

CRISP & GREEN

NUTRITION GUIDE | FALL WINTER 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												
Ahhh... Greek Out!	Grain Bowls	390g	730	46	8	95	1420	42	9	5	36	33
Fiesta Bowl	Grain Bowls	567g	790	41	10	90	1360	67	14	8	42	53
Seoul Bowl	Grain Bowls	409g	520	28	3	0	1350	53	5	25	16	48
The Bold & The Buffalo	Grain Bowls	361g	500	26	7	80	1320	36	4	4	32	32
Verde Chicken	Grain Bowls	454g	660	37	3.5	60	1200	50	12	5	34	38
Wild Child	Grain Bowls	363g	540	24	7	90	850	49	7	22	35	42
SIGNATURE SALADS												
C'est La Viche	Signature Salads	422g	360	19	2	85	800	31	6	9	16	25
Chicken Bacon Ranch	Signature Salads	366g	380	28	5	95	1150	12	6	6	22	6
Classic Chicken Caesar	Signature Salads	312g	540	37	11	105	1030	15	6	4	41	9
No Prob Cobb	Signature Salads	382g	580	38	12	260	1040	16	8	6	42	8
#squashgoals	Signature Salads	369gr	600	38	8	85	1030	34	7	11	36	27
Wild Wild Southwest	Signature Salads	427g	620	29	7	85	1410	51	11	3	41	40
HERO WRAPS												
Buffalo Bleu	Wraps	386g	650	44	7	80	2230	53	37	4	44	16
Caesar Crunch	Wraps	363g	750	54	11	100	1660	53	37	2	50	16
Honey Mustard	Wraps	390g	710	48	11	95	2000	51	38	9	47	13
Japanese BBQ	Wraps	399g	670	43	4.5	60	2070	64	39	14	43	25
Ranch Club	Wraps	413g	720	53	10	90	1660	45	37	2	49	8
Spicy Southwest	Wraps	417g	730	50	9	115	2130	61	41	2	44	20
KIDS BOWLS												
Adventure Bowl	Kids Bowls	218g	500	26	8	55	390	46	6	21	22	40
Little Chef Salad	Kids Bowls	243g	350	25	7	225	570	6	2	2	25	4
Los Ninos Bowl	Kids Bowls	239g	430	24	7	55	480	31	6	1	22	25
Smash Bowl	Kids Bowls	255g	490	32	10	60	730	27	6	5	23	21
ACAI BOWLS												
Acai Ya Later	Acai Bowls	359g	450	11	1.5	0	50	90	9	45	6	81
Imagine Dragon Fruit	Acai Bowls	305g	430	9	3	0	40	86	8	41	6	78
Protein Power Play	Acai Bowls	343g	600	28	6	0	135	76	7	38	17	69
Tropic Time	Acai Bowls	319g	310	4	3.5	0	5	67	5	46	2	62
Two to Mango	Acai Bowls	329g	390	13	5	0	65	70	7	46	5	63
Ube Berry	Acai Bowls	318g	510	23	2.5	0	30	76	3	59	3	73
SMOOTHIES												
Be Well	Smoothies	591ml	290	1.5	0	0	90	53	6	41	22	47
Blue Boost	Smoothies	591ml	300	4.5	2.5	0	180	49	6	28	22	43
Bounce Back	Smoothies	591ml	260	1	0	0	110	46	6	31	23	40
Brewberry	Smoothies	591ml	430	17	2.5	0	140	54	7	29	21	47
Chai Tea	Smoothies	591ml	580	19	2	0	140	91	11	56	24	80
Date Night	Smoothies	591ml	540	24	4.5	0	140	70	10	40	25	60
Green Glow	Smoothies	591ml	240	1	0	0	125	40	5	27	22	35
Hibiscus Tea	Smoothies	591ml	270	1.5	0	0	170	50	9	35	21	41
Inner Beauty	Smoothies	591ml	250	2	0	0	170	43	6	27	21	37
Maple Peanut	Smoothies	591ml	640	35	6	0	160	62	11	31	32	51
Mocha Dream	Smoothies	591ml	560	23	5	0	140	75	10	45	26	65
Strawberry Sunrise	Smoothies	591ml	260	1.5	0	0	90	45	7	32	22	38
SMOOTHIES ENHANCEMENTS												
Almond Butter	Enhancements	32g	190	17	1.5	0	0	7	3	2	7	4
Blue Spirulina	Enhancements	1g	5	0	0	0	10	1	0	0	1	1
Cacao Nibs	Enhancements	9g	50	4.5	2.5	0	0	2	0	0	1	2
Cashew Butter	Enhancements	30g	190	15	2.5	0	5	8	1	2	5	7
Chai Tea	Enhancements	60g	40	0	0	0	0	10	0	9	0	10
Chia Seeds	Enhancements	13g	60	4	0	0	0	5	4	0	2	1
Coconut Chips	Enhancements	6g	35	3	2.5	0	0	3	1	0	0	2
Collagen Peptides	Enhancements	5g	20	0	0	0	30	0	0	0	5	0
Dates	Enhancements	20g	60	0	0	0	0	15	1	13	0	14
Ginger	Enhancements	6g	20	0	0	0	0	4	1	0	1	3
Green Spirulina	Enhancements	3g	5	0	0	0	0	1	0	0	1	1
Hibiscus	Enhancements	5g	0	0	0	0	0	0	0	0	0	0

