoop	150	60	7	5	0	25	65	20	0	16	2
Cookies & Cream	1 scoop	160	70	8	5	1	25	50	18	0	14	3
Mint Chocolate	1 scoop	170	80	9	6	0	25	45	18	0	15	3
Peanut Butter Cup	1 scoop	180	90	10	5	0	25	65	19	1	15	3
Strawberry	1 scoop	130	50	6	4	0	20	30	16	0	15	2
Vanilla	1 scoop	140	70	8	5	0	25	35	15	0	14	1
<b>Waffle Cone</b>												
Chocolate Chip Cookie Dough Waffle Cone	1 serving	390	130	15	9	0	50	165	60	1	39	6
Chocolate Chip Waffle Cone	1 serving	430	170	19	12	0	50	125	56	1	37	8
Chocolate Waffle Cone	1 serving	370	130	15	8	0	50	105	54	3	37	8
Cookies & Cream Waffle Cone	1 serving	410	150	17	9	1	50	135	56	1	35	8
Mint Chocolate Waffle Cone	1 serving	430	170	19	12	0	50	125	56	1	37	8
Peanut Butter Cup Waffle Cone	1 serving	450	190	21	10	0	50	165	58	3	37	8
Strawberry Waffle Cone	1 serving	350	110	13	7	0	40	95	52	1	37	6
Vanilla Waffle Cone	1 serving	370	150	17	10	0	50	105	50	1	35	4
Waffle Cone	1 serving	90	10	1	0	0	0	35	20	1	7	2
<b>Milkshake</b>												
Chocolate Chip Cookie Dough Milkshake	1 serving	712.5	292.5	34	22	0	126	350	89	0	72	14
Chocolate Chip Milkshake	1 serving	792.5	372.5	42	28	0	126	270	81	0	68	18
Chocolate Milkshake	1 serving	672.5	292.5	34	20	0	126	230	77	4	68	18
Cookies & Cream Milkshake	1 serving	752.5	332.5	38	22	2	126	290	81	0	64	18
Mint Chocolate Milkshake	1 serving	792.5	372.5	42	28	0	126	270	81	0	68	18
Peanut Butter Cup Milkshake	1 serving	832.5	412.5	46	24	0	126	350	85	4	68	18
Strawberry Milkshake	1 serving	632.5	252.5	30	18	0	106	210	73	0	68	14
Vanilla Milkshake	1 serving	672.5	332.5	38	24	0	126	230	69	0	64	10
Whole Milk	3/4 cup	112.5	52.5	6	4	0	26	90	9	0	8	6

## Etc...

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<b>Premium Item</b>												
Chipotle Chicken Mac & Cheese	1 serving	840	423	47	20	0	160	1090	49	0	5	49
Mushroom Pepperoni	1 serving	450	144	16	4	0	15	190	61	1	11	16
Penne Sausage Mushrooms and Peppers	1 serving	480	170	20	4	0	20	630	58	5	8	22
<b>Side Item</b>												
Bread Stick	1 each	200	40	5	1	0	0	340	32	1	1	6
Caesar Side Salad	1 each	60	27	3	2	0	5	140	5	1	1	4
Small Tossed Salad	1 each	20	0	0	0	0	0	15	4	1	3	1
<b>Soup</b>												
Chicken Noodle	1 serving	200	63	7	2	0	40	480	20	1	2	9
Chili	1 serving	300	120	13	5	1	40	490	27	6	6	17
Clam Chowder	1 serving	220	99	11	7	0	35	2580	24	2	6	7
Cream of Broccoli	1 serving	270	171	19	12	1	60	150	18	1	7	7
Cream of Tomato	1 serving	135	0	0	0	0	0	720	30	2	18	3
Italian Wedding	1 serving	180	108	12	4	0	20	540	10	1	1	8
Italina Sausage and Bean	1 serving	180	31.5	4	1	0	5	210	30	4	6	7
Vegetable Barley Soup	1 serving	120	40	5	1	0	0	300	18	3	4	3
<b>MTO Pasta</b>												
Alfredo Sauce	1/2 cup	280	220	25	8	1	35	680	7	0	4	6
Bread Bowl	1 each	450	0	0	0	0	0	870	90	3	3	18
Cavatappit Pasta	1 cup	248	11	1	0	0	0	8	49	2	2	8
Made without Gluten Penne Pasta	1 serving	240	240	10	1	0	0	0	5	54	1	0
Marinara Sauce	1/2 cup	60	9	0	1	1	0	0	20	10	3	6
Meat Sauce	1 serving	150	150	100	11	4	1	30	150	5	1	2
Zucchini Noodles	1 cup	50	46	0	0	0	0	0	15	9	3	6

