

SHARES & SIDES

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Buffalo Cauli Bites	648	22g	3g	<1g	0mg	1,181mg	46g	8g	9g	6g
Buffalo Poppers	306	14g	2g	<1g	0mg	575mg	35g	10g	1g	11g
Crispy Brussels	253	17.5g	2.5g	0g	0mg	140mg	23.4g	5.6g	6.9g	4.2g
Falafel Bites	612	27g	3g	<1g	21.6g	1150mg	71g	20g	3g	22g
French Fries	468	18g	2g	<1g	0mg	732mg	71g	0g	0g	7g
Quesadilla	500	31g	19g	0g	90mg	860mg	32g	4g	1g	27g
Sweet Potato Fries	594	26g	3g	<1g	0mg	322mg	85g	4g	21g	4g
Thai Cauli Bites	879	39g	5g	<1g	5mg	2498mg	119g	4g	14g	11g
Vegan Nuggets	557	27g	3g	<1g	0mg	952mg	64g	3g	0g	16g
Zucchini Stix	606	41g	6g	<1g	0mg	322mg	22g	11g	0g	38g



HAPPY KIDS

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Chx Finger / Fries	569	28g	3g	<1g	56mg	1007mg	58g	0g	0g	21g
Vegan Nug / Fries	557	27g	3g	<1g	0mg	952mg	64g	3g	0g	16g



SOUPS

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Chx Pastina	92	2g	0g	0g	32mg	606mg	6g	6g	0g	13g
Chx Poblano	240	15g	9g	0g	65mg	860mg	19g	2g	6g	9g
Mac & Cheese	300	16g	8g	0g	40mg	1180mg	25g	2g	5g	14g



SALADS

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Apple Waldy	491	30g	6g	<1g	160mg	1310mg	33g	13g	13g	37g
Backyard BBQ	562	20g	9g	<1g	109mg	858mg	53g	11g	36g	43g
Big Macro	554	30g	3g	0g	55mg	588mg	28g	8g	6g	39g
Black & Blue	545	33g	7g	0g	90mg	443mg	38g	10g	6g	39g
Buffalo Jack	445	24g	4g	<1g	50.7mg	2145mg	38g	4g	4g	29g
Cotija Carne	497	25g	9g	0g	92mg	668mg	32g	7g	8g	32g
Eat Cobb	501	31g	10g	<1g	360mg	800mg	13g	7g	5g	45g
Fiesta CHX	630	25g	7g	<1g	109mg	663mg	57g	16g	32g	47g
Fit & Fueled	319	11g	5g	<1g	167mg	391mg	18g	7g	9g	33g
Greek Out	261	12g	5g	0g	25mg	717mg	30g	5g	11g	11g
Open Sesame	409	20g	2g	<1g	142mg	123mg	22g	9g	7g	39g
Reel Love	272	4g	<1g	0g	50mg	83mg	21.0g	8g	10g	36g
Stay Classy Caesar	255	13g	5g	0g	23mg	562mg	24g	3g	1g	16g



GRAIN BOWLS

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Burrito Bowl	580	17g	6g	0g	109mg	753mg	67g	9g	11g	39g
Harvest Bowl	680	28g	2g	0g	0mg	752mg	88g	18g	15g	20g
Mediterranean Bowl	346	10g	1g	0g	144mg	2217mg	66g	9g	15g	26g
Teriyaki Bowl	318	5g	1g	0g	144mg	1950mg	52g	11g	17g	23g
Thai Rice Bowl	395	3g	<1g	0g	0mg	1357mg	84g	11g	47g	27g



SMOOTHIES

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Green Giant										
Almond Milk	203	4g	1g	0g	0g	232mg	42g	5g	29g	5g
Coconut Milk	175	7g	6g	0g	0g	155mg	31g	4g	16g	3g
Peanut Butter Cup										
Almond Milk	872	551g	9g	0g	35g	734mg	60g	10g	38g	54g
Coconut Milk	844	54g	15g	0g	35g	657mg	49g	9g	26g	52g
Pink Mango										
Almond Milk	250	3g	1g	0g	0g	229mg	53g	6g	38g	4g
Coconut Milk	222	6g	6g	0g	0g	152mg	42g	6g	25g	3g
Tropical										
Almond Milk	207	4g	1g	0g	0g	191mg	44g	4g	32g	3g
Coconut Milk	179	7g	6g	0g	0g	114mg	33g	4g	20g	2g
Very Berry										
Almond Milk	206	4g	1g	0g	0g	191mg	44g	5g	30g	3g
Coconut Milk	178	7g	6g	0g	0g	114mg	33g	5g	18g	2g