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WARM GRAIN BOWLS												
Kale	Enhancements	21g	10	0	0	0	10	2	1	0	1	1
Mango	Enhancements	60g	35	0	0	0	0	9	1	8	0	8
Maple Syrup	Enhancements	3g	10	0	0	0	0	3	0	3	0	3
Pea Protein	Enhancements	21g	80	0	0	0	75	1	0	1	19	1
Peanut Butter	Enhancements	32g	190	16	2.5	0	0	7	3	2	8	4
Spinach	Enhancements	21g	5	0	0	0	15	1	0	0	0	1
Turmeric	Enhancements	2g	5	0	0	0	0	1	0	0	0	1
Vanilla Pea Protein	Enhancements	21g	80	1.5	0	0	130	5	1	3	14	4
AGUAS FRESCAS (per 8oz)												
Apple Cider	Aguas Frescas	237ml	60	0	0	0	15	15	0	13	0	15
Butterfly Tea	Aguas Frescas	237ml	45	0	0	0	0	12	0	11	1	12
Cranberry Blueberry	Aguas Frescas	237ml	45	0	0	0	5	12	1	10	0	11
Pineapple Ginger	Aguas Frescas	237ml	30	0	0	0	10	8	1	5	0	7
Pomegranate Lemon	Aguas Frescas	237ml	30	0	0	0	10	9	0	7	0	9
Rishi Classic Black Tea	Aguas Frescas	237ml	0	0	0	0	0	0	0	0	0	0
SIGNATURE ICED BEVERAGES												
Cold Brew	Cold Brew & Latte	591ml	0	0	0	0	5	0	0	0	0	0
Iced Chai Latte	Cold Brew & Latte	591ml	120	2	0	0	95	25	0	23	1	25
Iced Matcha Latte	Cold Brew & Latte	591ml	110	3.5	0	0	280	21	1	19	2	20
Iced Ube Matcha Latte	Cold Brew & Latte	591ml	100	3.5	0	0	230	17	1	15	1	16
Salted Maple Cold Brew	Cold Brew & Latte	591ml	100	2.5	0	0	410	20	0	17	1	20
Vanilla Cold Brew	Cold Brew & Latte	591ml	70	2.5	0	0	190	13	0	12	1	13
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
Coco Nutty Protein Bites	Snacks & Treats	62g	270	15	4.5	0	30	29	5	21	11	24
PB Dream Protein Bites	Snacks & Treats	63g	270	13	2.5	0	280	31	4	19	11	27
Trail Mix Protein Bites	Snacks & Treats	60g	270	13	1.5	0	230	31	6	20	13	25
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	100	1	1	0	0	24	1	22	0	23
Ube Sorbet	Acai Bases	105g	200	10	0	0	15	28	0	25	1	28
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	2
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	110	2	0	0	20	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
BUILD YOUR OWN SALAD OR GRAIN BOWL												
Arugula	Bases	43g	10	0	0	0	10	2	1	1	1	1
Brown Rice	Bases	76g	90	1	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
Wild Rice	Bases	95g	100	0	0	0	0	20	2	1	4	18
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	110	2.5	1	55	640	0	0	0	20	0
Quinoa	Hot Toppings	50g	60	1	0	0	0	11	1	0	2	10