## PC Sliders

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<b>Premium Item</b>												
Bacon Burger Slider	2 each	900	559	62	22	4	190	1420	34	0	2	48
Buffalo Blue Burger Slider	1 serving	890	558	62	23	4	180	760	34	*	2	45
Sloppy Joe Sliders	2 each	290	135	15	5	*0	85	490	13	0	10	25
<b>Menu Item</b>												
1 Chicken Wrap	1 each	300	135	15	5	0	30	700	28	1	3	14
2 Chicken Wraps	2 each	610	279	31	10	0	60	1400	56	2	6	28
2 Falafel Wraps	2 each	720	261	29	8	0	30	1930	87	2	12	31
3 Chicken Fingers	3 each	430	230	26	5	0	45	1130	29	2	0	21
3 Mini Falafel Burgers	3 each	740	243	27	9	0	45	1740	92	2	11	34
Boneless BBQ Bites	1 serving	420	180	20	4	0	35	1060	45	1	25	15
Boneless Buffalo Bites	1 serving	330	180	20	4	0	35	2060	21	1	0	15
Boneless Wing Sliders	3 each	470	144	16	4	0	30	890	60	1	4	20
Fried Green Tomato Po' Boy	1 each	450	216	24	3	0	15	960	50	0	3	7
Mini Burgers, A1 Sauce	3 each	830	441	49	18	3	145	950	54	1	6	40
Mini Burgers, Traditional	3 each	820	441	49	18	3	145	710	52	1	4	40
Popcorn Shrimp	1 serving	310	160	18	4	0	105	230	24	2	3	13
Shrimp Po' Boy	1 each	710	378	42	7	0	140	750	62	1	7	22
<b>Side Item</b>												
Boardwalk Fries	1 serving	210	80	9	0	0	0	35	27	3	0	3
Broccoli	1/2 cup	30	5	0	0	0	0	30	6	3	2	3
California Blend Vegetables	1/2 cup	35	5	0	0	0	0	50	7	3	3	2
Celery Sticks	1 serving	15	0	0	0	0	0	75	4	2	0	1
Coleslaw	1/2 cup	90	60	6	0	0	0	340	7	2	4	1
Green Beans	1/2 cup	70	35	4	2	0	0	190	8	3	3	1
Green Peas	1/2 cup	120	35	4	2	0	0	115	15	5	5	6
Hush Puppies	1 serving	190	60	7	2	0	25	720	28	1	2	4
Mac & Cheese	1/2 cup	200	54	6	3	0	15	390	28	0	3	7
Roasted Mixed Vegetables	1/2 cup	100	80	9	2	0	0	230	6	1	2	1
Seasoned Carrots	1/2 cup	70	35	4	2	0	0	105	8	3	5	1
Seasoned Corn	1/2 cup	130	40	5	2	0	0	190	22	3	10	3
<b>Toppings</b>												
Green Leaf Lettuce	1 leaf	0	0	0	0	0	0	0	0	0	0	0
Onions	2 Tbsp.	10	0	0	0	0	0	0	3	0	1	0
Tomato	2 slices	5	0	0	0	0	0	0	1	0	1	0

