

NUTRITIONAL INFORMATION

Maryland | Virginia | North Carolina

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEOL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
Farm Fresh Salads: * calories include light dressing																	
El Rancho	1 Each	770	380	44	10	0	30	1040	85	16	6	17	100%	120%	35%	25%	
El Rancho - Half	1 Each	340	190	22	5	0	15	520	43	8	3	8	50%	60%	15%	10%	
Kale N' Quinoa	1 Each	550	370	42	9	0	15	920	35	12	5	15	170%	130%	25%	25%	
Kale N' Quinoa - Half	1 Each	270	180	21	4.5	0	5	460	18	6	3	7	80%	70%	10%	10%	
Local Farmers	1 Each	670	430	49	10	0	25	520	50	14	14	15	120%	90%	50%	20%	
Local Farmers - Half	1 Each	340	220	25	5	0	15	260	25	7	7	8	60%	45%	25%	10%	
Holy Guacamole	1 Each	370	230	27	3.5	0	0	430	32	10	4	8	140%	60%	50%	15%	
Holy Guacamole - Half	1 Each	190	110	13	2	0	0	210	16	5	2	4	70%	35%	25%	8%	
Full Moon Harvest	1 Each	480	320	36	9	0	20	390	33	7	18	12	240%	110%	20%	25%	
Full Moon Harvest - Half	1 Each	240	160	18	4.5	0	10	190	16	3	9	6	120%	50%	10%	10%	
Thai Crunch	1 Each	330	200	23	3	0	0	380	26	6	9	8	160%	120%	15%	15%	
Thai Crunch - Half	1 Each	160	100	12	1.5	0	0	190	13	3	4	4	80%	60%	8%	8%	
Spring Chick	1 Each	550	370	43	10	0	135	1180	28	10	3	17	170%	70%	35%	20%	
Spring Chick - Half	1 Each	280	190	21	5	0	65	590	14	5	2	9	90%	35%	20%	10%	

