



	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

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