

WELLNESS BAR - JUICES

Serving Size: 16 floz

Sweet Gold



Turmeric, Sweet Potatoes, Pineapple

Cals 320 Fat <1g Carbs 75g Protein 4g Sugar 40g Sodium 70mg Fiber 6g

Power Greens Plus



Black Pepper, Turmeric, Ginger, Celery, Apples, Lemon, Kale, Spinach

Cals 60 Fat <1g Carbs 11g Protein 3g Sugar 4g Sodium 220mg Fiber 6g

Ginger Berry



Apple, Strawberry, Ginger

Cals 190 Fat 1g Carbs 46g Protein 1g Sugar 37g Sodium 11mg Fiber 5g

Juicy Carrot



Carrot, Orange

Cals 210 Fat <1g Carbs 49g Protein 4g Sugar 31g Sodium 170mg Fiber 3g

Rainbow



Beet, Carrot, Apple, Ginger, Kale, Parsley

Cals 180 Fat 1g Carbs 43g Protein 4g Sugar 30g Sodium 180mg Fiber 5g



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WELLNESS BAR - PROTEIN SMOOTHIES & PITAYA BOWL

Blended Almond Kickstart Smoothie



Coffee, Hemp Seeds, Almond Milk, Cinnamon, Banana

Contains: Tree Nuts

Cals 290 Fat 16g Carbs 31g Protein 11g Sugar 15g Sodium 75mg Fiber 5g

Vanilla Almond Bliss Smoothie



Vanilla Whey Protein, Cinnamon, Vanilla, Hemp Seeds, Banana, Almond Butter, Almond Milk

Contains: Milk, Soy, Tree Nuts

Cals 560 Fat 27g Carbs 58g Protein 33g Sugar 27g Sodium 230mg Fiber 14g

Avocado Cacao, Coconut Water Smoothie



Cocoa, Honey, Coconut Water, Banana, Avocado, Chocolate Whey Protein

Contains: Milk, Soy, Tree Nuts

Cals 360 Fat 15g Carbs 40g Protein 23g Sugar 22g Sodium 150mg Fiber 10g

Berry Goji Smoothie



Dates, Whey Protein, Soy Milk, Goji Berries, Chia Seeds, Banana, Raspberries

Contains: Milk, Soy

Cals 500 Fat 12g Carbs 73g Protein 32g Sugar 42g Sodium 250mg Fiber 20g

Tropical Pitaya Coconut Bowl



Pineapple, Dragon Fruit, Coconut Water, Strawberries, Kiwi, Mango, Banana, Honey, Flax Seeds, Shredded Coconut, Pomegranate

Contains: Tree Nuts

Cals 250 Fat 5g Carbs 52g Protein 4g Sugar 36g Sodium 30mg Fiber 7g



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WELLNESS BAR - WELLNESS SHOTS

Turmeric, Lemon, Black Pepper

Turmeric Root, Lemon Juice, Black Pepper

Cals 50 Fat <1g Carbs 12g Protein 1g Sugar 1g Sodium 10mg Fiber 2g

Ginger Berry Beet

Beets, Raspberries, Strawberries, Ginger

Cals 40 Fat <1g Carbs 9g Protein 1g Sugar 5g Sodium 22mg Fiber 2g

Spicy Ginger Lemon

Ginger Root, Lemon Juice, Cayenne

Cals 20 Fat <1g Carbs 6g Protein 1g Sugar 1g Sodium 0mg Fiber 2g



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WELLNESS BAR - ENHANCEMENTS

Serving Size: 1 Tbsp

Cacao Powder 

Cacao

Cals 10 Fat 1g Carbs 3g Protein 1g Sugar 1g Sodium 0mg Fiber 0g

Matcha Powder 

Green Tea

Cals 10 Fat 0g Carbs 1g Protein 0g Sugar 0g Sodium 0mg Fiber 0g

Cacao Nibs 

Cals 50 Fat 4g Carbs 2g Protein 2g Sugar 0g Sodium 2mg Fiber 1g

Hemp Seeds 

Cals 60 Fat 5g Carbs 1g Protein 3g Sugar 0g Sodium 0mg Fiber 0g

Ground Flax Seeds 

Cals 40 Fat 3g Carbs 2g Protein 1g Sugar 0g Sodium 2mg Fiber 2g

Spirulina 

Blue Green Algae

Cals 10 Fat 0g Carbs 1g Protein 2g Sugar 0g Sodium 0mg Fiber 0g

Turmeric 

Cals 10 Fat 0g Carbs 2g Protein 0g Sugar 0g Sodium 0mg Fiber 1g

Chia Seeds 

Cals 20 Fat 2g Carbs 2g Protein 1g Sugar 0g Sodium 0mg Fiber 2g

Cinnamon Powder 

Cals 10 Fat 0g Carbs 2g Protein 0g Sugar 0g Sodium 0mg Fiber 1g

Ground Cayenne Pepper 

Cals 10 Fat 0g Carbs 1g Protein 0g Sugar 0g Sodium 0mg Fiber 0g



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WELLNESS BAR - ENHANCEMENTS

Serving Size: 2 Tbsp

Collagen Powder

Hydrolyzed Collagen (Beef)

