



DP= Double Protein
 Calorie's New or Updated

	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												
Apple Cider Green Tea		12 oz.	140	0	0	0	0	70	34	0	34	0
Beet Lemonade		12 oz.	130	0	0	0	0	20	34	0	31	0
Classic Lemonade		12 oz.	150	0	0	0	0	10	41	0	37	0
Cold-Brew Coffee		12 oz.	0	0	0	0	0	5	0	0	0	0
Cranberry Cayenne Lemonade		12 oz.	150	0	0	0	0	10	40	0	38	1
Fruit Punch		12 oz.	140	0	0	0	0	90	33	1	28	2
Honey Ginger Lemonade		12 oz.	90	0	0	0	0	10	24	0	21	0
Tropical Green Iced Tea		12 oz.	0	0	0	0	0	0	0	0	1	0
Grain Bowls- No Dressing												
Greens and Ancient Grains	Big	1 Bowl	350	150	18	6	30	430	35	7	4	16
Greens and Ancient Grains	Big DP	1 Bowl	560	270	31	12	60	670	49	9	4	26
Greens and Ancient Grains	Small	1 Bowl	170	80	9	3	15	220	18	4	2	8
Southwest Chicken & Purple Rice Blend	Big	1 Bowl	650	220	25	9	90	410	68	16	6	42
Southwest Chicken & Purple Rice Blend	Big DP	1 Bowl	750	220	25	9.0	150	590	68	16	6	65
Southwest Chicken & Purple Rice Blend	Small	1 Bowl	450	160	19	6.0	75	380	39	11	3	34
Spicy Chicken & Ancient Grains	Big	1 Bowl	290	70	8	1.5	50	600	29	6	7	26
Spicy Chicken & Ancient Grains	Big DP	1 Bowl	390	80	9	2.5	100	1040	32	6	9	44
Spicy Chicken & Ancient Grains	Small	1 Bowl	200	40	5	1.0	50	520	16	3	4	22
Sriracha Ginger Tofu & Ancient Grains	Big	1 Bowl	270	110	13	1.0	0	270	26	6	4	14
Sriracha Ginger Tofu & Ancient Grains	Big DP	1 Bowl	360	170	19	1.5	0	370	27	6	4	21
Sriracha Ginger Tofu & Ancient Grains	Small	1 Bowl	180	60	7	0.5	0	145	13	3	2	11
Spicy Thai Chicken and Rice Noodles	Big	1 Bowl	310	35	4	1.5	50	810	47	6	13	23
Spicy Thai Chicken and Rice Noodles	Big DP	1 Bowl	420	45	5	2	100	1240	50	6	16	42
Spicy Thai Chicken and Rice Noodles	Small	1 Bowl	210	20	2.5	1	50	620	25	3	8	21
Tuna Poke Grain	Big	1 Bowl	470	220	26	3	30	150	38	14	7	35
Tuna Poke Grain	Big DP	1 Bowl	580	260	31	3	55	180	38	14	7	56
Tuna Poke Grain	Small	1 Bowl	350	190	22	2.0	30	95	21	9	3	28
Green Bowls- No Dressing												
Chicken Cobb	Big	1 Bowl	410	200	23	6	265	420	13	8	2	39
Chicken Cobb	Big DP	1 Bowl	510	200	23	7	325	590	13	8	2	60

Chicken Cobb	Small	1 Bowl	350	170	20	5	255	330	10	7	2	34
Kale Caesar	Big	1 Bowl	250	70	8	5	80	630	9	4	2	35
Kale Caesar	Big DP	1 Bowl	350	70	8	6	140	810	9	4	2	57
Kale Caesar	Small	1 Bowl	180	35	4	3	70	410	5	2	2	29
Mediterranean	Big	1 Bowl	370	190	22	6.0	25	640	34	9	8	15
Mediterranean	Big DP	1 Bowl	530	270	31	8.0	25	830	55	15	15	22
Mediterranean	Small	1 Bowl	310	160	18	5	15	470	27	7	5	11
