



| | Size | Serving Size | Calories | Calories from fat | Total fat (g) | Saturated fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary fiber (g) | Sugars (g) | Protein (g) |
|---|------|--------------|----------|-------------------|---------------|-------------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| Beverages | | | | | | | | | | | | |
| Beet Lemonade | | 12 oz. | 130 | | | | | 20 | 34 | | 31 | |
| Cold-Brew Coffee | | 12 oz. | 0 | | | | | 5 | | | | |
| Classic Lemonade | | 12 oz. | 150 | | | | | 10 | 41 | | 37 | |
| Honey Ginger Lemonade | | 12 oz. | 90 | | | | | 10 | 24 | | 28 | |
| Fruit Punch | | 12 oz. | 140 | | | | | 90 | 26 | 1 | 21 | 2 |
| Plain Iced Tea | | 12 oz. | 0 | | | | | 10 | 1 | | | |
| Raspberry Iced Tea | | 12 oz. | 0 | | | | | 0 | 1 | | | |
| Tropical Green Iced Tea | | 12 oz. | 0 | | | | | 0 | | | 1 | |
| Watermelon Agua Fresca | | 12 oz. | 120 | | | | | 10 | 38 | | 29 | 1 |
| Bone Broth Bowls & Soups | | | | | | | | | | | | |
| Chicken and Rice Noodle Broth Bowl | Big | 1 Bowl | 550 | 320 | 36 | 2.0 | 70 | 1190 | 25 | 4 | 2 | 31 |
| Grilled Chicken Tortilla Broth Bowl | Big | 1 Bowl | 630 | 360 | 41 | 1.5 | 70 | 1280 | 28 | 4 | | 28 |
| Coconut Curry Chicken Noodle Bowl | Big | 1 Bowl | 390 | 140 | 14 | 20 | 0 | 700 | 45 | 3 | 5 | 19 |
| Shitake Mushroom and Roasted Tofu | Big | 1 Bowl | 280 | 170 | 19 | 1.5 | | 1020 | 16 | 4 | 4 | 13 |
| Spicy Ginger and Steak Rice Noodle Broth Bowl | Big | 1 Bowl | 560 | 290 | 33 | 4.5 | 35 | 1290 | 37 | 5 | 5 | 37 |
| Broccoli Cheddar | | 16 oz. | 350 | 210 | 24 | 15 | 70 | 1130 | 9 | 3 | 3 | 25 |
| Broccoli Cheddar | | 8 oz. | 180 | 100 | 12 | 7 | 35 | 560 | 5 | 2 | 2 | 13 |
| Tomato Basil | | 16 oz. | 170 | 60 | 7 | 0 | | 730 | 29 | 3 | 3 | 4 |
| Tomato Basil | | 8 oz. | 340 | 210 | 24 | 11 | 45 | 1110 | 13 | 3 | 5 | 18 |
| Grain Bowls- No Dressing | | | | | | | | | | | | |
| Greens and Ancient Grains | Big | 1 Bowl | 300 | 120 | 14 | 6 | 30 | 390 | 30 | 6 | 3 | 15 |
| Southwest Grilled Chicken and Purple Rice Blend | Big | 1 Bowl | 650 | 300 | 34 | 9 | 95 | 540 | 48 | 13 | 5 | 40 |
| Spicy Chicken and Ancient Grains | Big | 1 Bowl | 360 | 100 | 11 | 1.5 | 55 | 490 | 28 | 5 | 5 | 31 |
| Sriracha Ginger Tofu and Ancient Grains | Big | 1 Bowl | 320 | 150 | 16 | 1.5 | | 780 | 29 | 5 | 5 | 15 |
| Thai Chicken and Rice Noodles | Big | 1 Bowl | 340 | 110 | 13 | 1.5 | 65 | 290 | 28 | 3 | 2 | 29 |
| Tuna Poke Grain | Big | 1 Bowl | 460 | 240 | 28 | 3.0 | 30 | 90 | 30 | 11 | 3 | 33 |
| Watermelon Feta Chicken | Big | 1 Bowl | 440 | 90 | 10 | 6 | 85 | 930 | 46 | 6 | 29 | 34 |
