



NUTRITION GUIDE

Spring/Summer 2024

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

granny smith apple

serving size: 1ea

vegan

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

fuji apple

serving size: 1ea

vegan

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

gala apple

serving size: 1ea

vegan

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

ginger gold apple

serving size: 1ea

vegan

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

honey crisp apple

serving size: 1ea

vegan

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

banana

serving size: 1ea

vegan

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

tangelo

serving size: 1ea

vegan

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

pink lady apple

serving size: 1ea

vegan:

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

honey crisp apple

serving size: 1ea

vegan

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

navel orange

serving size: 1ea

vegan

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

asian pear

serving size: 1ea

vegan

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

bartlett pear

serving size: 1ea

vegan

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

golden delicious apple

serving size: 1ea

vegan

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

oat milk

serving size: 8oz

vegan

contains: wheat (at risk)

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

coconut milk

serving size: 8oz

vegan

contains: tree nuts

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

soy milk

serving size: 8oz

vegan

contains: soy

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

almond milk

serving size: 8oz

vegan

contains: tree nuts

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

skim milk

serving size: 8oz

vegetarian

contains: milk

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

whole milk

serving size: 1ea

vegetarian

contains: milk

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

half & half

serving size: 2 Tbsp

vegetarian

contains: milk

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

heavy cream

serving size: 1 Tbsp

vegetarian

contains: milk

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

single espresso

serving size: 1oz

vegan

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

doppio espresso

serving size: 2oz

vegan

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

coffee

vegan

serving size: 12oz

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

serving size: 16 floz

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

cold brew

vegan

serving size: 12oz

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

serving size: 16 floz

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

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

vegan

serving size: 12oz

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

serving size: 16 floz

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

coffee bar

cafe americano

vegan

serving size: 12oz

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

serving size: 16 floz

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

cappuccino/latte

vegetarian

contains: milk

serving size: 12oz

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

serving size: 16 floz

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

white chocolate mocha

serving size: 12oz

vegetarian

contains: milk, tree nuts

serving size: 12oz

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

serving size: 16 floz

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

caramel macchiato

vegetarian

contains: milk, soy

serving size: 12oz

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

serving size: 16 floz

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

cafe mocha

serving size: 12oz

vegetarian

serving size: 12oz

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

serving size: 16 floz

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

hot chocolate

vegetarian

contains: milk

serving size: 12oz

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

serving size: 16 floz

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

chai tea latte

vegetarian

contains: milk

serving size: 12oz

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

serving size: 16 floz

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

iced chai tea latte

vegetarian

contains: milk

serving size: 12oz

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

serving size: 16 floz

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

coffee frappuccino

serving size: 12oz

vegetarian

contains: milk

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

serving size: 16 floz

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

caramel frappuccino

serving size: 12oz

vegetarian

contains: milk, soy

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

serving size: 16 floz

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

vanilla bean frappuccino

serving size: 12oz

vegetarian

contains: milk

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

serving size: 16 floz

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

mocha frappuccino

serving size: 12oz

vegetarian

contains: milk

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

serving size: 16 floz

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

beef empanada nuchas

serving size: 1ea

contains: egg, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	11	38	10	7	640

chicken empanada nuchas

serving size: 1ea

contains: egg, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	7	39	2	7	350

portobello, spinach, & mozzarella empanada nuchas

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	10	25	6	1	520

spicy cheese empanada nuchas

serving size: 1ea

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	13	26	9	3	490

pinto bean empanada nuchas

serving size: 1ea

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	7	31	7	0	440

ham and cheese empanada nuchas

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	13	26	12	1	630

apple, cranberry & nutella empanada nuchas

serving size: 1ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	12	43	5	16	250

guajillo salsa

serving size: 2 floz

vegan

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

salsa verde

serving size: 2 floz

vegan

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

egg and cheese brioche

serving size: 1ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
437	20	46	18	1	875

bacon, egg and cheese brioche

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
455	24	35	23	6	1129

sausage, egg and cheese brioche

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
617	37	47	24	1	1192

egg white and vegetable breakfast wrap

serving size: 1ea

vegetarian

contains: egg, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
341	9	53	15	3	433

berry goji smoothie, soy milk

serving size: 16 floz

vegetarian

contains: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	12	73	32	42	246

sweet green smoothie, coconut water

serving size: 16 floz

vegetarian

contains: tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
446	2	65	13	43	90

peanut butter banana smoothie, almond milk, hemp protein

serving size: 16 floz

vegetarian

contains: peanuts, tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
468	22	57	25	17	303

collagen powder

serving size: 2 tbsp

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

chia seeds

serving size: 1 tbsp.

