



Bad Ass Jack's Nutritional Data

For more detailed information, please direct your enquiries to roberta@badassjacks.com

Meals:

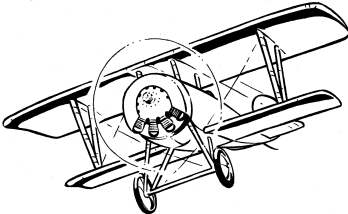
Item	Calories / each	Fat	Protein	Carbs	Sugar	Sodium
Asian-Style Box- Small Beef* ☆	280 Kcal	4.66 g Sat: 1.59 g Trans: 0 g	14.23 g	43.86 g	1.98 g	50.71 mg
Asian-Style Box- Med Beef* ☆	349 Kcal	6.23 g Sat: 2.10 g Trans: 0 g	18.83 g	53.19 g	3.91 g	79.48 mg
Asian-Style Box- Large Beef* ☆	502 Kcal	9.26 gm Sat: 3.14 g Trans: 0 g	27.56 g	75.12 g	4.9 g	108.66 mg
Asian-Style Box- Small Chicken*	265 Kcal	1.77 g Sat: 0.45 g Trans: 0 g	16.81 g	43.86 g	1.98 g	54.58 mg
Asian-Style Box- Med Chicken* ☆	329 Kcal	2.38 g Sat: 0.58 g Trans: 0 g	22.27 g	53.19 g	3.91 g	84.64 mg
Asian-Style Box- Lg Chicken* ☆	472 Kcal	3.48 g Sat: 0.87 g Trans: 0 g	32.73 g	75.12 g	4.9 g	116.4 mg
Cheezy Grilled Wrap-Cordon Bleu, Small*	471 Kcal	27.46 g Sat: 11.07 g Trans: 0.05 g	27.91 g	27.79 g	6.1 g	1079.42 mg
Cheezy Grilled Wrap-Cordon Bleu, Lg*	669 Kcal	41.44 g	35.73 g	38.9 g	12.05 g	1644.58 mg
Cheezy Grilled Wrap-Chicken Club, Sm*	449 Kcal	27.19 g Sat: 11g Trans: 0.05 g	24.42 g	26.73 g	6.1 g	778.97 mg
Cheezy Grilled Wrap-Chicken Club, Lg*	764 Kcal	51.44 g Sat: 21.29 g Trans: 0.1 g	38.47 g	37.69 g	12.19 g	1404.57 mg
Cheezy Grilled Wrap-Philly, Sm*	471 Kcal	34.08 g Sat: 10.99 g Trans: 0.03 g	21.51 g	19.45 g	1.33 g	644.93 mg
Cheezy Grilled Wrap-Philly, Lg*	809 Kcal	65.02 g Sat: 21.1 g Trans: 0.06 g	33.78 g	23.13 g	2.64 g	1143.16 mg

