



NUTRITION GUIDE

VOLUME 1

MENU NAME	SERVING WEIGHT	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FATTY ACID(G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	FIBER (2016) (G)	SUGARS (G)	PROTEIN (G)
SIGNATURE SALADS											
Crisp de Light	277g	540	37	8	0	20	690	38	10	10	18
Classic Caesar Salad	226g	530	25	9	0	100	1230	18	5	4	29
No Prob Cobb	382g	560	37	11	0	250	1030	17	6	7	41
Pep In Your Step	228g	470	27	7	0	90	1090	27	5	15	33
#SquashGoals	272g	600	36	9	0	85	1100	36	7	13	27
Thai and Stop Me	227g	350	22	2.5	0	140	560	20	5	12	24
Wild Wild Southwest	427g	620	28	8	0	85	1400	51	11	3	41
GRAIN BOWLS											
Ahh Greek Out	389g	540	25	6	0	80	1570	43	5	4	29
Ricotta Bowl	567g	760	37	8	0	80	1390	68	13	9	42
Seoul Bowl	409g	530	29	3	0	0	1340	52	6	24	16
The Bold and The Buffalo	361g	520	28	8	0	80	1150	36	4	4	33
Wild Child	363g	520	24	6	0	75	910	45	6	18	35
KIDS MEALS											
Adventure Bowl	219g	490	26	9	0	55	490	42	5	18	24
Little Chef Salad	243g	350	25	8	0	225	560	6	2	2	25
Los Niños Bowl	229g	430	24	8	0	55	470	31	6	1	23
Smash Bowl	255g	470	30	9	0	55	740	29	5	6	23
ACAI BOWLS											
Acai You Later	259g	450	10	1.5	0	0	45	90	9	45	6
Give Me S'more	323g	700	29	6	0	0	80	104	8	50	11
Imagine Dragon Fruit	305g	430	9	3	0	0	50	86	8	42	6
It's Crunch Time	305g	540	22	7	0	0	45	87	9	40	10
Protein Power Play	343g	600	28	6	0	0	125	76	7	38	17
Two To Mango	329g	410	10	4	0	0	70	82	8	51	4

MENU NAME	SERVING WEIGHT	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FATTY ACID(G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	FIBER (2016) (G)	SUGARS (G)	PROTEIN (G)
SMOOTHIES											
Big Island	253g	280	3	1.5	0	0	130	58	6	24	14
Date Night	258g	540	23	3.5	0	0	110	69	10	41	23
Green Glow	261g	210	1	0	0	0	100	37	5	24	18
Maple Peanut	248g	480	27	6	0	0	230	44	6	24	24
Mother of Dragonfruit	379g	340	3	1.5	0	0	130	70	6	40	15
Purple Rain	297g	270	1.5	0	0	0	45	54	9	25	18
Rice & Grind	352g	440	18	3	0	0	140	58	7	28	20
Strawberry Sunrise	253g	240	1.5	0	0	0	45	45	7	32	18
BEVERAGES & MORE											
Vegan Chocolate Chip Walnut Cookie	113g	520	27	11	0	0	180	66	3	37	6
Vegan Rice Crispy Treat	70g	290	8	5	0	0	150	52	1	24	2
Blueberry Mint	227g	35	0	0	0	0	5	10	1	7	0
Lemon Raspberry	241g	35	0	0	0	0	10	9	1	7	0
Pineapple Ginger	224g	30	0	0	0	0	10	8	1	5	0
Pomegranate lemon	225g	30	0	0	0	0	10	9	0	7	0
Spiced Apple	227g	45	0	0	0	0	15	17	0	9	0
BUILD YOUR OWN											
Apple	30g	15	0	0	0	0	0	4	1	3	0
Apple Cider Pumpkin Seed Dressing	30g	130	13	1	0	0	150	2	0	2	1
Arugula	43g	10	0	0	0	0	10	2	1	1	1
Avocado	41g	70	6	1	0	0	0	4	3	0	1
Bacon	16g	90	8	3.5	0	5	280	0	0	0	4
Balsamic Vinaigrette	30g	150	17	1	0	0	170	1	0	1	0
Basil	3g	0	0	0	0	0	0	0	0	0	0
Bibimbap Sauce	28g	50	1.5	0	0	0	440	10	0	9	0
Black Beans	84g	80	0	0	0	0	290	15	4	1	5
Blue Cheese	28g	100	8	4.5	0	25	340	2	0	0	5
Blue Corn Chips	18g	90	4	0.5	0	0	70	12	1	0	1