vegan

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

cinnamon powder

serving size: 1 tbsp.

vegan

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

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

vanilla whey protein powder

serving size: 2 tbsp

vegetarian

contains: milk

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

contains: milk

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

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

contains: peanuts

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

cacao powder

serving size: 1 tbsp.

vegan

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

matcha powder

serving size: 1 tbsp.

vegan

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

cacao nibs

serving size: 1 tbsp.

vegan

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

hemp seeds

serving size: 1 tbsp.

vegan

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

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

spirulina

serving size: 1 tbsp.

vegan

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

turmeric

serving size: 1 tbsp.

vegan

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

pomegranate juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
205	1	50	1	48	34

carrot orange juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
203	1	48	4	31	168

grapefruit juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
136	2	28	2	28	10

beet juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
142	1	28	6	27	54

orange beet juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
165	0	41	3	32	60

apple cider

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
156	0	38	0	33	14

orange juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
175	1	41	3	33	15

breakfast

hard boiled egg combo



serving size: 1ea

vegetarian

contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
126	8	1	11	0	125

mixed fruit cup



serving size: 6oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
76	0	19	1	16	14

blueberry and strawberry, granola, plain greek yogurt parfait

serving size: 12oz

vegetarian

contains: milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
317	7	45	22	24	190

banana walnut berry overnight oats

serving size: 8oz

vegan

contains: soy, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
472	13	77	15	14	39

tropical coconut chia pudding

serving size: 8oz

vegan

contains: tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
393	29	32	6	15	20

avocado spread

serving size: 1 3/4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	8	4	1	0	0

blueberry, raspberry, pepitas, overnight oats

serving size: 8oz

vegan

contains: soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
328	16	36	15	9	70

lemon blueberry chia pudding

serving size: 8oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
265	10	39	9	23	109

cinnamon roasted peaches overnight oats

serving size: 8oz

vegetarian

contains: milk, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
384	9	65	10	11	80

chia & flax seed pudding, coconut, kiwi, pineapple, almond, date

serving size: 8oz

vegan

contains: tree nuts



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
285	19	25	8	10	71

chocolate coconut chia pudding

serving size: 8oz

vegan

contains: tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
297	16	36	8	13	135

walnuts, almonds, dried cherries overnight oats

serving size: 8oz

vegan

contains: tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	13	64	10	13	73

breakfast sandwiches

egg & cheese, brioche

serving size: 1ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
437	20	46	18	1	875

sausage, egg & cheese on croissant

serving size: 1ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
682	49	32	26	6	1136

bacon, egg & cheese, brioche

serving size: 1ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
455	24	35	23	6	1129

egg white, spinach & tomato wrap

serving size: 1ea

vegetarian

contains: egg, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
341	9	53	15	3	433

breakfast sandwiches

chicken apple sausage, egg, american on croissant

serving size: 1ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
573	36	35	24	10	1326

eggs white burrito, charred pepper salsa, cheddar

serving size: 1ea

vegetarian

contains: egg, milk, sesame, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	10	34	19	5	584

egg white, feta, spinach whole wheat wrap

serving size: 1ea

vegetarian

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
385	13	48	21	1	843

tofu & black bean fajita

serving size: 1ea

vegan

contains: soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
296	11	39	14	5	340

egg whites, avocado, pico de gallo, burrito

serving size: 1ea

vegetarian

contains: egg, milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
337	11	35	26	4	568

breakfast sides & snacks

apple-wood bacon

serving size: 3 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
401	30	1	29	0	1444

deviled eggs combo

serving size: 3 ea

vegetarian

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
159	13	2	8	2	229

protein snack box with red grapes, walnuts, hard boiled eggs, cheddar & provolone cheese

serving size: 1 ea

vegetarian

contains: egg, milk, tree nuts

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
760	63	21	34	12	502

deviled eggs

serving size: 1 ea

vegetarian

contains: egg



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
53	4	1	3	1	76

breakfast sides & snacks

hardboiled eggs, cheddar, crackers, grapes box

serving size: 1ea

vegetarian

contains: egg, milk, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	30	27	26	16	568

fruit and cucumber box with cottage cheese

serving size: 1ea

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
169	1	29	12	22	350

smoked salmon box, watercress, lemon

serving size: 3oz salmon, ¼ cup watercress, 1 wedge

contains: fish



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	4	0	16	0	571

classic oatmeal

vegan

contains: wheat

serving size: 12 floz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	4	41	8	<1	13

