

restaurant associates @ UBS

nutrition
&
allergen
guide



1285 May 2022

hand fruits

granny smith apple

serving size: 1ea
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	0	26	0	19	0

fuji apple

serving size: 1ea
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	0	21	0	16	0

gala apple

serving size: 1ea
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	0	30	<1	22	0

ginger gold apple

serving size: 1ea
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	0	30	<1	22	0

honey crisp apple

serving size: 1ea
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	0	30	<1	22	0

hand fruits

pink lady apple

serving size: 1ea
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	0	30	<1	22	0

honey crisp apple

serving size: 1ea
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	0	30	<1	22	0

navel orange

serving size: 1ea
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	0	22	2	17	0

asian pear

serving size: 1ea
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
45	0	12	<1	8	0

bartlett pear

serving size: 1ea
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	0	23	<1	15	0

hand fruits

banana

serving size: 1ea
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	<1	27	<1	14	0

tangelo

serving size: 1ea
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
45	<1	11	<1	9	0

golden delicious apple

serving size: 1ea
vegan

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	0	18	0	14	0

coffee

oat milk

serving size: 8oz
vegan

ingredients: oats, sunflower oil, sea salt, water

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	7	14	1	3	110

coconut milk

serving size: 8oz
vegan

ingredients: water, coconut cream, cane sugar, sea salt

contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	5	10	1	9	130

soy milk

serving size: 8oz
vegan

ingredients: soybeans, water, cane sugar, sea salt

contains: soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	4	9	7	6	100

almond milk

serving size: 8oz
vegan

ingredients: almonds, water, cane sugar, sea salt

contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	8	1	7	150

coffee

skim milk

serving size: 8oz
vegetarian

ingredients: milk
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	0	13	8	12	130

whole milk

serving size: 1ea
vegetarian

ingredients: milk
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	8	13	8	12	130

half & half

serving size: 2 Tbsp
vegetarian

ingredients: milk, cream
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	4	1	1	0	10

heavy cream

serving size: 1 Tbsp
vegetarian

ingredients: milk, cream
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	5	0	0	0	10

coffee

coffee

serving size: 12oz

vegan

ingredients: coffee, water

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
5	0	0	0	0	10

cold brew

serving size: 12oz

vegan

ingredients: coffee, water

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
5	0	0	0	0	10

tea

serving size: 12oz

vegan

ingredients: tea leaves, water

nutrition information:

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

coffee

single espresso

serving size: 1oz

vegan

ingredients: espresso

nutrition information:

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

cafe americano

serving size: 12oz

vegan

ingredients: espresso, water

nutrition information:

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

cappuccino/latte

serving size: 12oz

vegetarian

ingredients: espresso, 2% milk

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	6	15	10	14	140

coffee

white chocolate mocha

serving size: 12oz
vegetarian

ingredients: espresso, milk, white chocolate mocha sauce (sugar, condensed skim milk, coconut oil, cocoa butter, natural flavor, salt), whipped cream (cream, vanilla syrup)

contains: milk, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	14	42	11	41	190

caramel macchiato

serving size: 12oz
vegetarian

ingredients: espresso, milk, vanilla syrup, caramel sauce (sugar, corn syrup, butter, heavy cream, nonfat dry milk, natural flavors, salt, soy lecithin)

contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	14	42	11	41	190

cafe mocha

serving size: 12oz
vegetarian

ingredients: espresso, 2% milk, mocha sauce (sugar, cocoa), whipped cream, vanilla syrup

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	13	34	11	28	120

coffee

hot chocolate

serving size: 12oz
vegetarian

ingredients: 2% milk, mocha sauce (cocoa, sugar), whipped cream (cream, vanilla syrup)

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	12	32	10	27	120

chai tea latte

serving size: 12oz
vegetarian

ingredients: 2% milk, water, chai tea concentrate (water, black tea, cardamom, black pepper, ginger, cinnamon, cloves, natural flavors, star anise), sugar, honey, ginger juice, vanilla

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	4	34	6	32	90

iced chai tea latte

serving size: 12oz
vegetarian

ingredients: 2% Milk, Water, Chai Tea Concentrate (Water, Black Tea, Cardamom, Black Pepper, Ginger, Cinnamon, Cloves, Natural Flavors, Star Anise), Sugar, Honey, Ginger Juice, Vanilla

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	3	33	5	31	80

coffee

coffee frappuccino

serving size: 12oz
vegetarian

ingredients: whole milk, coffee frappuccino syrup (sugar, water, natural flavor, salt), coffee
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	20	31	3	31	160

caramel frappuccino

serving size: 12oz
vegetarian

ingredients: whole milk, coffee frappuccino syrup (sugar, water, natural flavor, salt), whipped cream, vanilla syrup, coffee, caramel syrup, caramel sauce (sugar, corn syrup, butter heavy cream, nonfat dry milk, natural flavors, salt, soy lecithin)
contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	11	38	3	38	160

mocha frappuccino

serving size: 12oz
vegetarian

ingredients: whole milk, coffee frappuccino syrup (sugar, water, natural flavor, salt), whipped cream, vanilla syrup, coffee, mocha sauce (sugar, cocoa)
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	9	37	4	35	150

vanilla bean frappuccino

serving size: 12oz
vegetarian

ingredients: whole milk, creme frappuccino syrup (sugar, water, natural flavor), whipped cream, vanilla syrup, vanilla bean powder (sugar, vanilla bean pieces)
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	11	36	4	35	170

coffee

coffee

serving size: 16oz

vegan

ingredients: coffee, water

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
5	0	0	0	0	10

cold brew

serving size: 16oz

vegan

ingredients: coffee, water

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
5	0	0	0	0	10

tea (green, earl grey, mint, black, chamomile, chai)

serving size: 16oz

vegan

ingredients: tea leaves, water

nutrition information:

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

coffee

doppio espresso

serving size: 2oz

vegan

ingredients: espresso

nutrition information:

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

cafe americano

serving size: 16 floz

vegan

ingredients: espresso, water

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
15	0	2	1	0	10

cappuccino/latte

serving size: 16 floz

vegetarian

ingredients: espresso, 2% milk

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	7	19	13	18	170

coffee

white chocolate mocha

serving size: 16oz
vegetarian

ingredients: espresso, milk, white chocolate mocha sauce (sugar, condensed skim milk, coconut oil, cocoa butter, natural flavor, salt), whipped cream (cream, vanilla syrup

contains: milk, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	14	42	11	41	190

caramel macchiato

serving size: 16oz
vegetarian

ingredients: espresso, milk, vanilla syrup, caramel sauce (sugar, corn syrup, butter, heavy cream, nonfat dry milk, natural flavors, salt, soy lecithin)

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	7	35	10	33	150

cafe mocha

serving size: 16oz
vegetarian

ingredients: espresso, 2% milk, mocha sauce (sugar, cocoa), whipped cream, vanilla syrup

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	13	34	11	28	120

coffee

hot chocolate

serving size: 16oz
vegetarian

ingredients: 2% milk, mocha sauce (cocoa, sugar), whipped cream (cream, vanilla syrup)
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	15	44	14	38	160

chai tea latte

serving size: 16oz
vegetarian

ingredients: 2% milk, water, chai tea concentrate (water, black tea, cardamom, black pepper, ginger, cinnamon, cloves, natural flavors, star anise), sugar, honey, ginger juice, vanilla
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	5	45	8	42	120

iced chai tea latte

serving size: 16oz
vegetarian

ingredients: 2% Milk, Water, Chai Tea Concentrate (Water, Black Tea, Cardamom, Black Pepper, Ginger, Cinnamon, Cloves, Natural Flavors, Star Anise), Sugar, Honey, Ginger Juice, Vanilla
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	4	44	7	42	110

coffee

coffee frappuccino

serving size: 16oz
vegetarian

ingredients: whole milk, coffee frappuccino syrup (sugar, water, natural flavor, salt), coffee
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	3	46	3	45	230

caramel frappuccino

serving size: 16oz
vegetarian

ingredients: whole milk, coffee frappuccino syrup (sugar, water, natural flavor, salt), whipped cream, vanilla syrup, coffee, caramel syrup, caramel sauce (sugar, corn syrup, butter heavy cream, nonfat dry milk, natural flavors, salt, soy lecithin)
contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	15	57	4	55	230

mocha frappuccino

serving size: 16oz
vegetarian

ingredients: whole milk, coffee frappuccino syrup (sugar, water, natural flavor, salt), whipped cream, vanilla syrup, coffee, mocha sauce (sugar, cocoa)
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	15	55	5	52	220

vanilla bean frappuccino

serving size: 16oz
vegetarian

ingredients: whole milk, creme frappuccino syrup (sugar, water, natural flavor), whipped cream, vanilla syrup, vanilla bean powder (sugar, vanilla bean pieces)
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	15	54	5	53	250

smoothies

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

smoothies

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

smoothies

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

smoothies

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

breakfast

mixed fruit cup

serving size: 8oz
vegan

ingredients: cantaloupe, grapes, honeydew melon, pineapple

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	0	13	1	24	20

mixed berry granola yogurt parfait

serving size: 9oz
vegetarian

ingredients: low fat yogurt, mixed berries, low fat no raisins granola cereal

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	9	33	13	22	130

mixed berry lemon chia overnight oats

serving size: 9oz
vegetarian

ingredients: fat free milk, oatmeal, blueberries, honey, chia seeds, pure vanilla extract, lemon

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	5	52	12	24	80

berry parfait, plain greek yogurt

serving size: 9oz
vegetarian

ingredients: fat free greek yogurt, strawberries, blueberries, granola

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	5	36	18	20	150

hard boiled egg

serving size: 1ea
vegetarian

ingredients: egg, water

contains: egg

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	4	0	6	0	60

breakfast

classic oatmeal

serving size: 12 floz
vegan

ingredients: oatmeal, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	4	41	8	<1	10

strawberry oatmeal

serving size: 12 floz
vegan

ingredients: strawberries, steel cut oats, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	4	42	10	2	10

blueberry oatmeal

serving size: 12 floz
vegan

ingredients: blueberries, oatmeal, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	3	35	6	4	10

apple cinnamon steel cut oatmeal

serving size: 12 floz
vegan

ingredients: steel cut oats, apples, cinnamon, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	4	43	10	3	10

breakfast

coconut oatmeal

serving size: 12 floz

vegan

ingredients: oatmeal, coconut milk, shredded coconut, water

contains: tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	6	34	6	1	20

coconut steel cut oatmeal

serving size: 12 floz

vegan

ingredients: steel cut oats, coconut milk, shredded coconut, water

contains: tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	7	42	10	0	20

banana oatmeal

serving size: 12 floz

vegan

ingredients: banana, oatmeal, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	3	39	6	5	10

sunrise quinoa cereal, apple, almond

serving size: 12 floz

vegan

ingredients: sunrise blend (bulgur, buckwheat, red rice, quinoa, flax seed), apples, salt, water, soy milk, cranberries, orange peel, almonds

contains: wheat, soy, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	7	66	13	13	220

breakfast

cheese grits

serving size: 12 floz
vegetarian

ingredients: grits, salt, water, cheddar cheese

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	16	69	16	1	460

quinoa porridge, almond, cranberry, blueberry

serving size: 12 floz
vegan

ingredients: quinoa, almond milk, brown sugar, cinnamon, cranberries, blueberries

contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	6	87	10	41	110

cornmeal porridge

serving size: 12 floz
vegetarian

ingredients: cornmeal, low fat milk, nutmeg, cinnamon, salt, vanilla extract, sugar, water

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	2	68	6	23	270

strawberry banana overnight oats

serving size: 9 oz
vegetarian

ingredients: soy milk, overnight oats, strawberries, banana, honey, chia seeds, vanilla extract

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	10	56	12	30	80

breakfast

classic oatmeal

serving size: 16 floz
vegan

ingredients: oatmeal, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	5	55	11	1	20

strawberry oatmeal

serving size: 16 floz
vegan

ingredients: strawberries, steel cut oats, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	6	56	14	3	20

blueberry oatmeal

serving size: 16 floz
vegan

ingredients: blueberries, oatmeal, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	4	47	8	5	10

apple cinnamon steel cut oatmeal

serving size: 16 floz
vegan

ingredients: steel cut oats, apples, cinnamon, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)

breakfast

coconut oatmeal

serving size: 16 floz

vegan

ingredients: oatmeal, coconut milk, shredded coconut, water

contains: tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	8	45	8	1	20

coconut steel cut oatmeal

serving size: 16 floz

vegan

ingredients: steel cut oats, coconut milk, shredded coconut, water

contains: tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	6	56	14	3	20

banana oatmeal

serving size: 16 floz

vegan

ingredients: banana, oatmeal, water

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	4	51	8	6	10

sunrise quinoa cereal, apple, almond

serving size: 16 floz

vegan

ingredients: sunrise blend (bulgur, buckwheat, red rice, quinoa, flax seed), apples, salt, water, soy milk, cranberries, orange peel, almonds

contains: wheat, soy, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	9	88	17	17	290

breakfast

overnight oats, roasted apples

serving size: 8oz
vegan

ingredients: oat milk, apples, oats, vanilla extract

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	6	65	12	14	80

mango coconut chia pudding

serving size: 8oz
vegan

ingredients: coconut milk, mango, chia seeds, maple syrup, coconut, vanilla extract

contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	35	42	7	22	30

cocoa strawberry overnight oats

serving size: 8oz
vegetarian

ingredients: oats, milk, strawberries, chocolate, cocoa

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	4	34	10	11	70

berry chia pudding

serving size: 8oz
vegan

ingredients: soy milk, chia seeds, strawberries, blueberries, sugar, oatmeal, maple syrup, chia seeds, pumpkin seeds, rice krispies, olive oil, quinoa, cinnamon, salt, orange zest, maple syrup, cinnamon, vanilla extract, nutmeg

