



Nutritional Values: (% based on 2000 calorie diet)

Burgers, Chicken & Quesadillas

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Zinc (%)
Burgers																	
Angus Beef Burger	350	842	427	47	17	180	870	760	43	2	n/a	56	20	15	25	40	n/a
Blue Cheese Turkey	304	514	166	18	6	120	820	570	34	2	5	51	15	15	20	25	n/a
Chipotle Jack Beef	353	850	447	50	18	190	1450	850	35	2	5	62	25	25	25	40	n/a
Turkey Burger	319	613	221	24	8	135	820	530	43	2	n/a	51	20	15	25	25	n/a
Veggie Burger	341	653	239	27	8	45	1500	630	82	11	9	25	20	20	40	25	n/a
Grilled Chicken																	
Kitchen Club	336	708	231	26	8	140	1200	630	57	5	n/a	60	15	15	20	35	n/a
Santa Fe	345	741	263	29	10	150	1310	620	57	5	8	62	20	15	25	35	n/a
Quesadillas - does not include salsa or sour cream																	
Chipotle Shrimp	344	934	488	54	24	285	2150	340	57	3	4	53	35	15	100	35	n/a
Fajita Beef	398	1059	592	66	28	180	2460	320	63	4	6	54	30	40	100	30	n/a
Fajita Chicken	406	1048	542	60	25	200	2040	540	63	4	6	64	30	40	100	25	n/a
Fiesta Fresco	404	1049	522	58	24	200	2030	530	66	5	4	65	35	20	100	30	n/a
Quatro Queso	268	967	557	62	34	170	1780	180	52	3	2	50	35	n/a	140	20	n/a
Spinach & Mushroom	319	790	423	47	22	120	1890	550	54	4	3	39	70	15	100	25	n/a

* All Just Fresh Nutritional values are estimates based on product information availability and suggested recipe portions.

All values have been determined using statistical data provided by manufacturers of products and / or e-nutrition information provided by distributors. These values can vary depending on product substitutions, availability of certain products, seasonality of products, altering of menu recipe, changes in prep recipes and scale variations. Just Fresh does not guarantee 100% accuracy of nutritional values based on these reasons. Further, Just Fresh food products may contain or come in contact with several foods known to be allergens such as tree-nuts, peanuts, wheat products, dairy (milk and eggs), and in some facilities fish and shellfish.

*****Some items not available at all locations*****