

# Nutritional Information

SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL(mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value					
												Vitamin D	Calcium	Iron	Potassium		
Farmbowls * calories include light dressing																	
The Rancher	1 Each	1030	500	57	13	0	140	1760	97	13	9	39	0%	30%	30%	20%	
The Farmside	1 Each	870	460	52	11	0	110	1300	67	7	10	35	0%	20%	25%	8%	
The Root Veggie Bowl	1 Each	640	360	43	4.5	0	0	880	61	9	17	14	0%	15%	25%	8%	
The Local Farmer	1 Each	640	420	48	9	0	25	540	45	10	13	14	0%	40%	20%	6%	
The G.O.A.T.	1 Each	520	330	38	9	0	20	260	37	4	24	11	0%	15%	15%	4%	
The Pitchfork	1 Each	800	440	52	10	0	25	950	61	12	11	29	0%	25%	45%	10%	
The Farm Caesar	1 Each	510	270	31	9	0	100	1130	23	6	3	36	15%	35%	20%	15%	
Kale & Quinoa	1 Each	650	380	43	9	0	105	1220	36	10	7	33	0%	20%	30%	15%	
The Grain Silo	1 Each	830	480	55	13	0	95	1350	59	6	5	29	0%	20%	20%	15%	

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												Vitamin D	Calcium	Iron	Potassium		
Farmbowls * calories include heavy dressing (3 fl oz)																	
The Rancher	1 Each	1330	770	90	15	0	140	1890	104	14	14	39	0%	30%	30%	20%	
The Farmside	1 Each	1190	760	86	14	1	110	1580	74	8	15	35	0%	20%	25%	8%	
The Root Veggie Bowl	1 Each	890	540	64	6	0	0	1390	77	9	32	15	0%	15%	25%	8%	
The Local Farmer	1 Each	960	720	81	12	0	25	680	52	10	19	14	0%	40%	20%	6%	
The G.O.A.T.	1 Each	840	620	72	12	0	20	280	43	4	31	11	0%	15%	15%	4%	
The Pitchfork	1 Each	1180	810	95	13	0	25	1280	62	12	11	29	0%	30%	45%	10%	
The Farm Caesar	1 Each	810	570	63	15	0.5	130	1490	24	6	3	38	15%	40%	20%	15%	
Kale & Quinoa	1 Each	810	500	57	11	0	105	1540	43	12	8	38	0%	30%	45%	15%	
The Grain Silo	1 Each	1150	760	88	15	0	95	1610	65	6	11	29	0%	20%	25%	20%	

# Nutritional Information - Build Your Own

SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL(mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value					
												Vitamin D	Calcium	Iron	Potassium		
Green: 4 oz																	
Baby Lettuce blend	4 oz	25	0	0	0	0	100	4	3	1	1	0%	6%	8%	6%		
Baby Arugula	4 oz	30	0	0	0	0	30	4	2	2	3	0%	15%	10%	8%		
Baby Kale	4 oz	30	5	1	0	0	30	4	2	2	3	0%	15%	10%	8%		
Pitchfork Mix	4 oz	25	0	0	0	0	20	5	3	2	1	0%	4%	6%	6%		
Romaine	4 oz	20	0	0	0	0	30	4	4	<1	2	0%	6%	6%	8%		
Shredded Kale	4 oz	7	0	0	0	0	5	1	1	<1	1	0%	2%	1%	2%		

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												Vitamin D	Calcium	Iron	Potassium		
Grains																	
Long Grain Brown Rice	8 oz	390	150	18	3	0	660	55	3	0	6	0%	2%	10%	0%		
Grilled Cauliflower Rice	8 oz	50	0	0	0	0	280	11	5	5	5	0%	4%	0%	15%		
Warm Lentils	8 oz	280	90	11	2	0	410	35	6	2	13	0%	2%	20%	8%		
Seasoned Black Beans	8 oz	140	0	0	0	1	700	24	9	1	7	0%	15%	20%	0%		
Seasoned Quinoa	8 oz	170	60	7	1	0	900	23	2	2	4	0%	0%	15%	0%		

SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL(mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value					
												Vitamin D	Calcium	Iron	Potassium		
Proteins																	
Signature Grilled Chicken	3.5 oz	200	110	13	3	0	105	660	0	0	0	20	0%	0%	6%	4%	
Grilled Chicken Breast	3.5 oz	140	50	6	1	0	65	190	1	0	1	20	0%	0%	2%	6%	
Grilled Steak	3.5 oz	240	160	18	6	0	70	390	1	0	0	18	0%	2%	8%	6%	
Grilled Chili Lime Tofu	3.5 oz	140	70	8	2	0	0	130	7	0	2	11	0%	8%	10%	0%	

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													Vitamin D	Calcium	Iron	Potassium	
Warm Veggies																	
Roasted Sweet Potatoes	3 oz	110	40	5	0.5	0	0	240	16	2	3	1	0%	0%	2%	6%	
Roasted Miso Root Veggies	3 oz	45	0	0	0	0	0	25	11	2	6	1	0%	0%	8%	2%	
Classic Roasted Veggies	3 oz	35	0	0	0	0	0	15	7	2	2	2	0%	0%	4%	6%	

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													Vitamin D	Calcium	Iron	Potassium	
Cheese																	
Goat Cheese	1 oz	100	70	8	6	0	20	140	<1	0	<1	6	1%	8%	2%	1%	
Feta Cheese	1 oz	75	50	6	4	0	25	316	1	0	1	4	1%	14%	1%	0%	
Parmesan Cheese	1 oz	120	70	8	5	0	20	480	<1	0	0	11	0%	25%	0%	0%	

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													Vitamin D	Calcium	Iron	Potassium	
Cold Ingredients																	
Avocado	2 oz	50	40	4	0	0	0	0	2	<1	0	0	0%	2%	0%	0%	
Shredded Red Cabbage	1 oz	10	0	0	0	0	0	10	2	<1	1	0	0%	0%	0%	0%	
Shredded Carrots	1 oz	5	0	0	0	0	0	10	1	0	<1	0	0%	2%	0%	0%	
w/pickled Onions	1 oz	15	0	0	0	0	0	10	3	0	2	0	0%	0%	0%	0%	
Gala Apples	1 oz	15	0	0	0	0	0	0	4	<1	3	0	0%	0%	0%	0%	
Fire Roasted Corn	1 oz	100	10	2	0	0	0	20	21	2	0	3	0%	0%	4%	0%	
Roasted Beets	1 oz	45	35	4	0	0	0	100	2	<1	2	0	0%	0%	0%	0%	
Lime Wedge	1 oz	1	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%	
Cherry Tomato	1 oz	15	0	0	0	0	0	132	2	0	0	0	0%	0%	0%	0%	
Red Onion	1 oz	10	0	0	0	0	0	0	3	0	1	0	0%	0%	0%	0%	
Strawberries	1 oz	10	0	0	0	0	0	0	2	<1	1	0	0%	0%	0%	0%	
Pomegranate Seeds	1 oz	25	0	0	0	0	0	0	5	2	3	0	0%	0%	0%	0%	
Parmesan Crisps	0.5 oz	66	42	5	3	0	0	286	0	0	0	6	0%	0%	0%	0%	
Toasted Almond Slivers	0.5 oz	80	60	7	0	0	0	0	3	2	0	3	0%	2%	2%	2%	
Corn Tortilla Chips	1 oz	130	50	6	1	0	0	95	19	2	0	2	0%	2%	2%	0%	
Dried Cranberry	1 oz	90	0	0	0	0	0	0	23	2	21	0	0%	0%	0%	0%	
Spiced Pecans	1 oz	147	88	0	1	0	0	70	15	1	14	1	0%	0%	4%	2%	
Pine Nuts	0.5 oz	190	180	20	2	0	0	0	4	>1	<1	4	0%	0%	10%	4%	
Seeds	0.5 oz	80	60	7	1	0	0	75	2	<1	0	4	0%	0%	6%	2%	

