



**MARKET**

**NUTRITION GUIDE**

Summer 2026



## 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 croissant

serving size: 1ea

vegetarian

contains: egg, milk, soy, wheat

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

## sausage, egg and cheese croissant

contains: egg, milk, soy, wheat

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

## ham and swiss croissant

serving size: 1ea

contains: egg, milk, wheat

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

## spinach and cheese croissant

serving size: 1ea

vegetarian

contains: egg, milk, wheat

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

# *breakfast*

### Mushrooms, Asparagus, Goat Cheese Scrambled Eggs Flatbread

serving size: 1 ea

Vegetarian

contains: milk, wheat, eggs

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
810	32	107	33	9	1420

### Western Egg and Ham Omelet Flatbread

serving size: 1 ea

Contains: milk, wheat, eggs

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
780	40	65	36	7	1430

### Pico de Gallo, Scrambled Eggs on Pepper Jack Flatbread

serving size: 1 ea

Vegetarian

contains: milk, wheat, eggs


Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
850	35	107	34	9	1490

### Chorizo, Scrambled Eggs, Sauteed Peppers & Onions on Pepper Jack Flatbread

serving size: 1 ea

Contains: milk, wheat, eggs

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
930	42	107	36	9	1600



# Coffee bar - stuffed croissants

## Ham & Cheese

serving size: 1 ea

contains: egg, milk, wheat

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

## Spinach & Cheese

serving size: 1 ea

vegetarian

Contains: egg, milk, wheat

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

## Egg & Cheese

serving size: 1ea

vegetarian

contains: egg, milk, soy, wheat

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

## Sausage Egg & Cheese

serving size: 1 ea

contains: egg, milk, soy, wheat

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

# Coffee bar - breakfast sandwiches

## Mexican Breakfast Torta, Ham, Queso Fresco, Avocado, Pico de Gallo, Black Bean Spread on Baguette

serving size: 1 ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	30	57	32	6	1240

## Uruguayan Breakfast Sandwich, Pork Sausage, Chimichurri, Salsa Criolla on Baguette

serving size: 1ea

Contains: egg, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	28	46	21	3	1090

## Medialuna Breakfast Sandwich, Ham, Mozzarella, Croissant

serving size: 1ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	23	31	16	6	540

## Spicy Italian Breakfast Sandwich, Soppresata, Fresh Mozzarella, Sundried Tomato Spread on Focaccia

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
700	44	51	27	6	1150

**Blueberry Banana Date Smoothie, Oat Milk**

serving size: 16 floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	9	72	25	38	280

**Strawberry Almond Butter Smoothie, Soy Milk**

serving size: 16 floz

vegan

contains: soy, tree nuts (almonds)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	16	52	11	30	40

**Sweet Green Smoothie with Coconut Water**

serving size: 16 floz

vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	2	65	13	41	100

## Greek Yogurt Parfait, Granola, Berries

serving size: 7 oz

vegetarian

contains: milk, wheat, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	4	27	12	14	110

## Blueberry Overnight Oats

serving size: 8 oz

vegan

contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	8	59	9	10	70

## Blackberry Chia Pudding

serving size: 8oz

vegetarian

contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	12	43	7	19	320

## Bruleed Banana Overnight Oats

serving size: 8oz

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	3	51	8	20	30

## Walnut Raisin Chia Pudding, Almond Milk

serving size: 8oz

vegan

contains: Tree Nut (Almond, Walnut)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	22	43	8	17	90

## Mango Coconut Overnight Oats

serving size: 8 oz

vegetarian

contains: milk, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	8	46	13	18	50

## Apple Cinnamon Chia Almond Pudding

serving size: 8oz

vegetarian

contains: Tree Nut (Almond), soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	10	23	5	5	90

## Matcha Overnight Oats and Chia, Oat Milk

serving size: 8oz

vegan

contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	11	55	7	17	70

## Pomegranate Orange Chia Pudding Parfait with Almonds

serving size: 6 oz

vegetarian

contains: Tree Nuts (Almond), milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	7	28	14	18	60

