

Menu Item	Serv	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sod	Sug
1/2 bean & 1/2 rice Brown Rice Black Beans	1 serv	9	7	359	5	1	15	15	66	802	n/a
1/2 bean & 1/2 rice Brown Rice White Beans	1 serv	7	5	294	5	1	11	10	55	1052	n/a
1/2 bean & 1/2 rice White Rice Black Beans	1 serv	9	7	378	5	2	14	15	70	932	n/a
1/2 bean & 1/2 rice White Rice White Beans	1 serv	8	6	313	5	2	10	10	58	1182	n/a
Aarne Asada Salad	1 serv	11	9	399	23	7	5	43	16	1809	n/a
Baja Roll Combo w/ with Brown Rice & Black Beans	1 serv	13	10	522	9	2	18	22	92	1162	n/a
Baja Roll Combo w/ with Brown Rice & White Beans	1 serv	11	9	444	9	2	13	15	78	1461	n/a
Baja Roll Combo w/ with White Rice & Black Beans	1 serv	13	11	549	9	3	17	21	96	1344	n/a
Baja Roll Combo w/ with White Rice & White Beans	1 serv	12	9	471	10	3	12	15	83	1643	n/a
Baja Rolls (serves 3)	1 serv	5	4	168	8	3	1	9	17	483	n/a
Balsamic Vinaigrette Dressing	3oz	10	9	325	34	6	0	3	5	280	n/a
Banzai Bowl Blackened Chicken w/ Brown Rice, Black Beans	1 serv	20	16	806	14	2	22	48	128	1938	n/a
Banzai Bowl Blackened Chicken w/ Brown Rice, White Beans	1 serv	19	15	728	14	2	18	42	115	2237	n/a
Banzai Bowl Blackened Chicken w/ White Rice, Black Beans	1 serv	21	17	852	14	4	20	47	137	2250	n/a
Banzai Bowl Blackened Chicken w/ White Rice, White Beans	1 serv	19	16	774	14	4	16	41	123	2549	n/a
Banzai Bowl Blackened Fish w/ Brown Rice, Black Beans	1 serv	21	18	851	18	4	22	47	128	1340	n/a
Banzai Bowl Blackened Fish w/ Brown Rice, White Beans	1 serv	19	16	773	18	4	18	41	115	1639	n/a
Banzai Bowl Blackened Fish w/ White Rice, Black Beans	1 serv	22	19	897	18	6	20	47	137	1652	n/a
Banzai Bowl Blackened Fish w/ White Rice, White Beans	1 serv	20	17	819	18	6	16	41	123	1951	n/a
Banzai Bowl Carne Asada w/ Brown Rice, Black Beans	1 serv	20	16	791	14	3	22	47	130	1855	n/a
Banzai Bowl Carne Asada w/ Brown Rice, White Beans	1 serv	19	15	713	14	3	18	41	116	2154	n/a
Banzai Bowl Carne Asada w/ White Rice, Black Beans	1 serv	22	17	837	15	5	20	47	138	2167	n/a
Banzai Bowl Carne Asada w/ White Rice, White Beans	1 serv	20	16	760	15	5	15	41	124	2466	n/a
Banzai Bowl Carnitas w/ Brown Rice, Black Beans	1 serv	23	19	915	20	5	23	55	131	1686	n/a
Banzai Bowl Carnitas w/ Brown Rice, White Beans	1 serv	21	18	837	20	5	19	49	117	1985	n/a
Banzai Bowl Carnitas w/ White Rice, Black Beans	1 serv	24	20	961	21	7	21	55	139	1998	n/a
Banzai Bowl Carnitas w/ White Rice, White Beans	1 serv	22	19	883	21	7	17	49	125	2297	n/a
Banzai Bowl Charbroiled Chicken w/ Brown Rice, Black Beans	1 serv	20	16	805	13	2	22	48	128	1923	n/a
Banzai Bowl Charbroiled Chicken w/ Brown Rice, White Beans	1 serv	19	15	727	14	2	18	42	115	2222	n/a
Banzai Bowl Charbroiled Chicken w/ White Rice, Black Beans	1 serv	21	17	851	14	4	20	48	137	2236	n/a
Banzai Bowl Charbroiled Chicken w/ White Rice, White Beans	1 serv	20	16	774	14	4	15	41	123	2535	n/a
Banzai Bowl Charbroiled Fish w/ Brown Rice, Black Beans	1 serv	21	18	853	18	4	22	47	128	1363	n/a
Banzai Bowl Charbroiled Fish w/ Brown Rice, White Beans	1 serv	19	16	775	18	4	18	41	115	1662	n/a
Banzai Bowl Charbroiled Fish w/ White Rice, Black Beans	1 serv	22	19	899	19	6	20	47	137	1675	n/a
Banzai Bowl Charbroiled Fish w/ White Rice, White Beans	1 serv	21	17	821	19	6	16	40	123	1974	n/a
Banzai Bowl Shrimp w/ Brown Rice, Black Beans	1 serv	18	14	706	12	2	22	25	129	1285	n/a
Banzai Bowl Shrimp w/ Brown Rice, White Beans	1 serv	16	13	628	12	2	18	19	115	1584	n/a
Banzai Bowl Shrimp w/ White Rice, Black Beans	1 serv	19	15	752	12	4	20	25	137	1597	n/a
Banzai Bowl Shrimp w/ White Rice, White Beans	1 serv	17	14	674	12	4	15	19	123	1896	n/a
Banzai Bowl Tofu w/ Brown Rice, Black Beans	1 serv	20	17	801	16	3	24	36	131	1258	n/a
Banzai Bowl Tofu w/ Brown Rice, White Beans	1 serv	18	15	724	16	3	19	30	117	1557	n/a
Banzai Bowl Tofu w/ White Rice, Black Beans	1 serv	21	18	848	17	4	22	36	139	1571	n/a
Banzai Bowl Tofu w/ White Rice, White Beans	1 serv	19	16	770	17	4	17	30	126	1870	n/a
Banzai Veggie Green Enchilada	1 serv	5	4	187	7	4	2	7	21	457	n/a
Banzai Veggie Kids Bowl w/ Brown Rice & Black Beans	1 serv	8	6	339	5	1	14	14	63	749	n/a
Banzai Veggie Kids Bowl w/ Brown Rice & White Beans	1 serv	7	5	280	5	1	10	10	53	973	n/a
Banzai Veggie Kids Bowl w/ White Rice & Black Beans	1 serv	9	7	356	5	2	13	14	66	866	n/a
Banzai Veggie Kids Bowl w/ White Rice & White Beans	1 serv	7	6	298	5	2	10	10	56	1090	n/a
Banzai Veggie Red Enchilada	1 serv	5	4	176	8	4	2	8	18	413	n/a
Banzai Veggie Salad	1 serv	8	7	297	18	6	8	13	24	928	n/a
Banzai Veggie Salad w/ Brown Rice & Black Beans	1 serv	7	5	270	3	1	14	14	52	598	n/a
Banzai Veggie Salad w/ Brown Rice & White Beans	1 serv	6	4	231	3	1	12	11	45	747	n/a
Banzai Veggie Salad w/ White Rice & Black Beans	1 serv	7	5	278	3	1	14	14	53	650	n/a
Banzai Veggie Salad w/ White Rice & White Beans	1 serv	6	4	239	3	1	12	11	46	799	n/a
Banzai Veggie Taco	1 serv	4	3	152	4	2	3	5	25	251	n/a
Black Beans	1 serv	10	8	442	3	1	31	28	82	1465	n/a
Blackened Chicken Kids Bowl w/ Brown Rice & White Beans	1 serv	8	6	315	6	1	10	19	49	1246	n/a
Blackened Chicken Banzai Burrito w/ Brown Rice & Black Beans	1 serv	16	13	602	16	3	10	37	82	1954	n/a
Blackened Chicken Banzai Burrito w/ Brown Rice & White Beans	1 serv	15	12	576	16	3	8	35	77	2054	n/a