SAUCES

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Apple Cider Vinaigrette	290	4.5g	1g	0g	0mg	210mg	11g	0g	16g	0g
Asian Sesame Ginger	140	14g	2g	0g	0mg	430mg	6g	0g	5g	0g
Zesty Avocado	380	41g	6g	0g	29mg	644mg	3g	0g	3g	3g
Balsamic Glaze	98	0g	0g	0g	0mg	30mg	20g	0g	12g	0g
Balsamic Vinaigrette	164	14g	0g	0g	0mg	548mg	8g	0g	8g	0g
BBQ Sauce	55	0g	0g	0g	0mg	228mg	14g	0g	14g	0g
Bleu Cheese	410	44g	9g	0g	29mg	703mg	3g	0g	3g	3g
Caesar	380	44g	7g	0g	29mg	1025mg	6g	0g	3g	3g
Champagne Vinaigrette	250	4g	1g	0g	0mg	190mg	3g	0g	2g	0g
Chipotle Aioli	470	50g	8g	0g	47mg	783mg	6g	0g	6g	0g
Dill Pickle Aioli	352	35g	6g	0g	44mg	820mg	6g	0g	3g	3g
Extra Virgin Olive Oil	240	27g	3g	0g	0mg	0mg	0g	0g	0g	0g
Franks Red Hot	0	0g	0g	0g	0g	1140mg	0g	0g	0g	0g
Green Goddess	410	44g	7g	0g	29mg	645mg	6g	0g	3g	3g
Honey Mustard	425	43g	7g	0g	43mg	849mg	9g	0g	9g	3g
Ketchup Packets	10	0g	0g	0g	0mg	85mg	2g	0g	2g	0g
Lemon Juice	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Lemon Vinaigrette	110	11g	2g	0g	0mg	200mg	5g	0g	49g	0g
Lil Kick Chipotle	210	20g	4g	1g	0mg	480mg	5g	0g	3g	1g
Mike's Hot Honey	141	0g	0mg	0g	0mg	0mg	34g	0g	32g	0g
Ranch	410	44g	7g	0g	15mg	849mg	6g	0g	3g	0g
Red Wine Vinegar	0	0g	0g	0g	0g	0mg	0g	0g	0g	0g
Sweet Chili	114	0g	0g	0g	0mg	753mg	28g	0g	27g	0g
Teriyaki Sauce	40	0g	0mg	0g	0mg	620mg	10g	0g	8g	0g
Thai Chili	360	27g	5g	0g	<15mg	1110mg	30g	0g	27g	0g
Tzatziki (1.5oz)	90	7g	6g	0g	0mg	225mg	3g	0g	2g	2g
Tzatziki (3oz)	180	14g	12g	0g	0mg	450mg	6g	0g	3g	3g



