



NUTRITION GUIDE | SPRING SUMMER 2025

Menu Name	Menu Section	Serving Weight	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Net Carbs (g)
WARM GRAIN BOWLS												
Ahh... Greek Out!	Grain Bowls	390g	660	37	6	80	1670	43	5	6	38	38
Fiesta Bowl	Grain Bowls	567g	760	37	8	80	1400	68	13	10	42	55
Golden Hour Curry	Grain Bowls	390g	570	28	4	90	1180	61	7	18	25	54
Seoul Bowl	Grain Bowls	409g	530	30	3	0	1340	53	6	24	16	47
The Bold & The Buffalo	Grain Bowls	361g	520	28	8	80	1150	36	4	4	33	32
Zen BBQ Bowl	Grain Bowls	435g	650	27	3	60	1660	68	11	15	35	57
SIGNATURE SALADS												
C'est La Viche	Signature Salads	413g	390	21	2	140	520	32	6	9	22	26
Chicken Bacon Ranch	Signature Salads	366g	380	28	5	95	1150	12	6	5	22	6
Classic Chicken Caesar	Signature Salads	312g	530	35	10	105	1140	16	5	4	42	9
No Prob Cobb	Signature Salads	382g	560	37	11	255	1040	17	6	7	42	11
Watermelon Feta Zest	Signature Salads	322g	410	29	6	110	1310	13	2	8	27	11
Wild Wild Southwest	Signature Salads	427g	620	28	8	85	1400	51	11	3	41	40
HERO WRAPS												
Buffalo Bleu	Wraps	386g	650	45	7	80	2060	52	36	4	43	16
Caesar Crunch	Wraps	363g	740	52	10	100	1610	55	37	2	50	16
Crispy Medi	Wraps	381g	770	52	8	80	2070	58	38	6	51	20
Honey Mustard	Wraps	390g	710	48	12	95	2010	52	38	9	49	14
Japanese BBQ	Wraps	399g	680	43	6	60	2060	65	39	13	44	26
Spicy Southwest	Wraps	417g	720	50	10	115	2110	61	41	2	45	20
KIDS BOWLS												
Adventure Bowl	Kids Bowls	218g	500	26	9	55	500	42	5	18	24	37
Little Chef Salad	Kids Bowls	243g	350	25	8	225	560	6	2	2	26	4
Los Ninos Bowl	Kids Bowls	239g	430	24	8	55	470	31	6	1	23	25
Smash Bowl	Kids Bowls	255g	470	30	9	55	740	29	5	6	23	24
ACAI BOWLS												
Acai Ya Later	Acai Bowls	359g	450	10	1.5	0	65	90	9	45	6	81
Give Me S'more	Acai Bowls	333g	700	29	6	0	80	104	8	50	11	96
Imagine Dragon Fruit	Acai Bowls	305g	430	9	3	0	50	86	8	42	6	78
Protein Power Play	Acai Bowls	343g	600	28	6	0	135	76	7	38	17	69
Tropic Time	Acai Bowls	319g	340	4	3	0	15	77	6	50	2	71
Two to Mango	Acai Bowls	329g	410	10	4	0	70	83	8	51	4	75
SMOOTHIES												
Big Island	Smoothies	353g	280	3	1.5	0	130	58	6	34	14	52
Date Night	Smoothies	258g	540	23	3.5	0	110	69	10	39	23	59
Green Glow	Smoothies	261g	210	1	0	0	100	37	5	23	18	32
Maple Pea-Nut	Smoothies	248g	480	27	6	0	330	44	6	24	24	38
Purple Rain	Smoothies	397g	270	1.5	0	0	65	54	9	34	18	45
Rise & Grind	Smoothies	302g	460	19	3	0	140	58	7	28	20	51
Strawberry Sunrise	Smoothies	353g	240	1.5	0	0	65	45	7	31	18	38
AGUAS FRESCAS (per 8oz)												
Butterfly Tea	Aguas Frescas	227g	45	0	0	0	0	12	0	11	0	12
Cranberry Blueberry	Aguas Frescas	256g	45	0	0	0	5	12	1	10	0	11
Pineapple Ginger	Aguas Frescas	224g	30	0	0	0	10	8	1	5	0	7
Pomegranate Lemon	Aguas Frescas	235g	30	0	0	0	10	9	0	7	0	9
Rishi Classic Black Tea	Aguas Frescas	245g	0	0	0	0	0	0	0	0	0	0
Strawberry Jalapeno	Aguas Frescas	239g	45	0	0	0	10	12	1	9	0	11



