

	Serving Size	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
NWC Classic Sandwiches - on whole wheat pita with all ingredients												
Peanut Butter, Banana, Honey	1 sand.	683	223	25	5	0	0	453	103	9	56	19
Veggie Melt	1 sand.	419	174	19	10	0	60	620	41	7	7	21
Egg Salad	1 sand.	292	88	9	2	0	216	433	40	6	6	13
Hummus Veggie Pita	1 sand.	452	132	15	2	0	0	582	68	13	5	17
Oven Roasted Turkey	1 sand.	344	14	1	0	0	60	1975	46	6	5	35
Ham & Swiss	1 sand.	472	169	18	8	0	85	1733	42	6	6	35
Chunky Chicken	1 sand.	380	91	10	1	0	77	703	40	6	6	32
Chicken Walnut Raisin	1 sand.	465	127	14	2	0	71	514	53	7	15	33
Honey Curry Chicken	1 sand.	485	127	14	2	0	71	514	59	7	21	33
Tuna Salad	1 sand.	376	86	9	1	0	48	605	40	6	5	34
Signature Sandwiches - on whole wheat pita or tortilla wrap with all ingredients												
The Californian	1 sand.	408	181	21	7	0	30	437	44	10	5	16
Grilled Chicken	1 sand.	294	32	3	5	0	50	691	40	6	6	27
Chicken Caesar Wrap	1 wrap	590	250	28	9	0	65	1539	55	4	3	32
Club Wrap	1 wrap	621	196	22	11	0	85	2333	65	5	5	40
Veggie Burger	1 sand.	414	134	15	5	0	30	861	45	10	5	29
Mexi-Melt Wrap	1 wrap	667	267	31	11	0	80	1465	63	8	5	36
NWC Classic Salads - figured without dressing												
Egg Salad	1 salad	207	84	8	2	0	216	254	23	10	10	9
Oven Roasted Turkey	1 salad	259	9	0	0	0	60	1796	30	10	9	3
Chunky Chicken Salad	1 salad	294	87	9	1	0	77	524	24	10	9	27
Chicken Walnut Raisin Salad	1 salad	380	123	13	2	0	71	335	37	11	19	28
Honey Curry Chicken Salad	1 salad	399	123	13	2	0	71	335	42	11	24	28
Tuna Salad	1 salad	291	81	8	1	0	48	426	24	10	9	30
Signature Salads - figured without dressing												
Side Salad	1 salad	65	6	0	0	0	0	48	14	6	6	2
Vegetarian Salad	1 salad	99	9	0	0	0	0	72	22	10	9	3
The Californian	1 salad	323	177	20	7	0	30	258	28	15	9	12
Caesar Salad	1 salad	562	463	52	12	0	45	1368	18	6	3	17
Chicken Caesar Salad	1 salad	672	481	54	13	0	95	1808	20	6	4	37
Grilled Chicken	1 salad	209	27	2	1	0	50	512	24	10	10	23
Taco Salad	1 salad	490	215	23	12	0	65	1533	48	5	13	22
Chef Salad	1 salad	509	178	19	9	0	297	1864	39	11	10	42
Cobb Salad	1 salad	426	230	25	10	0	287	898	16	9	4	34

