

	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	SODIUM (mg)	CARBOHYDRATES (g)	SUGAR (g)	FIBER (g)	PROTEIN (g)
<b>SALADS</b> (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
COWBOY COBB (SEASONAL)	630	31	10	1040	43	17	10	50
FALL HARVEST (SEASONAL)	580	31	6	630	72	24	16	12
<b>PROTEINS</b> (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
<b>DRESSINGS</b> (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	150	11	2	350	11	8	0	1
JALAPEÑO RANCH	140	14	3	230	2	1	0	1
CREAMY BLUE CHEESE	180	19	6	170	1	0	0	2
CAESAR	245	26	2.8	204	1.9	0.3	0.1	3
CREAMY GREEK	170	17	5	220	2	0	1	3
RANCH	160	16	3.5	150	1	1	0	1
CHAMPAGNE VINAIGRETTE (SEASONAL)	200	20	4	147	6.2	4.4	0.3	0.4
<b>TORTILLAS</b> (12")								
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 BREAKFAST BOWL (add tortilla of choice if burro)	460	32	11	870	15	2	2	29
FIESTA BREAKFAST BOWL (add tortilla of choice if burro)	340	22	7	510	12	2	2	23
SOUTHWEST BREAKFAST BOWL (add tortilla of choice if burro)	300	19.5	7	530	8	3	1	22
ROLLED BREAKFAST TACO - TURKEY SAUSAGE	330	17	4.5	460	26	0	0	16
ROLLED BREAKFAST TACO - SPINACH	270	14	3.5	370	26	0	0	11
HOUSE-MADE SALSA	10	0	0	180	2	1	1	0
CHIA SEED PARFAIT	430	24	16	160	54	29	9	6
<b>SOUPS</b>								
CHICKEN POT PIE SOUP (SEASONAL)	220	6	1.5	640	23	4	4	19
<b>SMOOTHIES</b> (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
PUMPKIN CHAI SMOOTHIE (SEASONAL)	210	5	0.2	220	43	33	6	4
<b>LEMONADES</b> (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)	140	0.1	0	10	37	35	1	0