

| NUTRITION GUIDE                        |          |           |               |             |         |             |            |               |
|--|----------|-----------|---------------|-------------|---------|-------------|------------|---------------|
|  | CALORIES | TOTAL FAT | SATURATED FAT | TOTAL CARBS | PROTEIN | GLUTEN-FREE | VEGAN      | CONTAINS NUTS |
| <b>SMOOTHIES</b>                       |          |           |               |             |         |             |            |               |
| Morning Matcha                         | 230      | 13        | 2             | 24          | 9       | x           | x          |               |
| Kale Banana Ginger                     | 240      | 1         | 0             | 58          | 3       | x           | x          |               |
| Strawberry Beet                        | 140      | 2         | 0             | 29          | 4       | x           | x          |               |
| Blueberry Oat                          | 470      | 13        | 2             | 80          | 13      | x           | x          |               |
| Silver Bullet                          | 270      | 14        | 1.5           | 32          | 7       | x           | x          | x             |
| <b>SMALL PLATES</b>                    |          |           |               |             |         |             |            |               |
| Roasted Cauliflower & Crispy Chickpeas | 410      | 23        | 1.5           | 44          | 14      | x           | x          |               |
| Chips & Guac                           | 330      | 16        | 2             | 46          | 6       | x           | x          |               |
| Buffalo Chicken Strips                 | 412      | 20        | 4             | 27          | 31      |             |            |               |
| Sweet Corn Chowder                     | 164      | 7         | 1             | 23          | 5       | x           | x          | x             |
| Baked Sweet Potato Fries               | 327      | 15        | 0             | 43          | 7       | x           | x          |               |
| Garlic Parmesan Sweet Potato Fries     | 487      | 35        | 5             | 36          | 10      | x           |            |               |
| <b>FLATBREADS</b>                      |          |           |               |             |         |             |            |               |
| Margherita                             | 511      | 24        | 7             | 58          | 15      | x           |            |               |
| Roasted Mushroom & Ricotta             | 540      | 23        | 10            | 60          | 22      | x           |            |               |
| BBQ Chicken                            | 474      | 14        | 5             | 49          | 18      | x           |            |               |
| <b>SALADS</b>                          |          |           |               |             |         |             |            |               |
| Mighty Kale Caesar                     | 350      | 22        | 7             | 22          | 16      | x           | by request |               |
| Super Food Salad                       | 660      | 40        | 9             | 51          | 28      | x           | x          | x             |
| Quinoa Crunch Bowl                     | 550      | 28        | 3.5           | 62          | 20      | x           | x          |               |
| Harvest Grain & Berry Salad            | 370      | 24        | 7             | 30          | 14      |             | by request |               |
| Mediterranean Chop Salad               | 510      | 34        | 8             | 37          | 19      | x           | by request | x             |
| Buffalo Chicken Salad                  | 489      | 26        | 3             | 34          | 32      | x           |            |               |
| <b>PROTEIN ADD-ONS</b>                 |          |           |               |             |         |             |            |               |
| Chicken                                | 167      | 7         | 1             | 1           | 24      | x           |            |               |
| Salmon                                 | 184      | 22        | 4             | 2           | 28      | x           |            |               |
| Tofu                                   | 163      | 6         | 2             | 17          | 11      | x           |            |               |
| <b>BURGERS &amp; PLATES</b>            |          |           |               |             |         |             |            |               |
| Grass-Fed Burger                       | 710      | 40        | 10            | 42          | 39      | by request  |            |               |
| Grilled Chicken & Avocado              | 581      | 31        | 4             | 45          | 32      | by request  |            |               |
| Beyond Burger                          | 550      | 27        | 6             | 56          | 28      |             | x          |               |
| Mahi Mahi Tacos                        | 487      | 29        | 3             | 34          | 25      | x           | by request |               |
| Buffalo Cauliflower Tacos              | 480      | 33        | 3             | 39          | 7       | x           | x          |               |
| Turkey Havarti & Avocado Sandwich      | 820      | 42        | 13            | 68          | 41      |             |            |               |
| Vegan Chimichurri Sandwich             | 770      | 49        | 4.5           | 55          | 29      |             | x          |               |
| Crispy Chicken & Brussels              | 550      | 18        | 1.5           | 61          | 37      | by request  | by request |               |
| <b>MEGA BOWLS</b>                      |          |           |               |             |         |             |            |               |
| Red Lentil & Halloumi Bowl             | 630      | 26        | 9             | 65          | 37      | x           |            |               |
| Chicken & Black Bean Burrito Bowl      | 850      | 30        | 8             | 95          | 52      | x           |            |               |
| Ahi Tuna Poke Bowl                     | 610      | 32        | 2.5           | 50          | 27      |             |            | x             |
