

# CRISP & GREEN

# NUTRITION INFORMATION | SPRING SUMMER 2026

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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)
<b>SIGNATURE GRAIN BOWLS</b>												
Bold & Buffalo	Grain Bowls	361g	500	26	7	100	1300	36	4	4	33	32
Greek Out!	Grain Bowls	390g	710	45	8	115	1220	42	9	5	37	33
Fiesta Bowl	Grain Bowls	558g	790	41	10	110	1130	68	14	10	43	54
Pesto Italiano	Grain Bowls	340g	710	47	8	95	1020	39	7	4	41	32
Tokyo Garden	Grain Bowls	399g	500	26	2.5	0	1320	58	11	17	14	47
Verde Chicken	Grain Bowls	454g	660	36	3.5	85	1180	52	12	6	35	40
<b>SIGNATURE SALADS</b>												
Ceviche Zest	Signature Salads	440g	380	20	2	50	780	37	9	11	17	28
Chicken Bacon Ranch	Signature Salads	366g	380	28	5	95	1150	12	6	6	22	6
Classic Chicken Caesar	Signature Salads	312g	530	36	11	130	1010	15	6	4	42	9
Feta Believe It	Signature Salads	311g	510	35	8	115	930	18	6	8	34	12
No Prob Cobb	Signature Salads	382g	570	38	12	280	1020	16	8	6	42	8
Wild Wild Southwest	Signature Salads	427g	620	28	7	110	1180	50	11	3	42	39
<b>SIGNATURE WRAPS</b>												
Caesar Crunch	Wraps	363g	760	55	11	125	1650	54	38	2	51	16
Honey Mustard	Wraps	390g	720	50	12	125	1950	51	38	9	48	13
Japanese BBQ	Wraps	399g	660	43	4.5	80	2050	64	39	13	44	25
Mediterranean Crunch	Wraps	395g	730	47	8	115	1870	57	39	4	49	18
Ranch Club	Wraps	413g	710	54	10	110	1650	46	38	2	50	8
Spicy Southwest	Wraps	417g	730	49	9	115	2120	61	41	2	44	20
<b>KIDS BOWLS</b>												
Adventure Bowl	Kids Bowls	218g	500	26	8	65	380	46	6	22	23	40
Little Chef Salad	Kids Bowls	245g	350	25	7	235	560	6	2	2	25	4
Los Ninos Bowl	Kids Bowls	240g	430	24	7	65	370	31	6	1	23	25
Smash Bowl	Kids Bowls	254g	490	31	10	70	720	28	6	5	23	22
<b>ACAI BOWLS</b>												
Acai Ya Later	Acai Bowls	359g	460	11	1.5	0	55	91	10	45	6	81
Protein Power Play	Acai Bowls	343g	580	28	6	0	40	78	10	39	13	68
Tropic Time	Acai Bowls	336g	350	8	4	0	25	72	7	48	3	65
Two to Mango	Acai Bowls	329g	400	13	5	0	65	70	7	46	5	63
<b>SMOOTHIES</b>												
Be Well	Smoothies	591ml	290	1.5	0	0	90	53	6	41	22	47
Blue Boost	Smoothies	591ml	280	3.5	2.5	4	150	45	5	25	24	40
Brewberry	Smoothies	591ml	430	17	2.5	0	150	54	7	29	22	47
Chai Tea	Smoothies	591ml	570	19	2	0	160	90	12	42	24	78
Date Night	Smoothies	591ml	540	24	4.5	0	160	69	12	27	25	57
Golden Hour	Smoothies	591ml	260	1	0	4	140	45	4	34	23	41
Green Glow	Smoothies	591ml	240	1	0	0	125	40	5	27	22	35
Inner Beauty	Smoothies	591ml	230	1	0	4	140	38	6	25	23	32
Maple Peanut	Smoothies	591ml	640	35	6	0	160	62	11	31	32	51
Mocha Dream	Smoothies	591ml	560	24	6	0	160	72	13	27	28	59
Power Brew	Smoothies	591ml	500	18	2	4	140	65	9	34	30	56
Strawberry Sunrise	Smoothies	591ml	260	1.5	0	0	90	45	7	32	22	38