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
307	5	55	11	1	20

spanish oatmeal

vegetarian

contains: milk, wheat

serving size: 12 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	6	77	12	35	47

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
515	7	101	16	4	60

blueberry compote

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
68	0	17	0	15	1

strawberry agave compote

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	0	12	0	10	1

pineapple rum compote

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	0	33	0	28	8

rhubarb compote

serving size: 2 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
47	0	12	0	11	2



hot cereal

scrambled eggs

serving size: 3oz

vegetarian

contains: egg, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	13	1	10	1	264

home fries, paprika

serving size: 4oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
278	23	17	2	1	756

roasted mushrooms, vidalia onion, thyme

serving size: 1/2 cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	3	8	3	4	59

cheddar & asparagus frittata

serving size: 1 slice

vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
242	17	6	16	3	514

pork sausage links

serving size: 2 links

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	26	0	6	0	550

chicken apple sausage

serving size: 1ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
122	8	4	8	4	470

sweet potato kale hash

serving size: 4oz

vegan

contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
101	5	13	2	5	84

oven roasted roma tomato

serving size: 4oz

vegan

contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
43	2	5	1	3	155

breakfast buffet

breakfast buffet

kielbasa

serving size: 4oz

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	33	2	16	-	993

ham, swiss, mushroom egg white frittata

serving size: 4oz

contains: egg, milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
87	3	3	10	1	291

red bliss potato hash

serving size: 1/2 cup

vegetarian

contains: milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
86	2	16	2	2	134

charred broccoli

serving size: 4oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
29	1	5	2	1	26

ham, cheddar, egg white frittata

serving size: 4oz

contains: egg, milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
114	5	2	13	1	432

sweet potato hash

serving size: 4oz

vegan

contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
67	1	14	2	5	22

breakfast buffet

roasted asparagus & peppers

serving size: 1/2 cup
vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
32	1	5	2	3	215

spinach, sun dried tomato & goat cheese frittata

serving size: 4oz
vegetarian



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	8	5	9	2	370

lunch

char su pork, blistered shishito, scallion jasmine rice

serving size: 1 serving

contains: fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	16	38	27	9	609

african harissa chicken & freekeh bowl

serving size: 1 serving

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
534	21	53	34	7	1074

memphis dry rubbed ribs, Carolina BBQ, collard greens, brown sugar whipped potato

serving size: 1 serving

contains: fish, milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
894	55	47	52	28	2075

chicken, shrimp, & andouille jambalaya

serving size: 1 serving

contains: milk, shellfish (shrimp), soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
202	8	14	18	2	577

plant based entrees

black bean and spinach enchilada verde

serving size: 2 each

vegetarian

contains: milk, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	13	34	13	2	530

firecracker tofu, chinese black rice, shredded vegetables

serving size: 1 serving

vegetarian

contains: egg, sesame, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
592	29	67	18	3	454

mushroom bowl, cannellini, farro, fresh herbs

serving size: 1 serving

vegan

contains: soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	2	88	23	6	109

beet chickpea meatball, harissa, carrot couscous

serving size: 1 serving

vegetarian

contains: egg, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
263	6	42	18	6	403

flatbreads

mushroom flatbread

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
396	14	58	14	8	1134

pepperoni flatbread

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
487	23	57	17	8	1439

cheese flatbread

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
386	13	57	13	8	1123

white ricotta flatbread

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
410	15	54	16	4	720

sausage flatbread

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	22	58	20	8	1400

charred broccoli, roasted garlic flatbread

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
386	13	57	13	8	1123

beefsteak tomato mozzarella, pesto, ciabatta

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
737	40	61	33	2	1264

slow roast turkey cemita, hoagie

serving size: 1ea

contains: egg, milk, wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
799	35	81	42	5	1625

southwest tuna salad, avocado, whole wheat wrap

serving size: 1ea

contains: fish, wheat, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
353	15	36	22	5	424

serrano ham, manchego, quince paste, croissant

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
616	36	42	33	6	1606

grilled asparagus, portobello, tomato, goat cheese wrap

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
542	27	56	22	5	1394

roast turkey, gruyere, sundried tomato pesto, focaccia

serving size: 1ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
602	30	47	45	2	1276

yucatan chicken wrap

serving size: 1ea

contains: milk, sesame, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
392	15	33	32	4	385