Cals 20 Fat 0g Carbs 0g Protein 6g Sugar 0g Sodium 0mg Fiber 0g

Vanilla Whey Protein Powder

Whey Protein Concentrate, Creamer Base, Sunflower Oil, Rice Extract, Rosemary Extract, Natural Flavors, Sea Salt, Stevia, Monk Fruit Extract

Contains: Milk

Cals 70 Fat 2g Carbs 7g Protein 11g Sugar 1g Sodium 140mg Fiber 2g

Chocolate Whey Protein Powder

Whey Protein Concentrate, Creamer Base, Sunflower Oil, Rice Extract, Sunflower Lecithin, Rosemary Extract, Cocoa, Natural Flavors, Sea Salt, Stevia, Monk Fruit Extract

Contains: Milk

Cals 70 Fat 2g Carbs 7g Protein 11g Sugar 1g Sodium 360mg Fiber 2g

Hemp Protein Powder

Hemp Protein Powder

Cals 60 Fat 1g Carbs 5g Protein 7g Sugar 0g Sodium 0mg Fiber 4g

Peanut Butter Protein Powder

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

Cals 80 Fat 3g Carbs 8g Protein 11g Sugar 0g Sodium 200mg Fiber 5g



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WELLNESS BAR - OATS & PARFAITS

Serving Size: 8oz

Cocoa Strawberry Overnight Oats

Oatmeal, Skim Milk, Cocoa, Dark Chocolate Shavings, Strawberries

Contains: Milk, Soy, Wheat

Cals 200 Fat 3g Carbs 34g Protein 10g Sugar 11g Sodium 70mg Fiber 5g

Mango Coconut Chia Pudding

Coconut Milk, Maple Syrup, Pure Vanilla Extract, Chia Seeds, Mango, Coconut

Contains: Tree Nuts

Cals 490 Fat 35g Carbs 42g Protein 7g Sugar 22g Sodium 25mg Fiber 9g

Raspberry, Granola, Plain Greek Yogurt Parfait

Granola, Raspberries, Nonfat Plain Greek Yogurt

Contains: Milk, Wheat, Soy

Cals 220 Fat 5g Carbs 29g Protein 17g Sugar 13g Sodium 130mg Fiber 5g

Very Berry Overnight Oats

Vanilla Yogurt, Low Fat Milk, Oats, Brown Sugar, Lemon Zest, Strawberries, Blueberries

Contains: Milk, Wheat

Cals 160 Fat 2g Carbs 35g Protein 4g Sugar 22g Sodium 30mg Fiber 3g

Chocolate, Raspberry & Toasted Coconut Chia Pudding

Dates, Soy Milk, Chia Seeds, Cocoa, Agave, Vanilla Extract, Salt, Shredded Coconut, Raspberries

Contains: Soy, Tree Nuts

Cals 350 Fat 14g Carbs 53g Protein 10g Sugar 32g Sodium 160mg Fiber 14g

Strawberry and Blueberry Granola Parfait

Plain Greek Yogurt, Strawberries, Blueberries, Granola

Contains: Milk, Wheat, Soy

Cals 240 Fat 5g Carbs 33g Protein 16g Sugar 9g Sodium 140mg Fiber 3g



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WELLNESS BAR - OATS & PARFAITS

Serving Size: 9 oz

Apple Vanilla Overnight Oats

Oat Milk, Apples, Vanilla Extract, Oatmeal

Contains: **Wheat**

Cals 360 Fat 6g Carbs 65g Protein 12g Sugar 14g Sodium 80mg Fiber 9g

Strawberry, Granola, Plain Greek Yogurt

Plain Greek Yogurt, Strawberries, Granola

Contains: **Milk, Wheat**

Cals 210 Fat 3g Carbs 20g Protein 13g Sugar 12g Sodium 100mg Fiber 2g

Blueberry, Granola, Plain Greek Yogurt

Plain Greek Yogurt, Blueberries, Granola

Contains: **Milk, Wheat**

Cals 170 Fat 3g Carbs 24g Protein 13g Sugar 15g Sodium 100mg Fiber 3g

Berry Chia Pudding

Vanilla Extract, Cinnamon, Nutmeg, Strawberries, Blueberries, Maple Syrup, Chia Seeds, Granola, Soy Milk

