



REAL FOOD

EATERY

| Proteins: | Serving | Calories | Total Fat | Sat Fat | Trans Fat | Chol | Sodium | Carbs | Fiber | Net Carbs | Total Sugar | Added Sugar | Protein | Allergens |
|-------------------------|---------|----------|-----------|---------|-----------|-------|--------|-------|-------|-----------|-------------|-------------|---------|-------------------------|
| Chicken Thighs | 4.00oz | 200 | 8g | 2g | 0g | 140mg | 360mg | 1g | 0g | 1g | 0g | 0g | 29g | |
| Meatballs (3) | 6.00oz | 340 | 22g | 9g | 1g | 145mg | 560mg | 4g | 1g | 3g | 0g | 0g | 28g | dairy, eggs |
| 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 |
| Meatball (1) | 2.00oz | 110 | 7g | 3g | 0g | 50mg | 190mg | 1g | 0g | 1g | 0g | 0g | 9g | dairy, eggs |
| 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 | |
| Spring Mix | 1.50oz | 40 | 4g | 0g | 0g | 0mg | 55mg | 2g | 1g | 1g | 0g | 0g | 0g | |
| 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 | nuts (almonds, coconut) |
| Sweet Potato Hummus | 4.50oz | 280 | 12g | 2g | 0g | 0mg | 440mg | 38g | 6g | 32g | 7g | 0g | 5g | sesame seeds |
| Avocado Half | 2.10oz | 100 | 9g | 2g | 0g | 0mg | 25mg | 5g | 4g | 1g | 0g | 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 | nuts (walnuts) |
| Roasted Broccoli | 3.20oz | 100 | 6g | 1g | 0g | 0mg | 400mg | 10g | 4g | 6g | 2g | 0g | 4g | dairy |
| Roasted Carrots | 3.70oz | 130 | 7g | 1g | 0g | 0mg | 370mg | 16g | 2g | 14g | 7g | 0g | 2g | nuts (almonds) |
| 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 |

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, 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 |
| BBQ | 1.00oz | 60 | 2g | 0g | 0g | 0mg | 500mg | 13g | 1g | 12g | 11g | 9g | 1g | fish, soy |
| Caesar | 1.00oz | 80 | 8g | 1g | 0g | 0mg | 75mg | 0g | 0g | 0g | 0g | 0g | 0g | dairy |
| Balsamic | 1.00oz | 54 | 0g | 0g | 0g | 0mg | 87mg | 11g | 0g | 11g | 0g | 11g | 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 | 1.45oz | 140 | 11g | 6g | 0g | 35mg | 210mg | 0g | 0g | 0g | 0g | 0g | 8g | 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 | dairy |
| Walnuts | 1.00oz | 100 | 10g | 1g | 0g | 0mg | 0mg | 2g | 0g | 2g | 0g | 0g | 2g | nuts |
| Almonds | 1.00oz | 80 | 7g | 0g | 0g | 0mg | 0mg | 3g | 1g | 2g | 0g | 0g | 3g | nuts |
| Roasted Mushrooms | 2.00oz | 25 | 2g | 0g | 0g | 0mg | 85mg | 2g | 0g | 2g | 0g | 0g | 1g | |
| Tomatoes | 1.00oz | 10 | 0g | 0g | 0g | 0mg | 0mg | 2g | 1g | 1g | 1g | 0g | 0g | |
| Pear | 2.00oz | 35 | 0g | 0g | 0g | 0mg | 0mg | 8g | 2g | 6g | 5g | 0g | 0g | |
| Apples | 2.00oz | 25 | 0g | 0g | 0g | 0mg | 0mg | 6g | 1g | 5g | 5g | 0g | 0g | |

Signature Bowls:

| | Serving | Calories | Total Fat | Sat Fat | Trans Fat | Chol | Sodium | Carbs | Fiber | Net Carbs | Total Sugar | Added Sugar | Protein | Allergens |
|---------------------------|---------|----------|-----------|---------|-----------|-------|--------|-------|-------|-----------|-------------|-------------|---------|------------------|
| Umani Kale Bowl | 9.70oz | 402.5 | 27g | 3g | 0g | 0mg | 878mg | 36g | 6g | 30g | 6g | 3g | 12g | nuts |
| Teriyaki Grain Bowl | 7.00oz | 255 | 11g | 0g | 0g | 0mg | 1108mg | 33g | 6g | 27g | 3g | 1g | 11g | nuts |
| Pear & Feta Salad | 9.60oz | 406.5 | 26g | 8g | 0g | 35mg | 492mg | 33g | 9g | 24g | 8g | 11g | 11g | dairy, nuts |
| Harvest Bowl | 13.30oz | 549 | 25g | 5g | 0g | 10mg | 822mg | 67g | 9g | 59g | 13g | 11g | 12g | dairy, nuts |
| Cobb Caesar | 9.05oz | 485 | 41g | 11g | 0g | 40mg | 480mg | 13g | 8g | 5g | 3g | 0g | 13g | dairy |
| Avocado Bowl | 12.40oz | 420 | 33g | 6g | 0g | 0mg | 855mg | 28g | 15g | 13g | 5g | 0g | 12g | dairy |
| Classic Bowl | 15.70oz | 750 | 31g | 5g | 0g | 140mg | 1680mg | 81g | 11g | 70g | 13g | 3g | 41g | dairy, soy |
| Raita Chicken Bowl | 16.20oz | 565 | 23g | 4g | 0g | 140mg | 1350mg | 54g | 6g | 48g | 12g | 0g | 41g | dairy, nuts |
| Mediterranean Salmon Bowl | 18.10oz | 790 | 45g | 12g | 0g | 90mg | 1015mg | 60g | 12g | 48g | 11g | 0g | 37g | dairy |
| Sriracha Meatball Bowl | 15.95oz | 842.5 | 45g | 18g | 1g | 185mg | 1863mg | 60g | 9g | 51g | 9g | 0g | 43g | soy, dairy, eggs |
| BBQ Steak Bowl | 15.70oz | 760 | 32g | 12g | 0g | 130mg | 2010mg | 73g | 8g | 65g | 15g | 9g | 45g | soy, dairy |