



SALADS

WRAPS

BOWLS

KETO BOWLS

Item Name	Calories	Carbs (g)	Protein (g)	Sodium (mg)	Fat (g)	Fiber (g)	Sugar (g)	Saturated Fat (g)
Hollywood Salad	250	32	13	430	9	3	9	3
AF Caesar Salad	240	26	3	300	18	1	1	4.5
Mardi Gras Salad	250	30	5	730	17	1	2	4
Italiano Salad	270	11	35	680	4.5	3	5	4.5
AF Signature Wrap	530	29	57	810	14	6	6	4
Santa Fe Wrap	740	77	50	1620	22	8	9	8
Rocky Wrap	680	55	66	1360	18	3	4	6
Tex-Mex Fajita Wrap	600	60	50	1260	19	3	5	7
Veggie Wrap (Vegetarian)	470	66	20	1140	14	5	10	3.5
Turkey Meatball Wrap	670	42	73	1550	19	3	5	9
BBQ Wrap	720	61	69	1440	20	2	8	8
Arizona Bowl	340	31	33	410	7	2	3	2
Teriyaki Bowl	480	35	38	700	22	4	5	3.5
El Mexicana Bowl	380	34	35	800	12	5	4	4.5
Godfather Bowl	320	42	21	840	6	6	10	3
Impossible Chili Bowl	480	26	59	790	16	4	4	5
Flex Bowl	410	38	52	190	6	3	0	1.5
Fit Bowl	220	36	9	95	6	4	2	1.5
The Buffalo (Chicken)	590	17	40	1410	43	6	6	10
The Buffalo (Steak)	630	6	54	1430	47	6	6	11
The Phoenix (Chicken)	410	15	38	1130	14	5	6	5
The Phoenix (Steak)	490	15	42	1160	20	5	6	7
Keto Recovery Burger	1030	6	54	1160	78	3	0	25

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Item Name	Calories	Carbs (g)	Protein (g)	Sodium (mg)	Fat (g)	Fiber (g)	Sugar (g)	Saturated Fat (g)
Philly Caesar Salad (Chicken)	380	12	37	720	20	4	3	7
Philly Caesar Salad (Steak)	410	12	35	740	24	4	3	9
Keto Hollywood Salad (Chicken)	510	12	40	820	24	8	2	7
Keto Hollywood Salad (Steak)	540	12	38	840	28	8	2	9