

restaurant associates @ UBS

nutrition
&
allergen
guide

Catering
Spring/Summer 2022

hard boiled egg

serving size: 1ea
vegetarian

ingredients: egg

contains: egg

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	5	0	6	0	50

breakfast

fresh fruit & berries

serving size: 8oz
vegan

ingredients: cantaloupe, honeydew melon, pineapple, red grapes, blueberries, strawberries

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	0	26	2	21	18

honey granola

serving size: 2oz
vegetarian

ingredients: oats, sugar, canola oil, corn flour, soy flour, brown sugar, salt, soy lecithin

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	9	40	5	16	220

cream cheese, light

serving size: ¾oz
vegetarian

ingredients: milk, cream, whey, salt

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	4	1	2	1	70

cream cheese

serving size: ¾oz
vegan or vegetarian

ingredients: milk, cream, whey, salt

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	5	1	1	1	90

breakfast

traditional avocado toast

serving size: 1ea
vegetarian

ingredients: avocado, salt, olive oil, lemon juice, sourdough bread, egg, red chili pepper, himalayan salt, mint, raspberries, blueberries, strawberries

contains: egg, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	19	40	8	8	720

greek yogurt parfait, raspberry, honey granola

serving size: 8oz
vegetarian

ingredients: plain greek yogurt, raspberries, oats n' honey granola

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	2	13	8	6	60

mexican chorizo frittata, avocado tomato salad

serving size: 4oz

ingredients: ancho chili peppers, tomatoes, garlic, cumin, salt, canola oil, chorizo, onions, pinto beans, cilantro, tomatoes, eggs, milk, avocado, queso fresco, black pepper, lime juice

contains: egg, milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	10	7	8	2	380

shaved beets and citrus vinaigrette

serving size: 4oz
vegetarian

ingredients: kale, olive oil, lemon juice, orange juice, lime juice, salt, gold beets, shallots, bell peppers, cucumbers, parsley, fennel, honey, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	6	4	1	3	100

breakfast

egg whites

serving size: 4oz
vegetarian

ingredients: egg whites, canola oil

contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	2	1	12	<1	230

egg whites

serving size: 6oz
vegetarian

ingredients: egg whites, canola oil

contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	2	1	20	1	300

eggs

serving size: 4oz
vegetarian

ingredients: eggs, canola oil

contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	13	1	14	<1	160

eggs

serving size: 6oz
vegetarian

ingredients: eggs, canola oil

contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	19	1	23	1	260

breakfast

swiss cheese

serving size: 1oz
vegetarian

ingredients: milk, salt, soy lecithin, soy oil

contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	8	1	7	0	50

american cheese

serving size: 1oz
vegetarian

ingredients: milk, salt, cream, soy lecithin

contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	9	1	5	1	470

red onion

serving size: 1 tbsp
vegan

ingredients: red onion

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	2	0	1	70

sliced tomato

serving size: 1 slice
vegan

ingredients: tomato

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
5	<1	1	<1	1	0

breakfast

shredded cheddar cheese

serving size: 1oz
vegetarian

ingredients: milk, potato starch, annatto, salt, powdered cellulose

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	9	1	7	<1	190

monterey jack cheese

serving size: 1oz
vegetarian

ingredients: milk, salt, annatto, potato starch, powdered cellulose

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	9	1	7	<1	190

feta cheese

serving size: 1oz
vegetarian

ingredients: milk, salt

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	6	1	4	0	320

sweet potato & mushroom hash

serving size: 4oz
vegan

ingredients: mushrooms, onions, sweet potatoes, olive oil, garlic salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	5	21	4	7	110

breakfast

diced turkey

serving size: 1oz

ingredients: turkey, modified food starch, salt

contains: wheat (at risk)

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	<1	4	<1	320

diced ham

serving size: 1oz

ingredients: pork, modified food starch, salt

contains: wheat (at risk)

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	<1	4	<1	230

bacon

serving size: 1oz

ingredients: pork, salt, sugar, seasoning (celery juice powder, sea salt)

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	3	0	6	0	380

bell peppers

serving size: 1oz

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	<1	3	1	2	0

tomatoes

serving size: 1oz

vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
5	<1	1	<1	1	0

breakfast

pork sausage

serving size: 2 links

ingredients: pork, water, salt, spices, sugar

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	17	0	5	1	330

turkey sausage

serving size: 1ea

ingredients: turkey, seasoning, salt, garlic, collagen casing

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	0	4	0	80

chicken apple sausage

serving size: 1 link

ingredients: chicken, dried apple, salt, fruit juice concentrate (apple, pineapple, pear, peach), spices, celery powder, salt, pork casing

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	12	4	13	3	700

vegan sausage

serving size: 1ea

vegan

ingredients: pea protein, canola oil, rice flour, spice, natural flavor, tomato powder, sugar, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	3	4	9	<1	250

chorizo

serving size: 1oz

ingredients: pork, paprika, salt, garlic

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	5	1	3	0	150

breakfast

onions

serving size: 1oz
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	3	<1	1	0

mushrooms

serving size: 1oz
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	<1	4	<1	1	0

broccoli

serving size: 1oz
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	<1	1	1	<1	10

spinach

serving size: 1oz
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	<1	1	1	<1	20

jalapeno peppers

serving size: 1oz
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
5	<1	1	<1	<1	250

egg white mushroom and spinach frittata

serving size: 1ea
vegetarian

ingredients: spinach, mushrooms, canola oil, salt, milk, black pepper, egg whites

contains: egg

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	2	3	10	2	280

rosemary fingerling potatoes

serving size: 2oz
vegan

ingredients: fingerling potatoes, paprika, garlic, rosemary, black pepper, olive oil, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	1	11	1	1	160

peanut butter energy bites

serving size: 1oz
vegetarian

ingredients: oatmeal, coconut, peanut butter, flax seeds, chocolate chips, honey, vanilla extract

contains: milk, soy, wheat, tree nuts, peanuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	8	14	3	9	30

apple

serving size: 1ea
vegan

ingredients: apple

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	0	10	0	7	0

almond butter

serving size: 1 tbsp.
vegan

ingredients: almonds

contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	9	3	3	1	0

breakfast

breakfast

berry goji smoothie

serving size: 16 floz
vegetarian

ingredients: raspberry, banana, chia seeds, goji berry, date, soy milk, vanilla whey protein
contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	12	80	32	45	250

ginger almond smoothie

serving size: 16 floz
vegan

ingredients: almond milk, ginger, almond butter, banana, maple syrup, hemp protein, almond extract
contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	23	65	21	36	14

golden mango & greens

serving size: 16 floz

ingredients: kale, spinach, mango, ginger, turmeric, black pepper, almond milk, collagen powder
contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	4	30	30	24	160

collagen powder

serving size: 2 tbsp.

ingredients: hydrolyzed collagen (beef)

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	0	6	0	0

breakfast

vanilla whey protein powder

serving size: 2 tbsp.
vegetarian

ingredients: whey protein concentrate, creamer base, sunflower oil, rice extract, rosemary extract, natural flavors, sea salt, stevia, monk fruit extract

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	2	7	11	1	140

chocolate whey protein powder

serving size: 2 tbsp.
vegetarian

ingredients: whey protein concentrate, creamer base, sunflower oil, rice extract, sunflower lecithin, rosemary extract, cocoa, natural flavors, sea salt, stevia, monk fruit extract

