

Nutritional Data		Gluten Info***	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	15	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	16	175
Fresh Fruit (1/2 c)	X	0	X	X	85	39	1	1	0	7	11
Tortilla Chips	X	4	X	X	30	150	2	2	6	20	40
Potato Chips, 1ounce	X	4	X	X	28	160	1	2	10	15	170
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

Nutritional Data

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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	14	7	0	0	0	1.5	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.

***Gluten Information: Made with ingredients that do not naturally contain gluten. Ingredients are stored in facilities where gluten dust may be present. Depending on vendor, Cheese and Sour Cream can contain gluten.