WRAPS

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Buffalo Chx										
Ciabatta Bread	906	52g	12g	<1g	127mg	3610mg	62g	4g	5g	41g
Gluten Free Wrap	916	59g	14g	<1g	127mg	3640mg	64g	7g	9g	43g
Spinach Wrap	926	54g	15g	<1g	127mg	3660mg	65g	5g	4g	44g
Whole Wheat Wrap	896	54g	15g	<1g	127mg	3610mg	61g	9g	4g	45g
Caprese										
Ciabatta Bread	672	15g	6g	<1g	162mg	677mg	68g	4g	19g	55g
Gluten Free Wrap	682	22g	8g	<1g	162mg	698mg	70g	7g	23g	57g
Spinach Wrap	692	17g	8g	<1g	162mg	727mg	71g	5g	18g	58g
Whole Wheat Wrap	662	17g	8g	<1g	162mg	677mg	67g	9g	18g	59g
Chicken Caesar										
Ciabatta Bread	775	37g	9g	<1g	175mg	532mg	46g	5g	6g	61g
Gluten Free Wrap	714	37g	11g	<1g	175mg	1129mg	49g	7g	9g	61g
Spinach Wrap	724	31g	11g	<1g	175mg	1159mg	50g	5g	4g	62g
Whole Wheat Wrap	704	30g	9g	<1g	175mg	1109mg	47g	4g	5g	59g
Chipotle Chx										
Ciabatta Bread	842	44g	7g	<1g	167mg	952mg	61g	6g	7g	49g
Gluten Free Wrap	852	51g	9g	<1g	167mg	972mg	63g	9g	11g	51g
Spinach Wrap	862	46g	9g	<1g	167mg	1002mg	64g	7g	6g	52g
Whole Wheat Wrap	832	46g	9g	<1g	167mg	952mg	60g	11g	6g	53g
Crispy Mutha Clucka										
Ciabatta Bread	1198	63g	39g	<1g	141mg	2594mg	83g	4g	20g	49g
Gluten Free Wrap	1248	70g	43g	<1g	141mg	2614mg	85g	6g	24g	51g
Spinach Wrap	1258	64g	41g	<1g	141mg	2644mg	86g	4g	19g	52g
Whole Wheat Wrap	1188	65g	41g	<1g	141mg	2594mg	81g	8g	19g	53g
Crispy Shrimp										
Ciabatta Bread	704	39g	6g	<1g	52mg	1374mg	74g	6g	8g	13g
Gluten Free Wrap	714	46g	7g	<1g	52mg	1394mg	76g	9g	12g	15g
Spinach Wrap	724	41g	8g	<1g	52mg	1424mg	77g	7g	7g	16g
Whole Wheat Wrap	694	41g	8g	<1g	52mg	1374mg	73g	11g	7g	17g
Crunch Thai'm										
Ciabatta Bread	721	28g	4g	<1g	44mg	1843mg	98g	6g	28g	14g
Gluten Free Wrap	721	35g	6g	<1g	44mg	1903mg	100g	9g	32g	16g
Spinach Wrap	741	30g	6g	<1g	44mg	1943mg	100g	7g	27g	17g
Whole Wheat Wrap	711	35g	6g	<1g	44mg	1843mg	97g	11g	27g	18g
Nashville Not Chx										
Ciabatta Bread	814	28g	3g	<1g	0mg	2615mg	112g	8g	37g	25g
Gluten Free Wrap	824	35g	5g	<1g	0mg	2635mg	114g	11g	41g	27g
Spinach Wrap	834	39g	5g	<1g	0mg	2665mg	115g	9g	36g	28g
Whole Wheat Wrap	804	30g	5g	<1g	0mg	2615mg	111g	13g	36g	29g
Sweet Heat										
Ciabatta Bread	979	46g	10g	<1g	128mg	1806mg	96g	2g	38g	38g
Gluten Free Wrap	989	53g	12g	<1g	128mg	1806mg	98g	5g	42g	40g
Spinach Wrap	999	47g	13g	<1g	128mg	1856mg	99g	3g	37g	41g
Whole Wheat Wrap	969	48g	13g	<1g	128mg	1806mg	95g	7g	37g	42g
Falafel										
Ciabatta Bread	765	29g	11g	<1g	40mg	1456mg	89g	13g	12g	29g
Gluten Free Wrap	775	36g	13g	<1g	40mg	1476mg	91g	16g	16g	31g
Spinach Wrap	785	30g	13g	<1g	40mg	1506mg	92g	14g	11g	32g
Whole Wheat Wrap	755	31g	13g	<1g	40mg	1456mg	88g	18g	11g	33g
Steak Out										
Ciabatta Bread	649	28g	14g	<1g	90mg	1026mg	58g	3g	13g	35g
Gluten Free Wrap	659	35g	16g	<1g	90mg	1046mg	60g	6g	17g	37g
Spinach Wrap	669	30g	17g	<1g	90mg	1076mg	61g	4g	12g	38g
Whole Wheat Wrap	639	30g	17g	<1g	90mg	1026mg	56g	8g	12g	39g
The Big Dill										
Ciabatta Bread	780	42g	6g	<1g	103mg	2028mg	65g	3g	8g	34g
Gluten Free Wrap	790	49g	8g	<1g	103mg	2048mg	67g	6g	12g	36g
Spinach Wrap	800	43g	8g	<1g	103mg	2078mg	68g	4g	7g	37g
Whole Wheat Wrap	770	44g	8g	<1g	103mg	2028mg	64g	8g	8g	38g
Buffalo Caesar										
Ciabatta Bread	1066	60g	12g	<1g	142mg	3773mg	80g	5g	5g	56g
Gluten Free Wrap	1076	67g	14g	<1g	142mg	3793mg	82g	7g	9g	58g
Spinach Wrap	1086	62g	14g	<1g	142mg	3823mg	83g	5g	4g	59g
Whole Wheat Wrap	1056	62g	14g	<1g	142mg	3773mg	79g	9g	4g	60g



