



BALANCE GRILLE NUTRITION MATRIX

LAST UPDATED 06/30/2015

NUTRITIONAL CONTENT SUBJECT TO CHANGE

SUMMER 2015	CALORIES	TOTAL FAT	SODIUM CONTENT	TOTAL CARBOHYDRATE	PROTEIN
Build-a-Bowl: Teriyaki	184	4g	1278mg	41g	4g
Build-a-Bowl: Wiseman	216	1g	787mg	49g	7g
Build-a-Bowl: Thai Guy	251	11g	51mg	36g	8g
Build-a-Bowl: Four-Star	163	0g	428mg	38g	4g
Build-a-Bowl: Green Curry	389	29g	346mg	29g	10g
Build-a-Bowl: Sweet & Sour	228	1g	74mg	56g	3g
Build-a-Bowl: Nuts 4 Pao	257	17g	962mg	21g	8g
Build-a-Bowl: Sassy Me	177	0g	468mg	41g	4g
Protein Choice: Chicken Breast	224	7g	241mg	0g	39g
Protein Choice: Chicken Thigh	237	14g	241mg	0g	33g
Protein Choice: Sirloin Steak	222	12g	73mg	1g	26g
Protein Choice: Firm Tofu	322	26g	20mg	6g	22g
Starch Choice: Brown Rice	224	2g	0mg	33g	3g
Starch Choice: Fresh Greens	15g	0g	20mg	2g	2g
Starch Choice: Wheat Noodles	360	12g	1002mg	54g	12g
Starch Choice: Fried Rice	318	18g	726mg	36g	6g

NUTRITIONAL CONTENT MAY VARY BECAUSE OF CHANGES IN GROWING SEASONS, DIFFERENT SUPPLIERS, SLIGHT VARIATIONS IN OUR RECIPES, OR THE DIFFERENT PLACES THAT WE BUY OUR INGREDIENTS. WE MAY UPDATE THIS INFORMATION FROM TIME TO TIME FOR MORE INFORMATION, PLEASE ASK A BALANCE GRILLE TEAM MEMBER OR REFER TO OUR WEBSITE (WWW.BALANCEGRILLE.COM). IF YOU ARE STILL UNABLE TO FIND QUESTIONS TO YOUR ANSWERS, PLEASE SEND US AN EMAIL AT INFO@BALANCEGRILLE.COM

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