## Orange juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	1	41	3	33	10

## Carrot orange juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	1	48	4	31	170

## Orange beet juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	0	41	3	32	60

## Grapefruit juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	2	28	2	28	10

## Cranberry juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	0	40	1	33	10

## Orange Pineapple Juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	0	40	3	31	0

## Apple Juice

serving size: 12floz

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	<1	28	<1	24	10

## Tangerine juice

serving size: 12floz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	1	45	3	36	10

# 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)
430	20	46	18	1	880

## Sausage, Egg & Cheese on Croissant

serving size: 1ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
680	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)
520	28	35	29	0	1190

## Chicken Apple Sausage Egg & Cheese on Croissant

serving size: 1ea

contains: egg, milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	40	35	30	10	1390

## Black Bean, Queso, Tofu Scramble Burrito

serving size: 1ea

vegetarian

contains: soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	14	41	16	5	430

## Black Bean, Queso, Egg White Burrito Whole Wheat

serving size: 1ea

vegetarian

contains: egg, milk, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	10	46	20	4	490

# breakfast sandwiches

## Egg White, Avocado, Pico de Gallo, Breakfast Burrito

serving size: 1ea

vegetarian

contains: egg, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	11	35	26	1	570

## Florentine-Scramble Breakfast Burrito

serving size: 1ea

vegetarian

contains: egg, milk, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	9	50	26	2	460



# Breakfast sides

## Apple-wood bacon

serving size: 3 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	30	1	29	0	1440



# Breakfast Snack Box

## Deviled Eggs Combo

serving size: 3ea

vegetarian

contains: egg, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	13	2	8	1	220

## 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)
180	12	0	18	0	900

# Hot Breakfast Entree

## Bacon & Cheddar Frittata, Red Potato, Roasted Mushroom, Leeks, Thyme

serving size: 4oz

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	16	2	14	<1	230

## Vanilla French Toast

serving size: 3 half

vegetarian

contains: egg, soy, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	41	50	11	25	360

## Green Hatch Chili Chilaquiles, Home Fries, Roasted Butternut Squash

serving size: 4oz

vegetarian

contains: egg, soy, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
510	31	50	11	7	960

## Mini Bacon Quiche Lorraine, Brussels Sprout Potato Hash, Roasted Mushroom and Butternut

serving size: 1 ea

vegetarian

contains: egg, soy, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	47	35	18	4	970

# hot cereal

## 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	10

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	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)
330	4	66	10	24	20

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	5	88	14	32	30

## Spiced Apple, Raisin Compote

Vegan

serving size: 1 oz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	1	10	<1	8	3

## Pear and Cranberry Compote

vegan

serving size: 1 oz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	1	14	1	11	2

## Cranberry Orange Compote

vegan

serving size: 1 oz

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

# hot cereal

## Pear and Blueberry Fruit Compote

serving size: 1 oz  
vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	<1	5	<!	4	1

## Cream of Wheat

Vegan

Contains: wheat

serving size: 12 floz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	<1	34	4	<1	10

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	1	45	6	<1	20

## Cheddar Grits

vegetarian

contains: milk

serving size: 12 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
800	48	66	27	11	1650

serving size: 16 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
1080	64	88	37	15	2200

## Sweetened Cornmeal Porridge

Vegetarian

Contains: milk

serving size: 12 oz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	1	46	4	16	190

serving size: 16 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	2	62	6	21	250



# hot cereal

## Grits

Vegan

serving size: 12 oz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	1	48	5	<1	10

serving size: 16 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	1	65	6	<1	10

# breakfast buffet

## Scrambled Eggs, Chives

serving size: 4 oz

vegetarian

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	19	2	10	1	260

## Scrambled Egg Whites, Chives

serving size: 4oz

Vegetarian

Contains: egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	<1	1	12	0	400

## Roasted Mushrooms, Leeks

serving size: 4 oz

Vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
95	6	10	2	3	80

## Red Potato Hash

serving size: 4 oz

Vegetarian

Contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	4	2	2	100

## Pork Sausage Link

serving size: 2 ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	9	0	6	0	550

## Chicken Apple Sausage Link

serving size: 2 ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	16	8	16	8	940

# breakfast buffet

## Roasted Roma Tomatoes

serving size: 4 oz  
vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	2	5	1	3	150