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WARM GRAIN BOWLS												
Maple Roasted Butternut Squash	Hot Toppings	64g	50	2	0	0	400	9	1	3	1	8
Roasted Brussels Sprouts	Hot Toppings	64g	45	2.5	0	0	330	6	2	1	2	4
Roasted Cauliflower	Hot Toppings	55g	20	1	0	0	170	3	1	1	1	2
Roasted Chicken	Hot Toppings	72g	120	3	1	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 Tofu	Hot Toppings	64g	110	6	1	0	50	4	1	2	11	3
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	1	0	5	1
Carrots	Cold Toppings	24g	10	0	0	0	15	2	1	1	0	1
Citrus & Garlic Shrimp	Cold Toppings	76g	80	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
Egg	Cold Toppings	50g	80	5	1.5	185	60	1	0	1	6	1
Feta	Cold Toppings	36g	100	8	5	30	390	3	1	1	5	2
Goat Cheese	Cold Toppings	32g	90	7	5	30	90	1	0	1	6	1
Greek Olives	Cold Toppings	20g	45	4.5	1	0	0	0	1	0	0	-1
Jalapenos	Cold Toppings	12g	5	0	0	0	0	1	0	0	0	3
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	120	9	6	25	260	1	1	1	7	0
Radicchio	Cold Toppings	17g	5	0	0	0	0	1	0	0	0	1
Roasted Tomatoes	Cold Toppings	22g	45	4	0	0	100	2	1	1	2	1
Tomatoes	Cold Toppings	42g	10	0	0	0	0	2	1	1	0	1
White Cheddar	Cold Toppings	28g	110	9	5	25	180	1	0	0	6	1
Bacon	Dry Toppings	16g	90	8	3.5	5	280	0	0	0	4	0
Craisins	Dry Toppings	19g	80	0	0	0	0	19	2	17	0	17
Crispy Wontons	Dry Toppings	10g	50	3	0	0	80	6	0	0	1	6
Pecans	Dry Toppings	14g	100	10	1	0	0	2	1	1	1	1
Pepitas	Dry Toppings	16g	90	8	1.5	0	65	2	1	0	5	1
Sunflower Seeds	Dry Toppings	16g	90	8	1	0	65	3	2	1	3	1
Aji Verde Sauce	Garnishes	15g	50	5	1	0	160	1	0	0	1	1
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	40	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	80	0	0	0	0	19	2	17	0	17
CROUTONS	Garnishes	12g	50	1.5	0	0	85	9	0	0	2	9
Hummus	Garnishes	28g	80	6	0	0	110	4	3	0	2	1
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	45	4	1	0	30	1	1	0	2	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
BUILD YOUR OWN SALAD OR GRAIN BOWL												
Apple Cider-Pumpkin Seed	Dressings	30g	140	14	1	0	140	2	0	2	1	2
Balsamic Vinaigrette	Dressings	30g	150	17	1	0	170	1	0	1	0	1
Classic Caesar	Dressings	30g	160	17	3.5	20	240	1	0	0	2	1
Creamy Southwest	Dressings	30g	100	10	1	0	270	1	0	1	1	1

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WARM GRAIN BOWLS												
Honey Mustard	Dressings	30g	120	10	1.5	5	490	5	0	5	0	5
Jalapeno Green Goddess	Dressings	30g	100	10	1	0	230	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
Ranch	Dressings	30g	110	11	1	0	200	1	0	0	1	1
Red Wine Vinaigrette	Dressings	30g	160	18	1.5	0	340	2	0	2	0	2
Teriyaki	Dressings	28g	120	12	1	0	310	4	0	3	1	4