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEOL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
Fast Fired Pizzas: * T = Traditional, WG = Whole Grain, Cauli = Cauliflower																	
Bee Sting - T	1 Each	970	620	35	16	0	85	1910	124	5	52	41	70%	20%	70%	40%	
Bee Sting - T - Half	1 Each	480	310	18	8	0	40	950	62	2	26	21	35%	10%	35%	20%	
Bee Sting - WG	1 Each	970	620	35	16	0	85	1910	124	5	52	41	70%	20%	70%	40%	
Bee Sting - WG - Half	1 Each	480	310	18	8	0	40	950	62	2	26	21	35%	10%	35%	20%	
Bee Sting - Cauli	1 Each	780	370	42	21	0	185	1990	64	6	40	42	70%	200%	110%	20%	
Bee Sting - Cauli - Half	1 Each	390	190	21	11	0	95	990	23	3	20	21	35%	100%	60%	8%	
Farmer's Wife - T	1 Each	1070	810	56	22	0	115	2180	92	5	20	50	50%	70%	90%	45%	
Farmer's Wife - T - Half	1 Each	530	410	28	11	0	55	1090	46	2	10	25	25%	35%	45%	20%	
Farmer's Wife - WG	1 Each	1070	810	56	22	0	115	2180	92	5	20	50	50%	70%	90%	45%	
Farmer's Wife - WG - Half	1 Each	530	410	28	11	0	55	1090	46	2	10	25	25%	35%	45%	20%	
Farmer's Wife - Cauli	1 Each	880	560	63	27	0	215	2260	31	6	8	51	60%	250%	130%	20%	
Farmer's Wife - Cauli - Half	1 Each	440	280	31	14	0	110	1130	16	3	4	25	30%	130%	70%	10%	
Big Bad Wolf - T	1 Each	980	740	48	17	0	125	2730	89	5	21	51	15%	10%	60%	40%	
Big Bad Wolf - T - Half	1 Each	490	370	24	8	0	65	1360	45	3	10	26	8%	6%	30%	20%	
Big Bad Wolf - WG	1 Each	980	740	48	17	0	125	2730	89	5	21	51	15%	10%	60%	40%	
Big Bad Wolf - WG - Half	1 Each	490	370	24	8	0	65	1360	45	3	10	26	8%	6%	30%	20%	
Big Bad Wolf - Cauli	1 Each	790	490	55	22	0	230	2800	28	6	8	52	25%	200%	100%	15%	
Big Bad Wolf - Cauli - Half	1 Each	400	240	27	11	0	115	1400	14	3	4	26	10%	100%	50%	8%	
4 Little Pigs - T	1 Each	1050	800	55	21	0	140	2490	88	4	20	50	25%	10%	80%	40%	
4 Little Pigs - T - Half	1 Each	520	400	27	11	0	70	1250	44	2	10	25	10%	6%	40%	20%	
4 Little Pigs - WG	1 Each	1050	800	55	21	0	140	2490	88	4	20	50	25%	10%	80%	40%	
4 Little Pigs - WG - Half	1 Each	520	400	27	11	0	70	1250	44	2	10	25	10%	6%	40%	20%	
4 Little Pigs - Cauli	1 Each	870	540	61	28	0	250	2510	26	5	9	54	30%	200%	100%	20%	
4 Little Pigs - Cauli - Half	1 Each	430	270	31	14	0	125	1250	13	3	4	27	15%	100%	50%	10%	
Wild Shroom - T	1 Each	1260	920	68	31	1	145	2780	117	7	29	52	40%	15%	90%	45%	
Wild Shroom - T - Half	1 Each	630	460	34	16	0.5	72.5	1390	58.5	3.5	14.5	26	20%	8%	45%	23%	
Wild Shroom - WG	1 Each	1240	870	62	26	1	100	2790	125	14	39	47	50%	15%	90%	40%	
Wild Shroom - WG - Half	1 Each	620	430	31	13	0.5	50	1400	63	7	20	23	25%	8%	45%	20%	
Wild Shroom - Cauli	1 Each	1070	670	74	37	1	250	2860	56	8	16	52	50%	200%	130%	20%	
Wild Shroom - Cauli - Half	1 Each	535	335	37	18.5	0.5	125	1430	28	4	8	26	25%	100%	65%	10%	
Devil's Wing - T	1 Each	1100	790	54	21	0	170	2030	94	7	21	61	40%	90%	80%	45%	
Devil's Wing - T - Half	1 Each	550	400	27	10	0	85	1020	47	4	11	30	20%	45%	40%	25%	
Devil's Wing - WG	1 Each	1100	790	54	21	0	170	2030	94	7	21	61	40%	90%	80%	45%	
Devil's Wing - WG - Half	1 Each	550	400	27	10	0	85	1020	47	4	11	30	20%	45%	40%	25%	
Devil's Wing - Cauli	1 Each	910	540	61	26	0	270	2110	33	9	9	61	50%	270%	120%	20%	
Devil's Wing - Cauli - Half	1 Each	460	270	31	13	0	135	1060	16	4	4	31	25%	140%	60%	10%	
The Rio - T	1 Each	1210	710	44	21	0	185	2440	138	7	45	67	40%	70%	100%	50%	
The Rio - T - Half	1 Each	600	350	22	11	0	90	1220	69	3	23	33	20%	35%	50%	25%	
The Rio - WG	1 Each	1210	710	44	21	0	185	2440	138	7	45	67	40%	70%	100%	50%	
The Rio - WG - Half	1 Each	600	350	22	11	0	90	1220	69	3	23	33	20%	35%	50%	25%	
The Rio - Cauli	1 Each	1020	460	51	27	0	285	2510	77	8	33	67	50%	250%	140%	25%	
The Rio - Cauli - Half	1 Each	510	230	26	13	0	140	1260	39	4	16	34	25%	130%	70%	10%	

