



restaurant associates @ UBS

nutrition  
&  
allergen  
guide

Catering  
Fall/Winter 2022/2023

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.  
2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional information is available upon request.

## hard boiled egg

serving size: 1ea  
vegetarian

ingredients: egg

contains: egg

### nutrition information:

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

## fresh fruit & berries

serving size: 8oz  
vegan

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

### nutrition information:

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

## honey granola

serving size: 2oz  
vegetarian

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

contains: soy, wheat

### nutrition information:

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

## cream cheese, light

serving size: ¾oz  
vegetarian

ingredients: milk, cream, whey, salt

contains: milk

### nutrition information:

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

## cream cheese

serving size: ¾oz  
vegan or vegetarian

ingredients: milk, cream, whey, salt

contains: milk

### nutrition information:

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

# breakfast

# breakfast

## traditional avocado toast

serving size: 1ea  
vegetarian

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

contains: egg, wheat

### nutrition information:

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

## greek yogurt parfait, raspberry, honey granola

serving size: 8oz  
vegetarian

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

contains: milk, soy, wheat

### nutrition information:

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

## mexican chorizo frittata, avocado tomato salad

serving size: 4oz

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

contains: egg, milk

### nutrition information:

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

## shaved beets and citrus vinaigrette

serving size: 4oz  
vegetarian

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

### nutrition information:

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

# breakfast

## egg whites

serving size: 4oz  
vegetarian

**ingredients:** egg whites, canola oil

**contains:** egg, soy

### **nutrition information:**

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

## egg whites

serving size: 6oz  
vegetarian

**ingredients:** egg whites, canola oil

**contains:** egg, soy

### **nutrition information:**

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

## eggs

serving size: 4oz  
vegetarian

**ingredients:** eggs, canola oil

**contains:** egg, soy

### **nutrition information:**

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

## eggs

serving size: 6oz  
vegetarian

**ingredients:** eggs, canola oil

**contains:** egg, soy

### **nutrition information:**

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

# breakfast

## swiss cheese

serving size: 1oz  
vegetarian

ingredients: milk, salt, soy lecithin, soy oil

contains: milk, soy

### nutrition information:

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

## american cheese

serving size: 1oz  
vegetarian

ingredients: milk, salt, cream, soy lecithin

contains: milk, soy

### nutrition information:

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

## red onion

serving size: 1 tbsp  
vegan

ingredients: red onion

### nutrition information:

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

## sliced tomato

serving size: 1 slice  
vegan

ingredients: tomato

### nutrition information:

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

# breakfast

## shredded cheddar cheese

serving size: 1oz  
vegetarian

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

**contains:** milk

### **nutrition information:**

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

## monterey jack cheese

serving size: 1oz  
vegetarian

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

**contains:** milk

### **nutrition information:**

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

## feta cheese

serving size: 1oz  
vegetarian

**ingredients:** milk, salt

**contains:** milk

### **nutrition information:**

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

## sweet potato & mushroom hash

serving size: 4oz  
vegan

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

### **nutrition information:**

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

# breakfast

## diced turkey

serving size: 1oz

ingredients: turkey, modified food starch, salt

contains: wheat (at risk)

### nutrition information:

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

## diced ham

serving size: 1oz

ingredients: pork, modified food starch, salt

contains: wheat (at risk)