Sriracha Ginger Roasted Tofu	Big	1 Bowl	210	120	14	1.5	0	350	12	5	3	14
Sriracha Ginger Roasted Tofu	Big DP	1 Bowl	350	230	26	2.5	0	560	14	5	4	20
Sriracha Ginger Roasted Tofu	Small	1 Bowl	160	90	11	1	0	180	7	3	2	11
Steak, Bacon and Bleu Greens	Big	1 Bowl	380	190	21	8	85	420	18	4	12	31
Steak, Bacon and Bleu Greens	Big DP	1 Bowl	520	240	27	10	145	510	18	4	12	52
Steak, Bacon and Bleu Greens	Small	1 Bowl	260	120	13	5	70	260	9	2	6	26
Warm Rice Bowls- No Dressing												
BBQ Ranch Chicken	Big	1 Bowl	710	160	18	8	125	510	81	10	8	55
BBQ Ranch Chicken	Small	1 Bowl	430	90	10	4	65	290	56	6	5	29
Korean BBQ Pork Bowl	Big	1 Bowl	700	270	30	6	320	770	61	6	13	49
Korean BBQ Pork Bowl	Big DP	1 Bowl	950	350	40	9	410	1160	70	5	19	83
Korean BBQ Pork Bowl	Small	1 Bowl	530	210	24	6	320	640	36	3	10	45
Ranch Flank Steak	Big	1 Bowl	870	360	41	9	125	1400	69	8	10	59
Ranch Flank Steak	Small	1 Bowl	490	230	26	5	65	760	36	4	5	31
Spicy Chicken	Big	1 Bowl	690	190	22	4	100	1890	75	9	13	50
Spicy Chicken	Small	1 Bowl	360	100	11	2	50	1050	40	5	8	26
Tuna Poke Fire	Big	1 Bowl	520	210	25	0.5	30	570	55	9	7	30
Tuna Poke Fire	Small	1 Bowl	370	170	21	2	30	310	31	7	4	27
Bone Broth Bowls & Soups												
Chicken and Rice Noodle Broth Bowl	Big	1 Bowl	310	5	1.5	1	60	900	40	3	2	31
Chicken and Rice Noodle Broth Bowl	Big DP	1 Bowl	410	5	2	2.0	125	1080	40	3	2	53
Chicken and Rice Noodle Broth Bowl	Small	1 Bowl	210	0	2	1.0	60	540	20	2	1	27
Chicken Tortilla & Chipotle Broth Bowl	Big	1 Bowl	500	80	10	3	60	1010	60	9	5	39
Chicken Tortilla & Chipotle Broth Bowl	Big DP	1 Bowl	600	80	10	4	125	1180	59	9	5	61
Chicken Tortilla & Chipotle Broth Bowl	Small	1 Bowl	300	40	5	2	60	590	30	4	2	31
Grilled Chicken Tortilla Broth Bowl	Big	1 Bowl	270	10	2	1	60	910	25	6	1	33
Grilled Chicken Tortilla Broth Bowl	Big DP	1 Bowl	370	10	2	2	125	1190	26	6	1	56
Grilled Chicken Tortilla Broth Bowl	Small	1 Bowl	190	5	1	1	60	550	14	3	1	28
Shitake Mushroom and Roasted Tofu	Big	1 Bowl	230	130	15	2	0	1020	16	4	3	11
Shitake Mushroom and Roasted Tofu	Big DP	1 Bowl	340	180	21	2	0	1120	22	5	3	19
Shitake Mushroom and Roasted Tofu	Small	1 Bowl	170	90	11	1	0	580	11	3	1	10
Spicy Ginger and Steak Rice Noodle Broth Bowl	Big	1 Bowl	500	140	16	4	45	1870	45	5	10	47
Spicy Ginger and Steak Rice Noodle Broth Bowl	Big DP	1 Bowl	610	180	21	6	95	1980	46	4	12	63
Spicy Ginger and Steak Rice Noodle Broth Bowl	Small	1 Bowl	320	100	11	3	45	1000	24	2	6	32
