

NUTRITIONAL FACTS



BOWLS		Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken		640	11	3	0	160	900	100	1	12	38	S, W
WM Chicken		630	5	1	0	110	880	100	1	12	46	S, W
Sweet & Spicy Chicken		680	11	3	0	160	2460	120	1	33	38	-
Rib-Eye Steak		720	18	8	1	70	1250	110	1	21	29	S, W
WaBa (Chicken & Steak)		710	16	6	1	130	1100	100	1	17	37	S, W
WaBa (WM Chicken & Steak)		710	13	5	1	100	1090	100	1	17	42	S, W
Wild Caught Salmon		540	5	1	0	70	710	90	1	9	29	F, S, W
Shrimp		490	1	0	0	180	1050	90	1	9	25	C, S, W
Organic Tofu		590	11	2	0	0	620	90	1	9	23	S, W
Plantspired Steak		660	15	3	0	0	1140	110	6	20	22	S, W

MINI BOWLS		Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken		320	5	1	0	70	640	50	1	9	17	S, W
WM Chicken		320	2	1	0	50	630	50	1	9	21	S, W
Organic Tofu		330	7	1	0	0	410	50	1	6	14	S, W
Sweet & Spicy		320	6	2	0	90	450	50	1	6	21	-
Chicken Veggies		290	5	1	0	70	660	40	2	11	18	S, W
WM Chicken Veggies		290	2	1	0	50	660	40	2	11	21	S, W
Organic Tofu Veggies		300	7	1	0	0	440	40	2	8	14	S, W
Sweet & Spicy Chicken Veggies		290	6	2	0	90	480	40	2	8	21	-
Plantspired Steak		320	7	1	0	0	540	50	3	9	10	S, W

VEGGIE BOWLS		Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken		590	11	3	0	160	940	90	14	17	39	S, W
WM Chicken		580	5	1	0	110	930	90	4	17	47	S, W
Sweet & Spicy Chicken		640	11	3	0	160	2500	110	4	38	39	-
Rib-Eye Steak		620	17	8	1	70	740	80	4	15	29	S, W
WaBa (Chicken & Steak)		660	16	6	1	130	1150	90	4	15	38	S, W
WaBa (WM Chicken & Steak)		660	13	5	1	100	1140	90	4	21	42	S, W
Wild Caught Salmon		500	5	1	0	70	760	80	4	14	30	F, S, W
Shrimp		450	1	0	0	180	1100	80	4	14	26	C, S, W
Organic Tofu		520	11	2	0	0	640	80	2	11	22	S, W
Plantspired Steak		620	15	3	0	0	1190	100	10	24	23	S, W

PLATES		Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken		820	15	5	0	220	1150	110	3	21	54	S, W
WM Chicken		800	7	2	0	160	1120	100	3	21	65	S, W
Sweet & Spicy Chicken		860	15	5	0	220	2900	140	3	45	54	-
Rib-Eye Steak		980	27	12	2	110	1700	130	3	35	44	S, W
WaBa (Chicken & Steak)		890	21	8	1	190	1300	120	3	26	53	S, W
WaBa (WM Chicken & Steak)		880	15	6	1	150	1280	120	3	26	61	S, W
Wild Caught Salmon		700	7	2	0	100	970	110	3	18	41	F, S, W
Shrimp		680	5	1	0	270	1650	120	1	12	37	C, S, W
Organic Tofu		740	14	3	0	0	830	110	3	18	30	S, W
Plantspired Steak		870	22	4	0	0	1680	140	11	35	30	S, W
K-Ribs		1090	38	1	116	120	2300	140	3	47	36	S, W, Ss

TACOS		Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken		210	11	2	0	60	220	20	2	3	13	S, W, Ss, E
Steak		240	14	4	0	30	290	20	2	4	10	S, W, Ss, E
Shrimp		170	8	1	0	70	360	20	2	3	9	C, S, W, Ss, E
Organic Tofu		200	11	2	0	0	200	20	2	3	8	S, W, Ss, E
Plantspired Steak		230	12	2	0	0	430	20	3	7	7	S, W, Ss, E

SALAD ENTREES		Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Signature House (served w/ WM Chicken)		320	8	1	0	110	240	20	3	4	44	M, E
Spicy Asian (served w/ WM Chicken)		420	10	1	0	110	1230	30	5	14	49	S, W