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	2	7	11	1	360

hemp protein powder

serving size: 2 tbsp.
vegan

ingredients: hemp protein powder

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	1	5	7	0	0

peanut butter protein powder

serving size: 2 tbsp.
vegan

ingredients: pea protein, brown rice protein, chia seeds, defatted peanut flour, creamer base, sunflower oil, sunflower lecithin, rosemary extract, sea salt, stevia, natural flavors

contains: peanuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	3	8	11	0	200

breakfast

cacao powder

serving size: 1 tbsp.
vegan

ingredients: cacao

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	1	3	1	1	0

matcha powder

serving size: 1 tbsp.
vegan

ingredients: green tea

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	1	0	0	0

cacao nibs

serving size: 1 tbsp.
vegan

ingredients: cacao nibs

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	4	2	2	0	2

hemp seeds

serving size: 1 tbsp.
vegan

ingredients: hemp seeds

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	5	1	3	0	0

ground flax seeds

serving size: 1 tbsp.
vegan

ingredients: flax seeds

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	3	2	1	0	2

breakfast

spirulina

serving size: 1 tbsp.
vegan

ingredients: blue green algae

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	1	2	0	0

turmeric

serving size: 1 tbsp.
vegan

ingredients: turmeric

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	2	0	0	0

chia seeds

serving size: 1 tbsp.
vegan

ingredients: chia seeds

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	2	2	1	0	0

cinnamon powder

serving size: 1 tbsp.
vegan

ingredients: cinnamon

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	2	0	0	0

ground cayenne pepper

serving size: 1 tbsp.
vegan

ingredients: cayenne pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	1	0	0	0

lunch

grilled chicken breast, cranberry sauce, goat cheese, semolina hero

serving size: 1ea

ingredients: grilled chicken breast, olive oil, black pepper, salt, semolina hero, cranberries, brown sugar, cinnamon, allspice, goat cheese, lettuce

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	20	56	46	8	1010

smoked turkey, brie, roasted apples, wheat roll

serving size: 1ea

ingredients: turkey, brie, arugula, whole wheat roll, honey mustard dressing, brie cheese, apples, olive oil

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
830	39	77	46	31	2530

serrano ham, parmesan, oven dried tomato puree, ciabatta

serving size: 1ea

ingredients: ciabatta bun, serrano ham, tomato tapenade (tomatoes, olive oil, shallots capers, salt, black pepper), parmesan cheese

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	22	48	30	2	1830

shrimp caesar, parmesan whole wheat wrap

serving size: 1ea

ingredients: whole wheat tortilla, lemon pepper shrimp, olive oil, black pepper, lemon salt, lettuce, caesar dressing, parmesan cheese

contains: egg, milk, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	32	52	19	6	1090

lunch

charred sweet peppers, fresh mozzarella, basil pesto, focaccia

serving size: 1ea
vegetarian

ingredients: focaccia, mozzarella cheese, roasted peppers, basil pesto, arugula

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	27	45	24	3	1010

roasted chicken, artichoke pesto, fresh mozzarella, basil, ciabatta

serving size: 1ea

ingredients: ciabatta, chicken, tomatoes, mozzarella cheese, lettuce leaf, artichoke hearts, olive oil, parmesan cheese, black pepper, basil

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	14	67	40	2	1000

italian hero, salami capicola, roasted peppers, provolone, oil & vinegar, baguette

serving size: 1ea

ingredients: baguette, lettuce, tomatoes, capicola, bell peppers, salami, provolone, balsamic vinegar, olive oil, basil

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	16	75	26	5	2050

roast beef, muenster, horseradish aioli, onion roll

serving size: 1ea

ingredients: roast beef, onion roll, muenster cheese, lettuce, horseradish cream sauce

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	23	33	37	4	1070

lunch

mediterranean tuna salad, seven grain roll

serving size: 1ea

ingredients: seven grain roll, tomato herb dressing, squash, zucchini, broccoli, cauliflower, bell peppers, carrots, balsamic vinegar, olive oil, basil, salt, black pepper, tuna, olives, tomatoes, lettuce

contains: egg, milk, fish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	18	56	21	15	1430

grilled eggplant & zucchini, charred peppers, hummus, ciabatta

serving size: 1ea

vegan

ingredients: eggplant, ciabatta, zucchini, bell peppers, balsamic vinaigrette, spinach

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	17	65	13	10	950

cranberry caramelized onion, havarti turkey, kaiser

serving size: 1ea

ingredients: turkey, olive oil, salt, black pepper, Kaiser roll, cranberry sauce, Havarti cheese, caramelized onions

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	25	55	33	14	1260

spicy chicken fajita wrap, cheddar

serving size: 1ea

ingredients: flour tortilla, chipotle ranch dressing, chipotle peppers, italian dressing, cilantro, lemon juice, black pepper, salt, cheddar cheese, corn, onions, red pepper, lettuce, black beans, black pepper

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	28	63	36	4	1230

lunch

roast turkey blt, avocado ciabatta

serving size: 1ea

ingredients: ciabatta bun, turkey, tomatoes, avocado, applewood bacon, lettuce

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	16	62	41	3	1630

cedar plank roasted salmon, horseradish aioli, watercress, english cucumber, rustic roll

serving size: 1ea

ingredients: salmon, roll, mayonnaise, cucumber, horseradish, watercress, honey, salt, black pepper

contains: egg, fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	29	59	43	17	1260

pastrami, swiss, coleslaw, russian dressing, deli mustard, rye bread

serving size: 1ea

ingredients: rye bread, pastrami, coleslaw, apples, apple cider vinegar, onions, honey, lemon juice, caraway seeds, black pepper, swiss cheese, russian dressing, mustard

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	20	52	34	4	2000

beet tartine, ricotta, basil honey

serving size: 1ea

vegetarian

ingredients: roasted beet tops, rye bread, ricotta cheese, beet greens, beets, green onions, basil honey, lemon juice, salt, black pepper, apple cider vinegar

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	14	64	16	13	1290

lunch

chicken milanese, eggplant caponata, lemon aioli, hoagie roll

serving size: 1ea

ingredients: breaded chicken, hoagie roll, eggplant caponata, sun-dried tomatoes, red wine vinegar, sugar, olive oil, salt, capers, garlic, black pepper, parsley, lemon aioli, lettuce, tomato, onions, balsamic vinegar, parmesan cheese, oregano, salt, white pepper, olive oil

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
750	43	64	29	14	1530

roast beef, frizzled onion, cheddar, horseradish aioli, brioche

serving size: 1ea

ingredients: roast beef, brioche bun, frizzled onions, cheddar cheese, mayonnaise, tomatoes, lettuce, horseradish

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
880	55	54	44	11	1110

prosciutto, marinated peppers, fresh mozzarella, arugula, baguette

serving size: 1ea

ingredients: baguette, marinated peppers, mozzarella cheese, prosciutto, olive oil, balsamic vinegar

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	21	75	34	4	1700

falafel, red pepper hummus, pumpkin seeds, spinach wrap

serving size: 1ea

vegan

ingredients: spinach herb tortilla, roasted red pepper, hummus, sesame paste, falafel, tomatoes, pumpkin seeds, lettuce

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	29	90	25	8	1040

lunch

toasted orzo & zucchini tabbouleh

serving size: 1 cup
vegan

ingredients: orzo, tomatoes, zucchini, parsley, olive oil, green onions, mint, lemon juice, canola oil, salt, black pepper

