JUST SALAD

# NUTRITION GUIDE

## Ingredients, Nutritional + Allergen Information

# SALADS

**Menu items do not include dressings in nutrition or allergens. Please see dressing information separately on page 12.**

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Crispy Chicken Poblano | 530 | 32 | 8 | 0 | 55 | 890 | 47 | 9 | 5 | 21 | X | X | | | | | | | | | |
| Tokyo Supergreens, Tofu | 320 | 20 | 2 | 0 | 0 | 340 | 23 | 13 | 5 | 18 | | | | X | X | | | | | X | X |
| Tokyo Supergreens, Chicken | 350 | 17 | 2 | 0 | 70 | 500 | 21 | 11 | 5 | 32 | | | | X | X | | | | | | |
| Thai Chicken Crunch | 310 | 9 | 1.5 | 0 | 70 | 570 | 29 | 7 | 6 | 28 | X | | X | X | | | | | | | |
| Balsamic Chicken Avocado | 380 | 19 | 3.5 | 0 | 260 | 430 | 22 | 9 | 5 | 33 | | | X | | | | | | | | |
| Chicken Caesar | 400 | 18 | 4.5 | 0 | 90 | 940 | 23 | 3 | 2 | 37 | X | X | | | | | | | | | |
| Buffalo Chicken | 460 | 28 | 12 | 0 | 115 | 840 | 18 | 7 | 6 | 37 | X | X | | | | | | | | | |
| Mezze Crunch | 370 | 17 | 6 | 0 | 30 | 1040 | 38 | 8 | 10 | 16 | X | X | | | | | | | | X | |
| Earth Bowl | 600 | 33 | 8 | 0 | 30 | 920 | 60 | 13 | 23 | 22 | | X | | | | | | | | X | |
| Earth Bowl w/ Chicken | 740 | 38 | 8 | 0 | 100 | 1250 | 60 | 13 | 23 | 44 | | X | | | | | | | | | |
| Southwest Crunch | 500 | 25 | 4 | 0 | 0 | 570 | 51 | 13 | 9 | 22 | X | | | X | | | | | | X | X |

# MARKET PLATES

**Menu items do not include dressings in nutrition or allergens. Please see dressing information separately on page 12.**

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Chicken Fajita | 790 | 33 | 5 | 0 | 80 | 1680 | 89 | 13 | 8 | 40 | | | | | | | | | | | |
| Chicken + Tzatziki Harvest | 830 | 36 | 4.5 | 0 | 80 | 1580 | 85 | 11 | 5 | 45 | | | | | | | | | | | |
| Peruvian Chicken | 920 | 39 | 7 | 0 | 90 | 1360 | 105 | 16 | 10 | 43 | | X | | | X | | | | | | |

# WARM BOWLS

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Cilantro Lime Chicken | 830 | 37 | 10 | 0 | 110 | 1390 | 82 | 15 | 6 | 48 | X | X | | | | | | | | | |
| Hot Honey Harvest | 590 | 34 | 8 | 0 | 110 | 1060 | 35 | 7 | 15 | 39 | | X | | | | | | | | | |
| Edamame Crunch | 510 | 27 | 3 | 0 | 0 | 740 | 50 | 11 | 9 | 21 | X | | | X | X | | | | | X | X |

# WRAPS

**Menu items do not include dressings in nutrition or allergens. Please see dressing information separately on page 12.**

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Honey Crispy Chicken | 660 | 38 | 11 | 0 | 65 | 1530 | 81 | 39 | 7 | 37 | X | X | | | | | | | | | |
| Spicy Chicken Caesar | 560 | 29 | 6 | 0 | 90 | 1560 | 56 | 35 | 1 | 51 | X | X | | | | | | | | | |
| Buffalo Chicken | 600 | 39 | 13 | 0 | 115 | 1460 | 48 | 37 | 4 | 50 | X | X | | | | | | | | | |
| Vegan Chipotle | 600 | 31 | 5 | 0 | 0 | 1110 | 86 | 42 | 3 | 28 | X | | | X | | | | | | X | X |

# DIGITAL EXCLUSIVES

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Honey Crispy Chicken | 510 | 27 | 10 | 0 | 65 | 920 | 49 | 9 | 8 | 23 | X | X | | | | | | | | | |
| Chicken Pita | 480 | 24 | 8 | 0 | 110 | 1040 | 33 | 7 | 8 | 36 | X | X | | | | | | | | | |
| Plant Power | 490 | 26 | 3 | 0 | 0 | 560 | 43 | 15 | 17 | 25 | | | | X | | | | | | X | X |
| Protein Power | 770 | 39 | 6 | 0 | 260 | 930 | 55 | 23 | 7 | 55 | | | X | | | | | | | | |

