NUTRITION GUIDE

	CALORIES	TOTAL FAT	SATURATED FAT	TOTAL CARBS	PROTEIN	GLUTEN-FREE	VEGAN	CONTAINS NUTS
SMOOTHIES								
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
SMALL PLATES								
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		
FLATBREADS								
Margherita	511	24	7	58	15	x		
Roasted Mushroom & Ricotta	540	23	10	60	22	x		
BBQ Chicken	474	14	5	49	18	x		
SALADS								
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		
PROTEIN ADD-ONS								
Chicken	167	7	1	1	24	x		
Salmon	184	22	4	2	28	x		
Tofu	163	6	2	17	11	x		
BURGERS & PLATES								
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	
MEGA BOWLS								
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
DESSERT								
Milk Fake	293	5	0	64	3	x	x	
Chocolate Pomegranite 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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BREAKFAST									
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 Sandiwch Plate	570	26	4.5	58	23			upon request	
Coconut Chia Seed Bowl	350	24	13	37	4	Y	Y	Y	Y
BREAKFAST SIDES									
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			