

CARVING THE HEALTHY ALTERNATIVE



SANDWICHES

calories

Sm. Chicken KEBA (w/KEBA Sauce)	342
Sm. Beef KEBA (w/KEBA Sauce)	394
Sm. Pork KEBA (w/KEBA Sauce)	409
Chicken K-Bowl (w/KEBA Sauce)	383
Beef K-Bowl (w/KEBA Sauce)	453
Pork K-Bowl (w/KEBA Sauce)	473
Chicken KEBA (w/KEBA Sauce)	558
Beef KEBA (w/KEBA Sauce)	628
Pork KEBA (w/KEBA Sauce)	648

Note: FOR WRAPS, ADD 42 CALORIES TO SANDWICH CALORIC COUNT.

TRY OUR NEW LITE SAUCES

calories

Lite Creamy Feta Sauce	160
Lite Roasted Red Pepper Sauce	140
Lite Spicy Chipotle Sauce	130

SIDES

calories

Side Salad (w/KEBA Sauce)	92.5
Cucumber Salad (w/KEBA Sauce)	104
Regular (5oz.)	400
Large Fries (8oz.)	640

SALADS (no bread)

calories

Chicken Salad (w/KEBA Sauce)	470
Beef Salad (w/KEBA Sauce)	540
Pork Salad (w/KEBA Sauce)	560
Falafel Salad (w/KEBA Sauce)	440

KEBA®

SPITFIRE GRILL

SEE OTHER SIDE AND DARE TO COMPARE

DARE TO COMPARE

Chipotle	Calories
Wraps	
Chicken Burrito	890
Barbacoa Burrito (Beef)	870
Steak Burrito	890
Carnitas Burrito (Pork)	890
Chicken Burrito Bowl	750
Barbacoa Burrito Bowl	730
Steak Burrito Bowl	750
Carnitas Burrito Bowl	750

Sides	
Chips (4oz) & Guacamole	720
Chips (4oz) & Roasted Chili-Corn Salsa	650
Salad	
Chicken Salad (w/BV Dressing)	880
Barbacoa Salad (w/BV Dressing)	860
Steak Salad (w/BV Dressing)	880
Carnitas Salad (w/BV Dressing)	880

Willy's	Calories
Wraps	
Adobe Chicken Burrito (no extras)	930
Sinaloa Chicken Burrito (no extras)	890
Cinatro-Garlic Steak Burrito (no extras)	900
Chipotle BBQ Pork Burrito (no extras)	970
Sides	
Chips (4oz) & Guacamole	640
Chips (4oz) & Cheese Dip	740
Rice (side)	200
Salad	
Adobe Chicken Salad (no extras)	618
Sinaloa Chicken Salad (no extras)	578
Cinatro-Garlice Steak Salad (no extras)	588
Chipotle BBQ Pork Salad (no extras)	658
Sinaloa Tofu Salad (no extras)	558

Firehouse Subs	Calories
Sandwiches	
Chicken Large White Sandwich	1050
Chicken Salad Large White Sandwich	1380
Beef Brisket Large White Sandwich	1500
Roast Beef Large White Sandwich	1090
Ham Large White Sandwich	1120
Club Large White Sandwich	1270
Turkey Large White Sandwich	1030
Sides	
Mrs. Vicki's Jalapeno Chips (1.5oz)	200
Sun Chips (1.5oz)	210
Salad	
Chicken Salad Chef Salad (no dressing)	490
Ham Chef Salad (no dressing)	410
Tuna Chef Salad (no dressing)	670

Jason's Deli	Calories
Sandwiches/Wraps	
Club Royale Sandwich	710
California Club Sandwich	710
Santa Fe Chicken Sandwich	680
Amy's Turkey-O Sandwich	592
Reuben THE GREAT Sandwich	860
Ranchero Wrap	680
Café Wrap	793
Maverick Wrap	649
Sides	
House Chips (Ruffles)	240
Salad	
Marinated Chicken Breast (no dressing)	520
Chicken Club Salad (no dressing)	610
The Big Chef Salad (no dressing)	502
Twisted Turkey Salad (no dressing)	638
Caesar Salad (no meat)	703

Subway	Calories
Sandwiches	
Buffalo Chicken Sub (12 in./no ch. or mayo)	840
Chipotle Chicken & Cheese Sub (12 in./no ch. or mayo)	900
Cold Cut Combo Sub (12 in./no ch. or mayo)	740
Spicy Italian Sub (12 in./no ch. or mayo)	960
Steak & Cheese Sub (12 in./no ch. or mayo)	760
Turkey Jalapeno Melt Sub (12 in./no ch. or mayo)	860
Tuna Sub (12 in./no ch. or mayo)	940

Sides	
Chili Con Carne Soup (10oz)	280
Creamy Potato & Bacon Soup (10oz)	250
Wild Rice with Chicken Soup (10oz)	220
Golden Broccoli and Cheese Soup (10oz)	180
New England Clam Chowder (10oz)	150
Southern Chicken & Dumpling (10oz)	170
Fire Roasted Tomato Soup (10oz)	130

Salad	
Oven Roasted Chicken (no dressing or croutons)	130
Sweet Onion Chicken Teriyaki (no dressing or croutons)	200
Roast Beef (no dressing or croutons)	140
Black Forest Ham (no dressing or croutons)	110
Turkey Breast (no dressing or croutons)	110

Great Wraps	Calories
Wraps	
Classic Gyro Wrap	740
Buffalo Chicken Wrap	880
Chipotle Chicken Wrap	770
Fajita Steak Wrap	710
Smoked Turkey BLT Wrap	810

Sides	
Kids Kurlly Q Fries	340
Regular Kurlly Q Fries	500
Large Kurlly Q Fries	690
Regular Cheese Fries	580
Side Salad (no dressing)	90

Salad	
Chicken Caesar Salad	620
Cesar Salad (no meat)	450
Greek Salad (no meat)	190
The "Works" Salad (no meat)	280

Schlotsky's	Calories
Sandwiches/Wraps	
Chipotle Chicken Sandwich	544
Santa Fe Chicken Sandwich	651
Turkey Original Style Sandwich	833
Angus Beef & Provolone Sandwich	814
Ham & Cheese Original Sandwich	734
Asian Chicken Wrap	538
Parmesan Chicken Caesar Wrap	602
Grilled Chicken & Guacamole Wrap	700

Sides	
Cracked Pepper Chips	220
Regular/Plain Chips	220

Salad	
Cranberry, Apple, Pecan & Chicken (no dressing)	669
Hearts of Romaine Chicken Caesar (no dressing)	505
Turkey Avocado Cobb (no dressing)	659
Turkey Chef (no dressing)	463
Garden Salad (no dressing)	44

Five Guys	Calories
Sandwiches	
Hamburger (no condiments or extras)	700
Cheeseburger (no condiments or extras)	840

Sides	
One serving Fries (1/2 of Reg. Fries)	310
Regular Fries	620
Large Fries	1474