

Nutritional Data		Gluten Free***	WW Pro Points*	Vegan	Vegetarian	Serving Size g	Calories	Fiber g	Protein g	Total Fat g	Carb g	Sodium mg
Kids!												
Quarter Dark Skinless		X	3.5			68	139	0	19	7	0	63
Quarter Dark with skin		X	5			83	211	0	22	13	0	73
Beans and Three												
Black Beans		X	1	X	X	60	39	5	3	1	8	138
	Sour Cream (vendor may vary)**	X	1		X	15	35	0	0	3	1	27
Rice		X	1	X	X	15	50	0	1	0	11	83
Callaloo		X	1	X	X	65	29	1.5	1	1.5	3.5	132
Boija Muffins			5		X	90	208	2	4	9	27	261
Sweet Potatoes		X	1	X	X	76	55	2	1	0	13	131
	coconut	X		X	X	5	22	0	0	1	2	14
Bean and Corn Salad		X	2	X	X	81	76	4	4	2	13	152
Cole Slaw		X	1		X	85	45	2	1	1	8	87
House Salad with tomatoes and onions		X	0	X	X	14	3	0	0	0	1	1
	cheese (vendor may vary)**	X	0		X	5	40	0	2	2	0	33
Fresh Fruit		X	0	X	X	43	20	1	1	0	3.5	5
Cheese Wedges												
	cheese (vendor may vary)**	X	4		X	42	138	0	8	10	4	530
	100% Whole Wheat Round		3	X	X	43	100	5	5	1	22	170
PB and J		X	3.5	X	X	30	134	1	4	8	12	88
	100% Whole Wheat Round		3	X	X	43	100	5	5	1	22	170
	Multigrain Bun (vendor may vary)**		4		X	57	150	2	5	2	31	250
Kid Nachos- chips and cheese		X	8		X	72	315	2	13	19	20	310
Snacks/ Appetizers												
Black Bean Dip		X	2	X	X	169	103	10	6	3	22	366
	Jalapenos	X	0	X	X	17	4	1	0	0	1	284
	cheese (vendor may vary)**	X	4		X	42	165	0	11	13	0	270
	Tortilla Chips	X	4	X	X	30	150	2	2	6	20	40
	100% Whole Wheat Round		3	X	X	43	100	5	5	1	22	170
	Onions	X	0	X	X	28	9	0	0	0	2	2
Black Bean Nachos appetizer (4 svg/plate): tortilla chips, bean dip, tomatoes		X	2	X	X	86	103	4	3	4	16	112
	Onion	X	0	X	X	28	9	0	0	0	2	2
	Jalapeno	X	0	X	X	17	4	1	0	0	1	284
	cheese (vendor may vary)**	X	1		X	10	81	0	3	4	0	67
	Sour Cream (vendor may vary)**	X	1		X	15	35	0	0	3	1	27
	Beef	X	1.5			21	58	0	6	4	0	19
	Rice	X	1	X	X	7.5	25	0	1	0	5	42
	Chicken	X	1			17	34	0	5	2	0	8
	white meat chicken	X	0			18	29	0	5	0	0	13

