

	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	SODIUM (mg)	CARBOHYDRATES (g)	SUGAR (g)	FIBER (g)	PROTEIN (g)
SALADS (48 OZ)								
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
MEDITERRANEAN PASTA SALAD (SEASONAL)	610	12	4	470	111	14	13	18
ROASTED BROCCOLI, ALMOND & BACON (SEASONAL)	520	30	7	150	46	23	12	22
PROTEINS (3.3 OZ)								
CHICKEN	140	4.5	1.5	480	1	0	0	28
STEAK	186	7	2.5	650	1	1	0	23
SHRIMP	101	4	0.5	540	1	0	0	13
TOFU	120	3.5	1.5	135	6	1	4	18
DRESSINGS (2 OZ)								
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
ITALIAN VINAIGRETTE (SEASONAL)	230	22	2.5	170	7	5	0	0
TORTILLAS (12")								
WHITE TORTILLA	300	11	1	420	42	4	2	8
HONEY WHEAT TORTILLA	220	4.5	1	510	38	4	5	7
BREAKFAST								
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
FARMHOUSE BOWL (SEASONAL)	380	23	9	400	16	2	2	31
SOUPS								
RUSTIC ITALIAN SOUP (SEASONAL)	180	2.5	0.4	820	31	12	7	7
CHICKEN AND ARTICHOKE SOUP (SEASONAL)	150	15	1.5	860	13	3	3	23
SMOOTHIES (16 OZ)								
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
STRAWBERRY PINEAPPLE (SEASONAL)	250	1	0.1	5	61	49	4	3
LEMONADES (16 OZ)								
TRADITIONAL	150	0.1	0	10	38	36	0	0
CUCUMBER MINT	80	0.1	0	10	20	19	0	0
BLUEBERRY ROSEMARY (SEASONAL)	130	0.3	0.1	0	34	31	1	0