NUTRITIONAL INFORMATION

Maryland | Virginia | North Carolina

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEOL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
Greens:																	
Arugula	4 oz	30	0	0	0	0	0	30	4	0	4	4	50%	30%	15%	8%	
Arugula - Half	2 oz	15	0	0	0	0	0	15	2	0	2	2	25%	15%	8%	4%	
Kale	1.5 oz	20	0	0	0	0	0	15	4	2	0	2	90%	90%	6%	4%	
Kale - Half	.75 oz	10	0	0	0	0	0	10	2	<1	0	<1	40%	40%	4%	2%	
Power Greens	4 oz	35	0	0	0	0	0	28	8	3	2	3	50%	120%	6%	6%	
Power Greens - Half	2 oz	20	0	0	0	0	0	15	4	1	1	1	30%	60%	4%	2%	
Romaine	4 oz	20	0	0	0	0	0	10	4	4	0	0	200%	45%	4%	8%	
Romaine - Half	2 oz	10	0	0	0	0	0	0	2	2	0	0	100%	20%	2%	4%	
Spinach	4 oz	25	0	0	0	0	0	90	4	2	0	3	210%	50%	10%	15%	
Spinach - Half	2 oz	15	0	0	0	0	0	45	2	1	0	2	110%	25%	6%	8%	
Spring Mix	4 oz	25	0	0	0	0	0	65	4	1	0	3	110%	10%	35%	8%	
Spring Mix - Half	2 oz	15	0	0	0	0	0	35	2	<1	0	2	50%	6%	15%	4%	
Sunflower Sprouts	4 oz	50	0	0	0	0	0	0	4	0	0	4	0%	0%	0%	4%	
Sunflower Sprouts - Half	2 oz	25	0	0	0	0	0	0	2	0	0	2	0%	0%	0%	2%	

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEOL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
Grains:																	
Brown Rice	4 oz	200	70	9	1.5	0	0	330	28	1	0	3	4%	10%	2%	4%	
Brown Rice - Half	2 oz	100	40	4.5	0.5	0	0	170	14	<1	0	1	2%	4%	0%	2%	
Quinoa	4 oz	80	30	3.5	0	0	0	450	12	1	<1	2	6%	8%	2%	6%	
Quinoa - Half	2 oz	40	15	1.5	0	0	0	230	6	<1	0	1	2%	4%	0%	4%	

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEOL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
Crust:																	
Traitional	1 Each	410	340	3.5	0	0	0	480	78	3	17	17	0%	0%	0%	35%	
Traitional - Half	1 Each	200	170	1.5	0	0	0	260	37	5	7	9	0%	0%	0%	15%	
Whole Grain	1 Each	410	340	3.5	0	0	0	480	78	3	17	17	0%	0%	0%	35%	
Whole Grain - Half	1 Each	200	170	1.5	0	0	0	260	37	5	7	9	0%	0%	0%	15%	
Cauliflower	1 Each	220	90	10	6	0	100	550	17	5	4	18	8%	180%	40%	10%	
Cauliflower - Half	1 Each	110	45	5	3	0	50	280	9	2	2	9	4%	90%	20%	4%	

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEOL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
Sauce :																	
Balsamic Mushroom Truffle	1 oz	180	100	11	6	0	30	720	16	2	4	6	8%	6%	10%	4%	
Balsamic Mushroom Truffle	2 oz	360	210	23	13	1	65	1430	31	3	8	11	15%	15%	25%	6%	
Diavolo Sauce	2 oz	60	35	3.5	0	0	0	210	7	0	3	2	6%	10%	2%	2%	
Diavolo Sauce	1 oz	30	15	2	0	0	0	110	3	0	1	<1	2%	6%	2%	2%	
EVOO	0.5 oz	60	63	7	1	0	0	0	0	0	0	0	0%	0%	0%	0%	
EVOO	1 oz	120	126	14	2	0	0	0	0	0	0	0	0%	0%	0%	0%	
Oil, Roasted Garlic	0.5 oz	60	63	7	1	0	0	0	0	0	0	0	0%	0%	0%	0%	
Oil, Roasted Garlic	1 oz	120	126	14	2	0	0	0	0	0	0	0	0%	0%	0%	0%	
P Sauce	1 oz	30	25	2.5	0	0	0	105	2	0	1	0	2%	6%	0%	2%	
P Sauce	2 oz	60	45	5	0.5	0	0	210	5	0	3	<1	6%	10%	2%	2%	
Sweet BBQ	.5 oz	35	0	0	0	0	0	145	9	0	8	0	2%	3%	0%	0%	
Sweet BBQ	1 oz	70	0	0	0	0	0	290	18	0	16	0	4%	6%	0%	0%	