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	17	49	13	23	90

overnight oats, blueberries, toasted coconut

serving size: 8oz
vegetarian

ingredients: oats, milk, lowfat vanilla yogurt, blueberries, coconut

contains: milk, tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	11	50	11	17	80

breakfast

coconut mocha chocolate chia pudding

serving size: 8oz
vegan

ingredients: almond milk, coconut milk, chia seeds, maple syrup, cocoa, vanilla extract, salt, decaf coffee
contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	29	47	10	22	210

cocoa banana overnight oats

serving size: 8oz
vegetarian

ingredients: oats, milk, banana, chocolate, cocoa
contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	4	40	10	14	70

greek yogurt chia pudding, strawberry

serving size: 8oz
vegetarian

ingredients: plain greek yogurt, milk, strawberries, maple syrup, chia seeds, vanilla extract
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	5	37	12	27	120

greek yogurt parfait, granola, berries

serving size: 8oz
vegetarian

ingredients: plain greek yogurt, strawberries, blueberries, granola
contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	5	30	15	17	140

chia pudding, almond milk, blueberries, granola

serving size: 7oz
vegetarian

ingredients: chia seeds, almond milk, agave nectar, blueberries, granola
contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	11	31	5	12	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.

breakfast

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

shredded 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

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

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

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

breakfast

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: 1 ea

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

grilled ham

serving size: 1oz

ingredients: ham, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	3	0	5	0	350

herb grilled vegetables

serving size: 3oz

ingredients: yellow squash, zucchini, red bell peppers, canola oil, basil, chives, thyme, black pepper, rosemary, salt

nutrition information:

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

breakfast

oven dried plum tomatoes

serving size: 3 ea
vegan

ingredients: tomatoes, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	5	1	3	45

sweet potato & mushroom hash

serving size:
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

ratatouille

serving size: 3oz
vegan

ingredients: tomatoes, onions, eggplant, squash, zucchini, bell peppers, canola oil, garlic, black pepper, salt, basil, oregano, thyme

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	6	1	3	380

roasted beet hummus & vegetable box

serving size: 1 ea
vegan

ingredients: garbanzo beans, red beets, sesame tahini paste, olive oil, garlic, lemon juice, parsley, salt, black pepper, carrots, cauliflower, green beans

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	9	28	8	11	260

breakfast

guacamole box, pico de gallo, tortilla chips

serving size: 1 ea
vegan

ingredients: avocado, onions, tomatoes, lime, cilantro, jalapeno, salt, cilantro, garlic, jalapeno, sugar, black pepper, tri-colored tortilla chips

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	30	53	5	5	440

veggie box, chipotle yogurt dip

serving size: 1 ea
vegetarian

ingredients: cucumber, cauliflower, radish, fat free greek yogurt, chipotle peppers, olive oil, green onions, lime, cilantro
contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	5	11	7	5	90

spinach & butternut frittata

serving size: 4oz
vegetarian

ingredients: canola oil, red onions, spinach, butternut squash, potatoes, feta cheese, egg, black pepper, salt, canola oil
contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	5	9	6	2	190

applewood smoked bacon & cheddar frittata

serving size: 4oz

ingredients: black pepper, egg, applewood bacon, cheddar cheese, bell peppers, canola oil, yellow onions, canola oil
contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	16	2	14	1	240

goat cheese frittata, spinach, tomato

serving size: 4oz
vegetarian

ingredients: egg, spinach, balsamic vinegar, tomatoes, olive oil, garlic, salt, black pepper, parmesan cheese, goat cheese, onions, spinach, canola oil
contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	14	2	12	<1	210

breakfast

egg white, veggie, parmesan frittata

serving size: 1ea
vegetarian

ingredients: egg white, parmesan cheese, bell peppers, mushrooms, onions, spinach salt, white pepper

contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	8	4	21	2	730

egg white, mushroom, onion frittata

serving size: 1ea
vegetarian

ingredients: egg white, mushrooms, onions, canola oil, salt, chives, black pepper, canola oil

contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	1	5	14	3	350

egg white, veggie, goat cheese frittata

serving size: 1ea
vegetarian

ingredients: egg white, whole milk, asparagus, zucchini, tomatoes, goat cheese, canola oil, salt, black pepper, canola oil

contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	4	2	10	2	350

breakfast

artichoke & roasted pepper frittata, parmesan

serving size: 1 ea
vegetarian

ingredients: bell peppers, garlic, canola oil, red chili pepper, oregano, artichoke hearts, parmesan cheese, salt, black pepper, eggs, canola oil

contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	6	10	7	2	610

traditional avocado toast, avocado spread, hard boiled egg, sourdough batard & mixed berries

serving size: 1ea
vegetarian

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

contains: egg, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	20	31	8	8	710

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

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

scallions

serving size: 1oz
vegan

nutrition information:

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

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

breakfast

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

flour tortilla

serving size: 1ea

ingredients: wheat flour, vegetable shortening, salt, corn starch

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	9	51	8	0	520

whole wheat tortilla

serving size: 1ea

ingredients: whole wheat flour, vegetable shortening, salt, corn starch

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	9	51	9	0	520

croissant

serving size: 1ea

ingredients: wheat flour, white, butter, sugars, whole milk, salt, egg

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	18	36	6	6	280

breakfast

pancakes

serving size: 1ea
vegetarian

ingredients: wheat flour, barley flour, sugar, food starch, salt, soybean oil, egg whites, buttermilk

contains: egg, milk, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	2	35	5	8	510

brioche bun

serving size: 3oz

ingredients: flour, barley flour, eggs, sugar, butter, milk, yeast, salt, soybean oil, turmeric, paprika, soy lecithin

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	6	34	5	6	350

seven grain bread

serving size: 2oz (1 slice)

ingredients: wheat flour, rye flour, oat flour, whole wheat flour, seeds, sunflower seed kernels, dried, seeds, flaxseed, rye chops, oats, millet, raw molasses, seeds, pumpkin and squash seed kernels, salt

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	2	26	4	4	220

spinach tortilla

serving size: 1ea

ingredients: wheat flour, vegetable shortening, spinach, sugar, salt, corn starch, parsley, garlic, onion

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	9	51	8	1	590

breakfast

sesame bagel

serving size: 1ea
vegan

ingredients: wheat flour, malt, brown sugar, salt, seeds, sesame seeds, yeast

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	2	62	10	6	610

raisin bagel

serving size: 1ea
vegan

ingredients: wheat flour, raisins, brown sugar, malt, table salt, cinnamon, yeast

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	2	66	9	12	260

whole wheat bagel

serving size: 1ea
vegetarian

ingredients: flour, whole wheat flour, malt, brown sugar, honey, canola oil, soybean oil, salt, yeast

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	7	60	9	7	580

plain bagel

serving size: 1ea
vegan

ingredients: flour, malt, brown sugar, salt, yeast

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	1	75	4	14	640

poppy seed bagel

serving size: 1ea
vegan

ingredients: flour, malt, brown sugar, salt, yeast, spices, poppy seeds

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	2	62	10	6	610

kaiser roll

serving size: 1ea
vegan

ingredients: flour, salt, yeast
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	1	46	6	0	560

pumpnickel bagel

serving size: 1ea
vegetarian

ingredients: flour, rye pumpnickel flour, brown sugar, malt, salt, caraway seeds, raisin juice concentrate, yeast, malt powder, molasses powder, honey powder, soybean oil
contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	1	77	13	8	460

everything bagel

serving size: 1ea
vegan

ingredients: flour, malt, brown sugar, salt, yeast, spices, poppy seeds, sesame seeds, onions, garlic
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	2	62	10	6	660

onion bagel

serving size: 1ea
vegan

ingredients: flour, malt, brown sugar, salt, onions, yeast
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	2	62	10	6	610

craisin walnut bread

serving size: 1 slice
vegetarian

ingredients: flour, whole wheat flour, cranberries, walnuts, honey, salt, oil, yeast
contains: tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	3	14	2	5	130

breakfast

mini everything bagel

serving size: 1ea

vegan

ingredients: flour, malt, sugar, salt, garlic, onion, sesame, poppy seeds, yeast

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	1	32	6	5	370

breakfast

mini poppy bagel

serving size: 1ea

vegan

ingredients: flour, malt, poppy seeds, sugar, salt, yeast

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	2	32	6	5	310

mini sesame bagel

serving size: 1ea

vegan

ingredients: flour, malt, sugar, salt, yeast, sesame seeds

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	1	33	6	5	320

mini garlic bagel

serving size: 1ea

vegan

ingredients: flour, malt, sugar, salt, yeast, garlic

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	1	33	6	5	280

breakfast

mini raisin bagel

serving size: 1ea
vegan

ingredients: flour, raisins, brown sugar, malt, salt, cinnamon, yeast, caramel
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	1	35	6	8	110

mini whole wheat bagel

serving size: 1ea
vegetarian

ingredients: flour, whole wheat flour, malt, honey, sugar, canola oil, soybean oil, yeast
contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	2	34	5	6	310

mini onion bagel

serving size: 1ea
vegan

ingredients: flour, malt, sugar, salt, yeast, onion
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	0	33	6	5	320

mini plain bagel

serving size: 1ea
vegan

ingredients: flour, water, malt, sugar, salt, yeast
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	0	32	6	5	310

breakfast

breakfast burrito, sausage, cheddar

serving size: 1ea

ingredients: egg, flour tortilla, cheddar cheese, bell peppers, onions, canola oil, salt, black pepper, pork sausage, salsa, sour cream

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
750	44	55	34	3	1400

egg & cheese sandwich

serving size: 1ea

vegetarian

ingredients: eggs, Kaiser roll, cheddar cheese, canola oil

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	19	40	23	2	660

bacon, egg & cheese sandwich

serving size: 1ea

ingredients: eggs, whole wheat roll, american cheese, bacon, canola oil

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
640	34	46	37	8	1560

chorizo hash burrito

serving size: 1ea

ingredients: potatoes, flour tortilla, eggs, milk, canola oil, chorizo, bell peppers, onions, pepper jack cheese, old bay seasoning, black pepper

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
850	45	80	34	7	1930

breakfast

sausage, egg & cheese, croissant

serving size: 1ea

ingredients: croissant, eggs, pork sausage, american cheese, canola oil

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	31	28	20	7	840

breakfast burrito, egg whites, pico de gallo, avocado

serving size: 1ea

vegetarian

ingredients: egg whites, canola oil, whole wheat flour tortilla, avocado, tomatoes, onions, lime, cilantro, jalapeno, salt, black pepper

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	11	35	26	4	570

beyond breakfast taco

serving size: 1ea

vegetarian

ingredients: flour tortilla, tomatoes, jalapeno, onions, lime, cilantro, salt, meatless italian sausage crumbles, cheddar cheese, canola oil

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	10	31	10	2	510

bacon, egg & cheese, brioche

serving size: 1ea

ingredients: brioche, egg, canola oil, swiss american cheese, bacon

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	24	35	23	5	1130

breakfast

egg & cheese, brioche

serving size: 1ea
vegetarian

ingredients: brioche, egg, canola oil, american cheese

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	20	45	19	1	880

sausage, egg & cheese, brioche

serving size: 1ea

ingredients: brioche, egg, pork sausage, american cheese, canola oil

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	37	47	24	1	1190

ham, egg & cheese, brioche

serving size: 1ea

ingredients: brioche, ham, cheddar cheese, butter, canola oil

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	29	37	24	7	790

egg white, feta, spinach, wheat wrap

serving size: 1ea
vegetarian

ingredients: egg whites, canola oil, whole wheat tortilla wrap, feta cheese, spinach

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	13	48	21	1	840

breakfast

bacon, egg & cheddar, pico de gallo burrito

serving size: 1ea

ingredients: flour tortilla, egg, canola oil, cheddar cheese, salsa, bacon, whole milk, canola oil, salt, white pepper

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
790	45	55	39	4	1880

egg white, spinach & boursin, tomato basil wrap

serving size: 1ea

vegetarian

ingredients: egg, canola oil, spinach, tomato basil tortilla, boursin cheese

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	10	19	21	2	690

breakfast

prosciutto, egg, goat cheese, croissant tartine

serving size: 1 ea

ingredients: egg, canola oil, croissant, prosciutto, milk, canola oil, parsley, chives, butter, white pepper

