

NUTRITION INFORMATION

SPRING 2019

PROTEIN SHAKES + COFFEES										
	Calories:	Total Fat:	Sat Fat:	Trans Fat:	Cholesterol:	Sodium:	Total Carbs:	Dietary Fiber:	Sugars:	Protein:
Avo Matcha	170	5g	0.5g	0g	0mg	130mg	21g	3g	18g	12g
	240	6g	0.5g	0g	5mg	200mg	29g	3g	25g	16g
PB&J	340	18g	3g	0g	0mg	190mg	22g	5g	12g	20g
	420	20g	3g	0g	5mg	260mg	34g	7g	21g	25g
Berry Good	150	1.5g	0g	0g	0mg	110mg	23g	4g	12g	11g
	200	2.5g	0g	0g	5mg	170mg	28g	5g	15g	17g
Jokes Acai'd	350	3.5	0g	0g	0mg	65mg	60g	2g	50g	17g
	460	4g	0g	0g	5mg	80mg	81g	3g	65g	22g
Wrigley Peel'd	340	18g	3g	0g	0mg	150mg	25g	4g	15g	20g
	610	35g	6g	0g	10mg	230mg	36g	6g	21g	35g
The Perk	110	2.5g	0g	0g	0mg	180mg	4g	1g	3g	16g
	180	4g	0g	0g	0mg	290mg	9g	3g	6g	24g
Big Date	340	7g	3g	0mg	20mg	110mg	62g	8g	32g	15g
Beauty Brew	170	2g	0g	0g	0mg	240mg	2g	1g	3g	31g
Hippie Shake	560	26g	4g	0g	5mg	300mg	50g	8g	16g	32g
Health Nut	390	19g	3g	0g	0mg	190mg	44g	7g	26g	13g
Hi-Five	210	1g	0g	0g	0mg	45mg	54g	7g	37g	4g
Golden Milk Latte	140	6g	6g	0g	0mg	20mg	11g	11g	10g	0g
Salted Caramel Latte	190	9g	4.5g	0g	0mg	120mg	16g	16g	16g	0g
Honey Oat Latte	180	7g	5g	0g	23mg	40mg	23g	23g	20g	1g
Keto Coffee	70	4.5g	4g	0g	0mg	0mg	0g	0g	0g	0g
Maple Coffee*	100	1.5g	0g	0g	0mg	30mg	22g	1g	20g	0g

BOWLS + BAR-RITOS

	Calories:	Total Fat:	Sat Fat:	Trans Fat:	Cholesterol:	Sodium:	Total Carbs:	Dietary Fiber:	Sugars:	Protein:
Salmon TLC (Thai Lentil Curry)	680	33g	11g	0g	40mg	1240mg	69g	16g	36g	41g
Black Bean Bowl w/ quinoa	610	19g	6g	0g	100mg	2110mg	63g	13g	4g	45g
Black Bean Bowl w/riced cauliflower	610	24g	5g	0g	90mg	2210mg	46g	14g	4g	46g
Black Bean Burrito	620	20g	5g	0g	90mg	1840mg	59g	19g	3g	51g
Buffalo Bowl	390	14g	4g	0g	85mg	3200mg	32g	5g	3g	32g
Buffalo Bowl w/riced cauliflower	360	21g	5g	0g	85mg	3240mg	12g	5g	3g	30g
Buffalo Burrito	510	19g	5g	0g	85mg	3370mg	41g	15g	3g	45g
Spicy Korean Bowl	540	20g	6g	0g	70mg	1010mg	70g	5g	35g	20g
Spicy Korean Bowl w/riced cauliflower	510	27g	7g	0g	65mg	1050mg	50g	5g	35g	18g
Spicy Korean Burrito	660	25g	7g	0g	65mg	1180mg	79g	16g	35g	33g
Mexicali Bowl	550	26g	6g	0g	90mg	2160mg	41g	7g	7g	36g
Mexicali Bowl w/riced cauliflower	550	32g	6g	0g	90mg	2240mg	30g	8g	7g	36g
Mexicali Burrito	720	32g	7g	0g	95mg	2620mg	59g	19g	8g	53g
Spinach & Pesto Bowl	700	44g	9g	0g	100mg	2090mg	39g	6g	1g	40g
Spinach & Pesto Bowl w/riced cauliflower	630	50g	10g	0g	100mg	2080mg	10g	5g	1g	37g
Spinach & Pesto Burrito	690	39g	8g	0g	95mg	2010mg	39g	15g	1g	49g
Steakhouse Bowl	560	29g	10g	0g	85mg	1630mg	45g	8g	3g	31g
Steakhouse Bowl w/riced cauliflower	590	37g	11g	0g	85mg	1710mg	34g	9g	3g	31g
Steakhouse Burrito	740	35g	11g	0g	85mg	1880mg	64g	20g	4g	46g
Spring Protein Bowl	620	49g	7g	0g	175mg	1130mg	14g	5g	4g	37g
Sweet Potato Falafel Bowl	880	48g	9g	0g	20mg	2270mg	94g	20g	20g	26g
Quinoa Chicken Chili	390	10g	4.5g	0g	70mg	1220mg	36g	6g	4g	30g
Quinoa Veggie Chili	320	6g	3g	0g	15mg	1280mg	44g	11g	3g	21g
Cup Chicken Chili	160	3.5g	1.5g	0g	25mg	470mg	16g	2g	2g	13g
Cup Veggie Chili	130	2g	1g	0g	5mg	460mg	17g	4g	1g	10g
Bowl Spring Coconut Curry	340	18g	4.5g	0g	0mg	990mg	40g	14g	6g	17g