## Sweet Potato Kale Hash

serving size: 4 oz  
Vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	1	18	2	6	100

## Kielbasa Sausage

serving size: 2 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	17	1	6	<1	550

## Home Fries

serving size: 4 oz  
vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	3	24	3	3	60

## Roasted Butternut Squash

serving size: 4 oz  
Vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	4	18	2	3	280

## Hashbrowns with Peppers, Onions and Mushrooms

Serving size: 4 oz  
Vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	6	16	2	2	280

# breakfast buffet

## Asparagus and Roasted Red Pepper

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	<1	4	2	2	90

## Chorizo Sausage

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
113	19	3	11	0	620

## Ham, Mushroom, Swiss Egg White Frittata

serving size: 4oz

Contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	3	3	11	1	280

## Egg White, Ham Denver Scramble

serving size: 4oz

Contains: egg, milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	4	2	11	1	410

## Egg White Frittata, Roasted Vegetables, Goat Cheese

serving size: 4oz

Vegetarian

contains: egg, milk, soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	3	2	9	1	320

## Spanish Egg White Scramble

serving size: 4oz

Vegetarian

contains: egg



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	1	7	11	3	450

# *lunch*

# Coffee Bar - Empanadas

## Beef Empanada

serving size: 1 ea

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	11	26	6	0	440

## Chicken Empanada

serving size: 1 ea

contains: wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	8	25	7	0	380

## Portobello & Spinach Empanada

serving size: 1 ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	11	26	6	1	480

## Spicy Cheese Empanada

serving size: 1 ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	12	29	7	0	460

## Pinto Bean Guajillo Salsa

serving size: 1 ea

vegan

contains: wheat

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

## Salsa Verde

serving size: 2 fl oz

vegan

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

# G&G Bowl/Comfort Foods/Warm Bowl

## Bulgogi Beef with Vegetables and Rice

serving size: 1 serving

contains: sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	8	81	30	22	1060

## BBQ Beef Brisket with Roasted Potatoes & Green Beans

Serving size: 1 serving

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
520	21	47	35	20	940

## Arroz Con Pollo, Stewed Red Bean & Plantains

Serving size: 1 serving

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
850	28	120	30	22	2040

## Rotisserie BBQ Chicken, Sweet Potatoes, Parmesan Green Beans

serving size: 1 serving

contains: soy, milk, fish

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	9	37	6	14	430



# G&G Plant Forward

## Entree

### Spiced Garbanzo & Eggplant with Roasted Sweet Potatoes & Balsamic Brussels Sprouts

serving size: 1 serving

vegan

contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	14	66	14	18	390



### Lentil Meatball, Spaghetti Squash, Mushroom, Broccoli, Pesto Butternut

Serving size: 1 serving

vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
540	28	56	18	11	620

### Lentil Bolognese, Spiralized Zucchini, Whole Wheat Spaghetti

serving size: 1 serving

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	6	49	12	6	510



### Chickpea and Date Tagine, Grilled Tofu, Couscous

serving size: 1 serving

vegan

contains: soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
430	12	70	13	20	370

## Cheese Flatbread

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	13	57	13	8	1120

## Pepperoni Flatbread

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
790	30	110	25	10	2000

## Grilled Chicken Roasted Broccoli Flatbread

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
850	33	78	59	10	1440

## Roasted Vegetable Flatbread

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
310	14	31	14	5	590

## Asparagus, Caramelized Onion Flatbread

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
415	14	61	14	9	1120



# flatbreads

## Roasted Mushroom Flatbread

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
720	31	76	34	11	1410

## Margherita Flatbread

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
790	30	107	29	9	1460



# Coffee bar hot sandwiches

## Chicken Parmesan Provolone on Hoagie Roll Sandwich

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
580	25	53	34	5	1600

## Philadelphia Cheese Steak Sandwich

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
770	36	70	38	1	1320

## Eggplant Milanese, Oven Dried Tomato, Baby Arugula, Herbed Ricotta, Semolina Hero

serving size: 1ea

Vegetarian

contains: milk, wheat, egg, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
610	24	81	21	7	1050

## Veal, Pork, & Beef Meatball Provolone Hoagie Roll Sandwich

serving size: 1ea

contains: milk, wheat, egg, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	32	9	33	3	1000

