

## Caribbean Jerk

**Ingredients:** Pineapple Juice From Concentrate, Brown Sugar, Soy Sauce (Water, Wheat, Soybeans, Salt), Spices (Chipotle, Chili Powder, Allspice, Cumin, Cayenne Pepper, Black Pepper, Thyme), Vinegar, Salt, High Fructose Corn Syrup, Garlic, Onion Powder, Modified Corn Starch, Lactic Acid, Xanthan Gum, Paprika, Sodium Benzoate and Calcium Disodium EDTA Used to Protect Quality, Sugar, Garlic Powder, Maltodextrin, Natural Flavors, Corn Syrup Solids. **\*CONTAINS SOY**

Nutrition Facts	
Serving Size 2 Tbsp	
Amount Per Serving	
Calories	35
% Daily Value	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g 0%
Sodium	280 mg 12%
Total Carbohydrates	8g 3%
Sugars	6g
Protein	0g

## Alfredo Sauce

**Ingredients:** Skim Milk, Water, Cream, Cream Cheese (Cream, Nonfat Dry Milk, Salt, Enzymes), Parmesan Cheese (Cultured Milk, Salt, Enzymes), Romano Cheese (Cultured Milk, Salt, Enzymes), Butter (Cream, Salt), Food Starch – Modified, Contains less than 2% of Maltodextrin, Salt, Natural Flavor, Sodium Phosphate, Sodium Citrate, Cellulose Gel, Cellulose Gum, Vegetable Mono & Diglycerides, Spice. **\*CONTAINS MILK**  
**\* GLUTEN FREE**

Nutrition Facts	
Serving Size ¼ cup	
Amount Per Serving	
Calories	120 Calories from Fat 90
% Daily Value	
Total Fat	10g 15%
Saturated Fat	6g 30%
Trans Fat	0g
Cholesterol	30mg 10%
Sodium	450mg 19%
Total Carbohydrates	4g 1%
Dietary Fiber	0g 0%
Sugars	1g
Protein	4g
Vitamin A	6%
Vitamin C	0%
Calcium	10%
Iron	0%

## Mango Habanero

**Ingredients:** Tomato Puree (Water, Tomato Paste), Water, High Fructose Corn Syrup, Carrots, Pineapple Juice From Concentrate, Vinegar, Modified Corn Starch, Salt, Brown Sugar, Roasted Onion, Lactic Acid, Hydrolyzed Protein (Corn, Soy, Wheat) Sodium Benzoate and Calcium Disodium EDTA used to Protect Quality, High Maltose Corn Syrup Solids, Garlic Powder, Sugar, Natural Flavors, Spice and Color, Onion Powder. **\*CONTAINS SOY & WHEAT**

Nutrition Facts	
Serving Size 2 Tbsp	
Amount Per Serving	
Calories	25
% Daily Value	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g 0%
Sodium	115 mg 5%
Total Carbohydrates	6g 2%
Sugars	5g
Protein	0g

## Szechuan

**Ingredients:** Water, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), High Fructose Corn Syrup, Sherry, Soybean Oil, Modified Food Starch, Vinegar, Spices, Oyster Sauce (Oyster Extractives, Sugar, Water, Salt, Modified Food Starch, Caramel Color), and less than 1% of Sesame Oil, Natural Flavors, Salt.

**\*CONTAINS SOY, SULFITES & WHEAT**

## Lava

**Ingredients:** Water, Sugar, Red Chilis, Vinegar, Modified Corn Starch, Salt, Contains less than 2% of: Dried Garlic, Dried Red Peppers, Acetic Acid

**\* GLUTEN FREE**

## Roasted Tomato

**Ingredients:** Tomato Puree, Diced Tomatoes, Corn Syrup, Extra Virgin Olive Oil, Soybean Oil, Natural Flavor, Salt, Dehydrated Onions, Garlic Puree, Spices, Xanthan Gum, Citric Acid.

