

PanGeos Nutritional Information

Menu Item	Calories (kcal)	Fat (g)	Sat. Fat (g)	Carb (g)	Protein (g)	Choles (mg)	Sodium (mg)	Diet Fib (g)
<u>Wraps</u>								
BLTT	605	29.6	5.1	64.9	24.9	39	1653	10.6
Chicken Caesar	483	20.7	5.3	44.8	29.8	58.7	1377	4.4
Caesar Pleaser	359	16.2	4.4	42	12.2	12.5	1191	3.2
Roasted Veggie	569	21.8	5.3	80.1	20.4	18.1	822	12.9
Feta Ziki	542	16.6	9.7	64.4	33.3	73	1186	4.6
<u>Salads</u>								
BBQ Chicken Caesar	558	44.4	9.4	6.3	32.9	98.2	817	2.4
Taco Salad	502	29.9	12.7	38.7	21.6	58.6	1043	4.2
Bleu Skies Cobb	356	23.5	6.5	14.7	24.1	62.8	866	7.3
Fresh Fruit Cobb	252	11.6	3.3	33.8	7.1	10.9	445	6.9
Chicken Caesar	436	26.6	6.2	23.8	26.6	58.7	1196	4.3
<u>Pastas</u>								
Pollo alla Griglia	709	25.5	5.7	90.2	31.3	44.5	1775	6.6
Splendente Penne Parm	682	24.4	4.3	100.5	19.4	6.2	1838	8.6
Casalinga Penne	752	34.3	9	84.4	27.1	37.2	1605	5
Gemelli Pepperoni	817	32.4	8	107.9	25.4	37.8	2101	8
Tres Pepper Pesto	857	33.5	4.7	114.1	24.7	10.7	853	7.1
Bowtie Ballet	1015	38.7	11.5	126	39	52.8	1642	7.6
Pollo Limone	763	25.4	5.9	99.6	33.2	48.2	707	5.5
Orrechiette Confetti	809	38.7	10.4	84.5	31	48.8	1848	5

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