

# CRISP & GREEN<sup>®</sup> NUTRITION GUIDE | SPRING 2024

Menu Name	Menu Section	Serving Weight	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>GRAIN BOWLS</b>											
Ahh... Greek Out!	Grain Bowls	390g	660	37	6	80	1670	43	5	6	38
Crispy Teriyaki	Grain Bowls	367g	500	26	3.5	60	1020	38	6	8	31
Fiesta Bowl	Grain Bowls	567g	760	37	8	80	1400	68	13	10	42
Seoul Bowl	Grain Bowls	409g	530	30	3	0	1340	53	6	24	16
The Bold & The Buffalo	Grain Bowls	361g	520	28	8	80	1150	36	4	4	33
<b>KIDS BOWLS</b>											
Adventure Bowl	Kids Bowls	218g	500	26	9	55	500	42	5	18	24
Little Chef Salad	Kids Bowls	243g	350	25	8	225	560	6	2	2	26
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	29	5	6	23
<b>SIGNATURE SALADS</b>											
C'est La Viche	Signature Salads	413g	390	21	2	140	520	32	6	9	22
Chicken Bacon Ranch	Signature Salads	366g	380	28	5	95	1150	12	6	5	22
Cinco de Light	Signature Salads	377g	540	37	8	20	690	38	10	10	18
Classic Chicken Caesar	Signature Salads	312g	530	35	10	105	1140	16	5	4	42
No Prob Cobb	Signature Salads	382g	560	37	11	255	1040	17	6	7	42
Pesto Parm Perfection	Signature Salads	322g	450	25	4	75	1010	22	4	4	33
Sunny Honey Picnic	Signature Salads	404g	550	29	9	65	1530	35	5	12	36
Wild Wild Southwest	Signature Salads	427g	620	28	8	85	1400	51	11	3	41
You Feta Believe It	Signature Salads	311g	510	33	6	80	1120	16	4	8	37
<b>ACAI BOWLS</b>											
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 Dragon Fruit	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
<b>SMOOTHIES</b>											
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	39	23
Green Glow	Smoothies	261g	210	1	0	0	100	37	5	23	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	34	18
Rise & Grind	Smoothies	302g	460	19	3	0	140	58	7	28	20
Strawberry Sunrise	Smoothies	353g	240	1.5	0	0	65	45	7	31	18
<b>AGUAS FRESCAS (per 8oz)</b>											
Lemon Raspberry	Aguas Frescas	241g	35	0	0	0	10	9	2	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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<b>SNACKS &amp; TREATS</b>											
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
<b>BUILD YOUR OWN ACAI BOWL</b>											
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	0
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
<b>BUILD YOUR OWN SALAD OR GRAIN BOWL</b>											
Arugula	Bases	43g	10	0	0	0	10	2	1	1	1
Brown Rice	Bases	76g	90	0.5	0	0	0	18	1	1	2
Kale	Bases	43g	20	0	0	0	15	4	2	1	2
Mixed Greens	Bases	43g	5	0	0	0	0	1	0	1	0
Quinoa	Bases	100g	120	2	0	0	5	21	3	1	4
Romaine	Bases	80g	15	0	0	0	5	3	2	1	1
Spinach	Bases	43g	10	0	0	0	35	2	1	0	1
Black Beans	Hot Toppings	84g	80	0	0	0	290	15	4	1	5
Blackened Chicken Thigh	Hot Toppings	72g	120	6	1.5	90	640	0	0	0	17
Buffalo Chicken	Hot Toppings	72g	120	4.5	1	55	480	0	0	0	19
Quinoa	Hot Toppings	50g	60	1	0	0	0	11	1	0	2
Roasted Broccoli	Hot Toppings	50g	60	6	0	0	210	3	1	1	1
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 Peppers & Onions	Hot Toppings	32g	30	2	0	0	65	3	1	1	0
Roasted Potatoes	Hot Toppings	64g	100	4	0	0	480	15	2	1	2
Roasted Tofu	Hot Toppings	64g	100	5	0.5	0	50	3	1	1	10

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<b>BUILD YOUR OWN SALAD OR GRAIN BOWL</b>											
Apples	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 & Garlic Shrimp	Cold Toppings	76g	100	3	0	115	200	3	0	0	14
Cucumbers	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
Goat Cheese	Cold Toppings	32g	80	7	4.5	15	150	0	0	0	6
Jalapenos	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
Napa Cabbage	Cold Toppings	30g	5	0	0	0	0	1	0	0	0
Parmesan	Cold Toppings	14g	60	4	3	15	180	0	0	0	6
Pickled Onions	Cold Toppings	22g	10	0	0	0	150	2	0	2	0
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 Tomatoes	Cold Toppings	22g	35	2.5	0	0	90	2	1	1	1
Tomatoes	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	3	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
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
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

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<b>BUILD YOUR OWN SALAD OR GRAIN BOWL</b>											
Balsamic Vinaigrette	Dressings	30g	150	17	1	0	170	1	0	1	0
Classic Caesar	Dressings	30g	150	15	3.5	20	200	2	0	0	2
Creamy Southwest	Dressings	30g	100	10	0.5	0	270	1	0	0	1
Honey Mustard	Dressings	30g	120	9	1.5	5	500	5	0	5	0
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
Pesto Vinaigrette	Dressings	30g	130	14	1	0	320	2	1	1	1
C&G Ranch	Dressings	30g	110	11	0.5	0	210	1	0	0	1
Red Wine Vinaigrette	Dressings	30g	160	18	1.5	0	340	2	0	2	0
Teriyaki	Dressings	30g	130	12	1	0	350	4	1	3	2