

CRISP & GREEN[®] NUTRITION GUIDE | FALL 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)
SNACKS & TREATS											
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	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
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	1	2
Hero Tortilla	Bases	95g	170	11	1	0	640	36	33	0	15
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
Wild Rice	Bases	95g	100	0	0	0	0	20	2	1	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
Maple Roasted Butternut Squash	Hot Toppings	64g	50	2	0	0	400	8	1	2	1
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 Brussels Sprouts	Hot Toppings	64g	45	2.5	0	0	330	6	2	1	2
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 Tofu	Hot Toppings	64g	100	5	0.5	0	50	3	1	1	10

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BUILD YOUR OWN SALAD OR GRAIN BOWL											
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
Bleu Cheese	Cold Toppings	28g	100	8	4.5	25	360	2	0	0	5
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
Pepperoncini	Cold Toppings	20g	5	0	0	0	135	0	0	0	0
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
Salami	Cold Toppings	70g	260	23	9	70	1180	0	0	0	16
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
Candied Pecans	Dry Toppings	16g	100	9	1	0	70	5	1	3	1
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
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
Buffalo Bread Crumbs	Garnishes	10g	35	1	0	0	160	6	0	0	1
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
Japanese BBQ Sauce	Garnishes	19g	35	0	0	0	520	8	0	7	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
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
Spicy Bibimbap Sauce	Garnishes	28g	50	1.5	0	0	440	10	0	9	0

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BUILD YOUR OWN SALAD OR GRAIN BOWL											
Apple Cider Pumpkin Seed	Dressings	30g	130	13	1	0	150	2	0	2	1
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
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