## Pork Carnitas Quesadilla

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	30	53	28	3	1080

## Chipotle Chicken Quesadilla

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
740	41	60	37	4	1370

## Grilled Skirt Steak Quesadilla

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	36	50	41	1	930

## Black Bean & Sweet Potato Quesadilla, Cheddar, Cilantro

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	31	60	17	3	800

## Roast Turkey Avocado, Bacon, Pepper Jack, Chipotle Mayo Ciabatta

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
700	30	63	43	5	2180

serving size: ½ ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	15	32	21	2	1090

## Prosciutto, Pistachio Mortadella, Soppressata, Fresh Mozzarella, Basil, Ciabatta

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
710	38	54	40	6	2300

## Tuna, Dill Vinaigrette, Parkerhouse Roll

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	17	52	27	11	690

## Balsamic Glazed Vegetables, Hummus, Spinach, Wheat Wrap

serving size: 1ea

Vegan

contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	14	47	10	10	300

serving size: ½ ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	7	24	5	5	150

## Buffalo Chicken Wrap

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
700	37	61	26	4	1360

## Roast Turkey Apple, Honey, Brie, Wheat Wrap

serving size: 1ea

contains: milk, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	10	46	28	17	490

serving size: ½ ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
192	8	18	13	2	220

## Roast Beef, Blue Cheese, Caramelized Onions, Baguette

serving size: 1ea

Contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
780	27	76	54	3	1660

## Fresh Mozzarella, Roasted Peppers, Arugula and Basil Pesto on Focaccia

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
525	23	59	23	2	950

serving size: 1/2

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	11	29	11	<1	470



## Yucatan Chicken Salad, Wheat Wrap

serving size: 1ea

Vegan

contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	14	34	31	4	380

serving size: ½ ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	7	17	16	2	190



## Chorizo, Manchego, Sundried Tomato Spread, Arugula, Ciabatta

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
720	37	64	31	4	1620

## Turkey & Gruyere, Sundried Tomato Pesto, Spinach, Focaccia

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	28	50	36	4	1340

serving size: ½ ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	14	25	18	2	670

## Charred Eggplant, Shaved Parmesan, Arugula, Smokey Romesco, Baguette

serving size: 1ea

Vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	17	63	22	7	1380

## Chicken Milanese, Broccoli Rabe, Cherry Pepper, Fresh Mozzarella, Garlic Herb Vinaigrette, Ciabatta

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
780	33	76	43	6	2050

serving size: ½ ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	17	38	22	2	1020

## Roast Beef & Brie, Arugula, Horseradish Aioli, Club Roll / Ham & Swiss, Honey Mustard, Watercress, Pretzel Roll

serving size: 1ea

contains: egg, milk, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
560	27	46	40	1	1700

## Ham & Swiss, Honey Mustard, Watercress, Pretzel Roll

serving size: 1ea

contains: soy, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	28	61	33	25	1480

## Caponata Roasted Vegetables, Feta, Whole Wheat Wrap

serving size: 1ea

vegetarian

Contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	13	48	9	13	430

serving size: ½ ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	6	24	5	6	210



## Chicken Milanese, Broccoli Rabe, Cherry Pepper, Fresh Mozzarella, Garlic Herb Vinaigrette, Ciabatta

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
780	33	76	43	6	2050

serving size: ½ ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	17	38	22	2	1020

## Roast Beef & Brie, Arugula, Horseradish Aioli, Club Roll

serving size: 1ea

contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
620	26	53	41	2	1880

## Ham & Swiss, Honey Mustard, Watercress, Pretzel Roll

serving size: 1ea

contains: soy, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
630	28	61	33	25	1480

## Caponata Roasted Vegetables, Feta, Whole Wheat Wrap

serving size: 1ea

vegetarian

Contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	13	48	9	13	430



serving size: ½ ea

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	6	24	5	6	210

## Turkey Cheddar, Hoagie Roll

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	15	50	35	4	1790

## Ham and Swiss on a French Roll

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
580	16	67	34	3	1630

## Chicken Salad on Seven Grain

serving size: 1ea

contains: egg, milk, wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
570	31	51	26	11	1090