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													Vitamin D	Calcium	Iron	Potassium	
Dressing																	
Balsamic Vinaigrette	Light	160	140	17	1	0	0	125	3	0	3	0	0%	0%	0%	0%	
Balsamic Vinaigrette	Medium	320	280	33	2.5	0	0	250	7	0	6	0	0%	0%	0%	0%	
Balsamic Vinaigrette	Heavy	480	430	50	3.5	0	0	380	10	0	9	0	0%	0%	0%	0%	
Basil Pesto	Light	150	140	16	1.5	0	0	170	1	0	0	1	0%	4%	2%	0%	
Basil Pesto	Medium	300	280	33	3	0	<5	350	3	0	0	3	0%	8%	4%	0%	
Basil Pesto	Heavy	450	420	49	4.5	0	5	520	4	<1	0	4	0%	10%	6%	2%	
Cilantro Lime	Light	150	140	16	1	0	0	65	3	0	2	0	0%	0%	0%	0%	
Cilantro Lime	Medium	300	280	32	2.5	0	0	125	7	<1	5	0	0%	0%	0%	0%	
Cilantro Lime	Heavy	450	410	48	3.5	0	0	190	10	<1	7	0	0%	0%	0%	0%	
Classic Caesar	Light	150	150	16	3	0	15	180	0	0	0	1	0%	0%	0%	0%	
Classic Caesar	Medium	300	300	32	6	0	30	360	1	0	0	2	0%	0%	0%	0%	
Classic Caesar	Heavy	450	440	48	9	0.05	50	530	2	0	0	4	0%	0%	6%	0%	
Spicy Jalapeno	Light	70	70	8	1.5	0	10	170	2	0	<1	<1	0%	0%	0%	0%	
Spicy Jalapeno	Medium	150	140	15	3.5	0	15	340	3	0	2	1	0%	0%	0%	0%	
Spicy Jalapeno	Heavy	220	200	23	5	0	25	510	5	<1	2	2	0%	0%	2%	0%	
Honey Ginger	Light	120	90	10	1	0	0	260	8	0	7	<1	0%	0%	0%	0%	
Honey Ginger	Medium	240	180	21	2	0	0	510	16	0	15	1	0%	0%	0%	0%	
Honey Ginger	Heavy	370	270	31	3	0	0	770	24	0	22	2	0%	0%	0%	2%	
Honey Sriracha	Light	40	25	3	1.5	0	10	85	3	0	3	<1	0%	0%	2%	0%	
Honey Sriracha	Medium	80	50	6	3.5	0	15	170	7	0	6	1	0%	0%	4%	0%	

Honey Sriracha	Heavy	130	80	9	5	0	25	260	10	0	9	2	0%	0%	6%	0%
Lemon Basil	Light	150	150	16	1.5	0	0	65	3	0	3	0	0%	0%	0%	0%
Lemon Basil	Medium	310	300	33	3	0	0	135	7	0	6	0	0%	0%	0%	0%
Lemon Basil	Heavy	460	450	49	45	0	0	200	10	0	9	0	0%	0%	0%	0%
Lemon Tahini	Light	80	60	7	1	0	0	120	4	<1	0	2	0%	10%	15%	0%
Lemon Tahini	Medium	160	110	13	2	0	0	240	8	2	0	5	0%	20%	30%	4%
Lemon Tahini	Heavy	240	170	20	3	0	0	360	12	2	<1	7	0%	30%	40%	6%
Mediterranean Vinaigrette	Light	190	190	21	1.5	0	0	150	<1	0	0	0	0%	0%	0%	0%
Mediterranean Vinaigrette	Medium	380	380	42	3	0	0	300	1	0	0	0	0%	0%	0%	0%
Mediterranean Vinaigrette	Heavy	580	560	64	4.5	0	0	450	2	0	1	0	0%	0%	0%	0%
Pomegranate Vinaigrette	Light	160	150	18	1.5	0	0	65	3	0	3	0	0%	0%	0%	0%
Pomegranate Vinaigrette	Medium	320	300	35	3	0	0	135	6	0	5	0	0%	0%	0%	0%
Pomegranate Vinaigrette	Heavy	480	450	53	4.5	0	0	200	9	0	8	0	0%	0%	0%	0%

