NUTRITION FACTS

Salady	용량	열량(Kcal)	탄수화물(g)	당류(g)	단백질(g)	지방(g)	포화지방(g)	나트 를 (mg)
시저치킨	140.0	111.4	13.9	7.7	13.8	0.9	0.3	209.9
탄단지	225.0	366.1	33.5	14.8	17.6	19.6	2.8	364.6
콥	195.0	214.1	12.9	2.6	12.1	12.7	4.5	485.2
연어	240.0	292.4	23.0	8.4	16.2	15.2	1.5	752.1
리코타치즈	215.0	457.4	40.9	12.7	15.1	42.4	12.5	303.2
우삼겹메밀면	285.0	302.4	38.0	4.4	18.7	14.7	0.9	426.2
로스트닭다리살	320.0	333.1	39.0	13.0	16.0	13.0	6.0	947.0
Warm Bowl	용량	열량(Kcal)	탄수화물(g)	당류(g)	단백질(g)	지방(g)	포화지방(g)	나트 등 (mg)
칠리베이컨	280.0	480.4	64.3	4.4	20.1	15.8	5.7	437.8
우삼겹	265.0	404.9	57.9	4.4	21.1	10.8	1.0	241.9
팔라펜단호박	385.0	502.9	93.1	12.7	18.0	8.0	0.8	440.2
고추장머쉬롱	345.0	428.9	66.2	3.0	19.1	11.6	1.9	305.6
할라피뇨치킨	345.0	409.3	71.4	5.1	24.9	5.2	0.5	786.8
Sand	응량	열량(Kcal)	탄수화물(g)	당류(g)	단백질(g)	지방(g)	포화지방(g)	나트등(mg)
치킨토마토 샌드	194.0	421.5	39.4	11.5	16.1	22.4	6.0	548.3
에그베이컨 샌드	199.0	459.1	45.9	16.6	15.3	23.6	7.9	602.5
크리미연어 샌드 스파이시비프 브레드	184.0	392.3	38.9	12.3	14.7	19.7	4.9	751.3
소파이시이프 으레드 로스트닭다리살 브레드	248.0 278.0	420.0 483.9	62.0	8.4 6.4	24.1	17.1 24.0	4.8	646.3 831.5
Wrap	278.0 음량	483.9 열량(Kcal)	03.3 탄수화물(g)	6.4 당류 (g)	23.9 단백질(g)	24.0 지방(g)	8.6 포화지방(g)	831.3 나트를(ma)
에시간 랩	219.0	565.6	53.9	10.0	15.2	32.6	三型へ(8/g) 7.3	892.7
식시간 합 시저치킨 랩	224.0	501.1	49.8	11.8	18.6	26.2	6.0	824.1
^시시시간 ਚ 크랜베리그릭 탭	222.0	538.2	56.4	14.4	11.2	31.3	9.0	760.9
<u> </u>	249.0	488.1	44.2	7.9	16.2	27.7	5.5	1087.5
Warm Wrap	249.0 음량	역당(Kcal)	^{44.2} 탄수화물(g)	/? 당류(g)	10.2 단백질(g)	27.7 지방(g)	크.5 포화지방(g)	나트롱(mg)
칠리베이컨 웜랩	315.0	744.1	84.3	13.8	21.0	35.9	10.2	1153.0
우삼겹 웜랩	305.0	622.0	73.0	10.5	23.2	27.4	5.3	884.0
파라펠 웜랩	330.0	715.0	102.7	19.3	17.4	22.8	4.8	1001.6
할라피뇨치킨 웜랩	338.0	603.8	47.5	9.5	17.2	15.4	2.2	789.2
Topping	용량	열량(Kcal)	탄수화물(g)	당류(g)	단백질(g)	지방(g)	포화지방(g)	나트 용 (mg)
치킨	50.0	60.8	1.1	0.3	12.5	0.7	0.3	88.3