## Tuna Salad, Whole Wheat Wrap

serving size: 1ea

contains: egg, fish (tuna), wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	26	49	41	1	1240

## Ham & Cheddar on Ciabatta

serving size: 1ea

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
530	21	54	30	5	1510

## Roast Beef and Swiss Sandwich

serving size: 1ea

Contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
500	25	38	29	6	710

## Turkey & Swiss on Baguette

serving size: 1ea

Contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
660	12	88	48	2	1230

## Egg Salad on Croissant

serving size: 1ea

vegetarian

contains: egg, milk, wheat, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	24	41	13	7	690

**Southwest Hominy Salad, Achiote Grilled Chicken, Honey Lime Vinaigrette**

serving size: 1 serving

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	19	33	28	13	480

**Buffalo Chicken Chicken Salad, Blue Cheese Dressing**

serving size: 1 serving

contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	57	14	51	5	2240

**Japanese Steak Salad with Honey Sesame Dressing**

serving size: 16 oz

contains: sesame, soy, wheat,

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	19	40	27	9	320

**Shrimp Nicoise Salad**

serving size: 20 oz

contains: shellfish (shrimp), egg

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
580	43	18	32	8	1280

**Sante Fe Salad Cilantro Lime Vinaigrette**

serving size: 1ea

vegetarian

Contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	14	25	13	<!	280

**Kale Caesar Salad with Grilled Chicken**

serving size: 1 serving

Contains: soy, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	10	11	35	2	770

**Grilled Flank Steak Blue Cheese Salad, Balsamic Vinaigrette**

serving size: 1ea

Contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
690	34	20	73	6	800

**California Salad with Herbed Tuna, Lemon, Olive Oil**

serving size: 40 oz

Contains: fish (tuna), egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	8	9	18	4	430

**Kale, Avocado, Fennel & Orange Salad, Lemon Vinaigrette**

serving size: 1ea

Vegetarian

contains: Tree nuts (cashew), milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	26	29	11	8	570

**Roasted Chicken, Garden Herb Salad, Harissa Vinaigrette**

serving size: 1 serving

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	13	3	11	<!	250

**Skirt Steak, Corn, Avocado, Tomato Salad Chipotle Lime Dressing**

serving size: 1 serving

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
600	37	23	47	6	880

**Roast Salmon Salad, Acai Vinaigrette**

serving size: 15 ½ oz

contains: fish (salmon)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	44	42	41	26	420

**Southwest Fajita Salad, Oyster Mushroom, Cilantro Lime Dressing**

serving size: 1ea

vegetarian

contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	26	33	9	7	490

**Grilled Chicken, Kale, Honeycrisp, Sunflower and Pumpkin Seed Salad**

serving size: 1 serving

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	23	27	29	11	730

**Salmon and Asparagus Salad with Walnuts Italian Dressing**

serving size: 1 serving

Contains: Tree nut (walnut), fish (salmon)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
490	30	32	27	9	870

**Veggie Caesar Salad**

serving size: 1 serving

vegetarian

Contains: fish (anchovy), milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	21	34	22	12	1260

## Spicy Tuna Roll, Sesame

serving size: 1ea

contains: egg, fish, sesame, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
330	7	33	25	5	450

## 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)
435	12	54	22	1	390

## Salmon Avocado Roll, Sesame

serving size: 1ea

contains: fish, sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	8	31	15	2	210

## California Roll, Sesame

serving size: 1ea

contains: egg, fish, shellfish (crab), sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	6	40	7	5	560

## Sushi Combo: California Roll, 4 Nigiri, Sesame

serving size: 12-¼ oz

contains: egg, fish, shellfish (shrimp), sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	11	61	19	8	920

## Shrimp Tempura Roll, Sesame, Spicy Mayo

serving size: 1 serving

contains: egg, fish, shellfish (shrimp), sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
550	27	60	14	9	1000

## Eel Avocado Roll, Sesame

serving size: 1ea

contains: fish, sesame, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
440	14	64	14	3	530

## Cucumber Avocado Roll

serving size: 1ea

Vegan

Contains: sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	11	57	6	1	290

## Tuna Cucumber Roll, Sesame

serving size: 1ea

contains: fish, sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	1	29	16	2	190