NUTRITION GUIDE | SPRING SUMMER 2025

Menu Name	Menu Section	Serving Weight	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Net Carbs (g)
SNACKS & TREATS												
Vegan Crispie	Desserts	70g	290	8	5	0	150	52	1	24	2	51
Vegan Walnut Chocolate Chip Cookie	Desserts	113g	520	27	11	0	180	66	3	37	6	63
BUILD YOUR OWN ACAI BOWL												
Acai Sorbet	Acai Bases	105g	130	4	0.5	0	15	26	2	14	1	24
Dragon Fruit Sorbet	Acai Bases	105g	100	0	0	0	0	25	1	14	1	24
Mango Sorbet	Acai Bases	105g	140	1	0.5	0	10	34	2	26	0	32
Bananas	Cold Toppings	45g	40	0	0	0	0	10	1	6	0	9
Blueberries	Cold Toppings	18g	10	0	0	0	0	3	0	2	0	3
Kiwi	Cold Toppings	20g	10	0	0	0	0	3	1	2	0	0
Strawberries	Cold Toppings	38g	10	0	0	0	0	3	1	2	0	2
Cacao Nibs	Dry Toppings	9g	50	4.5	2.5	0	0	2	0	0	1	2
Cashew Butter	Dry Toppings	30g	190	15	2.5	0	5	8	1	2	5	7
Granola	Dry Toppings	26g	100	2	0	0	35	20	2	5	3	18
Protein Puffs	Dry Toppings	10g	40	0	0	0	95	1	0	0	8	1
Toasted Coconut	Dry Toppings	6g	35	3	2.5	0	0	3	1	0	0	2
Vegan Marshmallows	Dry Toppings	14g	50	0	0	0	10	12	0	9	0	12
BUILD YOUR OWN SALAD OR GRAIN BOWL												
Arugula	Bases	43g	10	0	0	0	10	2	1	1	1	1
Black Rice	Bases	90g	150	1.5	0	0	55	30	2	0	4	28
Brown Rice	Bases	76g	90	0.5	0	0	0	18	1	1	2	17
Hero Tortilla	Bases	95g	170	11	1	0	640	36	33	0	15	3
Kale	Bases	43g	20	0	0	0	15	4	2	1	2	2
Mixed Greens	Bases	43g	5	0	0	0	0	1	0	1	0	1
Quinoa	Bases	100g	120	2	0	0	5	21	3	1	4	18
Romaine	Bases	80g	15	0	0	0	5	3	2	1	1	1
Spinach	Bases	43g	10	0	0	0	35	2	1	0	1	1
Black Beans	Hot Toppings	84g	80	0	0	0	290	15	4	1	5	11
Blackened Chicken Thigh	Hot Toppings	72g	120	6	1.5	90	640	0	0	0	17	0
Buffalo Chicken	Hot Toppings	72g	120	4.5	1	55	480	0	0	0	19	0
Quinoa	Hot Toppings	50g	60	1	0	0	0	11	1	0	2	10
Roasted Cauliflower	Hot Toppings	55g	20	0.5	0	0	170	3	1	1	1	2
Roasted Chicken	Hot Toppings	72g	120	3	0.5	60	300	0	0	0	22	0
Roasted Corn & Poblano	Hot Toppings	64g	100	2	0	0	260	17	4	0	3	13
Roasted Mushrooms	Hot Toppings	64g	45	3.5	0	0	190	3	0	1	2	3
Roasted Peppers & Onions	Hot Toppings	32g	30	2	0	0	65	3	1	1	0	2
Roasted Sweet Potatoes	Hot Toppings	64g	100	3	0	0	420	16	2	3	1	14
Roasted Tofu	Hot Toppings	64g	100	5	0.5	0	50	3	1	1	10	2



