



Nutritional and Allergen Information
Crispers, LLC - January, 2009



NUTRITIONAL INFORMATION - WRAPS

PRODUCT	SERVING SIZE (ounces)	CALORIES (total)	TOTAL FAT		TRANS FAT (grams)	DIETARY				SODIUM (mg)	
			FAT (grams)	FAT (grams)		FAT (grams)	CARBS (grams)	FIBER (grams)	SUGARS (grams)		PROTEIN (grams)
CAESAR - CHICKEN	13 oz	870	37	9	0	84	7	5	46	70	3230
CITRUS CHICKEN	16 oz	940	52	8	0	94	10	34	28	55	2130
CAESAR - STEAK	14 oz	990	52	15	0	80	7	5	48	75	2710

NOTES

- 1) NUTRITIONAL VALUES FOR WRAPS ARE BASED ON THE SPECIFIED TORTILLA ON THE MENU.
- 2) WEIGHTS AND VOLUMES OF EACH WRAP MAY VARY SLIGHTLY. THIS MAY AFFECT THE ACTUAL VALUES GIVEN.
- 3) REMOVAL OF SAUCES, NUTS AND CHEESE FROM ANY WRAP WILL GREATLY REDUCE FAT AND CALORIES.

NUTRITIONAL INFORMATION - SOUPS

PRODUCT	SERVING SIZE (ounces)	CALORIES (total)	TOTAL FAT		TRANS FAT (grams)	DIETARY				SODIUM (mg)	
			FAT (grams)	FAT (grams)		FAT (grams)	CARBS (grams)	FIBER (grams)	SUGARS (grams)		PROTEIN (grams)
FRENCH ONION	10 fl oz	70	2.5	0.5	0	11	1	6	1	0	870
VEGETARIAN VEGETABLE	10 fl oz	150	1	0	0	31	5	8	5	0	1790
BUTTERNUT SQUASH	10 fl oz	180	9	6	0	22	>1	3	2	35	590
CHICKEN NOODLE	10 fl oz	190	5	1	0	22	2	2	13	55	1700
BROCCOLI CHEDDAR	10 fl oz	190	10	6	0	16	>1	10	9	30	870
BLACK BEAN AND SAUSAGE	10 fl oz	220	8	2	0	27	7	>1	13	15	820
MUSHROOM	10 fl oz	240	19	11	0.5	13	1	6	3	60	700
TOMATO BASIL	10 fl oz	240	15	8	0	22	2	11	4	35	650
LOADED POTATO	10 fl oz	280	17	10	0	22	2	2	9	45	690
CLAM CHOWDER	10 fl oz	190	10	6	0	15	>1	6	8	40	750
JAMBALAYA	10 fl oz	260	19	11	1.5	12	0	2	6	65	770
KICKIN CRAB	10 fl oz	350	27	17	1	15	>1	6	9	120	770

NUTRITIONAL INFORMATION - KIDS MEALS

PRODUCT	SERVING SIZE (ounces)	CALORIES (total)	TOTAL FAT		TRANS FAT (grams)	DIETARY				SODIUM (mg)	
			FAT (grams)	FAT (grams)		FAT (grams)	CARBS (grams)	FIBER (grams)	SUGARS (grams)		PROTEIN (grams)
GARDEN SALAD	4.1 oz	60	2.5	0	0	5	1	3	4	10	95
CHICKEN TENDERS	5.4 oz	280	10	2	0	26	2	0	20	40	1080
PEANUT BUTTER AND JELLY	3.1 oz	320	15	3	0	39	2	21	9	0	340
CHEESE PIZZA	5.1 oz	330	8	4.5	0	46	2	3	20	30	750
MACARONI & CHEESE	10 oz	510	16	4.5	0	72	3	16	18	30	1240

NOTES

- 1) WEIGHTS AND VOLUMES OF EACH ITEM MAY VARY SLIGHTLY. THIS MAY AFFECT THE ACTUAL VALUES GIVEN.
- 2) ABOVE INFORMATION DOES NOT INCLUDE SIDE ITEMS.
- 3) PB&J IS BASED ON WHITE BREAD SELECTION.

NUTRITIONAL INFORMATION - DRESSINGS

PRODUCT	SERVING SIZE (ounces)	CALORIES (total)	TOTAL FAT		TRANS FAT (grams)	DIETARY				SODIUM (mg)	
			FAT (grams)	FAT (grams)		FAT (grams)	CARBS (grams)	FIBER (grams)	SUGARS (grams)		PROTEIN (grams)
FF ITALIAN	1 oz	15	0	0	0	2	0	2	0	0	320
FF RASPBERRY	1 oz	30	0	0	0	8	0	7	0	0	70
FF SUN DRIED TOMATO	1 oz	60	0	0	0	14	0	10	0	0	210
BALSAMIC	1 oz	60	0	0	0	3	0	2	0	0	210
GREEK	1 oz	70	8	1.5	0	2	0	1	0	>5	250
LITE RANCH	1 oz	90	9	1.5	0	>1	0	>1	>1	10	270
JALAPENO RANCH	1 oz	100	10	1.5	0	1	0	>1	>1	5	230
SWEET PLUM	1 oz	100	8	1.5	0	8	0	8	0	0	240
1000 ISLAND	1 oz	100	10	1.5	0	4	0	4	0	5	240
RANCH	1 oz	110	12	2	0	1	0	>1	>1	10	220
HERB CITRUS	1 oz	110	10	1.5	0	4	0	3	0	0	110
GORG RANCH	1 oz	110	12	2	0	1	0	>1	1	10	230
BLUE CHEESE	1 oz	110	11	2	0	1	0	>1	2	10	230
HONEY LIME	1 oz	130	11	1.5	0	8	0	8	0	>5	80
THAI SPICY PEANUT	1 oz	130	11	1.5	0	7	0	6	>1	0	310
CAESAR	1 oz	140	14	2.5	0	2	0	>1	2	15	360
HONEY MUSTARD	1 oz	140	13	2	0	7	0	6	0	10	200
GARLIC BALSAMIC	1 oz	150	17	2.5	0	1	0	1	0	10	95