Contains: **Soy, Wheat**

Cals 380 Fat 17g Carbs 49g Protein 13g Sugar 23g Sodium 90mg Fiber 17g

Greek Yogurt Parfait, Granola, Berries

Plain Greek Yogurt, Strawberries, Blueberries, Granola

Contains: **Milk, Wheat**

Cals 210 Fat 5g Carbs 30g Protein 15g Sugar 17g Sodium 140mg Fiber 3g

Coconut Mocha Chocolate Chia Pudding

Coconut Milk, Almonds Milk, Cocoa, Decaf Coffee, Vanilla Extract, Salt, Maple Syrup

Contains: **Tree Nuts**

Cals 440 Fat 28g Carbs 47g Protein 10g Sugar 22g Sodium 210mg Fiber 17g

Overnight Oats, Blueberries, Toasted Coconut

Milk, Vanilla Yogurt, Oatmeal, Blueberries, Coconut

Contains: **Tree Nuts**

Cals 340 Fat 11g Carbs 50g Protein 11g Sugar 17g Sodium 79mg Fiber 5g



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WELLNESS BAR - OATS & PARFAITS

Serving Size: 8oz

Blueberry Overnight Oats

Whole Milk, Oatmeal, Vanilla Yogurt, Blueberries

Contains: Milk, Wheat

Cals 320 Fat 7g Carbs 54g Protein 13g Sugar 20g Sodium 90mg Fiber 6g

Strawberry Overnight Oats

Whole Milk, Oatmeal, Greek Vanilla Yogurt, Strawberries

Contains: Milk, Wheat

Cals 240 Fat 4g Carbs 35g Protein 17g Sugar 15g Sodium 70mg Fiber 4g

Blueberry Lemon Overnight Oats

Honey, Chia Seeds, Vanilla Extract, Lemon, Blueberries, Oatmeal, Skim Milk

Contains: Milk, Wheat

Cals 300 Fat 6g Carbs 52g Protein 12g Sugar 24g Sodium 80mg Fiber 8g

Carrot Cake Overnight Oats

Oatmeal, Skim Milk, Carrots, Raisins, Cinnamon, Maple Syrup, Plain Greek Yogurt

Contains: Milk, Wheat

Cals 260 Fat 2g Carbs 47g Protein 13g Sugar 23g Sodium 100mg Fiber 5g

Cocoa Strawberry Overnight Oats

Oatmeal, Skim Milk, Cocoa, Dark Chocolate Shavings, Strawberries

Contains: Milk, Wheat

Cals 220 Fat 4g Carbs 38g Protein 11g Sugar 13g Sodium 70mg Fiber 5g

Strawberry, Banana, Chia, Soy Milk

Banana, Vanilla Extract, Honey, Strawberries, Chia Seeds, Oatmeal, Soy Milk

Contains: Soy, Wheat

Cals 330 Fat 8g Carbs 57g Protein 11g Sugar 26g Sodium 70mg Fiber 10g

Cinnamon Apple Overnight Oats

Oatmeal, Skim Milk, Apples, Brown Sugar, Apple Cider, Cinnamon

Contains: Milk, Wheat

Cals 270 Fat 2g Carbs 57g Protein 9g Sugar 31g Sodium 60mg Fiber 7g

Cocoa Banana Overnight Oats

Oatmeal, Skim Milk, Banana, Cocoa, Dark Chocolate Shavings

Contains: Milk, Wheat

Cals 250 Fat 4g Carbs 45g Protein 11g Sugar 16g Sodium 80mg Fiber 6g



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WELLNESS BAR - FRUIT CUPS & QUICK PICKS