| Green Bowls- No Dressing | | | | | | | | | | | | |
| Chicken Cobb | Big | 1 Bowl | 510 | 300 | 34 | 9 | 335 | 910 | 17 | 9 | 2 | 38 |
| Kale Caesar | Big | 1 Bowl | 420 | 180 | 20 | 10 | 105 | 1170 | 11 | 3 | 2 | 48 |
| Mediterranean | Big | 1 Bowl | 440 | 220 | 25 | 7 | 20 | 650 | 39 | 11 | 7 | 20 |
| Sriracha Ginger Roasted Tofu | Big | 1 Bowl | 240 | 120 | 14 | 1.0 | | 660 | 17 | 6 | 3 | 15 |
| Steak, Bacon and Bleu Greens | Big | 1 Bowl | 450 | 280 | 32 | 11 | 100 | 950 | 6 | 3 | 2 | 39 |
| Warm Rice Bowls | | | | | | | | | | | | |
| Ranch Flank Steak | Big | 1 Bowl | 1170 | 240 | 54 | 9 | 65 | 1450 | 66 | 8 | 9 | 59 |
| BBQ Ranch Chicken | Big | 1 Bowl | 1080 | 350 | 40 | 10 | 140 | 1660 | 135 | 17 | 8 | 58 |

| | | | | | | | | | | | | |
|---------------------------------------|-----|------------|------|-----|-----|-----|-----|------|-----|----|----|----|
| Spicy Chicken | Big | 1 Bowl | 1220 | 500 | 57 | 6 | 100 | 2640 | 104 | 15 | 23 | 60 |
| Tuna Poke Fire | Big | 1 Bowl | 800 | 310 | 35 | 4.5 | 40 | 1790 | 64 | 12 | 11 | 34 |
| Kids Menu | | | | | | | | | | | | |
| Chicken Noodle Soup | | 1 Bowl | 410 | 150 | 17 | 1.5 | 60 | 750 | 36 | 5 | 5 | 28 |
| Cranberry Poppy Salad | | 1 Bowl | 430 | 230 | 26 | 8 | 95 | 600 | 18 | 2 | 13 | 30 |
| Cukes & Carrot Salad | | 1 Bowl | 220 | 90 | 10 | 1.5 | 60 | 500 | 9 | 3 | 4 | 25 |
| Power Pasta | | 1 Bowl | 330 | 120 | 137 | 4.0 | 75 | 680 | 22 | 2 | 1 | 28 |
| Roasted Vegetables | | | | | | | | | | | | |
| Roasted Root Vegetable Medley | | 6 oz. | 150 | 50 | 6 | 1.0 | | 530 | 23 | 6 | 10 | 3 |
| Summer Roasted Vegetable Medley | | 6 oz. | 70 | 40 | 5 | 0.5 | | 280 | 8 | 2 | 4 | |
| Dressings | | | | | | | | | | | | |
| Balsamic Vinaigrette | | 2 oz. | 270 | 250 | 28 | 4.0 | | 50 | 3 | | 3 | 0 |
| BBQ Sauce | | 2 oz. | 70 | | | | | 330 | 17 | | 16 | 1 |
| Carrot Chili Vinaigrette | | 2 oz. | 190 | 160 | 18 | 1.5 | | 85 | 7 | | 6 | 0 |
| Chimichurri Sauce | | 2 oz. | 130 | 120 | 13 | 2.0 | | 490 | 4 | | | 1 |
| Citrus Poppyseed Dressing | | 2 oz. | 240 | 210 | 24 | 2.5 | 5 | 45 | 8 | | 6 | 0 |
| Cranberry Vinaigrette | | 2 oz. | 250 | 200 | 23 | 3.0 | | 0 | 13 | | 12 | 0 |
| Cucumber Basil Dressing | | 2 oz. | 110 | 80 | 10 | 1.0 | | 160 | 3 | | 2 | 3 |
| Extra Virgin Olive Oil | | 2 oz. | 480 | 490 | 56 | 8 | | | | | | |
| Fire Sauce | | 2 oz. | 100 | 5 | 1 | | | 530 | 24 | | 23 | 1 |
| Fresh Lemon Squeeze | | 2 oz. | 15 | | | | | 0 | 5 | | 1 | 0 |
| Fresh Lime Squeeze | | 2 oz. | 15 | | | | | 0 | 5 | | | 0 |
| Greek Yogurt Bleu Cheese Dressing | | 2 oz. | 170 | 130 | 15 | 6 | 25 | 370 | 2 | | | 7 |
