

NUTRITIONAL INFORMATION

2019



protein bar & kitchen

	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS	PROTEIN
BREAKFAST / COFFEE											
Morning Mexicali Scramble	330	23g	7g	0g	385mg	850mg	9g	14g	5g	1g	22g
Morning Mexicali Wrap	540	29g	8g	0g	385mg	1300mg	28g	45g	17g	4g	41g
Sunrise Pesto Scramble	270	19g	6g	0g	380mg	770mg	2g	3g	1g	0g	22g
Sunrise Pesto Wrap	450	25g	7g	0g	380mg	990mg	20g	33g	13g	1g	37g
Big Bacon Scramble	350	21g	7g	0g	625mg	1140mg	4g	4g	0g	2g	36g
Big Bacon Wrap	530	27g	8g	0g	625mg	1340mg	21g	33g	12g	3g	51g
Steak & Eggs Scramble	290	12g	3g	0g	420mg	1100mg	10g	13g	3g	1g	36g
Steak & Eggs Wrap	470	18g	4g	0g	420mg	1320mg	28g	43g	15g	2g	51g
AM Protein Scramble	420	32g	4.5g	0g	365mg	970mg	9g	15g	6g	6g	21g
Any Scramble w/ Egg Whites	-40	-2.5g	0g	0g	-360mg	+20mg	-1g	-1g	0g	0g	-2g
PB Acai Oatmeal	460	17g	3g	0g	0mg	360mg	63g	72g	9g	24g	13g
Apple Walnut Oatmeal	330	11g	1.5g	0g	0mg	360mg	51g	58g	7g	17g	10g
Maple Bacon Oatmeal	410	16g	6g	0g	70mg	880mg	42g	47g	5g	8g	24g
Overnight Oats	370	6g	1g	0g	5mg	570mg	60g	70g	10g	33g	17g
Golden Milk Latte	190	16g	11g	0g	20mg	25mg	11g	11g	0g	9g	1g
Salted Caramel Latte	230	18g	10g	0g	20mg	210mg	17g	17g	0g	16g	1g
Honey Oat Latte	240	18g	10g	0g	20mg	50mg	19g	20g	1g	14g	2g
Keto Coffee	140	15g	10g	0g	20mg	0mg	1g	1g	0g	0g	1g
Maple Coffee	140	2g	0g	0g	0mg	30mg	31g	31g	0g	26g	1g
SMOOTHIES											
Avo Matcha	240	8g	2g	0g	20mg	250mg	26g	29g	3g	26g	15g
PB & J	330	17g	2.5g	0g	20mg	290mg	25g	30g	5g	22g	19g
Berry Good	170	3g	0g	0g	20mg	200mg	21g	26g	5g	15g	15g
Jokes A'caid	410	4.5g	0g	0g	20mg	95mg	74g	58g	4g	61g	19g
Wrigley Peel'd	500	30g	5g	0g	20mg	320mg	33g	39g	6g	24g	25g
The Perk	190	5g	1g	0g	25mg	350mg	12g	14g	2g	7g	25g
Big Date	360	9g	3g	0g	20mg	130mg	53g	61g	8g	38g	17g
Beauty Brew	160	2.5g	0g	0g	20mg	270mg	5g	6g	1g	4g	30g
Hippie Shake	610	27g	4.5g	0g	20mg	240mg	61g	73g	12g	19g	29g
Health Nut	340	16g	2.5g	0g	0mg	190mg	37g	44g	7g	29g	9g
Basic Beach	250	2.5g	1.5g	0g	0mg	135mg	36g	41g	5g	29g	20g
Hi-Five	180	0.5g	0g	0g	0mg	35mg	44g	45g	1g	31g	3g
Blue Steel	440	31g	21g	0g	20mg	110mg	20g	28g	8g	13g	19g