ALLERGEN INFORMATION

Milk	Shell-Fish	Wheat	Soy	Tree Nuts	Egg	Fish	Peanuts
◆		◆	◆		◆	◆	

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◆		◆	◆		◆		◆

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◆		◆	◆		◆		◆

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Milk	Shell-Fish	Wheat	Soy	Tree Nuts	Egg	Fish	Peanuts
◆		◆	◆		◆	◆	◆



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NUTRITIONAL INFORMATION - DESSERTS

PRODUCT	SERVING SIZE (Each)	TOTAL CALORIES (Total)	TRANS FAT			DIETARY				
			TOTAL FAT (grams)	SAT. FAT (grams)	TRANS FAT (grams)	FIBER (grams)	SUGARS (grams)	PROTEIN (grams)	CHOLEST. (mg)	SODIUM (mg)
Mints	1 Each	130	5	4.5	0	0	16	>1	10	75
Strawberry Shortcake	1 Each	150	8	5	0	0	15	1	20	105
Chocolate Dream	1 Each	200	9	6	0	1	22	2	40	140
Triamisu	1 Each	280	14	9	0	0	31	4	95	140
Key Lime										
Gelato	1 Scoop	203	12	7	0	0	21	5	105	75
Vanilla Bean	1 Scoop	208	12	7	0	0	22	4	90	115
Cappuccino	1 Scoop	208	12	7	0	0	22	4	90	115
Roasted Banana	1 Scoop	220	9	5	0	0	26	8	75	105
Strawberry	1 Scoop	232	14	8	0	0	21	5	115	60
Dark Chocolate	1 Scoop	280	13	6	0	2	30	10	75	115
Rocky Road										
Sorbet	1 Scoop	110	0	0	0	0	23	1	0	10
Orange	1 Scoop	120	0	0	0	2	28	0	0	0
Raspberry	1 Scoop	140	0	0	0	0	34	0	0	0
Mango										
Large Cookies	2 nibblers	100	6	2.5	0	1	0	2	5	105
Sugar Free Choc Chip	2 nibblers	120	7	2	0	1	0	2	10	135
Sugar Free Oatmeal Pecan	1 Each	240	18	10	0	1	27	3	35	220
White Chocolate Mac	1 Each	280	9	3	0	3	15	5	25	220
Oatmeal Raisin	1 Each	300	14	8	0	2	29	3	35	230
Chocolate Chip	1 Each	310	14	10	0	1	28	5	40	200
Triple Chocolate	1 Each	320	15	11	0	1	27	3	40	240
Lemon Cooler	1 Each	320	15	6	0	2	24	5	10	440
Peanut Butter	1 Each	350	16	4.5	0	4	25	6	30	230
Harvest Cookie										

ALLERGEN INFORMATION

PRODUCT	Milk	Shell-Fish	Wheat	Soy	Tree Nuts	Egg	Fish	Peanuts
Mints	◆		◆	◆		◆		
Strawberry Shortcake	◆		◆	◆		◆		May
Chocolate Dream	◆		◆	◆		◆		
Triamisu	◆		◆	◆		◆		
Key Lime	◆					◆		
Gelato	◆					◆		
Vanilla Bean	◆					◆		
Cappuccino	◆					◆		
Roasted Banana	◆					◆		
Strawberry	◆					◆		
Dark Chocolate	◆				◆	◆		
Rocky Road								
Sorbet								
Orange								
Raspberry								
Mango								
Large Cookies	◆		◆	◆	May	◆		May
Sugar Free Choc Chip	◆		◆	◆	◆	◆		May
Sugar Free Oatmeal Pecan	◆		◆	◆	◆	◆		May
White Chocolate Mac	◆		◆	◆	May	◆		May
Oatmeal Raisin	◆		◆	◆	May	◆		May
Chocolate Chip	◆		◆	◆	May	◆		May
Triple Chocolate	◆		◆	◆	May	◆		May
Lemon Cooler	◆		◆	◆	May	◆		◆
Peanut Butter	◆		◆	◆	◆	◆		May
Harvest Cookie	◆		◆	◆	◆	◆		May

NOTES
1) WEIGHTS OF GELATO AND SORBET BASED ON APROX 4OZ. SERVING MAY VARY SLIGHTLY. THIS MAY AFFECT THE ACTUAL VALUES GIVEN.

Nutritional and Allergens Disclaimer

The nutrition information on this website is derived from testing conducted in accredited laboratories, published resources, or from information provided from Crisper's suppliers. The nutrition information is based on standard product formulations and serving sizes. All nutrition information is based on average values for ingredients from Crisper's suppliers throughout the U.S. and is rounded to meet current US FDA NLEA guidelines. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. None of our products is certified as vegetarian. This information is correct as of January 2009, unless stated otherwise.

Although we require our suppliers to meet high standards for quality and safe food handling, we cannot know for an absolute certainty if the food items we purchase from outside sources do or do not contain allergens. Our foods are distributed, and in some cases, packaged and prepared by our vendors, therefore, it is uncertain whether or not items have been cross contaminated before reaching a Crispers restaurant. We can, however, make certain that every precaution necessary can be taken in the kitchen if the guest makes the manager aware of their allergies before ordering so that the kitchen staff can appropriately accommodate the specific guest needs.