

	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	SODIUM (mg)	CARBOHYDRATES (g)	SUGAR (g)	FIBER (g)	PROTEIN (g)
SALADS (based on our portions for filling a 48 oz container)								
ANTIPASTO	380	25	11	1130	16	6	6	25
BRUSCHETTA CAPRESE	310	16	8	730	24	6	6	21
BBQ RANCH	440	22	6	510	55	14	14	15
JALAPEÑO RANCH	360	22	9	660	41	18	8	23
COBB	350	25	10	1060	15	6	9	20
CAESAR	180	9	1.5	260	21	6	8	9
GREEK	170	8	2.5	560	18	8	6	9
BUFFALO CHICKEN	280	11	3	1430	25	7	7	33
BACKYARD BBQ (SEASONAL)	450	11	1.5	1170	55	13	12	36
PROTEINS (1/2 cup scoop)								
TOFU	120	7	1	240	7	2	1	10
CHICKEN	140	3.5	1	620	1	0	0	25
STEAK	186	7	2.5	440	2	1	0	23
SHRIMP	101	4	0.5	540	1	0	0	13
DRESSINGS (2 oz)								
RED WINE VINAIGRETTE	190	21	2.5	130	1	0	0	0
BALSAMIC VINAIGRETTE	209	21	3.5	286	4.8	3.5	0.1	0.2
BASIL PESTO	160	17	2	60	1	0	0	1
CHIPOTLE BBQ RANCH	111	10	2.7	195	3.1	2.5	0.1	0.8
JALAPEÑO RANCH	170	18	4	330	2	1	0	1
CREAMY BLUE CHEESE	214	21	6.6	440	0.9	0.3	0.1	5.1
CAESAR	245	26	2.8	204	1.9	0.3	0.1	3
CREAMY GREEK	155	15	4	313	2.3	0.9	0.2	2.6
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 BREAKFAST BOWL (add tortilla of choice if burro)	400	24	9	1150	19	2	2	31
FIESTA BREAKFAST BOWL (add tortilla of choice if burro)	250	12	4.5	550	14	1	2	23
SPINACH BREAKFAST BOWL (add tortilla of choice if wrap)	490	34	10	1050	20	7	3	33
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
SOUPS								
CHICKEN CORN CHOWDER (SEASONAL)	270	9	2.5	870	23	4	3	25
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
MANGO COLADA SMOOTHIE (SEASONAL)	390	16	14	20	62	50	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
FROZEN STRAWBERRY LEMONADE (SEASONAL)	120	0.1	0	10	30	27	1	0