# INGREDIENTS

| ESSENTIALS | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Apples | 20 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 4 | 0 | | | | | | | | | | X | X |
| Basmati Rice | 130 | 1.5 | 0 | 0 | 0 | 75 | 26 | 0 | 0 | 2 | | | | | | | | | | X | X |
| Carrots | 15 | 0 | 0 | 0 | 0 | 20 | 3 | 1 | 1 | 0 | | | | | | | | | | X | X |
| Cilantro | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | X | X |
| Corn | 40 | 0 | 0 | 0 | 0 | 0 | 10 | 1 | 2 | 1 | | | | | | | | | | X | X |
| Crispy Onions | 50 | 3.5 | 2 | 0 | 0 | 40 | 3 | 0 | 1 | 1 | X | | | | | | | | | X | X |
| Croutons | 140 | 6 | 0 | 0 | 0 | 240 | 16 | 0 | 0 | 4 | X | X | | | | | | | | X | |
| Crunchy Tortilla | 90 | 5 | 0.5 | 0 | 0 | 20 | 11 | 0 | 0 | 1 | | | | | | | | | | X | X |
| Cucumbers | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 1 | 0 | | | | | | | | | | X | X |
| Dried Cranberries | 80 | 0 | 0 | 0 | 0 | 0 | 19 | 1 | 16 | 0 | | | | | | | | | | X | X |
| Edamame | 50 | 2.5 | 0 | 0 | 0 | 0 | 4 | 2 | 1 | 5 | | | | X | | | | | | X | X |
| Furikake Shake | 10 | 0.5 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 | | | | | X | | | | | X | X |
| Grape Tomatoes | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 1 | 0 | | | | | | | | | | X | X |
| Greek Medley | 70 | 3 | 0 | 0 | 0 | 410 | 9 | 2 | 2 | 2 | | | | | | | | | | X | X |
| Kale Chickpea + Seed Salad | 180 | 14 | 1.5 | 0 | 0 | 330 | 8 | 3 | 1 | 7 | | | | | | | | | | X | X |
| Parsley | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | X | X |
| Pickled Onions | 20 | 0 | 0 | 0 | 0 | 25 | 4 | 1 | 2 | 1 | | | | | | | | | | X | X |

| ESSENTIALS (CONT.) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Pickled Red Cabbage | 15 | 0 | 0 | 0 | 0 | 30 | 3 | 1 | 2 | 1 | | | | | | | | | | X | X |
| Regenerative Organic Chickpeas | 90 | 2.5 | 0 | 0 | 0 | 95 | 12 | 2 | 2 | 4 | | | | | | | | | | X | X |
| Regenerative Organic Quinoa | 80 | 2.5 | 0 | 0 | 0 | 0 | 13 | 1 | 0 | 3 | | | | | | | | | | X | X |
| Roasted Beets | 80 | 4 | 0 | 0 | 0 | 250 | 12 | 2 | 10 | 2 | | | | | | | | | | X | X |
| Shaved Broccoli | 20 | 1 | 0 | 0 | 0 | 70 | 3 | 1 | 1 | 1 | | | | | | | | | | X | X |
| Sliced Pepperoncini | 10 | 0 | 0 | 0 | 0 | 420 | 0 | 0 | 0 | 0 | | | | | | | | | | X | X |
| Spicy Harissa Pita | 80 | 3 | 0 | 0 | 0 | 180 | 11 | 0 | 1 | 1 | X | | | | | | | | | X | X |
| Sweet Potatoes | 130 | 6 | 0 | 0 | 0 | 150 | 19 | 3 | 6 | 2 | | | | | | | | | | X | X |
| Tajin® Spiced Pumpkin Seeds | 170 | 13 | 2.5 | 0 | 0 | 170 | 4 | 4 | 0 | 8 | | | | | | | | | | X | X |
| Wonton Strips | 110 | 3.5 | 1 | 0 | 0 | 190 | 15 | 1 | 0 | 2 | X | | X | X | | | | | | X | X |