Menu Item	Serv	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sod	Sug
Blackened Chicken Banzai Burrito w/ White Rice & Black Beans	1 serv	16	13	609	16	4	9	37	83	2006	n/a
Blackened Chicken Banzai Burrito w/ White Rice & White Beans	1 serv	15	12	583	16	4	8	35	79	2106	n/a
Blackened Chicken Burrito	1 serv	13	11	494	18	5	3	33	52	1695	n/a
Blackened Chicken Green Enchilada	1 serv	5	5	219	8	4	1	16	17	729	n/a
Blackened Chicken Kids Bowl w/ Brown Rice & Black Beans	1 serv	9	7	373	6	1	13	23	60	1021	n/a
Blackened Chicken Kids Bowl w/ White Rice & Black Beans	1 serv	10	8	390	6	2	12	23	63	1138	n/a
Blackened Chicken Kids Bowl w/ White Rice & White Beans	1 serv	8	6	332	6	2	9	19	53	1363	n/a
Blackened Chicken Red Enchilada	1 serv	5	5	209	9	4	1	17	15	685	n/a
Blackened Chicken Salad	1 serv	11	9	417	22	6	5	44	14	1892	n/a
Blackened Chicken Salad w/ Brown Rice & Black Beans	1 serv	8	7	349	5	1	12	35	45	1226	n/a
Blackened Chicken Salad w/ Brown Rice & White Beans	1 serv	8	6	310	6	1	10	31	38	1376	n/a
Blackened Chicken Salad w/ White Rice & Black Beans	1 serv	9	7	356	6	1	12	34	46	1278	n/a
Blackened Chicken Salad w/ White Rice & White Beans	1 serv	8	6	318	6	1	10	31	39	1428	n/a
Blackened Chicken Sandwich	1 serv	13	11	512	18	5	2	35	51	1400	n/a
Blackened Chicken Taco	1 serv	5	4	186	5	1	2	14	22	524	n/a
Blackened Chicken Wet Banzai Burrito (Green Sauce) w/ Brown Rice & Black Beans	1 serv	23	20	893	33	13	10	51	97	2977	n/a
Blackened Chicken Wet Banzai Burrito (Green Sauce) w/ Brown Rice & White Beans	1 serv	22	19	867	33	13	9	49	92	3077	n/a
Blackened Chicken Wet Banzai Burrito (Green Sauce) w/ White Rice & Black Beans	1 serv	23	20	901	34	13	10	51	98	3029	n/a
Blackened Chicken Wet Banzai Burrito (Green Sauce) w/ White Rice & White Beans	1 serv	23	20	875	34	13	8	49	93	3129	n/a
Blackened Chicken Wet Banzai Burrito (Red Sauce) w/ Brown Rice & Black Beans	1 serv	22	19	867	34	13	11	52	91	2868	n/a
Blackened Chicken Wet Banzai Burrito (Red Sauce) w/ Brown Rice & White Beans	1 serv	22	19	841	34	13	10	50	86	2968	n/a
Blackened Chicken Wet Banzai Burrito (Red Sauce) w/ White Rice & Black Beans	1 serv	23	20	875	34	13	11	52	92	2920	n/a
Blackened Chicken Wet Banzai Burrito (Red Sauce) w/ White Rice & White Beans	1 serv	22	19	849	34	13	9	50	87	3020	n/a
Blackened Chicken Wet Classic Burritos w/ Green Sauce	1 serv	20	18	786	36	15	4	47	66	2718	n/a
Blackened Chicken Wet Classic Burritos w/ Red Sauce	1 serv	20	17	760	37	15	4	48	60	2609	n/a
Blackened Fish Kids Bowl w/ Brown Rice & White Beans	1 serv	8	7	334	8	2	10	19	49	984	n/a
Blackened Fish Banzai Burrito w/ Brown Rice & Black Beans	1 serv	17	14	647	21	6	10	36	82	1356	n/a
Blackened Fish Banzai Burrito w/ Brown Rice & White Beans	1 serv	16	13	621	21	6	8	34	77	1456	n/a
Blackened Fish Banzai Burrito w/ White Rice & Black Beans	1 serv	17	14	654	21	6	9	36	83	1408	n/a
Blackened Fish Banzai Burrito w/ White Rice & White Beans	1 serv	16	14	628	21	6	8	34	79	1508	n/a
Blackened Fish Burrito	1 serv	14	12	545	23	8	3	33	53	1102	n/a
Blackened Fish Green Enchilada	1 serv	6	5	239	10	5	1	16	17	467	n/a
Blackened Fish Kids Bowl w/ Brown Rice & Black Beans	1 serv	10	8	393	8	2	13	23	60	760	n/a
Blackened Fish Kids Bowl w/ White Rice & Black Beans	1 serv	10	8	410	8	2	12	23	63	877	n/a
Blackened Fish Kids Bowl w/ White Rice & White Beans	1 serv	9	7	352	8	2	9	18	53	1101	n/a
Blackened Fish Red Enchilada	1 serv	6	5	228	11	5	1	16	15	423	n/a
Blackened Fish Salad	1 serv	12	11	484	28	9	5	43	14	995	n/a
Blackened Fish Salad w/ Brown Rice & Black Beans	1 serv	10	8	394	10	3	12	34	45	628	n/a
Blackened Fish Salad w/ Brown Rice & White Beans	1 serv	9	7	355	10	3	10	31	38	778	n/a
Blackened Fish Salad w/ White Rice & Black Beans	1 serv	10	8	402	10	3	12	34	46	680	n/a
Blackened Fish Salad w/ White Rice & White Beans	1 serv	9	7	363	10	3	10	31	39	830	n/a
Blackened Fish Sandwich	1 serv	14	12	552	22	7	2	34	51	877	n/a
Blackened Fish Taco	1 serv	5	4	208	7	2	2	14	23	265	n/a
Blackened Fish Wet Banzai Burrito (Green Sauce) w/ Brown Rice & Black Beans	1 serv	24	21	938	38	15	10	50	97	2379	n/a

Menu Item	Serv	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sod	Sug
Blackened Fish Wet Banzai Burrito (Green Sauce) w/ Brown Rice & White Beans	1 serv	23	21	912	38	15	9	48	92	2479	n/a
Blackened Fish Wet Banzai Burrito (Green Sauce) w/ White Rice & Black Beans	1 serv	24	21	946	38	15	10	50	98	2431	n/a
Blackened Fish Wet Banzai Burrito (Green Sauce) w/ White Rice & White Beans	1 serv	24	21	920	38	13	8	48	93	2531	n/a
Blackened Fish Wet Banzai Burrito (Red Sauce) w/ Brown Rice & Black Beans	1 serv	24	21	912	39	15	11	51	91	2270	n/a
Blackened Fish Wet Banzai Burrito (Red Sauce) w/ Brown Rice & White Beans	1 serv	23	20	886	39	15	10	49	86	2370	n/a
Blackened Fish Wet Banzai Burrito (Red Sauce) w/ White Rice & Black Beans	1 serv	24	21	920	39	15	11	51	92	2322	n/a
Blackened Fish Wet Banzai Burrito (Red Sauce) w/ White Rice & White Beans	1 serv	23	20	894	39	15	9	49	87	2422	n/a
Blackened Fish Wet Classic Burritos w/ Green Sauce	1 serv	22	19	836	40	17	4	47	68	2125	n/a
Blackened Fish Wet Classic Burritos w/ Red Sauce	1 serv	21	19	818	40	17	6	48	64	2158	n/a