NUTRITION GUIDE | SPRING SUMMER 2025

Menu Name	Menu Section	Serving Weight	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Net Carbs (g)
BUILD YOUR OWN SALAD OR GRAIN BOWL												
Apples	Cold Toppings	30g	15	0	0	0	0	4	1	3	0	3
Avocado	Cold Toppings	41g	70	6	1	0	0	4	3	0	1	1
Bleu Cheese	Cold Toppings	28g	100	8	4.5	25	360	2	0	0	5	2
Carrots	Cold Toppings	24g	10	0	0	0	15	2	1	1	0	1
Citrus & Garlic Shrimp	Cold Toppings	76g	100	3	0	115	200	3	0	0	14	3
Cucumbers	Cold Toppings	28g	5	0	0	0	0	1	0	0	0	1
Daikon Radish	Cold Toppings	24g	5	0	0	0	5	1	0	1	0	1
Edamame	Cold Toppings	38g	45	2	0	0	0	3	2	1	5	1
Egg	Cold Toppings	50g	80	5	1.5	185	60	1	0	1	6	1
Feta	Cold Toppings	36g	90	5	3	20	440	3	0	1	8	1
Jalapenos	Cold Toppings	12g	5	0	0	0	0	1	0	0	0	3
Kalamata Olives	Cold Toppings	20g	25	2	0	0	150	1	1	0	0	1
Napa Cabbage	Cold Toppings	30g	5	0	0	0	0	1	0	0	0	1
Parmesan	Cold Toppings	14g	60	4	3	15	180	0	0	0	6	0
Pickled Onions	Cold Toppings	22g	10	0	0	0	150	2	0	2	0	2
Queso Fresco	Cold Toppings	38g	110	8	5	20	270	3	0	3	7	3
Radicchio	Cold Toppings	17g	5	0	0	0	0	1	0	0	0	1
Roasted Tomatoes	Cold Toppings	22g	35	2.5	0	0	90	2	1	1	1	1
Tomatoes	Cold Toppings	42g	10	0	0	0	0	2	1	1	0	1
Watermelon	Cold Toppings	54g	15	0	0	0	0	4	0	3	0	4
White Cheddar	Cold Toppings	28g	110	9	6	25	170	1	0	0	7	1
Bacon	Dry Toppings	16g	90	8	3.5	5	280	0	0	0	4	0
Craisins	Dry Toppings	19g	60	0	0	0	0	16	1	14	0	0
Crispy Wontons	Dry Toppings	10g	50	3	1.5	0	45	6	0	0	1	6
Pepitas	Dry Toppings	16g	70	3.5	0	0	125	2	2	1	5	0
Sunflower Seeds	Dry Toppings	16g	100	8	1	0	180	3	1	1	4	2
Bachan's Japanese BBQ Sauce	Garnishes	19g	35	0	0	0	520	8	0	7	0	8
Bacon	Garnishes	8g	45	4	1.5	3	140	0	0	0	2	0
Blue Corn Chips	Garnishes	18g	90	4	0.5	0	70	12	1	0	1	11
Bread	Garnishes	16g	45	1.5	0	0	70	7	1	0	2	6
Buffalo Bread Crumbs	Garnishes	10g	35	1	0	0	160	6	0	0	1	6
Cilantro	Garnishes	3g	0	0	0	0	0	0	0	0	0	0
Craisins	Garnishes	19g	60	0	0	0	0	16	1	14	0	15
Crispy Chickpeas	Garnishes	14g	60	1.5	0	0	30	8	2	1	3	6
Croutons	Garnishes	12g	50	1.5	0	0	85	9	0	0	2	9
Golden Raisins	Garnishes	22g	70	0	0	0	0	17	1	13	1	16
Hummus	Garnishes	28g	60	3.5	0	0	170	4	0	0	2	4
Mint	Garnishes	3g	0	0	0	0	0	0	0	0	0	0
Olive Oil	Garnishes	28g	250	28	4	0	0	0	0	0	0	0
Parmesan Crisps	Garnishes	14g	60	4	2	10	260	2	0	0	4	2
Pepitas	Garnishes	8g	35	1.5	0	0	65	1	1	0	3	0
Pita Chips	Garnishes	15g	70	2.5	0	0	140	10	1	1	2	9
Roasted Tomatillo Salsa	Garnishes	57g	15	0	0	0	200	3	1	2	1	2
Sesame Seeds	Garnishes	3g	15	1.5	0	0	0	1	0	0	1	1
Spicy Bibimbap Sauce	Garnishes	28g	50	1.5	0	0	440	10	0	9	0	10



NUTRITION GUIDE | SPRING SUMMER 2025

Menu Name	Menu Section	Serving Weight	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Net Carbs (g)
BUILD YOUR OWN SALAD OR GRAIN BOWL												
Balsamic Vinaigrette	Dressings	30g	150	17	1	0	170	1	0	1	0	1
Classic Caesar	Dressings	30g	150	15	3.5	20	200	2	0	0	2	1
Creamy Southwest	Dressings	30g	100	10	0.5	0	270	1	0	0	1	1
Honey Mustard	Dressings	30g	120	9	1.5	5	500	5	0	5	0	5
Jalapeno Green Goddess	Dressings	30g	100	10	0.5	0	220	1	0	0	1	1
Jalapeno-Lime Vinaigrette	Dressings	30g	130	15	1	0	190	1	0	1	0	1
Korean Chili Cashew	Dressings	30g	160	16	1.5	0	270	4	0	3	1	4
Madras Curry Dressing	Dressings											2
Ranch	Dressings	30g	110	11	0.5	0	210	1	0	0	1	1
Red Wine Vinaigrette	Dressings	30g	160	18	1.5	0	340	2	0	2	0	2
Teriyaki	Dressings	30g	130	12	1	0	350	4	1	3	2	3