**\*GLUTEN FREE**

## Nutrition Facts

Serving Size 2 Tbsp

Amount Per Serving

Calories 140 Calories from Fat 20

% Daily Value

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Sodium 380 mg 16%

Total Carbohydrates 6g 2%

Dietary Fiber 0g 0%

Sugars 3g

Protein < 1g

## Nutrition Facts

Serving Size 2 tsp

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 340mg 14%

Total Carbohydrates 15g 5%

Dietary Fiber 0g 0%

Sugars 14g

Protein 0g

Vitamin A 2% Vitamin C 2%

Calcium 0% Iron 0%

## Nutrition Facts

Serving Size ½ cup

Amount Per Serving

Calories 120 Calories from Fat 50

% Daily Value

Total Fat 6g 9%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 570mg 24%

Total Carbohydrates 16g 5%

Dietary Fiber less than 1g 3%

Sugars 12g

Protein 2g

Vitamin A 20% Vitamin C 40%

Calcium 10% Iron 6%

## Spicy Buffalo

**Ingredients:** Distilled Vinegar, Aged Red Cayenne Peppers, Salt, Water, Modified Food Starch, Canola Oil, Paprika, Vegetable Fiber, Xanthan Gum, Sodium Benzoate (As a Preservative), Natural Butter Type Flavor, Garlic Powder.

**\*GLUTEN FREE**

## Sweet and Sour

**Ingredients:** Water, High Fructose Corn Syrup, Tomato Puree (Water, Tomato Paste), Pineapple & Pineapple Juice, Vinegar, Modified Corn Starch, Contains 2% or less of; salt, orange juice concentrate, dried vegetables, (Red & Green Bell Peppers, Onion, Garlic), Citric Acid, Spices, Yellow 6

**\*GLUTEN FREE**

## Ginger Citrus

**Ingredients:** Water, Sugar, Soy Sauce (Water, Wheat, Soybeans, Salt, Lactic Acid), Rice Vinegar, Ginger, Modified Corn Starch, Canola Oil, Xanthan Gum, Sesame Seeds, Sesame Oil, Dried Onion and Garlic.

**\*CONTAINS SOY**

## Nutrition Facts

Serving Size 1 Tbsp

Amount Per Serving

Calories 5 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 450 mg 19%

Total Carbohydrates <1g 0%

Dietary Fiber 0g 0%

Sugars 22g

Protein 0g

Vitamin A 4%

## Nutrition Facts

Serving Size 2 Tbsp

Amount Per Serving

Calories 45 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 95 mg 4%

Total Carbohydrates 11g 4%

Dietary Fiber 0g 0%

Sugars 9g

Protein 0g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 0%

## Nutrition Facts

Serving Size 2Tbsp.

Amount Per Serving

Calories 35 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 9%

Total Carbohydrates 8g 3%

Dietary Fiber 0g 0%

Sugars 7g

Protein 0g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 0%

### 3S Sauce

**Ingredients:** Sugar, Soy Sauce (Water, Wheat, Soybeans, Salt.), Water, Distilled White Vinegar, Rice Vinegar, Cooking Sake Wine (Water, Rice, Koji {Aspergillus Oryzae}, Sugar, Lactic Acid), Green Onion, Sesame Seed Oil, Orange Juice Concentrate, Pineapple Juice Concentrate, Modified Corn Starch, Sesame Seeds, Ginger Puree (Fresh Ginger, Water, Phosphoric Acid, Xanthan Gum), Brown Sugar, Cilantro, Salt, Crushed Red Pepper, Spices

**\*CONTAINS SOYBEANS & WHEAT**

Nutrition Facts	
Serving Size 2Tbsp.	
<b>Amount Per Serving</b>	
Calories 33	Calories from Fat 9
<b>% Daily Value</b>	
<b>Total Fat</b> 1g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>9%</b>
<b>Total Carbohydrates</b> 4g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 2g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

### Honey Garlic Soy

**Ingredients:** Water, Sugar, Pure White Honey, Modified Corn Starch, Naturally Brewed Soy Sauce (Water, Soybeans, Wheat, Salt), Minced Garlic, Contains less than 2% of: Dried Garlic, Salt, Citric Acid, Natural Flavor, Caramel Color, Sodium Benzoate (to ensure freshness).

**\*CONTAINS SOY & WHEAT**

Nutrition Facts	
Serving Size 2Tbsp.	
<b>Amount Per Serving</b>	
Calories 60	Calories from Fat 0
<b>% Daily Value</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrates</b> 14g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 13g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

### Island Teriyaki

**Ingredients:** Water, Corn Syrup, Naturally Brewed Soy Sauce (water, soybeans, wheat, salt), Sugar, Modified Corn Starch, Contains 2% or less of: Fancy molasses, lemon juice concentrate, salt, dried garlic, caramel color, spices.