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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)
<b>SMOOTHIES ENHANCEMENTS</b>												
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	2	0	2	0
Cashew Butter	Enhancements	30g	190	15	2.5	0	5	8	1	2	5	7
Chai Tea	Enhancements	60g	35	0	0	0	0	9	1	8	0	8
Coconut Chips	Enhancements	6g	35	3	2.5	0	0	3	1	0	0	2
Dates	Enhancements	20g	60	0	0	0	15	15	2	0	1	13
Ginger	Enhancements	6g	20	0	0	0	0	4	1	0	1	3
Mango	Enhancements	60g	35	0	0	0	0	9	1	8	0	8
Maple Syrup	Enhancements	3g	10	0	0	0	0	2	0	2	0	2
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
Whey Protein	Enhancements	24g	80	0	0	4	130	0	0	0	21	0
<b>FRESCAS</b>												
Cranberry Blueberry	Aguas Frescas	591ml	100	0	0	0	0	26	2	20	0	24
Ginger Lemonade	Aguas Frescas	591ml	170	0	0	0	0	47	0	43	0	47
Pineapple Ginger	Aguas Frescas	591ml	70	0	0	0	20	20	2	14	1	18
Pomegranate Lemon	Aguas Frescas	591ml	80	0	0	0	20	21	0	18	0	21
Classic Black Tea	Aguas Frescas	591ml	5	0	0	0	20	2	0	0	0	2
Strawberry Lemonade	Aguas Frescas	591ml	180	0	0	0	0	49	1	44	1	48
<b>SIGNATURE ICED BEVERAGES</b>												
Cold Brew	Cold Brew & Latte	591ml	0	0	0	0	5	0	0	0	0	0
Iced Chai Latte	Cold Brew & Latte	591ml	110	2	0	0	95	23	2	21	1	21
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
<b>SNACKS &amp; TREATS</b>												
Crispies	Desserts	70g	290	8	5	0	150	52	1	24	2	51
Chocolate Chip Walnut Cookie	Desserts	114g	500	28	12	0	270	66	2	36	6	64
<b>BUILD YOUR OWN Acai BOWL</b>												
Acai Sorbet	Acai Bases	105g	140	4	1	0	15	26	2	15	1	24
Mango Sorbet	Acai Bases	105g	100	1	1	0	0	24	1	22	0	23
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	2	0	2	0
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	20	0	0	0	0	2	1	1	3	1
Toasted Coconut	Dry Toppings	6g	35	3	2.5	0	0	3	1	0	0	2

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<b>BUILD YOUR OWN SALAD OR GRAIN BOWL</b>												
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
Black Beans	Hot Toppings	84g	80	0	0	0	85	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	100	2.5	1	70	620	0	0	0	20	0
Quinoa	Hot Toppings	50g	60	1	0	0	0	11	1	0	2	10
Roasted Cauliflower	Hot Toppings	55g	20	1	0	0	170	3	1	1	1	2
Roasted Chicken	Hot Toppings	72g	120	2.5	1	80	280	0	0	0	23	0
Roasted Corn & Poblano	Hot Toppings	64g	100	2	0	0	260	17	4	0	3	13
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	110	5	1	0	40	4	1	2	10	3
<b>BUILD YOUR OWN SALAD OR GRAIN BOWL</b>												
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
Carrots	Cold Toppings	24g	10	0	0	0	15	2	1	1	0	1
Citrus & Garlic Shrimp	Cold Toppings	82g	70	2.5	0	40	410	2	3	0	9	0
Cucumbers	Cold Toppings	28g	5	0	0	0	0	1	0	0	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
Greek Olives	Cold Toppings	20g	45	4.5	1	0	0	0	1	0	0	0
Jalapenos	Cold Toppings	12g	5	0	0	0	0	1	0	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	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
Strawberries	Cold Toppings	76g	25	0	0	0	0	6	2	4	1	4
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
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	40	0	0	0	85	8	0	0	1	8
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	2.5	15	220	1	0	0	5	1
Pepitas	Garnishes	8g	45	4	1	0	30	1	1	0	2	0
Pesto	Garnishes	28g	90	9	1.5	0	190	1	0	0	2	1
Pita Chips	Garnishes	15g	70	2.5	0	0	140	10	0	0	2	10
Roasted Tomatillo Salsa	Garnishes	57g	20	0	0	0	200	3	1	2	1	2

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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	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
Honey Mustard	Dressings	30g	130	11	1.5	10	470	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	3	0	2	0	3
Ranch	Dressings	30g	110	11	1	0	200	1	0	0	1	1
Teriyaki	Dressings	28g	120	12	1	0	320	3	0	2	1	3