

NUTRITION INFORMATION

| 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 |
| B 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 |
| Heartbreaker | 150 | 3.5g | 0.5g | 0g | 25mg | 220mg | 16g | 4g | 9g | 15g |
| 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: |
|--|-----------|------------|----------|------------|--------------|---------|--------------|----------------|---------|----------|
| 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 |
| Better Bowl- Squash + Cauli | 690 | 57g | 8g | 0g | 165mg | 1220mg | 16g | 5g | 4g | 33g |
| 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 Chickpea Lentil Soup | 330 | 14g | 1.5g | 0g | 0mg | 1210mg | 38g | 12g | 7g | 15g |
| Cup Chickpea Lentil Soup | 160 | 7g | 0.5g | 0g | 0mg | 600mg | 19g | 6g | g | 7g |

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 Better Bowl- Squash + Cauli | 310 | 21g | 4g | 0g | 345mg | 520mg | 14g | 5g | 3g | 18g |
| 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 |