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
740	53	31	35	6	970

chicken apple sausage quiche, gruyere, sautéed onion

serving size: 1 ea

ingredients: egg, canola oil, flour, butter, salt, sugar, chicken apple sausage, onions, gruyere cheese, chives, olive oil, salt, black pepper

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1400	83	94	67	11	2600

chorizo egg bowl, avocado, pepper jack cheese

serving size: 1 ea

ingredients: potatoes, onions, canola oil, parsley, salt, black pepper, egg, avocado, tomatoes, onions, jalapeno, olive oil, lime, cilantro, pepper jack cheese, bell peppers, jalapeno peppers, butter, salt, chives, black pepper, canola oil

contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	38	26	24	4	990

smoked salmon plate, lemon, caper, dill, red onion

serving size: 1 ea

ingredients: salmon, lemon, onions, capers, dill

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	7	3	32	<1	1270

pastries

lemon raspberry cake

serving size: 4oz
vegetarian

ingredients: sugar, wheat flour, potato starch, heavy cream, egg whites, egg yolks, lemon juice, corn syrup, raspberry puree, modified food starch, gelatin, cocoa butter, whole milk, palm oil, citric acid, soybean oil, soy lecithin, vanilla, natural lemon flavor, artificial flavors, lactose, salt, carrot oil

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	15	39	4	30	60

vanilla caramel brulee cake

serving size: 3oz
vegetarian

ingredients: sugar, heavy cream, wheat flour, potato starch, egg yolks, egg whites, whole milk, gelatin, vanilla extract

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	20	37	7	31	60

vegan strawberry shortcake

serving size:
vegan

ingredients: sugar, hydrogenated vegetable oil corn syrup, soybean oil, strawberries, corn syrup, pectin, modified food starch, soybean oil, soy lecithin, vanilla extract, natural cream flavor, vinegar, salt, corn starch

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	13	53	2	36	260

chocolate decadence cake

serving size: 4oz
vegetarian

ingredients: sugar, heavy cream, flour, unsweetened chocolate, water, buttermilk, eggs, butter, corn syrup, cocoa, soybean oil, hydrogenated soybean and cottonseed oils, salt, cocoa butter, corn starch, coffee, vanillin

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	26	49	4	37	200

pastries

raspberry linzer bar

serving size: 50g (3.5 oz)

vegetarian

ingredients: raspberry jam, wheat flour, sugar, filbert flour (hazelnuts), butter, palm shortening, agar agar, eggs, modified food starch, milk, baking powder, cinnamon, molasses, salt

contains: eggs, milk, tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	16	52	2	36	110

classic fudge bar

serving size: 50g (3.5 oz)

vegetarian

ingredients: sugar, eggs, butter, corn syrup, semi-sweet chocolate, soy lecithin, vanilla extract, heavy cream, palm shortening, dutch cocoa powder, cocoa butter, milkfat, wheat flour, cocoa powder, salt, dark chocolate, unsweetened chocolate

contains: eggs, milk, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	24	44	6	36	40

classic cookie bar

serving size: 50g (3.5 ea)

vegetarian

ingredients: sugar, white chocolate, cocoa butter, whole milk, nonfat milk, milkfat, soy lecithin, vanilla extract, wheat flour, butter, palm shortening, confectionary sugar, vegetable fat, eggs, oreo pieces, palm oil, canola oil, cocoa, high fructose corn syrup, baking soda, chocolate, heavy cream, fondant, canola oil, corn syrup

contains: eggs, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	24	58	4	28	40

lemon bar

serving size: 50g (3.5 oz)

vegetarian

ingredients: sugar, butter, eggs, lemon juice, wheat flour, palm shortening, snow sugar, vanilla extract, modified food starch, baking powder, natural flavor

contains: eggs, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	24	36	2	26	50

pastries

meyer lemon & raspberry muffin

serving size: 50g (3.5 oz)

vegetarian

ingredients: flour, sugar, baking powder, salt, eggs, sour cream, vegetable oil, butter, lemon zest, lemon extract, natural raspberry flavor, raspberries, sugar

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	21	47	5	23	300

lunch

butternut squash and apple soup

serving size: 12 floz

vegan

ingredients: butternut squash, canola oil, onions, apple, cinnamon, cardamom, nutmeg, ginger, apple cider, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	2	28	2	12	140

chicken noodle soup

serving size: 12 floz

ingredients: carrots, chicken, cornstarch, salt, egg noodles, celery, onions, sugar, soy protein, corn protein, potato flour, black pepper, potato starch, turmeric

contains: egg, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1120	2	15	6	3	920

curried cauliflower and potato soup

serving size: 12 floz

vegan

ingredients: garbanzo beans, bay leaves, garlic, thyme, onions, salt, black pepper, turmeric, ginger, cumin, coriander, potatoes, cauliflower, chili peppers, cilantro, garam masala, canola oil, vegetable base

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	3	34	6	5	130

chicken florentine soup

serving size: 12 floz

ingredients: heavy cream, egg noodles, eggs, onions, chicken, cornstarch, salt, celery, carrots, spinach, flour, canola oil, corn protein, soy protein, sugar, potato flour, corn oil, spices, turmeric

contains: egg, milk, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	14	25	8	4	1050

lunch

lemon orzo chicken soup

serving size: 12 floz

ingredients: pasta (semolina wheat flour, egg white), chicken, cornstarch, salt, heavy cream, onions, carrots, celery, chicken broth, sugar, potato starch, soy protein, corn protein, potato flour, garlic, basil, lemon juice, spice

contains: egg, milk, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	12	19	10	3	1100

portobello mushroom chili

serving size: 12 floz

vegan

ingredients: onions, chili powder, tomatoes, cayenne pepper, mushrooms, kidney beans, navy beans, carrots, bell peppers, cumin, canola oil, vegetable base

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	8	42	13	10	800

root vegetable and red lentil chili

serving size: 12 floz

vegan

ingredients: lentils, celery, white wine, turnip, rutabagas, parsnips, cabbage, onions, tomatoes, sage, salt, parsley, vegetable base

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	1	26	7	5	540

chicken and dumpling soup

serving size: 12 floz

ingredients: milk, spaetzle dumplings, eggs, flour, salt, wheat gluten, turmeric, onions, carrots, chicken, cornstarch, celery, green peas, chicken base, soy protein, corn protein, sugar, potato flour, natural flavorings, potato starch, butter, canola oil, chives, spices

contains: egg, milk, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	8	31	11	6	1170

root vegetable, red lentil soup

serving size: 12 floz
vegan

lunch

ingredients: lentils, celery, white wine, turnip, rutabagas, parsnips, cabbage, onions, tomatoes, sage, salt, parsley, vegetable base

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	1	26	7	5	540

southwest vegetable soup

serving size: 12 floz
vegan

ingredients: corn, chili peppers, black beans, onions, jalapeno peppers, canola oil, basmati rice, thyme, vegetable base, carrots, bell peppers, black pepper, tomatoes, salt, cilantro

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	2	19	3	4	670

vegetarian chili

serving size: 12 floz
vegan

ingredients: tomatoes, pinto beans, onions, kidney beans, tomato paste, carrots, celery, onions, corn oil, potato flour, salt, garlic, bell peppers, cornstarch, spices, chili peppers, cilantro, vinegar, black pepper, red chili peppers

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	2	40	14	0	810

wild mushroom soup

serving size: 12 floz
vegetarian

ingredients: onions, mushrooms, milk, flour, canola oil, salt, soy protein, corn oil, garlic, turmeric, tomato paste, cornstarch, heavy cream, potato flour, whey, butter, sherry wine, chives, black pepper, parsley, sugar, spices, cayenne pepper
contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	8	21	11	6	960

lentil soup, roasted apples

serving size: 12 floz
vegan

ingredients: onions, celery, carrots, garlic, bay leaves, thyme, canola oil, black pepper, potatoes, lentils, salt, vegetables base, apples

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	4	35	11	6	610

southwest tortilla soup

serving size: 12 floz

ingredients: beef, tomatoes, corn flour, onions, bell peppers, carrots, celery, butter, canola oil, garlic, chicken, soy protein, corn protein, potato flour, turmeric, whey, paprika, cornstarch, salt, spices, cilantro, sugar

contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	9	24	4	5	820

lunch

chicken florentine soup

serving size: 12 floz

ingredients: milk, heavy cream, pasta, eggs, onions, chicken, cornstarch, salt, celery, carrots, spinach, flour, canola oil, corn protein, soy protein, sugar, potato flour, corn oil, spices, turmeric

contains: egg, milk, wheat, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	14	25	8	4	1050

corn & chili bisque

serving size: 12 floz

vegetarian

ingredients: corn, heavy cream, tomatoes, green chiles, milk, onions, soy protein, corn protein, corn oil, flour, sugar, garlic, turmeric, bell peppers, tomatillos, butter, cornstarch chili pepper, spices, jalapeno peppers, cilantro

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	16	25	5	5	1280

french onion soup

serving size: 12 floz

ingredients: onions, beef, sugar, salt, corn oil, potato flour, soy protein, whey, paprika, butter, flour, chicken, corn protein, carrots, cornstarch, tomato paste, vinegar, red pepper, salt

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	5	15	3	7	1310

lunch

vegetarian minestrone

serving size: 12 floz
vegetarian

ingredients: tomatoes, tomato paste, carrots, kidney beans, onions, celery, macaroni, egg whites, zucchini, corn, cabbage, celery, onion, corn oil, potato flour, salt, garlic, cornstarch
contains: egg, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	1	22	5	7	1050

red bean and sausage soup

serving size: 12 floz

ingredients: kidney beans, italian sausage (pork, spices, salt, corn syrup, paprika, sugar), tomatoes, tomato juice, salt, rice, cornstarch, celery, onions, bell peppers, garlic, ham, potato flour, corn oil, smoke flavoring, chicken, soy protein, corn protein, turmeric, chili peppers, parsley, spices, vinegar, red pepper, cayenne pepper
contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	5	40	14	3	1030

pasta e fagioli soup

serving size: 12 floz

ingredients: navy beans, salt, tomatoes, pasta, egg whites, kidney beans, onions, carrots, celery, chicken, soy protein, corn Protein, Potato Flour, Turmeric, Flour, Tomato Paste, Canola Oil, Spinach, Bacon, Smoke Flavoring, Sugar, Brown Sugar, parmesan cheese, cornstarch, spices, vinegar, red pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	8	33	10	3	920

chicken gumbo

serving size: 12 floz

ingredients: chicken, cornstarch, salt, onions, okra, bell peppers, celery, tomatoes, potatoes, flour, canola oil, rice, soy protein, corn protein, potato flour, carrots, turmeric, ham, smoke flavoring, cottonseed oil, spices, garlic, vinegar, red pepper, paprika, cayenne pepper, white pepper
contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	8	22	6	1	890

lunch

cajun roast salmon

serving size: 5oz

ingredients: salmon, bell peppers, onions, canola oil, paprika, salt, garlic, cayenne pepper, white pepper, black pepper, oregano, thyme

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	10	4	22	2	200

herbed grilled chicken

serving size: 4oz

ingredients: chicken, canola oil, basil, chives, rosemary, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	5	0	26	0	0

smoked bbq tofu

serving size: 6oz

vegan

ingredients: tofu, chipotle bbq sauce, (barbecue sauce, orange juice, chipotle peppers, orange), barbecue dry rub (chili powder, paprika, salt, sugar, cumin, garlic, black pepper, mustard, white pepper, basil, cayenne pepper, sage, turmeric, cardamom, coriander)

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	11	20	20	13	680

hanger steak asada

serving size: 6oz

ingredients: beef, olive oil, lime juice, salt, garlic, parsley, cumin, red pepper, oregano, thyme

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	26	<1	41	0	800

beer battered shrimp

serving size: 3.5oz

ingredients: shrimp, all purpose flour, beery, canola oil, salt, orange, paprika, black pepper

contains: shellfish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	6	17	14	0	150

lunch

chicken marsala

serving size: 7oz

ingredients: chicken, mushrooms, chicken stock (onions, celery, carrots, chicken bones, parsley, garlic, thyme, bay leaf, black pepper), marsala cooking wine, whipping cream, shallots, flour, olive oil, parsley, salt

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	9	8	28	2	230

grilled salmon teriyaki

serving size: 5oz

ingredients: salmon, teriyaki sauce (apple juice, soy sauce, rice wine vinegar, honey, cornstarch, ginger, garlic, sugar), apple juice, oil, soy sauce, green onions, ginger, garlic, sugar

contains: fish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	14	4	25	3	250

thai basil shrimp stir-fry

serving size: 5oz

ingredients: shrimp, thai sauce (chili sauce, fish sauce, soy sauce, lime), onions, tomatoes, canola oil, green bell peppers, jalapeno, basil, garlic, cilantro, ginger, cornstarch, baking soda, white pepper

contains: fish, shellfish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	10	11	13	6	810

stuffed portobello

serving size: 6oz

vegetarian

ingredients: mushrooms, cauliflower, red quinoa, monterey jack cheese, egg, olive oil, green onions, panko breadcrumbs, parsley, Baharat (black peppercorns, paprika, cumin, coriander, cinnamon, allspice, cardamom, nutmeg, cloves), cilantro, garlic, salt, black pepper