roast beef, munster, horseradish aioli, french hero

serving size: 1ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
587	22	58	40	4	1577

fresh mozzarella, roasted pepper, basil pesto, focaccia

serving size: 1ea

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
512	27	45	24	3	1009

buffalo chicken wrap

serving size: 1ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	30	66	39	5	1855

italian hero, capicola, salami, provolone, calabrian pepper relish, balsamic, focaccia

serving size: 1ea

contains: egg, milk soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
866	47	68	42	23	2883

roast turkey, fennel radicchio slaw, wheat wrap

serving size: 1ea

contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
313	6	40	26	10	429

grilled buffalo tofu, buttermilk avocado dressing, wheat wrap

serving size: 1ea

vegetarian

contains: milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
275	10	34	14	3	482

black forest ham, brie, honey dijon, brioche

serving size: 1ea

contains: eggs, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
473	15	52	30	21	1567

chicken cutlet, tomato jam, mozzarella, arugula, semolina roll

serving size: 1ea

contains: egg, milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
939	49	69	59	6	1230

tuscan baguette, prosciutto, salami, asiago, basil, roasted peppers

serving size: 1ea

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
867	49	59	48	11	3142

half roast beef & cheddar, wheat roll

serving size: 1ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
166	8	11	11	1	401

half smoked turkey, swiss, 7 grain

serving size: 1ea

contains: milk, sesame, soy wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
217	7	21	19	4	679

half salami & provolone, white roll

serving size: 1ea

contains: milk, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	13	19	14	3	704

chicken caesar salad

serving size: 1ea

contains: fish, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
827	56	29	52	3	1823

thai bbq shrimp, som tam salad

serving size: 1ea

contains: fish, sesame, shellfish, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
196	3	21	22	15	513

bacon, kale, tomato & avocado salad

serving size: 1ea



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
112	8	8	4	3	151

mediterranean greek salad, garbanzo, lemon herb dressing

serving size: 1ea

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
247	10	33	10	8	150

shrimp caesar salad

serving size: 1ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
797	57	30	44	3	1748

skirt steak salad, corn, tomato, avocado, chipotle lime dressing

serving size: 1ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	37	22	47	6	885

mixed berries & beet salad, quinoa, honey lime vinaigrette

serving size: 1ea

vegetarian



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
216	13	23	5	6	50

arugula & shaved fennel salad with roasted salmon, grain mustard herb dressing

serving size: 1ea

contains: fish



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
227	6	21	24	18	485

green protein bowl , green goddess yogurt dressing

serving size: 1ea

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
529	33	43	26	9	302

tofu salad, beet vinaigrette, turmeric, ginger

serving size: 1ea

vegetarian

contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
232	9	28	11	9	194

marinated chicken kebob za'atar salad, buttermilk feta dressing

serving size: 1ea

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
313	11	25	31	7	674

crunchy thai shrimp salad, peanuts, sweet chili

serving size: 1ea

contains: peanuts, shellfish



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
174	4	17	18	11	313

za'atar cauliflower bowl, lemon tahini dressing

serving size: 1ea

vegan

contains: sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
451	27	45	16	10	275

buttermilk fried chicken salad, chive ranch dressing, candied pecans

serving size: 1ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
949	58	67	47	18	850

mediterranean greek salad, salmon, lemon herb dressing

serving size: 1ea

contains: fish



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
372	26	10	26	4	437

turkey cobb, ranch dressing

serving size: 1ea

contains: egg, milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
581	47	11	30	6	1406

falafel feta salad mediterranean salad, oil & vinegar

serving size: 1ea

vegetarian

contains: milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	21	58	17	12	500

***salmon avocado roll, sesame**

serving size: 1ea

contains: fish, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
365	15	34	24	2	246

***tuna avocado roll, sesame**

serving size: 1ea

contains: fish, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
347	11	34	28	2	215

shrimp tempura roll, sesame, spicy mayo

serving size: 1ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
427	16	59	10	2	554

spicy tuna avocado roll, sesame

serving size: 1ea

contains: egg, fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
468	11	54	33	1	396

***spicy tuna roll, sesame**

serving size: 1ea

contains: egg, fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
664	37	41	40	13	674

***salmon cucumber roll, sesame**

serving size: 1ea

contains: fish, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
277	7	30	23	2	242

***tuna cucumber roll, sesame**

serving size: 1ea

contains: fish, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	3	30	27	2	212

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, sesame and milk. For more information, please speak with a manager.

