



# SOUTHPAW'S

ORGANIC GRILL

## LUNCH/DINNER MENU

### NUTRITIONAL INFORMATION

	CALORIES	PROTEIN	CARBS		CALORIES	PROTEIN	CARBS
<b>Smoothies</b>				<b>Sandwiches &amp; Wraps</b>			
Persian Thunder 16oz	248	2	47	Green Gobbler / Light	236	21	5
Chocolate Monkey 16oz	251	2	48	Green Gobbler / Heavy	296	34	5
Nutty Monkey 16oz	348	6	51	Pavo Guacomole / Light	190	20	3
Berry Lagoon 16oz	265	4	64	Pavo Guacomole / Heavy	250	33	3
Fruit Twist 16oz	170	1	47	Fruit- wich	420	9	66
Sixx 16oz	359	6	64	Chicken Thai Wraps / Light	111	15	6
Brianna 16oz	332	13	72	Chicken Thai Wraps / Heavy	171	28	6
<b>Bites and Bowls</b>				Hickory / Light	215	20	3
Fruit & Granola 9oz	359	7	78	Hickory / Heavy	275	33	3
Avocado Bowl / Hummus	239	3	12	Dr. Luke / Light	230	24	20
Avocado Bowl / Tabbouleh	235	3	12	Dr. Luke / Heavy	310	39	21
Avocado Bowl / Tuna	260	26	12	Spiced Beef / Light	199	23	6
Covered Cantaloupe	471	20	53	Spiced Beef / Heavy	279	38	7
				Simply Ham / Light	200	17	5
				Simply Ham / Heavy	260	27	7

\*All nutritional information comprises data obtained from suppliers and a third-party consultant based on product availability.

	CALORIES	PROTEIN	CARBS
Chicken n Tabbouleh / Light	153	16	19
Chicken n Tabbouleh / Heavy	213	29	19
Chicken Caesar / Light	231	21	8
Chicken Caesar / Heavy	291	34	8
Tun-ita / Light	160	26	19
Tun-ita / Heavy	187	29	19
Tuna Melt / Light	184	30	5
Tuna Melt / Heavy	211	33	5
Rocky Balboa / Light	310	30	5
Rocky Balboa / Heavy	370	43	5
V / Light	220	9	10
V / Heavy	330	16	11
Original Grilled Cheese	95	14	1
Tomatoe Toastie	101	14	2
Original PB&J	350	12	27
Cruncher	397	12	39
Elvis	433	13	40
Soopaman	451	13	44
<b>Salads</b>			
Tuna Salad	239	24	14
Scott's Spicy Tuna Salad	173	25	14
Cobb Salad	364	38	18
Power Salad	384	25	34
The Refresher	316	12	24

	CALORIES	PROTEIN	CARBS
Berries n Spinach	294	9	58
Caprese	131	7	9
Vibrant Salad	178	5	31
<b>From the Grill</b>			
Birdman	309	33	12
Smart Burger	307	11	27
Turk	264	29	3
TJ's Fusilli Bowl	566	38	63
ZaZa Rice Bowl	312	33	41
<b>Sides</b>			
Hummus and Tabbouleh	81	3	16
Apples n Peanut Buttter	313	8	40
Lisa's Chips and Salsa	78	3	16
Side Salad	134	7	10
<b>Breads</b>			
Whole Wheat Bread	200	8	40
Whole Grain Bread	200	10	40
Marble Rye Bread	320	12	68
Sourdough Bread	280	10	56
Wheat Wrap	100	6	12
Spinach Wrap	180	5	10

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