

Green Day Cafe® Nutritional Information Facts (USA)



**Nutritional Facts**

|                    | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat(g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugar(g) | Protein (g) | WeightWatchers PointsPlus® |
|--------------------|------------------|----------|-------------------|---------------|------------------|---------------|------------------|-------------|------------------------|-------------------|----------|-------------|----------------------------|
| <b>Salads</b>      |                  |          |                   |               |                  |               |                  |             |                        |                   |          |             |                            |
| Sante Fe Chicken   | 142              | 244      | 180               | 20            | 7                | 0             | 50               | 565         | 5                      | 1                 | 1        | 21          | 8                          |
| Buffalo Chicken    | 136              | 198      | 149               | 17            | 5                | 0             | 39               | 1078        | 10                     | 2                 | 4        | 21          | 7                          |
| Chicken Caesar     | 134              | 119      | 30                | 9             | 4                | 0             | 30               | 891         | 8                      | 1                 | 3        | 25          | 5                          |
| Oriental Chicken   | 136              | 253      | 105               | 12            | 1                | 0             | 10               | 520         | 27                     | 4                 | 21       | 16          | 8                          |
| Turkey Cranberry   | 127              | 273      | 97                | 11            | 1                | 0             | 27               | 349         | 36                     | 4                 | 26       | 15          | 8                          |
| Honey Turkey       | 121              | 299      | 208               | 23            | 7                | 0             | 67               | 641         | 11                     | 2                 | 8        | 21          | 9                          |
| Turkey Ranch       | 130              | 273      | 188               | 21            | 7                | 0             | 67               | 691         | 9                      | 2                 | 5        | 21          | 8                          |
| Big Tahuna         | 137              | 162      | 20                | 2             | 0                | 0             | 50               | 336         | 10                     | 3                 | 5        | 29          | 2                          |
| Sunset Veggie      | 109              | 307      | 139               | 16            | 5                | 0             | 19               | 324         | 44                     | 5                 | 29       | 12          | 10                         |
| Hummus & Veggie    | 113              | 183      | 72                | 12            | 2                | 0             | 0                | 519         | 20                     | 4                 | 5        | 9           | 6                          |
| Holy Guacamole     | 109              | 136      | 46                | 8             | 1                | 0             | 0                | 421         | 18                     | 4                 | 6        | 8           | 4                          |
| Super Veggie       | 78               | 78       | 0                 | 0             | 0                | 0             | 0                | 305         | 20                     | 4                 | 10       | 6           | 2                          |
| <b>Wraps</b>       |                  |          |                   |               |                  |               |                  |             |                        |                   |          |             |                            |
| Sante Fe Chicken   | 141              | 542      | 239               | 27            | 9                | 0             | 51               | 1186        | 54                     | 7                 | 3        | 29          | 15                         |
| Buffalo Chicken    | 134              | 496      | 208               | 24            | 8                | 0             | 39               | 1706        | 59                     | 8                 | 6        | 28          | 15                         |
| Chicken Caesar     | 132              | 417      | 89                | 16            | 7                | 0             | 30               | 1519        | 57                     | 7                 | 5        | 32          | 13                         |
| Oriental Chicken   | 135              | 551      | 164               | 19            | 4                | 0             | 10               | 1141        | 76                     | 9                 | 23       | 23          | 15                         |
| Turkey Cranberry   | 125              | 571      | 157               | 18            | 4                | 0             | 27               | 977         | 84                     | 10                | 28       | 22          | 15                         |
| Honey Turkey       | 119              | 597      | 267               | 30            | 10               | 0             | 67               | 1269        | 59                     | 8                 | 9        | 28          | 16                         |
| Turkey Ranch       | 128              | 571      | 246               | 28            | 9                | 0             | 67               | 1319        | 57                     | 8                 | 6        | 28          | 15                         |
| Big Tahuna         | 136              | 460      | 79                | 9             | 3                | 0             | 50               | 957         | 58                     | 9                 | 7        | 36          | 11                         |
| Sunset Veggie      | 108              | 605      | 198               | 23            | 7                | 0             | 19               | 945         | 93                     | 11                | 31       | 19          | 17                         |
| Hummus & Veggie    | 112              | 481      | 131               | 19            | 4                | 0             | 0                | 1140        | 69                     | 10                | 7        | 16          | 13                         |
| Holy Guacamole     | 108              | 434      | 105               | 15            | 4                | 0             | 0                | 1042        | 67                     | 10                | 8        | 15          | 12                         |
| Super Veggie       | 76               | 376      | 59                | 7             | 2                | 0             | 0                | 933         | 69                     | 10                | 12       | 13          | 10                         |
| <b>Rice Bowls</b>  |                  |          |                   |               |                  |               |                  |             |                        |                   |          |             |                            |
| Mushroom & Brie    | 615              | 569      | 178               | 19            | 12               | 0             | 35               | 941         | 81                     | 22                | 16       | 49          | 16                         |
| Dijon Turkey       | 553              | 727      | 315               | 35            | 15               | 0             | 67               | 1101        | 81                     | 22                | 19       | 53          | 21                         |
| Southwest          | 576              | 671      | 288               | 32            | 14               | 0             | 50               | 1011        | 76                     | 21                | 13       | 53          | 20                         |
| 7 Layer            | 576              | 645      | 234               | 29            | 14               | 0             | 30               | 1474        | 81                     | 23                | 13       | 46          | 19                         |
| <b>Soups</b>       |                  |          |                   |               |                  |               |                  |             |                        |                   |          |             |                            |
| Mushroom & Brie    | 245              | 230      | 140               | 15            | 9                | 0             | 50               | 940         | 17                     | 2                 | 9        | 6           | 6                          |
| Butternut Squash   | 256              | 230      | 130               | 14            | 9                | 0             | 50               | 520         | 25                     | 2                 | 10       | 3           | 6                          |
| Harvest & Grain    | 246              | 150      | 54                | 6             | 1                | 0             | 0                | 1160        | 21                     | 3                 | 2        | 4           | 4                          |
| Vegetarian Chili   | 276              | 107      | 44                | 12            | 0                | 0             | 0                | 987         | 0                      | 15                | 4        | 7           | 3                          |
| Spanish Black Bean | 253              | 211      | 32                | 4             | 1                | 0             | 0                | 584         | 40                     | 10                | 4        | 20          | 6                          |