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	14	14	9	3	340

quinoa stuffed delicata squash

serving size: 9oz

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

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	9	33	9	5	230

blackened shrimp, carolina slaw

serving size: 6oz

ingredients: shrimp, canola oil, paprika, salt, oregano, white pepper, cayenne pepper, black pepper, garlic powder, onion powder, thyme, white vinegar, sugar, mustard, celery seed, cabbage, onions, bell peppers

contains: shellfish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	21	10	27	6	1440

beef bulgogi, sesame ginger bok choy

serving size: 8oz

ingredients: beef, soy sauce, sugar, pear juice, pineapple juice, apple juice, lemon juice, garlic, sesame oil, porcini mushrooms, spices, green onions, ginger, rice vinegar, cabbage, black pepper, salt

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	13	6	30	4	660

pan seared salmon, fava bean salsa

serving size: 5oz

ingredients: salmon, black pepper, dill weed, parsley, canola oil, 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

grilled chicken breast, aji amarillo sauce

serving size: 5oz

ingredients: chicken breast, black pepper, canola oil, salt, onions, bell peppers, yellow chili paste, mayonnaise, sour cream, garlic, coriander, lemon juice

contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	17	2	35	<1	540

beyond meatballs, tomato jam

serving size: 5oz

ingredients: meatless crumbles, garlic powder, breadcrumbs, salt, olive oil, red onions, red chili pepper, cumin, cinnamon, coriander, sugar, salt, lime juice, tomatoes

Vegan

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	11	32	27	22	410

lunch

buttermilk fried chicken thigh, alabama white sauce

serving size: 7oz

ingredients: chicken thigh, buttermilk, salt, garlic, cayenne pepper, flour, mayonnaise, honey, sour cream, apple cider vinegar, lemon juice, horseradish, hot sauce, Worcestershire sauce, hot tabasco, salt, black pepper, leeks olive oil

contains: egg, fish, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	28	24	23	6	400

carne asada hanger steak, chimichurri

serving size: 6oz

ingredients: beef, olive oil, garlic, parsley, cumin, thyme, oregano, salt, red chili pepper, lime juice, cilantro, red wine vinegar, sriracha hot chili sauce

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	26	3	35	<1	940

adobo recado turkey breast, guajillo salsa

serving size: 6oz

ingredients: ancho chili peppers, chipotle chili peppers, allspice, garlic, cumin, oregano, cloves, sugar, tomatoes, apple cider vinegar, salt, black pepper, canola oil, turkey breast, serrano chili peppers, tomatoes, onions, guajillo chili peppers, cilantro, lime juice, tomato puree, vegetable oil, wheat flour, vinegar, food starch, spices

contains: wheat

nutrition information:

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

pan seared arctic char, avocado habanero chili dressing

serving size: 6oz

ingredients: arctic char, lemon zest, parsley, olive oil, salt, canola oil, lemon juice, jalapeno chili peppers, habanero chili peppers, red wine vinegar, black pepper, avocado

contains: fish

nutrition information:

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

sautéed carrot pancake, coconut lime dressing

serving size: 6oz

vegetarian

ingredients: carrots, salt, olive oil, whole wheat flour, garlic, ginger, dill weed, grapeseed oil, sweet chili sauce, coconut milk, sriracha hot chili sauce, mayonnaise, lime juice

contains: egg, soy, wheat, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	19	24	3	9	320

lunch

lemon garlic shrimp

serving size: 4 ea

ingredients: shrimp, ancho chili peppers, canola oil, garlic, lemon juice, parsley, salt, black pepper

contains: shellfish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	23	7	17	3	460

grilled strip steak, horseradish cream, watercress

serving size: 7oz

ingredients: beef, salt, black pepper, horseradish, sour cream, mayonnaise

contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	40	5	39	2	1210

breaded chicken breast, arugula almond pesto

serving size: 7oz

ingredients: chicken, flour, salt, black pepper, whole milk, breadcrumbs, parsley, egg, arugula, parmesan cheese, garlic, almonds, olive oil

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

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	27	12	35	2	330

cajun grilled salmon, spicy carolina slaw

serving size: 6oz

ingredients: salmon, paprika, salt, onions, garlic, cayenne pepper, white pepper, black pepper, thyme, oregano, bell peppers, canola oil, cabbage, carrots, peppers, apple cider vinegar, celery seed, mustard, sugar, caraway seed, garlic, hot sauce

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	10	13	18	10	440

impossible meat kofta, tzatziki sauce

serving size: 7oz

vegetarian

ingredients: quinoa, breadcrumbs, whole milk, impossible meat, garlic, onions, parsley, egg, allspice, cayenne pepper, cardamom, sumac, nutmeg, paprika, salt, cucumbers, plain yogurt, white wine vinegar, dill weed, mint, canola oil, parsley

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	11	18	15	4	480

lunch

herb roasted arctic char, chimichurri

serving size: 5oz

ingredients: garlic, parsley, chives, oregano, lemon juice, salt, black pepper, arctic char, canola oil, cilantro, red wine vinegar, cumin, sriracha hot chili sauce, olive oil

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	20	4	25	1	1

chipotle lime marinated chicken, pineapple pico de gallo

serving size: 7oz

ingredients: chipotle peppers, tomato puree, vegetable oil, wheat flour, salt, vinegar, onions, garlic, cilantro, lime juice, garlic, salt, black pepper, chicken breast, tomatoes, jalapeno chili peppers, mango, pineapple, canola oil

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	7	6	52	4	320

mojo marinated pork tenderloin, corn salsa

serving size: 6oz

ingredients: cilantro, orange zest, orange juice, mint, garlic, oregano, cumin, salt, black pepper, canola oil, lime juice, pork tenderloin, corn, tomatoes, serrano chili peppers, onions

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	9	8	37	3	580

lemon herb cauliflower steak, harissa vinaigrette

serving size: 7oz

vegan

ingredients: cauliflower, lemon juice, parsley, oregano, salt, black pepper, canola oil, garlic, harissa paste, caraway seeds, cumin, rice wine vinegar, sugar, olive oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	14	11	3	5	570

short rib quesadilla, tomatillo avocado salsa

serving size: 1ea

ingredients: spicy beef with chiles (onions, poblano peppers, garlic, cinnamon, cloves, apple cider vinegar, sugar, oregano, salt, beef, canola oil), tomatillo, cilantro, avocado, lime juice, serrano peppers, cheddar, Monterey jack, tomatoes, flour tortilla

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	25	57	36	4	990

serrano ham bocadillo, pan con tomato, ciabatta

serving size: 1ea

ingredients: tomatoes, salt, black pepper, olive oil, capers, shallots, pork, parmesan cheese, ciabatta

contains: milk, wheat

nutrition information:

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

angry crab cake po boy

serving size: 1ea

ingredients: mustard, egg, white bread, parsley, Worcestershire sauce, franks hot sauce, old bay seasoning, crab meat, mayonnaise, canola oil, salt, black pepper, butter

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

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	17	78	25	4	1310

kale cobb salad w/ grilled salmon, feta, avocado, lemon thyme dressing

serving size: 1ea

ingredients: lemon thyme vinaigrette (apple cider vinegar, honey, thyme, sugar, salt, garlic, shallots, Dijon mustard, lemon juice, canola oil), hard boiled egg, salmon, feta cheese, tomatoes, romaine lettuce, kale, avocado

contains: egg, fish, milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	55	12	35	6	740

char grilled steak banh mi sandwich

serving size: 1ea

ingredients: jalapeno chili peppers, cilantro, grilled strip steak, sriracha mayonnaise, French roll, cucumbers, radish, carrots, white vinegar, salt

contains: egg, soy, wheat

nutrition information:

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

korean bbq chicken kimchi tacos, gochujang sauce

serving size: 2 tacos

ingredients: brown sugar, sugar, garlic, coca cola, white pepper, sesame oil, sesame seeds, green onions, soy sauce, chicken breast, green cabbage, onions, bell peppers, cilantro, orange juice, rice wine vinegar, canola oil, kimchi, pickled carrot and daikon, gochujang sauce (red hot pepper paste, sriracha, sesame oil, soy sauce, lime juice, mayonnaise, Dijon mustard)

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	15	28	29	11	880

manhattan clam chowder, sourdough bread bowl

serving size: 1ea

ingredients: onions, celery, carrots, garlic, bacon fat, flour, potatoes, tomatoes, clam base, black pepper, salt, hot tabasco, sourdough bread

contains: milk, shellfish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	3	59	13	4	2290

lobster roll

serving size: 1ea

ingredients: chives, tarragon, Dijon mustard, salt, black pepper, mayonnaise, lemon juice, cucumbers, lettuce, lobster meat, roll

contains: egg, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	20	36	27	6	1150

beef and mushroom marinara hoagie

serving size: 1ea

ingredients: mushrooms, ground beef, white bread, egg, parmesan cheese, parsley, garlic, onions, salt, black pepper, canola oil, roll

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	24	49	29	5	880

japanese steak salad, honey sesame dressing

serving size: 1ea

ingredients: carrots, ginger, romaine lettuce, sesame oil, red onions, soy sauce, wasabi, sugar, water chestnuts, wonton wrappers, beef, edamame, honey sesame dressing (honey, sesame oil, soy sauce, rice wine vinegar, sesame seeds, sriracha hot chili)

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	30	59	30	27	730

pollo verde enchiladas

serving size: 2ea

ingredients: tomatillos, garlic, onions, chili peppers, lime juice, salt, sugar, cilantro, chicken thigh, chicken breast, bell peppers, tomatoes, coriander, chili powder, jalapeno chili peppers, canola oil, black pepper, cilantro, cheddar cheese, green onions, cilantro, corn tortillas

contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	28	28	31	8	770

crab cake, tomato & avocado salad, lemon-herb vinaigrette

serving size: 1ea

ingredients: crab meat, dijon mustard, eggs, mayonnaise, old bay seasoning, white pepper, hot tabasco sauce, parsley, panko breadcrumbs, canola oil, lemon juice

contains: egg, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	28	7	20	2	910

prosciutto, salami & charred broccoli rabe sandwich

serving size: 1ea

ingredients: broccoli rabe, garlic, canola oil, red peppers, salami, provolone cheese, baguette, prosciutto

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
750	28	78	48	4	2770

fajita style flank steak salad, guacamole, cilantro lime vinaigrette

serving size: 1ea

ingredients: beef, fajita spice, chili powder, cumin, canola oil, guacamole (avocado, red onions, tomatoes, jalapeno chili peppers, cilantro, lime juice, salt, black pepper), cilantro lime vinaigrette (cilantro, lime juice, garlic, sugar, canola oil, apple cider vinegar), cheddar cheese, romaine lettuce, onions, bell peppers

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
680	55	14	34	5	480

lobster mac & cheese

serving size: 6oz

ingredients: gouda, cheddar, parmesan, cream, salt, onion, lobster, old bay, macaroni, paprika

contains: milk, shellfish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	33	29	24	3	1130

bay scallops, bulgur, mint salad

serving size: 8oz

ingredients: bulgur, onions, celery, bay leaves, lemon, black pepper, thyme, bay scallops, lime juice, tomatoes, cucumbers, mint, parsley, salt, canola oil

contains: shellfish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	8	38	21	1	570

parmesan crusted chicken breast, balsamic tomatoes, basil

serving size: 6oz

ingredients: balsamic vinegar, parmesan cheese, mayonnaise, tomatoes, basil

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	9	8	27	5	420

lunch

grilled brazilian salt rubbed steak, caramelized onions, parsley

serving size: 4oz steak, 2 floz sauce

ingredients: beef, salt, onions, thyme, black pepper, canola oil

nutrition information:

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

pan seared salmon with tamarind and pineapple red onion salsa

serving size: 5oz

ingredients: pineapple, red onions, lime juice, mint, salt, sugar, tamarind, ginger, mango, salmon, canola oil, black pepper

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	2	38	4	33	650

cemita style roast turkey, spicy charred tomatillo, avocado salsa

serving size: 4oz turkey, 2 floz salsa

ingredients: turkey breast, butter, chipotle spice, montreal seasoning, sage, thyme, tomatillo, onions, garlic, chili peppers, canola oil, coriander seeds, cumin, fennel, avocado, cilantro, salt, black pepper, lime juice, orange juice

