

<b>BLUEROOT Nutritional Facts</b>		<i>Items are prepared in a kitchen that processes allergens including milk, eggs, peanuts, and tree nuts.</i>							<i>GF = no gluten, DF = no dairy, V = vegetarian, VG = vegan</i>		
<b>ITEM</b>	<b>SERVING</b>	<b>CALORIES</b>	<b>FAT</b>	<b>CARB</b>	<b>PROTEIN</b>	<b>FIBER</b>	<b>SUGAR</b>	<b>SODIUM</b>	<b>CLASSIFICATIONS</b>	<b>ALLERGENS</b>	
<b>SALADS + BOWLS (no dressing)</b>											
California Cobb	1 salad	230	16g	5g	17g	1g	3g	370mg	GF, V	Egg, Milk	
Casablanca	1 salad	490	16g	75g	18g	16g	15g	930mg	GF, DF, VG	-	
Farmstand	1 salad	290	20g	19g	14g	6g	9g	540mg	GF, V	Egg, Milk, Tree Nuts (Pecans)	
Glow	1 salad	280	10g	42g	9g	8g	12g	230mg	GF, DF	Sesame Seed, Tree Nuts (Almonds)	
Green God	1 salad	310	9g	48g	14g	8g	3g	540mg	GF, DF, VG	Soy, Tree Nuts (Pistachios)	
Kale Caesar	1 salad	110	3g	6g	4g	3g	2g	180mg	GF, V	Milk	
Magic City	1 salad	272	15g	16.4g	7g	6g	3.3g	436mg	GF, DF, VG	Soy, Tree Nuts (Almonds)	
Mykonos	1 salad	290	14g	33g	9g	5g	9g	530mg	GF, V	Milk, Tree Nuts (Pistachios)	
Pacific Salad	1 salad	83	3.5g	11g	5g	4g	4g	391mg	GF, DF, VG	Tree Nuts (Cashews)	
Santa Fe	1 salad	360	7g	59g	17g	17g	4g	840mg	GF, V	Milk	
Superfood	1 salad	379	8g	54.9	11g	7g	10.7g	588mg	GF, V	Milk, Tree Nuts (Cashews)	
<b>DRESSINGS</b>											
BBQ Vinaigrette	2.5 fl oz	240	21g	7g	0g	0g	7g	630mg	GF, DF, VG	-	
Chipotle Vinaigrette	2.5 fl oz	340	35g	7g	0g	1g	4g	460mg	GF, DF, VG	-	
Creamy Dill	2.5 fl oz	210	16g	13g	0g	0g	3g	760mg	GF, DF, V	Egg	
Ginger Tahini	2.5 fl oz	180	10g	14g	8g	2g	7g	500mg	GF, V	Milk, Sesame Seeds	
Ginger Yogurt	2.5 fl oz	45	0 g	6g	5g	0g	5g	240mg	GF, V	Milk	
Goat Cheese Ranch	2.5 fl oz	70	2.5g	6g	5g	0g	4g	230mg	GF, V	Milk	
Greek Yogurt Caesar	2.5 fl oz	110	10g	6g	10g	0g	2g	370mg	GF, V	Milk	
Green Goddess	2.5 fl oz	140	10g	8g	3g	3g	2g	550mg	GF, V	Egg, Fish, Milk	
Lemon Tahini	2.5 fl oz	290	27g	12g	5g	2g	6g	240mg	GF, V	Milk, Sesame Seeds	
Lemon Vinaigrette	2.5 fl oz	330	35g	5g	0g	0g	4g	300mg	GF, DF, VG	-	
Miso Ginger	2.5 fl oz	170	15g	8g	0g	1g	2g	570mg	GF, DF, VG	Soy	
Oregano Red Wine Vinaigrette	2.5 fl oz	480	53g	5g	0g	1g	3g	320mg	GF, DF, VG	-	
<b>PROTEIN ADDITIONS</b>											
Chicken Salad	1/2 cup	120	2.5g	1g	20g	0g	0g	650mg	GF, V	Milk	
Grilled Chicken	1/2 cup	140	3g	0g	26g	0g	0g	210mg	GF, DF	-	
Grilled Pork	1/2 cup	200	5g	0g	37g	0g	0g	330mg	GF, DF	-	
Maple Cured Salmon	3.25 oz	240	15g	3g	23g	0g	3g	880mg	GF, DF	Fish	
Miso-glazed Tofu	1/2 cup	130	10g	3g	8g	1g	2g	670mg	GF, DF, VG	Soy	
<b>SOUPS + SIDES</b>											
Curried Tomato Soup	1 cup	170	12g	15g	4g	4g	10g	400mg	GF, DF, VG	-	
Protein Box with Chicken Salad	1 box	590	29g	58g	12g	16g	30g	2110mg	GF	Milk, Sesame Seeds	
Protein Box with Grilled Chicken	1 box	610	32g	48g	36g	14g	25g	1470mg	GF, DF	Sesame Seeds	
Protein Box with Veg	1 box	510	37g	51g	18g	15g	25g	1530mg	GF, DF, VG	Sesame Seeds	
Quinoa with Roasted Vegetables	1 cup	220	10g	25g	5g	5g	5g	330mg	GF, DF, VG	-	
Wheatberry Salad	1 cup	220	18g	11g	6g	1g	6g	260mg	GF, V	Milk, Wheat	
<b>BREAKFAST BITES</b>											
Banana Nut Bread Overnight Oats	1/2 cup	220	10g	28g	5g	4g	6g	170mg	GF, DF, VG	Tree Nuts (Coconut)	
Chia Seed Pudding	1 cup	250	8g	43g	4g	6g	16g	80mg	GF, DF, VG	Tree Nuts (Coconut)	
Granola Strawberry Ginger	1/3 cup	270	14g	31g	6g	4g	15g	95mg	GF, DF, V	Sesame Seeds, Tree Nuts (Almonds, Walnuts)	
Lemon Blueberry Overnight Oats	1/2 cup	160	6g	23g	5g	5g	4g	150mg	GF, DF, VG	Tree Nuts (Almonds)	
Plain Jane Overnight Oats	1/2 cup	160	6g	24g	5g	4g	4g	160mg	GF, DF, VG	Tree Nuts (Coconut)	
<b>SUPERFOOD SNACKS + SWEET TREATS</b>											
Blueberry Macadamia Collagen Bites	6 bites	260	15g	26g	8g	4g	13g	125mg	GF, DF	Tree Nuts (Almonds, Macadamia)	
Dark Chocolate Collagen Bites	6 bites	350	22g	34g	11g	7g	22g	150mg	GF, DF	Tree Nuts (Almonds, Coconut, Walnuts)	
Dark Chocolate Tahini Brownie	1/2 bar	190	11g	22g	3g	2g	23g	200mg	GF, DF, V	Egg, Sesame Seeds, Tree Nuts (Coconut)	
Not Your Mama's Rice Crispy Treat	1/2 bar	200	10g	25g	4g	3g	14g	90mg	GF, V	Milk, Tree Nuts (Almonds, Coconut)	
Strawberry Crisp Bar	1/2 bar	200	10g	28g	2g	2g	15g	0mg	GF, DF, VG	Tree Nuts (Coconut)	