MENU NAME	SERVING WEIGHT	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FATTY ACID(G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	FIBER (2016) (G)	SUGARS (G)	PROTEIN (G)
BUILD YOUR OWN											
Bread	16g	45	1.5	0	0	0	70	7	1	0	2
Brown Rice	76g	90	0.5	0	0	0	0	18	1	0	2
Buffalo Chicken	72g	120	4.5	1	0	35	480	0	0	0	19
Candied Pecans	16g	100	9	1	0	0	70	5	1	3	1
Carrots-Cold Toppings	24g	10	0	0	0	0	15	2	1	1	0
Chickpeas	40g	35	1	0	0	0	110	5	2	0	2
Cilantro	3g	0	0	0	0	0	0	0	0	0	0
Citrus Shrimp	76g	70	0	0	0	140	160	0	0	0	18
Classic Caesar Dressing	30g	150	5	3	0	15	220	2	0	0	2
Coleslaw	19g	60	0	0	0	0	0	16	1	14	0
Creamy Southwest Dressing	30g	100	10	0.5	0	0	270	1	0	0	1
Croutons	12g	50	1.5	0	0	0	85	9	0	0	2
Cucumber	28g	5	0	0	0	0	0	1	0	0	0
Daiikon Radish	24g	5	0	0	0	0	5	1	0	1	0
Edamame	38g	45	2	0	0	0	0	3	2	1	5
Egg	50g	80	5	1.5	0	185	60	1	0	1	6
Fajita Peppers and Onions	32g	25	1.5	0	0	0	45	3	1	1	0
Feta	36g	90	5	3	0	20	440	3	0	1	8
Goat Cheese	32g	80	7	4.5	0	15	150	0	0	0	6
Hummus	28g	60	3.5	0	0	0	170	4	0	0	2
Jalapeno	12g	5	0	0	0	0	0	1	0	0	0
Jalapeno-Lime Dressing	30g	130	15	1	0	0	270	4	0	3	1
Jalapeno Green Goddess	30g	100	10	0.5	0	0	220	1	0	0	1
Kalamata Olives	20g	25	2	0	0	0	150	1	1	0	0
Kale	43g	30	0	0	0	0	15	4	2	1	2
Korean-Lime Dressing	30g	140	16	1.5	0	0	270	4	0	3	1
Lemon Herb Vinaigrette Dressing	30g	60	5	0.5	0	0	230	1	0	0	1
Maple Roasted Butternut Squash	64g	50	2	0	0	0	400	8	1	2	1
Marinated Raisins	24g	45	0	0	0	0	25	12	1	9	0
Mint	3g	0	0	0	0	0	0	0	0	0	0
Napa Cabbage	30g	5	0	0	0	0	0	1	0	0	0
Olive Oil	28g	250	28	4	0	0	0	0	0	0	0
Oranges	36g	15	0	0	0	0	0	4	1	3	0
Parmesan	14g	60	4	2	0	10	250	2	0	0	4

MENU NAME	SERVING WEIGHT	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FATTY ACID(G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	FIBER (2016) (G)	SUGARS (G)	PROTEIN (G)
BUILD YOUR OWN											
Panmean Crisps	14g	40	4	2	0	10	240	2	0	0	4
Peanuts	9g	50	4.5	0.5	0	0	45	2	0	0	2
Pepitas	8g	35	1.5	0	0	0	45	1	1	0	3
Peppercorn Tahini Yogurt Dressing	30g	70	6	1	0	5	120	2	0	0	2
Pita Chips	15g	70	2.5	0	0	0	140	10	1	1	2
Queso Fresco	38g	110	8	5	0	20	270	3	0	3	7
Radicchio	17g	5	0	0	0	0	0	1	0	0	0
Ranch Dressing	30g	110	11	0.5	0	0	210	1	0	0	1
Roasted Brussel Sprouts	64g	40	2	0	0	0	220	6	2	1	2
Roasted Cauliflower	55g	20	0.5	0	0	0	170	3	1	1	1
Roasted Chicken	72g	120	3	0.5	0	46	300	0	0	0	22
Roasted Corn	42g	35	0.5	0	0	0	5	8	1	3	1
Roasted Corn and Poblano	64g	100	2	0	0	0	260	17	4	0	3
Roasted Cimini Mushrooms	64g	45	3.5	0	0	0	190	3	0	1	2
Roasted Tofu	64g	100	5	0.5	0	0	50	3	1	1	10
Roasted Tomatillo Salsa	57g	15	0	0	0	0	200	3	1	2	1
Roasted Tomato	22g	35	2.5	0	0	0	90	2	1	1	1
Romaine	80g	15	0	0	0	0	5	3	2	1	1
Sesame Seeds	3g	15	1.5	0	0	0	0	1	0	0	1
Spinach	43g	30	0	0	0	0	25	2	1	0	1
Sunflower Seeds	14g	100	8	1	0	0	180	3	1	1	4
Thai Peanut	30g	170	17	1.5	0	0	310	5	0	4	1
Tomato	42g	30	0	0	0	0	0	2	1	1	0
Wild Rice	95g	100	0	0	0	0	35	20	2	1	4
White Cheddar	28g	110	9	6	0	25	170	1	0	0	7