



JUST SALAD NUTRITION GUIDE

**Ingredients, Nutritional +
Allergen Information**



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NUTRITIONAL INFORMATION





INGREDIENTS

GREENS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Arugula	20	0.5	0	0	0	20	3	1	2	2
Baby Spinach	20	0	0	0	0	60	3	2	0	3
Extra Crisp Romaine	30	0	0	0	0	15	5	4	2	2
Shredded Cabbage	10	0	0	0	0	10	3	1	1	0
Shredded Kale	25	0	0	0	0	10	3	1	1	2
Supergreens Blend	30	0	0	0	0	50	6	3	2	3
ESSENTIALS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Basmati Rice	60	1.5	0	0	0	45	11	0	0	1
Crispy Onions	30	1.5	0	0	0	60	3	0	0	0
Crunchy Tortilla	80	3.5	0	0	0	55	12	0	0	1
Crunchy Wonton Strips	110	3.5	1	0	0	190	15	0	0	2
Dried Cranberries	70	0	0	0	0	0	19	1	16	0
Edamame	50	2.5	0	0	0	0	4	2	0	5
Fresh Cilantro	0	0	0	0	0	0	0	0	0	0
Garlic Butter Croutons	130	5	1.5	0	0	310	18	1	1	3
Greek Medley <small>(Red Onion, Cucumber + Chickpeas)</small>	50	3	0	0	0	280	6	1	2	1
House-Cooked Chickpeas	70	2.5	0	0	0	45	11	2	2	3
Japanese Furikake Shake	0	0	0	0	0	35	0	0	0	0
Kale Chickpea + Seed Salad	160	12	1.5	0	0	200	11	4	0	4
Overnight Pickled Onion	20	0	0	0	0	15	4	0	2	0
Parsley	0	0	0	0	0	0	0	0	0	0
Pickled Red Cabbage	15	0	0	0	0	60	3	1	2	0
Regenerative Organic Quinoa	50	2	0	0	0	0	6	0	0	1
Roasted Beets	70	2.5	0	0	0	170	12	2	10	2
Roasted Corn	40	0.5	0	0	0	0	9	1	2	1
Roasted Sweet Potatoes	120	4	0	0	0	90	19	3	6	2
Shaved Broccoli	15	0	0	0	0	15	3	1	0	1
Sliced Apples	20	0	0	0	0	0	5	0	4	0
Sliced Carrots	15	0	0	0	0	20	3	1	1	0





INGREDIENTS (CONTINUED)

Essentials (cont.)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sliced Cucumbers	10	0	0	0	0	0	2	0	1	0
Sliced Grape Tomatoes	10	0	0	0	0	0	2	0	1	0
Sliced Pepperoncini	5	0	0	0	0	370	2	0	0	0
Spicy Harissa Pita	80	2.5	0	0	0	150	12	0	0	2
Tajin® Spiced Pumpkin Seeds	120	5	1	0	0	90	15	5	0	5
PREMIUMS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Black Lentils	160	3	0	0	0	150	24	7	0	10
Bob's Red Mill® Hemp Hearts	50	4.5	0	0	0	0	0	0	0	3
Hass Avocado	90	8	1	0	0	0	4	3	0	1
Homemade Avocado Mash	130	12	1.5	0	0	110	7	5	0	2
Homemade Pico de Gallo	15	0	0	0	0	170	4	0	2	0
Roasted Buffalo Cauliflower	45	3	0	0	0	580	4	2	2	2
Roasted Cauliflower	50	3.5	0	0	0	110	4	2	2	2
Roasted Fajitas + Corn	70	2.5	0	0	0	250	13	2	5	2
Roasted Mushrooms	90	7	1	0	0	100	7	3	3	3
CHEESE	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Crumbled Feta	90	7	5	0	30	310	1	0	1	5
Grated Cotija	70	6	3.5	0	20	280	0	0	0	4
Hot Honey Goat Cheese	110	7	5	0	15	160	4	0	3	7
Shaved Parmesan	110	7	4	0	20	460	4	0	0	7
Sharp White Cheddar	130	10	6	0	30	200	0	0	0	7
PROTEIN	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Braised Chicken	240	17	4.5	0	130	350	0	0	0	24
Cage-free Jammy Egg*	70	4.5	1.5	0	185	70	0	0	0	6
Impossible™ Chicken (Plant-Based)	100	4.5	0.5	0	0	230	8	2	0	6
Organic Sesame Tofu	80	6	1	0	0	140	1	0	0	7
Oven Crispy Chicken	160	8	1.5	0	25	380	13	0	0	10
Oven Roasted Chicken	140	5	1	0	65	180	0	0	0	24

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. This notice applies to items marked with an asterisk ().