Serving Size: 8 oz

Strawberry 

Cals 40 Fat <1g Carbs 9g Protein 1g Sugar 6g Sodium 0mg Fiber 2g

Blueberry 

Cals 60 Fat <1g Carbs 16g Protein 1g Sugar 11g Sodium 0mg Fiber 3g

Cantaloupe 

Cals 60 Fat <1g Carbs 14g Protein 1g Sugar 13g Sodium 30mg Fiber 2g

Honeydew 

Cals 60 Fat <1g Carbs 15g Protein 1g Sugar 14g Sodium 30mg Fiber 1g

Grape 

Cals 120 Fat <1g Carbs 30g Protein 1g Sugar 26g Sodium 0mg Fiber 2g

Pineapple 

Cals 90 Fat <1g Carbs 22g Protein 1g Sugar 17g Sodium 0mg Fiber 9g

Blackberry 

Cals 70 Fat <1g Carbs 16g Protein 2g Sugar 8g Sodium 0mg Fiber 9g

Raspberry 

Cals 60 Fat <1g Carbs 13g Protein 1g Sugar 5g Sodium 0mg Fiber 7g

Papaya 

Cals 50 Fat <1g Carbs 12g Protein <1g Sugar 9g Sodium 10mg Fiber 2g

Hard Boiled Eggs 

Eggs

Contains: Egg

2 ea Cals 130 Fat 8g Carbs 1g Protein 11g Sugar 0g Sodium 130mg Fiber 0g



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WELLNESS BAR – TOAST

Serving Size: 1 ea

Avocado, Hard Boiled Egg 

Contains: Egg, Wheat

Cals 370 Fat 10g Carbs 45g Protein 9g Sugar 0g Sodium 720mg Fiber 4g

Almond Butter, Dark Chocolate, Shredded Coconut, Banana 

Contains: Tree Nuts, Soy, Wheat

Cals 710 Fat 38g Carbs 79g Protein 18g Sugar 36g Sodium 490mg Fiber 13g

Bacon, Hard Boiled Egg, Avocado

Contains: Egg, Wheat

Cals 410 Fat 13g Carbs 45g Protein 12g Sugar 0g Sodium 850mg Fiber 4g



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WELLNESS BAR - BLOUNT ORGANIC SOUPS

Serving Size: 16 fl oz

Chana Masala Cauliflower Soup

Contains: Tree Nuts (Coconut)

Cals 280 Fat 12g Carbs 38g Protein 8g Sugar 10g Sodium 1080mg Fiber 6g

Native Three Sisters Soup

Cals 280 Fat 8g Carbs 38g Protein 8g Sugar 8g Sodium 1420mg Fiber 10g

Santa Fe Tortilla

Cals 200 Fat 4g Carbs 36g Protein 6g Sugar 6g Sodium 920mg Fiber 6g

Garden Vegetable Soup

Contains: Milk, Soy

Cals 120 Fat 2g Carbs 20g Protein 4g Sugar 8g Sodium 1520mg Fiber 4g



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WELLNESS BAR - SALADS

Serving Size: 1 ea

Spicy Sweet Potato Bowl

Spiced Sweet Potato [Chile Pepper, Olive Oil, Salt, Pepper], Arugula, Green Beans, Green Lentils, Roasted Cauliflower [Canola Oil, Salt, Pepper], Red Onion, Chia Seeds, Hemp Seeds

Cals 200 Fat 6g Carbs 30g Protein 11g Sugar 8g Sodium 160mg

French Countryside Bowl

Lettuce, Tomatoes, Green Beans, Olives, Egg, Tri-Color Potatoes

Contains: Egg, Soy

Cals 270 Fat 13g Carbs 30g Protein 14g Sugar 7g Sodium 690mg

Bacon California Garden Bowl

Romaine Lettuce, Grape Tomato, Corn, Onions, Pork Bacon, Avocado, Cucumbers, Sunflower Seeds

Cals 510 Fat 36g Carbs 36g Protein 21g Sugar 9g Sodium 420mg



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WELLNESS BAR - MTO SALAD BASES

Serving Size: 3 cups lettuce

Baby Kale 

Cals 20 Fat 1g Carbs 3g Protein 2g Sugar 1g Sodium 30mg Fiber 3g

Arugula 

Cals 20 Fat 0g Carbs 2g Protein 2g Sugar 1g Sodium 20mg Fiber 1g

Spinach 

Cals 20 Fat 0g Carbs 3g Protein 3g Sugar 0g Sodium 20mg Fiber 2g

Romaine 

Cals 20 Fat 0g Carbs 5g Protein 2g Sugar 2g Sodium 10mg Fiber 3g

Red Cabbage 

Cals 70 Fat 0g Carbs 15g Protein 3g Sugar 8g Sodium 60mg Fiber 4g

Iceberg Lettuce 

Cals 20 Fat 0g Carbs 5g Protein 2g Sugar 3g Sodium 20mg Fiber 2g

Spring Mix 

Cals 20 Fat 0g Carbs 4g Protein 2g Sugar 2g Sodium 10mg Fiber 2g



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WELLNESS BAR – SALAD HOT GRAINS