Blackened Mushroom Banzai Burrito w/ Brown Rice & Black Beans	1 serv	14	11	514	14	4	11	18	86	1338	n/a
Blackened Mushroom Banzai Burrito w/ Brown Rice & White Beans	1 serv	13	10	488	14	4	9	16	81	1438	n/a
Blackened Mushroom Banzai Burrito w/ White Rice & Black Beans	1 serv	14	11	522	14	4	10	18	87	1391	n/a
Blackened Mushroom Banzai Burrito w/ White Rice & White Beans	1 serv	13	10	496	14	4	9	16	82	1490	n/a
Blackened Mushroom Kids Bowl w/ Brown Rice & Black Beans	1 serv	8	6	335	5	1	14	15	61	752	n/a
Blackened Mushroom Kids Bowl w/ Brown Rice & White Beans	1 serv	7	5	276	5	1	10	11	51	976	n/a
Blackened Mushroom Kids Bowl w/ White Rice & Black Beans	1 serv	9	7	352	5	2	13	15	64	869	n/a
Blackened Mushroom Kids Bowl w/ White Rice & White Beans	1 serv	7	5	294	5	2	9	10	54	1093	n/a
Blackened Mushroom Salad w/ Brown Rice & Black Beans	1 serv	6	5	261	3	1	14	16	49	611	n/a
Blackened Mushroom Salad w/ Brown Rice & White Beans	1 serv	6	4	222	3	1	11	12	42	760	n/a
Blackened Mushroom Salad w/ White Rice & Black Beans	1 serv	7	5	269	3	1	13	15	50	663	n/a
Blackened Mushroom Salad w/ White Rice & White Beans	1 serv	6	4	230	3	1	11	12	43	812	n/a
Blackened Mushroom Wet Banzai Burrito (Green Sauce) w/ Brown Rice & Black Beans	1 serv	21	18	806	31	13	11	32	101	2362	n/a
Blackened Mushroom Wet Banzai Burrito (Green Sauce) w/ Brown Rice & White Beans	1 serv	20	17	780	31	13	10	30	96	2461	n/a
Blackened Mushroom Wet Banzai Burrito (Green Sauce) w/ White Rice & Black Beans	1 serv	21	18	813	31	13	11	32	102	2414	n/a
Blackened Mushroom Wet Banzai Burrito (Green Sauce) w/ White Rice & White Beans	1 serv	20	18	787	31	13	10	30	97	2513	n/a
Blackened Mushroom Wet Banzai Burrito (Red Sauce) w/ Brown Rice & Black Beans	1 serv	20	17	780	32	13	12	33	94	2253	n/a
Blackened Mushroom Wet Banzai Burrito (Red Sauce) w/ Brown Rice & White Beans	1 serv	20	17	754	32	13	11	31	90	2352	n/a
Blackened Mushroom Wet Banzai Burrito (Red Sauce) w/ White Rice & Black Beans	1 serv	21	18	787	32	13	12	33	96	2305	n/a
Blackened Mushroom Wet Banzai Burrito (Red Sauce) w/ White Rice & White Beans	1 serv	20	17	761	32	13	10	31	91	2405	n/a
Brown Rice	1 serv	9	7	350	7	1	3	7	64	384	n/a
Brown Rice & Black Beans (#1 combo only)	1 serv	10	8	431	6	1	17	18	79	963	n/a
Brown Rice & Black Beans, for combos	1 serv	11	9	466	7	1	18	19	86	1001	n/a
Brown Rice & Black Beans, kids combos	1 serv	9	7	357	5	1	12	13	66	719	n/a
Brown Rice & White Beans (#1 combo only)	1 serv	9	7	353	6	1	13	12	66	1262	n/a
Brown Rice & White Beans, for combos	1 serv	10	8	388	7	1	13	13	72	1300	n/a
Brown Rice & White Beans, kids combos	1 serv	8	6	305	5	1	9	9	57	918	n/a
Brownie with Walnuts (serves 2)	1 serv	7	6	250	12	5	1	3	33	210	n/a
Carne Asada Banzai Burrito w/ Brown Rice & Black Beans	1 serv	16	12	589	17	5	10	36	83	1893	n/a
Carne Asada Banzai Burrito w/ Brown Rice & White Beans	1 serv	15	12	563	17	5	8	34	79	1993	n/a
Carne Asada Banzai Burrito w/ White Rice & Black Beans	1 serv	16	13	597	17	5	9	36	85	1945	n/a

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Carne Asada Banzai Burrito w/ White Rice & White Beans	1 serv	16	12	571	17	5	8	34	80	2045	n/a
Carne Asada Burrito	1 serv	13	11	482	19	7	3	33	53	1639	n/a
Carne Asada Green Enchilada	1 serv	6	5	214	9	4	1	16	17	704	n/a
Carne Asada Kids Bowl w/ Brown Rice & Black Beans	1 serv	9	7	368	6	1	13	23	60	997	n/a
Carne Asada Kids Bowl w/ Brown Rice & White Beans	1 serv	8	6	310	6	1	10	19	50	1221	n/a
Carne Asada Kids Bowl w/ White Rice & Black Beans	1 serv	10	7	385	6	2	12	23	63	1114	n/a
Carne Asada Kids Bowl w/ White Rice & White Beans	1 serv	8	6	327	6	2	9	19	53	1338	n/a
Carne Asada Red Enchilada	1 serv	5	5	203	9	4	1	16	15	661	n/a
Carne Asada Salad w/ Brown Rice & Black Beans	1 serv	9	6	337	6	2	12	34	46	1171	n/a
Carne Asada Salad w/ Brown Rice & White Beans	1 serv	8	6	298	6	2	10	31	39	1320	n/a
Carne Asada Salad w/ White Rice & Black Beans	1 serv	9	7	345	6	2	12	34	47	1223	n/a
Carne Asada Salad w/ White Rice & White Beans	1 serv	8	6	306	6	2	10	31	40	1372	n/a
Carne Asada Sandwich	1 serv	13	11	502	19	6	2	34	52	1351	n/a
Carne Asada Taco	1 serv	5	4	181	5	2	2	14	22	499	n/a
Carne Asada Wet Banzai Burrito (Green Sauce) w/ Brown Rice & Black Beans	1 serv	23	20	880	34	14	10	50	98	2916	n/a
Carne Asada Wet Banzai Burrito (Green Sauce) w/ Brown Rice & White Beans	1 serv	23	19	855	34	14	9	48	94	3016	n/a
Carne Asada Wet Banzai Burrito (Green Sauce) w/ White Rice & Black Beans	1 serv	23	20	888	34	14	10	50	100	2968	n/a
Carne Asada Wet Banzai Burrito (Green Sauce) w/ White Rice & White Beans	1 serv	23	19	862	34	14	8	48	95	3068	n/a
Carne Asada Wet Banzai Burrito (Red Sauce) w/ Brown Rice & Black Beans	1 serv	23	19	855	35	14	11	51	92	2807	n/a
Carne Asada Wet Banzai Burrito (Red Sauce) w/ Brown Rice & White Beans	1 serv	22	19	829	35	14	10	49	87	2907	n/a
Carne Asada Wet Banzai Burrito (Red Sauce) w/ White Rice & Black Beans	1 serv	23	19	862	35	14	11	51	93	2859	n/a
Carne Asada Wet Banzai Burrito (Red Sauce) w/ White Rice & White Beans	1 serv	22	19	836	35	14	9	49	89	2959	n/a
Carne Asada Wet Classic Burritos w/ Green Sauce	1 serv	21	18	774	36	16	4	47	68	2662	n/a
Carne Asada Wet Classic Burritos w/ Red Sauce	1 serv	20	17	748	37	16	4	48	61	2553	n/a