DRESSINGS (1 OZ)

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Balsamic Vinaigrette	160	17	1.5	0	0	60	2	0	2	0
Balsamic Vinegar	25	0	0	0	0	5	5	0	4	0
Buttermilk Ranch	110	11	2.5	0	10	95	0	0	0	0
Chipotle Vinaigrette	170	19	2	0	0	135	2	0	2	0
Cilantro Lime Vinaigrette	140	16	1.5	0	0	70	2	0	0	0
Creamy Caesar	150	16	2.5	0	10	190	0	0	0	1
Cucumber Tzatziki	35	2.5	0	0	0	65	1	0	0	2
Extra Virgin Olive Oil	240	28	4	0	0	0	0	0	0	0
Extra Virgin Olive Oil + Fresh Lemon	110	12	1.5	0	0	0	2	0	0	0
Fresh Lemon	5	0	0	0	0	0	2	0	0	0
Fresh Lime	0	0	0	0	0	0	1	0	0	0
Green Aji Sauce	140	16	2	0	5	80	0	0	0	0
Half Lemon + Balsamic Vinaigrette Drizzle	110	12	1	0	0	40	2	0	1	0
Honey Mustard Vinaigrette	130	11	1	0	0	150	9	0	8	0
Lemon Basil Vinaigrette	150	16	1.5	0	0	105	1	0	0	0
Miso Ginger Vinaigrette	120	11	1	0	0	390	3	0	0	0
Olive Oil + Balsamic Vinegar	130	14	2	0	0	0	2	0	2	0
Olive Oil + Red Wine Vinegar	120	14	2	0	0	0	0	0	0	0
Red Wine Vinegar	5	0	0	0	0	0	0	0	0	0
Smoky Poblano Ranch	110	11	2.5	0	10	100	1	0	0	0
Spicy Buffalo Ranch	90	9	2	0	10	290	0	0	0	0
Thai Peanut	140	12	1.5	0	0	140	4	0	3	1



SALADS

ICONICS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Crispy Chicken Poblano	480	26	7	0	45	810	47	8	5	20
Thai Chicken Crunch	310	9	2	0	65	410	29	7	6	29
Tokyo Supergreens, Chicken	370	16	2.5	0	65	380	24	13	6	36
Tokyo Supergreens, Tofu	300	17	2.5	0	0	360	26	13	7	19
EARTH-FRIENDLY	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Earth Bowl	430	20	7	0	30	580	51	12	16	16
Earth Bowl w/ Chicken	570	24	8	0	95	760	51	12	16	40
Mezze Crunch	320	16	6	0	30	880	33	7	10	15
Southwest Crunch	410	15	2.5	0	0	500	57	14	8	17
CLASSIC	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Balsamic Chicken Avocado	380	19	4	0	255	270	21	9	6	35
Buffalo Chicken	460	30	11	0	160	670	19	6	6	35
Chicken Caesar	410	18	6	0	90	960	27	4	3	36



MARKET PLATES

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Fajita	610	35	7	0	130	910	48	10	7	32
Chicken + Tzatziki Harvest	640	36	7	0	130	1010	47	8	4	35
Peruvian Chicken	710	39	9	0	140	810	61	12	8	36



WARM BOWLS

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cilantro Lime Chicken	720	39	11	0	160	1230	57	11	7	41
Edamame Crunch	340	18	2.5	0	0	400	30	8	7	19
Hot Honey Harvest	510	32	11	0	145	670	25	5	11	36



WRAPS

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Buffalo Chicken	610	40	12	0	160	1300	50	37	4	48
Honey Crispy Chicken	590	31	8	0	55	1480	79	40	8	36
Spicy Chicken Caesar	570	28	7	0	90	1590	60	36	2	50
Vegan Chipotle	470	27	3.5	0	0	1010	68	41	3	24



DIGITAL EXCLUSIVES

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Pita	500	28	10	0	160	840	33	7	9	35
Honey Crispy Chicken	410	20	7	0	55	830	41	6	7	21
Plant Power	350	16	2	0	0	230	41	13	10	19
Protein Power	680	31	5	0	255	520	56	19	7	50