## Nutritional Information - Extras

SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL(mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value				
												Vitamin D	Calcium	Iron	Potassium	
Avocado Toast	1	350	70	8	2	0	0	930	58	5	4	12	0%	4%	20%	6%
Sourdough Bread	1 slice	185	15	1	0	0	0	328	36	2	2	8	0%	2%	12%	2%
Homemade Mac n' Cheese	8 oz	650	360	40	21	1	110	1520	43	1	9	26	6%	70%	4%	4%
Grilled Cheese	1	830	130	14	6	0	15	1680	144	6	13	30	0%	10%	60%	8%

  

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												Vitamin D	Calcium	Iron	Potassium	
Cookies																
Chocolate Chip Cookie	1.5 oz	190	80	9	5	0	15	105	26	1	16	2	0%	2%	10%	0%
Macadamia	1.5 oz	200	90	11	5	0	15	95	24	1	14	2	0%	2%	6%	0%
GF Chocolate Chip	1.5 oz	380	170	19	8	0	30	210	55	3	33	4	0%	2%	15%	0%

## Nutritional Information - Kids Meals

SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL(mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value				
												Vitamin D	Calcium	Iron	Potassium	
Grilled Chicken Nuggets	3.5 oz	200	110	13	3	0	105	660	0	0	0	20	0%	0%	6%	4%
Nuggets	3.5 oz	160	80	8	3	0	60	75	0	0	0	19	0%	0%	4%	4%
Grilled PB & Nutella	1	1020	260	29	10	0	15	1810	159	7	25	35	0%	15%	60%	10%
Grilled Cheese	1	830	130	14	6	0	15	1680	144	6	13	30	0%	10%	60%	8%

  

SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL(mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value				
												Vitamin D	Calcium	Iron	Potassium	
Sides																
Brown Rice	8 oz	390	150	18	3	0	0	660	55	3	0	6	0%	2%	10%	0%
Mac n' Cheese	8 oz	650	360	40	21	1	110	1520	43	1	9	26	6%	70%	4%	4%
Veggies	4 oz	30	0	0	0	0	0	40	7	2	3	<1	0%	2%	0%	6%
Fruits	4 oz	0	0	0	0	0	0	0	15	2	11	<0	0%	0%	2%	4%

  

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												Vitamin D	Calcium	Iron	Potassium	
Beverages																
Organic White Milk	1	110	20	3	2	0	10	130	13	0	12	8	15%	25%	0%	8%
Organic Chocolate Milk	1	150	20	3	2	0	15	180	23	0	22	8	15%	20%	4%	10%

Honest Kids Apple Juice	1	40	0	0	0	0	0	15	10	0	9	0	0	0	0	0
La Croix Sparkling Water	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

## Nutritional Information – Beverages

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL(mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value				
													Vitamin D	Calcium	Iron	Potassium	
Fountain drinks: Maine Root																	
Blueberry Soda	10 oz	135	0	0	0	0	0	20	30	0	30	0	0%	0%	0%	0%	
Lemon Lime Soda	10 oz	135	0	0	0	0	0	20	30	0	30	0	0%	0%	0%	0%	
Mexicane Cola	10 oz	135	0	0	0	0	0	20	30	0	30	0	0%	0%	0%	0%	
Professor Cane	10 oz	135	0	0	0	0	0	20	30	0	30	0	0%	0%	0%	0%	
Diet Mexicane Cola	10 oz	0	0	0	0	0	0	20	0	0	0	0	0%	0%	0%	0%	
Root Beer	10 oz	135	0	0	0	0	0	20	30	0	30	0	0%	0%	0%	0%	
Hand-crafted drinks and tea																	
Sparkling Passionfruit Ginger	8 oz	50	0	0	0	0	0	20	12	1	10	0	0%	0%	0%	0%	
Sparkling Pineapple Mint	8 oz	50	0	0	0	0	0	10	13	0	11	0	0%	0%	0%	0%	
Mango Apple Kale	8 oz	60	0	0	0	0	0	10	15	<1	13	0	0%	0%	0%	0%	
Strawberry Rosemary Lemon	8 oz	60	0	0	0	0	0	5	16	<1	14	0	0%	0%	0%	0%	
Black Unsweetened Tea	8 oz	0	0	0	0	0	0	5	0	<1	0	0	0%	0%	0%	0%	
Sweet Tea	8 oz	100	0	0	0	0	0	5	28	0	27	0	0%	0%	0%	0%	

