



DP= Double Protein

| | 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 | | | | | 70 | 34 | | 34 | |
| Beet Lemonade | | 12 oz. | 130 | | | | | 20 | 34 | | 31 | |
| Classic Lemonade | | 12 oz. | 150 | | | | | 10 | 41 | | 37 | |
| Cold-Brew Coffee | | 12 oz. | 0 | | | | | 5 | | | | |
| Cranberry Cayenne Lemonade | | 12 oz. | 150 | | | | | 10 | 40 | | 38 | 1 |
| Fruit Punch | | 12 oz. | 140 | | | | | 90 | 33 | 1 | 28 | 2 |
| Honey Ginger Lemonade | | 12 oz. | 90 | | | | | 10 | 24 | | 21 | |
| Raspberry Iced Tea | | 12 oz. | 0 | | | | | 0 | 1 | | | |
| Tropical Green Iced Tea | | 12 oz. | 0 | | | | | 0 | | | 1 | |
| 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 | 560 | 68 | 16 | 6 | 42 |
| Southwest Chicken & Purple Rice Blend | Big DP | 1 Bowl | 750 | 220 | 25 | 9.0 | 150 | 730 | 68 | 16 | 6 | 65 |
| Southwest Chicken & Purple Rice Blend | Small | 1 Bowl | 450 | 160 | 19 | 6.0 | 75 | 450 | 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 | 750 | 170 | 19 | 8 | 125 | 820 | 89 | 9 | 8 | 55 |
| BBQ Ranch Chicken | Small | 1 Bowl | 460 | 130 | 14 | 7 | 80 | 420 | 50 | 6 | 5 | 32 |
| 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 | 880 | 380 | 42 | 10 | 135 | 1140 | 70 | 9 | 10 | 56 |
| Ranch Flank Steak | Small | 1 Bowl | 500 | 240 | 26 | 6 | 70 | 630 | 36 | 5 | 5 | 29 |
| Spicy Chicken | Big | 1 Bowl | 770 | 240 | 27 | 6 | 0 | 2290 | 77 | 10 | 14 | 56 |
| Spicy Chicken | Small | 1 Bowl | 360 | 100 | 11 | 2 | 50 | 910 | 40 | 5 | 8 | 27 |
| 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 | 720 | 420 | 48 | 2 | 60 | 1630 | 43 | 3 | 2 | 28 |
| Chicken and Rice Noodle Broth Bowl | Big DP | 1 Bowl | 860 | 460 | 53 | 3.0 | 120 | 2010 | 43 | 4 | 2 | 50 |
| Chicken and Rice Noodle Broth Bowl | Small | 1 Bowl | 430 | 230 | 26 | 1.5 | 60 | 1010 | 22 | 2 | 1 | 25 |
| Grilled Chicken Tortilla Broth Bowl | Big | 1 Bowl | 690 | 430 | 49 | 2 | 60 | 1750 | 28 | 5 | 2 | 28 |
| Grilled Chicken Tortilla Broth Bowl | Big DP | 1 Bowl | 810 | 480 | 54 | 3 | 120 | 2090 | 25 | 4 | 2 | 49 |
| Grilled Chicken Tortilla Broth Bowl | Small | 1 Bowl | 410 | 240 | 27 | 1 | 60 | 1070 | 14 | 2 | 1 | 25 |
| Shitake Mushroom and Roasted Tofu | Big | 1 Bowl | 240 | 140 | 16 | 2 | 0 | 1070 | 16 | 4 | 6 | 10 |
| Shitake Mushroom and Roasted Tofu | Big DP | 1 Bowl | 340 | 210 | 24 | 2 | 0 | 1280 | 17 | 5 | 6 | 16 |
| Shitake Mushroom and Roasted Tofu | Small | 1 Bowl | 170 | 100 | 12 | 1 | 0 | 640 | 9 | 2 | 3 | 8 |

| | | | | | | | | | | | | |
|---|----------|---------|-----|------|-----|-----|----|------|----|-----|----|----|
| Spicy Ginger and Steak Rice Noodle Broth Bowl | Big | 1 Bowl | 660 | 370 | 41 | 4 | 35 | 1640 | 45 | 4 | 7 | 27 |
| Spicy Ginger and Steak Rice Noodle Broth Bowl | Big DP | 1 Bowl | 800 | 420 | 47 | 7 | 65 | 1920 | 45 | 4 | 7 | 48 |
| Spicy Ginger and Steak Rice Noodle Broth Bowl | Small | 1 Bowl | 400 | 210 | 24 | 4 | 35 | 960 | 23 | 2 | 4 | 24 |
| Broccoli Cheddar | Big | 16 oz. | 350 | 210 | 24 | 15 | 70 | 1130 | 9 | 3 | 3 | 25 |
| Broccoli Cheddar | Small | 8 oz. | 180 | 100 | 12 | 7 | 35 | 1130 | 9 | 3 | 3 | 25 |
| Tomato Basil | Big | 16 oz. | 390 | 240 | 27 | 13 | 55 | 1340 | 13 | 3 | 5 | 12 |
| Tomato Basil | Small | 8 oz. | 200 | 120 | 14 | 7 | 30 | 670 | 7 | 2 | 3 | 12 |
| Kids Menu | | | | | | | | | | | | |
| Chicken Noodle Soup | 1 Size | 1 Bowl | 240 | 150 | 17 | 1.5 | 60 | 750 | 36 | 5 | 5 | 28 |
| 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 | 2 Scoops | 6 oz. | 140 | 60 | 7 | 1 | 0 | 620 | 20 | 5 | 7 | 2 |
| Roasted Brussels Sprouts | 2 Scoops | 5.2 oz. | 100 | 25 | 3 | 0 | 0 | 190 | 16 | 5 | 5 | 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 | 120 | 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. | 165 | 117 | 18 | 0.25 | 0 | 967 | 0 | 0 | 0 | 1 |
| 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. | 270 | 250 | 28 | 0 | 0 | 880 | 15 | 0 | 0 | 3 |
| 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 | 160 | 300 | 34 | 14 | 0 | 850 | 6 | 0 | 4 | 3 |
| 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 |
| 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 | 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 | 35 | 20 | 2.5 | 0 | 0 | 460 | 25 | 0 | 1 | 1 |