

WRAPS	CALORIES	FAT	PROTEIN	TOTAL CARBS
the kitchen wrap	453	19g	44g	40g
thai chicken	466	18g	46g	41g
turkey club	414	11g	50g	40g
tex mex bison	495	17g	42g	54g
chicken stir-fry	472	7g	47g	64g
italian chicken	442	13g	54g	38g
bison cheesesteak	473	21g	44g	39g
total tuna	296	6g	37g	37g
bbq chicken quesadilla	469	14g	47g	49g
veggie chili	457	16g	37g	55g
chicken fajita	452	12g	50g	47g
whole wheat wrap	159	3g	13g	32g
whole grain white wrap	173	3g	12g	33g

BURGERS	CALORIES	FAT	PROTEIN	TOTAL CARBS
the energy burger	494	19g	47g	35g
bison burger	390	15g	32g	35g
ostrich burger	271	4g	29g	35g
turkey burger	330	10g	26g	38g
veggie burger	351	10g	14g	54g
chicken burger	369	13g	28g	36g
chicken sandwich	282	4g	26g	38g
low-fat american cheese	45	3g	3g	1g
low-fat mozzarella cheese	60	4g	6g	0g
turkey bacon	53	5g	3g	2g
kaiser roll	160	2g	6g	33g

ENTREES	CALORIES	FAT	PROTEIN	TOTAL CARBS
chicken breasts	268	4g	38g	15g
chicken marinara	373	12g	52g	12g
hot turkey	274	2g	51g	9g
turkey meatloaf	312	13g	34g	15g
grilled salmon	273	17g	33g	0g
cajun seasoning	2	0g	0g	0g
teriyaki sauce	27	0g	0g	6g

SMOOTHIES	CALORIES	FAT	PROTEIN	TOTAL CARBS
protein punch	186	2g	23g	21g
creamsicle	255	2g	23g	37g
peanut better	374	14g	37g	29g
the vaccinator	183	1g	2g	45g
acai berry blast	279	2g	1g	65g

SALADS	CALORIES	FAT	PROTEIN	TOTAL CARBS
the kitchen chopped	284	10g	42g	7g
salmon salad	272	16g	27g	7g
seared tuna	270	10g	29g	16g
mediterranean	259	14g	17g	15g
fat-free ranch	67	0g	0g	16g
fat-free french	78	0g	0g	21g
fat-free balsamic vinaigrette	42	0g	0g	8g
fat-free raspberry vinaigrette	94	0g	0g	25g
low-fat honey dijon	143	7g	0g	20g
low-fat caesar	129	9g	3g	6g

SIDES	CALORIES	FAT	PROTEIN	TOTAL CARBS
homestyle potatoes	124	0g	5g	25g
mixed vegetables	37	0g	1g	7g
mashed sweet potatoes	234	4g	4g	48g
black beans	154	0g	10g	27g
brown rice	143	1g	3g	30g
carrots	68	1g	2g	15g
corn	133	1g	5g	31g
spinach	30	0g	4g	5g
garden salad	23	0g	2g	5g
broccoli	29	0g	3g	6g
mushrooms	34	1g	3g	6g
hearty lentil soup (12oz)	395	6g	21g	67g
vegetarian chili (12oz)	261	2g	14g	50g
protein brownie	242	7g	5g	40g

BREAKFAST	CALORIES	FAT	PROTEIN	TOTAL CARBS
the energy breakfast	365	12g	35g	29g
jump start wrap	249	3g	31g	32g
veggie egg wrap*	274	4g	33g	37g
turkey egg wrap	403	4g	65g	32g
chicken egg wrap	414	7g	62g	32g
bison egg wrap	473	16g	57g	32g
blueberry protein muffin	219	3g	8g	41g
banana protein muffin	233	4g	9g	41g
the kitchen pancakes	324	6g	11g	54g
oatmeal	236	4g	6g	48g
sugar-free maple syrup	15	0g	0g	4g

\*calorie counts in this wrap are based on adding spinach and tomatoes  
g = grams

- Nutritional data calculated using the Nutrition Recipe Analysis software by ESHA research, Inc., Salem, OR.
- Additional nutritional data tested by Sani-Pure Food Laboratories, Saddle Brook, NJ.
- The nutrition information listed here is based on standard recipes and product formulations. However, slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

- Addition of condiments and/or other food items will alter nutrition values.
- Energy Kitchen Inc., its franchisees and its employees do not assume responsibility for any sensitivity or allergy to any food product provided in our restaurants.
- We strive for continuous quality improvement and often try new products. Therefore, nutritional content is subject to change.
- Nutritional information for wraps are determined by using a Fat-Free Whole Wheat Wrap.