

CRISP & GREEN[®] NUTRITION GUIDE | SPRING 2023

Menu Name	Menu Section	Serving Weight	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
GRAIN BOWLS											
Ahh... Greek Out!	Grain Bowls	389g	560	25	6	80	1570	43	5	4	39
Fiesta Bowl	Grain Bowls	567g	760	37	8	80	1390	68	13	9	42
Seoul Bowl	Grain Bowls	409g	530	29	3	0	1340	52	6	24	16
Crispy Teriyaki	Grain Bowls	367g	490	25	3.5	60	1020	38	6	7	30
The Bold & The Buffalo	Grain Bowls	361g	520	28	8	80	1150	36	4	4	33
KIDS BOWLS											
Adventure Bowl	Kids Bowls	219g	490	26	9	55	490	42	5	18	24
Little Chef Salad	Kids Bowls	243g	350	25	8	225	560	6	2	2	25
Los Ninos Bowl	Kids Bowls	239g	430	24	8	55	470	31	6	1	23
Smash Bowl	Kids Bowls	255g	470	30	9	55	740	28	5	6	23
SIGNATURE SALADS											
BBQ Smokeshow	Signature Salads	387g	490	25	3	95	640	41	9	6	25
Cinco de Light	Signature Salads	377g	540	37	8	20	690	38	10	10	18
Classic Chicken Caesar	Signature Salads	326g	530	35	9	100	1230	18	5	4	39
No Prob Cobb	Signature Salads	382g	560	37	11	250	1030	17	6	7	41
Thai & Stop Me	Signature Salads	327g	350	22	2.5	140	560	20	5	12	24
Wild Wild Southwest	Signature Salads	427g	620	28	8	85	1400	51	11	3	41
You Feta Believe It	Signature Salads	311g	500	33	6	80	1140	13	4	6	37
ACAI BOWLS											
Acai Ya Later	Acai Bowls	359g	450	10	1.5	0	65	90	9	45	6
Give Me S'more	Acai Bowls	333g	700	29	6	0	80	104	8	50	11
Imagine Dragonfruit	Acai Bowls	305g	430	9	3	0	50	86	8	42	6
Protein Power Play	Acai Bowls	343g	600	28	6	0	135	76	7	38	17
Tropic Time	Acai Bowls	319g	340	4	3	0	15	77	6	50	2
Two to Mango	Acai Bowls	329g	410	10	4	0	70	83	8	51	4
SMOOTHIES											
Big Island	Smoothies	353g	280	3	1.5	0	130	58	6	34	14
Date Night	Smoothies	258g	540	23	3.5	0	110	69	10	41	23
Green Glow	Smoothies	261g	210	1	0	0	100	37	5	24	18
Maple Pea-Nut	Smoothies	248g	480	27	6	0	330	44	6	24	24
Purple Rain	Smoothies	397g	270	1.5	0	0	65	54	9	35	18
Rise & Grind	Smoothies	302g	460	18	3	0	140	58	7	28	20
Strawberry Sunrise	Smoothies	353g	240	1.5	0	0	65	45	7	32	18
AGUAS FRESCAS (per 8oz)											
Lemon Raspberry	Aguas Frescas	241g	35	0	0	0	10	9	1	7	0
Pineapple Ginger	Aguas Frescas	224g	30	0	0	0	10	8	1	5	0
Pomegranate Lemon	Aguas Frescas	235g	30	0	0	0	10	9	0	7	0
Rishi Citrus Green Tea	Aguas Frescas	245g	0	0	0	0	0	0	0	0	1