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	11	9	24	3	720

lemon herb cauliflower steak

serving size: 6oz

vegan

ingredients: cauliflower, lemon juice, parsley, oregano, salt, black pepper, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	10	8	3	3	320

spiced scaloppini of turkey, aji amarillo sauce

serving size: 4oz turkey, 2floz sauce

ingredients: garlic, salt, black pepper, cumin, onions, cilantro, chili powder, turkey breast, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	4	12	22	4	1900

grilled jumbo shrimp, mango fennel slaw

serving size: 6oz

ingredients: mango, jalapeno chili peppers, garlic, lime juice, honey, cilantro, salt, black pepper, shrimp, fennel, red onions, mango, orange juice, lemon juice, cilantro, spice, salt, black pepper

contains: shellfish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	1	15	13	11	520

thai curry chicken, nuoc cham

serving size: 4oz chicken, 2 floz sauce

ingredients: chicken thigh, yellow curry paste, sugar, lime juice, fish sauce, garlic, chili peppers

contains: fish, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	9	15	29	13	1090

marinated hanger steak, roasted cippolini onions

serving size: 5.5oz

ingredients: garlic, parsley, dijon mustard, shallots, red chili pepper, black pepper, green onions, thyme, worcestershire sauce, a1 steak sauce, red wine, canola oil, beef, salt, cipollini onions, olive oil, salt

contains: fish, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	23	10	36	7	590

impossible meatball, bruschetta

serving size: 8oz

vegetarian

ingredients: impossible meatless burger, ricotta cheese, parmesan cheese, whole milk, Udi's GF whole grain bread, onions, parsley, basil, egg, garlic, garlic, tomatoes, basil, salt, black pepper, canola oil

contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	28	20	27	4	1040

grilled ny strip steak, watercress, steakhouse sauce

serving size: 4oz steak, 2 floz sauce

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

contains: egg, fish, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	16	5	31	3	700

grilled arctic char, basil, thyme citrus marinated fennel

serving size: 6oz

ingredients: lemon, thyme, basil, salt, spice, arctic char, olive oil, fennel, lemon juice, orange juice, lemon zest, tarragon, parsley, chives, olive oil, salt, sugar

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	15	5	30	3	570

oregano pork souvlaki, sumac harissa vinaigrette

serving size: 4oz pork, 2 floz sauce

ingredients: red wine vinegar, olive oil, mint, lemon juice, oregano, garlic, spice, salt, black pepper, pork, harissa paste, sugar, parsley

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	50	5	26	2	1200

korean bbq chicken, asian pear slaw

serving size: 6oz

ingredients: chicken breast, asian pears, ginger root, soy sauce, sesame seeds, green onions, brown sugar, rice wine vinegar, honey, chili paste, sesame oil, cabbage, carrots, gochujang sauce, garlic, ginger, fish sauce

contains: fish, soy, wheat

nutrition information:

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

lentil patties w/ moroccan spices, yogurt sauce

serving size: 1ea

vegetarian

ingredients: lentils, farro, Moroccan spice blend, cucumbers, red onions, salt, black pepper, lemon juice, plain nonfat greek yogurt, carrots, celery, garlic, parsley, dill weed, breadcrumbs, egg, olive oil, wheat bun, tomatoes, lettuce, canola oil

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	16	65	20	9	890

citrus grilled shrimp, salsa verde

serving size: 4oz

ingredients: shrimp, lime zest, lemon zest, garlic, salt, black pepper, canola oil, tomatillo, garlic, jalapeno chili peppers, red onions, hot sauce, cilantro, onions

contains: shellfish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	3	3	11	1	400

beef bulgolgi, gochujang sauce

serving size: 4oz beef, 2floz sauce

ingredients: red hot pepper paste, sriracha hot chili sauce, sesame oil, soy sauce, lime juice, mayonnaise, dijon mustard, beef, Asian pears, brown sugar, rice wine, garlic, green onions

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	42	18	43	14	1610

bbq chicken breast, peach balsamic

serving size: 4oz

ingredients: chicken breast, ginger, onions, canola oil, brown sugar, Dijon mustard, ketchup, white balsamic, peaches, Worcestershire sauce, sriracha hot chili sauce

contains: fish, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	3	6	24	5	290

skuna bay salmon, pistachio crust, citrus aioli

serving size: 4oz salmon, 3oz

ingredients: salmon, pistachio nuts, fennel, onions, salt, black pepper, Chablis wine, canola oil, garlic, lemon juice, lemon zest, orange, mayonnaise

contains: egg, fish, soy, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	62	12	28	4	400

impossible meat quinoa kofta, tzatziki sauce

serving size: 4oz quinoa kofta, 2floz sauce

vegetarian

ingredients: quinoa, breadcrumbs, whole milk, impossible meatless burger, garlic, parsley, egg, allspice, cayenne pepper, cardamom, sumac, nutmeg, paprika, salt, cucumbers, plain nonfat greek yogurt, white wine vinegar, dill weed, mint, garlic, parsley

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	10	18	15	4	490

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.

lunch

roasted broccolini

serving size: 4oz
vegan

ingredients: broccolini, olive oil, salt, garlic

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	6	2	1	80

ratatouille

serving size: 4oz
vegan

ingredients: tomatoes, onions, pepper, eggplant, squash, canola oil, parsley, basil, sage, garlic, balsamic vinegar, black pepper, red chili pepper, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	8	1	<1	60

yellow squash, zucchini, garbanzo beans

serving size: 4oz
vegan

ingredients: garbanzo beans, zucchini, yellow squash, cumin, olive oil, mint, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	5	14	5	4	80

chili and lime roasted corn

serving size: 4oz
vegan

ingredients: corn, lime juice, chili powder, salt, olive oil, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	2	16	3	3	20

garlic roasted cauliflower

serving size: 4oz
vegan

ingredients: garlic, cauliflower, salt, olive oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	7	6	2	2	100

lunch

baby carrots, green beans

serving size: 4oz
vegan

ingredients: tri color baby carrots, green beans, canola oil, parsley, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	9	1	5	120

sorghum blend, broccoli, lemon, tahini

serving size: 4oz
vegan

ingredients: sorghum, wild rice, broccoli, canola oil, salt, black pepper, salt, olive oil, tahini, leppo pepper, carrots, lemon juice

nutrition information:

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

lemon green beans

serving size: 4oz
vegan

ingredients: green beans, lemon zest, black pepper, salt, lemon juice

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	0	9	2	4	110

herb roasted broccoli

serving size: 4oz
vegan

ingredients: parsley, cilantro, rosemary, thyme, sage, shallots, garlic, salt, white pepper, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	1	2	1	<1	70

barley, quinoa, sprouted lentil salad, orange miso dressing

serving size: 4oz
vegan

ingredients: white miso paste, orange juice, ginger, cloves, rice wine vinegar, canola oil, barley, quinoa, lentils, green beans, bell peppers, cucumbers

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	3	15	3	2	70

lunch

grilled hoisin flank steak, sautéed shishito peppers

serving size: 6oz

ingredients: sugar, soybean paste (water, salt, soy bean, wheat flour, garlic, corn starch, sesame seeds, wheat flour, chili pepper, spices, sesame oil, garlic, ginger, rice vinegar, beef, mirin, shishito chili peppers, olive oil, salt, black pepper

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	11	10	32	6	350

sautéed green beans, cherry tomatoes

serving size: 4oz

vegan

ingredients: onions, garlic, green beans, tomatoes, salt, black pepper, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	8	2	3	20

roasted mushrooms, leeks, thyme

serving size: 4oz

vegan

ingredients: mushrooms, thyme, olive oil, garlic, salt, black pepper, leeks,

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	6	10	3	3	80

red quinoa, corn, tomatoes

serving size: 4oz

vegan

ingredients: red quinoa, coriander, chili powder, salt, corn, tomatoes, cucumbers, onions, olive oil. Lemon juice, cilantro, red leaf lettuce

nutrition information:

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

lebanese tabbouleh

serving size: 4oz
vegan

ingredients: bulgur wheat, cinnamon, allspice, onions, salt, lemon juice, parsley, tomatoes, black pepper, mint, canola oil

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	1	14	2	2	40

roasted rosemary fingerling potatoes

serving size: 4oz
vegan

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

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	4	23	3	2	14

lemon grilled asparagus

serving size: 4oz
vegan

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

nutrition information:

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

lentils, kale, mushrooms, farro

serving size: 4oz
vegan

ingredients: farro, lentils, onions, canola oil, mushrooms, turmeric, curry powder, salt, sriracha hot chili sauce, lime juice, kale, cilantro

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	3	20	5	1	210

lunch

lunch

charred cauliflower, chimichurri

serving size: 4oz
vegan

ingredients: parsley, oregano, garlic, canola oil, red wine vinegar, red chili pepper, lemon zest

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	6	2	2	30

roasted rainbow carrots

serving size: 4oz
vegan

ingredients: rainbow carrots, olive oil, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	6	10	1	5	720

charred broccolini, garlic

serving size: 4oz
vegan

ingredients: garlic, salt, broccolini, olive oil, lemon juice

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	6	2	1	80

citrus asparagus barley salad

serving size: 4oz
vegetarian

ingredients: black barley, lemon thyme vinaigrette (lemon juice, white balsamic vinegar, honey, dijon mustard, black pepper, thyme, olive oil), asparagus, red onions, tomatoes, lemon
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	6	17	3	2	220

honey roasted butternut squash

serving size: 4oz
vegetarian

ingredients: butternut squash, canola oil, brown sugar, honey

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	3	16	1	5	5

grilled sirloin steak, artichoke olive caper spread

serving size: 6.5oz

ingredients: beef, salt, black pepper, green olives, red peppers, artichoke hearts, parsley, olive oil, lemon juice, capers, garlic, basil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	32	3	47	<1	660

sautéed zucchini and yellow squash

serving size: 4oz
vegan

ingredients: zucchini, squash

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	4	1	3	5

lemon thyme carrots

serving size: 4oz
vegan

ingredients: carrots, canola oil, lemon juice, thyme

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	2	11	1	5	180

lemon olive oil broccolini

serving size: 4oz
vegan

ingredients: broccolini, garlic, olive oil, lemon juice

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	8	3	2	40

roasted asparagus

serving size: 4oz
vegan

ingredients: asparagus, olive oil, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	4	4	2	2	290

roasted delicata squash, mushrooms, thyme

serving size: 4oz
vegan

ingredients: squash, mushrooms, canola oil, garlic, salt, thyme, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	7	8	2	3	160

roasted fingerling potatoes

serving size: 4oz
vegan

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

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	4	23	3	2	10

honey roasted butternut squash

serving size: 4oz
vegetarian

ingredients: squash, canola oil, honey, brown sugar

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	3	18	1	6	10

brussels sprouts & sweet potato

serving size: 4oz
vegan

ingredients: garlic, canola oil, rosemary, black pepper, salt, onions, brussels sprouts, sweet potatoes

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	3	14	2	4	90

lunch

sautéed green beans & baby tomato

serving size: 4oz

vegan

ingredients: onions, garlic, green beans, tomatoes, salt, black pepper, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	8	2	3	20

roasted cauliflower

serving size: 4oz

vegan

ingredients: cauliflower, canola oil, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	2	2	<1	<1	60

barley, charred peppers & lime

serving size: 4oz

vegan

ingredients: black barley, vegetable base, bell peppers, tomatoes, cilantro, lime vinaigrette, jalapeno, salt, lime

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	2	17	3	2	320

garlic smashed potatoes

serving size: 4oz

vegetarian

ingredients: potatoes, whole milk, butter, salt, black pepper, garlic, canola oil

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	3	22	2	2	70

lunch

miso dashi soup

serving size: 12 floz

ingredients: miso paste, tofu, dashi (shiitake mushrooms, bonito powder, kelp powder) green onions, seaweed

contains: fish, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	2	12	7	2	530

*salmon avocado roll, sesame

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

*tuna avocado roll, sesame

serving size: 1ea

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

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	11	36	29	<1	60

*salmon roll, sesame

serving size:

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

assorted sashimi chirashi bowl, brown rice

serving size: 1ea

ingredients: wasabi paste, yellowfin tuna, salmon, hamachi, brown sushi rice, rice wine vinegar, sugar, salt, eel, striped bass, cucumbers, scallions, sesame seeds, ginger, carrots, avocado, katsuo mirin furikake (sesame seeds, dried shaved bonito, sugar, salt, soy sauce, sweet rice, kelp

contains: fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	15	46	43	7	620

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.