### nutrition information:

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

## bacon

serving size: 1oz

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

### nutrition information:

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

## bell peppers

serving size: 1oz

vegan

### nutrition information:

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

## tomatoes

serving size: 1oz

vegan

### nutrition information:

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

# breakfast

## pork sausage

serving size: 2 links

**ingredients:** pork, water, salt, spices, sugar

**nutrition information:**

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

## turkey sausage

serving size: 1ea

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

**nutrition information:**

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

## chicken apple sausage

serving size: 1 link

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

**nutrition information:**

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

## vegan sausage

serving size: 1ea

vegan

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

**nutrition information:**

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

## chorizo

serving size: 1oz

**ingredients:** pork, paprika, salt, garlic

**nutrition information:**

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



# breakfast

## onions

serving size: 1oz  
vegan

### nutrition information:

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

## mushrooms

serving size: 1oz  
vegan

### nutrition information:

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

## broccoli

serving size: 1oz  
vegan

### nutrition information:

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

## spinach

serving size: 1oz  
vegan

### nutrition information:

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

## jalapeno peppers

serving size: 1oz  
vegan

### nutrition information:

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

## egg white mushroom and spinach frittata

serving size: 1ea  
vegetarian

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

### nutrition information:

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

## rosemary fingerling potatoes

serving size: 2oz  
vegan

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

### nutrition information:

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

## peanut butter energy bites

serving size: 1oz  
vegetarian

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

### nutrition information:

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

## apple

serving size: 1ea  
vegan

ingredients: apple

### nutrition information:

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

## almond butter

serving size: 1 tbsp.  
vegan

ingredients: almonds  
contains: tree nuts

### nutrition information:

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

# breakfast

# breakfast

## berry goji smoothie

serving size: 16 floz

vegetarian

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

**contains:** milk, soy

### **nutrition information:**

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

## ginger almond smoothie

serving size: 16 floz

vegan

**ingredients:** almond milk, ginger, almond butter, banana, maple syrup, hemp protein, almond extract

**contains:** tree nuts

### **nutrition information:**

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

## golden mango & greens

serving size: 16 floz

**ingredients:** kale, spinach, mango, ginger, turmeric, black pepper, almond milk, collagen powder

**contains:** tree nuts

### **nutrition information:**

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

## collagen powder

serving size: 2 tbsp.

**ingredients:** hydrolyzed collagen (beef)

### **nutrition information:**

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

# breakfast

## vanilla whey protein powder

serving size: 2 tbsp.  
vegetarian

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

**contains:** milk

### nutrition information:

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

## chocolate whey protein powder

serving size: 2 tbsp.  
vegetarian

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

**contains:** milk

### nutrition information:

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

## hemp protein powder

serving size: 2 tbsp.  
vegan

**ingredients:** hemp protein powder

### nutrition information:

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

## peanut butter protein powder

serving size: 2 tbsp.  
vegan

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

**contains:** peanuts

### nutrition information:

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

# breakfast

## cacao powder

serving size: 1 tbsp.  
vegan

ingredients: cacao

### nutrition information:

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

## matcha powder

serving size: 1 tbsp.  
vegan

ingredients: green tea

### nutrition information:

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

## cacao nibs

serving size: 1 tbsp.  
vegan

ingredients: cacao nibs

### nutrition information:

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

## hemp seeds

serving size: 1 tbsp.  
vegan

ingredients: hemp seeds

### nutrition information:

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

## ground flax seeds

serving size: 1 tbsp.  
vegan

ingredients: flax seeds

### nutrition information:

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

## 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

# lunch

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

serving size: 1ea

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

**contains:** milk, wheat

### nutrition information:

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

## smoked turkey, brie, roasted apples, wheat roll

serving size: 1ea

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

**contains:** egg, milk, soy, wheat

### nutrition information:

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

## serrano ham, parmesan, oven dried tomato puree, ciabatta

serving size: 1ea

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

**contains:** milk, wheat

### nutrition information:

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

## shrimp caesar, parmesan whole wheat wrap

serving size: 1ea

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

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

### nutrition information:

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

# lunch

## charred sweet peppers, fresh mozzarella, basil pesto, focaccia

serving size: 1ea  
vegetarian

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

**contains:** milk, soy, wheat

### nutrition information:

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

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

serving size: 1ea

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

**contains:** milk, wheat

### nutrition information:

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

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

serving size: 1ea

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

**contains:** milk, soy, wheat

### nutrition information:

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

## roast beef, muenster, horseradish aioli, onion roll

serving size: 1ea

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

**contains:** milk, soy, wheat

### nutrition information:

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



## mediterranean tuna salad, seven grain roll

serving size: 1ea

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

**contains:** egg, milk, fish, wheat

### nutrition information:

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

## roasted eggplant & zucchini, charred red pepper, hummus, balsamic, ciabatta

serving size: 1ea

vegan

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

**contains:** soy, wheat

### nutrition information:

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

## cranberry caramelized onion, havarti turkey, kaiser

serving size: 1ea

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

**contains:** milk, wheat

### nutrition information:

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

## spicy chicken fajita wrap, cheddar

serving size: 1ea

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

**contains:** egg, milk, soy, wheat

### nutrition information:

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

# lunch

## roast turkey blt, avocado ciabatta

serving size: 1ea

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

contains: wheat

### nutrition information:

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

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

serving size: 1ea

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

contains: egg, fish, soy, wheat

### nutrition information:

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

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

serving size: 1ea

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

contains: egg, milk, soy, wheat

### nutrition information:

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

## beet tartine, ricotta, basil honey

serving size: 1ea

vegetarian

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

contains: milk, wheat

### nutrition information:

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

# lunch

## southwest tuna wrap, jalapeno, tomato, avocado

serving size: 1ea

**ingredients:** tuna, smart hearty grain flour tortilla, lettuce, avocado, tomatoes, onions, red bell peppers, canola oil, lime, jalapeno, cilantro