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	9	61	12	3	140

cauliflower rice tabbouleh

serving size: 1 cup
vegan

ingredients: tomatoes, cauliflower, cooked quinoa(water, quinoa), parsley, olive oil, mint, green onions, lemon juice, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	8	15	4	2	140

mediterranean vegetable salad, chickpeas, feta

serving size: 12oz
vegetarian

ingredients: tomatoes, garbanzo beans, bell peppers, cucumber, onions, feta cheese, lettuce, olive oil, jalapeno, red wine vinegar, lemon juice, cilantro, garlic, black pepper

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	19	33	13	11	500

bulgur wheat butternut salad

serving size: 12oz
vegetarian

ingredients: squash, lettuce salad mix, bulgur, feta cheese, green onions, parsley, orange juice, sun-dried tomatoes, canola oil, salt, black pepper, paprika

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	9	29	7	3	290

lunch

za'atar grilled chicken, stewed eggplant caponata

serving size: 5oz

ingredients: chicken, orange juice, olive oil, pomegranate molasses, za'atar spice blend, salt, black pepper, eggplant, sun-dried tomatoes, red wine vinegar, sugar, olive oil, garlic, parsley

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	8	7	24	5	330

hoisin beef tenderloin, sautéed shiitake mushrooms

serving size: 6oz

ingredients: beef, hoisin sauce, red wine vinegar, garlic, sesame oil, ginger, mushrooms, soy sauce, brown sugar, sesame seeds, green onions

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	14	17	48	9	600

blended turkey & mushroom kofta, tzatziki sauce

serving size: 6oz

ingredients: mushrooms, turkey, onions, egg, mint, parsley, panko breadcrumbs, canola oil, moroccan spice blend,

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	10	10	13	5	360

nori & sesame crusted salmon, boy choy, yuzu miso vinaigrette

serving size: 5oz

ingredients: salmon, nori seaweed, sesame seeds, sesame oil, salt, white pepper, bok choy, canola oil, garlic, salt, orange juice, yuzu miso paste, rice wine vinegar, sugar

contains: fish, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	25	19	17	3	860

lunch

beyond meat stuffed portobello mushroom, tomato jam

serving size: 6oz
vegetarian

ingredients: mushrooms, meatless ground beef, onions, spinach, celery, canola oil, panko breadcrumbs, garlic, parsley, salt, thyme, onions, red pepper, cumin, coriander, sugar, salt, lime juice, tomatoes

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	13	52	13	44	610

buttermilk fried chicken, avocado buttermilk ranch sauce

serving size: 5oz

ingredients: chicken, chicken thigh brine, secret chicken flour mix, buttermilk dip, avocado, sour cream, dijon mustard, garlic, canola oil, french fried onions, lemon juice, green onions, salt, paprika, red pepper, white pepper

contains: egg, milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	17	5	27	2	580

char-broiled flank steak, teriyaki, scallion

serving size: 5oz

ingredients: beef, olive oil, salt, rosemary, thyme, garlic, black pepper, soy sauce, rice wine, rice sake wine, honey, brown sugar, onions, black vinegar, garlic, sesame oil, ginger, vegetable base, green onions

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	12	21	31	27	970

blackened shrimp, pepper relish

serving size: 6ea, 2 floz

ingredients: shrimp, three pepper relish (green bell peppers, red bell peppers, yellow bell peppers, onions, cider vinegar, cilantro, olive oil, sugar, red pepper), Cajun spice rub (salt, black pepper, garlic, cayenne pepper, onion, white pepper, paprika, oregano, thyme, basil), oil

contains: shellfish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	4	6	16	2	500

maple dijon glazed pork tenderloin, sautéed apples

serving size: 5oz

ingredients: pork, apples, maple syrup, dijon mustard, canola oil, salt, black pepper, rosemary

lunch

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	5	16	29	9	270

stuffed delicata squash, chipotle quinoa & black bean salad, Monterey jack aji verde sauce

serving size: 1ea

vegetarian

ingredients: squash, black beans, quinoa, onions, carrots, monterey jack cheese, canola oil, cilantro, chipotle peppers, mexican oregano, garlic, salt, ancho chili pepper seasoning, black pepper, cumin, tomatoes

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	13	38	9	5	480

herb seared chicken, brussels sprout & celery root salad

serving size: 5oz

ingredients: herb roasted chicken breast(chicken, olive oil, garlic , salt, rosemary, thyme, black pepper), brussels sprouts, pear, celery root slaw (brussels sprouts, light mayonnaise, celery root , pears, jicama, onions, green onions, sherry vinegar, sugar, chipotle chili pepper, parsley, salt, caraway seed)

contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	10	6	35	2	640

roasted turkey breast, anjou pear & cranberry chutney

serving size: 5oz

ingredients: turkey, canola oil, thyme, sage, black pepper, rosemary, pears, cranberries, apple juice, sugar, raisins, lemon, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	2	10	20	7	210

gochujang grilled skirt steak, daikon slaw

serving size: 5oz

ingredients: beef, Korean paste, canola oil, honey, garlic, green onions, ginger, salt, carrots, radish, onions, seasoned rice vinegar, sugar, cilantro, salt

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	29	13	29	11	560

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

beyond Italian meatballs, charred tomato pistou

serving size: 4oz
vegetarian

lunch

ingredients: olive oil, tomatoes, parmesan cheese, basil, parsley, garlic, chili peppers, salt, meatless ground beef, egg, onions, parmesan cheese, garlic, parsley, panko breadcrumbs, salt, black pepper, basil, oregano

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	21	2	7	1	360

grilled salmon, kale apple & horseradish

serving size: 6oz

ingredients: salmon, apples, whole grain mustard, mayonnaise, dijon mustard, kale, lemon juice, canola oil, black pepper, horseradish, salt

contains: egg, fish, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	7	5	22	3	320

chipotle grilled chicken, sumac pickled radishes

serving size: 6oz

ingredients: chicken, chipotle peppers, canola oil, garlic, chili spice rub, radish, lemon juice, salt, sumac, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	7	2	33	1	280

char-broiled sirloin steak, roasted onions, parsley

serving size: 6oz

ingredients: beef, salt, onions, parsley, olive oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	27	4	28	1	1170

herb roasted arctic char with muhammara, walnuts

serving size: 4oz

ingredients: arctic car, bell peppers, yogurt, walnuts, olive oil, lemon juice, garlic, chili peppers, black pepper, lemon juice, canola oil, parsley, oregano, salt

contains: fish, milk, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	13	4	24	2	120

Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

citrus marinated pork tenderloin, blood orange mojo

serving size: 6oz

lunch

ingredients: mojo marinated pork tenderloin(pork, mojo marinade, oil, salt, fresh ground black pepper), blood orange mojo(olive oil, blood orange, fresh lemon juice, shallots, fresh chopped garlic, fresh cilantro, salt, cumin)

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	25	5	36	2	540

southwest tofu salad, yogurt ranch

serving size: 5oz

vegetarian

ingredients: chipotle barbecue spiced tofu(tofu, chipotle barbeque seasoning, oil), quinoa(water, quinoa), pico de gallo(tomatoes, onions, lime, cilantro, garlic , jalapeno, sugar, salt, black pepper), onions, green bell peppers, greek yogurt ranch (fat free greek yogurt, white wine vinegar, olive oil, shallots, chives, garlic , parsley, fresh ground black pepper, salt, dill), arugula, baked tortilla strips (flour tortilla, canola oil, salt, black pepper, parsley)

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	15	41	24	6	310

cumin roasted carrots, honey, mint

serving size: 4oz

vegetarian

ingredients: cinnamon, garlic, orange juice, carrots, cumin, olive oil, lemon juice, mint, honey