Carnitas Banzai Burrito w/ Brown Rice & Black Beans	1 serv	18	15	710	23	7	11	45	84	1702	n/a
Carnitas Banzai Burrito w/ Brown Rice & White Beans	1 serv	18	15	684	23	7	9	43	79	1801	n/a
Carnitas Banzai Burrito w/ White Rice & Black Beans	1 serv	18	15	718	23	7	10	45	85	1754	n/a
Carnitas Banzai Burrito w/ White Rice & White Beans	1 serv	18	15	692	23	7	9	43	81	1853	n/a
Carnitas Burrito	1 serv	16	13	603	25	9	4	41	54	1442	n/a
Carnitas Green Enchilada	1 serv	6	6	266	11	5	1	19	18	618	n/a
Carnitas Kids Bowl w/ Brown Rice & Black Beans	1 serv	10	8	421	9	2	14	27	61	911	n/a
Carnitas Kids Bowl w/ Brown Rice & White Beans	1 serv	9	7	362	9	2	10	22	50	1135	n/a
Carnitas Kids Bowl w/ White Rice & Black Beans	1 serv	11	9	438	9	3	13	27	64	1028	n/a
Carnitas Kids Bowl w/ White Rice & White Beans	1 serv	9	8	380	9	3	9	22	53	1252	n/a
Carnitas Red Enchilada	1 serv	6	6	256	12	5	2	20	16	575	n/a
Carnitas Salad	1 serv	15	13	580	32	11	7	55	18	1514	n/a
Carnitas Salad w/ Brown Rice & Black Beans	1 serv	11	9	458	12	4	14	42	47	974	n/a
Carnitas Salad w/ Brown Rice & White Beans	1 serv	10	9	419	12	4	11	39	40	1123	n/a
Carnitas Salad w/ White Rice & Black Beans	1 serv	11	10	465	12	4	13	42	48	1026	n/a
Carnitas Salad w/ White Rice & White Beans	1 serv	10	9	426	12	4	11	39	41	1176	n/a
Carnitas Sandwich	1 serv	15	14	607	24	8	3	41	53	1179	n/a
Carnitas Taco	1 serv	6	5	233	8	3	2	17	23	413	n/a
Carnitas Wet Banzai Burrito (Green Sauce) w/ Brown Rice & Black Beans	1 serv	25	23	1002	40	17	11	58	99	2725	n/a
Carnitas Wet Banzai Burrito (Green Sauce) w/ Brown Rice & White Beans	1 serv	25	22	976	40	16	10	56	94	2825	n/a
Carnitas Wet Banzai Burrito (Green Sauce) w/ White Rice & Black Beans	1 serv	26	23	1010	40	17	11	58	100	2777	n/a
Carnitas Wet Banzai Burrito (Green Sauce) w/ White Rice & White Beans	1 serv	25	22	984	40	17	9	56	96	2877	n/a
Carnitas Wet Banzai Burrito (Red Sauce) w/ Brown Rice & Black Beans	1 serv	25	22	976	41	17	12	60	93	2616	n/a
Carnitas Wet Banzai Burrito (Red Sauce) w/ Brown Rice & White Beans	1 serv	25	22	950	41	17	11	58	88	2716	n/a

Menu Item	Serv	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sod	Sug
Carnitas Wet Banzai Burrito (Red Sauce) w/ White Rice & Black Beans	1 serv	25	22	984	41	17	12	60	94	2668	n/a
Carnitas Wet Banzai Burrito (Red Sauce) w/ White Rice & White Beans	1 serv	25	22	958	41	17	10	57	90	2768	n/a
Carnitas Wet Classic Burritos w/ Green Sauce	1 serv	23	21	894	42	18	5	55	69	2466	n/a
Carnitas Wet Classic Burritos w/ Red Sauce	1 serv	23	20	868	43	19	5	56	63	2357	n/a
Charbroiled Chicken Kids Bowl w/ Brown Rice & White Beans	1 serv	8	6	314	6	1	10	19	49	1239	n/a
Charbroiled Chicken Banzai Burrito w/ Brown Rice & Black Beans	1 serv	16	13	601	16	3	10	37	82	1939	n/a
Charbroiled Chicken Banzai Burrito w/ Brown Rice & White Beans	1 serv	15	12	575	16	3	8	35	77	2039	n/a
Charbroiled Chicken Banzai Burrito w/ White Rice & Black Beans	1 serv	16	13	608	16	4	9	37	83	1991	n/a
Charbroiled Chicken Banzai Burrito w/ White Rice & White Beans	1 serv	15	12	583	16	4	8	35	78	2091	n/a
Charbroiled Chicken Burrito	1 serv	13	11	493	18	5	3	33	51	1680	n/a
Charbroiled Chicken Green Enchilada	1 serv	5	5	219	8	4	1	16	17	722	n/a
Charbroiled Chicken Kids Bowl w/ Brown Rice & Black Beans	1 serv	9	7	373	6	1	13	23	60	1015	n/a
Charbroiled Chicken Kids Bowl w/ White Rice & Black Beans	1 serv	10	8	390	6	2	12	23	63	1132	n/a
Charbroiled Chicken Kids Bowl w/ White Rice & White Beans	1 serv	8	6	332	6	2	9	19	52	1356	n/a
Charbroiled Chicken Red Enchilada	1 serv	5	5	208	9	4	1	17	15	679	n/a
Charbroiled Chicken Salad	1 serv	11	9	416	21	6	5	44	14	1870	n/a
Charbroiled Chicken Salad w/ Brown Rice & Black Beans	1 serv	8	7	348	5	1	12	35	44	1212	n/a
Charbroiled Chicken Salad w/ Brown Rice & White Beans	1 serv	8	6	309	5	1	10	32	38	1361	n/a
Charbroiled Chicken Salad w/ White Rice & Black Beans	1 serv	9	7	356	5	1	12	35	46	1264	n/a
Charbroiled Chicken Salad w/ White Rice & White Beans	1 serv	8	6	317	6	1	10	32	39	1413	n/a
Charbroiled Chicken Sandwich	1 serv	13	11	512	18	5	2	35	51	1387	n/a
Charbroiled Chicken Taco	1 serv	5	4	203	5	1	4	15	26	492	n/a
Charbroiled Chicken Wet Banzai Burrito (Green Sauce) w/ Brown Rice & Black Beans	1 serv	23	20	892	33	13	10	51	97	2963	n/a
Charbroiled Chicken Wet Banzai Burrito (Green Sauce) w/ Brown Rice & White Beans	1 serv	22	19	866	33	13	9	49	92	3062	n/a
Charbroiled Chicken Wet Banzai Burrito (Green Sauce) w/ White Rice & Black Beans	1 serv	23	20	900	33	13	10	51	98	3015	n/a
Charbroiled Chicken Wet Banzai Burrito (Green Sauce) w/ White Rice & White Beans	1 serv	22	19	874	33	13	8	49	93	3114	n/a
Charbroiled Chicken Wet Banzai Burrito (Red Sauce) w/ Brown Rice & Black Beans	1 serv	22	19	866	34	13	11	52	90	2854	n/a
Charbroiled Chicken Wet Banzai Burrito (Red Sauce) w/ Brown Rice & White Beans	1 serv	22	19	840	34	13	10	50	86	2953	n/a
Charbroiled Chicken Wet Banzai Burrito (Red Sauce) w/ White Rice & Black Beans	1 serv	23	20	874	34	13	11	52	92	2906	n/a
Charbroiled Chicken Wet Banzai Burrito (Red Sauce) w/ White Rice & White Beans	1 serv	22	19	848	34	13	9	50	87	3005	n/a
Charbroiled Chicken Wet Classic Burritos w/ Green Sauce	1 serv	20	18	785	36	15	3	47	66	2703	n/a
