



NUTRITIONAL INFORMATION

Nutritional information is based on 1 serving of each item

GRAIN BOWLS	Gluten-Free	Vegetarian	Vegan	Calories	Calories from Fat	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Sodium (mg)
Fiesta Bowl	✓	✓		798	301	20	45	9	0	28	83	12	10	2503
Tuna Poke Bowl				814	244	28	45	7	0	18	80	12	23	2896
Power Bowl	✓	✓	✓	583	279	10	33	3	0	0	64	10	3	364
Thai Bowl	✓	✓	✓	669	142	13	33	15	0	0	83	10	11	619

GREENS & GRAINS	Gluten-Free	Vegetarian	Vegan	Calories	Calories from Fat	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Sodium (mg)
Avocado Crunch	✓			547	321	19	37	4	0	15	39	10	9	2704
Club Med Bowl		✓		426	117	17	16	6	0	28	57	8	22	808
Cashew Bowl	✓	✓		450	186	16	23	4	0	0	57	7	16	2586

SALADS	Gluten-Free	Vegetarian	Vegan	Calories	Calories from Fat	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Sodium (mg)
Cultured Cobb	✓			720	471	49	65	18	0	362	25	11	8	1800
Chicken Caesar				712	359	50	42	11	0	333	36	6	6	2292
Local Roots	✓	✓		550	404	13	46	9	0	17	25	6	16	721
Southwest Ranch				632	105	34	34	10	0	134	50	7	31	2421

WRAPS	Gluten-Free	Vegetarian	Vegan	Calories	Calories from Fat	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Sodium (mg)
Chicken Bacon Caesar				857	464	50	56	17	0	342	39	4	4	2491

PLATES	Gluten-Free	Vegetarian	Vegan	Calories	Calories from Fat	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Sodium (mg)
Golden Greek				771	221	55	25	8	0	209	86	8	46	1655
Japanese BBQ				941	306	35	46	11	2	97	97	8	23	1731



NUTRITIONAL INFORMATION

Nutritional information is based on 1 serving of each item

PROTEINS	Gluten-Free	Vegetarian	Vegan	Calories	Calories from Fat	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Sodium (mg)
Beef Meatballs				285	168	18	19	7	1	66	11	0	1	444
Roasted Chicken	✓			157	50	23	6	1	0	104	4	3	1	1054
Hot Honey Chicken				201	37	19	4	1	0	91	22	0	0	125
Lentil Meatballs		✓	✓	151	11	10	1	0	0	0	27	6	2	303
Smoked Salmon	✓			94	31	15	3	1	0	18	0	0	0	538
Tempeh	✓	✓	✓	243	100	23	12	3	0	0	14	1	3	512
Roasted Tofu	✓	✓	✓	111	42	12	5	1	0	0	7	1	4	492

DRESSINGS & SAUCES	Gluten-Free	Vegetarian	Vegan	Calories	Calories from Fat	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Sodium (mg)
Caesar (2oz)	✓			182	168	2	19	2	0	18	1	0	1	228
Ginger Mayo (1oz)				145	135	0	16	2	0	9	0	0	0	189
Avocado Green Goddess (2 oz)	✓	✓	✓	229	224	0	25	2	0	0	1	0	0	132
Maple Balsamic Vinaigrette (1.5 oz)	✓	✓	✓	209	186	0	21	2	0	0	5	0	5	190
Poke Dressing (1oz)	✓	✓	✓	71	44	0	5	1	0	0	7	0	6	25
Red Wine Vinaigrette (1.5 oz)	✓	✓	✓	197	180	0	20	3	0	0	3	0	3	102
Salsa Roja (2oz)	✓	✓		178	154	1	17	1	0	0	6	0	4	236
Spicy Ranch (2oz)	✓			122	100	2	11	2	0	9	3	0	2	310
Sweet Potato Curry (4oz)	✓	✓	✓	236	14	3	17	14	0	0	18	2	5	377
Tzatziki (2oz)	✓			28	6	3	1	0	0	2	2	0	1	12
Thai Basil Pesto (2oz)	✓	✓	✓	120	113	0	13	1	0	0	2	0	1	67
Thai Cashew (2oz)	✓	✓		107	43	5	5	1	0	0	17	1	10	2174