SALADS + WRAPS

	Calories:	Total Fat:	Sat Fat:	Trans Fat:	Cholesterol:	Sodium:	Total Carbs:	Dietary Fiber:	Sugars:	Protein:
Baja Salad	510	30g	4g	0g	75mg	1800mg	32g	10g	8g	29g
Baja Wrap	590	33g	4.5g	0g	75g	1940mg	38g	18g	8g	41g
Superfood Vegan Salad	660	34g	4g	0g	0mg	1440mg	66g	12g	26g	26g
Superfood Vegan Wrap	640	38g	5g	0g	0mg	1460mg	47g	19g	11g	35g
Healthy Club Salad	480	24g	2.5g	0g	120mg	1900mg	28g	6g	12g	39g
Healthy Club Wrap	620	30g	3.5g	0g	120mg	2070mg	41g	15g	12g	52g
Kale Caesar Salad	510	33g	10g	0g	115mg	2120mg	17g	5g	4g	36g
Kale Caesar Wrap	660	38g	11g	0g	115mg	2320mg	32g	15g	4g	50g
Southwest Salad	580	36g	6g	0g	90g	1720mg	32g	9g	4g	34g
Southwest Wrap	740	42g	7g	0g	90mg	1920mg	48g	19g	3g	48g
Steakhouse Salad	400	27g	8g	0g	85mg	960mg	17g	5g	2g	24g
Steakhouse Wrap	470	28g	8g	0g	70mg	960mg	29g	14g	2g	33g
Buffalo Salad	350	17g	4g	0g	90mg	2450mg	17g	6g	5g	32g
Buffalo Wrap	480	22g	5g	0g	90mg	2610mg	29g	14g	4g	44g

BREAKFAST

	Calories:	Total Fat:	Sat Fat:	Trans Fat:	Cholesterol:	Sodium:	Total Carbs:	Dietary Fiber:	Sugars:	Protein:
Morning Mexicali Bowl	510	31 g	8g	0g	375mg	1640mg	33g	9g	5g	27g
Morning Mexicali Wrap	680	37g	9g	0g	375mg	1860mg	51g	21g	6g	42g
Sunrise Pesto Bowl	310	25g	8g	0g	420mg	880mg	3g	1g	1g	19g
Sunrise Pesto Wrap	480	31g	9g	0g	420mg	1100mg	21g	13g	2g	34g
Big Bacon	370	23g	9g	0g	650mg	1020mg	3g	0g	2g	34g
Big Bacon Wrap	540	29g	10g	0g	650mg	1240mg	21g	12g	3g	49g
Steak & Eggs	360	22g	8g	0g	450mg	690mg	11g	3g	1g	27g
Steak & Eggs Wrap	530	28g	9g	0g	450mg	910mg	29g	15g	2g	42g
AM Spring Protein Bowl	620	49g	7g	0g	175mg	1130mg	14g	5g	4g	37g
Made with egg whites:	(-80)	(-9g)	(-3g)	0g	(-355mg)	(+30mg)	0g	0g	0g	(-1g)
PB Acai Oats	500	18g	3g	0g	0mg	590mg	67g	11g	12g	18g
Apple Walnut Oatmeal	400	21g	1.5g	0g	0mg	350mg	44g	7g	13g	14g
Maple Bacon Oatmeal	470	10	3g	0	45mg	1010mg	72g	7g	28g	23g
Overnight Oats	200	3.5g	0g	0g	0mg	180mg	34g	5g	26g	4g

KIDS MENU

	Calories:	Total Fat:	Sat Fat:	Trans Fat:	Cholesterol:	Sodium:	Total Carbs:	Dietary Fiber:	Sugars:	Protein:
KIDS Pesto Bowl	300	20g	6g	0g	60mg	1110mg	10g	2g	0g	19g
KIDS Pesto Dilla	330	22g	6g	0g	60mg	1170mg	11g	6g	1g	25g
KIDS Chick Parm Bowl	220	12g	4g	0g	55mg	1020mg	11g	1g	1g	17g
KIDS Chick Parm Dilla	260	14g	4.5g	0g	55mg	1080mg	11g	6g	1g	23g
KIDS Taco Bowl	360	18g	4.5g	0g	60mg	1310mg	24g	3g	3g	25g
KIDS Taco Dilla	400	20g	5g	0g	60mg	1370mg	24g	8g	3g	31g
KIDS Chickie Cheese Bowl	210	10g	4g	0g	55mg	700mg	10g	1g	0g	20g
KIDS Chickie Cheese Dilla	250	13g	4.5g	0g	55mg	760mg	10g	6g	0g	26g
KIDS Fruit Loop	180	2g	0g	0g	0mg	80mg	42g	6g	27g	2g
KIDS Choconana	250	4.5g	2g	0g	15mg	200mg	42g	4g	32g	11g
KIDS PB&Junior	280	18g	3g	0g	0mg	135mg	18g	4g	11g	10g