Rishi Classic Black Tea	Aguas Frescas	245g	0	0	0	0	0	0	0	0	0
Strawberry Jalapeno	Aguas Frescas	239g	45	0	0	0	10	12	1	9	0

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DESSERTS											
Vegan Walnut Chocolate Chip Cookie	Desserts	113g	520	27	11	0	180	66	3	37	6
Vegan Crispie	Desserts	70g	290	8	5	0	150	52	1	24	2
BUILD YOUR OWN Acai BOWL											
Acai Sorbet	Acai Bases	105g	130	4	0.5	0	15	26	2	14	1
Dragon Fruit Sorbet	Acai Bases	105g	100	0	0	0	0	25	1	14	1
Mango Sorbet	Acai Bases	105g	140	1	0.5	0	10	34	2	26	2
Bananas	Cold Toppings	45g	40	0	0	0	0	10	1	6	0
Blueberries	Cold Toppings	18g	10	0	0	0	0	3	0	2	0
Kiwi	Cold Toppings	20g	10	0	0	0	0	3	1	2	0
Strawberries	Cold Toppings	38g	10	0	0	0	0	3	1	2	0
Cacao Nibs	Dry Toppings	9g	50	4.5	2.5	0	0	2	0	0	1
Cashew Butter	Dry Toppings	30g	190	15	2.5	0	5	8	1	2	5
Granola	Dry Toppings	26g	100	2	0	0	35	20	2	5	3
Protein Puffs	Dry Toppings	10g	40	0	0	0	95	1	0	0	8
Toasted Coconut	Dry Toppings	6g	35	3	2.5	0	0	3	1	0	0
Vegan Marshmallows	Dry Toppings	14g	50	0	0	0	10	12	0	9	0
BUILD YOUR OWN SALAD OR GRAIN BOWL											
Arugula	Bases	43g	10	0	0	0	10	2	1	1	1
Brown Rice	Bases	76g	90	0.5	0	0	0	18	1	0	2
Kale	Bases	43g	20	0	0	0	15	4	2	1	2
Mixed Greens	Bases	43g	5	0	0	0	5	3	2	1	0
Romaine	Bases	80g	15	0	0	0	5	3	2	1	1
Spinach	Bases	43g	10	0	0	0	35	2	1	0	1
Roasted Broccoli	Hot Toppings	50g	50	4.5	0	0	210	3	1	1	1
Black Beans	Hot Toppings	84g	80	0	0	0	290	15	4	1	5
Buffalo Chicken	Hot Toppings	72g	120	4.5	1	55	460	0	0	0	19
Fajita Peppers & Onions	Hot Toppings	32g	25	1.5	0	0	65	3	1	1	0
Roasted BBQ Chicken	Hot Toppings	72g	130	6	1.5	95	130	0	0	0	18
Roasted Cauliflower	Hot Toppings	55g	20	0.5	0	0	170	3	1	1	1
Roasted Chicken	Hot Toppings	72g	120	3	0.5	60	300	0	0	0	22
Roasted Corn & Poblano	Hot Toppings	64g	100	2	0	0	260	17	4	0	3
Roasted Mushrooms	Hot Toppings	64g	45	3.5	0	0	190	3	0	1	2
Roasted Tofu	Hot Toppings	64g	100	5	0.5	0	50	3	1	1	10
Apple	Cold Toppings	30g	15	0	0	0	0	4	1	3	0
Avocado	Cold Toppings	41g	70	6	1	0	0	4	3	0	1
Carrots	Cold Toppings	24g	10	0	0	0	15	2	1	1	0
Citrus Shrimp	Cold Toppings	76g	70	0	0	140	160	0	0	0	18
Cucumber	Cold Toppings	28g	5	0	0	0	0	1	0	0	0
Daikon Radish	Cold Toppings	24g	5	0	0	0	5	1	0	1	0
Egg	Cold Toppings	50g	80	5	1.5	185	60	1	0	1	6
Feta	Cold Toppings	36g	90	5	3	20	440	3	0	1	8
Jalapeno	Cold Toppings	12g	5	0	0	0	0	1	0	0	0