## Side Pockets

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<b>Signature Pita</b>												
Falafel Fanatic Pita	1 each	460	117	13	2	0	0	1150	70	1	7	16
Tuscan Tofu Pita	1 each	500	207	23	5	0	10	1110	55	3	14	20
Southwestern Chicken Pita	1 each	570	243	27	6	0	60	970	56	6	9	27
Athenian Greek Pita	1 each	610	288	32	8	0	50	1460	52	3	9	26
Buffalo Chicken Pita	1 each	750	369	41	14	0	80	2640	62	2	7	33
Chicken Caesar Pita	1 each	770	441	49	11	0	70	1380	54	1	6	29
Mandarin Chicken Pita	1 each	640	252	28	4	0	35	1180	74	2	26	25
Meatless Southwestern Pita	1 each	490	216	24	5	0	25	890	55	6	9	15
Meatless Athenian Greek Pita	1 each	520	261	29	7	0	10	1380	51	3	9	14
Meatless Caesar Pita	1 each	690	414	46	10	0	35	1300	53	1	6	17
Meatless Mandarin Pita	1 each	560	477	25	3	0	0	1100	74	2	26	13
Meatless Buffalo Pita	1 each	530	243	27	12	0	55	2200	49	2	7	22
<b>Signature Salads</b>												
Falafel Fanatic Salad	1 each	230	72	8	1	0	0	650	33	2	7	11
Tuscan Tofu Salad	1 each	280	171	19	4	0	10	640	18	3	12	14
Southwestern Chicken Salad	1 each	360	207	23	6	0	60	510	18	6	7	21
Athenian Greek Salad	1 each	390	252	28	7	0	50	1000	15	3	7	20
Buffalo Chicken Salad	1 each	530	333	37	13	0	80	2180	24	2	5	27
Chicken Caesar Salad	1 each	560	405	45	10	0	70	910	17	1	5	23
Mandarin Chicken Salad	1 each	430	216	24	3	0	35	720	37	2	24	18
Meatless Southwestern Salad	1 each	270	171	19	5	0	25	430	18	6	7	9
Meatless Athenian Greek Salad	1 each	300	306	24	6	0	10	920	14	3	7	8
Meatless Caesar Salad	1 each	470	369	41	9	0	35	830	16	1	5	11
Meatless Mandarin Salad	1 each	340	189	21	2	0	0	640	37	2	24	6
Meatless Buffalo Salad	1 each	310	207	23	11	0	55	1740	12	2	5	16
<b>MTO</b>												
Cheddar Cheese	1 slice	40	18	2	4	0	13	68	0	0	0	3
Cucumbers	2 Tbsp	0	0	0	0	0	0	0	0	0	0	0
Balsamic Vinaigrette	2 Tbsp.	60	45	5	0	0	0	180	4	0	4	0
Black Beans	1/4 cup	25	0	0	0	0	0	40	5	2	0	2
Black Olives	1/4 cup	48	40	4	1	0	0	200	2	1	0	<1
Blue Cheese	2 Tbsp.	60	44	5	4	0	13	194	<1	0	0	4
Bruschetta	1 oz.	15	10	2	0	0	0	120	1	0	1	0
Buffalo Chicken	2 each	110	60	7	1	0	10	690	7	0	0	5
Buffalo Ranch	2 Tbsp.	30	22.5	3	0	0	0	600	2	*	0	0
Carrots	1/4 cup	10	0	0	0	0	0	20	3	1	1	0
Cheddar Cheese	1/4 cup	110	81	9	5	0	30	180	0	0	0	7
Breaded Chicken Strips	1 each	230	140	16	4	0	35	480	11	1	1	10
Chickpeas	2 Tbsp	30	5	1	0	0	0	35	5	1	0	2
Chipotle Avocado Ranch	2 Tbsp.	70	70	7	1	0	5	135	2	1	1	1
Corn	1/4 cup	25	0	0	0	0	0	0	6	1	3	1
Creamy Caesar	2 Tbsp.	170	162	18	3	0	10	240	1	0	1	1
Croutons	6 croutons	30	10	1	0	0	0	85	5	0	0	1
Cucumbers	2 Tbsp	0	0	0	0	0	0	0	0	0	0	0
Diced Chicken	1/4 cup	90	31.5	4	1	0	35	80	1	*	0	12
Falafel	z. Pieces per	210	72	8	1	0	0	660	26	6	3	9
Feta Cheese	2 Tbsp.	35	25	3	2	0	8	175	<1	0	0	2
Greek Vinaigrette	2 Tbsp.	90	80	9	2	0	0	260	1	0	1	1
Green Peppers	1/4 cup	5	0	0	0	0	0	1	1	0	0	0
Hummus	1/2 cup	280	160	18	2	0	0	680	28	8	4	12
Lettuce	1 leaf	0	0	0	0	0	0	0	0	0	0	0
Light Italian	2 Tbsp.	40	30	4	1	0	0	270	2	0	2	0
Light Ranch	2 Tbsp.	110	90	10	2	0	10	280	1	0	1	1
Mandarin Oranges	1/4 cup	10	0	0	0	0	0	0	3	0	2	0
Mozzarella Cheese	1/4 cup	80	50	6	4	0	15	170	1	0	0	8
Oil & Vinegar	2 Tbsp.	180	180	21	3	0	0	0	0	0	0	0

Parmesan Cheese	2 Tbsp.	40	30	3	2	0	8	240	0	0	0	4
Pita	1 each	240	45	5	1	0	0	510	41	2	2	7
Red Onion	1/4 cup	0	0	0	0	0	0	0	3	0	1	0
Romaine	1 leaf	5	0	0	0	0	0	0	1	<1	0	0
Salad, Lettuce	1 cup	10	0	0	0	0	0	6	2	<1	1	0
Salad, Romaine	1 cup	10	0	0	0	0	0	4	2	1	<1	<1
Salad, Spinach	1 cup	5	0	0	0	0	0	24	1	<1	0	<1
Spicy Oriental Sesame Vinaigrette	2 Tbsp.	100	85	10	2	0	0	280	4	0	3	<1
Spinach	1/2 cup	0	0	0	0	0	0	6	0	0	0	0
Sunflower Seeds	2 Tbsp.	80	65	8	1	0	0	0	3	1	0	3
Tofu	1/4 cup	50	24	3	1	0	0	8	1	<1	0	5
Tomato	2 Tbsp.	5	0	0	0	0	0	0	1	0	1	0