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

lunch

*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

lunch

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

classic caesar salad, grilled chicken

serving size: 10oz

ingredients: romaine lettuce, parmesan cheese, croutons, chicken breast, salt, pepper, canola oil

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	23	10	40	1	67

baby kale & avocado salad, cashews, fennel slaw, lemon vinaigrette

serving size: 12 floz

vegetarian

ingredients: marinated chickpeas, shaved fennel slaw, lemon vinaigrette, cashews, kale, avocado, parmesan cheese

contains: milk, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
760	60	50	18	16	760

harissa grilled salmon & charred cauliflower salad w/ toasted sesame, cilantro mint chutney

serving size: 12 floz

ingredients: harissa vinaigrette, grilled salmon, grilled cauliflower steak, cilantro minty chutney, sugar snap peas, lettuce, sesame seeds, radish

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	25	17	20	7	310

kale caesar salad, grilled chicken

serving size: 10oz

ingredients: grilled chicken breast croutons, parmesan cheese, kale, lettuce, soft tofu, caesar dressing

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	9	9	36	2	640

lunch

quinoa spinach salad, feta, chickpeas, pepitas, tahini dressing

serving size: 12 floz
vegetarian

ingredients: spinach, quinoa, garbanzo beans, tomatoes, basil, garlic, salt, canola oil, parsley, cilantro, green onions, feta cheese, pumpkin seeds, lemon tahini dressing

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	24	45	18	6	300

texas salad, grilled cilantro lime flank steak, cheddar, pico de gallo

serving size: 13oz

ingredients: corn, black beans, chipotle pepper, canola oil, serrano peppers, cilantro, garlic, sugar, lime juice, flank steak, lettuce, cheddar cheese

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	16	22	29	7	370

turkey, avocado & chipotle aioli, baguette

serving size: 1ea

ingredients: avocado, lettuce, tomatoes, chipotle mayonnaise, baguette, mesquite turkey breast

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	31	61	35	5	1620

prosciutto, salami, asiago, banana peppers, french baguette

serving size: 1ea

ingredients: banana peppers, French baguette, prosciutto, salami, asiago cheese, lettuce, basil, roasted red pepper, canola oil

contains: milk, wheat

nutrition information:

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

lunch

tuna salad, capers, olives, sliced egg and pickled onion, focaccia

serving size: 1ea

ingredients: hard boiled egg, tuna fish, olive oil, capers, red wine vinegar, olives, green beans, roasted red pepper spread, pickled red onions, jalapenos, focaccia

contains: egg, fish, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	18	47	25	4	1240

grilled vegetable, barrel aged balsamic, hummus, ciabatta

serving size: 1ea

vegan

ingredients: ciabatta, eggplant, onions, peppers, squash, zucchini, canola oil, salt, black pepper, garbanzo beans, lemon juice, sesame tahini paste, garlic, salt, balsamic vinegar, brown sugar, arrowroot flour, thyme, spinach

contains: wheat

nutrition information:

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

buffalo chicken wrap

serving size: 1ea

ingredients: flour tortilla, lettuce, tomatoes, celery, buffalo sauce, blue cheese, mayonnaise, chicken, buttermilk, garlic, shallots, sugar, butter, flour, paprika, cayenne pepper, cumin, salt

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	30	66	39	5	1850

black forest ham, salami, prosciutto, provolone, roasted peppers, baguette

serving size: 1ea

ingredients: salami, ham, provolone, tomatoes, lettuce, bell peppers, basil, balsamic vinegar, olive oil, wheat ciabatta

contains: milk, soy, wheat

nutrition information:

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

lunch

fresh mozzarella, roasted peppers, arugula, basil pesto, focaccia

serving size: 1ea
vegetarian

ingredients: roasted peppers, arugula, mozzarella, focaccia, canola oil, parmesan cheese, basil, salt
contains: milk, soy, wheat

nutrition information:

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

roast beef, arugula & goat cheese, seven grain

serving size: 1ea

ingredients: arugula, goat cheese, tomatoes, beef, seven grain roll
contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	28	50	42	11	1050

mediterranean tuna salad with capers and feta, wheat roll

serving size: 1ea

ingredients: whole wheat roll, tomatoes, lettuce, tuna fish, tomatoes, feta cheese, artichoke hearts, red onion, olives, capers, lemon juice, black pepper
contains: milk, fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	4	25	23	4	520

santa fe turkey, pepper jack, avocado spread, kaiser roll

serving size: 1ea

ingredients: pepper jack, lettuce, red onions, turkey breast, kaiser roll, avocado, goat cheese, shallots, cayenne pepper, cilantro, salt, black pepper, lime juice
contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	18	51	42	3	1230

lunch

grilled chicken, provolone, roasted red peppers, french roll

serving size: 1ea

ingredients: seasoned grilled chicken, French roll, lettuce, tomatoes, red peppers, provolone cheese

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
580	16	57	45	3	1310

rosemary grilled shrimp, lemon caper aioli, wheat wrap

serving size: 1ea

ingredients: rosemary grilled shrimp, capers, lemon juice, olive oil, garlic, mayonnaise, romaine, tomatoes, whole wheat flour tortilla

contains: egg, shellfish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	24	55	24	6	780

turkey, applewood bacon, avocado, ciabatta

serving size: 1ea

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

contains: wheat

nutrition information:

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

asian chicken, napa carrot slaw, worcestershire sauce, wheat wrap

serving size: 1ea

ingredients: sweet and sour sauce, cabbage, carrots, cucumbers, sweet thai chili, red onions, soy sauce, sesame oil, ginger, garlic, honey, chicken breast, flour tortilla

contains: fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	9	45	32	12	480

lunch

roast beef, frizzled onion, cheddar, russian roll

serving size: 1ea

ingredients: roast beef, flour, buttermilk, onions, cheddar cheese, tomatoes, lettuce, Russian roll

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	29	44	41	7	920

roast turkey, swiss, baby arugula, buttermilk chive aioli, baguette

serving size: 1ea

ingredients: mayonnaise, chives, buttermilk, black pepper, turkey, arugula, baguette, swiss cheese

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	22	69	36	2	1410

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

serving size: 1ea

ingredients: grilled chicken breast, canola oil, black pepper, semolina roll, 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

grilled salmon, kale apple horseradish slaw, brioche

serving size: 1ea

ingredients: grain dijonnaise, kale, apples, horseradish, lemon juice, black pepper, salmon canola oil, salt, brioche

contains: egg, milk, fish, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	13	40	29	10	580

prosciutto, salami, asiago, banana peppers, basil, french baguette

serving size: 1ea

ingredients: French baguette, salami, prosciutto, red peppers, asiago cheese, banana peppers, basil, olive oil

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
810	43	58	50	9	3250

prosciutto, roasted peppers, fresh mozzarella, balsamic, french baguette

serving size: 1ea

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

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	21	75	34	4	700

roast beef & brie on brioche

serving size: 1ea

ingredients: roast beef, brioche, brie cheese, lettuce

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
580	28	44	38	0	1230

roasted eggplant, chickpea, harissa, sun-dried tomato pesto wrap

serving size: 1ea

vegan

ingredients: eggplant, canola oil, flour tortilla, sun-dried tomato pesto, Baharat spiced chickpeas, red pepper, tomatoes, olive oil, lemon juice, chili peppers, garlic, salt, cumin, caraway seeds, coriander, sumac

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	31	84	15	16	1090

lunch

roasted eggplant, chickpea, harissa, sun-dried tomato pesto wrap

serving size: 1ea

vegan

ingredients: eggplant, canola oil, flour tortilla, sun-dried tomato pesto, Baharat spiced chickpeas, red pepper, tomatoes, olive oil, lemon juice, chili peppers, garlic, salt, cumin, caraway seeds, coriander, sumac

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	31	84	15	16	1090

balsamic portobello mushroom, artichokes, provolone, sundried tomato pesto, focaccia

serving size: 1ea

vegetarian

ingredients: portobello mushrooms, balsamic vinaigrette, focaccia, sun-dried tomato pesto, red peppers, artichoke, onion, provolone, lettuce

contains: milk, soy, wheat

nutrition information:

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

pumpkin coconut soup, toasted pepitas, guajillo chiles

serving size: 12 floz

vegetarian

ingredients: butter, olive oil, salt, white pepper, leeks, coconut milk, pumpkin, pumpkin seeds, cilantro, guajillo peppers, canola oil

contains: milk, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	42	21	10	4	590

quinoa vegetable soup

serving size: 12 floz

vegan

ingredients: vegetable base, onions, carrots, celery, garlic, bay leaves, canola oil, tomatoes, quinoa, cumin, kale, red chili pepper, salt, black pepper, lemon juice

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	6	21	5	3	550

lunch

mediterranean tuna salad, 7 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, 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 plant roasted salmon, horseradish aioli, watercress, english cucumber, rustic roll

serving size: 1ea

ingredients: salmon, rustic 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

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	54	16	13	1280

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

quinoa salad, butternut, cranberry

serving size: 4oz
vegan

ingredients: quinoa, onions, butternut squash, canola oil, black pepper, cranberries, red wine vinegar, whole grain mustard, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	9	26	4	6	100

middle eastern chickpea salad

serving size: 4oz
vegetarian

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

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	3	11	4	4	210

quinoa beet salad, dried fruit

serving size: 4oz
vegan

ingredients: quinoa, balsamic vinegar, beets, carrots, cranberries, canola oil, raisins

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	9	31	3	17	20

farro cranberry salad, walnut

serving size: 4oz
vegan

ingredients: onions, carrots, tomatoes, celery, garlic, parsley, black pepper, thyme, bay leaves, radicchio, farro, edamame, walnut oil, cranberries, cider vinegar, celery, walnuts, maple syrup, Dijon mustard, green onions, salt, chives
contains: soy, tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	9	16	4	5	120

roasted beets, dukkah

serving size: 6oz
vegan

ingredients: gold beets, red beets, olive oil, pistachios, sesame seeds, salt, cumin, fennel
contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	3	18	4	13	210

lunch

zucchini zoodles, basil

serving size: 7oz
vegan

ingredients: zucchini, tomatoes, bell peppers, basil, squash, onions, carrots, olive oil, salt, garlic, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	10	8	2	5	510

bulgur lentil pilaf

serving size: 4oz
vegan

ingredients: bulgur wheat, lentils, onions, canola oil, lemon juice, parsley, garlic, salt, cumin, chili powder

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	15	21	6	1	40

spicy noodle salad, peanut

serving size: 4oz
vegan

ingredients: lo mein noodles, carrots, peanut butter, canola oil, rice wine vinegar, sesame oil, lime, salt, soy sauce, lime, green onions, peanuts, chili peppers, sesame seeds, cilantro

contains: peanuts, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	17	39	8	4	360

quinoa salad, butternut, cranberry

serving size: 4oz
vegan

ingredients: quinoa, onions, butternut squash, canola oil, black pepper, cranberries, red wine vinegar, whole grain mustard, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	9	26	4	6	100

lunch

tuna salad

serving size: 4oz

ingredients: tuna, mayonnaise, black pepper, celery, red onions, lemon juice, salt

contains: egg, fish, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	4	2	22	0	600

hard boiled eggs

serving size: 2ea

vegetarian

ingredients: egg

contains: egg

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	8	1	11	0	130

chicken salad

serving size: 4oz

ingredients: celery, black pepper, salt, mayonnaise, chicken, canola oil

contains: egg, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	20	<1	25	0	410

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

serving size: 10oz

vegetarian

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

contains: milk

nutrition information:

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

za'atar grilled chicken, stewed eggplant caponata

serving size: 4oz

lunch

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

nutrition information:

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

grilled hoisin beef tenderloin, sautéed shiitake mushrooms

serving size: 6oz

ingredients: beef, hoisin sauce, red wine vinegar, garlic, sesame oil, ginger, shiitake 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

beyond meat stuffed portobello mushroom, tomato jam

serving size: 6oz

vegan

ingredients: mushrooms, meatless ground beef, onions, spinach, celery, canola oil, panko breadcrumbs, garlic, parsley, salt, thyme

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	13	9	13	3	460

blended turkey & mushroom kofta, tzatziki sauce

serving size: 6oz

ingredients: mushrooms, turkey, onions, egg, mint, parsley, panko breadcrumbs, canola oil, Moroccan spice blend, garlic, salt, greek yogurt, cucumber, lemon juice, shallots, mint, salt, garlic, dill

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	3	10	13	5	360

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

serving size: 6oz

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

contains: fish, soy

nutrition information:

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

lunch

buttermilk fried chicken, avocado buttermilk ranch sauce

serving size: 6oz

ingredients: chicken thigh, lemon juice, liquid smoke, salt, sugar, red chili pepper, bay leaf, thyme, garlic, black pepper, buttermilk, honey, egg, corn flour, garbanzo bean flour, poultry seasoning, paprika, white pepper, annatto seed, mustard
contains: egg, milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	17	6	27	2	580

char-broiled flank steak, teriyaki, scallion

serving size: 6oz

ingredients: beef, olive oil, salt, rosemary, thyme, garlic, black pepper, soy sauce, rice wine, 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	17	970

blackened shrimp, pepper relish

serving size: 6oz

ingredients: shrimp, bell peppers, onions, cider vinegar, cilantro, olive oil, sugar, black pepper, garlic, cayenne pepper, onions, white pepper, paprika, oregano, thyme, basil
contains:

