



# Nutritional Values: (% based on 2000 calorie diet)

## Wraps

	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 (%)
<b>Toasted Wraps</b>																	
Bahama Mama	326	641	223	25	11	120	1620	490	60	4	n/a	43	25	90	45	30	20
Bellissimo	350	620	276	31	11	35	1550	600	59	5	n/a	27	30	70	60	25	n/a
California Dreamer	261	543	209	23	7	55	1260	160	56	4	3	26	15	20	20	25	n/a
Fajita Beef Wrap	341	788	386	43	17	115	2040	350	61	4	6	40	15	45	60	30	n/a
Fajita Chicken Wrap	350	777	336	37	14	135	1620	570	60	5	6	49	15	45	60	25	n/a
Hadley's Club	285	591	228	25	6	60	2120	370	62	4	6	28	15	15	15	20	n/a
Little Red Rooster	351	786	313	35	11	130	2040	620	63	4	0	51	20	15	30	30	n/a
<b>Cold Wraps</b>																	
Caesar Chicken	240	654	286	32	8	80	1200	430	51	3	2	39	25	8	30	25	10
Cajun Chicken	325	601	214	24	5	85	1330	500	56	4	n/a	39	25	100	15	25	n/a
Ginger Chicken	286	469	109	12	n/a	70	690	460	54	n/a	n/a	34	110	15	15	25	n/a
New York Club	308	717	312	35	12	90	2190	390	63	4	6	37	20	15	40	20	n/a
Very Veggie	345	510	196	22	7	20	1100	500	63	n/a	n/a	17	120	70	35	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\*\*\*\*\*