CYOS

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
MAKE YOUR BED										
Arugula	23	<1g	<1g	0g	0mg	7mg	3g	2g	2g	2g
Baby Greens	25	<1g	<1g	0g	0mg	10mg	4g	2g	2g	2g
Brown Rice (Base)	216	2g	<1g	0g	0mg	10mg	45g	4g	1g	5g
Iceberg	27	<1g	<1g	0g	0mg	17mg	6g	2g	3g	2g
Kale	20	<1g	<1g	0g	0mg	20mg	3g	2g	1g	2g
Quinoa	222	4g	<1g	0g	0mg	13mg	40g	4g	2g	9g
Romaine	29	1g	<1g	0g	0mg	8mg	4g	3g	1g	2g
Spinach	25	<1g	<1g	0g	0mg	26mg	4g	2g	0g	3g
TOSS INS										
Beets	40	0g	0g	0g	0mg	140mg	9g	2g	5g	1g
Black Beans	162	1g	0g	0g	0mg	360mg	29g	7g	21g	9g
Black Olives	25	3g	1g	0g	0mg	120mg	1g	0g	0g	0g
Broccoli	34	<1g	<1g	0g	0mg	33mg	7g	3g	2g	3g
Brown rice (Toss in)	47	<1g	<1g	0g	0mg	2mg	10g	1g	0g	1g
Cabbage	10	0g	0g	0g	0mg	10mg	2g	1g	1g	1g
Carrots	12	<1g	0g	0g	0mg	6mg	3g	1g	2g	<1g
Celery	2	0g	0g	0g	0mg	2mg	0g	0g	0g	0g
Chickpeas	80	2g	0g	0g	0mg	400mg	9g	2g	0g	4g
Cilantro	<1	<1g	0g	0g	0mg	0mg	0g	0g	0g	0g
Corn	100	2g	0g	0g	0mg	70mg	17g	2g	7g	3g
Craisins	60	0g	0g	0g	0mg	0mg	19g	6g	7g	0g
Crispy Wontons	20	0g	0g	0g	0mg	55mg	4g	0g	0g	1g
Croutons	135	8g	0g	0g	0mg	350mg	20g	0g	0g	5g
Cucumbers	6	<1g	0g	0g	0mg	2mg	1g	1g	0g	<1g
Edamame	39	2g	0g	0g	0mg	2mg	3g	2g	1g	4g
Egg (Whole)	78	5g	2g	0g	186mg	62mg	1g	0g	1g	6g
Egg Whites	25	0g	0g	0g	0mg	100mg	0g	0g	0g	6g
Mushrooms	6	0g	0g	0g	0mg	1mg	1g	0g	1g	1g
Pickled Onions	9	0g	0g	0g	0mg	55mg	2g	0g	1g	0g
Red Onions	12	0g	0g	0g	0mg	1mg	3g	1g	2g	<1g
Red Peppers	11	0g	0g	0g	0mg	1mg	3g	1g	2g	<1g
Tomatoes	14	0g	0g	0g	0mg	3mg	3g	1g	2g	1g
Tortilla Crisps	35	0g	0g	0g	0mg	15mg	4g	0g	0g	0g
SPLURGE										
Almonds	164	14g	1g	0g	0mg	0mg	6g	2g	1g	6g
Apple	12	0g	0g	0g	0mg	1mg	3g	1g	3g	0g
Avocado	80	8g	1g	0g	0mg	0mg	4g	3g	0g	1g
Bacon	99	9g	3g	0g	14mg	424mg	0g	0g	0g	6g
Blueberries	26	<1g	0g	0g	0mg	0mg	6g	1g	5g	<1g