에그	50.0	71.5	1.1	0.1	7.0	4.0	1.4	70.0
팔라펠	60.0	144.0	18.0	1.8	6.0	5.4	0.6	228.0
연어	60.0	101.4	0.2	0.0	13.8	4.6	0.0	475.8
스윗포테이토	70.0	163.8	16.7	6.7	0.8	10.4	1.5	154.0
리코타치즈	70.0	210.0	5.6	2.8	7.7	16.8	10.9	28.0
머쉬룸	60.0	30.0	6.0	0.0	0.0	2.0	0.3	6.0
그라운드비프	40.0	108.0	0.0	0.0	10.2	7.2	2.9	38.4
우삼겹	50.0	60.9	3.1	2.0	9.5	0.9	0.0	177.1
베이컨	20.0	66.3	0.7	0.4	3.0	5.7	2.1	105.6
두부	60.0	54.0	4.2	0.0	3.6	2.4	0.4	90.0
단호박	60.0	43.1	10.7	6.0	0.6	0.3	0.1	0.1
두부크렁블	30.0	90.0	1.2	0.0	7.5	6.3	1.2	126.0
메밀면	90.0	120.6	25.2	0.0	4.5	5.4	0.0	126.0
크랜베리	10.0	31.4	8.6	7.4	0.0	0.1	0.0	0.2
옥수수	30.0	39.6	8.7	2.3	1.1	0.0	0.0	99.0
양파	30.0	8.1	2.0	1.7	0.3	0.0	0.0	0.9
양파플레이크	10.0	58.0	4.0	1.5	0.6	4.4	2.0	100.0
토마토	40.0	7.6	1.7	0.9	0.4	0.1	0.0	0.8
나쵸칩	15.0	72.5	9.2	0.0	1.1	3.8	0.0	29.4
칙피	35.0	23.1	3.8	0.7	1.6	0.5	0.0	49.0
0714	25.0					4.7	4 (202.1
올리브	25.0	46.9	8.0	0.0	0.0	4.7	1.6	203.1
견과류	15.0	46.9 90.9	0.8 3.0	0.5	0.0 3.0	8.2	0.9	0.7
견과류 오이	15.0 20.0	46.9 90.9 2.8	0.8 3.0 0.6	0.5 0.2	0.0 3.0 0.2	8.2 0.0	0.9 0.0	0.7 0.0
건과류 오이 사워크림	15.0 20.0 10.0	46.9 90.9 2.8 23.0	0.8 3.0 0.6 0.5	0.5 0.2 0.5	0.0 3.0 0.2 0.3	8.2 0.0 2.2	0.9 0.0 0.0	0.7 0.0 4.2
- 건과류 오이 사워크림 할라피뇨	15.0 20.0 10.0 40.0	46.9 90.9 2.8 23.0 6.8	0.8 3.0 0.6 0.5 1.2	0.5 0.2 0.5 0.0	0.0 3.0 0.2 0.3 0.0	8.2 0.0 2.2 0.0	0.9 0.0 0.0 0.0	0.7 0.0 4.2 293.2
건과류 오이 사워크림 할라피뇨 칠리빈	15.0 20.0 10.0 40.0 50.0	46.9 90.9 2.8 23.0 6.8 50.0	0.8 3.0 0.6 0.5 1.2 9.0	0.5 0.2 0.5 0.0 1.0	0.0 3.0 0.2 0.3 0.0 2.5	8.2 0.0 2.2 0.0 0.5	0.9 0.0 0.0 0.0 0.0	0.7 0.0 4.2 293.2 238.5
견과류 오이 사워크링 할라피뇨 칠리빈 통밀빵	15.0 20.0 10.0 40.0 50.0 35.0	46.9 90.9 2.8 23.0 6.8 50.0	0.8 3.0 0.6 0.5 1.2 9.0	0.5 0.2 0.5 0.0 1.0	0.0 3.0 0.2 0.3 0.0 2.5 2.8	8.2 0.0 2.2 0.0 0.5	0.9 0.0 0.0 0.0 0.0 0.0	0.7 0.0 4.2 293.2 238.5 133.7
