

Nutritional Data		WW Pro Points*	Serving Size grams	Calorie s	Fiber g	Protein g	Total Fat g	Carb g
<b>Snacks/ Appetizers</b>								
<b>Black Bean Dip</b>		2	169	103	10	6	3	22
	Jalapenos	0	17	4	1	0	0	1
	Cheese	4	42	165	0	11	13	0
	Tortilla Chips	4	30	150	2	2	6	20
	Pita Bread 1/2 round	3	40	110	1	4	0	23
	Onions	0	28	9	0	0	0	2
<b>Black Bean Nachos appetizer (4 servings/plate) including tortilla chips, black bean dip, tomatoes,</b>		2	86	103	4	3	4	16
	Onion	0	28	9	0	0	0	2
	Jalapeno	0	17	4	1	0	0	1
	Cheese	1	10	81	0	3	4	0
	Sour Cream	1	15	35	0	0	3	1
	Beef	1.5	21	58	0	6	4	0
	Rice	2.5	30	101	0	2	0	22
	Chicken	1	17	34	0	5	2	0
	white meat chicken	0	18	29	0	5	0	0
<b>SALADS</b>								
<b>Black Bean Salad with Black Beans, tomatoes, onions</b>		3	356	140	15	10	4	30
	Tortilla Chips	2	20	100	1	1	4	13
	Cheese	4	42	165	0	11	13	0
	Chicken	3.5	68	139	0	19	7	0
	white meat chicken	2.5	70	116	0	22	2	0

	Beef	6	85	231	0	23	15	0
	Rice	2.5	30	101	0	2	0	22
	Sour Cream	1	15	35	0	0	3	1
<b>Lucayan Salad with marinated chicken breast, Mandarin Oranges</b>		7	382	283	3	37	4	24
	Toasted Almonds, 1 ounce	2	14	84	2	3	7	3
<b>Chicken and Veggies Salad with chicken breast, tomatoes, sprouts and cucumbers</b>		3	300	176	3	29	3	7
	Cheese	4	42	165	0	11	13	0
<b>Lite Tropical Chicken Salad, 2/3 cup serving</b>		5	141	207	1	16	8	16
<b>Lite Tuna Salad, 2/3 cup serving</b>		4	152	174	1	18	6	9
<b>Rotisserie Chicken</b>		0	0	0	0	0	0	0
<b>Quarter Dark Skinless</b>		3.5	68	139	0	19	7	0
<b>Quarter Dark with skin</b>		5	83	211	0	22	13	0
<b>Quarter White Skinless</b>		3	86	142	0	27	3	0
<b>Quarter White with Skin</b>		5	98	193	0	29	8	0
<b>Pulled BBQ White Chicken</b>		3.5	114	156	0	27	3	3
<b>SIDE ITEMS and BREAD</b>								
<b>Black Beans</b>		2	120	78	9	6	3	17
	Sour Cream	1	15	35	0	0	3	1
<b>Rice</b>		2.5	30	101	0	2	0	22
<b>Callaloo</b>		1	129	58	3	2	3	7
<b>Boija Muffins</b>		5	90	208	2	4	9	27
<b>Sweet Potatoes</b>		3	152	111	3	2	0	26
	coconut	0	5	22	0	0	1	2
<b>Bean and Corn Salad</b>		4	162	153	7	7	4	25
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								
<b>Cole Slaw</b>		2	170	91	3	2	3	15

actual sodium, carbs and fat are lower as slaw dressing is drained when served

<b>House Salad with tomatoes and onions</b>		0	27	5	0	0	0	1
	cheese	1	10	81	0	3	4	0
<b>Fresh Fruit</b>		0	85	39	1	1	0	0
<b>Tortilla Chips</b>		4	30	150	2	2	6	20
<b>Potato Chips, 1ounce</b>		4	28	160	1	2	10	15
<b>Pita Bread 1/2 round</b>		3	40	110	1	4	0	23
<b>Multigrain Bun</b>		4	57	150	2	5	2	31

### Sandwiches- not including bread see bun and pita above

<b>Burger</b>		7	102	277.2	0	27.6	18	0
	cheese	2	21	69	0	4	5	2
<b>Chicken Breast with Lettuce</b>		3	86	142	0	27	3	0
<b>Pulled BBQ White Chicken</b>		2	76	104	0	18	2	2
		0	0	0	0	0	0	0
<b>Veggie with lettuce, tomatoes, cucumbers, sprouts, and onions</b>		0	81	14	1	1	0	3
	cheese	1	10	81	0	3	4	0
<b>Lite Chicken Salad</b>		4	106	155	1	12	6	12
<b>Lite Tuna Salad</b>		3	101	116	1	12	4	6
<b>Boca Burger</b>		2	99	100	6	19	1	8
	cheese	2	21	69	0	4	5	2

### KIDS

<b>Quarter Dark Skinless</b>		3.5	68	139	0	19	7	0
<b>Quarter Dark with skin</b>		5	83	211	0	22	13	0
<b>Beans and Three</b>		0	0	0	0	0	0	0
<b>Black Beans</b>		1	60	39	5	3	1	8
	Sour Cream	1	15	35	0	0	3	1
<b>Rice</b>		1	15	50	0	1	0	11
<b>Callaloo</b>		1	65	29	1.5	1	1.5	3.5
<b>Boija Muffins</b>		5	90	208	2	4	9	27
<b>Sweet Potatoes</b>		1	76	55	2	1	0	13
	coconut	0	5	22	0	0	1	2

<b>Bean and Corn Salad</b>		2	81	76	4	4	2	13
<b>Cole Slaw</b>		1	85	45	2	1	1	8
<b>House Salad with tomatoes and onions</b>		0	14	3	0	0	0	1
	cheese	0	5	40	0	2	2	0
<b>Fresh Fruit</b>		0	43	20	1	1	0	0
<b>Pita Cheese Wedges</b>		0	0	0	0	0	0	0
	Cheese	4	42	138	0	8	10	4
	Pita Bread 1/2 round	3	40	110	1	4	0	23
<b>PB and J</b>		3.5	30	134	1	4	8	12
	Pita Bread 1/2 round	3	40	110	1	4	0	23
	Multigrain Bun	4	57	150	2	5	2	31
<b>Kid Nachos- chips and cheese</b>		8	72	315	2	13	19	20
<b>Homemade Sauces and Dressings (1TB portion)</b>								
<b>BBQ</b>		0	15	7	0	0	0	0
<b>Curry</b>		0	15	8	0	0	0	2
<b>Jerk</b>		0	20	19	0	0	1	2
<b>House Vinaigrette</b>		2	17	88	0	0	8	4
<b>Lite House Vinaigrette</b>		1	16	36	0	0	2	4
<b>Lite Honey Lime</b>		1	14	32	0	0	2	3
<b>Lite Cucumber Dill</b>		1	14	27	0	0	3	1
<b>Tangy Sauce</b>		0	14	17	0	0	1	1
<b>Lite Zesty Ranch</b>		1	14	27	0	0	2.6	1

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