

	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	SODIUM (mg)	CARBOHYDRATES (g)	SUGAR (g)	FIBER (g)	PROTEIN (g)
<b>SALADS (48 OZ)</b>								
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
ANTIPASTO (SEASONAL)	380	25	11	1130	16	6	6	25
BRUSCHETTA CAPRESE (SEASONAL)	310	16	8	730	24	6	6	21
<b>PROTEINS (1/2 cup scoop)</b>								
TOFU	130	7	1	240	7	2	1	10
CHICKEN	130	3.5	1	740	1	0	0	25
STEAK	170	7	2.5	650	1	1	0	23
SHRIMP	100	4	0.5	540	1	0	0	13
<b>DRESSINGS (2 OZ)</b>								
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
RED WINE VINAIGRETTE (SEASONAL)	190	21	2.5	130	1	0	0	0
BASIL PESTO (SEASONAL)	160	17	2	60	1	0	0	1
<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>TRADITIONAL BOWL</b>								
TRADITIONAL BOWL	400	24	9	1150	19	2	2	31
<b>SPINACH BREAKFAST BOWL</b>								
SPINACH BREAKFAST BOWL	490	34	10	1050	20	7	3	33
<b>ROLLED BREAKFAST TACO - TURKEY SAUSAGE</b>								
ROLLED BREAKFAST TACO - TURKEY SAUSAGE	250	12	3.5	530	20	1	0	14
<b>ROLLED BREAKFAST TACO - SPINACH</b>								
ROLLED BREAKFAST TACO - SPINACH	200	9	2.5	450	20	1	0	9
<b>CHIA SEED PARFAIT</b>								
CHIA SEED PARFAIT	385	18	10	75	50	24	8	10
<b>FIESTA BREAKFAST BURRITO (SEASONAL) (based on white tortilla)</b>								
FIESTA BREAKFAST BURRITO (SEASONAL) (based on white tortilla)	550	23	5.5	970	56	5	4	31
<b>FIESTA BREAKFAST BOWL (SEASONAL)</b>								
FIESTA BREAKFAST BOWL (SEASONAL)	250	12	4.5	550	14	1	2	23
<b>SOUPS</b>								
RUSTIC ITALIAN (SEASONAL)	170	3	0.4	860	28	12	7	6
CHICKEN ENCHILADA (SEASONAL)	240	6	1	920	25	5	4	23
<b>SMOOTHIES (16 OZ)</b>								
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
GREEN MOJITO SMOOTHIE (SEASONAL)	210	0.2	0	20	50	46	1	1
<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
BLUEBERRY ROSEMARY (SEASONAL)	70	0.2	0	10	17	15	0	0