견과류 오이 사워크링 할라피뇨 칠리빈 통일빵 Dressing	15.0 20.0 10.0 40.0 50.0 35.0	46.9 90.9 2.8 23.0 6.8 50.0 153.0	0.8 3.0 0.6 0.5 1.2 9.0 17.2	0.5 0.2 0.5 0.0 1.0 1.8	0.0 3.0 0.2 0.3 0.0 2.5 2.8 단백점(g)	8.2 0.0 2.2 0.0 0.5 15.1 지원(g)	0.9 0.0 0.0 0.0 0.0 0.7 포덕지방(g)	0.7 0.0 4.2 293.2 238.5 133.7 L ⊟_(mg)
견과류 오이 사워크링 할라피뇨 칠리빈 통밀빵 Dressing 시저	15.0 20.0 10.0 40.0 50.0 35.0 35.0	46.9 90.9 2.8 23.0 6.8 50.0 153.0 21.(Kcal) 239.5	0.8 3.0 0.6 0.5 1.2 9.0 17.2 セキュー(g) 5.5	0.5 0.2 0.5 0.0 1.0 1.8 E(g) 3.6	0.0 3.0 0.2 0.3 0.0 2.5 2.8 日曜日(0) 1.4	8.2 0.0 2.2 0.0 0.5 15.1 지원(g) 23.6	0.9 0.0 0.0 0.0 0.0 0.7 포 対入世(g)	0.7 0.0 4.2 293.2 238.5 133.7 나르J(mg) 281.0
견과류 오이 사워크링 할라피뇨 칠리빈 통밀빵 DressIng 시저 크리이할라피뇨	15.0 20.0 10.0 40.0 50.0 35.0 EB 50.0 50.0	46.9 90.9 2.8 23.0 6.8 50.0 153.0 23(Kcal) 239.5 235.0	0.8 3.0 0.6 0.5 1.2 9.0 17.2 セキュー(g) 5.5 7.6	0.5 0.2 0.5 0.0 1.0 1.8 5(g) 3.6 6.3	0.0 3.0 0.2 0.3 0.0 2.5 2.8 日曜日(0) 1.4 0.6	8.2 0.0 2.2 0.0 0.5 15.1 지 控 (g) 23.6 22.5	0.9 0.0 0.0 0.0 0.0 0.7 亚科 (4(g) 3.9	0.7 0.0 4.2 293.2 238.5 133.7 L □ L (mg) 281.0 312.0
견과류 오이 사워크링 할라피뇨 칠리빈 통밀빵 Dressing 시저	15.0 20.0 10.0 40.0 50.0 35.0 35.0	46.9 90.9 2.8 23.0 6.8 50.0 153.0 239.5 235.0 158.5	0.8 3.0 0.6 0.5 1.2 9.0 17.2 セキュー(g) 5.5	0.5 0.2 0.5 0.0 1.0 1.8 El.(g) 3.6 6.3 6.1	0.0 3.0 0.2 0.3 0.0 2.5 2.8 日曜日(0) 1.4	8.2 0.0 2.2 0.0 0.5 15.1 지방(g) 23.6 22.5	0.9 0.0 0.0 0.0 0.0 0.7 포 対入世(g)	0.7 0.0 4.2 293.2 238.5 133.7 나르J(mg) 281.0
전과류 오이 사워크링 할라피뇨 칠리빈 통밀빵 Dressing 시저 크리미힐라피뇨 오리엔탈 크리미칠리	15.0 20.0 10.0 40.0 50.0 35.0 35.0 50.0 50.0 50.0 50.0	46.9 90.9 2.8 23.0 6.8 50.0 153.0 239.5 235.0 158.5 237.5	0.8 3.0 0.6 0.5 1.2 9.0 17.2 セキャー(g) 5.5 7.6	0.5 0.2 0.5 0.0 1.0 1.8 5(g) 3.6 6.3 6.1 10.3	0.0 3.0 0.2 0.3 0.0 2.5 2.8 Exploi	8.2 0.0 2.2 0.0 0.5 15.1 지원(g) 23.6 22.5 13.6 19.8	0.9 0.0 0.0 0.0 0.7 亚科 (4) 3.9 3.6 2.2	0.7 0.0 4.2 293.2 238.5 133.7 L□J(mg) 281.0 312.0 276.0 400.5
