



Ingredients	Allergens	Serving Size (G)	Calories	Calories From Fat	Total Fat	Saturated Fat (g)	Trans Fat	Sugars (g)	Carbs (g)	Dietary Fiber (g)	Protein	Vitamin D (mcg)	Vitamin C	Cholesterol	Sodium (mg)	Calcium (mg)	Iron (mg)
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THE GOOD STUFF

Earth Burger	Earth burger, secret sauce, mustard, marinated onions, tomato, lettuce	soy (secret sauce), gluten (bun)	567	600	0	31	6	0	12	61	0	29	0	0 (Potassium)	0	1030	124	8
Fishless Sandwich	Bun, fishless filet, tartar sauce, tomato, lettuce	soy, gluten	255	420	210	23	1	0	7	42	7	14	80	15	0	760	6	10
Spicy CHIK-N™ Sandwich	Bun, spicy CHIK-N™ patty, spicy mayo, marinated onions, tomato, lettuce	soy, gluten	240	360	170	19	1.5	0	7	32	7	19	80 (Vitamin A)	15	0	820	8	10
Ranchero	Bun, Earth Burger, crispy onions, vegan cheese, pickles, bbq ranch	soy, gluten	299	730	0	44	10	0	11	53	1	30	6	431 (Potassium)	0	1720	140	7
CHIK-N Tenders	house made breading, gilled CHIK-N patty, soy milk	soy, gluten	193	350	0	12	0.5	0	1	44	8	16	0 (Vitamin A)	0	0	1770	6	0

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BBQ Pulled Jackfruit Sandwich	Bun, bbq jackfruit, sweet slaw, pickles	soy (sweet slaw) and gluten (bun)	236	400	0	15	1	0	23	60	2	7	0	0	0	1050	6	10
Roasted Quinoa Burger	Bun, roasted quinoa patty, mayo, pickles, tomato, lettuce	soy, gluten	439	650	0	39	1.5	0	5	59	0	20	0 (Vitamin A)	0	0	700	6	15
Earth Crunch Wrap	Beefless strips, wheat tortilla, sweet slaw, gochujang sauce	soy, gluten	336	800	0	31	11	0	22	99	1	36	0	60 (Potassium)	0	2820	156	8
Chik-N® Protein Wrap		soy, gluten	341	570	0	20	3.5	0	9	63	3	41	0	0	0	1640	117	2
Breakfast Sandwich		soy, gluten	322	850	0	43	8	0	7	84	3	30	0	0	0	2820	17	2
BOWLS																		
Plant Protein Bowl	kale, kale dressing, pumpkin seeds, cherry tomatoes, pickled red cabbage, hummus, brown rice, chickpeas	prepared with same equipment as other items containing soy & gluten	588	700	n/a	33	5	0	25	80	11	28	0	1531 (Potassium)	0	630	301	8
Wings	pea starch, soybean protein, sunflower seed oil, sugar cane stick	prepared with same equipment as other items containing soy & gluten	38	n/a	18	2	0	0	22	0	0	0	0		0	60	0	0

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KIDS MEALS																			
Earth Burger	Bun, kids burger patty, ketchup, pickles	soy, gluten	141	240	50	6	0	0	5	29	6	18	0	0	0	690	6	6	
Grilled Cheese	bun, vegan cheese	soy, gluten	99	270	0	11	8	0	0	36	0	6	0 (Vitamin A)	0	0	670	2	10	
CHIK-N™ Tenders	breaded CHIK-N™ tenders	soy, gluten	77	150	60	7	0	0	0	12	2	12	0	0	0	360	0	0	
Corn Dog	breaded corn dog	gluten	71	140	0	2.5	n/a	0	14	24	1	6	0 (Vitamin A)	0	0	480	10	,5	
SIDES																			
Crinkle Fries	Medium potato, canola oil, salt	prepared with same equipment as other items containing soy & gluten	170	350	0	20	1.5	0	0	40	0	4	0	0	0	810	0	0	
	Large		232	480	0	27	2	0	0	0	55	0	5	0	0	0	1110	0	0
Kale Salad	kale, dale dressing, sunflower seeds, carrots	prepared with same equipment as other items containing soy & gluten	70	120	70	8	0.5	0	7	12	2	3	100 (Vitamin A)	70	0	200	6	6	

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Edamame	edamame, canola oil, salt	prepared with same equipment as other items containing soy & gluten	120	50	50	6	0.5	0	3	9	4	11	0	0	0	480	15	15
Hummus & Carrots	Medium Large	hummus, carrots	56 78	140 30	100 0	12 27	0 2	0 0	0 0	8 7	6 2	2 1	4 110	10 10	0 0	200 60	2 2	2 2
DESSERTS																		
Coconut Soft Serve	soy milk, coconut milk, corn starch, salt, sugar, vanilla	soy, coconut	94	190	110	12	11	0	17	19	1	2	0	0	0	125	2	10
Vanilla Earthshake	soy milk, coconut milk, corn starch, salt, sugar, vanilla	soy, coconut	252	510	0	33	29	0	46	53	0	5	0 (Vitamin A)	0	0	330	4	30
Chocolate Earthshake	soy milk, coconut milk, corn starch, salt, sugar, vanilla, chocolate syrup	soy, coconut	94	190	110	12	11	0	17	19	1	2	0	0	0	125	2	10

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Strawberry Earthshake	soy milk, coconut milk, corn starch, salt, sugar, vanilla, strawberry syrup	soy, coconut	252	510	0	33	29	0	46	53	0	5	0 (Vitamin A)	0	0	330	4	30
Chocolate Chip Cookie		soy, gluten	43	200	0	9	4.5	0	15	27	1	1	0	0	0	150	0	6
Oatmeal Cookie		soy, gluten	43	170	0	5	2.5	0	16	29	1	2	0	0	0	140	0	4