## Tuna Avocado Roll, Sesame

serving size: 1ea

contains: fish, sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	6	31	17	2	190

## Salmon Cucumber Roll, Sesame

serving size: 1ea

contains: fish, sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	1	29	16	2	190

## Cocoa Pumpkin Seed Energy Bites

serving size: 1 ea

Vegan

Contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	1	19	2	12	30

## Vegetable Snack Box, Curry Yogurt Dip

serving size: 1 serving

vegetarian

contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	7	18	8	10	130

## Hummus Cup, Mini Pretzels

serving size: 1 serving

vegan

contains: sesame, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	12	25	6	3	570

## Nosh Box, Cheese, Fruit & Crackers

serving size: 1 serving

vegetarian

contains: milk, soy, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
420	27	27	20	14	730

## Peanut Butter, Chocolate Energy Bites, Shredded Coconut

serving size: 1 ea

vegetarian

contains: tree nut (peanut), wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	6	12	3	7	26

**Chicken Salad with Fruit & Veggie Snack Box**

serving size: 1 ea

contains: egg, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
360	7	49	27	16	540

**Prosciutto, Roasted Asparagus, Chickpea & Chorizo, Olives**

serving size: 1 serving

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	36	23	12	6	2330

**Guacamole, Pico De Gallo, Tortilla Chips**

serving size: 1ea

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
475	30	52	5	4	440

**Guacamole, Pico De Gallo, Tortilla Chips**

serving size: 1ea

vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
475	30	52	5	4	440



### Chicken Noodle Soup cf

contains: egg, soy, wheat

serving size: 12 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	2	16	7	4	970

serving size: 16 floz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	3	22	10	5	1290

### Vegetable Beef Barley chef Francisco

contains: milk, soy, wheat

Serving size: 12 fl oz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	3	23	11	3	710

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	12	34	5	7	1170

### Spicy Veggie Lentil blount

vegan

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	6	30	10	2	940

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	4	30	15	4	950

### Clam Chowder chef Francisco

contains: fish (cod), milk, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	20	27	7	2	1050

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
460	26	36	9	3	1400

## Chili Fiery Veggie Soup blount

vegan

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	0	35	8	12	990

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	0	46	10	16	1320

## Wild Mushroom Bisque blount

vegetarian

Contains: milk, soy wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	9	22	5	6	400

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	13	29	6	8	1360

## Minestrone blount

vegetarian

Contains: egg, wheat

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	22	5	4	1160

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	1	29	7	6	1540

## Curried Rice & Lentil chef Francisco

vegetarian

Contains: soy

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	1	34	9	5	1060

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	2	46	12	6	1410



## Corn Chowder, Bacon, Chicken Stock chef Francisco

**Contains: milk, soy, wheat**

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
350	18	40	9	8	1110

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
470	24	55	12	10	1480

## White Bean Chili chef Francisco

Vegan

**Contains: milk, soy, wheat**

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	9	42	14	3	1750

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	12	56	18	3	2340

## Santa Fe Tortilla blount

vegan

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	3	27	5	5	690

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	4	36	6	5	920

## broccoli cheddar, chicken broth chef Francisco

**contains: milk, wheat**

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	25	21	7	4	1110

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
450	34	27	10	5	1470

soup



## Green Chili Posole wholesome crave

Vegan

serving size: 12 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	5	23	5	6	1260

serving size: 16 fl oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	7	30	6	8	1680

**Grilled Skirt Steak with Chimichurri**

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
306	22	1	26	<1	270

**Mexican Rice**

serving size: ½ c

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	1	20	2	<1	190

**Fajita Vegetables**

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	3	4	1	3	5

**Lamb Vindaloo**

serving size: 4 oz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	8	<1	25	0	180

**Spiced Basmati Rice**

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	4	9	3	3	60

**Gobi Matar**

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	11	12	3	5	160

## Garlic Thyme Chicken Thigh

serving size: 4 oz



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	8	<1	25	0	180

## Roasted Sweet Potatoes

serving size: 4 oz  
vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	6	29	3	9	390