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	2	14	1	7	80

farro & butternut squash, greens

serving size: 4oz

ingredients: olive oil, onions, garlic, mushrooms, butternut squash, salt, black pepper, ancho chili pepper, farro, baby kale, spinach, chicken stock, harissa

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	2	14	3	1	90

lunch

cinnamon roasted butternut squash

serving size: 4oz
vegetarian

ingredients: butternut squash, salt, cinnamon, brown sugar, butter
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	12	20	1	9	60

roasted beet & barley salad

serving size: 4oz
vegetarian

ingredients: black barley, salt, oregano, garlic, thyme, white vinegar, shallots, salt, white pepper, parsley, oregano, basil, chives, canola oil, mayonnaise
contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	1	17	3	1	250

roasted cauliflower, freekeh, tahini

serving size: 4oz
vegan

ingredients: cauliflower, freekeh, olive oil, salt, garlic, cumin, coriander, vegetable stock, lemon juice, sesame tahini paste, red chili pepper, parsley, raisins
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	11	30	6	7	490

sweet potato, arugula, pear & pomegranate salad

serving size: 4oz
vegetarian

ingredients: sweet potatoes, thyme, salt, black pepper, canola oil, orange juice, balsamic vinegar, whole grain mustard, honey, black pepper, pears, pomegranate seeds, arugula

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	1	14	1	6	90

chickpea, sorghum, butternut & pepitas

serving size: 4oz
vegetarian

lunch

ingredients: vegetable base, garbanzo beans, pumpkin seeds, sorghum, butternut squash, salt, black pepper, olive oil, sherry vinegar, orange juice, honey, shallots, coriander, cumin, cinnamon, parsley, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	11	24	7	3	180

roasted brussels sprouts

serving size: 4oz
vegan

ingredients: olive oil, black pepper, brussels sprouts, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	5	2	1	140

watercress herb salad, lemon vinaigrette

serving size: 4oz
vegan

ingredients: watercress, olive oil, lemon juice, chives, parsley, oregano, mint, tarragon, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	4	1	1	0	60

arugula, radicchio & endive salad, vinaigrette

serving size: 3oz
vegan

ingredients: arugula, radicchio, endive, olive oil, balsamic vinegar, dijon mustard

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	9	4	2	2	40

baby spinach salad, apple, walnut, cranberry vinaigrette

serving size: 4oz
vegan

ingredients: spinach, apples, walnuts, tomatoes, cranberries, onions, canola oil, balsamic vinegar, dijon mustard, sugar, salt, black pepper

contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	4	7	3	3	110

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lunch

baby kale, currants, honey lemon vinaigrette

serving size: 4oz
vegetarian

ingredients: garlic, olive oil, salt, black pepper, honey, baby kale, green onions, currants, lemon juice

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	5	1	4	60

lean & green bowl

serving size: 1ea
vegetarian

ingredients: arugula, spinach, basil, pickles, red onions, lemon juice, almonds, red cabbage, roasted sweet potatoes, hard boiled egg
contains: egg, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	15	30	14	11	590

veggie bowl

serving size: 1ea
vegetarian

ingredients: roasted sweet potatoes, broccoli, red chili pepper, olive oil, grape tomatoes, red beets, parmesan cheese, kale, lime juice, romaine lettuce
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	8	28	11	11	520

garden bowl

serving size: 1ea
vegetarian

ingredients: toasted almonds, blue cheese, hard boiled eggs, romaine lettuce, red onions, avocado, tomatoes, mesclun greens, roasted sweet potato
contains: egg, milk, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	27	30	18	10	440

lunch

grilled tofu

serving size: 3oz
vegan

ingredients: tofu, garlic, salt, black pepper, olive oil

contains: soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	5	0	7	0	20

grilled chicken breast

serving size: 3oz

ingredients: chicken breast, salt, black pepper, olive oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	0	23	0	360

grilled salmon

serving size: 3oz

ingredients: salmon, salt, black pepper, olive oil

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	8	0	21	0	90

lunch

pistachio crusted salmon salad box

serving size: 1ea

ingredients: salmon, pistachio nuts, onions, white wine, canola oil, black pepper, watermelon radish, red onions, watercress, enoki mushrooms, quinoa, garbanzo beans, fennel, avocado green goddess dressing (parsley, tarragon, chives, anchovies, white wine vinegar, garlic, avocado, sour cream, olive oil, lemon juice, salt, white pepper)

contains: milk, fish, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	44	24	21	6	340

char-broiled chicken pinchos salad box

serving size: 1ea

ingredients: plain greek yogurt, olive oil, black pepper, allspice, coriander, cumin, cinnamon, salt, garlic, onions, chicken thigh, cauliflower, cucumbers, tomatoes, parsley, mint, lemon juice, harissa paste, sesame tahini paste, turmeric, honey, tomatoes, kalamata olives, green olives, parsley, basil, balsamic vinegar, canola oil, baby spinach

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	34	14	29	6	1330

bibimbap tofu salad box

serving size: 1ea

vegetarian

ingredients: tofu, soy sauce, sugar, pear, asian pears, garlic, soy sauce, black pepper, green onions, sesame oil, egg, katsu mirin furikake (sesame seeds, sugar, salt, seaweed), rice wine, mirin, soy sauce, cucumber, black barley, sesame oil, garlic, ginger, canola oil, shiitake mushrooms, black pepper, salt, carrots, daikon radish, rice wine vinegar, sugar, baby spinach, green onions, sesame seeds, gochujang paste, rice wine vinegar

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	28	41	21	24	850

lunch

pico de gallo, salsa verde, beef empanada box

serving size: 1ea

ingredients: tomatillos, cilantro, jalapeno chili peppers, onions, garlic, cumin, salt, black pepper, lime, flour, vegetable shortening, lard, salt, sugar, ground beef, onion, ketchup, potatoes, bell peppers, eggs, bread crumbs, soy flour, olives, pimento, soybean oil, garlic, onion, spices, potato flakes, paprika, cumin, black pepper, oregano
contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
890	33	119	31	24	2080

pico de gallo, salsa verde, spinach empanada box

serving size: 1ea

ingredients: tomatillos, cilantro, jalapeno chili peppers, onions, garlic, cumin, salt, black pepper, lime, flour, vegetable shortening, lard, salt, sugar, spinach, food starch, palm oil, whey, salt, casein, mozzarella cheese, margarine, soybean oil, soy lecithin, whey, garlic, onion, spices, oregano, paprika, egg
contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
950	42	116	25	24	1180

pico de gallo, salsa verde, chicken empanada box

serving size: 1ea

ingredients: tomatillos, cilantro, jalapeno chili peppers, onions, garlic, cumin, salt, black pepper, lime, flour, vegetable shortening, lard, salt, sugar, chicken, onions, bell peppers, ketchup, garlic, soybean oil, sherry, tomato, paprika, chicken base, corn starch, turmeric, egg
contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
830	21	122	7	24	1210

lunch

tropical almond energy balls

serving size: 2oz
vegan

ingredients: almond butter, oats, dates, coconut, agave nectar, dried pineapple, chia seeds, almond extract, salt
contains: tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	16	36	7	7	80

peanut butter, coconut, chocolate energy balls

serving size: 2oz
vegetarian

ingredients: oats, coconut, agave, peanut butter, vanilla extract, wheat germ, ground flax seeds, dark chocolate chips
contains: milk, peanuts, tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	17	39	9	19	110

charcuterie box

serving size: 1ea

ingredients: parmesan cheese, tomatoes, salt, black pepper, burrata, pine nuts, pesto sauce, balsamic vinegar, olive oil, canola oil, prosciutto, soppressata, tomatoes, kalamata olives, green olives, parsley, basil, balsamic vinegar, canola oil, french baguette, olive oil, garlic, figs
contains: milk, tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	50	27	35	6	2120

garden vegetable crudité box

serving size: 1ea
vegetarian

ingredients: celery, carrots, bell peppers, tomatoes, garlic, lemon juice, sesame tahini paste, olive oil, parsley, garbanzo beans, plain greek yogurt, garlic, dill weed, tarragon, black pepper, salt, lemon zest, cucumbers, lemon juice
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	6	23	6	12	440

lunch

mediterranean box

serving size: 1ea
vegetarian

ingredients: garbanzo beans, sesame tahini paste, lemon juice, salt, olive oil, garlic, cucumbers, tomatoes, parsley, mint, olive oil, oregano, white balsamic vinegar, salt, feta cheese, pita bread