Kalamata Olives	Cold Toppings	20g	25	2	0	0	150	1	1	0	0

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BUILD YOUR OWN SALAD OR GRAIN BOWL											
Napa Cabbage	Cold Toppings	30g	5	0	0	0	0	1	0	0	0
Oranges	Cold Toppings	36g	15	0	0	0	0	4	1	3	0
Parmesan	Cold Toppings	14g	60	4	2	10	250	2	0	0	4
Queso Fresco	Cold Toppings	38g	110	8	5	20	270	3	0	3	7
Radicchio	Cold Toppings	17g	5	0	0	0	0	1	0	0	0
Roasted Corn	Cold Toppings	42g	35	0.5	0	0	5	8	1	3	1
Roasted Tomato	Cold Toppings	22g	35	2.5	0	0	90	2	1	1	1
Strawberries	Cold Toppings	38g	10	0	0	0	0	3	1	2	0
Tomato	Cold Toppings	42g	10	0	0	0	0	2	1	1	0
White Cheddar	Cold Toppings	28g	110	9	6	25	170	1	0	0	7
Bacon	Dry Toppings	16g	90	8	3.5	5	280	0	0	0	4
Craisins	Dry Toppings	19g	60	0	0	0	0	16	1	14	0
Pepitas	Dry Toppings	16g	70	3.5	0	0	125	2	2	1	5
Sunflower Seeds	Dry Toppings	16g	100	8	1	0	180	3	1	1	4
Wonton Strips	Dry Toppings	10g	50	3	1.5	0	45	6	0	0	1
Bacon	Garnishes	8g	45	4	1.5	5	140	0	0	0	2
Basil	Garnishes	3g	0	0	0	0	0	0	0	0	0
Spicy Bibimbap Sauce	Garnishes	28g	50	1.5	0	0	440	10	0	9	0
Blue Corn Chips	Garnishes	18g	90	4	0.5	0	70	12	1	0	1
Bread	Garnishes	16g	45	1.5	0	0	70	7	1	0	2
Cilantro	Garnishes	3g	0	0	0	0	0	0	0	0	0
Croutons	Garnishes	12g	50	1.5	0	0	85	9	0	0	2
Hummus	Garnishes	28g	60	3.5	0	0	170	4	0	0	2
Mint	Garnishes	3g	0	0	0	0	0	0	0	0	0
Olive Oil	Garnishes	28g	250	28	4	0	0	0	0	0	0
Parmesan Crisps	Garnishes	14g	60	4	2	10	260	2	0	0	4
Peanuts	Garnishes	9g	50	4.5	0.5	0	45	2	0	0	2
Pepitas	Garnishes	8g	35	1.5	0	0	65	1	1	0	3
Pita Chips	Garnishes	15g	70	2.5	0	0	140	10	1	1	2
Roasted Tomatillo Salsa	Garnishes	57g	15	0	0	0	200	3	1	2	1
Sesame Seeds	Garnishes	3g	15	1.5	0	0	0	1	0	0	1
Balsamic Vinaigrette	Dressings	30g	150	17	1	0	170	1	0	1	0
Classic Caesar	Dressings	30g	150	15	3	15	220	2	0	0	2
Creamy Southwest	Dressings	30g	100	10	0.5	0	270	1	0	0	1
Jalapeno Green Goddess	Dressings	30g	100	10	0.5	0	220	1	0	0	1
Jalapeno-Lime Vinaigrette	Dressings	30g	130	15	1	0	190	1	0	1	0
Korean Chili Cashew	Dressings	30g	160	16	1.5	0	270	4	0	3	1
Lemon Herb Vinaigrette	Dressings	30g	60	5	0.5	0	230	1	0	0	1
C&G Ranch	Dressings	30g	110	11	0.5	0	210	1	0	0	1
Smoky BBQ Ranch	Dressings	30g	140	15	1	0	260	1	0	0	0
Teriyaki	Dressings	30g	130	12	1	0	350	4	1	3	2
Thai Peanut	Dressings	30g	170	17	1.5	0	310	5	0	4	1