Serving Size: 1/4 cup

Tri-Color Quinoa



Cals 60

Fat 1g

Carbs 12g

Protein 2g

Sugar 1g

Sodium <5mg

Fiber 1g

Black Barley

Contains: Wheat



Cals 70

Fat <1g

Carbs 14g

Protein 2g

Sugar <1g

Sodium 5mg

Fiber 3g

Freekeh

Contains: Wheat



Cals 50

Fat <1g

Carbs 10g

Protein 2g

Sugar 0g

Sodium <5mg

Fiber 2g

Wild Rice



Cals 40

Fat <1g

Carbs 8g

Protein 2g

Sugar <1g

Sodium <5mg

Fiber 1g



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WELLNESS BAR - MTO SALAD TOPPINGS

Serving Size: 1/2 - 2 oz

Grape Tomatoes		Cals 10	Fat 0g	Carbs 2g	Protein <1g	Sugar 2g	Sodium <1mg	Fiber 1g
Raw Beets		Cals 10	Fat 0g	Carbs 3g	Protein <1g	Sugar 2g	Sodium 20mg	Fiber <1g
Shredded Cabbage		Cals 10	Fat 0g	Carbs 2g	Protein <1g	Sugar 1g	Sodium 10mg	Fiber 1g
Dried Chili Pepper		Cals 40	Fat 1g	Carbs 7g	Protein 2g	Sugar g	Sodium 10mg	Fiber 3g
Basil		Cals 0	Fat 0g	Carbs 0g	Protein 0g	Sugar 0g	Sodium 0mg	Fiber 0g
Cilantro		Cals 0	Fat 0g	Carbs 0g	Protein 0g	Sugar 0g	Sodium 0mg	Fiber 0g
Red Onion		Cals 10	Fat 0g	Carbs 3g	Protein 0g	Sugar 1g	Sodium 1mg	Fiber 1g
Za'atar Croutons		Cals 70	Fat 4g	Carbs 8g	Protein 2g	Sugar 0g	Sodium 240mg	Fiber <1g
<i>Contains: Sesame, Wheat</i>								
Strawberries		Cals 10	Fat <1g	Carbs 2g	Protein <1g	Sugar 1g	Sodium <1mg	Fiber 1g



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WELLNESS BAR - SALAD TOPPINGS

Serving Size: 1 Tbsp

Hemp Seeds 


Cals 60 Fat 4g Carbs 1g Protein 3g Sugar <1g Sodium 0mg Fiber 1g

Sunflower Seeds 

Cals 50 Fat 4g Carbs 2g Protein 2g Sugar <1g Sodium 0mg Fiber 1g

Chia Seeds 

Cals 20 Fat 2g Carbs 2g Protein 1g Sugar 0g Sodium 0mg Fiber 2g

Raisins 

Cals 30 Fat 0g Carbs 8g Protein <1g Sugar 7g Sodium 3mg Fiber <1g

Pumpkin Seeds 

Cals 80 Fat 7g Carbs 2g Protein 4g Sugar <1g Sodium 3mg Fiber 1g

Goji Berries 

Cals 50 Fat 0g Carbs 9g Protein 2g Sugar 8g Sodium 40mg Fiber 1g

Toasted Sesame Seeds 

Contains: Sesame

Cals 50 Fat 4g Carbs 2g Protein 1g Sugar 0g Sodium <1mg Fiber 1g

Corn 

Cals 20 Fat 0g Carbs 5g Protein 1g Sugar 1g Sodium 0mg Fiber 1g

Cranberries 

Cals 30 Fat <1g Carbs 8g Protein <1g Sugar 7g Sodium <1mg Fiber <1g

Flax Seeds 

Cals 60 Fat <1g Carbs 3g Protein 2g Sugar 0g Sodium 3mg Fiber 1g



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WELLNESS BAR - SALAD TOPPINGS

Serving Size: 2 oz

Cucumbers



Cals 0 Fat 0g Carbs 0g Protein 0g Sugar 0g Sodium 0mg Fiber 0g

Bell Peppers



Cals 10 Fat 0g Carbs 2g Protein 0g Sugar 2g Sodium 0mg Fiber 1g

Caramelized Onions



Onions, Olive Oil

Cals 40 Fat 3g Carbs 3g Protein 0g Sugar 1g Sodium 0mg Fiber 1g

Kalamata Olives



Olives, Salt, Vinegar, Olive Oil

Cals 80 Fat 9g Carbs 2g Protein 1g Sugar 0g Sodium 880mg Fiber 2g

Dill Pickles



Cucumbers, White Vinegar, Salt, Spices

Cals 5 Fat 0g Carbs 1g Protein 0g Sugar <1g Sodium 230mg Fiber 0g

Edamame



Contains: Soy

Cals 60 Fat 3g Carbs 5g Protein 7g Sugar 1g Sodium 2mg Fiber 2g

Diced Apples



Cals 30 Fat 0g Carbs 8g Protein 0g Sugar 6g Sodium 0mg Fiber 1g

Sun-Dried Tomato



Cals 170 Fat 2g Carbs 32g Protein 8g Sugar 21g Sodium 680mg Fiber 7g

Radicchio



Cals 10 Fat 0g Carbs 3g Protein 1g Sugar 0g Sodium 10mg Fiber 1g

Mushrooms



Cals 30 Fat <1g Carbs 8g Protein 1g Sugar 2g Sodium 2mg Fiber 1g



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WELLNESS BAR - SALAD TOPPINGS