**contains:** fish, wheat

### **nutrition information:**

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	15	36	22	5	420

## roast turkey, cheddar apple, cranberry mayo, ciabatta

serving size: 1ea

**ingredients:** apples, cheddar cheese, lemon juice, mesclun greens, black pepper, mayonnaise, cranberry sauce, turkey breast, ciabatta

**contains:** egg, milk, soy, wheat

### **nutrition information:**

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	15	77	37	16	1820

## roast beef, brie, onion marmalade, ciabatta

serving size: 1ea

**ingredients:** garlic, onions, shallots, canola oil, tomatoes, grapes, black pepper, brown sugar, honey, maple syrup, paprika, raisins, roast beef, lettuce, brie, roma tomatoes, ciabatta

**contains:** milk, wheat

### **nutrition information:**

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
770	24	91	50	17	1240

# lunch

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

serving size: 1ea  
vegetarian

ingredients: bell peppers, arugula, mozzarella, focaccia, basil pesto  
contains: milk, wheat

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	26	44	24	3	1010

## grilled seasonal vegetables, balsamic glaze, hummus ciabatta

serving size: 1ea  
vegan

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

### nutrition information:

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

## shrimp caesar wrap, romaine, parmesan, caesar dressing

serving size: 1ea

ingredients: shrimp, canola oil, black pepper, salt, lemon zest, lemon juice, romaine lettuce, parmesan cheese, whole wheat flour tortilla, caesar dressing  
contains: egg, milk, shellfish, soy (at risk), wheat

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	31	51	26	6	950

# 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, fresh mozzarella, marinated peppers, 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, tomato, pepitas