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	30	45	12	5	750

tex-mex box

serving size: 1ea
vegan

ingredients: whole grain corn, water, vegetable oil (cottonseed, corn, and/or sunflower), salt, chili pepper, cumin, garlic, oregano, sunflower lecithin, soy lecithin, tomatoes, onions, cilantro, garlic, jalapeno chili peppers, sugar, salt, black pepper, lime juice, avocado, red onions, cilantro, tomatillos, hot sauce, cilantro

contains: soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	29	53	7	5	770

gastropub box

serving size: 1ea
vegetarian

ingredients: garlic, olive oil, cream cheese, jalapeno chili peppers, spinach, artichoke, lemon juice, salt, black pepper, onion, garlic, parmesan cheese, potato chips, beer, dijon mustard, salt, cheddar cheese, garlic, paprika, green onions, soft pretzel bites

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	41	41	16	3	770

sushi

*california roll, wakame salad, wasabi, soy sauce, salmon avocado roll

serving size: 1ea

ingredients: avocado, imitation crab, cucumbers, sesame seeds, seaweed, sushi rice, rice wine vinegar, sugar, salt, salmon, seaweed, agar agar, sesame oil, kigurage mushroom, sugar, vinegar, red pepper

contains: egg, fish, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
680	25	82	34	11	970

*california roll, wakame salad, wasabi, soy sauce, spicy tuna avocado roll

serving size: 1ea

ingredients: avocado, imitation crab, cucumbers, sesame seeds, seaweed, sushi rice, rice wine vinegar, sugar, salt, tuna fish, green onions, fish roe, mayonnaise, chili paste, eel coating sauce, hot tabasco sauce, sriracha hot chili sauce, cholula hot sauce, honey, mandarin orange peel seaweed, agar agar, sesame oil, kigurage mushroom, sugar, vinegar, red pepper

contains: egg, fish, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
730	19	100	35	10	1140

salmon and spicy tuna chirashi bowl

serving size: 1ea

ingredients: sushi rice(rice, water, seasoned vinegar for sushi), salmon sashimi(salmon), spicy tuna(tuna, fish roe, chili paste, sesame oil, mayonnaise), avocado, seaweed salad, sesame seeds

contains: egg, fish, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	16	74	45	4	870

shrimp tempura roll, sesame

serving size: 1ea

ingredients: sushi rice(water, rice, unseasoned rice wine vinegar, sugar, salt), shrimp tempura(shrimp, water, all purpose flour, egg, cornstarch), eel sauce, spicy mayonnaise(kewpie mayonnaise, hot chili sauce), sesame seeds, green onions, dried nori seaweed

contains: egg, fish, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	27	58	14	6	950

assorted sashimi chirashi bowl

serving size: 1ea

ingredients: sushi rice(water, rice, unseasoned rice wine vinegar, sugar, salt), albacore sashimi(sashimi yellowfin tuna), avocado, hamachi sashimi(yellowtail hamachi), rockfish fillet, salmon sashimi(salmon), unagi eel, yellowfin tuna sashimi(sashimi yellowfin tuna), wasabi paste(wasabi powder, water), cucumber, carrots, pickled ginger, sesame seeds, green onions, katsuo mirin furikake with fish

contains: fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
750	14	104	46	8	980

spicy tuna chirashi bowl

serving size: 1ea

ingredients: sushi rice, rice wine vinegar, sugar, salt, yellowfin tuna, sesame oil, chili paste, fish roe, mayonnaise, sesame seeds, avocado, seaweed, mushroom, sugar, vinegar, salt, red pepper

contains: egg, fish, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
640	13	74	49	4	840

*spicy tuna roll, sesame

serving size: 1ea

ingredients: tuna, green onions, chili paste, fish roe, sesame oil, mayonnaise

contains: egg, fish, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	37	43	40	11	500

*salmon cucumber roll, sesame

serving size: 1ea

ingredients: salmon, cucumber, sesame seeds, seaweed, seasoned sushi rice

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	7	32	24	<1	80

*tuna cucumber roll, sesame

serving size: 1ea

ingredients: tuna, cucumbers, seaweed, sesame seeds, seasoned sushi rice

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	3	31	28	<1	50

*yellowtail and scallion roll, sesame

serving size: 1ea

ingredients: yellowtail fish, seaweed, sesame seeds, green onions, seasoned sushi rice

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	7	32	26	<1	50

wonton crisps

serving size: ½ oz

ingredients: wheat flour, cornstarch, wheat gluten, salt, oil

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	7	1	0	70

california roll, sesame

serving size: 1ea

ingredients: imitation crab (minced fish (alaskan pollock, southern blue whiting), wheat starch, corn starch, sugar, salt, crab extract, rice wine, egg white, annatto, paprika), cucumbers, avocado, sesame seeds, seaweed, seasoned sushi rice, mayonnaise

contains: fish, egg, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	12	47	10	5	620

*sushi combo: california roll, 4 nigiri, sesame

serving size: 1ea

ingredients: sushi rice, cucumbers, seaweed, avocado, imitation crab (minced fish (alaska pollock, southern blue whiting), wheat starch, corn starch, sugar, salt, crab extract, rice wine, egg white, annatto, paprika), sesame seeds, wasabi powder (horseradish powder, corn powder, mustard powder), tuna, shrimp, salmon, yellowtail tuna

contains: fish, egg, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	12	69	25	8	590

*tuna roll, sesame

serving size: 1ea

ingredients: tuna, seaweed, sesame seeds, seasoned sushi rice

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	3	31	34	<1	60

*salmon roll, sesame

serving size: 1ea

ingredients: salmon, seaweed, sesame seeds, seasoned sushi rice

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	8	31	29	<1	100

Consumer Advisory Disclaimer: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, shellfish and milk. For more information, please speak with a manager.

sushi

cucumber roll

serving size: 1ea
vegan

ingredients: cucumbers, seasoned sushi rice, seaweed

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	<1	33	3	3	120

dragon roll

serving size: 1ea

ingredients: shrimp, flour, egg, cornstarch, cucumbers, avocado, sriracha, mayonnaise, mirin, rice wine, soy sauce, fish roe, seaweed, lemon juice, seasoned sushi rice

contains: fish, egg, soy, shellfish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	30	84	18	33	1190

*crazy roll, spicy tuna, salmon

serving size: 1ea

ingredients: tuna, green onions, chili paste, fish roe, sesame oil, mayonnaise, salmon, sriracha, tempura crunchies, seaweed, cucumbers, green onions, seasoned sushi rice

contains: fish, egg, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	19	43	36	3	490

