

TRISM

NUTRITION INFORMATION

SMOOTHIE BOWLS	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
COOKIE MONSTER	672	28	7	0	184	89	13	44	30
BLUEBERRY ALMOND	603	26	8	0	38	92	15	54	11
CHERRY CHEEZCAKE	590	30	5	0	115	65	11	37	15
NUTTY DRAGON	575	27	12	0	13	78	15	40	14
CHUNKY MONKEY	724	36	15	0	49	92	17	53	18
PUMPKIN PIE	541	22	2	0	120	86	12	47	11
RIO	515	12	3	0	152	99	10	66	6

TOAST	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
BACONANA	306	18	4	0	280	31	6	6	10
PESTO AVOCADO	310	21	3	0	378	24	5	1	8
STRAWBERRY AVOCADO	212	8	3	0	184	32	5	8	5
AVOCADO	157	5	1	0	299	22	5	0	5
PUMPKIN	260	12	2	0	180	33	3	9	7
BEET HUMMUS	180	8	.5	0	290	25	4	2	6

BREAKFAST SANDWICHES	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
THE CLASSIC	740	47	17	425	1532	44	2	4	35
NUMERO UNO	692	36	14	408	1230	61	4	2	31
JIMMY PESTO	635	32	10	380	1047	60	4	2	25

SANDWICHES	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
DANK CHICKEN	490	12	2	60	1280	70	5	12	26
ZEUS	610	34	9	75	1170	50	4	8	26
CAPRAZAY	790	43	20	95	920	58	4	2	35
MAZZA	550	28	5	10	1110	65	11	8	20

HOT BOWLS	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
SXSW BOWL	635	28	6	73	1688	70	6	9	28
MED BOWL	634	32	5	0	1153	87	15	15	17
SOUL BOWL	660	25	3	0	1428	87	7	18	26
GREEK GEEK BOWL	632	31	7	63	1044	63	2	5	25
POKE BOWL	489	17	2	62	1223	56	6	9	32

SMOOTHIES	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
BIRTHDAY CAKE	558	21	3	0	158	74	10	39	27
PUMPKIN PIE	323	13	1	0	7	52	8	33	7
PB POWER	475	16	3	0	14	78	10	45	12
MORNING GLORY	217	1	0	0	4	54	5	33	3
GREEN MONSTER	258	1	0	0	40	63	7	33	7
BREAKFAST	366	13	1	0	2	62	9	38	8
BLUEBERRY CACAO	313	14	2	0	8	42	10	29	7

SNACKS	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
COOKIE DOUGH NO-BAKE	100	5	1	0	25	13	2	5	3
MATCHA NO-BAKE	97	7	1	0	12	8	1	4	4
CRANBERRY PECAN NO-BAKE	114	7	1	0	16	11	3	7	4
PB CACAO NO-BAKE	111	6	2	0	18	10	3	5	5
CHOCOLATE AVOCADO PUDDING	426	21	3	0	41	56	11	40	5
COCONUT CHIA PUDDING	352	24	14	0	63	27	9	16	9
PUMPKIN CHIA PUDDING	223	10	1	0	73	25	11	12	9
POP TART	250	11	5	0	160	37	2	22	2