Broccoli Cheddar	Big	16 oz.	330	190	23	13	65	910	10	3	2	24

Broccoli Cheddar	Small	8 oz.	160	90	12	7	35	460	5	1	1	2
Tomato Basil	Big	16 oz.	390	260	31	11	45	900	16	4	7	17
Tomato Basil	Small	8 oz.	200	130	15	5	20	450	8	2	4	9
Kids Menu												
Chicken Noodle Soup	1 Size	1 Bowl	240	5	1	1.0	60	610	26	3	2	27
Cranberry Poppy Salad	1 Size	1 Bowl	210	45	5	4	75	190	14	2	10	27
Cukes & Carrot Salad	1 Size	1 Bowl	130	0	0	1.0	60	200	7	2	3	24
Power Pasta	1 Size	1 Bowl	290	150	17	7.0	90	880	27	2	4	34
Power Plate	1 Size	1 Plate	240	25	3	1.0	60	210	28	2	7	26
Roasted Vegetables												
Roasted Root Vegetable Medley	1 Scoop	3 oz	70	30	4	0.5	0	310	10	2.5	3.5	1
Roasted Brussels Sprouts	1 Scoop	2.6 oz	50	13	1.5	0	0	95	8	2.5	2.5	2.5
Dressings & Sauces												
Balsamic Vinaigrette		2 oz.	270	250	28	4.0	0	50	3	0	3	0
BBQ Sauce		1 oz.	25	0	0	0	0	110	6	0	5	0
Carrot Chili Vinaigrette		2 oz.	110	80	9	1.5	0	55	8	0	3	0
Chimichurri Sauce		1 oz.	115	100	11	1.5	0	365	5	0.5	3	0
Citrus Poppyseed Dressing		2 oz.	180	160	18	2.0	0	55	5	1	1	0
Cranberry Vinaigrette		2 oz.	250	210	23	2.5	0	0	12	0	12	0
Cucumber Basil Dressing		2 oz.	110	100	10	2.0	5	120	2	0	0	2
Extra Virgin Olive Oil		2 oz.	480	470	54	8	0	0	0	0	0	0
Fire Sauce		1 oz.	45	0	0	0	0	60	11	0	11	0
Fresh Lemon Squeeze		2 oz.	15	0	0	0	0	0	5	0	1	0
Fresh Lime Squeeze		2 oz.	15	0	0	0	0	0	5	0	0	0
Greek Yogurt Bleu Cheese Dressing		2 oz.	150	130	14	5	20	270	2	0	1	5
Greek Yogurt Caesar Dressing		2 oz.	170	140	16	3.0	15	240	3	0	0	4
Korean BBQ Sauce		1 oz.	90	45	5	0.5	0	500	14	0	10	1
Lime Cilantro Jalapeño Vinaigrette		2 oz.	200	190	20	3.0	0	50	3	0	2	0
Miso Sesame Ginger Dressing		2 oz.	130	110	12	1.5	0	550	4	0	0	2
Ranch		2 oz.	140	120	14	2.5	10	280	2	0	1	2
Sriracha		2 oz.	60	0	0	0	0	680	11	0	11	0
Thai Chili Sauce		1 oz.	45	20.0	2.0	0	0	550	6	0	5	1
Thai Cashew Dressing		2 oz.	210	180	20	3.5	0	5	7	0	1	3
Ingredients												
Antibiotic-free Salt & Pepper Chicken		2.6 oz	100	0	0	0	62	180	1	0	0	23
Antibiotic-free Spicy Thai Chicken		2.6 oz	110	10	1	1	50	440	3	0	2	23
Avocado		Half	120	92	10	2	0	5	6	5	0	2
Bacon		.5 oz	76	53	6	2	16	147	0	0	0	6
Antibiotic-Free BBQ Chicken		2.6 oz	90	0	0	0.5	50	210	3	0	2	18
Baked Falafel		1 piece	60	30	4	0.5	0	100	6	1	1	2
Beef Bone Broth		12 oz.	90	15	1.5	1	0	1110	0	0	0	18
Beets		1 oz.	10	0	0	0	0	20	3	0	2	0
Black Beans		1.5 oz.	60	0	0	0	0	0	10	4	0	4

Bread		Half Slice	50	5	0.5	0	0	80	10	0	2	2
Carrots		1 oz.	10	0	0	0	0	20	3	1	2	1
