



Nutrition Information

*All Souper Salad menu items are trans fat free!
 Nutrition information subject to change without notice.
 Some items not available at all locations.*

Burritos & Bowls

	Calories	Fat (g)	Fat (%)	Saturated Fat (g)	Saturated Fat (%)	Cholesterol (mg)	Cholesterol (%)	Sodium (mg)	Sodium (%)	Carbohydrates (g)	Carbohydrates (%)	Fiber (g)	Fiber (%)	Protein (g)	Protein (%)	Net Carbs
Burrito Grande	633	22	35	7	37	30	10	1734	72	84	28	12	46	23	46	72
Low carb tortilla	454	17	27	6	32	30	10	2080	87	53	18	21	82	29	58	32
In a bowl	323	15	23	6	32	30	10	1364	57	32	11	9	34	16	32	23
No cheese	519	13	20	1	7	0	0	1558	65	84	28	12	46	16	32	72
Chicken Burrito	751	25	38	8	39	86	29	1834	76	84	28	12	46	45	91	72
Low carb tortilla	571	20	31	7	34	86	29	2180	91	53	18	21	82	51	103	32
In a bowl	441	22	17	7	34	86	29	1464	61	32	11	9	34	38	77	23
No cheese	637	16	24	2	9	56	19	1658	69	84	28	12	46	38	77	72
Roasted Vegetable Burrito	664	24	27	8	38	30	10	1765	74	89	30	13	51	24	48	76
In a bowl	354	16	25	7	33	30	10	1395	58	37	12	10	39	17	34	27
Low carb tortilla	505	20	31	7	33	30	10	2121	88	59	20	19	75	29	58	40
No cheese	569	15	24	2	8	10	3	1599	67	90	31	10	38	16	32	80
With brown rice	576	23	36	7	35	30	10	1176	50	72	24	10	37	28	54	62
Hacienda Burrito	540	24	37	8	39	87	20	1644	69	41	13	22	84	45	90	19
Extra chicken	656	28	44	9	45	145	49	1737	72	41	13	22	84	63	126	19
Tortilla Crusted Fish	744	26	40	6	30	40	13	1184	49	105	35	7	29	27	54	98
In a bowl	434	18	28	5	25	40	13	814	34	53	18	4	17	20	40	49
Low carb tortilla	565	21	33	5	25	40	13	1530	64	74	25	16	65	35	70	58
No sour cream	685	21	32	3	15	30	10	1141	48	103	34	7	28	28	56	96
With brown rice	629	25	39	6	29	40	13	1130	47	83	28	7	27	27	53	76

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Chicken Sapporo	740	19	29	2	11	57	19	1377	57	107	36	9	34	36	71	98
In a bowl	450	12	18	1	6	57	19	1017	42	56	19	3	10	28	55	53
Low carb tortilla	581	15	22	1	6	57	19	1733	72	77	27	16	64	41	81	61
Half sauce	704	18	27	2	10	57	19	1198	50	101	34	10	40	35	70	91
With brown rice	649	19	29	2	11	57	19	1378	57	85	28	10	38	35	70	75
Poblano Roasted Vegetable	698	27	41	10	52	40	13	1278	53	93	31	7	27	20	41	86
In a bowl	388	20	30	9	47	40	13	908	38	41	14	4	17	13	27	37
Low carb tortilla	519	23	35	10	46	40	13	1624	68	62	21	16	65	28	57	46
No sour cream	639	22	33	6	27	30	10	1235	52	91	30	7	28	28	56	84
With brown rice	583	26	40	10	50	40	13	1224	51	71	24	7	27	27	53	64
No cheese	584	18	28	5	23	10	3	1102	46	93	31	7	29	13	27	86
Thai Chicken	821	29	44	5	24	57	19	1209	50	102	34	8	30	38	75	94
In a bowl	511	21	32	4	19	57	19	839	35	50	17	5	18	31	62	45
Low carb tortilla	642	24	37	4	19	57	19	1555	65	71	24	17	66	44	88	54
Half sauce	772	25	38	4	19	57	19	1089	45	100	33	7	29	37	73	93
With brown rice	729	29	45	5	24	57	19	1210	50	80	27	8	32	37	75	72