***spicy tuna chirashi bowl**

serving size: 1ea

contains: egg, fish, sesame, soy

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

***salmon and spicy tuna chirashi bowl**

serving size: 1ea

contains: egg, fish, sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
655	16	74	45	4	865

california roll, sesame

serving size: 1ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
299	10	45	9	7	546

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

serving size: 1ea

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	12	68	24	8	821

***eel avocado roll**

serving size: 1ea

contains: fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
556	23	65	20	16	1283

***cucumber avocado roll**

serving size: 1ea

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	5	34	3	2	177

walnut, cacao, & hemp seed energy bites

serving size: 2oz

vegan

contains: tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
244	15	25	7	14	87

cheese and fruit box

serving size: 1ea

vegetarian

contains: egg, milk, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
543	37	28	26	16	830

hummus cup, mini pretzels

serving size: 1ea

vegetarian

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
232	9	29	9	3	579

peanut butter, coconut, chocolate bites

serving size: 2oz

vegetarian

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

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	17	39	9	19	114

vegan snack box with pita and roasted red pepper hummus

serving size: 1ea

vegan

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
153	2	30	7	8	239

chipotle hummus, broccoli, carrot, tomato

serving size: 1ea

vegan

contains: sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
145	3	24	7	7	128

edamame basil spread with crudité

serving size: 1ea

vegan

contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
212	16	14	6	6	207

babaganoush, broccoli, carrots, tomato

serving size: 1ea

vegan

contains: sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
83	2	15	3	8	151

chicken noodle soup blount

contains: egg, wheat

soup

serving size: 12 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
165	4	16	12	3	1079

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
219	6	22	16	4	1439

southwest tortilla chef Francisco

contains: milk, soy

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
199	9	26	4	5	880

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
266	12	34	5	7	1173

maine lobster bisque blount

contains: milk, shellfish, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	40	21	12	9	1079

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
680	54	28	16	12	1438

broccoli cheddar chef Francisco

contains: milk, soy, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
326	21	17	13	5	1880

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
434	28	23	17	1	2506

spicy beef chili blount

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	16	30	24	4	1184

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	22	40	32	6	1579

native three sisters blount

vegan

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	6	28	6	6	1066

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	8	38	8	8	1421

tomato basil blount

vegan

serving size: 12 fl oz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	17	18	5	8	435

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	22	24	6	10	581

italian wedding chef Francisco

contains: egg, milk, soy, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
177	8	16	9	4	737

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
237	10	22	12	5	982

new england clam chowder chef Francisco

contains: fish, milk, shellfish, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
345	19	27	6	2	1049

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	26	36	9	3	1399

pollo guisado (chicken stew)

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
209	14	7	15	4	587

tostones

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
248	15	31	1	17	374

pigeon peas & brown rice

serving size: ½ cup



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
118	3	19	4	1	191

shrimp mozambique

serving size: 8 oz

contains: milk, shellfish, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
546	17	16	75	3	1176

piri piri yukon gold potato

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
233	11	32	3	3	384

charred broccolini

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
48	2	6	2	1	82

korean beef, sesame

serving size: 4 oz

contains: sesame, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
248	13	7	24	5	270

kimchi fried rice

serving size: 4 oz

contains: fish, sesame, shellfish, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	2	29	3	6	269

stir fried green beans with chili

serving size: ½ cup

vegetarian

contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
59	3	8	1	5	88

balsamic glazed pork roast

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	19	2	22	2	516

mushroom farro risotto

serving size: 4 oz

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
125	4	16	5	1	232

charred cauliflower

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	3	1	1	56

farfalle, italian sausage, green pepper, pomodoro sauce

serving size: 6 oz

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
263	8	36	10	2	387

buffet

marinated roasted eggplant, garlic, herbs

serving size: 4 oz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
143	11	11	2	6	28

penne garlic & oil, charred cauliflower, parmesan, red chili, walnuts

serving size: ½ cup

vegetarian

contains: milk, tree nuts, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	7	17	9	2	190

slow roasted pernil (pork)

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
381	24	3	35	1	867

maduros (plantain)

serving size: 5oz

vegan

contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
133	<1	36	1	18	2

arroz verde (cilantro rice)