SOUPS

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Noodle (S)	100	3	1	0	25	680	11	1	2	7
Chicken Noodle (L)	200	6	2	0	50	1360	22	2	4	14
Broccoli Cheddar (S)*	220	15	9	0	50	720	14	2	4	8
Broccoli Cheddar (L)*	440	30	18	0	100	1440	28	4	8	16
Chicken Poblano (S)*	250	15	9	0	60	860	19	3	5	10
Chicken Poblano (L)*	500	30	18	0	120	1720	38	6	10	20
Fire-Roasted Vegetable Soup (S)*	70	2.5	0	0	0	450	12	2	4	2
Fire-Roasted Vegetable Soup (L)*	140	5	0	0	0	900	24	4	8	4
Spiced Pumpkin Bisque (S)*	210	11	7	0	35	360	23	2	13	4
Spiced Pumpkin Bisque (L)*	420	22	14	0	70	720	46	4	26	8

*Served when available.





SMOOTHIES

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Açaí Protein Punch	530	19	1	0	0	270	69	10	46	26
Pineapple Paradise	180	0.5	0	0	0	15	46	5	29	2
PB Protein	450	11	1	0	0	300	62	7	40	31
Strawberry Banana	140	0	0	0	0	20	34	1	28	0
Vegan Protein Powder	100	2.5	0	0	0	260	0	1	0	20

HOUSEMADE LEMONADES

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pineapple Lemonade	120	0	0	0	0	20	31	1	25	0
Strawberry Lemonade	140	0	0	0	0	20	34	1	28	0

BREAD

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chocolate Chip Cookies	130	7	4	0	20	150	16	1	10	2
Focaccia Bread	60	0	0	0	0	115	12	0.5	0.5	2
HERO Wraps™	170	11	1	0	0	640	36	33	0	15



SEASONAL MENU

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Protein Power	680	31	5	0	255	740	56	19	7	50
Garden Herbs + Chicken Salad	460	23	6	0	85	940	30	9	5	36
Wasabi Caesar Salad	420	18	7	0	90	1120	28	4	5	36
Chicken Tinga Market Plate	600	34	6	0	60	1270	54	11	6	23
Street Corn	70	1.5	0.5	0	4	130	13	2	3	3
Super Herbs	0	0	0	0	0	0	0	0	0	0
Pickled Radishes	10	0	0	0	0	20	2	0	2	0
Chicken Tinga	100	4.5	1.5	0	50	380	3	0	2	11
Wasabi Caesar	160	16	2.5	0	10	310	2	0	0	1

ALLERGEN INFORMATION



INGREDIENTS

GREENS	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Arugula									X	X
Baby Spinach									X	X
Extra Crisp Romaine									X	X
Shredded Cabbage									X	X
Shredded Kale									X	X
Supergreens Blend									X	X
ESSENTIALS	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Basmati Rice									X	X
Crispy Onions	X							X	X	
Crunchy Tortilla									X	
Crunchy Wonton Strips	X				X	X		X		
Dried Cranberries									X	
Edamame						X			X	X
Fresh Cilantro									X	X
Garlic Butter Croutons	X	X						X		
Greek Medley <small>(Red Onion, Cucumber + Chickpeas)</small>									X	
House-Cooked Chickpeas									X	X
Japanese Furikake Shake							X		X	
Kale Chickpea + Seed Salad									X	
Organic Quinoa									X	X
Overnight Pickled Onion									X	
Parsley									X	
Roasted Beets									X	X
Roasted Corn									X	
Roasted Sweet Potatoes									X	X
Shaved Broccoli									X	X
Sliced Apples									X	X
Sliced Carrots									X	X
Sliced Cucumbers									X	X
Sliced Grape Tomatoes									X	X
Sliced Pepperoncini									X	
Spicy Harissa Pita	X								X	
Tajin® Spiced Pumpkin Seeds				X					X	



INGREDIENTS (CONTINUED)

PREMIUMS	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Black Lentils									X	
Bob's Red Mill® Hemp Hearts									X	
Hass Avocado									X	
Homemade Avocado Mash									X	
Homemade Pico de Gallo									X	
Roasted Buffalo Cauliflower									X	
Roasted Cauliflower									X	
Roasted Fajitas + Corn									X	
Roasted Mushrooms									X	
CHEESE	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Crumbled Feta		X						X		
Grated Cotija		X						X		
Hot Honey Goat Cheese		X						X		
Sharp White Cheddar		X						X		
Shaved Parmesan		X						X		
PROTEIN	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Braised Chicken										
Cage-free Jammy Egg*					X			X		X
Impossible™ Chicken (Plant-Based)	X					X			X	
Organic Sesame Tofu						X	X		X	
Oven Crispy Chicken	X					X				
Oven Roasted Chicken										