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BOWLS/BAR-RITOS											
Black Bean Bowl	600	21g	5g	0g	100mg	1860mg	56g	71g	15g	3g	47g
Black Bean Bowl Sub Cauliflower	630	32g	7g	0g	100mg	1960mg	41g	56g	15g	5g	47g
Black Bean Bar-rito	700	25g	7g	0g	100mg	1880mg	60g	81g	21g	3g	57g
Buffalo Bowl	410	16g	4.5g	0g	90mg	3110mg	33g	38g	5g	2g	34g
Buffalo Bowl Sub Cauliflower	390	26g	6g	0g	90mg	3170mg	7g	12g	5g	4g	31g
Buffalo Bar-rito	540	20g	6g	0g	90mg	3290mg	41g	57g	16g	3g	46g
Spicy Korean Bowl	560	14g	2.5g	0g	60mg	1510mg	77g	84g	7g	41g	28g
Spicy Korean Bowl Sub Cauliflower	540	24g	3.5g	0g	60mg	1570mg	52g	58g	6g	43g	25g
Spicy Korean Bar-rito	690	19g	3.5g	0g	60mg	1700mg	85g	102g	17g	42g	41g
Mexicali Bowl	600	30g	7g	0g	95mg	2010mg	41g	50g	9g	6g	41g
Mexicali Bowl Sub Cauliflower	640	41g	8g	0g	95mg	2110mg	26g	36g	10g	8g	41g
Mexicali Bar-rito	770	35g	8g	0g	95mg	2200mg	57g	78g	21g	6g	55g
Spinach & Pesto Bowl	740	43g	9g	0g	105mg	1760mg	42g	49g	7g	0g	46g
Spinach & Pesto Bowl Sub Cauliflower	660	52g	10g	0g	105mg	1780mg	8g	13g	5g	2g	41g
Spinach & Pesto Bar-rito	730	38g	9g	0g	100mg	1710mg	40g	56g	16g	1g	54g
Steakhouse Bowl	550	24g	5g	0g	85mg	1800mg	44g	53g	9g	2g	39g
Steakhouse Bowl Sub Cauliflower	590	36g	7g	0g	85mg	1940mg	28g	38g	10g	4g	39g
Steakhouse Bar-rito	730	30g	6g	0g	85mg	2020mg	61g	82g	21g	3g	54g
Summer Protein Bowl	520	37g	5g	0g	170mg	1440mg	10g	16g	6g	6g	35g
Summer Protein Bowl <small>Poached egg</small>	490	32g	5g	0g	265mg	1490mg	10g	15g	5g	6g	38g
Sweet Pea Falafel Bowl	530	15g	3.5g	0g	15mg	1130mg	63g	78g	15g	27g	29g
Salmon TLC	680	33g	11g	0g	40mg	1240mg	53g	69g	16g	36g	41g
CHILIS/SOUPS											
Quinoa Chicken Chili	400	13g	5g	0g	80mg	1310mg	38g	46g	8g	2g	32g
Quinoa Veggie Chili	330	11g	4g	0g	25mg	1270mg	36g	47g	11g	10g	23g
Quinoa Vegan Chili	290	9g	1g	0g	0mg	1150mg	35g	49g	14g	9g	17g
Cup Chicken Chili	180	6g	2.5g	0g	35mg	550mg	18g	21g	3g	1g	14g
Cup Veggie Chili	160	5g	2g	0g	10mg	550mg	17g	22g	5g	5g	12g
Cup Vegan Chili	160	7g	1g	0g	0mg	480mg	17g	24g	7g	4g	8g
Bowl Coconut Lentil Soup	340	18g	4.5g	0g	0mg	990mg	26g	40g	14g	6g	17g
Cup Coconut Lentil Soup	170	9g	2.5g	0g	0mg	490mg	13g	20g	7g	3g	8g

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SALADS/WRAPS											
Superfood Vegan Salad	520	30g	3g	0g	0mg	810mg	36g	47g	11g	18g	21g
Superfood Vegan Wrap	670	34g	4g	0g	0mg	980mg	51g	73g	22g	18g	34g
Healthy Club Salad	540	29g	3.5g	0g	135mg	1780mg	25g	30g	5g	16g	42g
Healthy Club Wrap	710	34g	4.5g	0g	135mg	1960mg	40g	55g	15g	16g	56g
Kale Caesar Salad	540	32g	10g	0g	110mg	1680mg	13g	20g	7g	6g	44g
Kale Caesar Wrap	700	38g	11g	0g	110mg	1880mg	30g	46g	16g	6g	57g
Southwest Salad	600	30g	6g	0g	95mg	1470mg	40g	51g	11g	9g	37g
Southwest Wrap	780	38g	8g	0g	100mg	1780mg	52g	73g	21g	10g	53g
Buffalo Salad	280	13g	4.5g	0g	90mg	2730mg	7g	11g	4g	4g	30g
Buffalo Wrap	440	19g	5g	0g	90mg	2920mg	23g	37g	14g	4g	43g
The Greek Salad	720	40g	7g	0g	95mg	1830mg	45g	53g	8g	18g	40g
The Greek Wrap	900	45g	8g	0g	95mg	2030mg	63g	82g	19g	19g	55g
KIDS MENU											
Pesto Bowl	300	19g	5g	0g	55mg	830mg	12g	14g	2g	0g	23g
Pesto Dilla	340	20g	5.5g	0g	55mg	900mg	11g	18g	7g	0g	29g
Chick Parm Bowl	230	11g	4g	0g	50mg	680mg	13g	15g	2g	1g	21g
Chick Parm Dilla	270	12g	4.5g	0g	50mg	750mg	12g	19g	7g	1g	27g
Taco Bowl	490	28g	6g	0g	65mg	1230mg	31g	39g	8g	3g	28g
Taco Dilla	530	29g	6.5g	0g	65mg	1300mg	30g	43g	13g	3g	34g
Chickie Cheese Bowl	340	22g	4.5g	0g	70mg	1060mg	15g	16g	1g	0g	23g
Chickie Cheese Dilla	380	23g	5g	0g	70mg	1130mg	14g	20g	6g	0g	29g
Fruit Loop	120	2g	0g	0g	0mg	85mg	26g	29g	3g	18g	2g
Choconana	320	2g	0g	0g	5mg	290mg	53g	58g	5g	46g	17g
PB&Junior	230	16g	2.5g	0g	0mg	170mg	14g	18g	4g	12g	7g