Charbroiled Chicken Wet Classic Burritos w/ Red Sauce	1 serv	20	17	759	36	15	4	48	60	2594	n/a
Charbroiled Fish Kids Bowl w/ Brown Rice & White Beans	1 serv	8	7	335	8	2	10	18	49	994	n/a
Charbroiled Fish Banzai Burrito w/ Brown Rice & Black Beans	1 serv	17	14	648	21	6	10	36	82	1379	n/a
Charbroiled Fish Banzai Burrito w/ Brown Rice & White Beans	1 serv	16	13	622	21	6	8	34	77	1479	n/a
Charbroiled Fish Banzai Burrito w/ White Rice & Black Beans	1 serv	17	14	656	21	6	9	36	83	1431	n/a
Charbroiled Fish Banzai Burrito w/ White Rice & White Beans	1 serv	16	14	630	21	6	8	34	79	1531	n/a
Charbroiled Fish Burrito	1 serv	14	12	547	23	8	3	32	53	1125	n/a
Charbroiled Fish Green Enchilada	1 serv	6	5	239	10	5	1	16	17	477	n/a
Charbroiled Fish Kids Bowl w/ Brown Rice & Black Beans	1 serv	10	8	394	8	2	13	23	60	770	n/a
Charbroiled Fish Kids Bowl w/ White Rice & Black Beans	1 serv	10	8	411	8	3	12	23	63	887	n/a

Menu Item	Serv	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sod	Sug
Charbroiled Fish Kids Bowl w/ White Rice & White Beans	1 serv	9	7	353	8	2	9	18	53	1111	n/a
Charbroiled Fish Red Enchilada	1 serv	6	5	229	11	5	1	16	15	433	n/a
Charbroiled Fish Salad	1 serv	13	11	487	29	9	5	43	14	1029	n/a
Charbroiled Fish Salad w/ Brown Rice & Black Beans	1 serv	10	8	396	10	3	12	34	45	651	n/a
Charbroiled Fish Salad w/ Brown Rice & White Beans	1 serv	9	7	357	10	3	10	31	38	801	n/a
Charbroiled Fish Salad w/ White Rice & Black Beans	1 serv	10	8	403	10	3	12	34	46	703	n/a
Charbroiled Fish Salad w/ White Rice & White Beans	1 serv	9	7	364	10	3	10	31	39	853	n/a
Charbroiled Fish Sandwich	1 serv	14	12	553	22	7	2	34	51	897	n/a
Charbroiled Fish Taco	1 serv	5	4	209	7	2	2	14	23	275	n/a
Charbroiled Fish Wet Banzai Burrito (Green Sauce) w/ Brown Rice & White Beans	1 serv	23	21	914	38	15	9	48	92	2502	n/a
Charbroiled Fish Wet Banzai Burrito (Green Sauce) w/ White Rice & Black Beans	1 serv	24	21	948	38	15	10	50	98	2454	n/a
Charbroiled Fish Wet Banzai Burrito (Green Sauce) w/ White Rice & White Beans	1 serv	24	21	922	38	15	8	48	93	2554	n/a
Charbroiled Fish Wet Banzai Burrito (Red Sauce) w/ Brown Rice & White Beans	1 serv	23	20	888	39	15	10	49	86	2393	n/a
Charbroiled Fish Wet Banzai Burrito (Red Sauce) w/ White Rice & Black Beans	1 serv	24	21	922	39	15	11	51	92	2345	n/a
Charbroiled Fish Wet Banzai Burrito (Red Sauce) w/ White Rice & White Beans	1 serv	23	20	896	39	15	9	49	87	2445	n/a
Charbroiled Fish Wet Banzai Burritos (Green Sauce) w/ Brown Rice & Black Beans	1 serv	24	21	940	38	15	10	50	97	2402	n/a
Charbroiled Fish Wet Banzai Burritos (Red Sauce) w/ Brown Rice & Black Beans	1 serv	24	21	914	39	15	11	51	90	2293	n/a
Charbroiled Fish Wet Classic Burritos w/ Green Sauce	1 serv	22	19	838	40	17	4	46	68	2148	n/a
Charbroiled Fish Wet Classic Burritos w/ Red Sauce	1 serv	21	19	812	41	17	5	47	62	2039	n/a
Cheese Green Enchilada	1 serv	8	8	339	20	11	1	16	18	699	n/a
Cheese Red Enchilada	1 serv	8	8	329	20	11	1	17	16	655	n/a
Chicken Bowl, Blackened w/ Brown Rice, Black Beans	1 serv	20	17	812	15	2	19	56	118	2219	n/a
Chicken Bowl, Blackened w/ Brown Rice, White Beans	1 serv	19	15	734	15	2	15	50	105	2518	n/a
Chicken Bowl, Blackened w/ White Rice, Black Beans	1 serv	21	18	858	15	4	17	56	127	2531	n/a
Chicken Bowl, Blackened w/ White Rice, White Beans	1 serv	20	16	780	15	4	12	49	113	2830	n/a
Chicken Bowl, Charbroiled w/ Brown Rice, Black Beans	1 serv	20	17	811	14	2	19	56	118	2197	n/a
Chicken Bowl, Charbroiled w/ Brown Rice, White Beans	1 serv	19	15	733	15	2	15	50	104	2496	n/a
Chicken Bowl, Charbroiled w/ White Rice, Black Beans	1 serv	21	18	857	15	4	17	56	126	2509	n/a
Chicken Bowl, Charbroiled w/ White Rice, White Beans	1 serv	20	16	779	15	4	12	50	113	2808	n/a
Chicken Bowl, Teriyaki w/ Brown Rice, Black Beans	1 serv	20	17	815	14	2	19	56	119	2241	n/a
Chicken Bowl, Teriyaki w/ Brown Rice, White Beans	1 serv	19	15	737	15	2	15	50	105	2540	n/a
Chicken Bowl, Teriyaki w/ White Rice, Black Beans	1 serv	21	18	861	15	4	17	56	127	2553	n/a
Chicken Bowl, Teriyaki w/ White Rice, White Beans	1 serv	20	16	783	15	4	12	50	113	2852	n/a
Chicken Tortilla Soup	1 serv	1	1	54	1	0	2	6	5	541	n/a
Chips, Basket (serves 2)	1 serv	7	5	243	12	2	3	4	33	209	n/a
Chocolate Chip Cookie (serves 2)	1 serv	7	6	260	10	5	1	3	39	200	n/a
Corn tortillas -3 ea.	3 ea.	4	3	144	2	0	2	3	29	74	n/a
Flour tortilla -1 ea.	1 ea.	8	7	300	11	3	1	6	46	660	n/a
Garden Salad	1 serv	1	0	38	0	0	3	2	8	86	n/a
Green sauce -3 oz.	3 oz.	1	1	39	0	0	0	0	8	398	n/a
Guacamole -3 oz.	3 oz.	3	2	108	10	1	3	2	5	319	n/a
Jumbo French Fries (serves 4)	1 serv	3	3	130	4	1	2	2	20	23	n/a
Kahlua Pig Bowl Carnitas w/ Brown Rice, Black Beans	1 serv	24	21	975	25	7	21	67	122	1840	n/a
Kahlua Pig Bowl Carnitas w/ Brown Rice, White Beans	1 serv	22	19	897	25	7	16	61	108	2139	n/a
Kahlua Pig Bowl Carnitas w/ White Rice, Black Beans	1 serv	25	22	1021	25	9	19	67	130	2153	n/a
Kahlua Pig Bowl Carnitas w/ White Rice, White Beans	1 serv	23	20	944	25	9	14	61	116	2452	n/a
Kahlua Pig Bowl w/ Brown Rice, Black Beans	1 serv	24	21	979	25	7	21	67	122	1884	n/a
Kahlua Pig Bowl w/ Brown Rice, White Beans	1 serv	23	19	901	25	7	16	61	109	2183	n/a
Kahlua Pig Bowl w/ White Rice, Black Beans	1 serv	25	22	1025	25	9	19	67	131	2197	n/a