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DRESSINGS (1 OZ)

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Balsamic Vinaigrette									X	
Balsamic Vinegar									X	
Buttermilk Ranch		X			X	X		X		
Chipotle Vinaigrette 									X	
Cilantro Lime Vinaigrette						X			X	
Creamy Caesar		X	X		X	X				
Extra Virgin Olive Oil									X	
Extra Virgin Olive Oil + Fresh Lemon									X	
Fresh Lemon									X	
Fresh Lime									X	
Half Lemon + Balsamic Vinaigrette Drizzle						X			X	
Honey Mustard Vinaigrette								X		
Green Aji Sauce		X				X		X		
Kale Pesto Vinaigrette		X				X		X		
Lemon Basil Vinaigrette						X			X	
Miso Ginger Vinaigrette						X	X		X	
Olive Oil + Balsamic Vinegar									X	
Olive Oil + Red Wine Vinegar									X	
Red Wine Vinegar									X	
Smoky Poblano Ranch 		X			X	X		X		
Spicy Buffalo Ranch 		X			X			X		
Thai Peanut 	X			X		X	X		X	
Yogurt Cucumber		X				X		X		

SALADS

ICONICS	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Crispy Chicken Poblano	X	X				X				
Thai Chicken Crunch 	X				X	X				
Tokyo Supergreens, Chicken							X			
Tokyo Supergreens, Tofu						X	X		X	

 Spicy



SALADS (CONTINUED)

EARTH-FRIENDLY	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Earth Bowl		X								
Earth Bowl w/ Chicken		X								
Mezze Crunch	X	X						X		
Southwest Crunch	X					X			X	
CLASSIC	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Balsamic Chicken Avocado					X					
Buffalo Chicken 	X	X								
Chicken Caesar	X	X								

MARKET PLATES

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Chicken Fajita										
Chicken + Tzatziki Harvest										
Peruvian Chicken		X								

WARM BOWLS

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Cilantro Lime Chicken	X	X								
Edamame Crunch 	X			X		X	X		X	
Hot Honey Harvest		X								

WRAPS

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Buffalo Chicken 	X	X				X				
Honey Crispy Chicken	X	X				X				
Spicy Chicken Caesar 	X	X								
Vegan Chipotle	X					X			X	

 Spicy

DIGITAL EXCLUSIVES

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Chicken Pita 	X	X				X				
Honey Crispy Chicken	X	X				X				
Plant Power				X		X			X	
Protein Power					X	X				

SOUPS

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Broccoli Cheddar*	X	X								
Chicken Noodle	X				X					
Chicken Poblano* 	X	X								
Fire-Roasted Vegetable*						X				
Spiced Pumpkin Bisque*		X								

*Served when available.

SMOOTHIES

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Açaí Protein Punch				X					X	
Pineapple Paradise									X	
PB Protein				X					X	
Strawberry Banana									X	
Vegan Protein Powder									X	

HOUSEMADE LEMONADES

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Pineapple Lemonade									X	
Strawberry Lemonade									X	

 Spicy

BREAD

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Focaccia Bread*	X					X			X	
Chocolate Chips Cookies	X	X			X	X				
HERO Wraps™	X								X	

SEASONAL MENU

	Contains Gluten	Contains Dairy	Contains Fish	Contains Nuts	Contains Eggs	Contains Soy	Contains Sesame	Is It Vegetarian?	Is It Vegan?	Is It Paleo?
Protein Power		X								
Garden Herbs + Chicken Salad	X	X				X				
Wasabi Caesar Salad		X								
Chicken Tinga Market Plate		X								
Street Corn			X							
Super Herbs									X	
Pickled Radishes				X						
Chicken Tinga										
Wasabi Caesar		X	X		X	X				

*Produced in a facility that processes nuts.

Our food may contain or come into contact with common allergens such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish, or gluten. If you have a food allergy or intolerance, please notify us before placing your order.

Nutritional information provided is based on standard recipes and serving sizes. Actual nutritional values may vary due to preparation techniques, ingredient substitutions, and regional differences.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutritional information is available upon request.