## Balsamic Roasted Brussel Sprouts

serving size: 4 oz  
vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	4	9	3	3	60

## Thai Basil Shrimp Stir Fry

serving size: 4 oz

Contains: shellfish (shrimp)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	13	1	17	0	1540

## Coconut Jasmine Rice

serving size: ½ cup  
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	9	46	4	5	570

## Snow Peas and Peppers

serving size: ½ cup  
vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
70	3	9	3	5	130

## Buffalo Wings

serving size: 6 ea

Contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	45	14	30	0	1500

## BBQ Wings

serving size: 6 ea

Contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
590	45	14	30	0	1500

## Mac & Cheese

serving size: 4 oz

vegetarian

Contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	12	26	7	2	200

## Carrot Sticks

serving size: 4 ea

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
11	<1	3	<1	1	20

## Celery Sticks

serving size: 4 oz

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
2	<1	<1	<1	<1	11

## Blue Cheese Dressing

serving size: 1 floz

Contains: egg, milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	16	1	<1	1	270

### Peruvian Roasted Chicken

serving size: 4 oz

Contains: soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	15	1	29	0	190

### Peruvian Red Beans and Rice

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	2	18	4	1	100

### Garlic Green Beans, Cilantro

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
35	2	5	1	2	170

### Lemon Herb Cobia

serving size: 4 oz

Contains: fish



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
160	6	1	24	<1	440

### Saffron Couscous

serving size: 4 oz

vegan

Contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
170	6	24	4	<1	240

### Roasted Broccoli

serving size: ½ cup

vegan



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

## Beef Bulgogoi, Korean Gochujang, Scallions

serving size: 4 oz

Contains: egg, soy, sesame, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
390	7	12	26	8	950

## Scallion Jasmine Rice

serving size: ½ cup

vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	<1	24	2	<1	3

## Roasted Bell Peppers, Squash

Serving size: ½ cup

Vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	<1	5	1	3	270

## Oregano Pork Souvlaki, Harissa, Parsley

Serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
370	32	4	17	2	830

## Rosemary Garlic Potatoes

Serving size: 4 oz

Vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	1	23	3	2	560

## Steamed Broccoli

Serving size: 4 oz

Vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	<1	8	3	2	40

## Beef, Pork, and Veal Meatball

Serving size: 4 oz

Contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	14	4	14	1	430

## Italian Pork Sausage, Peppers and Onions

Serving size: 4 oz

Contains: soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
260	20	4	14	2	680

## Eggplant Parmesan

Serving size: 4 oz

Contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
180	11	13	6	4	560

## Hoagie Rolls

Serving size: 1 serving

Vegan

Contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
250	1	50	9	1	640

## Chicken Tikka Masala

Serving size: 4oz

Contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	30	6	27	3	680

## Herbed Basmati

Serving size: ½ cup

Vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
105	1	22	2	<1	14-

## Spicy Peas and Carrots

Serving size: 4 oz

Vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	1	13	4	5	710

## Lamb Beg Wat

Serving size: ½ cup

Contains: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	11	11	12	5	260

## Yucca Fries

Serving size: ½ cup

Vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	7	37	1	2	290

## Spicy Collard Greens with Bacon

Serving size: ½ cup

Contains: milk, soy

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	6	3	2	310

## Sweet Chili Glazed Salmon

Serving size: 4 oz

Contains: fish (salmon), soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
230	12	8	21	6	350

## Quinoa Pilaf, Bell Peppers

Serving size: ½ cup

Vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	7	33	7	1	150

## Sauteed Bok Choy, Mushrooms, Carrots

Serving size: ½ cup

Vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	3	3	1	2	90

**Beef Bourguignon, Mushroom, Pearl Onion**

Serving size: 4 oz

Contains: wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	4	3	12	1	50

**Rosemary Roasted Fingerling Potatoes**

Serving size: 4 oz

Vegan



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

**Roasted Carrots**

Serving size: 5 oz

Vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	5	10	1	6	180

**Baby Back Ribs, Kansas City BBQ**

Serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
290	18	12	20	10	900

**Corn on the Cob**

Serving size: 4 oz

Vegetarian

Contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	4	20	3	4	80

**BBQ Beans**

Serving size: 4 oz

Vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	1	30	4	15	420

## Honey Miso Glazed Stealhead Trout

Serving size: 4 oz

Contains: fish (trout), soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
220	9	6	27	3	450

