



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, tomat, 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

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	3	11	0	22	99	1	36	0	60 (Potassium)	0	2820	156	8
BOWLS																		
Plant Protein Bowl	kale, kale dressing, pumpkin seeds, cherry tomatoes, pickled red cabbage, hummus, brown rice, chickpeas																	
WINGS																		
Wings	pea startch, 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 (Potassium)	0	60	0	0
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																	
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
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	prepared with same equipment as other items containing soy & gluten	56	140	100	12	0	0	0	8	6	2	4	10	0	200	2	2
	Large		78	30	0	27	2	0	0	7	2	1	110	10	0	60	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
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