FORAGE FOOD & BEV KITCHEN

NUTRITIONAL INFORMATION

Nutritional information is based on 1 serving of each item

FEATURED	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)
Mole Bowl		√		720	234	23	26	6	0	25	105	12	13	1453

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
Chicken Chopped				670	468	37	52	11	0	125	17	4	9	1575

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				1160	459	53	51	15	0	130	131	10	20	2620
Santa Fe				1385	540	62	60	18	1	180	149	12	15	2600

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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 Pulled/ Diced Chicken	√			222	70	32	8	2	0	148	6	4	1.1	635
Oven-Baked Falafel	√	√	√	176	75	6	8	1	0	0	21	5	4	366
Smoked Salmon	√			94	31	15	3	1	0	18	0	0	0	538
Citrus Glazed Tofu	√	√	√	155	77	13	9	2	0	0	4	2	2	115

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
Italian Dressing (2oz)	√	√	√	321	315	0	35	3	0	0	4	0	3	240
Maple Balsamic (2oz)	√	√	√	304	280	0	31	2	0	0	6	0	5	246
Poke Dressing (1oz)	√	√	√	71	44	0	5	1	0	0	7	0	6	25
Red Wine Vinaigrette (2oz)	√	√	√	338	336	0	37	3	0	0	1	0	0	260
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 (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

DESSERTS	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)
Forage Date Bar	√	√	√	343	21	6	21	10	0	0	34	1	23	328