Kahlua Pig Bowl w/ White Rice, White Beans	1 serv	24	20	948	25	9	14	61	117	2496	n/a
Kids Black Bean & Cheese Burrito	1 serv	17	15	674	29	13	11	29	75	1507	n/a
Kids Mini Quesadilla w/ Brown Rice Black Beans	1 serv	17	15	677	24	10	13	26	90	1318	n/a
Kids Mini Quesadilla w/ Brown Rice White Beans	1 serv	16	14	625	24	10	10	22	81	1517	n/a
Kids Mini Quesadilla w/ White Rice Black Beans	1 serv	18	15	700	24	11	12	26	94	1474	n/a

Menu Item	Serv	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sod	Sug
Kids Mini Quesadilla w/ White Rice White Beans	1 serv	17	14	649	24	10	9	22	85	1674	n/a
Kids Mini Quesadilla w/ Fries	1 serv	14	12	556	26	10	4	16	60	642	n/a
Kids Nachos	1 serv	15	14	561	35	14	3	21	40	688	n/a
Kids White Bean & Cheese Burrito	1 serv	16	14	622	29	13	8	25	66	1707	n/a
Maui Bowl Carne Asada w/ Brown Rice, Black Beans	1 serv	21	16	794	16	4	19	55	120	2136	n/a
Maui Bowl Carne Asada w/ Brown Rice, White Beans	1 serv	19	15	716	16	4	15	49	106	2435	n/a
Maui Bowl Carne Asada w/ White Rice, Black Beans	1 serv	22	17	840	16	5	17	55	128	2448	n/a
Maui Bowl Carne Asada w/ White Rice, White Beans	1 serv	20	16	763	16	5	12	49	114	2747	n/a
Maui Bowl w/ Brown Rice, Black Beans	1 serv	21	16	796	15	3	19	55	121	2160	n/a
Maui Bowl w/ Brown Rice, White Beans	1 serv	19	15	718	15	3	15	49	107	2459	n/a
Maui Bowl w/ White Rice, Black Beans	1 serv	22	17	842	16	5	17	55	129	2473	n/a
Maui Bowl w/ White Rice, White Beans	1 serv	20	16	765	16	5	12	49	116	2772	n/a
Maui Onion Rings (serves 4)	1 serv	3	3	128	5	1	2	1	18	255	n/a
Mr. Lee chili sauce -0.5 oz.	0.5 oz.	1	1	43	3	0	0	0	3	142	n/a
Mushroom Burrito	1 serv	11	9	406	16	6	4	14	55	1079	n/a
Mushroom Green Enchilada	1 serv	4	4	182	7	4	2	8	19	463	n/a
Mushroom Red Enchilada	1 serv	4	4	172	8	4	2	8	17	420	n/a
Mushroom Taco	1 serv	4	3	148	4	1	3	6	23	254	n/a
Mushroom Wet Classic Burritos w/ Green Sauce	1 serv	18	16	698	33	15	5	28	70	2102	n/a
Mushroom Wet Classic Burritos w/ Red Sauce	1 serv	18	15	672	34	15	6	29	64	1993	n/a
Nachos, Carne Asada (serves 4)	1 serv	8	7	285	17	7	1	15	18	466	n/a
Nachos, Cheese (serves 4)	1 serv	7	6	263	16	7	1	10	17	329	n/a
Nachos, Chicken (serves 4)	1 serv	8	7	288	17	7	1	15	17	475	n/a
Nachos, Shrimp (serves 4)	1 serv	7	7	266	17	7	1	10	18	336	n/a
Oatmeal Raisin (serves 2)	1 serv	7	5	240	9	4	1	4	36	220	n/a
Quesadilla, Banzai Veggie (serves 3)	1 serv	6	5	223	12	6	1	9	18	410	n/a
Quesadilla, Carne Asada (serves 3)	1 serv	7	6	243	13	6	0	15	17	583	n/a
Quesadilla, Cheese (serves 3)	1 serv	6	5	213	12	6	0	9	16	400	n/a
Quesadilla, Chicken (serves 3)	1 serv	6	6	246	13	6	0	15	16	595	n/a
Quesadilla, Fish (serves 3)	1 serv	7	6	260	14	6	0	15	16	431	n/a
Quesadilla, Shrimp (serves 3)	1 serv	6	5	218	12	6	0	9	16	409	n/a
Ranch Dressing	3oz	8	8	283	28	4	0	0	3	652	n/a
Roasted Pepper Cilantro Dressing	3oz	1	1	39	0	0	0	0	8	398	n/a
Salsa -3 oz.	3 oz.	0	0	18	0	0	1	1	4	259	n/a
Sandwich Side Fries	1 serv	8	7	331	11	2	5	5	50	59	n/a
Sandwich Side Onion Rings	1 serv	9	7	340	14	3	5	4	48	680	n/a
Shrimp Banzai Burrito w/ Brown Rice & Black Beans	1 serv	13	10	502	14	4	10	14	82	1301	n/a
Shrimp Banzai Burrito w/ Brown Rice & White Beans	1 serv	12	10	476	14	4	8	12	77	1401	n/a
Shrimp Banzai Burrito w/ White Rice & Black Beans	1 serv	13	11	509	14	4	9	14	83	1353	n/a
Shrimp Banzai Burrito w/ White Rice & White Beans	1 serv	13	10	483	14	4	8	12	79	1453	n/a
Shrimp Bowl w/ Brown Rice, Black Beans	1 serv	17	14	669	12	2	19	22	119	1254	n/a
Shrimp Bowl w/ Brown Rice, White Beans	1 serv	15	12	591	12	2	15	16	105	1553	n/a
Shrimp Bowl w/ White Rice, Black Beans	1 serv	18	15	715	13	4	17	22	127	1567	n/a
Shrimp Bowl w/ White Rice, White Beans	1 serv	16	13	638	13	4	12	16	113	1866	n/a
Shrimp Burrito	1 serv	11	9	400	16	6	3	11	53	1047	n/a
Shrimp Green Enchilada	1 serv	4	4	176	8	4	1	6	17	445	n/a
Shrimp Kids Bowl w/ Brown Rice & Black Beans	1 serv	8	6	330	5	1	13	14	60	737	n/a
Shrimp Kids Bowl w/ Brown Rice & White Beans	1 serv	7	5	272	5	1	10	9	50	962	n/a
Shrimp Kids Bowl w/ White Rice & Black Beans	1 serv	8	7	348	5	2	12	13	63	855	n/a
Shrimp Kids Bowl w/ White Rice & White Beans	1 serv	7	5	289	5	2	9	9	53	1079	n/a
Shrimp Red Enchilada	1 serv	4	4	166	8	4	1	7	15	401	n/a
Shrimp Salad	1 serv	7	6	274	19	6	5	10	15	928	n/a
Shrimp Salad w/ Brown Rice & Black Beans	1 serv	6	4	249	3	1	12	12	45	573	n/a
Shrimp Salad w/ Brown Rice & White Beans	1 serv	5	4	210	4	1	10	9	38	723	n/a
Shrimp Salad w/ White Rice & Black Beans	1 serv	6	5	257	4	1	12	12	46	625	n/a
Shrimp Salad w/ White Rice & White Beans	1 serv	5	4	218	4	1	10	9	39	775	n/a
Shrimp Sandwich	1 serv	11	9	425	16	5	2	15	51	828	n/a
Shrimp Taco	1 serv	4	3	146	4	2	2	4	23	242	n/a
Shrimp Wet Banzai Burrito (Green Sauce) w/ Brown Rice & Black Beans	1 serv	20	18	793	31	13	10	28	97	2324	n/a
Shrimp Wet Banzai Burrito (Green Sauce) w/ Brown Rice & White Beans	1 serv	20	17	767	31	13	9	26	92	2424	n/a

Menu Item	Serv	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sod	Sug
Shrimp Wet Banzai Burrito (Green Sauce) w/ White Rice & Black Beans	1 serv	21	18	801	32	13	10	28	98	2376	n/a
Shrimp Wet Banzai Burrito (Green Sauce) w/ White Rice & White Beans	1 serv	20	17	775	32	13	8	26	94	2476	n/a
