



REAL FOOD
EATERY

Proteins:

	Serving	Calories	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Net Carbs	Total Sugar	Added Sugar	Protein	Allergens
Lemon Herb Chicken	4.00oz	200	8g	2g	0g	140mg	360mg	1g	0g	1g	0g	0g	29g	
Spicy Chicken	4.00oz	230	11g	3g	0g	135mg	600mg	3g	0g	3g	0g	0g	28g	
Salmon	4.00oz	220	15g	3g	0g	55mg	230mg	0g	0g	0g	0g	0g	20g	
Gass-fed Beef	4.00oz	270	11g	4g	0g	95mg	400mg	6g	0g	6g	1g	0g	32g	fish, soy
Organic Tofu	4.60oz	140	9g	1g	0g	0mg	190mg	3g	2g	1g	2g	0g	14g	soy

Bases:

	Serving	Calories	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Net Carbs	Total Sugar	Added Sugar	Protein	Allergens
Brown Rice	3.50oz	140	3g	0g	0g	0mg	160mg	27g	1g	26g	0g	0g	3g	
Quinoa	3.50oz	90	3g	0g	0g	0mg	125mg	14g	2g	12g	0g	0g	3g	
Organic Spring Mix	1.50oz	40	4g	0g	0g	0mg	55mg	2g	1g	1g	0g	0g	0g	
Organic Chopped Kale	1.50oz	35	1g	0g	0g	0mg	25mg	6g	3g	3g	2g	0g	3g	

Cold Sides:

	Serving	Calories	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Net Carbs	Total Sugar	Added Sugar	Protein	Allergens
Moroccan Chickpea Salad	4.50oz	230	6g	1g	0g	0mg	230mg	37g	5g	32g	8g	0g	8g	tree nuts (almonds, coconut)
Avocado Half	2.10oz	100	9g	2g	0g	0mg	25mg	5g	4g	2	0g	0g	1g	sesame seeds
Asian Cabbage Slaw	4.00oz	60	3g	0g	0g	0mg	460mg	8g	2g	6g	2g	0g	1g	sesame seeds

Warm Sides:

	Serving	Calories	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Net Carbs	Total Sugar	Added Sugar	Protein	Allergens
Golden Cauliflower	4.00oz	80	5g	1g	0g	0mg	340mg	8g	3g	5g	3g	0g	6g	
Warm Beets	3.50oz	170	3g	0g	0g	0mg	410mg	33g	9g	24g	23g	0g	5g	tree nuts (walnuts)
Roasted Broccoli	3.20oz	100	6g	1g	0g	0mg	400mg	10g	4g	6g	2g	0g	4g	dairy
Roasted Sweet Potatoes	4.00oz	220	6g	1g	0g	0mg	460mg	38g	6g	32g	8g	0g	3g	
Rustic Mashed Potatoes	4.00oz	190	11g	7g	0g	35mg	550mg	17g	2g	15g	1g	0g	5g	dairy
Roasted Delicata Squash	4.00oz	160	6g	1g	0g	0mg	520mg	28g	4g	24g	10g	4g	3g	

Sauces / Dressings:	Serving	Calories	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Net Carbs	Total Sugar	Added Sugar	Protein	Allergens
Pesto	1.00oz	40	4g	1g	0g	0mg	65mg	0g	0g	0g	0g	0g	0g	0g dairy, tree nuts (almonds)
Sesame	1.00oz	90	8g	1g	0g	0mg	300mg	5g	0g	5g	3g	3g	2g	soy, sesame seeds
Sriracha	1.00oz	15	0g	0g	0g	0mg	470mg	1g	0g	1g	0g	0g	0g	soy
Soy Ginger	1.00oz	25	1g	0g	0g	0mg	940mg	3g	0g	3g	1g	1g	2g	soy, sesame seeds
Raita	1.00oz	15	0g	0g	0g	0mg	120mg	2g	0g	2g	2g	0g	1g	dairy
Vegan Garlic Cashew	1.00oz	70	7g	3g	0g	0mg	110mg	3g	0g	3g	0g	0g	2g	tree nuts (cashews)
Greek Yogurt Caesar	1.00oz	80	8g	1g	0g	0mg	75mg	0g	0g	0g	0g	0g	0g	dairy
Balsamic Glaze	0.50oz	35	0g	0g	0g	0mg	1mg	8g	0g	8g	8g	0g	0g	

