

ROLLS N RICE NUTRITIONAL DETAILS



SOUPS

	Farm Fresh Mushroom	Tomato Basil	Cream of Chicken
Calories (kcal)	136	160	174
Fat (g)	9	7	5
Protein (g)	4	7	16
Net Carb (g)	8	16	14

SALADS

Calorific details based on full portions. Half the salad macros for half portion data.

	Green		Greek		Fattoush	
	Salad	Dressing	Salad	Dressing	Salad	Dressing
Calories (kcal)	140	217	249	217	165	228
Fat (g)	5	24	15	24	5	23
Protein (g)	3	0	8	0	4	0
Net Carb (g)	12	0	14	0	17	4.5

	Apple Walnut		Strawberry Quinoa		Coleslaw
	Salad	Dressing	Salad	Dressing	
Calories (kcal)	287	264	372	264	452
Fat (g)	8	24	21	24	44
Protein (g)	4	0	14	0	2
Net Carb (g)	41	14	30	14	10

	Vegan Power		Chicken Fajita		Chicken Caesar	
	Salad	Dressing	Salad	Dressing	Salad	Dressing
Calories (kcal)	182	239	415	240	325	304
Fat (g)	4	23	13	27	9	16
Protein (g)	6	4	52	0	41	1
Net Carb (g)	21	4	20	0	14	0.5

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WRAPS

Select tortilla, protein and filling for complete details

	Tortilla		Protein		
	Wholewheat	Flour	Grilled Chicken	Vegetarian	Angus Beef Steak
Calories (kcal)	216	216	195	36	192
Fat (g)	6	6	5	0	6
Protein (g)	5.5	5.5	34	1	30
Net Carb (g)	35	35	2	4	0

	Filling					
	The Philly Cheese	The Tex Mex	The Ranch	The Teriyaki	The Caesar	The Greek
Calories (kcal)	134	98	153	122	232	91
Fat (g)	5	2	15	0	21	6.5
Protein (g)	4	4	0.5	6	7.5	3
Net Carb (g)	16	14	3	18	2	4

CHICKEN GRILLS

See calories of sides for full meal

	Chicken Laban	Chicken Barbeque	Chicken Peri Peri
Calories (kcal)	287	330	394
Fat (g)	7	6.5	20
Protein (g)	47	46	47
Net Carb (g)	5	19	4

	Chicken Peppercorn	Chicken Zaatar	Chicken Tarragon	Chicken Chelo Kebab
Calories (kcal)	343	377	305	296
Fat (g)	12	18	7.86	7
Protein (g)	47	47	47	46
Net Carb (g)	7	4	7	8

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STEAKS AND MORE

See calories of sides for full meal

	Sirloin Steak	Tenderloin Steak	Australian Lambchops	Surf N Turf
Calories (kcal)	475	484	698	550
Fat (g)	24	25	48	28
Protein (g)	55	56	63	68
Net Carb (g)	5	4	2	2

	Peppercorn Steaksauce	Parmesan Steaksauce	Chimmichurri Steaksauce
Calories (kcal)	97	128	171
Fat (g)	8	10	18
Protein (g)	0	6	0.75
Net Carb (g)	2	3	1.5

SIGNATURE MEALS

	Thai Coconut Green Curry			Moroccan Meatballs <i>(select side dish)</i>	Egyptian Kushari	
	Vegetarian	Chicken	Shrimp		Half Portion	Full Portion
Calories (kcal)	578	737	640	682	489	977
Fat (g)	49	53	52	23	24	47
Protein (g)	6	39	18	102	12	24
Net Carb (g)	23	20	20	23	56	112

	Japanese Teriyaki					
	Vegetarian, Noodles	Vegetarian, Jasmine Rice	Chicken, Noodles	Chicken, Jasmine Rice	Beef, Noodles	Beef, Jasmine Rice
Calories (kcal)	496	401	655	560	652	557
Fat (g)	2	1	6	6	8	7
Protein (g)	23	16	55	49	51	45
Net Carb (g)	86	71	84	69	82	67

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SEAFOOD GRILLS

See calories of sides for full meal

	Sweet Soy Salmon	Spicy Grilled Fish	Peri Peri Shrimps	Lemon Herb Shrimps
Calories (kcal)	405	208	347	240
Fat (g)	22	5	24	13
Protein (g)	41	38	27	30
Net Carb (g)	6	2	4	4

SIDES

Calorific details based on portions used with maincourses. Double the macros for full portion data.

	Jasmine Rice	Saffron Rice	Mushroom Brown Rice	Couscous	Grilled Vegetable
Calories (kcal)	181	222	247	224	65
Fat (g)	1	4	7	16	3
Protein (g)	4	5	5	2.35	2
Net Carb (g)	39	41	38	17	5

	Steamed Vegetable	Mashed Potato	French Fries	Cheese Fries	Sweet Potato Fries	Coleslaw
Calories (kcal)	36	143	332	377	327	226
Fat (g)	0	5	15	19	14	22
Protein (g)	1	5	5	6	2.3	1
Net Carb (g)	4	18	39	42	44	5