Celery		1 oz.	0	0	0	0	0	25	1	0	0	0
Chicken Bone Broth		12 oz.	20	0	1	0	0	320	0	0	0	2
Chipotle Chicken Bone Broth		12 oz.	35	0	1	0	0	640	0	0	0	6
Chickpeas		1.5 oz.	45	5	0.5	0	0	50	7	2	0	2
Chopped Walnuts		.25 oz.	40	40	4.5	0	0	0	1	0	0	1
Corn		1.5 oz	34	1.7	0.213	0	0	1	8	1	1.5	1
Cotija Cheese		.3 oz	20	15	1.5	0	0	75	0	0	0	1
Cucumbers		2 oz.	35	0	0	0	0	0	8	1	1	1
Dried Cranberries		.5 oz	10	0	0	0	0	0	2	0	0	0
Edamame		2 oz.	50	0	0	0	0	0	12	0	10	0
Fresh Basil		.25 oz.	45	20	2	0	0	0	4	2	0	4
Fresh Cilantro		.25 oz.	0	0	0	0	0	0	0	0	0	0
Fresh Ginger		.25 oz.	0	0	0	0	0	0	0	0	0	0
Fresh Parsley		.25 oz.	5	0	0	0	0	0	1	0	0	0
Fried Egg		1 Egg	90	60	7	2	185	95	0	0	6	0
Gorgonzola Cheese		1 oz.	100	70	8	6	25	380	0	0	0	6
Grape Tomatoes		1.5 oz	10	0	0	0	0	0	2	0	1	0
Grain Salad		4.25 oz.	160	70	8	0.5	0	85	20	2	1	3
Grass-fed Spicy Cumin Steak		2.6 oz	120	50	5	2	50	85	0	0	0	18
Grass-fed Spicy Thai Steak		2.6 oz	140	50	6	2	45	330	3	0	2	17
Green & Red Peppers		1.5 oz	10	0	0	0	0	0	2	0	1	0
Hard Boiled Egg		1 Egg	80	45	5	1.5	210	60	1	0	0	6
Housemade Hummus		1.5 oz	110	70	8	1	0	100	6	2	0	3
Jalapeno Peppers		.3 oz	0	0	0	0	0	0	1	0	0	0
Jicama		1 oz.	10	0	0	0	0	0	3	0	0	0
Kalamata Olives		1 oz.	30	25	3	0	0	210	2	1	0	0
Kimchi		2 oz.	25	0	0	0	0	70	6	1	4	0
Korean BBQ Pork		4.5 oz.	230	70	7	2.5	105	160	2	0	2	38
Feta Cheese		1 oz.	80	50	6	4	20	320	1	0	0	5
Mandarin Oranges		2 oz.	30	0	0	0	0	0	7	0	5	0
Parmesan Crisp		4.5 oz.	50	30	3.5	2	10	230	0	0	0	5
Pickled Red Cabbage		2 oz.	20	0	0	0	0	95	4	1	3	0
Pickled Red Onions		2 oz.	20	0	0	0	0	45	4	0	2	0
Pickled Jalapenos		1 oz.	10	0	0	0	0	85	2	0	2	0
Poke Tuna		3.2 oz.	105	40	5	0	28	32	0	0	0	22
Purple Rice Blend		2 oz.	80	20	2.5	0	0	25	12	0	0	1
Quinoa		2 oz.	100	30	3.5	0	0	60	14	2	0	3
Rice Noodles		5 oz	150	0	0	0	0	25	34	1	0	3
Roasted Organic Tofu		2 oz.	90	50	6	0.5	0	100	1	0	0	7
Roasted Pepper Blend		1.5 oz.	20	10	1.5	0	0	20	3	0	2	0
Scallions		.25 oz.	0	0	0	0	0	0	1	0	0	0

Sesame Seeds		1 tbsp	30	25	3	0.5	0	0	1	1	0	1
Sesame Sriracha Sprouts		1.5 oz	5	0	0.5	0	0	90	0	0	0	0
Shaved Parmesan		.5 oz	60	30	3.5	2.5	10	230	1	0	0	5
Shiitake Mushrooms		.5 oz	10	0	0	0	0	0	2	0	0	0
Shredded White Cheddar		1 oz.	110	80	9	6	30	180	0	0	0	7
Sliced Almonds		.25 oz.	40	30	3.5	0	0	0	1	0	0	1
Spicy Broccoli		1 oz.	30	25	3	0	0	45	1	0	0	1
Spicy Thai Rice Noodles		5 oz	170	20	2	0	510	34	1	0	0	0
Tortilla Strips		1 oz.	140	50	6	0	0	60	16	0	0	0
Vegetable Broth		12 oz	5	0	0.5	0	0	95	0	0	0	0