NUTRITIONAL INFORMATION

Maryland | Virginia | North Carolina

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEOL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
Cheese: * S - Salad, P - Pizza, HS - Half Salad, HP - Half Pizza																	
Bleu Cheese - S	1 oz	100	70	8	5	0	20	320	<1	0	0	6	4%	0%	15%	0%	
Bleu Cheese - P, HS	.5 oz	50	35	4	2.5	0	10	160	0	0	0	3	2%	0%	8%	0%	
Bleu Cheese - HP	.25 oz	25	17.5	2	1.25	0	5	80	0	0	0	1.5	1%	0%	4%	0%	
Daiya - P	2 oz	160	85.6	10	5	0	0	420	16	0	0	<1	0%	0%	28%	0%	
Daiya - S, HP	1 oz	80	42.8	5	2.5	0	0	210	8	0	0	<1	0%	0%	14%	0%	
Daiya - HS	.5 oz	40	21.4	2.5	1.25	0	0	105	4	0	0	0	0%	0%	7%	0%	
Feta Cheese - S	1 oz	70	50	6	4	0	25	260	1	0	1	4	2%	0%	15%	2%	
Feta Cheese - P, HS	.5 oz	35	25	3	2	0	10	130	<1	0	<1	2	2%	0%	6%	0%	
Feta Cheese - HP	.25 oz	17.5	12.5	1.5	1	0	5	65	0	0	0	1	1%	0%	3%	0%	
Fontina - P	2 oz	220	160	18	11	5	65	460	<1	0	<1	15	10%	0%	0%	0%	
Fontina - S, HP	1 oz	110	80	9	5	2.5	30	220	0	0	0	7	6%	0%	0%	0%	
Fontina - HS	.5 oz	50	40	4.5	2.5	1	15	110	0	0	0	4	2%	0%	0%	0%	
Fresh Mozzarella - P	2 oz	160	108	12	8	0	40	80	0	0	0	10	9%	0%	31%	0%	
Fresh Mozzarella - S, HP	1 oz	80	54	6	4	0	20	40	0	0	0	5	5%	0%	16%	0%	
Fresh Mozzarella - HS	.5 oz	40	27	3	2	0	10	20	0	0	0	2.5	3%	0%	8%	0%	
Goat Cheese - S	1 oz	100	70	8	6	0	20	140	<1	0	<1	6	8%	0%	8%	4%	
Goat Cheese - P, HS	.5 oz	50	35	4	3	0	10	70	0	0	0	3	4%	0%	4%	2%	
Goat Cheese - HP	.25 oz	25	17.5	2	1.5	0	5	35	0	0	0	1.5	2%	0%	4%	2%	
Mozzerella - P	2 oz	210	90	10	3	0	0	580	20	0	20	10	25%	0%	50%	2%	
Mozzerella - S, HP	1 oz	70	30	3.5	1	0	0	190	7	0	7	3	8%	0%	15%	0%	
Mozzerella - HS	.5 oz	35	15	1.5	0.5	0	0	95	3	0	3	2	4%	0%	8%	0%	
Smoked Gouda - P	2 oz	200	150	16	12	0	50	450	0	0	0	14	10%	0%	40%	0%	
Smoked Gouda - S, HP	1 oz	100	70	8	6	0	25	220	0	0	0	7	6%	0%	20%	0%	
Smoked Gouda - HS	.5 oz	50	35	4	3	0	10	110	0	0	0	4	4%	0%	10%	0%	