## Mushroom and Farro Risotto

Serving size: ½ cup

Vegetarian

Contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
320	11	41	15	3	590

## Roasted Broccolini

Serving size: ½ cup

Vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
50	2	6	3	1	80

## Grilled Hoisin Flank Steak

Serving size: 4oz

Contains: sesame, soy, wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
240	9	7	30	5	250

## Vegetable Fried Rice

Serving size: ½ cup

Vegan

Contains: sesame



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
120	6	16	2	1	150

## Stir Fried Bok Choy with Snow Peas, Mushrooms

Serving size: ½ cup

Vegan

Contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
40	1	6	3	3	160

**Pollo Guisado**

Serving size: ½ cup



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
210	14	7	15	4	590

**Steamed White Rice**

Serving size: ½ cup

Vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
80	<1	18	2	<1	2

**Herb Roasted Zucchini, Yellow Squash**

Serving size: ½ cup

Vegan

Contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
30	2	4	1	3	50

**Beef, Pancetta, Mushroom, Kale Penne Pasta**

serving size: 4 oz

Contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	9	11	7	2	110

**Wild Mushroom Ravioli, Peas, Vodka Sauce**

Serving size: 4 oz

Vegetarian

Contains: egg, milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	5	31	8	2	420

**Broccoli Rabe, Garlic Chips**

Serving size: ½ cup

Vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	11	4	3	<1	260



## Romaine Lettuce

Serving size: 4 oz  
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	4	1	1	10

## Toasted Orzo, Cucumber, Tomato Feta Salad

Serving size: ½ cup  
Vegetarian

Contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	9	13	3	1	360

## Roast Shrimp, Feta

Serving size: 4oz

Contains: milk, shellfish (shrimp)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
110	6	6	8	3	690



## Chicken Souvlaki

serving size: 4 oz

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
270	14	0	35	0	270

## Toasted Pita Chips

Serving size: 4 oz  
Vegetarian

Contains: milk, wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
480	18	70	12	4	1180

## Lemon Vinaigrette

Serving size: 2 floz  
Vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
340	36	3	0	3	90

# taco salad



## Romaine Lettuce

Serving size: 4 oz  
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	4	1	1	10



## Black Bean & Roasted Corn Salsa

Serving size: 4 oz  
Vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
150	9	13	3	1	360

## Chili Lime Shrimp

Serving size: 4oz  
Contains: shellfish (shrimp)

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
100	3	2	15	0	750

## Mojo Chicken

serving size: 4 oz  
Contains: soy



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
200	10	1	24	1	370

## Corn Tortilla Strips

Serving size: 4 oz  
Vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	24	40	5	1	930

## Cheddar Jack Cheese

Serving size: 2tbsp  
Vegetarian  
Contains: milk

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
60	5	0	3	0	90

## Lemon Vinaigrette

Serving size: 2 floz  
Vegetarian

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
280	31	1	0	1	20



## Romaine Lettuce

Serving size: 4 oz  
vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
20	0	4	1	1	10

## Tabbouleh

Serving size: ½ cup  
Vegan

Contains: wheat



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
90	5	10	2	1	200

## Chicken Shawarma

Serving size: 4oz

Contains: milk



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
190	6	6	30	3	500

## Falafel

serving size: 4 oz  
Vegan



Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
380	18	44	14	8	390

## Za'atar Pita Chips

Serving size: 4 oz  
Vegan

Contains: wheat, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
400	14	57	11	2	710

## Sumac Red Wine Vinaigrette

Serving size: 2 floz  
Vegan

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
300	33	3	0	1	250



## Firecracker Black Rice & Tofu

Serving size: 4 oz

Vegetarian

Contains: egg, soy, sesame

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
140	7	15	4	3	110

## Italian Chicken, Farro, Pesto Bowl

Serving size: 4 oz

Contains: milk, tree nuts (pine nuts), wheat

Calories	Fat (g)	Carbs (g)	Protein (g)	Sugar (g)	Sodium (mg)
130	6	14	5	6	200