## Zoca

**Disclaimer:** The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Menu Item	Serving Size	Calories (Kcals)	Calories From Fat (Kcals)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>MTO</b>												
Avocado Ranch Dressing	1 serving	70	70	7	1	0	5	135	2	1	1	1
Southwest Black Beans	1 serving	50	0	0	0	0	0	280	10	4	0	3
Southwest Black Beans (Taco)	1 serving	20	0	0	0	0	0	90	3	1	0	1
Brown Rice	1/2 cup	120	10	1	0	0	0	5	23	1	0	3
Charro Beans	1 serving	45	0	0	0	0	0	260	8	3	0	3
Charro Beans (Taco)	1 serving	15	0	0	0	0	0	85	3	1	0	1
Cheddar Cheese	1/4 cup	110	81	9	5	0	30	180	0	0	0	7
Cheddar Cheese (Quesadilla)	1/2 cup	220	162	18	10	0	60	360	0	0	0	14
Cheddar Cheese (Taco)	2 Tbsp	60	40	5	3	0	15	90	0	0	0	4
Cilantro	2 Tbsp	5	0	0	0	0	0	5	1	0	0	0
Corn Tortilla (Taco)	1 each	50	20	2	0	0	0	0	7	1	0	1
Double Bean	1 serving	63	0	0	0	0	0	360	12	5	0	4
Dukes Deals	1 serving	0	0	0	0	0	0	0	0	0	0	0
Grilled Portobello	1 serving	60	40	5	1	0	0	25	4	1	2	2
Ground Beef	1 serving	180	120	14	5	1	45	450	2	0	1	11
Ground Beef (Taco)	1 serving	60	40	5	2	0	15	150	1	0	0	4
Guacamole	1 serving	110	90	9	2	0	0	200	6	4	0	2
Guacamole	1 serving	230	170	19	4	0	0	400	11	8	0	4
Jalapeno	2 Tbsp	0	0	0	0	0	0	215	<1	0	<1	0
Lettuce	1/2 cup	5	0	0	0	0	0	0	<1	0	0	0
Lime	1 serving	5	0	0	0	0	0	0	1	0	0	0
Onion	2 Tbsp.	10	0	0	0	0	0	0	3	0	1	0
Portabella Mushrooms	1 serving	60	40	5	1	0	0	25	4	1	2	2
Rice	1/2 cup	90	5	1	0	0	0	350	19	2	0	3
Roasted Brisket	1 serving	110	45	5	3	0	40	200	38	0	0	15
Roasted Chicken	1 serving	80	27	3	1	0	30	140	1	0	0	10
Roasted Chicken (Taco)	1 serving	25	9	1	0	0	10	50	0	0	0	3
Salsa Ranch	1 serving	50	45	5	1	0	5	210	1	0	1	1
Shredded Brisket (Taco)	1 serving	35	18	2	1	0	15	65	13	0	0	5
Sour Cream	1 serving	45	40	5	3	0	15	40	2	0	1	1
Tomato	2 Tbsp.	5	0	0	0	0	0	0	1	0	1	0
Tortilla (Burrito)	1-12"	300	72	8	3	0	0	830	50	2	2	8
Tortilla (Taco)	1- 6"	90	20	3	1	0	0	230	14	1	1	3
Tortilla Bowl (Salad)	1 each	240	90	11	3	0	0	550	33	1	1	6
Tortilla Chips	1 serving	300	90	10	2	0	0	440	47	6	0	5
Tortilla Chips (Nachos)	1 serving	360	100	12	2	0	0	520	56	8	0	6
Warm Dos Queso	1 serving	150	108	12	7	0	35	610	1	0	1	7
Warm Dos Queso	1 serving	300	216	24	14	0	70	1220	3	0	3	14
<b>Salsa</b>												
Pico de Gallo	1 serving	10	0	0	0	0	0	30	3	1	1	0
Mild Salsa Zoca	1 serving	5	0	0	0	0	0	130	1	0	1	0
Black Bean & Corn Salsa	1 serving	50	5	1	0	0	0	135	9	2	2	2
Medium: Salsa Verde	1 serving	20	5	0	0	0	0	200	4	1	2	1
Extra Hot: Fire-Roasted Salsa	1 serving	20	5	0	0	0	0	160	3	1	2	1
<b>Sides</b>												
Zoca Signature Rice	1 serving	90	5	1	0	0	0	350	19	2	0	3
Charro Beans	1 serving	45	0	0	0	0	0	260	8	3	0	3
Seasoned Black Beans	1 serving	50	0	0	0	0	0	280	10	4	0	3
Rice & Beans	1 serving	70	2.5	0	0	0	0	315	15	3	0	3
Guacamole & Tortilla Chips	1 serving	123	40	5	3	0	15	450	12	5	0	8
Queso & Tortilla Chips	1 serving	113	20	2	0	0	0	360	19	6	0	5