

	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	SODIUM (mg)	CARBOHYDRATES (g)	SUGAR (g)	FIBER (g)	PROTEIN (g)
SALADS (48 OZ)								
ROASTED SWEET POTATO & STRAWBERRY	260	9	3.5	360	39	12	10	10
BBQ RANCH	440	22	6	510	55	14	14	15
GREEK	170	8	2.5	560	18	8	6	9
SANTA FE	200	5	2	320	32	10	13	11
COBB	350	25	10	1060	15	6	9	20
CAESAR	180	9	1.5	260	21	6	8	9
SOUTHWEST CAESAR	280	12	3.5	440	33	5	8	13
MIXED GREENS & APPLE	430	25	6	510	45	30	8	12
BUFFALO CHICKEN (SEASONAL)	280	10	3	920	23	7	8	29
FALL HARVEST (SEASONAL)	650	31	7	940	83	33	14	13
PROTEINS (1/2 cup scoop)								
TOFU	130	7	1	240	7	2	1	10
CHICKEN	130	3.5	1	840	1	0	0	25
STEAK	170	7	2.5	650	1	1	0	23
SHRIMP	100	4	0.5	540	1	0	0	13
DRESSINGS (2 OZ)								
BALSAMIC VINAIGRETTE	209	21	3.5	286	4.8	3.5	0.1	0.2
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
RANCH	115	11	3	161	1.7	1.5	0	0.9
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
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
CHIA SEED PARFAIT	385	18	10	75	50	24	8	10
FARMHOUSE EGG BITES (SEASONAL)	140	10	4	115	1	0	0	11
SOUPS								
CHICKEN POT PIE SOUP (SEASONAL)	220	6	1.5	1000	21	4	4	23
THREE BEAN VEGETABLE CHILI (SEASONAL)	210	5	1	1000	34	5	9	9
SMOOTHIES (16 OZ)								
BREAKFAST SMOOTHIE	544	20	5.6	260	68	45	9	20
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
PUMPKIN CHAI SMOOTHIE (SEASONAL)	240	4.5	0.2	200	50	41	5	3
PEA PROTEIN (1 SCOOP)	100	0	0	242	2	0	1	21
LEMONADES (16 OZ)								
TRADITIONAL	150	0.1	0	10	38	36	0	0
CUCUMBER MINT	80	0.1	0	10	20	19	0	0
SANGRIA-LEMONADE (SEASONAL)	100	0.1	0	10	24	23	0	0