Shrimp Wet Banzai Burrito (Red Sauce) w/ Brown Rice & Black Beans	1 serv	20	17	767	32	13	11	29	91	2215	n/a
Shrimp Wet Banzai Burrito (Red Sauce) w/ Brown Rice & White Beans	1 serv	19	17	741	32	13	10	27	86	2315	n/a
Shrimp Wet Banzai Burrito (Red Sauce) w/ White Rice & Black Beans	1 serv	20	17	775	32	13	11	29	92	2267	n/a
Shrimp Wet Banzai Burrito (Red Sauce) w/ White Rice & White Beans	1 serv	20	17	749	32	13	9	27	88	2367	n/a
Shrimp Wet Classic Burritos w/ Green Sauce	1 serv	18	16	691	34	15	4	25	68	2070	n/a
Shrimp Wet Classic Burritos w/ Red Sauce	1 serv	17	15	665	34	15	5	26	62	1961	n/a
Sour cream -3 oz.	3 oz.	5	5	170	14	10	0	3	6	128	n/a
Taquitos, Carne Asada (3 each – serves 1)	1 serv	9	7	326	10	2	5	21	42	943	n/a
Taquitos, Carnitas (3 each – serves 1)	1 serv	10	9	417	15	4	5	27	42	795	n/a
Taquitos, Chicken (3 each – serves 1)	1 serv	8	7	334	9	1	5	21	41	973	n/a
Taquitos, Fish (3 each – serves 1)	1 serv	10	8	384	15	3	5	18	41	790	n/a
Tofu Banzai Burrito w/ Brown Rice & Black Beans	1 serv	16	13	599	19	4	11	25	85	1296	n/a
Tofu Banzai Burrito w/ Brown Rice & White Beans	1 serv	15	12	573	19	4	9	23	80	1396	n/a
Tofu Banzai Burrito w/ White Rice & Black Beans	1 serv	16	13	607	19	4	11	25	86	1348	n/a
Tofu Banzai Burrito w/ White Rice & White Beans	1 serv	15	12	581	19	4	9	23	82	1448	n/a
Tofu Bowl w/ Brown Rice, Black Beans	1 serv	20	17	811	18	3	21	38	123	1265	n/a
Tofu Bowl w/ Brown Rice, White Beans	1 serv	18	15	734	19	3	17	32	110	1564	n/a
Tofu Bowl w/ White Rice, Black Beans	1 serv	21	18	858	19	5	19	38	132	1577	n/a
Tofu Bowl w/ White Rice, White Beans	1 serv	20	16	780	19	5	14	32	118	1877	n/a
Tofu Burrito	1 serv	13	11	494	21	6	4	21	55	1059	n/a
Tofu Green Enchilada	1 serv	6	5	226	10	4	2	12	19	453	n/a
Tofu Kids Bowl w/ Brown Rice & Black Beans	1 serv	9	7	373	7	1	14	18	61	743	n/a
Tofu Kids Bowl w/ Brown Rice & White Beans	1 serv	8	6	315	7	1	10	14	51	967	n/a
Tofu Kids Bowl w/ White Rice & Black Beans	1 serv	9	8	390	7	2	13	18	64	860	n/a
Tofu Kids Bowl w/ White Rice & White Beans	1 serv	8	6	332	7	2	9	14	54	1084	n/a
Tofu Red Enchilada	1 serv	5	5	215	10	4	2	12	16	410	n/a
Tofu Taco	1 serv	5	4	193	6	2	3	10	24	248	n/a
Tofu Wet Banzai Burrito (Green Sauce) w/ Brown Rice & Black Beans	1 serv	23	20	891	36	14	12	39	100	2319	n/a
Tofu Wet Banzai Burrito (Green Sauce) w/ Brown Rice & White Beans	1 serv	22	20	865	36	14	10	37	95	2419	n/a
Tofu Wet Banzai Burrito (Green Sauce) w/ White Rice & Black Beans	1 serv	23	20	898	36	14	11	39	101	2371	n/a
Tofu Wet Banzai Burrito (Green Sauce) w/ White Rice & White Beans	1 serv	22	20	872	36	14	10	37	97	2471	n/a
Tofu Wet Banzai Burrito (Red Sauce) w/ Brown Rice & Black Beans	1 serv	22	20	865	37	14	12	40	94	2211	n/a
Tofu Wet Banzai Burrito (Red Sauce) w/ Brown Rice & White Beans	1 serv	22	19	839	37	14	11	38	89	2310	n/a
Tofu Wet Banzai Burrito (Red Sauce) w/ White Rice & Black Beans	1 serv	23	20	872	37	14	12	40	95	2263	n/a
Tofu Wet Banzai Burrito (Red Sauce) w/ White Rice & White Beans	1 serv	22	19	846	37	14	11	38	90	2362	n/a
Tofu Wet Classic Burritos w/ Green Sauce	1 serv	20	18	785	38	16	5	35	70	2082	n/a
Tofu Wet Classic Burritos w/ Red Sauce	1 serv	20	18	759	39	16	6	36	64	1973	n/a
Vegetarian Banzai Burrito w/ Brown Rice & Black Beans	1 serv	14	11	511	14	4	11	16	86	1279	n/a
Vegetarian Banzai Burrito w/ Brown Rice & White Beans	1 serv	13	10	485	14	3	9	14	82	1378	n/a
Vegetarian Banzai Burrito w/ White Rice & Black Beans	1 serv	14	11	519	14	4	11	16	88	1331	n/a
Vegetarian Banzai Burrito w/ White Rice & White Beans	1 serv	13	10	493	14	4	9	14	83	1431	n/a
Vegetarian Salad w/ Brown Rice & Black Beans	1 serv	9	7	378	4	1	18	18	71	863	n/a
Vegetarian Salad w/ Brown Rice & White Beans	1 serv	8	6	313	5	1	14	13	60	1113	n/a
Vegetarian Salad w/ White Rice & Black Beans	1 serv	10	7	394	5	2	18	18	74	968	n/a
Vegetarian Salad w/ White Rice & White Beans	1 serv	8	6	329	5	1	14	13	62	1217	n/a
Vegetarian Wet Banzai Burrito (Green Sauce) w/ Brown Rice & Black Beans	1 serv	21	18	802	31	13	12	30	101	2302	n/a

Menu Item	Serv	Pts +	Org Pts	Cal	Tfat	Sfat	Fib	Pro	Carb	Sod	Sug
Vegetarian Wet Banzai Burrito (Green Sauce) w/ Brown Rice & White Beans	1 serv	20	17	776	31	13	10	28	97	2402	n/a
Vegetarian Wet Banzai Burrito (Green Sauce) w/ White Rice & Black Beans	1 serv	21	18	810	31	13	11	30	103	2354	n/a
Vegetarian Wet Banzai Burrito (Green Sauce) w/ White Rice & White Beans	1 serv	20	17	784	31	13	10	28	98	2454	n/a
Vegetarian Wet Banzai Burrito (Red Sauce) w/ Brown Rice & Black Beans	1 serv	20	17	776	32	13	13	31	95	2193	n/a
Vegetarian Wet Banzai Burrito (Red Sauce) w/ Brown Rice & White Beans	1 serv	20	17	750	32	13	11	29	91	2293	n/a
Vegetarian Wet Banzai Burrito (Red Sauce) w/ White Rice & Black Beans	1 serv	21	18	784	32	13	12	31	97	2245	n/a
Vegetarian Wet Banzai Burrito (Red Sauce) w/ White Rice & White Beans	1 serv	20	17	758	32	13	11	29	92	2345	n/a
Veggie Bowl w/ Brown Rice, Black Beans	1 serv	18	14	715	11	2	24	27	133	1263	n/a
Veggie Bowl w/ Brown Rice, White Beans	1 serv	16	13	637	11	2	19	21	119	1562	n/a
Veggie Bowl w/ White Rice, Black Beans	1 serv	19	15	761	11	4	22	26	141	1575	n/a
Veggie Bowl w/ White Rice, White Beans	1 serv	17	14	684	12	4	17	20	128	1874	n/a