FAMILY A LA CARTE		Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken		1050	45	14	0	690	2060	30	0	24	140	S, W
WM Chicken		950	20	6	0	480	1200	10	0	12	176	S, W
Sweet & Spicy Chicken		1100	45	14	0	690	4400	70	0	55	140	-
Rib-Eye Steak		1570	78	35	5	310	4810	100	1	85	104	S, W
WaBa (Chicken & Steak)		1390	66	26	3	570	3290	60	1	51	136	S, W
WaBa (WM Chicken & Steak)		1360	51	21	3	450	3240	60	1	51	157	S, W
Organic Tofu		720	37	7	0	0	890	10	0	12	59	S, W
White Rice (2 Servings)		740	2	0	0	0	0	160	2	1	14	-
Brown Rice (2 Servings)		640	4	0	0	0	20	140	10	0	14	-
Mixed Veggies		50	0	0	0	0	60	10	4	5	2	-
All Broccoli		120	1	0	0	0	120	24	8	6	10	-
Broccoli & Carrots		130	1	0	0	0	175	30	9	10	7	-
20pc Pork Veggie Dumplings		840	30	8	0	100	4620	0	0	44	28	S, W
Salad		300	0	0	0	0	40	30	1	2	2	-

SIDES		Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Loaded Miso Soup (w/ Chicken)		150	1	0	0	20	1300	20	0	6	14	F, S, W
Loaded Miso Soup (w/ WM Chicken)		150	1	0	0	20	1300	20	0	6	14	F, S, W
Loaded Miso Soup (w/ Tofu)		160	4	1	0	0	1290	20	0	6	11	F, S, W
Miso Soup		30	0	0	0	0	640	3	0	3	2	F, S, W
Half-Ocado		150	14	2	0	0	10	10	6	1	2	-
5pc Pork Veggie Dumplings		210	8	2	0	30	1160	40	0	11	7	S, W
10pc Pork Veggie Dumplings		420	15	4	0	50	2310	80	0	22	14	S, W
Chicken (4.5 oz)		220	10	3	0	160	310	0	0	3	32	S, W
WM Chicken (4.5 oz)		220	5	1	0	110	290	0	0	3	40	S, W
Sweet & Spicy Chicken (4.5 oz)		240	10	3	0	160	890	10	0	11	32	-
Steak (3.5 oz)		260	17	8	1	70	300	10	0	5	22	S, W
Salmon (4 oz)		150	5	1	0	70	320	0	0	3	22	F, S, W
Shrimp (4 pc)		60	0	0	0	90	420	0	0	3	9	C, S, W
Tofu (6 oz)		200	10	2	0	0	230	0	0	3	16	S, W
Salad		30	0	0	0	0	50	10	2	3	2	-
Steamed Veggies		50	0	0	0	0	60	10	4	5	3	-
White Rice (10 oz)		370	1	0	0	0	0	80	1	0	7	-
Brown Rice (10 oz)		320	2	0	0	0	10	70	5	0	7	-
K-Ribs (1 strip)		190	11	0	39	40	580	10	0	10	9	S, W, Ss

SAUCE / DRESSING		Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Garlic Serrano Sauce (1 fluid oz)		50	1	0	0	0	660	8	0	6	1	S, W, Ss
Sweet Chili Sauce (1 fluid oz)		50	0	0	0	0	780	13	0	11	0	-
WaBa Sauce Packet		30	0	0	0	0	390	10	0	6	0	S, W
WaBa Hot Sauce Packet		0	0	0	0	0	200	0	0	2	0	S, W
Spicy WaBa Sauce (1 fluid oz)		60	0	0	0	0	610	12	0	10	0	S, W, Ss
WaBa Sesame Dressing (1 fluid oz)		110	10	2	0	0	330	8	0	8	0	S, Ss
Spicy Sesame Dressing (1 fluid oz)		70	4	1	0	0	550	8	0	7	1	S, W, Ss
Ranch Dressing (1.5 fluid oz)		150	16	3	0	15	370	1	0	1	1	M, E
Boom Boom Sauce (1 fluid oz)		150	16	3	0	15	250	2	0	2	0	E

WM: White Meat Chicken
 Allergens Key: M - Milk, E - Eggs, P - Peanuts, T - Tree Nuts, F - Fish, C - Shellfish, S - Soy, W - Wheat, Ss - Sesame

Nutritional content may vary because of variations in portion size or recipes, changes in growing seasons, or differences in the sources of our ingredients. We may update this chart from time to time. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. We do our best to keep this chart as current as possible. For the most up-to-date nutrition information please check wabagrill.com