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: 6oz

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

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	6	16	29	9	270

herb seared chicken, brussels sprout & celery root salad

serving size: 6oz

lunch

ingredients: chicken, olive oil, garlic, salt, rosemary, thyme, black pepper, brussels, pear, celery root, mayonnaise, 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 breast, canola oil, thyme, sage, black pepper, rosemary, pear, 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, 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

beyond Italian meatballs, charred tomato pistou

serving size: 3oz

vegetarian

ingredients: tomatoes, olive oil, parmesan cheese, basil, parsley, garlic, chili peppers, salt, meatless ground beef, egg, onions, 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: 5oz

ingredients: salmon, apples, dijon mustard, mayonnaise, 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: 5oz

lunch

ingredients: chicken, chipotle peppers, canola oil, chili spices rub, radishes, 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

chair-broiled sirloin steak, roasted onions, parsley

serving size: 6oz

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

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: 5oz

ingredients: arctic char, 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

citrus marinated pork tenderloin, blood orange mojo

serving size: 6oz

ingredients: pork, mojo marinade, canola oil, salt, black pepper, blood orange, lemon juice, shallots, garlic, cilantro, salt, cumin

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	26	6	36	2	540

southwest tofu salad, yogurt ranch

serving size: 12oz

vegetarian

ingredients: tofu, barbeque seasoning, olive oil, quinoa, tomatoes, onions, lime, cilantro, garlic, jalapeno, sugar, salt, black pepper, bell peppers, greek yogurt, white wine vinegar, shallots, chives, garlic, parsley, dill, arugula, flour tortilla, canola oil

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	16	41	24	6	310

lunch

cumin roasted carrots, honey, mint

serving size: 4oz
vegetarian

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

nutrition information:

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

farro and butternut squash, baby greens, harissa

serving size: 4oz

ingredients: farro, chicken stock (onions, celery, carrots, chicken bones, parsley, garlic, bay leaves, thyme, black pepper), butternut squash, olive oil, ancho chili pepper seasoning, salt, mushrooms, spinach, kale, olive oil, harissa paste

contains: wheat

nutrition information:

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

cinnamon roasted butternut squash

serving size: 5oz
vegetarian

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

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	12	20	1	9	65

roasted beet & barley salad

serving size: 4oz
vegetarian

ingredients: black barley, vegetable base, white vinegar, shallots, salt, white pepper, parsley, oregano, basil, chives, canola oil, garlic, salt, mayonnaise, thyme, green beans, beets

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	2	17	3	1	250

lunch

roasted cauliflower, freekeh, tahini sauce

serving size: 4oz
vegan

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

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

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	2	14	1	6	100

harissa roasted cauliflower

serving size: 4oz
vegan

ingredients: cauliflower, harissa paste, chili peppers, canola oil, pineapple juice, garlic, caraway seeds, quinoa, salt, coriander, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	5	8	3	3	120

roasted sweet potato & pepper hash

serving size: 4oz
vegan

ingredients: sweet potatoes, green peppers, onions, bell pepper, canola oil, salt, black pepper, garlic

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	5	13	1	4	160

lunch

chickpea, sorghum, butternut squash & pepitas

serving size: 4oz
vegetarian

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

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: brussels sprouts, olive oil, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	5	2	1	140

serrano ham, parmesan, oven dried tomato puree, ciabatta

serving size: 1ea

ingredients: ciabatta bun, serrano ham, 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

smoked turkey, brie, arugula, apples, wheat roll

serving size: 1ea

ingredients: turkey, 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

lunch

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	10	6	1090

charred sweet peppers, fresh mozzarella, basil pesto, focaccia

serving size: 1ea

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, 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

lunch

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

mediterranean tuna salad, 7 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	58	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

lunch

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

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

lunch

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	34	16	13	1280

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

beyond tostada, chipotle crema, queso fresco

serving size: 1ea
vegetarian

lunch

ingredients: black beans, tomatoes, onions, canola oil, chili peppers, garlic, salt, cumin, oregano, corn, corn tortilla, brussels sprouts, meatless beef crumbles, lime, olive oil, champagne vinegar, lemon juice, shallots, sour cream, mayonnaise, parmesan cheese, lime, chipotle peppers, salt, queso fresco, bell peppers, cilantro

contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	11	19	8	2	330

bibb caesar salad, maple balsamic tofu, sun-dried tomato, avocado dressing

serving size: 1ea
vegetarian

ingredients: tofu, balsamic vinegar, maple syrup, canola oil, shallots, garlic, parsley, salt, basil, black pepper, lettuce, buttermilk, yogurt, avocado, shallots, parsley, garlic, salt, black pepper, sun-dried tomatoes, radish, radish, parmesan cheese

contains: milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	20	20	39	17	590

lentil walnut stuffed portobello, negroni black rice, broccolini

serving size: 1ea
vegan

ingredients: mushrooms, lentils, onions, carrots, walnuts, white wine, celery, canola oil, garlic, salt, black rice, cherries, raisins, onions, black cherry juice, orange juice, olive oil, aromatic bitters, lemon, broccolini, garlic, lemon juice, leeks, vegetable base, olive oil, oregano, black pepper

contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	24	85	20	28	520

vegetable tagine, basmati rice, peas

serving size: 1ea
vegan

ingredients: vegetable broth, eggplant, tomatoes, okra, onions, celery, carrots, canola oil, cilantro, harissa paste, garlic, salt, basmati rice, peas, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	3	29	4	5	140

lunch

lentil, butternut squash and swiss chard soup

serving size: 12 floz
vegan

ingredients: onions, salt, black pepper, garlic, butternut squash, cinnamon, turmeric, garlic, carrots, onions, celery, mushrooms, lentils, bay leaves, tomato paste, swiss chard, balsamic vinegar, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	1	35	9	5	200

chicken & andouille sausage gumbo

serving size: 12 floz

ingredients: onions, celery, carrots, bell peppers, garlic, chicken base, rice, okra, tomatoes, andouille sausage, chicken breast, black pepper, sassafras, basil, oregano, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	4	19	9	3	320

tuscan farro & garbanzo

vegetarian
serving size: 12 floz

ingredients: onions, carrots, celery, garlic, olive oil, carrots, fennel, mushrooms, beets, tomatoes, basil, thyme, salt, tomato paste, parsley, black pepper, canola oil, farro, parsley, thyme, rosemary, garbanzo beans, parmesan cheese, tomatoes

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	4	33	9	4	200

mulligatawny soup, chicken

serving size: 12 floz

ingredients: butter, onions, chicken thigh, salt, black pepper, jalapeno chili peppers, garam masala, turmeric, garlic, ginger, tomato paste, carrots, potatoes, onions, bay leaves, parsley, thyme, celery, apples, peas, lime juice, cilantro

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	5	22	10	6	480

lunch

lean & green bowl

serving size: 1 ea
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: 1 ea
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: 1 ea
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

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

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

peanut butter energy bites

serving size: 2ea
vegetarian

ingredients: peanut butter, honey chocolate, oatmeal, flax seeds, coconut, vanilla extract
contains: milk, peanuts, soy, tree nuts, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	7	13	3	8	30

almond, chocolate, coconut energy bites

serving size: 2oz
vegetarian

ingredients: dates, almonds, vanilla whey protein powder, cocoa, coconut, canola oil, vanilla extract
contains: milk, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	13	25	9	17	60

lunch

chicken noodle soup with rotini

serving size: 12 floz

ingredients: parsley, thyme, rosemary, onions, carrots, celery, bay leaves, salt, chicken breast, pasta, canola oil, orange, garlic
contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	3	33	14	2	170

cauliflower parmesan with turmeric

serving size: 12 floz

vegetarian

ingredients: cannellini beans, cauliflower, marjoram, thyme, rosemary, savory, sage, oregano, basil, canola oil, onions, garlic, white wine, sour cream, parmesan cheese, salt, olive oil, black pepper, vegetable base

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	19	33	11	4	520

aztec chicken, quinoa with tortilla

serving size: 12 floz

ingredients: aztec blend (red rice, brown rice, yellow split peas, green split peas, red split peas, amaranth, chicken, flour tortilla, chicken base, corn, tomatoes, avocado, red chili peppers, cilantro, lime

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	10	50	16	3	700

manhattan clam chowder

serving size: 12 floz

ingredients: bacon, garlic, onions, carrots, celery, bell peppers, leeks, clam juice, tomatoes, bay leaves, oregano, thyme, potatoes, clams, salt, hot sauce, worcestershire sauce, old bay seasoning

contains: fish, shellfish, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	3	20	23	5	370

lunch

smoky shrimp in tomato with quinoa and spiced brussels sprouts

serving size: 1ea

ingredients: garlic, cumin, coriander, mustard seed, fennel, paprika, salt, black pepper, tomatoes, carrots, onions, celery, canola oil, mushrooms, bay leaves, shrimp, parsley, thyme, quinoa, turmeric, brussels sprouts

contains: shellfish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	14	24	34	5	370

herb roasted salmon with red pepper walnut sauce, chickpeas and spinach

serving size: 1ea

ingredients: salmon, lemon juice, garlic, oregano, salt, black pepper, canola oil, yogurt, bell peppers, serrano peppers, walnuts, garlic, olive oil, black pepper

contains: milk, fish, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	10	4	24	2	150

bang bang shrimp quesadilla, avocado tomato salsa

serving size: 1ea

ingredients: avocado, tomatoes, red onions, jalapeno peppers, lemon juice, cilantro, salt, black pepper, garlic, cumin, coriander, chili pepper, shrimp, flour tortilla, queso fresco, watercress, corn, monterey jack cheese, canola oil

contains: milk, shellfish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
680	31	60	44	5	1390

herb grilled chicken

serving size: 3oz

ingredients: chicken breast, canola oil, basil, oregano, cilantro, , lemon zest, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	4	0	23	0	380

lunch

grilled oyster mushrooms

serving size: 2oz

vegan

ingredients: oyster mushrooms, olive oil, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	5	3	2	1	130

grilled cod

serving size: 4oz

ingredients: cod, olive oil, salt, black pepper

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	5	0	17	0	440

honey roasted butternut squash, farro, pumpkin seed salad, apple cider vinaigrette

serving size: 1ea

vegetarian

ingredients: pumpkin seeds, salt, butternut squash, honey, canola oil, brown sugar, farro, mizuna lettuce, apples, apple cider vinegar, maple syrup, applesauce, shallots, Dijon mustard, black pepper, olive oil

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	24	50	10	13	340

lunch

beef empanada

serving size: 1ea

ingredients: 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)
290	11	38	10	7	640

chicken empanada

serving size: 1ea

ingredients: 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)
270	7	39	2	7	350

spinach empanada

serving size: 1ea

ingredients: flour, vegetable shortening, lard, salt, sugar, spinach, food starch, palm oil, whey, salt, casein, mozzarella cheese, margarine, soybean oil, soy lecithin, whey, garlic, garlic, onion, spices, oregano, paprika, egg

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	14	37	8	7	340

serrano tomatillo salsa verde

serving size: 2 floz

vegan

ingredients: tomatillo, onions, garlic, canola oil, chili de arbol peppers, serrano chili peppers, jalapeno chili peppers, cumin, salt, cilantro

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	3	1	2	350

guajillo salsa

serving size: 2 floz
vegan

lunch

ingredients: tomatoes, onions, bell peppers, jalapeno chili peppers, guajillo chili peppers, garlic, chili de arbol peppers, salt, lime juice, cumin, tomatoes

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	3	4	1	2	170

egg & cheese

serving size: 1ea
vegetarian

ingredients: flour, malted barley flour, sugar, nonfat milk powder, salt, egg, skim milk, soybean oil, cornstarch, jalapeno cheese sauce, cheddar, modified tapioca starch, mozzarella cheese, provolone cheese

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	16	25	8	4	450

sausage, egg & cheese croissant

serving size: 1ea

ingredients: flour, malted barley flour, butter, sugar, nonfat milk powder, salt, egg, skim milk, soybean oil, cornstarch, salt, jalapeno cheese, palm oil, modified corn starch, cheddar, modified tapioca starch, vinegar, mozzarella, provolone cheese, pork, spices, corn syrup

contains: egg, milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	17	25	8	4	480

ham and swiss croissant

serving size: 1ea

ingredients: flour, malted barley flour, butter, sugar, eggs, ham, celery powder, cheese

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	16	25	13	4	330

spinach and cheese croissant

serving size: 1ea
vegetarian

ingredients: flour, malted barley flour, butter, sugar, eggs, milk, spinach, cheese, onion, salt, pepper, nutmeg

contains: egg, milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	15	30	7	5	350

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.

lunch

spiced butternut squash and orange soup

serving size: 12 floz
vegetarian

ingredients: vegetable broth, onions, carrots, leeks, cumin, garam masala, saffron, turmeric, ginger, butternut squash, orange zest, orange juice, sour cream, salt, black pepper, canola oil

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	8	30	4	4	510

roasted poblano, chicken chili

serving size: 12 floz

ingredients: poblano peppers, pinto beans, chicken base, onions, garlic, chicken breast, chili powder, cumin, red chili pepper, oregano, tomatoes, apple juice, cilantro, avocado, feta cheese, canola oil