*seared salmon roll, sesame

serving size: 1ea

ingredients: salmon, red pepper, orange, sesame seeds, green laver, seasoned sushi rice, cucumbers, avocado, green onions

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	13	44	23	4	220

*sushi scorpion roll

serving size: 1ea

ingredients: eel, shrimp, spicy sriracha, mayonnaise, tempura crunchies, seaweed, cucumbers, eel sauce (sugar, soy sauce, vinegar, rice wine), fish roe, green onions, seasoned sushi rice

contains: fish, egg, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	17	58	21	16	1300

*california roll, 4 nigiri

serving size: 1ea

ingredients: sushi rice, cucumbers, seaweed, avocado, imitation crab (minced fish (alaska pollock, southern blue whiting), wheat starch, corn starch, sugar, salt, crab extract, rice wine, egg white, annatto, paprika), sesame seeds, wasabi powder (horseradish powder, corn powder, mustard powder), tuna, shrimp, salmon, yellowtail tuna

contains: fish, egg, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	12	69	25	8	590

california roll

serving size: 1ea

ingredients: imitation crab (minced fish (alaska pollock, southern blue whiting), wheat starch, corn starch, sugar, salt, crab extract, rice wine, egg white, annatto, paprika), cucumbers, avocado, sesame seeds, seaweed, seasoned sushi rice

contains: fish, egg, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	10	41	7	5	390

*salmon avocado roll

serving size: 1ea

ingredients: salmon, avocado, sesame seeds, seasoned sushi rice

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	15	36	25	<1	90

*spicy tuna roll

serving size: 1ea

ingredients: tuna, green onions, chili paste, fish roe, sesame oil, mayonnaise, seasoned sushi rice

contains: egg, fish, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	4	32	20	2	200

*tuna cucumber roll

serving size: 1ea

ingredients: tuna, seasoned sushi rice, cucumber, sesame seeds, seaweed

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	3	30	27	2	210

sushi

lunch

roast turkey blt, avocado, pepperjack, chipotle aioli, ciabatta

serving size: 1ea

ingredients: ciabatta bun, mesquite turkey, pepper jack cheese, tomatoes, avocado, bacon, leaf lettuce, onions, chipotle mayonnaise(mayonnaise, chipotle peppers)

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	30	63	45	5	2170

blackened shrimp & papaya wrap, ranch dressing

serving size: 1ea

ingredients: cajun blackened shrimp(shrimp, canola oil, cajun seasoning), tomato basil tortilla wrap, ranch dressing(mayonnaise, sour cream, water, red wine vinegar, chives, parsley, sage, black pepper, worcestershire sauce, anchovies, hot sauce, salt), cucumber, papaya, spinach

contains: egg, milk, fish, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	35	53	36	4	1380

buffalo chicken wrap

serving size: 1ea

ingredients: fried buffalo chicken tenders(buttermilk marinated chicken tenders, buffalo wing sauce, flour seasoning and coating, butter), flour tortilla, celery, lettuce, buffalo blue spread(buffalo wing sauce, mayonnaise, blue cheese), tomatoes

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	30	66	39	5	1850

grilled steak banh mi, french bread

serving size: 1ea

ingredients: french hero roll, grilled strip steak(beef, salt, black pepper), daikon carrot pickle(carrots, radish, white vinegar, sugar, salt), cucumber, sriracha mayonnaise(light mayonnaise, hot chili sauce, lime juice), jalapeno, cilantro

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	16	70	34	5	1440

lunch

balsamic charred portobello mushroom, artichoke hearts, provolone, sun-dried tomato pesto, focaccia

serving size: 1ea
vegetarian

ingredients: focaccia bread, mushrooms, artichoke hearts(artichoke hearts, water, salt and citric acid}, provolone cheese, red peppers, balsamic vinaigrette, sun-dried tomato pesto, lettuce leaf, onions

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	25	55	21	8	1210

roast beef, frizzled onions, blue cheese, brioche roll

serving size: 1ea

ingredients: roast eye round of beef(beef, salt, black pepper), brioche bun, frizzled onions(onions, all purpose flour, low fat buttermilk, black pepper, salt), tomatoes, leaf lettuce, mayonnaise, blue cheese, horseradish, worcestershire sauce, anchovies

contains: egg, milk, fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	34	49	38	11	800

tuscan baguette, prosciutto, salami, roasted pepper, asiago, banana peppers, baby arugula

serving size: 1ea

ingredients: french baguette, arugula, genoa salami, prosciutto, roasted red pepper(red bell peppers, asiago cheese, banana peppers, basil, canola oil

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
830	45	57	50	9	3110

roast turkey, caramelized onion, provolone, smoke tomato relish, kale slaw, 7 grain

serving size: 1ea

ingredients: seven grain sandwich roll, turkey breast, house roasted(turkey), smoked tomato relish(smoked tomatoes, red wine vinegar, sugar, onions, fennel seed, red pepper, salt), kale slaw(kale, radicchio, carrots, olive oil, lemon juice, salt, red pepper), provolone cheese, caramelized onions(onions, canola oil), butter

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
800	35	65	58	20	1690

lunch

grilled seasonal vegetables, balsamic glaze, hummus ciabatta

serving size: 1ea
vegan

ingredients: ciabatta bun, grilled vegetables(eggplant, onions, red bell peppers, squash, zucchini, canola oil, garlic, salt, black pepper), hummus, lemon juice, canola oil, sesame tahini paste, water, garlic, salt, black pepper), balsamic glaze(balsamic vinegar, water, brown sugar, arrowroot flour, garlic, thyme), spinach

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	9	75	14	11	900

mediterranean tuna salad, capers, feta, whole wheat roll

serving size: 1ea

ingredients: mediterranean tuna salad(tuna, tomatoes, feta cheese, artichoke, onions, kalamata olives, capers, lemon juice, black pepper), whole wheat sandwich roll, tomatoes, leaf lettuce

contains: egg, milk, fish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	4	54	28	3	950

roast turkey, brie, rocket arugula, 9 grain hero

serving size: 1ea

ingredients: nine grain hero roll, turkey, brie cheese, tomatoes, arugula

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	21	54	45	6	1110

cedar plank roasted salmon, watercress, horseradish aioli, sourdough

serving size: 1ea

ingredients: salmon, roll, light mayonnaise, cucumber, horseradish, watercress, honey, salt, black pepper

contains: egg, fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	29	59	43	17	1260

lunch

roast beef, broccoli rabe, horseradish spread, aged cheddar, ciabatta

serving size: 1ea

ingredients: ciabatta bun, beef, roasted broccoli rabe(broccoli rabe, canola oil, garlic, salt), onions, watercress, cheddar cheese, horseradish, mayonnaise, worcestershire sauce, anchovies

contains: egg, fish, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	27	73	33	4	1690

turkey cemita, caramelized onions, avocado, black bean spread, cotija, french hero

serving size: 1ea

ingredients: avocado, cemita style roast turkey(turkey, sage, thyme, unsalted butter, chicken montreal seasoning, chipotle chile pepper), French hero, black bean spread(black turtle beans(prepared black beans, water, salt and calcium chloride), lime, roasted garlic, jalapeno, cilantro, onions, mayonnaise, hot sauce, salt, black pepper), caramelized onions(onions, canola oil), chopped lettuce, queso cotija cheese, jalapeno

