

|  | CALORIES | TOTAL FAT (g) | SATURATED FAT (g) | SODIUM (mg) | CARBOHYDRATES (g) | SUGAR (g) | FIBER (g) | PROTEIN (g) |
|--|----------|---------------|-------------------|-------------|-------------------|-----------|-----------|-------------|
| <b>SALADS (48 OZ)</b>                            |          |               |                   |             |                   |           |           |             |
| ASIAN  | 290      | 17            | 2.5               | 95          | 26                | 12        | 11        | 14          |
| BBQ RANCH  | 440      | 22            | 6                 | 510         | 55                | 14        | 14        | 15          |
| CAESAR   | 180      | 9             | 1.5               | 260         | 21                | 6         | 8         | 9           |
| CAPRESE  | 350      | 29            | 10                | 140         | 14                | 6         | 6         | 14          |
| COBB   | 350      | 25            | 10                | 1060        | 15                | 6         | 9         | 20          |
| GREEK  | 170      | 8             | 2.5               | 560         | 18                | 8         | 6         | 9           |
| MIXED GREENS & APPLE                             | 430      | 25            | 6                 | 510         | 45                | 30        | 8         | 12          |
| ROASTED SWEET POTATO & STRAWBERRY                | 260      | 9             | 3.5               | 360         | 39                | 12        | 10        | 10          |
| SANTA FE   | 200      | 5             | 2                 | 320         | 32                | 10        | 13        | 11          |
| SOUTHWEST CAESAR                                 | 280      | 12            | 3.5               | 440         | 33                | 5         | 8         | 13          |
| ROASTED BUTTERNUT SQUASH & QUINOA (SEASONAL)     | 490      | 26            | 6                 | 660         | 54                | 22        | 10        | 12          |
| ROASTED BRUSSEL SPROUTS & BACON SALAD (SEASONAL) | 460      | 33            | 9                 | 1160        | 24                | 9         | 10        | 24          |
| <b>DRESSINGS (2 OZ)</b>                          |          |               |                   |             |                   |           |           |             |
| ASIAN VINAIGRETTE                                | 80       | 4.5           | 0.4               | 560         | 9                 | 5         | 0         | 2           |
| BALSAMIC VINAIGRETTE                             | 209      | 21            | 3.5               | 286         | 4.8               | 3.5       | 0.1       | 0.2         |
| RANCH  | 115      | 11            | 3                 | 161         | 1.7               | 1.5       | 0         | 0.9         |
| CAESAR   | 245      | 26            | 2.8               | 204         | 1.9               | 0.3       | 0.1       | 3           |
| CHAMPAGNE VINAIGRETTE                            | 200      | 20            | 4                 | 147         | 6.2               | 4.4       | 0.3       | 0.4         |
| CHIPOTLE BBQ RANCH                               | 111      | 10            | 2.7               | 195         | 3.1               | 2.5       | 0.1       | 0.8         |
| CILANTRO LIME VINAIGRETTE                        | 168      | 15            | 2.7               | 253         | 7.6               | 5.8       | 0.3       | 0.3         |
| CREAMY BLUE CHEESE                               | 214      | 21            | 6.6               | 440         | 0.9               | 0.3       | 0.1       | 5.1         |
| CREAMY GREEK                                     | 155      | 15            | 4                 | 313         | 2.3               | 0.9       | 0.2       | 2.6         |
| POBLANO CAESAR                                   | 161      | 17            | 3.6               | 115         | 1.4               | 0.3       | 0.2       | 1.1         |
| RED WINE VINAIGRETTE                             | 190      | 21            | 2.5               | 130         | 1                 | 0         | 0         | 0           |
| MAPLE APPLE VINAIGRETTE (SEASONAL)               | 200      | 18            | 2                 | 190         | 10                | 8         | 0         | 0           |
| <b>TORTILLAS (12")</b>                           |          |               |                   |             |                   |           |           |             |
| WHITE TORTILLA                                   | 300      | 11            | 1                 | 420         | 42                | 4         | 2         | 8           |
| HONEY WHEAT TORTILLA                             | 220      | 4.5           | 1                 | 510         | 38                | 4         | 5         | 7           |
| <b>BREAKFAST</b>                                 |          |               |                   |             |                   |           |           |             |
| TRADITIONAL BOWL                                 | 320      | 25            | 7                 | 1230        | 12                | 1         | 1         | 23          |
| SPINACH BREAKFAST BOWL                           | 471      | 30            | 11                | 1630        | 27                | 8         | 6         | 27          |
| WARM BERRY QUINOA BOWL                           | 547      | 35            | 7                 | 110         | 50                | 11        | 12        | 18          |
| CHIA SEED PARFAIT                                | 385      | 18            | 10                | 75          | 50                | 24        | 8         | 10          |
| ROLLED BREAKFAST TACO - TURKEY SAUSAGE           | 250      | 12            | 3.5               | 530         | 20                | 1         | 0         | 14          |
| ROLLED BREAKFAST TACO - SPINACH                  | 200      | 9             | 2.5               | 450         | 20                | 1         | 0         | 9           |
| TURKEY HASH BOWL (SEASONAL)                      | 430      | 29            | 8                 | 740         | 10                | 2         | 1         | 36          |
| <b>SOUPS</b>                                     |          |               |                   |             |                   |           |           |             |
| CHICKEN POT PIE SOUP (SEASONAL)                  | 220      | 12            | 1.5               | 880         | 23                | 4         | 4         | 25          |
| THREE BEAN VEGETABLE CHILI (SEASONAL)            | 190      | 5             | 1                 | 1220        | 32                | 5         | 8         | 8           |
| <b>SMOOTHIES (16 OZ)</b>                         |          |               |                   |             |                   |           |           |             |
| TROPICAL GREEN SMOOTHIE                          | 210      | 0.5           | 0.1               | 30          | 49                | 43        | 3         | 2           |
| STRAWBERRY & SPINACH SMOOTHIE                    | 200      | 0.5           | 0.1               | 35          | 52                | 41        | 5         | 2           |
| KALE & BANANA SMOOTHIE                           | 210      | 0.5           | 0.2               | 30          | 55                | 37        | 3         | 2           |
| BREAKFAST SMOOTHIE                               | 544      | 20            | 5.6               | 260         | 68                | 45        | 9         | 20          |
| ORANGE CRANBERRY (SEASONAL)                      | 200      | 0.5           | 0.1               | 30          | 48                | 30        | 3         | 2           |
| <b>LEMONADES (16 OZ)</b>                         |          |               |                   |             |                   |           |           |             |
| TRADITIONAL                                      | 150      | 0.1           | 0                 | 10          | 38                | 36        | 0         | 0           |
| CUCUMBER MINT                                    | 80       | 0.1           | 0                 | 10          | 20                | 19        | 0         | 0           |
| CRANBERRY SPICE (SEASONAL)                       | 140      | 0.2           | 0                 | 5           | 36                | 33        | 0         | 0           |