| Thai Tofu Bowl                         | 850      | 48        | 27            | 83          | 31      | x           | x          | x             |
| Roasted Salmon & Ancient Grains        | 770      | 22        | 3.5           | 82          | 55      |             |            |               |
| Chicken Mushroom Cashew Penne Bowl     | 600      | 20        | 3.5           | 76          | 33      | x           |            | x             |
| <b>DESSERT</b>                         |          |           |               |             |         |             |            |               |
| Chocolate Pomegranate Parfait          | 206      | 17        | 10            | 15          | 4       | x           | x          | x             |
| Coconut Chia Seed Pudding              | 254      | 15        | 6             | 28          | 4       | x           | x          | x             |
| Gluten-Free Brownie                    | 360      | 19        | 10            | 43          | 4       | x           |            | x             |
| Gluten-Free Cookie                     | 190      | 8         | 3.5           | 24          | 2       | x           |            |               |
| Vegan Chocolate Chip Cookie            | 156      | 7         | 3             | 23          | 2       |             | x          |               |

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|-----------------------------------|----------|-----------|---------------|-------------|---------|---------------|--------------|--------------|-------|
| <b>BREAKFAST</b>                  |          |           |               |             |         |               |              |              |       |
| Balance Bowl                      | 480      | 39        | 16            | 29          | 10      | Y             | Y            | Y            | Y     |
| Avocado Toast                     | 550      | 34        | 9             | 47          | 19      |               | upon request |              |       |
| Almond Butter Banana Toast        | 380      | 26        | 2.5           | 37          | 9       | Y             |              |              |       |
| Nutella Strawberry Toast          | 440      | 12        | 3.5           | 66          | 16      | Y             | upon request |              |       |
| Cinnamon Bun OVN Oats             | 620      | 35        | 14            | 69          | 15      | Y             | Y            | Y            | Y     |
| Pumpkin Pie OVN Oats              | 480      | 28        | 7             | 52          | 10      | Y             | Y            | Y            | Y     |
| Protein Pancakes + Syrup & Butter | 620      | 15        | 8             | 102         | 22      |               |              |              |       |
| Classic Breakfast + Sausage       | 550      | 32        | 6             | 31          | 34      |               | Y            | Y            |       |
| Classic Breakfast + Bacon         | 460      | 28        | 6             | 31          | 21      |               | Y            | Y            |       |
| Keto Scramble + Bacon             | 400      | 24        | 9             | 8           | 34      |               | Y            |              |       |
| Anti-Burnout Bowl                 | 470      | 16        | 6             | 61          | 23      |               | Y            | upon request |       |
| Breakfast Salad                   | 410      | 27        | 9             | 22          | 20      |               | Y            | upon request |       |
| Paleo Power Start + Sausage       | 370      | 23        | 7             | 5           | 39      |               | Y            | Y            |       |
| Paleo Power Start + Bacon         | 340      | 24        | 8             | 5           | 27      |               | Y            | Y            |       |
| Mighty Breakfast Burrito          | 750      | 29        | 6             | 87          | 34      |               |              |              |       |
| Vegan Burrito                     | 750      | 31        | 4.5           | 89          | 35      |               |              | Y            | Y     |
| Will Wake for Tacos               | 540      | 23        | 6             | 57          | 25      |               |              | upon request |       |
| Glow-Up Egg Omelet                | 450      | 26        | 4             | 33          | 18      |               | Y            | upon request |       |
| Egg Sandwich Plate                | 570      | 26        | 4.5           | 58          | 23      |               |              | upon request |       |
| Coconut Chia Seed Bowl            | 350      | 24        | 13            | 37          | 4       | Y             | Y            | Y            | Y     |
| <b>BREAKFAST SIDES</b>            |          |           |               |             |         |               |              |              |       |
| Chicken Sausage Patties           | 160      |           |               |             |         |               | Y            | Y            |       |
| Applewood Smoked Bacon            | 195      |           |               |             |         |               | Y            | Y            |       |
| Breakfast Potatoes                | 213      |           |               |             |         |               | Y            | Y            | Y     |
| Seasonal Fruit Bowl               | 75       |           |               |             |         |               | Y            | Y            | Y     |
| Hewn Sourdough Toast              | 219      |           |               |             |         |               |              |              |       |
| Carrot-Zucchini Walnut Muffin     | 190      |           |               |             |         | Y             |              |              |       |
| Blueberry Buckwheat Muffin        | 400      | 18        | 3             | 54          | 4       |               |              |              |       |
| Chocolate Chip Banana Chia Muffin | 520      | 24        | 7             | 71          | 5       |               |              |              |       |
| Chocolate Strawberry Muffin       | 400      | 18        | 4             | 53          | 6       |               |              |              |       |
| Almond Pecan Morning Muffin       | 500      | 33        | 5             | 47          | 6       | Y             |              |              |       |