CRISP & GREEN NUTRITION INFORMATION | FALL WINTER 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)
SIGNATURE GRAIN BOWLS												
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
Wild Child	Grain Bowls	363g	540	23	7	110	830	49	7	22	36	42
SIGNATURE SALADS												
#squashgoals	Signature Salads	386g	630	32	8	105	1070	54	8	27	38	46
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
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
SIGNATURE WRAPS												
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
Ranch Club	Wraps	413g	730	54	10	110	1650	46	38	2	50	8
Spicy Southwest	Wraps	417g	730	49	9	115	2120	61	41	2	44	20
Turkey Harvest	Wraps	408g	630	37	9	75	2270	67	37	23	46	30
KIDS BOWLS												
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
ACAI BOWLS												
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
SMOOTHIES												
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
Coco Cloud	Smoothies	591ml	350	9	3	4	160	50	9	25	25	41
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
Purple Rain	Smoothies	591ml	250	1	0	4	140	43	7	27	23	36
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
Avocado	Enhancements	41g	70	6	1	0	0	4	3	0	1	1
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
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
Toasted Coconut	Enhancements	6g	35	3	2.5	0	0	3	1	0	0	2
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

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Whey Protein	Enhancements	24g	80	0	0	4	130	0	0	0	21	0
FRESCAS												
Apple Cider	Aguas Frescas	591ml	150	0	0	0	35	39	1	33	0	38
Cranberry Blueberry	Aguas Frescas	591ml	100	0	0	0	0	26	2	20	0	24
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
SNACKS & TREATS												
Crispies	Treats	70g	290	8	5	0	150	52	1	24	2	51
Chocolate Chip Walnut Cookie	Treats	114g	500	28	12	0	270	66	2	36	6	64
Kettle Cooked Potato Chips Classic	Chips	56.7g	300	18	2.5	0	200	33	2	0	3	31
Kettle Cooked Potato Chips Cracked Pepper & Sea Salt	Chips	56.7g	290	16	2	0	500	34	2	0	3	32
Kettle Cooked Potato Chips Salt & Vinegar	Chips	56.7g	290	16	2	0	330	34	2	0	3	32
BUILD YOUR OWN ACAI BOWL												
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
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	85	15	4	1	5	11
Blackened Chicken Thigh	Hot Toppings	72g	120	6	1.5	90	640	0	0	0	17	0
Blackened Chicken Sliced	Hot Toppings	175g	290	15	3.5	220	1560	0	0	0	41	0
Buffalo Chicken	Hot Toppings	72g	100	2.5	1	70	620	0	0	0	20	0
Honey Miso Salmon	Hot Toppings	113g	240	12	2.5	45	500	16	0	14	18	16
Maple Roasted Butternut Squash	Hot Toppings	70g	50	2	0	0	430	10	1	3	1	9
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 Chicken Sliced	Hot Toppings	175g	280	6	2	200	670	0	0	0	55	0
Roasted Corn & Poblano	Hot Toppings	64g	100	2	0	0	260	17	4	0	3	13
Roasted Brussels Sprouts	Hot Toppings	64g	45	2.5	0	0	330	6	2	1	2	4
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
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
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

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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	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
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
Buffalo Sauce	Garnishes	15g	5	0	0	0	430	0	0	0	0	0
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
BUILD YOUR OWN SALAD OR GRAIN BOWL												
Apple-Cider Pumpkin Seed Dressing	Dressings	30g	140	14	1	0	135	3	0	2	1	3
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
SANDWICHES												
Cali Club	Sandwiches	327g	640	28	5	120	1470	51	4	5	45	47
Classic Honey Mustard	Sandwiches	345g	600	25	7	75	2340	57	3	12	36	54
Pesto Primo	Sandwiches	331g	630	26	7	130	1360	52	3	5	48	49
The Rancher	Sandwiches	349g	700	33	7	130	1370	54	6	4	47	48
Turkey BLT	Sandwiches	363g	790	48	13	90	2280	53	3	7	40	50
Turkey Provo	Sandwiches	345g	710	40	9	85	2020	53	3	7	36	50
SANDWICH INGREDIENTS												
Avocado	Sandwich Ingredients	41g	70	6	1	0	0	4	3	0	1	1
Bacon	Sandwich Ingredients	15g	70	5	2	20	200	0	0	0	4	0
Bread	Sandwich Ingredients	90g	250	3	0	0	300	47	2	3	8	45
Cucumber	Sandwich Ingredients	28g	5	0	0	0	0	1	0	0	0	1
Hummus	Sandwich Ingredients	28g	80	6	0	0	110	4	3	0	2	1
Mayonnaise	Sandwich Ingredients	30g	240	26	4.5	20	140	0	0	0	0	0
Oil & Vinegar	Sandwich Ingredients	8g	30	3.5	1	0	290	0	0	0	0	0

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Pesto	Sandwich Ingredients	30g	100	10	1.5	0	200	1	0	0	2	1
Provolone	Sandwich Ingredients	21g	70	6	3.5	15	180	0	0	0	5	0
Shredded Romaine	Sandwich Ingredients	40g	5	0	0	0	0	1	1	0	0	0
Sliced Chicken	Sandwich Ingredients	100g	160	3.5	1	115	380	0	0	0	32	0
Sliced Tomato	Sandwich Ingredients	54g	10	0	0	0	0	2	1	1	0	1
Sliced Turkey	Sandwich Ingredients	113g	100	2	1	50	1100	2	0	2	22	2
MACRO MEALS												
Honey Mustard Chicken	Macro Meals	567g	1000	56	10	235	3240	71	9	16	49	62
Mediterranean Chicken	Macro Meals	653g	1030	64	7	220	2520	60	14	7	57	46
Salmon Avocado	Macro Meals	499g	920	57	8	45	1620	82	9	26	27	73
Southwest Chicken	Macro Meals	572g	1050	56	7	200	1730	79	12	10	65	67