serving size: 1ea

vegan

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

**contains:** wheat

### nutrition information:

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

# lunch

## toasted orzo & zucchini tabbouleh

serving size: 1 cup  
vegan

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

### nutrition information:

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

## cauliflower rice tabbouleh

serving size: 1 cup  
vegan

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

### nutrition information:

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

## mediterranean vegetable salad, chickpeas, feta

serving size: 12oz  
vegetarian

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

### nutrition information:

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

## bulgur wheat butternut salad

serving size: 12oz  
vegetarian

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

### nutrition information:

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

# lunch

## za'atar grilled chicken, stewed eggplant caponata

serving size: 5oz

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

### nutrition information:

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

## hoisin beef tenderloin, sautéed shiitake mushrooms

serving size: 6oz

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

**contains:** soy, wheat

### nutrition information:

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

## blended turkey & mushroom kofta, tzatziki sauce

serving size: 6oz

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

**contains:** egg, milk, wheat

### nutrition information:

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

## sesame crusted salmon, boy choy, yuzu miso vinaigrette

serving size: 5oz

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

**contains:** fish, soy

### nutrition information:

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

# lunch

## beyond meat stuffed portobello mushroom, tomato jam

serving size: 6oz  
vegetarian

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

**contains:** wheat

### nutrition information:

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

## buttermilk fried chicken, avocado buttermilk ranch sauce

serving size: 5oz

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

**contains:** egg, milk

### nutrition information:

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

## char-broiled flank steak, teriyaki, scallion

serving size: 5oz

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

**contains:** soy, wheat

### nutrition information:

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

## blackened shrimp, pepper relish

serving size: 6ea, 2 floz

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

**contains:** shellfish

### nutrition information:

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



## maple dijon glazed pork tenderloin, sautéed apples

serving size: 5oz

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

### nutrition information:

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

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

serving size: 1ea

vegetarian

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

contains: milk

### nutrition information:

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

## herb seared chicken, brussels sprout & celery root salad

serving size: 5oz

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

contains: egg, soy

### nutrition information:

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

## roasted turkey breast, anjou pear & cranberry chutney

serving size: 5oz

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

### nutrition information:

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

## gochujang grilled skirt steak, daikon slaw

serving size: 5oz

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

contains: soy, wheat

### nutrition information:

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

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

# lunch

## beyond Italian meatballs, charred tomato pistou

serving size: 4oz

vegetarian

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

**contains:** egg, milk, wheat

### nutrition information:

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

## grilled salmon, kale apple & horseradish

serving size: 6oz

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

**contains:** egg, fish, soy

### nutrition information:

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

## chipotle grilled chicken, sumac pickled radishes

serving size: 6oz

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

### nutrition information:

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

## char-broiled sirloin steak, roasted onions, parsley

serving size: 6oz

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

### nutrition information:

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

## herb roasted arctic char with muhammara, walnuts

serving size: 4oz

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

**contains:** fish, milk, tree nuts

### nutrition information:

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

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lunch

## **citrus marinated pork tenderloin, blood orange mojo**

serving size: 6oz

# lunch

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

### **nutrition information:**

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

## **southwest tofu salad, yogurt ranch**

serving size: 5oz

vegetarian

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

contains: milk, soy, wheat

### **nutrition information:**

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

## **cumin roasted carrots, honey, mint**

serving size: 4oz

vegetarian

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

### **nutrition information:**

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

## **farro & butternut squash, greens**

serving size: 4oz

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

contains: wheat

### **nutrition information:**

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

# lunch

## cinnamon roasted butternut squash

serving size: 4oz  
vegetarian

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

contains: milk

### nutrition information:

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

## roasted beet & barley salad

serving size: 4oz  
vegetarian

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

contains: egg, soy, wheat

### nutrition information:

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

## roasted cauliflower, freekeh, tahini

serving size: 4oz  
vegan

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

contains: wheat

### nutrition information:

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

## sweet potato, arugula, pear & pomegranate salad

serving size: 4oz  
vegetarian

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

### nutrition information:

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

## chickpea, sorghum, butternut & pepitas

serving size: 4oz  
vegetarian

# lunch

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

### nutrition information:

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

## roasted brussels sprouts

serving size: 4oz  
vegan

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

### nutrition information:

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

## watercress herb salad, lemon vinaigrette

serving size: 4oz  
vegan

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

### nutrition information:

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

## arugula, radicchio & endive salad, vinaigrette

serving size: 3oz  
vegan

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

### nutrition information:

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

## baby spinach salad, apple, walnut, cranberry vinaigrette

serving size: 4oz  
vegan

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

**contains:** tree nuts

### nutrition information:

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

*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

## baby kale, currants, honey lemon vinaigrette

serving size: 4oz

vegetarian

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

### **nutrition information:**

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

## lean & green bowl

serving size: 1ea

vegetarian

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

**contains:** egg, tree nuts

### **nutrition information:**

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

## veggie bowl

serving size: 1ea

vegetarian

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

**contains:** milk

### **nutrition information:**

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

## garden bowl

serving size: 1ea

vegetarian

**ingredients:** toasted almonds, blue cheese, hard boiled eggs, romaine lettuce, red onions, avocado, tomatoes, mesclun greens, roasted sweet potato