Serving Size: 2 oz

Roasted Brussels Sprouts

Brussels Sprouts, Black pepper, Salt, Olive Oil

Cals 30 Fat 2g Carbs 4g Protein 1g Sugar 1g Sodium 40mg Fiber 1g

Roasted Sweet Potato

Sweet Potato, Olive Oil, Salt

Cals 110 Fat 3g Carbs 20g Protein 2g Sugar 6g Sodium 260mg Fiber 3g

Roasted Cauliflower

Cauliflower, Salt, Black Pepper, Olive Oil

Cals 30 Fat 2g Carbs 3g Protein 1g Sugar 1g Sodium 50mg Fiber 1g

Spicy Broccoli

Broccoli, Red Chili Pepper, Olive Oil

Cals 30 Fat 1g Carbs 4g Protein 2g Sugar 1g Sodium 20mg Fiber 2g

Miso Roasted Root Vegetables

Cals 70 Fat 2g Carbs 12g Protein 1g Sugar 4g Sodium 220mg Fiber 3g

Chickpeas

Cals 90 Fat 1g Carbs 15g Protein 5g Sugar 3g Sodium 140mg Fiber 4g

Toasted Farro

Farro, Vegetable Broth 

Contains: Wheat

Cals 60 Fat 0g Carbs 12g Protein 3g Sugar 0g Sodium 40mg Fiber 1g

Fried Tortilla Strips

Contains: Wheat

Cals 220 Fat 13g Carbs 23g Protein 4g Sugar <1g Sodium 420mg Fiber 1g

Roasted Chickpeas

Cals 60 Fat 2g Carbs 8g Protein 3g Sugar 1g Sodium 100mg Fiber 2g

Bacon Bits

Cals 70 Fat 5g Carbs 0g Protein 5g Sugar 0g Sodium 240mg Fiber 0g

Pee Wee Potato

Cals 60 Fat 1g Carbs 11g Protein 1g Sugar 1g Sodium 70mg Fiber 1g



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WELLNESS BAR - SALAD TOPPINGS

Serving Size: 1 oz

Avocado 

Cals 90 Fat 8g Carbs 4g Protein 1g Sugar 0g Sodium 4mg Fiber 4g

Shredded Carrots 

Cals 10 Fat 0g Carbs 3g Protein 0g Sugar 1g Sodium 20mg Fiber 1g

Fennel 

Cals 10 Fat 0g Carbs 2g Protein 0g Sugar 1g Sodium 10mg Fiber 1g

Radish 

Cals 5 Fat 0g Carbs 1g Protein 0g Sugar 1g Sodium 10mg Fiber 1g

Roasted Peppers 
Red Peppers, Green Peppers

Cals 10 Fat 0g Carbs 2g Protein 0g Sugar 1g Sodium 0mg Fiber 1g

Parmesan Cheese 

Milk, Salt

Contains: Milk

Cals 20 Fat 1g Carbs 0g Protein 2g Sugar 0g Sodium 80mg Fiber 0g

Feta Cheese 

Milk, Salt

Contains: Milk

Cals 80 Fat 6g Carbs 0g Protein 4g Sugar 0g Sodium 320mg Fiber 0g

Blue Cheese 

Milk, Salt

Contains: Milk

Cals 30 Fat 2g Carbs 0g Protein 2g Sugar 0g Sodium 100mg Fiber 0g

Goat Cheese 

Milk, Salt

Contains: Milk

Cals 80 Fat 6g Carbs 0g Protein 5g Sugar 0g Sodium 130mg Fiber 0g

Lentils 

Cals 30 Fat 1g Carbs 6g Protein 3g Sugar 1g Sodium 0mg Fiber 2g



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WELLNESS BAR - SALAD TOPPINGS

