



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
Asian BBQ				1102	445	32	62	10.5	1	74	107	10	16	1814

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		√		729	360	17	43	7	0	27	74	7	23	1170
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	√			776	490	57	66.7	18	0.1	399	26	12	8	2172
Chicken Caesar				780	374	57	45	12	0	359	38	7	6	2701
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				1228	521	63	73	22	0.1	199	82	8	4	3437
Mediterranean				891	142	51	30	9	0	148	109	13	15	4020
Santa Fe				1049	193	51	51	16	0.4	160	100	10	9	2013



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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				222	70	32	8	2	0	148	6	4	1.1	1492
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)	√			191	164	2	20	2.6	0	4	1.29	0	0.46	237
Ginger Mayo (1oz)				145	135	0	16	2	0	9	0	0	0	189
Avocado Green Goddess (2oz)	√	√	√	229	224	0	25	2	0	0	1	0	0	132
Maple Balsamic Vinaigrette (1. 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 (1oz)	√	√	√	131	120	0	14	1	0	0	3	0	2	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
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