**contains:** egg, milk, tree nuts

### **nutrition information:**

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

# lunch

## grilled tofu

serving size: 3oz  
vegan

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

**contains:** soy

### **nutrition information:**

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

## grilled chicken breast

serving size: 3oz

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

### **nutrition information:**

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

## grilled salmon

serving size: 3oz

**ingredients:** salmon, salt, black pepper, olive oil

**contains:** fish

### **nutrition information:**

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

# lunch

## pistachio crusted salmon salad box

serving size: 1ea

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

**contains:** milk, fish, tree nuts

### nutrition information:

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

## char-broiled chicken pinchos salad box

serving size: 1ea

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

**contains:** milk

### nutrition information:

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

## bibimbap tofu salad box

serving size: 1ea

vegetarian

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

**contains:** egg, soy, wheat

### nutrition information:

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



## pico de gallo, salsa verde, beef empanada box

serving size: 1ea

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

contains: egg, soy, wheat

### nutrition information:

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

## pico de gallo, salsa verde, spinach empanada box

serving size: 1ea

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

contains: egg, milk, soy, wheat

### nutrition information:

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

## pico de gallo, salsa verde, chicken empanada box

serving size: 1ea

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

contains: egg, soy, wheat

### nutrition information:

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

# lunch

## tropical almond energy balls

serving size: 2oz  
vegan

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

### nutrition information:

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

## peanut butter, coconut, chocolate energy balls

serving size: 2oz  
vegetarian

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

### nutrition information:

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

## charcuterie box

serving size: 1ea

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

### nutrition information:

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

## garden vegetable crudité box

serving size: 1ea  
vegetarian

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

### nutrition information:

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

# lunch

## mediterranean box

serving size: 1ea  
vegetarian

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

**contains:** milk, soy, wheat

### nutrition information:

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

## tex-mex box

serving size: 1ea  
vegan

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

**contains:** soy

### nutrition information:

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

## gastropub box

serving size: 1ea  
vegetarian

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

**contains:** milk, soy, wheat

### nutrition information:

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

# lunch

## baja chicken wrap, pepper jack, guacamole, pico de gallo

serving size: 1ea

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

contains: milk, wheat

### nutrition information:

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

## buffalo cauliflower wrap, tomato, frank's red hot, buttermilk avocado dressing

serving size: 1ea

vegetarian

ingredients: lettuce, tomatoes, wheat flour tortilla, buttermilk, shallots, garlic, parsley, black pepper, salt, avocado, plain greek yogurt, cauliflower, canola oil, franks red hot buffalo sauce

contains: milk, wheat

### nutrition information:

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

## moroccan spiced charred vegetables, baby spinach, hummus, harissa, wheat wrap

serving size: 1ea

vegan

ingredients: cumin, paprika, coriander, cinnamon, brown sugar, allspice, cayenne pepper, black pepper, zucchini, yellow squash, onions, bell peppers, garlic, eggplant, mushrooms, red chili pepper, canola oil, salt, sesame tahini paste, garlic, lemon juice, garbanzo beans, baby spinach, whole wheat flour tortilla, harissa paste (modified starch, salt, garlic, coriander, caraway

contains: wheat

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	20	64	13	6	730

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

serving size: 1ea

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

**contains:** egg, milk, soy, wheat

### nutrition information:

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

## blackened shrimp & papaya wrap, ranch dressing

serving size: 1ea

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

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

### nutrition information:

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

## buffalo chicken wrap

serving size: 1ea

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

**contains:** egg, milk, soy, wheat

### nutrition information:

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

## grilled steak banh mi, french bread

serving size: 1ea

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

**contains:** egg, soy, wheat

### nutrition information:

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

# lunch

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

serving size: 1ea  
vegetarian

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

contains: milk, soy, wheat

### nutrition information:

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

## roast beef, frizzled onions, blue cheese, brioche roll

serving size: 1ea

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

contains: egg, milk, fish, soy, wheat

### nutrition information:

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

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

serving size: 1ea

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

contains: milk, wheat

### nutrition information:

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

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

serving size: 1ea

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

contains: egg, milk, wheat

### nutrition information:

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

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

## mediterranean tuna salad, capers, feta, whole wheat roll

serving size: 1ea

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

**contains:** egg, milk, fish, wheat

### nutrition information:

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

## roast turkey, brie, rocket arugula, 9 grain hero

serving size: 1ea

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

**contains:** milk, wheat

### nutrition information:

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

## cedar plank roasted salmon, watercress, horseradish aioli, sourdough

serving size: 1ea

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

**contains:** egg, fish, soy, wheat

### nutrition information:

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

# lunch

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

serving size: 1ea

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

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

### nutrition information:

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

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

serving size: 1ea

**ingredients:** avocado, cemita style roast turkey (turkey, sage, thyme, unsalted butter, chicken montreal seasoning, chipotle chile pepper), French hero, black bean spread(black turtle beans(prepared black beans, water, salt and calcium chloride), lime, roasted garlic, jalapeno, cilantro, onions, mayonnaise, hot sauce, salt, black pepper), caramelized onions(onions, canola oil), chopped lettuce, queso cot1ja cheese, jalapeno

**contains:** egg, milk, soy, wheat

### nutrition information:

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

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

serving size: 1ea

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

**contains:** milk, wheat

### nutrition information:

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

## jerk mahi mahi & grilled pineapple habanero, hawaiian sweet bread

serving size: 1ea

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

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

### nutrition information:

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



# lunch

## middle eastern chickpea salad

serving size: 4oz  
vegetarian

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

### nutrition information:

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

## roasted 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

# charred broccolini

serving size: 3oz  
vegan

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

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	7	3	2	170

# baby kale salad, watermelon radish, grape tomato, sumac lemon vinaigrette

serving size: 1ea  
vegan

ingredients: kale, watermelon radish, grape tomatoes, garlic, lemon juice, olive oil, sumac, salt, black pepper