Brussel Sprouts	112	8g	1g	0g	0mg	70mg	9g	3g	2g	3g
Candied Pecan	250	22g	2g	0g	0mg	170mg	11g	3g	9g	3g
Frizzled onions	71	6g	3g	0g	0mg	40mg	6g	<1g	0g	0g
Hummus	270	18g	14g	0g	60mg	315mg	0g	0g	0g	18g
Quinoa (splurge)	58	1g	0g	0g	0mg	3mg	10g	1g	0g	2g
Roasted Butternut squash	76	5g	<1g	0g	0mg	154mg	9g	2g	2g	1g
Roasted Cauliflower	54	5g	<1g	0g	0mg	171mg	3g	1g	1g	1g
Roasted peppers	10	0g	0g	0g	0mg	20mg	2g	0g	1g	0g
Strawberries	15	<1g	0g	0g	0mg	1mg	4g	1g	3g	<1g
Walnuts	185	20g	2g	0g	0mg	0mg	6g	2g	2g	5g
CHEESE										
Cheddar	110	9g	5g	0g	25mg	180mg	<1g	0g	0g	6g
Cotija	7	1g	0g	0g	<2mg	30mg	0g	0g	0g	<1g
Crumbled Blue	70	6g	4g	0g	18mg	259mg	0g	<1g	0g	4g
Feta	80	6g	4g	0g	25mg	300mg	2g	1g	1g	4g
Goat	80	8g	5g	0g	25mg	120mg	3g	0g	0g	5g
Mozzarella	70	5g	4g	0g	15mg	85mg	1g	0g	0g	5g
Pepperjack	71	6g	3g	0g	15mg	114mg	1g	0g	0g	4g
Shaved parmesan	91	5g	5g	0g	<23mg	204mg	0g	0g	0g	9g
POWER UP										
Ahi Tuna	135	2g	0g	0g	50mg	0g	0g	0g	0g	26g
Angus Steak	250	16g	6g	0g	90mg	55mg	0g	0g	0g	27g
Breaded Chicken	196	9g	1g	1g	51mg	534mg	10g	0g	0g	18g
Crispy Shrimp	209	10g	1g	0g	36mg	617mg	23g	0g	1g	7g
Crispy Tofu	63	0g	0g	0g	0mg	388mg	16g	0g	10g	18g
Falafel	408	18g	2g	0g	0mg	767mg	47g	14g	2g	14g
Grilled Chicken	135	3g	1g	0g	0g	42mg	<1g	0g	0g	25g
Grilled Shrimp	83	3g	<1g	0g	144mg	657mg	1g	0g	0g	14g
Salmon	212	13g	3.0g	0g	55mg	60mg	0g	0g	0g	20g
Vegan Breaded Chicken	211	12g	1g	0g	0mg	394mg	16g	2g	0g	9g
GET SAUCY!										
Balsamic	98	0g	0g	0g	0mg	30mg	20g	0g	12g	0g
BBQ	55	0g	0g	0g	0mg	228mg	14g	0g	14g	0g
Blackened	10	1g	0g	0g	0mg	620mg	3g	1g	0g	1g
Buffalo	0	0g	0g	0g	0g	1140mg	0g	0g	0g	0g
Sweet Chili	114	0g	0g	0g	0mg	753mg	28g	0g	27g	0g
Teriyaki	40	0g	620mg	0g	0mg	620mg	10g	0g	8g	0g
Side of Pita	240	1g	0g	0g	0mg	300mg	47g	4g	7g	8g