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEOL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value				
													Vitamin A	Vitamin C	Calcium	Iron	
Toppings:																	
Avocado	1 oz	25	20	2	0	0	0	0	1	<1	0	0	0%	2%	0%	0%	
Banana Peppers	1 oz	5	0	0	0	0	0	280	1	1	0	0	0%	0%	2%	0%	
Basil	.5 oz	0	0	0	0	0	0	0	0	0	0	0	15%	4%	2%	2%	
Black Beans	2 oz	35	0	0	0	0	0	180	6	2	0	2	0%	0%	4%	4%	
Black Olives	.5 oz	60	45	5	1	0	0	300	2	0	0	0	0%	0%	0%	10%	
Capicola	1 oz	45	20	2.5	1	0	<5	360	<1	0	0	0	0%	0%	0%	2%	
Carrots	1 oz	5	0	0	0	0	0	10	1	0	<1	0	45%	2%	0%	0%	
Cherry Tomatoes	1 oz	15	0	0	0	0	0	132	2	0	0	0	6%	20%	0%	2%	
Cremini Mushrooms	1 oz	10	0	0	0	0	0	0	<1	0	0	<1	0%	0%	2%	0%	
Cucumber	1 oz	0	0	0	0	0	0	0	1	0	0	0	0%	2%	0%	0%	
Fire Roasted Corn	1 oz	100	10	1.5	0	0	0	20	21	2	0	3	2%	0%	0%	4%	
Hard Boiled Egg	1.5 oz	80	50	5	1.5	0	185	60	<1	0	<1	6	6%	0%	2%	4%	
Italian Sausage	1 oz	70	60	6	1	0	15	300	1	0	0	3	0%	0%	2%	2%	
Jalapeno	1 oz	10	0	0	0	0	0	0	2	<1	1	0	6%	60%	0%	0%	
Mint	.5 oz	5	0	0	0	0	0	0	1	<1	0	0	10%	4%	2%	10%	
Pancetta Crisps	.5 oz	70	50	6	2	0	15	240	0	0	0	4	0%	0%	0%	0%	
Pepperoni	1 oz	140	110	12	4	0	30	490	0	0	0	6	0%	0%	0%	200%	
Pineapple	1 oz	15	0	0	0	0	0	0	3	0	2	0	0%	8%	0%	0%	
Radish	1 oz	0	0	0	0	0	0	0	<1	0	0	0	0%	15%	0%	2%	
Red Onion	1 oz	10	0	0	0	0	0	0	3	0	1	0	0%	4%	0%	0%	
Roasted Beets	1 oz	25	10	1.5	0	0	0	50	3	<1	2	0	0%	2%	0%	2%	
Roasted Broccoli	1 oz	25	15	1.5	0	0	0	45	2	<1	0	<1	4%	40%	2%	2%	
Roasted Edamame	1 oz	90	80	9	0.5	0	0	160	2	<1	<1	2	0%	4%	2%	2%	
Roasteed Butternut Squash	1 oz	20	5	0.5	0	0	0	15	3	<1	<1	0	60%	10%	2%	2%	
Salami	1 oz	110	80	9	3	0	30	490	0	0	0	6	0%	0%	0%	2%	
Shaved Ham	1.5 oz	35	10	1	0	0	15	300	<1	0	<1	7	0%	0%	0%	2%	
Spinach	1 oz	5	0	0	0	0	0	20	1	<1	0	<1	50%	15%	2%	4%	
Strawberries	1 oz	10	0	0	0	0	0	0	2	<1	1	0	0%	25%	0%	0%	

NUTRITIONAL INFORMATION

Maryland | Virginia | North Carolina

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEOL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Dressings:																
Balsamic	Half Salad	30	25	3	0	0	0	20	1	0	<1	0	0%	0%	0%	0%
Balsamic	Light	60	50	6	0	0	0	45	1	0	1	0	0%	0%	0%	0%
Balsamic	Medium	120	110	12	1	0	0	95	2	0	2	0	0%	0%	0%	0%
Balsamic	Heavy	170	160	18	1.5	0	0	140	4	0	3	0	0%	0%	0%	0%
Basil Pesto	Half Salad	60	50	6	0.5	0	0	70	<1	0	0	<1	4%	4%	2%	0%
Basil Pesto	Light	120	110	13	1	0	0	135	1	0	0	1	8%	8%	4%	2%
Basil Pesto	Medium	230	220	25	2.5	0	<5	270	2	0	0	2	15%	15%	8%	4%
Basil Pesto	Heavy	340	320	37	3.5	0	<5	400	3	<1	0	3	25%	20%	10%	6%
Creamy Parmesan	Half Salad	40	35	4	1	0	<5	110	0	0	0	0	0%	0%	2%	0%
Creamy Parmesan	Light	80	70	8	2	0	10	220	0	0	0	<1	0%	0%	2%	0%
Creamy Parmesan	Medium	160	150	16	3.5	0	20	440	<1	0	<1	2	2%	0%	4%	0%
Creamy Parmesan	Heavy	230	220	24	5	0	25	650	1	0	1	3	2%	0%	8%	0%
Honey Sriracha Drizzle	1 fl oz	50	30	3.5	2	0	10	105	4	0	4	<1	2%	0%	4%	0%
Honey Sriracha Drizzle	.5 fl oz	25	15	2	1	0	<5	50	2	0	2	0	0%	0%	2%	0%
Lemon Basil	Half Salad	50	45	5	0	0	0	20	<1	0	<1	0	0%	2%	0%	0%
Lemon Basil	Light	100	100	11	1	0	0	45	2	0	2	0	0%	4%	0%	0%
Lemon Basil	Medium	210	190	23	2	0	0	95	4	0	3	0	0%	8%	0%	0%
Lemon Basil	Heavy	310	290	34	3	0	0	135	6	0	5	0	0%	10%	0%	0%
Lemon Tahini	Half Salad	30	25	2.5	0	0	0	60	1	0	0	<1	0%	2%	2%	2%
Lemon Tahini	Light	60	45	5	0.5	0	0	120	3	<1	0	2	2%	4%	4%	4%
Lemon Tahini	Medium	120	90	11	1.5	0	0	240	5	2	0	3	4%	8%	8%	10%
Lemon Tahini	Heavy	180	130	16	2	0	0	360	8	3	<1	5	4%	10%	15%	15%
Mango Citrus	Half Salad	40	35	4	0	0	0	10	1	0	1	0	0%	4%	0%	0%
Mango Citrus	Light	80	70	8	0.5	0	0	20	2	0	2	0	2%	6%	0%	0%
Mango Citrus	Medium	150	140	16	1	0	0	40	5	0	4	0	2%	10%	0%	0%
Mango Citrus	Heavy	230	200	24	1.5	0	0	65	7	0	6	0	4%	20%	0%	0%
Skinny Vin	Half Salad	60	50	6	0	0	0	35	1	0	<1	0	0%	0%	0%	0%
Skinny Vin	Light	110	100	12	1	0	0	75	2	0	2	0	0%	0%	0%	0%
Skinny Vin	Medium	220	200	24	1.5	0	0	140	4	0	4	0	0%	0%	0%	0%
Skinny Vin	Heavy	340	310	36	2.5	0	0	220	7	0	6	0	0%	0%	0%	0%