## ALLERGEN INFORMATION

Bowl	Dairy	Nut	Soy	Egg	Gluten	Sesame
Rancher	•		•	•		
Farmside	•	•				
Caesar	•		•	•		
Local Farmers	•	•				
G.O.A.T.	•	•	•			
Root Veggie		•	•			•
Grain Silo	•		•			
Pitchfork	•		•			•
Kale & Quinoa	•					•

Dressings	Dairy	Nut	Soy	Egg	Gluten	Sesame
Balsamic Vinaigrette						
Basil Pesto	•					
Caesar	•					
Cilantro Lime			•	•		
Honey Ginger		•				•
Honey Sriracha	•		•			
Lemon Basil						
Lemon Tahini						•
Mediterranean Vinaigrette						
Pomegranate Vinaigrette						
Spicy Jalapeño	•		•	•		

Extras	Dairy	Nut	Soy	Egg	Gluten	Sesame
Mac and Cheese	•			•	•	
Grilled Cheese	•				•	
Chocolate Chip Cookie	•			•	•	
White Chocolate Cookie	•	•		•	•	
Gluten Free Cookie						
Sourdough Blend					•	

Kid's Meals (Main Item)	Dairy	Nut	Soy	Egg	Gluten	Sesame
Baked Nuggets	•			•	•	
Grilled Nuggets			•			
Grilled Cheese	•				•	
Little Farmers Bowl						
Mac and Cheese	•			•	•	
Peanut Butter and Nutella	•	•			•	

## BOWLS

### Dairy:

Rancher (choose cilantro lime and not spicy jalapeno, remove honey sriracha and feta)

Farm Caesar

Pitchfork (remove cheese)

The G.O.A.T.- (remove cheese)

The Farmside - (remove cheese)

Kale & Quinoa- (remove cheese and basil pesto)

Grain & Silo - (remove cheese)

The Local Farmer- (remove cheese)

### Tree Nut or Peanut:

The Root Veggie

The G.O.A.T.- (remove almonds)

The Farmside- (remove almonds)

The Local Farmer (remove pecans)

### Eggs:

Farm Caesar (caesar dressing)

Rancher (spicy jalapeno)

### Sesame:

Kale and Quinoa (tahini)

Root Veggie (honey ginger)

### Soy:

Root Veggie (honey ginger)

Farm Caesar (chicken breast, caesar dressing)

Grain Silo (chicken breast)

Pitchfork (tofu)

Rancher (spicy jalapeno)

## DRESSINGS

### Dairy Free:

lemon basil, pomegranate vinaigrette, lemon tahini, mediterranean vinaigrette, balsamic vinaigrette, cilantro lime vinaigrette, honey ginger.

### Vegan:

lemon basil, pomegranate vinaigrette, lemon tahini, balsamic vinaigrette, cilantro lime

### Tree Nuts or Peanuts:

Honey ginger

### Sesame:

Honey ginger, lemon tahini

### Soy:

Honey ginger, caesar, spicy jalapeno

### Egg:

Caesar, spicy jalapeno

## EXTRAS/KID'S MEALS

### Gluten:

Grilled Cheese

Grilled Peanut Butter and Nutella

Breaded chicken nuggets

Mac and cheese

Cookies

Sourdough bread

### Tree Nuts or Peanuts:

Peanut Butter and Nutella

### Dairy:

Grilled Cheese

Grilled Peanut Butter and Nutella

Mac and Cheese

Cookies