견과류 오이 사워크링 할라피뇨 칠리빈 통밀빵 Dressing 시저 크리이할라피뇨 오라엔탈	15.0 20.0 10.0 40.0 50.0 35.0 35.0 50.0 50.0 50.0	46.9 90.9 2.8 23.0 6.8 50.0 153.0 239.5 235.0 158.5	0.8 3.0 0.6 0.5 1.2 9.0 17.2 上分割子(の) 5.5 7.6 8.1 14.4	0.5 0.2 0.5 0.0 1.0 1.8 El.(g) 3.6 6.3 6.1	0.0 3.0 0.2 0.3 0.0 2.5 2.8 54 70 1.4 0.6 1.0 0.4	8.2 0.0 2.2 0.0 0.5 15.1 지방(g) 23.6 22.5	0.9 0.0 0.0 0.0 0.0 0.7 포츠지방(g) 3.9 3.6 2.2	0.7 0.0 4.2 293.2 238.5 133.7 L □ L (mg) 281.0 312.0 276.0
전과류 오이 사워크링 할라피뇨 칠리빈 통밀빵 Dressing 시저 크리이할라피뇨 오러엔탈 크리이칠리 레몬	15.0 20.0 10.0 40.0 50.0 35.0 35.0 50.0 50.0 50.0 50.0 50.0	46.9 90.9 2.8 23.0 6.8 50.0 153.0 239.5 235.0 158.5 237.5 169.0	0.8 3.0 0.6 0.5 1.2 9.0 17.2 上分割子(の) 5.5 7.6 8.1 14.4	0.5 0.2 0.5 0.0 1.0 1.8 5(g) 3.6 6.3 6.1 10.3 13.5	0.0 3.0 0.2 0.3 0.0 2.5 2.8 54 50 1.4 0.6 1.0 0.4 0.0	8.2 0.0 2.2 0.0 0.5 15.1 本度(g) 23.6 22.5 13.6 19.8 12.5	0.9 0.0 0.0 0.0 0.7 3.9 3.6 2.2 3.2	0.7 0.0 4.2 293.2 238.5 133.7 L⊟J(mg) 281.0 312.0 276.0 400.5 184.5
전과류 오이 사워크링 할라피뇨 칠리빈 통밀빵 Dressing 시저 크리미할라피뇨 오라엔탈 크리미칠리 레몬 발사믹	15.0 20.0 10.0 40.0 50.0 35.0 35.0 50.0 50.0 50.0 50.0 50.0 50.0	46.9 90.9 2.8 23.0 6.8 50.0 153.0 239.5 235.0 158.5 237.5 169.0 127.0	0.8 3.0 0.6 0.5 1.2 9.0 17.2 2-4-1-(g) 5.5 7.6 8.1 14.4 14.1 14.8	0.5 0.2 0.5 0.0 1.0 1.8 5(g) 3.6 6.3 6.1 10.3 13.5 14.6	0.0 3.0 0.2 0.3 0.0 2.5 2.8 54 50 1.4 0.6 1.0 0.4 0.0	8.2 0.0 2.2 0.0 0.5 15.1 本度(g) 23.6 22.5 13.6 19.8 12.5 7.5	0.9 0.0 0.0 0.0 0.7 3.9 3.6 2.2 3.2 1.9	0.7 0.0 4.2 293.2 238.5 133.7 L⊟J(mg) 281.0 312.0 276.0 400.5 184.5 144.0