Veggie Burrito w/ Brown Rice & Black Beans	1 serv	16	13	620	19	6	12	20	96	1517	n/a
Veggie Burrito w/ Brown Rice & White Beans	1 serv	15	12	581	19	6	10	17	89	1666	n/a
Veggie Burrito w/ White Rice & Black Beans	1 serv	16	13	633	19	7	12	20	98	1608	n/a
Veggie Burrito w/ White Rice & White Beans	1 serv	16	13	594	19	7	9	17	92	1757	n/a
Veggie Green Enchilada w/ Brown Rice & Black Beans	1 serv	6	5	241	8	4	4	9	30	590	n/a
Veggie Green Enchilada w/ Brown Rice & White Beans	1 serv	6	5	228	8	4	3	8	28	640	n/a
Veggie Green Enchilada w/ White Rice & Black Beans	1 serv	6	5	245	8	4	4	9	31	616	n/a
Veggie Green Enchilada w/ White Rice & White Beans	1 serv	6	5	232	8	4	3	8	29	666	n/a
Veggie Red Enchilada w/ Brown Rice & Black Beans	1 serv	6	4	230	8	4	4	10	28	546	n/a
Veggie Red Enchilada w/ Brown Rice & White Beans	1 serv	5	4	217	8	4	3	9	25	596	n/a
Veggie Red Enchilada w/ White Rice & Black Beans	1 serv	6	5	234	8	4	4	10	28	572	n/a
Veggie Red Enchilada w/ White Rice & White Beans	1 serv	6	5	221	9	4	3	9	26	622	n/a
Veggie Taco w/ Brown Rice & Black Beans	1 serv	5	4	211	4	1	5	7	36	387	n/a
Veggie Taco w/ Brown Rice & White Beans	1 serv	5	3	198	4	1	4	6	34	437	n/a
Veggie Taco w/ White Rice & White Beans	1 serv	5	4	202	4	2	4	6	34	463	n/a
Veggie Taco w/ White Rice & Black Beans	1 serv	5	4	215	4	1	5	7	36	414	n/a
Veggie Wet Classic Burritos w/ Green Sauce w/ Brown Rice & Black Beans	1 serv	23	20	911	36	16	13	34	111	2540	n/a
Veggie Wet Classic Burritos w/ Green Sauce w/ Brown Rice & White Beans	1 serv	22	20	872	36	15	11	31	104	2689	n/a
Veggie Wet Classic Burritos w/ Green Sauce w/ White Rice & Black Beans	1 serv	22	19	869	32	14	12	31	113	2542	n/a
Veggie Wet Classic Burritos w/ Green Sauce w/ White Rice & White Beans	1 serv	23	20	886	36	16	10	31	106	2780	n/a
Veggie Wet Classic Burritos w/ Red Sauce w/ Brown Rice & Black Beans	1 serv	23	20	885	37	16	14	35	105	2431	n/a
Veggie Wet Classic Burritos w/ Red Sauce w/ Brown Rice & White Beans	1 serv	22	19	847	37	16	12	32	98	2580	n/a
Veggie Wet Classic Burritos w/ Red Sauce w/ White Rice & Black Beans	1 serv	22	19	843	33	14	13	32	107	2433	n/a
Veggie Wet Classic Burritos w/ Red Sauce w/ White Rice & White Beans	1 serv	22	19	860	37	16	11	32	100	2672	n/a
Veggie, Brown Rice, Black Beans Salad	1 serv	12	10	461	20	6	14	19	54	1348	n/a
Veggie, Brown Rice, White Beans Salad	1 serv	11	9	422	20	6	11	16	47	1497	n/a
Veggie, White Rice, Black Beans Salad	1 serv	12	10	473	20	7	13	19	56	1426	n/a
Veggie, White Rice, White Beans Salad	1 serv	11	10	434	20	7	11	16	49	1576	n/a
Wahoo Blackened Fish Bowl w Brown Rice, Black Beans	1 serv	22	19	880	21	5	19	55	118	1322	n/a
Wahoo Blackened Fish Bowl w Brown Rice, White Beans	1 serv	20	17	802	21	5	15	49	105	1621	n/a
Wahoo Blackened Fish Bowl w White Rice, Black Beans	1 serv	23	20	926	22	7	17	55	126	1634	n/a
Wahoo Blackened Fish Bowl w White Rice, White Beans	1 serv	21	18	848	22	7	12	49	113	1933	n/a
Wahoo Charbroiled Fish Bowl w/ Brown Rice, Black Beans	1 serv	22	19	882	22	5	19	55	118	1356	n/a
Wahoo Charbroiled Fish Bowl w/ Brown Rice, White Beans	1 serv	20	17	804	22	5	15	48	105	1655	n/a
Wahoo Charbroiled Fish Bowl w/ White Rice, Black Beans	1 serv	23	20	928	22	7	17	54	126	1668	n/a
Wahoo Charbroiled Fish Bowl w/ White Rice, White Beans	1 serv	21	18	851	22	7	12	48	113	1968	n/a
Wahoo Shrimp Bowl w/ Brown Rice, Black Beans	1 serv	17	14	669	12	2	19	22	119	1254	n/a

<i>Menu Item</i>	<i>Serv</i>	<i>Pts +</i>	<i>Org Pts</i>	<i>Cal</i>	<i>Tfat</i>	<i>Sfat</i>	<i>Fib</i>	<i>Pro</i>	<i>Carb</i>	<i>Sod</i>	<i>Sug</i>
Wahoo Shrimp Bowl w/ Brown Rice, White Beans	1 serv	15	12	591	12	2	15	16	105	1553	n/a
Wahoo Shrimp Bowl w/ White Rice, Black Beans	1 serv	18	15	715	13	4	17	22	127	1567	n/a
Wahoo Shrimp Bowl w/ White Rice, White Beans	1 serv	16	13	638	13	4	12	16	113	1866	n/a
Wahoo Teriyaki Fish Bowl w/ Brown Rice, Black Beans	1 serv	22	19	886	22	5	19	55	119	1400	n/a
Wahoo Teriyaki Fish Bowl w/ Brown Rice, White Beans	1 serv	20	17	808	22	5	15	48	105	1699	n/a
Wahoo Teriyaki Fish Bowl w/ White Rice, Black Beans	1 serv	23	20	932	22	7	17	54	127	1712	n/a
Wahoo Teriyaki Fish Bowl w/ White Rice, White Beans	1 serv	21	18	855	22	7	12	48	114	2012	n/a
Wet Baja Roll Combo w/ with Brown Rice & Black Beans	1 serv	20	17	800	27	12	19	36	103	2131	n/a
Wet Baja Roll Combo w/ with Brown Rice & White Beans	1 serv	18	16	723	27	12	14	30	90	2430	n/a
Wet Baja Roll Combo w/ with White Rice & Black Beans	1 serv	21	18	827	27	13	18	36	108	2313	n/a
Wet Baja Roll Combo w/ with White Rice & White Beans	1 serv	19	16	749	27	13	13	30	95	2612	n/a
White Beans	1 serv	6	5	286	3	1	22	16	54	2063	n/a
White Chocolate Macadamia Nut (serves 2)	1 serv	7	6	270	12	6	1	3	37	210	n/a
White Rice	1 serv	10	8	389	8	3	1	6	71	644	n/a
White Rice & Black Beans (#1 combo only)	1 serv	11	9	454	6	2	16	18	84	1119	n/a
White Rice & Black Beans, for combos	1 serv	12	10	493	7	2	17	19	91	1183	n/a
White Rice & Black Beans, kids combos	1 serv	9	7	380	6	2	11	13	70	875	n/a
White Rice & White Beans (#1 combo only)	1 serv	9	7	376	6	2	12	12	70	1418	n/a
White Rice & White Beans, for combos	1 serv	10	8	415	7	2	12	12	77	1482	n/a
White Rice & White Beans, kids combos	1 serv	8	6	328	6	2	8	9	61	1074	n/a