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	34	6	1	2	200

# roasted cauliflower, gremolata

serving size: 4oz  
vegan

ingredients: cauliflower, parsley, garlic, lemon zest, olive oil, salt, black pepper, olive oil

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	1	3	1	1	60

# braised bok choy, ginger, garlic, sesame

serving size: 4oz  
vegan

ingredients: bok choy, canola oil, ginger, garlic, water, salt, sesame seeds

nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	3	2	1	150

# 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, canola 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 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, canola 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 bulgolgi, 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 cabbage 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

## **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, baby arugula, calabrian pepper relish,**

serving size: 7oz

vegetarian

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

**contains:** egg, milk, soy

### **nutrition information:**

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

## **korean bbq chicken, asian pear & kim chi slaw**

serving size: 6oz

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

**contains:** fish, soy, wheat

### **nutrition information:**

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

## **tofu bibimbap, shredded vegetables, gochujang sauce**

serving size:

vegetarian

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

**contains:** soy, wheat

### **nutrition information:**

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



## curried red lentil cakes, cucumber, yogurt sauce

serving size: 2ea, 2 floz sauce

vegetarian

# lunch

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

**contains:** egg, milk

### nutrition information:

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

## grilled salmon, fava bean salad, tarragon, lemon adobo

serving size: 6oz

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

**contains:** fish

### nutrition information:

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

## adobo recado turkey breast, gaujillo chili salsa

serving size: 5oz

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

### nutrition information:

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

## grilled ny strip steak, watercress, steak sauce

serving size: 8oz

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

**contains:** fish, soy, wheat

### nutrition information:

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

# lunch

## pistachio crusted salmon

serving size: 1ea

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

**contains:** milk, fish, tree nuts

### nutrition information:

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

## char-broiled chicken pinchos

serving size: 1ea

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

**contains:** milk

### nutrition information:

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

## bibimbap tofu

serving size: 1ea

vegetarian

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

**contains:** egg, soy, wheat

### nutrition information:

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

## pacific sea bass, lemon olive mash, fresh herbs

serving size: 1ea

**ingredients:** striped bass, lemon zest, lemon juice, olive oil, shallots, parsley, oregano, green olives, salt, black pepper

**contains:** fish

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	35	2	20	0	750

# lunch

## sweet potato salad, arugula, pear, pomegranate, dijon vinaigrette

serving size: 4oz

vegetarian

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

### nutrition information:

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

## roasted brussels sprouts, apple, pistachio

serving size: 4oz

vegetarian

**ingredients:** pistachio nuts, saffron, lime zest, brussels sprouts, olive oil, balsamic vinegar, honey, shallots, champagne vinegar, olive oil, dijon mustard, black pepper, mesclun greens, apples

**contains:** tree nuts

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	4	12	2	8	50

## freekeh cranberry salad, butternut

serving size: 4oz

vegetarian

**ingredients:** freekeh, butternut squash, canola oil, brown sugar, honey, green onions, balsamic vinegar, parsley, dried cranberries, salt

**contains:** wheat

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	5	23	1	14	70

## roasted mushrooms, leeks, thyme

serving size: 4oz

vegan

**ingredients:** button 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

## quinoa sweet potato salad, cranberry cashew

serving size: 4oz  
vegan

**ingredients:** dried cranberries, arugula, black pepper, cashews, sweet potatoes, quinoa, canola oil  
**contains:** tree nuts

**nutrition information:**

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	5	25	4	5	23

## 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)
100	3	18	1	6	10

## rocket arugula, endive, radicchio, balsamic vinaigrette

serving size: 4oz  
vegan

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

**nutrition information:**

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	12	5	2	2	40

## baby kale salad, shaved beets, citrus vinaigrette

serving size: 1 cup  
vegetarian

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

**nutrition information:**

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	13	8	2	6	190

## watercress, fennel, red onion, smoky tomato vinaigrette

serving size: 1.25 cup

vegetarian

# lunch

**ingredients:** watercress, fennel, red onions, salt, black pepper, tomatoes, paprika, red chili pepper, honey white balsamic vinegar, red wine vinegar, lemon juice, olive oil