| Greek Yogurt Caesar Dressing | | 2 oz. | 160 | 130 | 15 | 3.0 | 15 | 230 | 3 | | 1 | 5 |
| Lime Cilantro Jalapeño Vinaigrette | | 2 oz. | 190 | 170 | 19 | 2.0 | | 35 | 3 | | 2 | 0 |
| Miso Sesame Ginger Dressing | | 2 oz. | 140 | 110 | 12 | 1.5 | | 1020 | 5 | | 2 | 4 |
| Ranch | | 2 oz. | 140 | 120 | 13 | 2.5 | 15 | 260 | 3 | | 2 | 2 |
| Sriracha | | 2 oz. | 60 | | | | | 680 | 11 | | 11 | |
| Thai Chili Sauce | | 1 oz. | 40 | 1.5 | 1.5 | | | 650 | 6 | | 5 | 1 |
| Thai Cashew Dressing | | 2 oz. | 200 | 160 | 18 | 2.5 | | 20 | 8 | | 3 | 2 |
| Ingredients | | | | | | | | | | | | |
| Antibiotic-free Salt & Pepper Chicken | | 2.675 oz. | 140 | 45 | 5 | 1 | 60 | 390 | 0 | | | 23 |
| Antibiotic-free Spicy Thai Chicken | | 2.675 oz. | 130 | 40 | 4.5 | 1 | 50 | 650 | 3 | | 3 | 19 |
| Arugula Base | | .07 oz. | 0 | 0 | 0 | | | 5 | 1 | | | 1 |
| Avocado | | Half | 160 | 130 | 15 | 2 | | 5 | 9 | 7 | | 2 |
| Baby Spinach Base | | 1.5 oz | 10 | 0 | 0 | | | 35 | 2 | | | 1 |
| Bacon | | .5 oz | 60 | 40 | 4.5 | 2 | 25 | 320 | | | | 5 |
| Balsamic Soy Chicken | | 2.675 oz. | 170 | 90 | 10 | 1 | 50 | 690 | 1 | | | 19 |
| Antibiotic-free BBQ Chicken | | 2.675 oz. | 130 | 35 | 4 | 1 | 50 | 400 | 4 | | 4 | 19 |
| Beef Bone Broth | | 12 oz. | 220 | 160 | 18 | 0.5 | | 950 | 15 | | | 1 |
| Beets | | 1 oz. | 10 | 0 | 0 | | | 20 | 3 | | 2 | 0 |
| Black Beans | | 1.5 oz. | 45 | 0 | 0 | | | 115 | 7 | 4 | | 3 |
| Bread | | Half Slice | 50 | 5 | 0.5 | | | 80 | 10 | | 2 | 2 |
| Broccoli | | 1 oz. | 10 | 0 | 0 | | | 10 | 2 | | | 1 |
| Cabbage Base | | 2 oz. | 15 | 0 | 0 | | | 10 | 3 | 1 | 2 | 1 |
| Carrots | | 1 oz. | 10 | 0 | 0 | | | 20 | 3 | | 1 | 0 |
| Celery Stalks | | 1 oz. | 0 | | | | | 25 | 1 | | | 0 |
| Chicken Bone Broth | | 12 oz. | 270 | 250 | 28 | | | 880 | 15 | | | 3 |
| Chickpeas | | 1.5 oz. | 45 | 5 | 0.5 | | | 50 | 7 | 2 | | 2 |

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|-----------------------------|--|-----------|-----|-----|-----|-----|-----|-----|----|---|----|----|
| Chopped Walnuts | | .25 oz. | 40 | 40 | 4.5 | 0 | | | 1 | | | 1 |
| Coconut Curry Broth | | 12 oz. | 160 | 300 | 34 | 14 | | 850 | 6 | | 4 | 3 |
| Corn | | 1.5 oz | 35 | 0 | 0 | | | 0 | 8 | 1 | 1 | 1 |
| Cucumbers | | 2 oz. | 10 | 0 | 0 | | | 0 | 2 | | | 0 |
| Dried Cranberries | | .5 oz | 50 | | | | | | 12 | | 10 | |
| Edamame | | 2 oz. | 45 | 20 | 2 | 0 | | 0 | 4 | 2 | | 4 |
| Fresh Basil | | .25 oz. | 0 | | | | | 0 | 0 | | | 0 |
| Fresh Cilantro | | .25 oz. | 0 | | | | | 0 | 0 | | | 0 |
| Fresh Ginger | | .25 oz. | 5 | 0 | 0 | | | 0 | 1 | | | 0 |
| Fresh Parsley | | .25 oz. | 0 | 0 | 0 | | | 0 | 0 | | | 0 |