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**Nutritional Facts**

|                  |          |                   |               |                  |               |                  |             |                        |                   |          |             |                            |
|------------------|----------|-------------------|---------------|------------------|---------------|------------------|-------------|------------------------|-------------------|----------|-------------|----------------------------|
| Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat(g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugar(g) | Protein (g) | WeightWatchers PointsPlus® |
|------------------|----------|-------------------|---------------|------------------|---------------|------------------|-------------|------------------------|-------------------|----------|-------------|----------------------------|

|  |     |     |     |    |    |   |     |      |    |   |    |    |    |
|--|-----|-----|-----|----|----|---|-----|------|----|---|----|----|----|
| <b>Gluten Free Quesadillas</b> (nutritional information for quesadilla only) |     |     |     |    |    |   |     |      |    |   |    |    |    |
| BBQ Chicken & Cheese   | 258 | 517 | 291 | 32 | 12 | 0 | 107 | 1387 | 38 | 1 | 17 | 35 | 15 |
| Three Cheese   | 180 | 471 | 325 | 40 | 17 | 0 | 111 | 1944 | 23 | 1 | 4  | 27 | 15 |
| Garden Veggie  | 175 | 476 | 297 | 33 | 13 | 0 | 91  | 1036 | 35 | 4 | 11 | 19 | 13 |

|                        |     |     |     |    |   |   |    |      |    |    |    |    |    |
|------------------------|-----|-----|-----|----|---|---|----|------|----|----|----|----|----|
| <b>Loaded Potatoes</b> |     |     |     |    |   |   |    |      |    |    |    |    |    |
| Fiesta                 | 442 | 561 | 202 | 23 | 7 | 0 | 40 | 753  | 77 | 11 | 7  | 25 | 16 |
| Mushroom Brie & Turkey | 520 | 512 | 142 | 15 | 8 | 0 | 96 | 1317 | 67 | 6  | 14 | 26 | 13 |
| Firehouse              | 548 | 584 | 140 | 16 | 7 | 0 | 70 | 1833 | 57 | 15 | 3  | 64 | 15 |

