

WARRIOR EATERY



FRESH CHOICES

FAST CRAFTED CAFÉ



BANGOR PLAZA

NUTRITION INFORMATION

ITEM	FUEL ICON	SERVING SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	SAT FAT (G)	FIBER (G)	SUGAR (G)	SODIUM (MG)
Cheddar & Roasted Turkey		1 sandwich	815	36	49	24	9	5	5	1220
Cubano		1 sandwich	840	42	58	35	12	3	4	1680
Tuna Melt Panini		1 sandwich	765	32	43	29	10	4	4	1120
Caprese Chicken Grilled Cheese		1 sandwich	825	41	46	33	12	4	5	1260
Southwest Cilantro Lime Chicken		1 salad	650	39	40	30	9	10	6	1180
Greek Crunch		1 salad	620	37	34	32	10	8	5	1260
Powerhouse Bowl		1 bowl	580	18	43	28	5	11	8	640
CBR Salad		1 salad	720	42	24	44	13	5	7	1380
Apple Orchard		1 salad	610	35	31	32	8	6	17	860
Fresh Choices Cobb		1 salad	750	44	19	51	15	7	5	1320
Protein Power		1 bowl	820	57	38	40	10	12	6	1180
Lettuce Base - Romaine		2 cups	16	1.2	3	0	0	2	1.6	8
Lettuce Base - Spinach		2 cups	14	1.8	2.2	0	0	1.8	0.2	45
Lettuce Base - Mixed Greens		2 cups	16	2	3.5	0	0	1.4	0.6	20
FC Bowl Blend		2 cups	220	8	34	7	1	5	2	150
Wrap Base		1 wrap	220	10	50	8	2	3	3	400
Grilled Chicken		3 oz	180	35	0	4	1	0	0	300
Crispy Chicken		3 oz	280	23	12	14	4	1	1	600
Plain Hummus		3 oz	150	5	12	9	1	3	1	200
Roasted Red Pepper Hummus		3 oz	160	5	13	10	1	3	2	230
Tuna Salad		3 oz	220	20	2	14	3	0	1	300
Chicken Salad		3 oz	250	18	3	18	4	0	2	350
Apples		1 oz	15	0	22	0	0	4	16	2
























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Strawberries		1 oz	10	1	12	0	0	3	8	1
Grapes		1 oz	20	1	23	0	0	1	20	2
Dried Cranberries		1 oz	85	0	33	1	0	2	26	5
Carrots		1 oz	15	1	6	0	0	2	3	40
Broccoli		1 oz	11	1	4	0	0	2	1	20
Red Onion		1 oz	10	0	2	0	0	0	1	2
Corn		1 oz	30	2	13	1	0	2	3	10
Olives		1 oz	40	0	1	2	0.3	1	0	115
Banana Peppers		1 oz	5	0	1	0	0	0	0	65
Black Beans		1 oz	43	4	11	0.5	0	4	1	120
Artichoke Hearts		1 oz	12	1	5	0	0	2	1	60
Cucumbers		1 oz	5	1	3	0	0	1	1	5
Tomatoes		1 oz	6	1	4	0	0	1	2	5
Bell Peppers		1 oz	10	1	6	0	0	2	3	5
Mushrooms		1 oz	6	1	1	0	0	0	1	4
Chickpeas		1 oz	47	4	12	1	0	3	2	120
Jalapeños		1 oz	4	0	1	0	0	0	0	55
Cilantro		1 oz	1	0	0	0	0	0	0	1
Beets		1 oz	17	1	8	0	0	2	6	65
Cheese Blend		1 oz	110	7	1	8	5	0	0	180
Parmesan		1 oz	90	8	1	7	4	0	0	200
Feta		1 oz	80	4	1	6	4	0	1	300
Blue Cheese		1 oz	100	6	1	8	5	0	1	350

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Walnuts		1 oz	180	4	4	18	2	2	1	0
Almonds		1 oz	160	6	6	14	1	3	1	0
Croutons		1 oz	100	2	17	3	0.5	1	1	170
Tortilla Strips		1 oz	70	1	10	3	0.5	1	0	85
Baked Pita Chips		1 oz	90	3	16	2	0.3	1	1	170
Chopped Egg		1 oz	70	6	1	5	2	0	0	70
Chopped Bacon		1 oz	120	8	1	10	3	0	0	400
Avocado		1 oz	90	2	4.5	11	2	3.5	1	5
Extra Meat		3 oz	180-280	35	0	4	1	0	0	300
Extra Cheese		1 oz	80-110	5	1	6	4	0	0	200