House Dressings												
Balsamic Vinaigrette	3 oz	327	281	30	4	0	0	160	9	0	9	0
Honey Mustard Poppy Seed Dressing	3 oz	270	211	23	3	0	0	145	15	0	14	0
Fruit Salads - with frozen yogurt and trail mix												
Our Famous Tropical	1 salad	635	77	8	2	0	0	198	132	7	81	14
The Floridian	1 salad	583	122	13	2	0	71	294	92	8	62	29
The Millionaire	1 salad	657	77	8	2	0	0	170	137	8	80	14
Fresh Fruit Cup	1 salad	122	3	0	0	0	0	15	36	3	22	1
Acai Bowl 1	16oz bowl	634	75	8	3	0	0	30	143	8	120	6
Acai Bowl 2	16oz bowl	813	214	24	6	0	0	180	146	9	120	13
Acai Bowl 3	16oz bowl	392	77	8	3	0	0	36	77	9	51	5
Acai Bowl 4	16oz bowl	397	76	8	3	0	0	27	79	8	54	5
Soups												
Chicken Basil Chili	8oz Cup	96	10	1	0	0	14	484	13	3	4	9
Gourmet Soup of the Day (varies)												
	Serving Size	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Frozen Yogurt												
Edy's Fat-Free Select Vanilla	8oz Med	204	0	0	0	0	0	102	43	0	30	7
Shakes												
House	16oz	366	34	4	2	0	15	178	69	2	49	13
Wild Strawberry	16oz	332	32	4	2	0	15	177	58	0	45	13
Pina Banana	16oz	369	34	4	2	0	15	178	71	2	50	13
Mocha Banana	16oz	350	2	0	0	0	0	118	70	4	57	7
Palm Beacher	16oz	463	84	10	9	0	0	191	86	2	68	8
Boca Banana	16oz	401	35	4	2	0	15	178	79	3	53	14
Dreamsicle	16oz	314	0	0	0	0	0	102	67	0	56	8
Chocolate Monkey	16oz	488	106	12	7	0	15	178	84	4	60	13
Nutty Buddy	16oz	612	174	20	5	0	15	329	91	4	67	20
Performance Shakes												
Creamy Carrot Sickle	16oz	298	3	1	1	0	0	170	65	2	39	9
Superman Energy Shake	16oz	477	34	4	2	0	15	254	92	5	68	20
Iron Man/Woman	16oz	509	54	6	3	0	38	217	92	4	64	25
The Recovery	16oz	423	7	1	0	0	0	164	96	3	75	11
Triathlete	16oz	802	258	29	10	0	15	329	117	8	81	23
Performance Smoothies												
Brazilian Acai	16oz	301	42	4	1	0	0	16	64	4	54	2
Palm Beach Warrior	16oz	368	50	5	2	0	23	54	70	4	59	11
Smoothies												
House	16oz	301	2	0	0	0	0	15	74	2	66	1
Wild Strawberry	16oz	336	0	0	0	0	0	15	81	0	79	0
Fruit Twist	16oz	311	2	0	0	0	0	4	75	2	74	2
Palm Beacher	16oz	322	87	10	9	0	0	92	121	5	50	1

	Serving Size	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Boca Banana	16oz	370	6	0	0	0	0	15	93	6	66	2
Pina Banana	16oz	255	4	0	0	0	0	16	65	4	53	1
Breakfast Sandwiches												
Sunrise Sandwich	1 sand.	504	229	25	9	0	455	832	39	1	4	27
Farmer's Sandwich	1 sand.	590	289	31	11	0	473	1202	39	1	4	33
Cheese Benny Sandwich	1 sand.	594	272	30	11	0	485	1546	41	1	4	37
Rancher's Sandwich	1 sand.	609	229	33	12	0	498	1142	40	1	5	35
Eggs Express Sandwich	1 sand.	244	53	6	1	0	108	401	38	1	3	9
Breakfast Burritos												
Farmer's Burrito	1 burrito	710	354	38	15	0	473	1567	52	2	3	34
Nature's Burrito	1 burrito	634	294	32	13	0	455	1199	54	2	5	28
Florentine Burrito	1 burrito	642	295	32	13	0	460	1224	55	4	3	30
Mexican Burrito	1 burrito	639	294	32	13	0	455	1637	55	2	4	28
Greek Burrito	1 burrito	614	277	30	13	0	450	1260	55	4	4	28
Rancher's Burrito	1 burrito	729	294	40	16	0	498	1507	53	2	4	36
Western Burrito	1 burrito	726	337	37	15	0	490	1913	56	2	5	38
Benny Burrito	1 burrito	714	337	37	15	0	485	1911	54	2	3	38
Scrambled Egg Bowl (varies)												
Fruit & Cereal												
Granola with Fruit & Milk (with strawberries and banana)	16oz bowl	969	258	32	16	0	30	235	152	14	67	31
Acai Bowl 1	16oz bowl	634	75	8	3	0	0	30	143	8	120	6
Acai Bowl 2	16oz bowl	813	214	24	6	0	0	180	146	9	120	13
Acai Bowl 3	16oz bowl	392	77	8	3	0	0	36	77	9	51	5
Acai Bowl 4	16oz bowl	397	76	8	3	0	0	27	79	8	54	5
Quinoa Bowl 1	16oz bowl	833	269	31	4	0	0	288	128	11	81	21
Quinoa Bowl 2	16oz bowl	621	129	15	1	0	0	137	116	8	74	14
Quinoa Bowl 3	16oz bowl	627	129	15	1	0	0	138	118	8	74	15
Quinoa Bowl 4	16oz bowl	756	131	15	1	0	0	143	152	11	102	15
Quinoa Bowl 5	16oz bowl	527	51	6	0	0	0	137	113	6	74	10