전과류 오이 사워크링 할라피뇨 칠리빈 통밀빵 Dressing 시저 크리미할라피뇨 오리엔탈 크리미칠리 레온 발사믹 레드와인비니거	15.0 20.0 10.0 40.0 50.0 35.0 50.0 50.0 50.0 50.0 50.0 50.0 50.0 50.0	46.9 90.9 2.8 23.0 6.8 50.0 153.0 239.5 235.0 158.5 237.5 169.0 127.0 109.5	0.8 3.0 0.6 0.5 1.2 9.0 17.2 2-4-1-(0) 5.5 7.6 8.1 14.4 14.1 14.8 7.4	0.5 0.2 0.5 0.0 1.0 1.8 5(g) 3.6 6.3 6.1 10.3 13.5 14.6 7.4	0.0 3.0 0.2 0.3 0.0 2.5 2.8 日本日の 1.4 0.6 1.0 0.4 0.0 0.2 0.1	8.2 0.0 2.2 0.0 0.5 15.1 本度(a) 23.6 22.5 13.6 19.8 12.5 7.5	0.9 0.0 0.0 0.0 0.7 至文[記](g) 3.9 3.6 2.2 3.2 1.9 1.1	0.7 0.0 4.2 293.2 238.5 133.7 L□J(mg) 281.0 312.0 276.0 400.5 184.5 144.0 210.0
전과류 오이 사워크링 할라피뇨 칠리빈 통일빵 Dressing 시저 크리미할라피뇨 오리엔탈 크리미칠리 레몬 발사믹 레드와인비니거 고추장비니거 고추장비니거 Base 나만의 샐러디 (채소볼)	15.0 20.0 10.0 40.0 50.0 35.0 50.0 50.0 50.0 50.0 50.0 50.0 50.0 50.0 50.0	46.9 90.9 2.8 23.0 6.8 50.0 153.0 239.5 235.0 158.5 237.5 169.0 127.0 109.5 75.0	0.8 3.0 0.6 0.5 1.2 9.0 17.2 2447(g) 5.5 7.6 8.1 14.4 14.1 14.8 7.4	0.5 0.2 0.5 0.0 1.0 1.8 5(g) 3.6 6.3 6.1 10.3 13.5 14.6 7.4 12.3	0.0 3.0 0.2 0.3 0.0 2.5 2.8 3 3 4 6 0 1.4 0.6 1.0 0.4 0.0 0.2 0.1 0.6	8.2 0.0 2.2 0.0 0.5 15.1 지達(g) 23.6 22.5 13.6 19.8 12.5 7.5 0.8	0.9 0.0 0.0 0.0 0.7 ※以ばの 3.9 3.6 2.2 3.2 1.9 1.1 1.1	0.7 0.0 4.2 293.2 238.5 133.7 Lagran (mg) 281.0 312.0 276.0 400.5 184.5 144.0 210.0 453.5
전과류 오이 사위크링 할라피뇨 칠리빈 통밀빵 Dressing 시저 크리미할라피뇨 오리엔탈 크리미칠리 레온 발사믹 레드와인비니거 고추장비니거 Base	15.0 20.0 10.0 40.0 50.0 35.0 50.0 50.0 50.0 50.0 50.0 50.0 50.0 50.0 50.0 50.0	46.9 90.9 2.8 23.0 6.8 50.0 153.0 239.5 235.0 158.5 237.5 169.0 127.0 109.5 75.0	0.8 3.0 0.6 0.5 1.2 9.0 17.2 日本日(の) 5.5 7.6 8.1 14.4 14.1 14.8 7.4 17.1	0.5 0.2 0.5 0.0 1.0 1.8 5(g) 3.6 6.3 6.1 10.3 13.5 14.6 7.4 12.3 5(g)	0.0 3.0 0.2 0.3 0.0 2.5 2.8 단체(0) 1.4 0.6 1.0 0.4 0.0 0.2 0.1 0.6	8.2 0.0 2.2 0.0 0.5 15.1 지원(0) 23.6 22.5 13.6 19.8 12.5 7.5 0.8	0.9 0.0 0.0 0.0 0.7 포학자방(g) 3.9 3.6 2.2 3.2 1.9 1.1 1.1 0.1 포학자방(g)	0.7 0.0 4.2 293.2 238.5 133.7 L□J(mg) 281.0 312.0 276.0 400.5 184.5 144.0 210.0 453.5 L□J(mg)