Serving Size: 1 Tbsp

Almonds 


Contains: Tree Nuts

Cals 40 Fat 4g Carbs 1g Protein 1g Sugar 0g Sodium 0mg Fiber 1g

Walnuts 

Contains: Tree Nuts

Cals 50 Fat 5g Carbs 1g Protein 1g Sugar 0g Sodium 0mg Fiber 1g

Peanuts 

Peanuts, Salt

Contains: Peanuts, Tree Nuts

Cals 50 Fat 5g Carbs 2g Protein 2g Sugar 0g Sodium 40mg Fiber 1g

Cashews 

Cashews, Salt

Contains: Tree Nuts

Cals 50 Fat 4g Carbs 3g Protein 1g Sugar 0g Sodium 50mg Fiber 0g



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WELLNESS BAR - PREMIUM TOPPINGS

Grilled Lemon Pepper Chicken Breast (4 oz)

Chicken Breast, Olive Oil, Lemon Juice, Lemon Zest, Salt, Black Pepper

Cals 120 Fat 4g Carbs 0g Protein 22g Sugar 0g Sodium 330mg Fiber 0g

Tamarind Glazed Tempeh (3 oz)



Contains: Soy

Cals 210 Fat 10g Carbs 15g Protein 14g Sugar 6g Sodium 290mg Fiber 5g

Herb Grilled Salmon (4 oz)

Contains: Fish

Cals 240 Fat 14g Carbs 0g Protein 28g Sugar 0g Sodium 220mg Fiber 0g

Chicken Cutlet (4 oz)

Contains: Egg, Wheat

Cals 260 Fat 16g Carbs 11g Protein 18g Sugar 1g Sodium 370mg Fiber 1g



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WELLNESS BAR - HOUSE MADE DRESSINGS

Serving Size: 2 Tbsp

Caesar Dressing

Soybean Oil, Distilled Vinegar, Water, Apple Cider Vinegar, Romano Cheese, Mustard Flour, Salt, Black Pepper, Anchovy Paste

Contains: Egg, Fish, Milk

Cals 150 Fat 16g Carbs 1g Protein 1g Sugar 0g Sodium 280mg Fiber 0g

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

Cals 140 Fat 15g Carbs 1g Protein 0g Sugar 0g Sodium 100mg Fiber 0g

Balsamic Vinaigrette

Dijon Mustard, Shallots, Honey, Salt, White Pepper, Balsamic Vinegar, Red Wine Vinegar, Olive Oil, Olive Oil, Thyme

Cals 170 Fat 19g Carbs 1g Protein 0g Sugar 1g Sodium 140mg Fiber 0g

Spicy Lime Cilantro Vinaigrette

Honey, Lime Juice, Lime Zest, Orange Juice, Cilantro, Olive Oil, Salt Serrano Chili Pepper

Cals 70 Fat 7g Carbs 3g Protein 0g Sugar 3g Sodium 60mg Fiber 0g

Roasted Shallot Vinaigrette

White Balsamic Vinegar, Shallots, Thyme, Garlic, Dijon Mustard, Black Pepper, Salt, Olive Oil

Cals 110 Fat 10g Carbs 3g Protein 1g Sugar 1g Sodium 170mg Fiber 1g



Menu items may contain or come into contact with wheat, eggs, peanuts, tree nuts, soy, fish, sesame, 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.

WELLNESS BAR - HOUSE MADE DRESSINGS

Serving Size: 2 Tbsp

Lemon Juice



Cals 5

Fat 0g

Carbs 1g

Protein 0g

Sugar <1g

Sodium <1mg

Fiber 0g

Balsamic Vinegar



Cals 20

Fat 0g

Carbs 1g

Protein 0g

Sugar 1g

Sodium 5mg

Fiber 0g

Olive Oil



Cals 120

Fat 14g

Carbs 0g

Protein 0g

Sugar 0g

Sodium <1mg

Fiber 0g

White Wine Vinegar



Grape Wine

Cals 5

Fat 0g

Carbs 0g

Protein 0g

Sugar 0g

Sodium 5mg

Fiber 0g

Red Wine Vinegar



Grape Wine

Cals 5

Fat 0g

Carbs 0g

Protein 0g

Sugar 0g

Sodium 5mg

Fiber 0g



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WELLNESS BAR - SNACKS

Serving Size: 1 ea

Cranberry Pistachio Energy Balls

Oats, Dates, Pistachio, Honey, Chia Seeds, Flax Seeds, Cranberries, Vanilla Whey Protein Powder