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SALADS												
Black Bean Salad with Black Beans, tomatoes, onions		X	3	X	X	356	140	15	10	4	30	405
	Tortilla Chips	X	2	X	X	20	100	1	1	4	13	26
	cheese (vendor may vary)**	X	4		X	42	165	0	11	13	0	270
	Chicken	X	3.5			68	139	0	19	7	0	63
	white meat chicken	X	2.5			70	116	0	22	2	0	52
	Beef	X	6			85	231	0	23	15	0	77
	Rice	X	2.5	X	X	30	101	0	2	0	22	167
	Sour Cream (vendor may vary)**	X	1		X	15	35	0	0	3	1	27
Lucayan Salad with marinated chicken breast, Mandarin Oranges		X	7			382	283	3	37	4	24	131
	Toasted Almonds, 1 ounce	X	2	X	X	14	84	2	3	7	3	0
Chicken and Veggies Salad: chicken breast, tomatoes, carrots, cukes		X	3			300	176	3	29	3	7	101
	cheese (vendor may vary)**	X	4		X	42	165	0	11	13	0	270
Lite Tropical Chicken Salad, 2/3 cup serving		X	5			141	207	1	16	8	16	262
Lite Tuna Salad, 2/3 cup svg		X	4			152	174	1	18	6	9	543
Chicken												
Quarter Dark Skinless		X	3.5			68	139	0	19	7	0	63
Quarter Dark with skin		X	5			83	211	0	22	13	0	73
Quarter White Skinless		X	3			86	142	0	27	3	0	64
Quarter White with Skin		X	5			98	193	0	29	8	0	70
Pulled BBQ White Chicken		X	3.5			114	156	0	27	3	3	115
SIDE ITEMS and BREAD												
Black Beans (1/2 c)		X	2	X	X	120	78	9	6	3	17	277
	Sour Cream (vendor may vary)**	X	1		X	15	35	0	0	3	1	27
Rice (1/2 c)		X	2.5	X	X	30	101	0	2	0	22	167
Callaloo (1/2 c)		X	1	X	X	129	58	3	2	3	7	267
Boija Muffin			5		X	90	208	2	4	9	27	261
Sweet Potatoes (1/2 c)		X	3	X	X	152	111	3	2	0	26	263
	coconut	X	0	X	X	5	22	0	0	1	2	14
Bean and Corn Salad (1/2 c)		X	4	X	X	162	153	7	7	4	25	304
actual sodium, carbs and fat are lower as canned products are reported with excess sodium that is drained away and marinade is drained when served												
Cole Slaw (1/2 c)		X	2		X	170	91	3	2	3	15	175
actual sodium, carbs and fat are lower as slaw dressing is drained when served												
House Salad with tomatoes and onions		X	0	X	X	27	5	0	0	0	1	2
	cheese (vendor may vary)**	X	1		X	10	81	0	3	4	0	67
Orzo Pasta Salad			3	X	X	76	136	2	4	5	0.7	175
Fresh Fruit (1/2 c)		X	0	X	X	85	39	1	1	0	0	11
Tortilla Chips		X	4	X	X	30	150	2	2	6	1	40
Potato Chips, 1ounce		X	4	X	X	28	160	1	2	10	1	170
100% Whole Wheat Round			3	X	X	43	100	5	5	1	0	170
Multigrain Bun (vendor may vary)**			4		X	57	150	2	5	2	0	250

Nutritional Data		Gluten Free***	WW Pro Points*	Vegan	Vegetarian	Serving Size g	Calories	Fiber g	Protein g	Total Fat g	Carb g	Sodium mg
Sandwiches- not including bread see Bun and pita above												
Burger		X	7			102	277	0	27.6	18	0	92.4
	cheese (vendor may vary)**	X	2		X	21	69	0	4	5	2	266
Chicken Breast with Lettuce		X	3			86	142	0	27	3	0	64
Pulled BBQ White Chicken		X	2			76	104	0	18	2	2	77
Veggie with lettuce, tomatoes, cucumbers, carrots, onions (SEE BREAD ABOVE)		X	0	X	X	81	14	1	1	0	3	9
	cheese (vendor may vary)**	X	1		X	10	81	0	3	4	0	67
Lite Chicken Salad		X	4			106	155	1	12	6	12	196
Lite Tuna Salad		X	3			101	116	1	12	4	6	361
Homemade Veggie Burger			2	X	X	95	115	5	5	1	24	316
	cheese (vendor may vary)**	X	2		X	21	69	0	4	5	2	266
Homemade Sauces and Dressings (1TB portion)												
BBQ		X	0	X	X	15	7	0	0	0		25
Curry		X	0	X	X	15	8	0	0	0	2	60
Jerk			0	X	X	20	19	0	0	1	2	77
House Vinaigrette		X	2	X	X	17	88	0	0	8	4	128
Lite House Vinaigrette		X	1		X	16	36	0	0	2	4	154
Lite Honey Lime		X	1		X	14	32	0	0	2	3	68
Lite Cucumber Dill		X	1		X	14	27	0	0	3	1	59
Tangy Sauce (contains sour**)		X	0		X	14	17	0	0	1	1	18
Lite Zesty Ranch		X	1		X	14	27	0	0	2.6	1	59

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**Vendor may vary which could alter data. Cheese and Sour cream are typically gluten-free.

***We know that some folks are extremely allergic to gluten, and we want to make certain that our customers understand our spices and our ingredients are often stored in warehouses and facilities where exposure to flour dust is unavoidable.