Item	Calories / each	Fat	Protein	Carbs	Sugar	Sodium
Cheezy Grilled Wrap-Southwest, Sm*	327 Kcal	17.61 g Sat: 9.56 g Trans: -	23.24 g	18.33 g	1.33 g	388.66 mg
Cheezy Grilled Wrap-Southwest, Lg*	519 Kcal	32.35 g Sat: 18.44 g Trans: -	35.81 g	20.89 g	2.64 g	623.99 mg
Original Jack's Wrap-Small Chicken* 🍌	314 Kcal	5.1 g Sat: 1.21 g Trans: 0 g	20.71 g	46.4 g	3.7 g	199.17 mg
Original Jack's Wrap-Large Chicken* 🍌	453 Kcal	6.92 g Sat: 1.6 g Trans: 0 g	29.19 g	69.21 g	6.21 g	233.16 mg
Original Jack's Wrap-Small Beef* 🍌	309 Kcal	5.5 g Sat: 1.5 g Trans: 0 g	18.55 g	46.4 g	3.7 g	189.2 mg
Original Jack's Wrap-Large Beef* 🍌	447 Kcal	7.46 g Sat: 1.99 g Trans: 0 g	26.32 g	69.21 g	6.21 g	219.88 mg
West Coast Wrap-Chicken Caesar, Sm	368 Kcal	24.06 g Sat: 4.86g Trans: -	18.82 g	18.38 g	1.24 g	659.39 mg
West Coast Wrap-Chicken Caesar, Lg	544 Kcal	40.89 g Sat: 7.47 g Trans: -	23.54 g	19.31 g	2.03 g	1011.07 mg
West Coast Wrap-Chicken Ranch, Sm	301 Kcal	17.94 g Sat: 3.13 g Trans: 0.11 g	15.48 g	19.13 g	1.41 g	398.6 mg
West Coast Wrap-Chicken Ranch, Lg	466 Kcal	33 g Sat: 5.55 g Trans: 0.22 g	20.3 g	22.49 g	2.83 g	643.83 mg
West Coast Wrap-Chicken Souvlaki, Sm	213 Kcal	6.23 g Sat: 2.18 g Trans: -	17.33 g	21.27 g	3.75 g	263.11 mg
West Coast Wrap-Chicken Souvlaki, Lg	281 Kcal	9.06 g Sat: 3.59 g Trans: -	23.87 g	25.89 g	7.19 g	337.94 mg
West Coast Wrap- Go Veggie, Sm	285 Kcal	17.91 g Sat: 4.98 g Trans: 0.07 g	7.08 g	24.77 g	4.58 g	514.05 mg

Item	Calories / each	Fat	Protein	Carbs	Sugar	Sodium
West Coast Wrap- Go Veggie, Lg	473 Kcal	33.78 g Sat: 9.51 g Trans: 0.14 g	11.52 g	32.87 g	8.77 g	889.27 mg
West Coast Wrap- Singapore, Sm	187 Kcal	23.74 g Sat: 0.92 g Trans: 0 g	15.94 g	21.88 g	1.95 g	181.0 mg
West Coast Wrap- Singapore, Lg	247 Kcal	4.76 g Sat: 1.18 g Trans: 0 g	21.5 g	29.25 g	3.39 g	205.55 mg
Sub- Beef, Sm	346 Kcal	10.33 g Sat: 5.03 g Trans: 0.05 g	21.66 g	40.33 g	3.67 g	696.8 mg
Sub- Beef, Lg	694 Kcal	20.63 g Sat: 10.04 g Trans: 0.1 g	41.19 g	81.16 g	7.62 g	1266.12 mg
Sub- Chicken, Sm	331 Kcal	7.44 g Sat: 3.89 g Trans: 0.05 g	24.24 g	40.33 g	3.67 g	700.67 mg
Sub- Chicken, Lg	662 Kcal	14.83 g Sat: 7.77 g Trans: 0.1 g	46.17 g	80.75 g	5.51 g	1269.89 mg
Sub- Club, Sm	329 Kcal	7.45 g Sat: 3.9 g Trans: 0.05 g	23.83 g	40.35 g	3.76 g	811.66 mg
Sub- Club, Lg	656 Kcal	14.84 g Sat: 7.79 g Trans: 0.1 g	45.33 g	80.79 g	7.51 g	1491.87 mg
Sub- Veggie & Cheese, Sm	267 Kcal	6.15 g Sat: 3.53 g Trans: 0.05 g	11.92 g	40.33 g	3.67 g	673.88 mg
Sub- Veggie & Cheese, Lg	536 Kcal	12.27 g Sat: 7.05 g Trans: 0.1 g	21.71 g	81.16 g	7.62 g	1220.28 mg
Kids Grilled Ham & Cheese	298 Kcal	16.17 g Sat: 8 g Trans: 0 g	19.88 g	17.41 g	0.15 g	1036.19 mg
For Large Asian Soup	134 Kcal	3.8 g Sat: 1.4 g Trans: 0	2.6 g	23.8 g	3.0 g	3384 mg

Item	Calories / each	Fat	Protein	Carbs	Sugar	Sodium
For Medium Asian Soup	67 Kcal	1.9 g Sat: 0.7 Trans: 0	1.3 g	11.9 g	1.5 g	1692 mg