| Gorgonzola Cheese | | 1 oz. | 100 | 70 | 8 | 6 | 25 | 380 | | | | 6 |
| Grape Tomatoes | | 1.5 oz | 10 | 0 | 0 | | | 0 | 2 | | 1 | 0 |
| Grain Salad | | 4.25 oz. | 190 | 80 | 90 | 1 | | 140 | 25 | 2 | 2 | 4 |
| Grass-fed Spicy Cumin Steak | | 2.675 oz. | 140 | 50 | 6 | 2.5 | 30 | 80 | 0 | | | 20 |
| Grass-fed Spicy Thai Steak | | 2.675 oz. | 130 | 45 | 5 | 2 | 25 | 490 | 4 | | 3 | 15 |
| Green & Red Peppers | | 1.5 oz | 10 | 0 | 0 | | | 0 | 2 | | 1 | 0 |
| Hard Boiled Egg | | 1 each | 80 | 45 | 5 | 1.5 | 210 | 60 | 1 | | | 6 |
| Housemade Hummus | | 1.5 oz | 100 | 60 | 7 | 1 | | 110 | 6 | 2 | | 3 |
| Jalapeno Peppers | | .3 oz | 0 | 0 | 0 | | | 0 | 1 | | | 0 |
| Jicama | | 1 oz. | 10 | | | | | 0 | 3 | | | 0 |
| Kalamata Olives | | 1 oz. | 30 | 25 | 3 | 0 | | 210 | 2 | 1 | | 0 |
| Kale Base | | 1 oz. | 15 | 0 | 0 | | | 10 | 3 | | | 1 |
| Lemongrass | | .01 oz | 0 | | | | | 0 | | | | 0 |
| Feta Cheese | | 1 oz. | 80 | 50 | 6 | 4 | 20 | 320 | 1 | | | 5 |
| Mandarin Oranges | | 2 oz. | 30 | | | | | 0 | 7 | | 5 | 0 |
| Mesclun Base | | 1.5 oz | 5 | 0 | 0 | | | 15 | 1 | | | 1 |
| Parmesan Crisp | | 4.5 oz. | 50 | 30 | 3.5 | 2 | 10 | 230 | 0 | | | 5 |
| Pickled Red Cabbage | | 2 oz. | 20 | 0 | 0 | | | 200 | 4 | | 3 | 1 |
| Pickled Red Onions | | 2 oz. | 20 | | | | | 300 | 4 | | 2 | 1 |
| Pickled Jalapenos | | 2 oz. | 10 | | | | | 200 | 4 | | 3 | 1 |
| Poke Tuna | | 3.2 oz. | 110 | 25 | 3 | 0 | 35 | 470 | 1 | | | 19 |
| Purple Rice Blend | | 2 oz. | 90 | 20 | 2 | 0 | | 50 | 16 | | | 2 |
| Quinoa | | 2 oz. | 100 | 30 | 3.5 | 0 | | 140 | 13 | 1 | | 3 |
| Red Onions | | .7 oz | 10 | | | | | 0 | 2 | | | 0 |
| Rice Noodles | | 5 oz | 210 | 45 | 5 | 0 | | 20 | 37 | 2 | | 2 |
| Roasted Organic Tofu | | 2 oz. | 110 | 70 | 8 | 0.5 | | 350 | 2 | | | 6 |
| Romaine Base | | 2 oz. | 10 | 0 | 0 | | | 0 | 2 | 1 | | 1 |
| Scallions | | .25 oz. | 0 | | | | | 0 | 1 | | | 0 |
| Sesame Seeds | | 1 tbsp | 30 | 25 | 3 | 0.5 | | | 1 | 1 | | 1 |
| Sesame Sriracha Sprouts | | 1.5 oz | 20 | 5 | 0.5 | 0 | | 210 | 3 | | 3 | 1 |
| Shaved Parmesan | | .5 oz | 60 | 30 | 3.5 | 2.5 | 10 | 230 | 1 | | | 5 |
| Shiitake Mushrooms | | .5 oz | 10 | | | | | 0 | 2 | | | 0 |
| Shredded White Cheddar | | 1 oz. | 110 | 80 | 9 | 6 | 30 | 180 | | | | 7 |
| Sliced Almonds | | .25 oz. | 40 | 30 | 3.5 | 0 | | | 1 | | | 1 |
| Spicy Thai Rice Noodles | | 5 oz | 210 | 50 | 5 | 0 | | 590 | 36 | 2 | 5 | 3 |
| Tortilla Strips | | 1 oz. | 140 | 50 | 6 | | | 60 | 16 | | | |
| Vegetable Broth | | 12 oz | 35 | 20 | 2.5 | | | 460 | 25 | | 1 | 1 |
| Watermelon | | 3.25 oz. | 30 | | | | | | 7 | | | 6 |