Toppings:	Serving	Calories	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Net Carbs	Total Sugar	Added Sugar	Protein	Allergens
Bacon	1.00oz	40	4g	2g	0g	5mg	70mg	0g	0g	0g	0g	0g	1g	
Cheddar	1.00oz	110	9g	6g	0g	30mg	200mg	1g	0g	1g	0g	0g	7g	dairy
Goat Cheese	0.80oz	60	5g	3g	0g	10mg	100mg	0g	0g	0g	0g	0g	4g	dairy
Feta	2.00oz	100	8g	6g	0g	35mg	340mg	2g	0g	2g	2g	0g	5g	
Walnuts	1.00oz	100	10g	1g	0g	0mg	0mg	2g	0g	2g	0g	0g	2g	tree nuts
Almonds	1.00oz	80	7g	0g	0g	0mg	0mg	3g	1g	2g	0g	0g	3g	
Pistachios	1.00oz	90	7g	1g	0g	0mg	40mg	4g	2g	2g	1g	0g	3g	
Organic Tomatoes	1.00oz	10	0g	0g	0g	0mg	0mg	2g	1g	1g	1g	0g	0g	
Roasted Mushrooms	2.00oz	25	2g	0g	0g	0mg	85mg	2g	0g	2g	0g	0g	1g	
Organic Apples	2.00oz	25	0g	0g	0g	0mg	0mg	6g	1g	5g	5g	0g	0g	
Baked Tortilla Chips	2.00oz	55	1g	0g	0g	0mg	50mg	9g	1g	8g	0g	0g	2g	

Signature Bowls:	Serving	Calories	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Net Carbs	Total Sugar	Added Sugar	Protein	Allergens
Warm Beet & Goat Cheese Salad	8.80oz	455	21g	6g	0g	10mg	696mg	55g	13g	42g	32g	0g	15g	dairy, nuts
Spicy Tortilla Salad	9.60oz	380	22g	8g	0g	30mg	853mg	33g	7g	27g	1g	0g	12g	dairy
Umani Kale Bowl	9.70oz	402.5	27g	3g	0g	0mg	878mg	36g	6g	30g	6g	3g	12g	nuts
Teriyaki Grain Bowl	11.50oz	305	15g	0g	0g	0mg	1628mg	37g	5g	32g	3g	1g	10g	nuts
Roasted Delicata Squash & Feta Salad	13.10oz	537.5	32g	9g	0g	35mg	926mg	56g	12g	45g	26g	4g	14g	dairy, nuts
Harvest Bowl	12.80oz	530	25g	5g	0g	10mg	736mg	64g	9g	56g	21g	0g	12g	dairy, nuts
Cobb Caesar	8.60oz	455	39g	11g	0g	35mg	470mg	14g	8g	7g	3g	0g	12g	dairy
Avocado Bowl	13.90oz	460	37g	6g	0g	0mg	910mg	30g	16g	16g	5g	0g	12g	dairy
Classic Bowl	15.70oz	750	31g	5g	0g	140mg	1680mg	81g	11g	70g	13g	3g	41g	dairy, soy
Spicy Chicken Bowl	13.50oz	702.5	32g	11g	0g	170mg	1893mg	60g	8g	52g	9g	0g	42g	dairy, soy
Vegan Buddha Bowl	15.70oz	592.5	31g	6g	0g	0mg	913mg	63g	17g	47g	26g	0g	26g	nuts, soy
Mediterranean Salmon Bowl	18.10oz	790	45g	12g	0g	90mg	1015mg	60g	12g	49g	11g	0g	37g	dairy