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
104	1	20	2	2	161

chicken marsala

serving size: 4 oz

contains: milk, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
184	8	10	12	2	574

swiss chard & spring pea risotto

serving size: ½ cup

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
113	2	17	5	1	572

roasted asparagus

serving size: ½ cup
vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
39	3	4	2	2	116

cajun roasted salmon

serving size: 4 oz
contains: fish, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
233	14	1	25	<1	362

old bay remoulade

serving size: 1 fl oz
vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
98	10	1	<1	<1	142

red beans & rice

serving size: 4 oz
vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
105	2	17	5	<1	219

corn maque choux

serving size: ½ cup
contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30145	11	12	3	3	148

lamb vindaloo

serving size: 4oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
169	9	5	16	2	299

spiced basmati rice

serving size: ½ cup

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
10	3	17	2	<1	254

vegetable samosa

serving size: 3 ea

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	15	37	6	2	308

cilantro chutney

serving size: 1 fl oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
33	2	5	<1	3	682

buffalo wings

serving size: 5 ea

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
447	38	2	23	<1	1441

bbq wings

serving size: 5 ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	18	26	22	21	1006

teriyaki wings

serving size: 5 ea

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
353	18	20	23	17	960

blue cheese dressing

serving size: 2 fl oz

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
328	32	2	1	2	547

mac & cheese

serving size: 4 oz

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	9	19	8	3	381

carrot sticks

serving size: 3 ea

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
9	0	2	<1	1	14

celery sticks

serving size: 3 ea

vegan



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

yellow thai curry chicken

serving size: 6 oz

contains: fish, tree nuts,

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
495	37	11	31	4	991

stir fried bok choy, mushrooms, snow peas

serving size: ½ cup

vegan

contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
38	1	6	3	3	156

lemongrass scented jasmine rice

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	<1	27	2	<1	2

herb roasted arctic char, chimichurri

serving size: 4 oz
contains: fish



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
227	15	3	19	<1	299

yucca (cassava) frite

serving size: 5 pieces
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
263	<1	62	2	17	865

sauteed green beans & grape tomato

serving size: ½ cup
vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	3	8	2	3	22

teriyaki flat iron steak

serving size: 4 oz
contains: soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
212	9	1	30	1	380

soy roasted japanese eggplant

serving size: ½ cup
vegan
contains: sesame, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
79	6	6	1	3	197

sesame brown rice

serving size: ½ cup
vegan
contains: sesame, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
133	3	24	3	<1	94

harissa rubbed leg of lamb

serving size: 4 oz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
198	8	1	28	<1	226

cumin chili roasted carrots

serving size: ½ ea

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
35	1	6	<1	4	157

bulgur lentil pilaf

serving size: ½ cup

vegan

contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
117	2	22	6	1	77

rigatoni pomodoro, fresh mozzarella, basil

serving size: 4 oz

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
313	20	26	7	2	149

cheese ravioli bolognese

serving size: 4 oz ravioli; ½ cup sauce

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
338	10	48	15	6	268

artichoke & fava bean stew, pancetta

serving size: 3 oz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
98	4	13	4	2	195

honey hoisin flank steak

serving size: 4 oz

contains: sesame, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
297	10	17	33	14	385

stir fried bok choy, snow peas, mushrooms

serving size: ½ cup

vegan

contains: soy (VB)



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
39	1	6	3	3	156

vegetable fried rice

serving size: ½ cup

vegetarian

contains: egg, sesame, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
143	7	17	3	1	141

dry rubbed BBQ chicken

serving size: 6 oz

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
308	10	12	40	8	899

corn on the cobb

serving size: 1 piece

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
89	3	16	3	3	65

BBQ baked beans

vegetarian

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
143	1	30	4	17	430

marinated shrimp with olives & feta

serving size: 4 oz

contains: milk, shellfish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
105	6	5	9	3	643

toasted orzo pilaf

serving size: ½ cup

vegan

contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
148	3	26	4	1	241

chickpeas & spinach

serving size: 4 oz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
96	3	13	5	3	315

chicken tikka masala

serving size: 4 oz

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
399	30	6	27	3	682

red lentil dahl

serving size: 1 piece

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
87	3	12	5	2	86

gobi mattar, coriander chutney

vegan

serving size: ½ cup



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
149	11	12	3	5	176

veal pork & beef meatballs, san marzano tomato sauce

serving size: 4 oz

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
195	14	4	14	1	431

eggplant parmesan

serving size: 4 oz

vegetarian

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
175	11	13	7	4	572

sausage peppers & onions

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
101	6	6	5	2	248

hoagie rolls

serving size: 1 ea

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
196	3	36	6	2	406