



Menu Item

*LIMITED TIME OFFERS JANUARY 10 - FEBRUARY 27 2010										
* (Data includes all ingredients as listed in menu copy. Please see sides data for any substitutions.)										
Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>HALF TURKEY CLUB SUPERMELT &amp; SALAD</b>	420	160	17	6	50	1730	40	3	9	25
Allergens: Egg, Milk, Wheat										
<b>HALF TUNA SUPERMELT &amp; SALAD</b>	460	230	26	5	40	1200	38	4	8	19
Allergens: Egg, Fish (Tuna), Milk, Soy, Wheat										
<b>CAPRISI CHICKEN SANDWICH &amp; SALAD</b>	550	120	13	3	90	1970	66	5	9	42
Allergens: Milk, Wheat										
<b>MANDARIN GRILLED CHICKEN SALAD</b>	520	200	23	3	80	1320	46	5	34	34
Allergens: Nut (Almond), Soy, Wheat										
<b>GRILLED CHICKEN CAPRISI SALAD</b>	410	170	19	4	90	1480	24	6	14	34
Allergens: Milk										
<b>GINGER CHICKEN STIR-FRY</b>	530	90	10	1	80	1930	73	4	23	35
Allergens: Soy, Wheat										
<b>VEGETABLE GINGER STIR FRY</b>	410	40	5	0	0	1630	83	7	28	10
Allergens: Soy, Wheat										
<b>SWEET &amp; SPICY GRILLED SHRIMP</b>	490	80	9	0	70	1660	80	4	23	22
Allergens: Shellfish (Shrimp), Soy, Wheat										
<b>STRAWBERRY ON NF VANILLA YOGURT SUNDAE-2 scoop</b>	250	30	3	2	10	130	48	1	34	7
Allergens: Milk										