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
790	37	81	42	5	1530

jamon serrano, fig spread, rocket arugula, manchego, sourdough

serving size: 1ea

ingredients: serrano ham, fig spread, arugula, manchego cheese, sourdough bread

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	26	46	37	16	2070

jerk mahi mahi & grilled pineapple habanero, hawaiian sweet bread

serving size: 1ea

ingredients: hawaiian bun, mahi mahi, grilled pineapple habanero salsa(tomatoes, diced tomatoes(tomatoes, tomato juice, calcium chloride, citric acid), grilled pineapple slice, onions, chili peppers, salt, cilantro, garlic, chili powder, black pepper, oregano), lettuce leaf, tomatoes, jamaican jerk rub(orange juice, white wine vinegar, dijon mustard, chili peppers, black pepper, parsley, salt, rosemary, basil, cinnamon, ground allspice, thyme)

contains: egg, fish, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	10	63	32	23	600

lunch

middle eastern chickpea salad

serving size: 4oz
vegetarian

ingredients: green beans, garbanzo beans, tomatoes, red onions, feta cheese, mint, red wine vinegar, salt, black pepper, canola oil
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	3	10	4	4	200

asparagus, corn and poblano

serving size: 4oz
vegan

ingredients: asparagus, corn, poblano peppers, tomatoes, garlic, chili powder, cilantro, black pepper, cumin, canola oil, salt, pearl onions

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	3	11	3	4	630

farro salad, sun-dried tomato, basil, olives

serving size: 4oz
vegan

ingredients: marsala wine, sun-dried tomatoes, green olives, olive oil, white balsamic vinegar, basil, green onions, salt, black pepper, farro
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	8	24	5	4	500

cauliflower tabbouleh

serving size: 4oz
vegan

ingredients: cauliflower, english cucumbers, tomatoes, parsley, mint, olive oil, lemon juice, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	5	5	2	2	210

lunch

lemon grilled asparagus

serving size: 5ea
vegan

ingredients: asparagus, black pepper, lemon, salt, garlic, olive oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	3	1	1	90

red quinoa with corn and tomato

serving size: 6oz
vegan

ingredients: tomatoes, cucumber, corn, water, red quinoa, green onions, lemon juice, cilantro, chili powder, olive oil, coriander, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	1	15	3	2	50

baby greens and herb salad, aged sherry vinaigrette

serving size: 1 cup salad, 1 floz dressing
vegetarian

ingredients: lettuce, dill weed, cilantro, basil, parsley, cucumbers, sherry, honey, dijon mustard, olive oil, salt, black pepper, garlic

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	7	6	2	3	140

radish jicama salad

serving size: 4oz
vegan

ingredients: lime juice, radish, salt, cucumbers, jicama, olive oil, sriracha hot chili sauce, green onions, cumin, cilantro

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	6	1	2	58

lunch

lentil tabbouleh

serving size: 4oz
vegan

ingredients: lentils, tomatoes, parsley, shallots, mint, salt, cinnamon, olive oil, lemon juice, lemon zest, black pepper, allspice

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	6	28	10	2	250

baby arugula & radicchio salad, balsamic vinaigrette

serving size: 4oz
vegan

ingredients: radicchio, arugula, apricots, balsamic vinegar, olive oil, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	4	6	2	4	130

pickled seasonal vegetables

serving size: 2oz
vegan

ingredients: bell peppers, cabbage, fresno chili peppers, cauliflower, celery, carrots, ginger, peppercorns, rice wine vinegar, sugar, salt, red chili pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	0	3	0	2	30

sorghum grain salad, broccoli, lemon tahini dressing

serving size: 4oz
vegan

ingredients: sorghum, wild rice, oats, broccoli, canola oil, salt, black pepper, olive oil, sesame tahini paste, Aleppo pepper, carrots, lemon juice

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	5	12	3	1	80

lunch

chicken milanese, roasted peppers, balsamic, basil

serving size: 6oz

ingredients: chicken breast, plain breadcrumbs, parmesan cheese, basil, salt, black pepper

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	16	35	59	7	1120

marinated hanger steak, roasted cipollini onions

serving size: 6oz

ingredients: beef, roasted cipollini onions(cipollini onions, olive oil, salt, black pepper, oil), steakhouse marinade(worcestershire sauce with anchovies, shallots, steak sauce, canela oil, green onions, parsley, red wine, garlic, dijon mustard, thyme. black pepper, red pepper), oil, salt, fresh ground black pepper

contains: fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	25	10	39	4	650

sesame crusted salmon, sautéed bok choy, yuzu miso vinaigrette

serving size: 6oz

ingredients: nori and sesame crusted salmon(salmon, dried nori seaweed , sesame seeds, sesame oil, salt, white pepper), sautéed bok choy(bok choy, canola oil, sesame oil, garlic, salt), yuzu miso vinaigrette(orange juice, yuzu juice, miso paste, unseasoned rice wine vinegar, sesame oil, sugar, garlic)

contains: fish, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	25	19	17	3	860

aleppo pepper pork roast, watercress, aji verde sauce

serving size: 4oz pork, 2 floz sauce

ingredients: aleppo pork tenderloin(pork, dijon mustard, brown sugar, pepper. salt, garlic), aji verde sauce(cilantro, yellow chili paste, canola oil, tomatoes, water, garlic, salt), watercress

contains:

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	13	16+	35	4	1150

lunch

pan seared arctic char, avocado habanero chili dressing

serving size: 6oz

ingredients: lemon herb arctic char(arctic char, lemon juice, olive oil, parsley, canola oil, lemon, salt), avocado-habanero chili dressing(avocado, olive oil, red wine vinegar, jalapeno, chili peppers, salt, black pepper)

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	31	4	26	1	670

herb grilled herbed turkey breast, bourbon bacon jam, green onion

serving size: 6oz

ingredients: grilled herbed turkey paillard(turkey, olive oil, lemon juice, parsley, salt, thyme), bourbon bacon jam(onions, applewood bacon, coffee, bourbon liquor, ketchup, maple syrup, cider vinegar, brown sugar, garlic, cayenne pepper, cinnamon, nutmeg), green onions

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	13	15	33	11	1000

spiced charred cauliflower steak, cilantro chutney

serving size: 6oz

vegan

ingredients: cauliflower, olive oil, salt, black pepper, allspice, cinnamon, cloves, coriander, cumin, nutmeg, paprika, peppercorns, cardamom, cilantro, lime juice, ginger, jalapeno peppers, onions, sugar, garlic, spices, canola oil, red onions

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	1	11	3	4	230

grilled skirt steak chimichurri

serving size: 6oz

ingredients: beef, chimichurri sauce(parsley, canela oil, cider vinegar, cilantro, onions, garlic, sugar, chili peppers, salt, cumin, red pepper), salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	32	1	38	0	400

lunch

buttermilk fried chicken crispy leeks, alabama white sauce

serving size: 6oz

ingredients: fried chicken(chicken , all purpose flour. whole buttermilk, salt, garlic, cayenne pepper), roasted leeks(leeks, olive oil, salt), alabama white sauce(mayonnaise, sour cream, horseradish, cider vinegar, honey, worcestershire sauce (anchovies, lemon juice, hot sauce, salt, black pepper)

contains: egg, fish, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	22	24	23	6	400

beef bulgogi, stir fried bok choy, ginger, scallion

serving size: 7oz

ingredients: beef bulgogi(beef, bulgogi marinade, green onions), ginger scallion bok choy(bok choy, canola oil, green onions, tamari soy sauce, seasoned rice vinegar, salt, ginger, black pepper)

