



Sandella's Nutritional Information

	Serving Size ounces	Calories	Fat grams	Total Carbs grams	Protein grams	Sodium mg	Dietary Fiber grams
WRAPS							
Buffalo Chicken Wrap	13	457	17	53	26	1,530	5
Chicken Fajita Wrap	11	445	13	54	29	1,483	4
Chicken Verona Wrap	12	464	16	54	29	1,163	4
Classic Ham & Swiss Wrap	14	597	26	60	34	1,662	6
Garden Turkey Wrap	12	325	5	54	24	952	5
Hummus Wrap	12	349	5	68	14	791	8
Pacific Chicken Wrap	14	419	11	56	28	1,188	6
Pesto Turkey Wrap	14	478	18	58	28	1,336	5
Sweet & Spicy Chicken Wrap	12	356	4	55	28	1,070	5
PANINIS							
Buffalo Panini	10	601	30	50	35	1,739	4
Chicken Delicato Panini	10	537	22	51	34	1,337	3
Provolone & Veggie Panini	9	502	19	67	20	925	4
Spinach Ham & Swiss Panini	9	512	19	53	33	1,462	4
Turkey & Mozzarella Panini	9	493	19	54	34	1,293	4
Tuscan Chicken Panini	10	578	25	56	35	1,393	5
QUESADILLAS							
Barbecue Quesadilla	13	607	14	83	39	2,187	9
California Quesadilla	9	409	16	53	14	1,005	5
Chicken Fajita Quesadilla	10	387	8	52	29	1,468	4
Mediterranean Quesadilla	9	470	24	55	12	920	4
Southwestern Quesadilla	12	560	23	67	24	1,445	10
GRILLED FLATBREAD							
Aloha Grilled Flatbread	13	568	20	70	29	1,352	5
Brazilian Chicken Grilled Flatbread	8	459	15	51	32	1,100	3
Margherita Grilled Flatbread	10	570	26	54	30	1,137	5
Pesto Chicken Grilled Flatbread	14	666	33	57	38	1,603	4
Spinach & Bacon Grilled Flatbread	10	681	41	52	29	1,500	4
Vegetarian Grilled Flatbread	11	687	19	61	26	819	4
CHOPPED SALADS							
Greek Salad	10	306	9	18	5	2,194	1
Aloha Salad	13	295	11	36	13	875	2
RICE BOWLS							
Black Beans & Rice Bowl	18	703	7	133	26	1,390	13
Chicken Fajita Bowl	17	628	9	102	33	1,350	4
AVERAGE OF ALL PRODUCTS	11	504	18	59	27	1,322	5