|                              |     |     |     |    |    |   |     |     |    |    |    |    |    |
|------------------------------|-----|-----|-----|----|----|---|-----|-----|----|----|----|----|----|
| <b>Stuffed Green Peppers</b> |     |     |     |    |    |   |     |     |    |    |    |    |    |
| Vegetarian Green Pepper      | 720 | 556 | 233 | 21 | 16 | 0 | 183 | 655 | 69 | 24 | 36 | 25 | 13 |

|   |     |     |     |    |   |   |    |      |     |   |    |    |    |
|---|-----|-----|-----|----|---|---|----|------|-----|---|----|----|----|
| <b>Kids Meals</b> (includes wrap, cinnamon pita chips and mandarin oranges) |     |     |     |    |   |   |    |      |     |   |    |    |    |
| Grilled Cheese  | 257 | 599 | 160 | 16 | 6 | 0 | 30 | 1050 | 91  | 5 | 27 | 19 | 15 |
| Peanut Butter & Honey   | 278 | 752 | 215 | 22 | 4 | 0 | 0  | 985  | 115 | 8 | 47 | 20 | 19 |
| Chicken & Cheese  | 274 | 557 | 120 | 11 | 4 | 0 | 22 | 966  | 91  | 5 | 27 | 22 | 14 |
| Turkey & Cheese   | 272 | 576 | 125 | 12 | 4 | 0 | 33 | 1118 | 91  | 5 | 28 | 22 | 15 |

|                       |     |      |     |    |   |   |   |      |     |    |    |    |    |
|-----------------------|-----|------|-----|----|---|---|---|------|-----|----|----|----|----|
| <b>Sides</b>          |     |      |     |    |   |   |   |      |     |    |    |    |    |
| Mediterranean Platter | 490 | 1038 | 246 | 35 | 5 | 0 | 0 | 2030 | 157 | 14 | 12 | 31 | 28 |
| Chips n' Hummus       | 146 | 380  | 122 | 17 | 3 | 0 | 0 | 750  | 49  | 4  | 2  | 11 | 10 |
| Chips n' Guacamole    | 138 | 286  | 70  | 9  | 1 | 0 | 0 | 554  | 45  | 4  | 4  | 9  | 8  |
| Chips n' Salsa        | 156 | 260  | 50  | 5  | 1 | 0 | 0 | 690  | 45  | 2  | 2  | 7  | 7  |
| Chips n' Tabouli      | 144 | 352  | 54  | 9  | 1 | 0 | 0 | 546  | 59  | 6  | 6  | 11 | 9  |
| Black Beans & Rice    | 219 | 216  | 54  | 6  | 4 | 0 | 0 | 231  | 36  | 10 | 6  | 18 | 6  |
| Tabouli               | 25  | 56   | 2   | 2  | 0 | 0 | 0 | 18   | 9   | 2  | 2  | 2  | 2  |
| Terra Chips           | 28  | 150  | 80  | 9  | 1 | 0 | 0 | 50   | 16  | 3  | 3  | 1  | 4  |
| Pita Chips            | 188 | 480  | 100 | 10 | 2 | 0 | 0 | 1020 | 82  | 4  | 4  | 14 | 12 |
| Broccoli Crunch       | 156 | 48   | 12  | 20 | 0 | 0 | 0 | 80   | 16  | 12 | 4  | 12 | 5  |
| 5 Bean Salad          | 160 | 120  | 80  | 2  | 0 | 0 | 0 | 20   | 8   | 0  | 0  | 8  | 2  |

|                            |     |     |     |    |   |   |   |      |    |   |    |    |    |
|----------------------------|-----|-----|-----|----|---|---|---|------|----|---|----|----|----|
| <b>Something Sweet</b>     |     |     |     |    |   |   |   |      |    |   |    |    |    |
| Ice Cold Via Blast         | 66  | 165 | 0   | 0  | 0 | 0 | 0 | 45   | 40 | 4 | 34 | 1  | 4  |
| Cinnamon Pita Chips        | 212 | 528 | 100 | 10 | 2 | 0 | 0 | 1020 | 94 | 4 | 16 | 14 | 14 |
| 100 Calorie Mini Desserts* | 62  | 100 | 62  | 6  | 0 | 0 | 9 | 69   | 12 | 1 | 7  | 2  | 3  |
| Vegan Giant Cookies*       | 115 | 155 | 105 | 7  | 2 | 0 | 0 | 144  | 23 | 1 | 14 | 1  | 4  |

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