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	12	5	27	3	620

chili lime grilled shrimp, mango slaw

serving size: 6oz

ingredients: chili lime shrimp(shrimp, canola oil, lime juice, black pepper, chili powder, garlic , paprika, salt, coriander, cumin, lime), baja slaw with mango(lime, mango, cabbage, cabbage, chili peppers, cilantro, salt)

contains: shellfish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	3	8	34	3	570

char-grilled pork souvlaki, roasted red pepper yogurt sauce, parsley

serving size: 7oz

ingredients: pork souvlaki(pork, souvlaki marinade), roasted pepper yogurt sauce(cucumber, chili pepper, whole milk greek yogurt, lemon juice, roasted garlic, salt, black pepper), fresh parsley(parsley)

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	21	6	34	3	530

lunch

moroccan spiced chicken, harissa garlic sauce

serving size: 6oz

ingredients: moroccan spiced chicken(chicken, olive oil, lemon juice, garlic , salt, cumin, paprika, black pepper, chili powder, cinnamon), harissa garlic sauce(garlic olive oil baste, harissa paste, beef base, dijon mustard, pomegranate molasses)

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	29	7	31	3	1900

impossible meatballs, calabrian pepper relish, baby arugula

serving size: 7oz

vegetarian

ingredients: impossible meatball(meatless burger, ricotta cheese, onions, liquid egg , whole milk, parmesan cheese, garlic, udi's whole grain bread, parsley, basil, salt, oil. black pepper), spicy pepper relish(calabrian peppers, olive oil, honey, red wine vinegar, garlic, black pepper), baby arugula

contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	27	22	19	6	1980

korean bbq chicken, asian pear & kim chi slaw

serving size: 6oz

ingredients: korean bbq chicken(skinless chicken breast, pears, soy sauce, rice sake wine, brown sugar, honey, sesame seeds, garlic, sesame oil, ginger, green onions, korean chili paste), pear and napa cabbage kimchi slaw(cabbage, carrots, pears, green onions, unseasoned rice wine vinegar, water, gochujang sauce, sesame oil, sesame seeds, fish sauce, garlic, ginger)

contains: fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	7	18	19	13	550

tofu bibimbap, shredded vegetables, gochujang sauce

serving size:

vegetarian

ingredients: brown rice(vegetable stock, brown rice), marinated carrots(carrots, canola oil, sesame oil, salt), bibimbap sauce(korean paste, water, honey, soy sauce, seasoned rice vinegar, sesame oil), marinated tofu(tofu, bulgogi marinade, pears, soy sauce, sesame oil, green onions, garlic , fresh ground black pepper), sautéed spinach (spinach, canola oil, sesame oil, salt), sesame soy mushrooms(mushrooms, soy sauce, canola oil, sesame oil, garlic , salt), peas, sautéed bok choy(bok choy, canola oil, green onions, sesame seeds, dried nori seaweed)

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	32	75	16	28	1580

curried red lentil cakes, cucumber, yogurt sauce

serving size: 2ea, 2 floz sauce

vegetarian

lunch

ingredients: lentils, egg, garlic, ginger, jalapeno curry powder, carrots, green onions, canola oil, cucumbers, red onions, salt, black pepper, lemon juice, plain greek yogurt

contains: egg, milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	13	31	13	4	320

grilled salmon, fava bean salad, tarragon, lemon adobo

serving size: 6oz

ingredients: grilled wild salmon(salmon, canola oil, black pepper, dill, parsley, salt), fava bean salsa(fava beans, green onions, tarragon, olive oil, lemon juice, salt)

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	14	12	27	6	400

adobo recado turkey breast, gaujillo chili salsa

serving size: 5oz

ingredients: adobo recado turkey breast(turkey, tomatoes, canola oil, chili peppers, cider vinegar, sugar, garlic, salt, chili peppers, black pepper, ground allspice, cloves, cumin, oregano), guajillo chile salsa(tomatoes, water, onions, chili peppers, cilantro, chili peppers, lime juice, chipotle peppers, garlic)

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	5	5	28	2	300

grilled ny strip steak, watercress, steak sauce

serving size: 8oz

ingredients: beef, salt, black pepper, watercress, ketchup, worcestershire sauce, brown sugar, hot tabasco sauce, dijon mustard, apple cider vinegar, horseradish, anchovy paste

contains: fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	25	5	46	3	930

lunch

pistachio crusted salmon

serving size: 1ea

ingredients: watermelon radish, red onions, watercress, enoki mushrooms, salmon, pistachio nuts, fennel, onions, black pepper, wine, canola oil, anchovies, garlic, avocado, sour cream, lemon juice, salt, white pepper, parsley, tarragon, chives, white vinegar, olive oil, garbanzo beans, quinoa

contains: milk, fish, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	44	24	21	6	340

char-broiled chicken pinchos

serving size:

ingredients: yogurt, olive oil, black pepper, allspice, coriander, cumin, cinnamon, salt, garlic, onions, chicken thigh, cauliflower, cucumbers, tomatoes, parsley, mint, lemon juice, harissa paste, sesame tahini paste, turmeric, honey, tomatoes, kalamata olives, green olives, parsley, balsamic vinegar, canola oil, baby spinach

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	34	14	29	6	1130

bibimbap tofu

serving size:

vegan or vegetarian

ingredients: tofu, bulgolgi sauce, pears, garlic, soy sauce, black pepper, green onions sesame oil, egg, mirin, rice wine, cucumber, black barley, vegetable base, shiitake mushrooms, ginger, carrots, pickled daikon, spinach, scallions, sesame seeds, gochujang sauce, sugar

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	28	41	21	24	850

snacks

petit fours (mocca square, pistachio tart, palais d'or, caramel tart, raspberry rectangle, lime baquette and strawberry vanilla tart)

serving size: 3.5 oz (100g)

vegetarian

ingredients: sugar, wheat flour, vegetable fats (cocoa butter, coconut oil, rapeseed oil, sunflower oil, palm oil, sheafat, salfat), butter, almonds, cream, whole milk powder, cocoa mass, raspberry, strawberry, hazelnuts, eggs, wheat starch, cocoa powder, butter, pistachios, brown sugar, milk, spelt flour, sugar, soya lecithin, sunflower lecithin, salt, natural raspberry aroma with other natural flavors, coffee, natural vanilla flavor, skimmed milk powder, juice concentrates (lime, orange, passion fruit concentrate), gelatin, milk, corn starch, milk powder, bourbon-vanilla-extract, butter, natural passion fruit aroma, vanilla flavor, red beet juice, milk, cocoa powder, blood orange oil, bourbon vanilla bean, lime oil, natural vanilla flavor, natural cinnamon flavor, lemon oil, malted barley extract

contains: egg, milk, soy, tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	27	50	6	34	230

french macarons

serving size: 3.5oz (100g)

vegetarian

ingredients: powdered sugar, almond flour, egg white, sugar, cocoa powder, butter, eggs, cocoa, cocoa butter, soy lecithin, cream, cherry jam, coconut powder, lemon, caramel, salt, macaroon powder, lime, modified corn starch

contains: egg, soy, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	22	55	8	43	40

mini chocolate chunk cookie

serving size: 20g (1ea)

vegetarian

ingredients: wheat flour, semi-sweet chocolate, sugar, soy lecithin, vanilla extract, butter, light brown sugar, eggs, molasses, milk, baking soda, salt

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	4g	12g	1g	7g	20mg