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	16	4	1	2	80

## thyme roasted heirloom baby carrots

serving size: 4oz

vegetarian

**ingredients:** carrots, garlic, thyme, canola oil, apple cider vinegar, honey

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	3	13	1	8	80

## sautéed broccoli rabe, rosemary, chili pepper

serving size: 3oz

vegan

**ingredients:** olive oil, broccoli rabe, salt, garlic, lemon zest, lemon juice, chili pepper

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	3	3	3	0	110

## haricot vert almondine

serving size: 4oz

vegetarian

**ingredients:** green beans, shallots, almonds, lemon zest, butter, olive oil, lemon juice, chives

**contains:** milk

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	5	9	2	4	10

# lunch

## braised kale & tomato

serving size: 4oz

vegan

**ingredients:** kale, tomatoes, onions, canola oil, cumin, coriander, turmeric, salt, black pepper, lemon juice

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	7	2	3	130

## fingerling potato, rosemary, sea salt

serving size: 4oz

vegan

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

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	4	23	3	2	110

## brussels sprout & sweet potato hash

serving size: 4oz

vegan

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

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	3	17	2	5	100

## farro risotto, butternut, mushroom

serving size: 4oz

vegetarian

**ingredients:** onions, farro, butternut squash, vegetable broth, mushrooms, garlic, green peas, parsley, salt, parmesan cheese, paprika, canola oil

**contains:** milk, wheat

### nutrition information:

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	2	15	4	2	90

## 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

# sushi

## \*spicy tuna roll, sesame

serving size: 1ea

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

**contains:** egg, fish, soy

### **nutrition information:**

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

## \*salmon cucumber roll, sesame

serving size: 1ea

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

**contains:** fish

### **nutrition information:**

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

## \*tuna cucumber roll, sesame

serving size: 1ea

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

**contains:** fish

### **nutrition information:**

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

## \*yellowtail and scallion roll, sesame

serving size: 1ea

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

**contains:** fish

### **nutrition information:**

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



## wonton crisps

serving size: ½ oz

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

**contains:** wheat

### nutrition information:

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

## california roll, sesame

serving size: 1ea

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

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

### nutrition information:

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

## \*sushi combo: california roll, 4 nigiri, sesame

serving size: 1ea

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

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

### nutrition information:

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

## \*tuna roll, sesame

serving size: 1ea

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

**contains:** fish

### nutrition information:

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

## \*salmon roll, sesame

serving size: 1ea

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

**contains:** fish

### nutrition information:

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

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

# sushi

## cucumber roll

serving size: 1ea  
vegan

**ingredients:** cucumbers, seasoned sushi rice, seaweed

**nutrition information:**

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

## dragon roll

serving size: 1ea

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

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

**nutrition information:**

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

## \*crazy roll, spicy tuna, salmon

serving size: 1ea

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

**contains:** fish, egg, wheat, soy

**nutrition information:**

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

## \*seared salmon roll, sesame

serving size: 1ea

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

**contains:** fish

**nutrition information:**

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

## \*sushi scorpion roll

serving size: 1ea

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

**contains:** fish, egg, wheat, soy

**nutrition information:**

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

# sushi

## \*california roll, 4 nigiri

serving size: 1ea

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

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

### nutrition information:

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

## california roll

serving size: 1ea

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

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

### nutrition information:

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

## \*salmon avocado roll

serving size: 1ea

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

**contains:** fish

### nutrition information:

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

## \*spicy tuna roll

serving size: 1ea

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

**contains:** egg, fish, soy

### nutrition information:

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

## \*tuna cucumber roll

serving size: 1ea

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

**contains:** fish

### nutrition information:

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

# sushi

# sushi

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

serving size: 1ea

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

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

### **nutrition information:**

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

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

serving size: 1ea

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

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

### **nutrition information:**

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

# snacks

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

serving size: 3.5 oz (100g)

vegetarian

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

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

### nutrition information:

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

## french macarons

serving size: 3.5oz (100g)

vegetarian

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

**contains:** egg, soy, tree nuts

### nutrition information:

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

## mini chocolate chunk cookie

serving size: 20g (1ea)

vegetarian

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

**contains:** egg, milk, soy, wheat

### nutrition information:

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