**\*CONTAINS SOYBEANS & WHEAT**

Nutrition Facts	
Serving Size 2 tbsp	
<b>Amount Per Serving</b>	
Calories 50	Calories from Fat 0
<b>% Daily Value</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 480mg	<b>53%</b>
<b>Total Carbohydrates</b> 412g	<b>15%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 7g	
<b>Protein</b> 1g	

### Thai Peanut

**Ingredients:** Corn Sweetener, Peanut Butter (Shelled Peanuts, Sugar, Hydrogenated Vegetable oils, (Rapeseed, Cottonseed, Soybean) and salt), Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate; less than 1/10 of 1% as a preservative), Soybean Oil, Water, Rice Vinegar, White Vinegar, Refiner Syrup and Invert Syrups, Ginger Puree, Sesame Oil (Cottonseed, or Soybean Oil and Sesame Oil), Sesame Seeds, Minced Garlic, Food Grade Xanthan Gum, Sodium Benzoate, Potassium Sorbate, Minced Onion, Caramel Color, Aquarresin Ginger (Natural Extractives of Ginger with Mono and diglycerides and lecithin), Cider Flavor (Non flavoring Ingredients: Water, Sugar and Sodium Benzoate), Granulated Garlic, Chili Oil (Soybean Oil, Chili Pepper Powder), Dehydrated Chives **\*CONTAINS WHEAT, SOYBEAN OIL, SOY & PEANUT BUTTER**

### Lemon Garlic Herb

**Ingredients:** Liquid Soybean Oil, Water, Salt, Hydrogenated Soybean Oil and/or Cottonseed Oil, Vegetable Monoglycerides, Soy Lecithin, Potassium Sorbate and Citric Acid (Preservatives), Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Lemon Juice from Concentrate (Water, Concentrated Lemon Juice), Sodium Benzoate, Sodium Metabisulfite and Sodium Sulfite (Preservatives), Lemon Oil, Salt, Black Pepper, Citric Acid, Dehydrated Onion, Dehydrated Garlic, Maltodextrin, Sugar, Yellow #5 Lake, Natural Flavor, and Less than 2% Silicon Dioxide to prevent caking. **\*GLUTEN FREE**

### Asian BBQ

**Ingredients:** High Fructose Corn Syrup, Tomato Puree (Water, Tomato Paste), Distilled Vinegar, Modified Food Starch, contains less than 2% of: Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate (as a preservative), Molasses, Corn Syrup, Garlic\*, Sugar, Tamarind. \*Dried.

Nutrition Facts	
Serving Size 2 Tbsp	
<b>Amount Per Serving</b>	
Calories 120	Calories from Fat 80
<b>% Daily Value</b>	
<b>Total Fat</b> 9g	<b>13%</b>
Saturated Fat 1.5g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrates</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 7g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

Nutrition Facts	
Serving Size 1 oz. (28g)	
<b>Amount Per Serving</b>	
Calories 190	Calories from Fat 190
<b>% Daily Value*</b>	
<b>Total Fat</b> 21g	<b>32%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 490mg	<b>20%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 0g	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Nutrition Facts	
Serving Size 2 Tbsp	
<b>Amount Per Serving</b>	
Calories 70	
<b>% Daily Value</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 300mg	<b>12%</b>
<b>Total Carbohydrates</b> 17g	<b>3%</b>
Sugars 15g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%



# NUTRITION FACTS

## BLUE PACIFIC GRILL SAUCES CONTAIN NO MSG

Included is the latest Nutritional Information for our sauces here at Blue Pacific Grill. These numbers should be used as a guideline, as slight variations may occur.

### Zesty Orange

**Ingredients:** Corn Syrup, High Fructose Corn Syrup, Soy sauce (water, wheat, soybeans, salt, less than 1% sodium benzoate as a preservative), white distilled vinegar, modified cornstarch, 2% or less of garlic, toasted sesame oil, concentrated orange juice, spices, extractives of annatto, canola oil, xanthan gum, salt. **\*CONTAINS SOY & WHEAT**

Nutrition Facts	
Serving Size 2 Tbsp.	
<b>Amount Per Serving</b>	
Calories 90	Calories from Fat 0
<b>% Daily Value</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrates</b> 21g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 17g	
<b>Protein</b> 30g	