* Sauce not included in this calculation- see the sauces section
 ☆For noodles, add: small +132 Kcal, medium +148 Kcal, large +214.5 Kcal
 ⊛For rice, subtract: small -41 Kcal, large -74 Kcal



Sauces:

Name	Calories / 15 ml	Fat	Protein	Carbs	Sugar	Sodium
Southwest Sauce	34 Kcal	3.5 g Sat: 0.9 g Trans: 0 g	0.3 g	0.8 g	0.7 g	39 mg
Tzatziki	16 Kcal	1.3 g Sat: 0 g Trans: 0 g	0.5 g	0.8 g	0.8 g	7 mg
BBQ Ranch	49 Kcal	4 g Sat: 0.8 g Trans: 0g	0.4 g	3.6 g	3.6 g	88 mg
Hickory BBQ	10 Kcal	0 g	0 g	2 g	2 g	3 mg
Caribbean Jerk	1 Kcal	0.03 g	0.04 g	0.13 g	0.09 g	189.35 mg
Caesar- Garlic Lovers	78 Kcal	8.33 g Sat: 0.74 g Trans: 0.03 g	0.42 g	0.68 g	0.39 g	106.5 mg
Sweet Chili Sauce	4 Kcal	0.11 g Sat: 0.01 g Trans: 0 g	0.16 g	0 g	0.46 g	4.5 mg
Dijon Mustard	14 Kcal	0.96 g Sat: 0.15 g Trans: 0 g	0.9 g	0.81 g	0 g	198.79 mg
Honey Garlic Sauce	65 Kcal	0 g	0.06 g	17.71 g	17.65 g	0.86 mg
Honey Mustard Dijon	55 Kcal	4.07 g Sat: 0.37 g Trans: 0.03 g	0.11 g	4.96 g	2.75 g	175.99 mg
Mayonnaise	100 Kcal	11.07 g Sat: 1.2 g Trans: 0 g	0.15 g	0.38 g	0.07 g	79.23 mg
Mustard	11 Kcal	0.63 g Sat: 0.04 g Trans: 0 g	0.69 g	0.84 g	0.14 g	179.18 mg
Orange Ginger Sauce	35 Kcal	0.67 g Sat: 0.1 g Trans: 0 g	0.14 g	7.03 g	5.91 g	100.08 mg
Ranch	75 Kcal	7.98 g Sat: 1.24 g Trans: 0.06 g	0.16 g	1.04 g	0.38 g	126.88 mg

Name	Calories / 15 ml	Fat	Protein	Carbs	Sugar	Sodium
Salsa	5 Kcal	0 g	0.25 g	1 g	0.75 g	127.5 mg
Thai Sauce	16 Kcal	0.65 g Sat: 0.09 g Trans: 0 g	0.23 g	2.35 g	0.94 g	233.4 mg
Szechuan Sauce	19 Kcal	0.94 g Sat: 0.14 g Trans: 0 g	0.47 g	2.81 g	0 g	178.13 mg
Teriyaki Sauce	87 Kcal	9.05 g Sat: 0.78 g Trans: 0 g	0.16 g	1.25 g	0 g	98,87 mg
Tyaki Sauce	52 Kcal	4.84 g Sat: 0.44 g Trans: 0 g	0.19 g	1.79 g	0.47 g	166.13 mg
Honey Mustard Ranch	65 Kcal	6.02 g Sat: 0.81 g Trans: 0.04 g	0.13 g	3.0 g	1.56 g	151.33 mg
Cajun Sauce	1 Kcal	0.03 g Sat: 0 g Trans: 0 g	0.04 g	0.13 g	0.09 g	189.35 mg
Curry Sauce	37 Kcal	3.25 g Sat: 0.46 g Trans: 0 g	0.09 g	2.79 g	0 g	116.25 mg
Pineapple Curry Sauce	14 Kcal	0.6 g Sat: 0.3 g Trans: 0.05 g	0.48 g	1.68 g	0.84 g	97.2 mg
Butter Chicken	24 Kcal	1.76 g Sat: 0.47 g Trans: -	0.63 g	1.51 g	0.72 g	56.46 mg