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	7	27	22	5	260

spicy black bean chili, lime crema

serving size: 12 floz
vegetarian

ingredients: black beans, bay leaves, garlic, ancho chili pepper, garlic, salt, canola oil, onions, crimini mushrooms, jalapeno chili peppers, tomatoes, cumin, coriander, lime juice, zucchini squash, cilantro, green onions, sour cream, lime juice, lime zest

contains: milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	10	57	18	9	410

lunch

north african lentil soup

serving size: 12 floz
vegan

ingredients: vegetable base, lentils, tomatoes, salt, potatoes, carrots, onions, canola oil, cumin, parsley

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	3	40	11	5	590

wild mushroom bisque, aged sherry

serving size: 12 floz
vegetarian

ingredients: butter, leeks, shallots, celery, thyme, shiitake mushrooms, crimini mushrooms, button mushrooms, sherry wine, flour, heavy cream, tarragon, salt, black pepper, onions, tarragon, bay leaves

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	15	18	5	4	380

ribolitta soup

serving size: 12 floz
vegetarian

ingredients: ciabatta bun, onions, celery, carrots, garlic, tomatoes, olive oil, cannellini beans, parmesan cheese, bay leaves, kale, basil, vegetable broth, salt, black pepper

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	5	21	6	6	610

southwest vegetable soup

serving size: 12 floz
vegan

ingredients: brown rice, vegetable broth, tomato paste, paprika, chili powder, cumin, onions, carrots, celery, bell peppers, garlic, tomato juice, corn, tomatoes, parsley

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	1	26	4	9	490

lunch

curry, tomato, chickpea soup

serving size: 12 floz

vegan

ingredients: garbanzo beans, onions, garlic, celery, paprika, chili powder, cumin, coriander, curry powder, salt, canola oil, vegetable base, tomatoes, spinach

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	7	32	10	7	440

french lentil soup

serving size: 12 floz

ingredients: canola oil, carrots, onions, celery, garlic, tomatoes, lentils, chicken base, salt, thyme

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	3	46	19	8	760

vegan split pea soup

serving size: 12 floz

vegan

ingredients: split peas, white wine, onions, celery, leeks, potatoes, black pepper, salt, vegetable base

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	1	41	11	5	550

lunch

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

serving size: 1 ea

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: 1 ea

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: 1 ea

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: 1 ea

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: 1 ea
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: 1 ea

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: 1 ea

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: 1 ea

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, olie 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

grilled seasonal vegetables, balsamic glaze, hummus ciabatta

lunch

serving size: 1 ea
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: 1 ea

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: 1 ea

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: 1 ea

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

baja chicken wrap, pepperjack, guacamole, pico de gallo

serving size: 1 ea

ingredients: chicken, flour tortilla, guacamole, lettuce, tomatoes, pepper jack cheese, pico de gallo(tomatoes, jalapeno, onions, lime, cilantro, salt), lime, cilantro, cumin

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	33	60	51	5	1270

ssam pork banh mi

serving size: 1 ea

ingredients: french hero roll, banh mi roast pork(pork, brown sugar, salt, black pepper, sugar), pickled carrots & daikon(radish, carrots, unseasoned rice wine vinegar, water, sugar, salt), sriracha mayo(mayonnaise, hot chili sauce, soy sauce, salt), scallions, jalapeno, cilantro

contains: egg, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1090	58	87	50	23	2760

roasted peppers, baby arugula, fresh mozzarella, basil pesto, focaccia

serving size: 1 ea

vegetarian

ingredients: focaccia bread, mozzarella cheese, roasted peppers(green bell peppers, orange bell peppers, red bell peppers), basil pesto, arugula

contains: milk, wheat

nutrition information:

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

buffalo cauliflower wrap, buttermilk avocado dressing

serving size: 1 ea

vegetarian

ingredients: roasted buffalo cauliflower(cauliflower, buffalo wing sauce, canola oil, fresh ground black pepper, salt), smart hearty gram flour tortilla, tomatoes, leaf lettuce, low fat buttermilk avocado dressing(fat free buttermilk, plain yogurt, avocado, shallots, parsley, garlic, salt, black pepper)

contains: milk, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	9	38	9	5	440

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.

lunch

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

serving size: 1 ea

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: 1 ea

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: 1 ea

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: 1 ea

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

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.

lunch

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), gaujillo 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

chicken tinga chimichanga

serving size: 11oz

ingredients: flour tortilla, chicken, diced tomatoes, tomato juice, tomatillo, onions, chipotle peppers, artichoke, canola oil, bay leaf, marjoram, thyme, oregano, pinto beans, green bell peppers, onions, cilantro, chili powder, cumin, salt, black pepper, monterey jack cheese, sour cream, jalapeno, lime, cilantro, salt, jalapeno, all purpose flour,

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	25	59	27	5	1120

lunch

sautéed haricot vert & heirloom baby carrots, parsley

serving size: 4oz

vegan

ingredients: green beans, tri color carrots, canola oil, parsley, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	9	2	5	130

stewed garbanzo beans, spinach, tomato, almonds

serving size: 3oz

vegan

ingredients: spinach, tomato sauce, chickpeas, olive oil, almonds, sherry vinegar, salt, cumin, paprika, black pepper, cayenne pepper

contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	3	9	4	3	390

curried red lentil cakes, cucumber, yogurt sauce

serving size: 2ea, 2 floz sauce

vegetarian

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

salmon taco bowl, red quinoa, tortilla strips, cilantro vinaigrette

serving size: 1ea

ingredients: red quinoa, salmon canola oil, black pepper, salt, corn, canola oil, lime, cider vinegar, cilantro, garlic, sugar, arugula, cabbage, grape tomatoes, fried flour tortilla strips

contains: fish, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
640	39	45	31	7	230

lunch

char-grilled skirt steak, mizuna corn, tomato, avocado, chipotle lime dressing

serving size: 1ea

ingredients: beef, roasted peppers, salt, cider vinegar, lime juice, onions, lime, coriander, paprika, cayenne pepper, corn, mizuna, tomatoes, avocado,

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	37	22	47	6	880

greek farro salad, dill, almonds, feta

serving size: 1ea

vegetarian

ingredients: farro, salt, olive oil, dill, lettuce, tomatoes, cucumber, feta cheese, Kalamata olives, onions, almonds

contains: milk, wheat, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	10	17	7	3	580

southwest freekeh bowl, flank steak, agave lime dressing

serving size: 1ea

ingredients: freekeh, sweet potatoes, canola oil, salt, black pepper, thyme, red bell peppers, kale, agave nectar, lime, cilantro, jalapeno, garlic, fresh ground black pepper, corn kernels, cilantro lime flank steak, beef, lime juice, canola oil, garlic, chili peppers, cilantro, salt, sugar, black beans

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
840	10	17	7	3	580

lentil & shredded vegetable bowl, walnut, avocado

serving size: 1ea

vegetarian

ingredients: avocado, broccoli, olive oil, green french lentils, balsamic honey, canola oil, dijon mustard, balsamic vinegar, lemon juice, garlic, honey, shallots, thyme, arugula, carrots, chopped lettuce, cucumber, red beets, walnuts

contains: tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
750	66	34	14	10	210

lunch

harissa salmon bowl, toasted sesame

serving size:

ingredients: lettuce, salmon, radish, canola oil, black pepper, salt, sugar snap peas, black pepper, cauliflower, garlic, olive oil, rosemary, orange juice, harissa paste, lemon juice, shallots, brown sugar, onions, cilantro, mint, jalapeno, cumin, sesame seeds

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	25	17	20	7	310

chipotle chicken caesar, pepitas, cotija

serving size: 1ea

ingredients: lettuce, herb roasted chicken breast(chicken, olive oil, garlic, salt, rosemary, thyme, black pepper), mayonnaise, radish, queso fresco mexican cheese, pumpkin seeds, olive oil, lime, worcestershire sauce with anchovies, dijon mustard, salt, garlic, chipotle peppers, cilantro, black pepper

contains: egg, milk, fish, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	28	6	21	2	710

cellophane noodle, grilled tofu, sesame

serving size: 1ea

vegan

ingredients: tofu, rice noodles, soy sauce, bean sprouts, carrots, ginger, leeks, sesame oil, cilantro, sesame seeds, cilantro, garlic, red pepper

contains: soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	13	28	18	2	410

seared arctic char salad, shishito pepper, tomato, cucumber, charred tomato jalapeno vinaigrette

serving size: 1ea

ingredients: arctic char, tomatoes, charred tomato vinaigrette(tomatoes, olive oil, red wine vinegar, jalapeno, roasted garlic, salt), lettuce, cucumber, radish, chili peppers, grapeseed oil, parsley, basil, salt, black pepper

contains: fish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	14	7	25	4	290

southwest bbq chicken salad, cotija, chipotle ranch dressing *lunch*

serving size: 1ea

ingredients: bbq chicken breast(chicken, barbecue sauce, bbq spice rub), lettuce, chipotle ranch dressing(ranch dressing, chipotle peppers, lemon juice, cilantro, salt, black pepper), pico de gallo(tomatoes, onions, lime, cilantro, garlic, jalapeno, sugar, salt, black pepper), black beans(black beans), roasted corn, herbs(corn kernels, olive oil, basil, rosemary, salt, black pepper), onions, queso cotija cheese, green onions

contains: egg, milk, soy

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
670	34	41	46	16	1280

shrimp caesar salad, baby kale, parmesan

serving size: 1ea

ingredients: grilled lemon pepper shrimp(shrimp, lemon juice, canola oil, black pepper, lemon, salt), kale, parmesan cheese, caesar dressing

contains: egg, milk, shellfish

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
650	40	17	59	3	1560

berry power salad, goat cheese, spiced walnut, acai vinaigrette

serving size: 1ea

vegetarian

ingredients: lettuce, acai vinaigrette(canola oil, red wine vinegar, acai juice, dijon mustard, orange juice, brown sugar, salt, pitaya, black pepper, thyme), tomatoes, goat cheese, grilled vidalia onions(onions, salt, fresh ground black pepper, canola oil), strawberries, walnuts, spiced(walnuts, sugar, salt, cinnamon, chill powder), arugula, blackberries, blueberries

contains: milk, tree nuts

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	42	21	12	11	600

traditional turkey cobb salad

serving size: 1ea

ingredients: spring lettuce, turkey, egg, blue cheese, cucumber, onions, tomatoes, bacon(bacon)

contains: egg, milk

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	23	9	33	4	1090

roasted seasonal squash, garbanzo, mint

serving size: 4oz

vegan

ingredients: garbanzo beans(garbanzo beans), yellow squash, zucchini, olive oil, mint, cumin, salt, fresh ground black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	5	14	5	4	80

roasted sweet corn, chili, lime

serving size: 3oz

vegan

ingredients: corn, olive oil, lime, chili powder, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	2	16	3	3	20

charred broccoli

serving size: 4oz

vegan

ingredients: broccoli, olive oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	1	5	2	1	30

sautéed bok choy, sesame

serving size: 4oz

vegan

ingredients: bok choy, canola oil, sesame oil, garlic, salt

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	18	5	3	2	390

grilled broccolini

serving size: 4oz

vegan

ingredients: broccolini, lemon juice, olive oil, garlic, black pepper, salt, thyme, lemon

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	7	3	2	70

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.

lunch

lunch

charred vegetable quesadilla

serving size: 1ea
vegetarian

ingredients: flour tortilla, salsa, sour cream, vegetarian refried beans, cheddar cheese, part skim mozzarella cheese, canola oil, green bell peppers, mushrooms, onions, red bell peppers, squash, zucchini, cumin, oil, salt

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
890	55	75	29	10	1670

lentil flautas

serving size: 1ea
vegetarian

ingredients: flour tortilla, spinach, whole milk mozzarella cheese, lentils, queso fresco mexican cheese, chipotle seasoning blend(chipotle chile pepper, cumin, paprika, garlic, salt, coriander, granulated onion, oregano), garlic, olive oil, salt

contains: milk, soy, wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	13	30	11	<1	620

santa fe tortilla soup

serving size: 12floz
vegan

ingredients: vegetable stock, tortilla strips, carrots, canola oil, celery, garlic, black beans, corn, jalapeno chili peppers, tomato juice, garlic, paprika, corn flour, cornstarch, lime juice, cilantro, olive oil, salt

contains: wheat

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	5	28	5	8	940

house bean soup

serving size: 12floz

ingredients: navy beans, vegetable base, ham, carrots, celery, onions, salt, white pepper, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	5	35	14	1	550

lunch

poblano quinoa corn soup

serving size: 12floz

vegan

ingredients: poblano chili peppers, red quinoa, onions, garlic, salt, corn, cumin, canola oil, oregano, tabasco hot chili sauce, cilantro

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	4	38	7	8	100

vegetarian chili

serving size: 12floz

vegan

ingredients: lima beans, peruano beans, butterscotch calypso beans, good mother stallard beans, chestnut lima beans, tongues of fire beans, vegetable stock, chipotle peppers in adobo sauce, mushrooms, zucchini, eggplant, onions, garlic, bell peppers, chili powder, cumin,, tomatoes, corn, cilantro, salt, black pepper, canola oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	6	33	9	6	450