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEOL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Proteins:																
Blackened Shrimp	3.5 oz	60	50	6	0	0	25	240	0	0	0	3	0%	0%	2%	0%
Grilled Steak	3.5 oz	190	100	12	3.5	0	60	240	0	0	0	19	0%	0%	15%	2%
Roasted Chicken	3.5 oz	120	35	4	1	0	90	340	0	0	0	19	0%	0%	0%	6%
Roasted Tofu	3.5 oz	110	30	3.5	0.5	0	0	1680	9	0	6	11	0%	6%	6%	6%

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEOL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Salad Finishers:																
Apple Chips	.5 oz	70	30	3.5	0	0	0	5	10	<1	6	0	0%	15%	0%	0%
Crispy Onions	.5 oz	15	0	0	0	0	0	40	3	0	<1	0	0%	0%	0%	0%
Honey Sriracha Drizzle	.25 oz	15	10	1	0.5	0	<5	25	1	0	<1	0	0%	0%	0%	0%
Rice Noodles	.5 oz	25	0	0	0	**	0	30	6	0	0	0	0%	0%	0%	0%
Tortilla Strips	.5 oz	25	0	0	0	0	0	50	55	<1	0	<1	0%	2%	2%	0%

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEOL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Pizza Finishers:																
Arugula	1 oz	5	0	0	0	0	0	10	<1	0	<1	<1	15%	8%	4%	2%
Avocado	1 oz	25	20	2	0	0	0	0	1	<1	0	0	0%	2%	0%	0%
Balsamic Drizzle	.5 oz	80	70	8	0.5	0	0	70	2	0	1	0	0%	0%	0%	0%
Basil Pesto Drizzle	.5 oz	70	70	8	1	0	0	80	<1	0	0	<1	4%	4%	2%	2%
Cilantro	.25 oz	0	0	0	0	0	0	0	0	0	0	0	10%	4%	0%	0%
Creamy Parmesan Drizzle	.5 oz	60	50	6	1	0	<5	70	0	0	0	0	0%	0%	2%	0%
Goat Cheese	.5 oz	50	35	4	3	0	10	70	0	0	0	3	4%	0%	4%	2%
Honey Sriracha Drizzle	.25 oz	15	10	1	0.5	0	<5	25	1	0	<1	0	0%	0%	0%	0%
Local Honey Drizzle	1 oz	120	0	0	0	0	0	0	34	0	32	0	0%	0%	0%	0%
Parsley	.25 oz	0	0	0	0	0	0	0	0	0	0	0	10%	15%	0%	2%
Sweet & Sour Pickles	.5 oz	0	0	0	0	0	0	115	0	0	0	0	0%	0%	0%	0%