Contains: Milk, Soy, Tree Nuts, Wheat

2oz Cals 200 Fat 4g Carbs 37g Protein 6g Sugar 9g Sodium 60mg Fiber 4g

Hard Boiled Eggs

Eggs

Contains: Egg

2 ea Cals 140 Fat 9g Carbs 1g Protein 11g Sugar 1g Sodium 110mg Fiber 0g

Cheddar, Grapes, Crackers

Cheddar Cheese, Crackers, Grapes

Contains: Milk, Soy, Wheat

Cals 340 Fat 20g Carbs 26g Protein 14g Sugar 14g Sodium 480mg Fiber 1g

Veggie Box, Pretzels, Marinated Feta and Hummus

Carrots, Celery, Hummus, Pretzels, Herbs, Feta Cheese, Olive Oil

Contains: Milk, Sesame, Soy, Wheat

Cals 860 Fat 51g Carbs 85g Protein 17g Sugar 7g Sodium 1600mg Fiber 9g



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WELLNESS BAR - SNACKS

Serving Size: 1 ea

Chocolate Coffee Energy Bites



Dates, Pumpkin Seeds, Cocoa, Coffee, Chia Seeds, Salt, Sunflower Butter

2oz Cals 220 Fat 14g Carbs 22g Protein 8g Sugar 12g Sodium 70mg Fiber 5g

Peanut Butter, Coconut, Chocolate Energy Balls



Oats, Coconut, Agave, Peanut Butter, Vanilla Extract, Wheat Germ, Ground Flax Seeds, Dark Chocolate Chips

Contains: Milk, Peanuts, Tree Nuts, Soy, Wheat

2oz Cals 260 Fat 16g Carbs 22g Protein 10g Sugar 13g Sodium 140mg Fiber 4g

Chocolate Avocado Mousse



Dark Chocolate, Avocado, Cocoa, Vanilla Extract, Almond Milk, Salt, Dates

Contains: Milk, Tree Nuts

6oz Cals 490 Fat 30g Carbs 56g Protein 8g Sugar 33g Sodium 820mg Fiber 15g

Protein Box, Walnuts and Raisins, Hard Boiled Egg, Lentil Salad, Feta, Mint, Grape Tomatoes



Walnuts, Raisins, Tomatoes, Eggs, Lentils, Olive Oil, Red Wine Vinegar, Garlic, Bell Peppers, Green Onions, Feta Cheese, Salt, Black Pepper

Contains: Egg, Milk, Tree Nuts

1ea Cals 490 Fat 27g Carbs 47g Protein 19g Sugar 24g Sodium 170mg Fiber 11g

Veggie Snack Box, Green Goddess Dip

Yogurt, Parsley, Basil, Green Onions, Anchovy Fillets, Olive Oil, Apple Cider Vinegar, Black Pepper, Tomatoes, Carrots, Cucumbers

Contains: Milk, Fish

1ea Cals 140 Fat 5g Carbs 18g Protein 8g Sugar 10g Sodium 120mg Fiber 4g

Veggie Snack Box, Chipotle Yogurt Dip



Cucumber, Cauliflower, Radish, Greek Yogurt, Chipotle Peppers, Olive Oil, Green Onions, Cilantro

Contains: Milk

1ea Cals 110 Fat 5g Carbs 11g Protein 7g Sugar 5g Sodium 90mg Fiber 3g



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WELLNESS BAR - SNACKS

Serving Size: 1 ea

Peanut Butter Protein Box, Egg, Grapes, Cheddar, Apples, Wheat Pita



Grapes, Cheddar Cheese, Peanut Butter, Apples, Egg, Whole Wheat Pita

Contains: Egg, Milk, Peanuts, Soy, Wheat

Cals 550 Fat 34g Carbs 42g Protein 25g Sugar 19g Sodium 570mg Fiber 5g

Red Pepper Eggplant Dip, Grilled Chicken, Sundried Tomato, Pita

Eggplant, Roasted Peppers, Onions, Olive Oil, Pomegranate Molasses, Garlic, Parsley, Salt, Black Pepper, Chicken, Lemon, Coriander, Whole Wheat Pita Pocket, Cayenne Pepper, Cumin, Kalamata Olives, Stuffed Green Olives, Black Olives, Sun-Dried Tomatoes

Contains: Soy, Wheat

Cals 480 Fat 26g Carbs 35g Protein 29g Sugar 10g Sodium 1210mg Fiber 8g



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OUR FOOD, YOUR HEALTH

What's the information?

We're going above and beyond to give you more information about our delicious food. Our menu will feature nutritional information, ingredients and icons for identification.



What does it mean?

Check out our icons and learn what they represent. Due to our open kitchen environments we are not able to label items as free of allergens, but please refer to our symbols and speak with a manager for questions related to food allergies.



Vegetarian: containing no meat, fish, seafood or poultry but allows for eggs, dairy products or other animal derived products.



Vegan: containing no animal or animal-derived products including eggs, dairy products or honey.