| PREMIUMS | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Avocado | 90 | 8 | 1 | 0 | 0 | 0 | 4 | 3 | 0 | 1 | | | | | | | | | | X | X |
| Avocado Mash | 130 | 12 | 1.5 | 0 | 0 | 190 | 7 | 5 | 0 | 2 | | | | | | | | | | X | X |
| Black Lentils | 160 | 3 | 0 | 0 | 0 | 260 | 23 | 9 | 0 | 10 | | | | | | | | | | X | X |

| PREMIUMS (CONT.) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Fajitas + Corn | 80 | 3 | 0 | 0 | 0 | 420 | 15 | 2 | 6 | 2 | | | | | | | | | | X | X |
| Hemp Hearts | 50 | 4 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 3 | | | | | | | | | | X | X |
| Pico de Gallo | 15 | 0 | 0 | 0 | 0 | 260 | 3 | 1 | 2 | 1 | | | | | | | | | | X | X |
| Roasted Buffalo Cauliflower | 50 | 3.5 | 0 | 0 | 0 | 800 | 4 | 2 | 2 | 2 | | | | | | | | | | X | X |
| Roasted Cauliflower | 60 | 4.5 | 0 | 0 | 0 | 210 | 4 | 2 | 2 | 2 | | | | | | | | | | X | X |
| Roasted Mushrooms | 100 | 7 | 0 | 0 | 0 | 210 | 7 | 3 | 3 | 3 | | | | | | | | | | X | X |
| **CHEESE** | **Calories** | **Total Fat (g)** | **Saturated Fat (g)** | **Trans Fat (g)** | **Cholesterol (mg)** | **Sodium (mg)** | **Total Carbs (g)** | **Fiber (g)** | **Sugar (g)** | **Protein (g)** | **Contains Wheat** | **Contains Milk** | **Contains Eggs** | **Contains Soy** | **Contains Sesame** | **Contains Tree Nuts** | **Contains Peanuts** | **Contains Fish** | **Contains Shellfish** | **Vegetarian** | **Vegan** |
| Cotija | 70 | 5 | 4 | 0 | 20 | 330 | 1 | 1 | 0 | 4 | | X | | | | | | | | X | |
| Feta | 90 | 7 | 5 | 0 | 30 | 310 | 1 | 0 | 1 | 5 | | X | | | | | | | | X | |
| Hot Honey Goat Cheese | 120 | 8 | 5 | 0 | 30 | 150 | 5 | 0 | 4 | 7 | | X | | | | | | | | X | |
| Parmesan | 100 | 6 | 4 | 0 | 15 | 350 | 1 | 0 | 0 | 9 | | X | | | | | | | | X | |
| White Cheddar | 130 | 11 | 7 | 0 | 35 | 230 | 1 | 0 | 0 | 7 | | X | | | | | | | | X | |

| PROTEIN | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Cage-Free Jammy Egg* | 70 | 4.5 | 1.5 | 0 | 185 | 70 | 0 | 0 | 0 | 6 | | | X | | | | | | | X | |
| Crispy Chicken | 200 | 13 | 2.5 | 0 | 35 | 490 | 11 | 1 | 0 | 11 | X | | | | | | | | | | |
| Braised Chicken | 220 | 13 | 3 | 0 | 80 | 530 | 0 | 0 | 0 | 26 | | | | | | | | | | | |
| Roasted Chicken | 140 | 5 | 0.5 | 0 | 70 | 330 | 0 | 0 | 0 | 22 | | | | | | | | | | | |
| Impossible™ Chicken (Plant-Based) | 140 | 6 | 1 | 0 | 0 | 320 | 11 | 3 | 1 | 8 | X | | | X | | | | | | X | X |
| Organic Sesame Tofu | 100 | 7 | 0 | 0 | 0 | 200 | 2 | 2 | 0 | 7 | | | | X | X | | | | | X | X |
| **CURATED COMBOS** | **Calories** | **Total Fat (g)** | **Saturated Fat (g)** | **Trans Fat (g)** | **Cholesterol (mg)** | **Sodium (mg)** | **Total Carbs (g)** | **Fiber (g)** | **Sugar (g)** | **Protein (g)** | **Contains Wheat** | **Contains Milk** | **Contains Eggs** | **Contains Soy** | **Contains Sesame** | **Contains Tree Nuts** | **Contains Peanuts** | **Contains Fish** | **Contains Shellfish** | **Vegetarian** | **Vegan** |
| Corn + Cotija | 70 | 3 | 2 | 0 | 10 | 170 | 11 | 2 | 2 | 3 | | X | | | | | | | | X | |
| Fajitas & Corn + Avocado Mash | 210 | 15 | 1.5 | 0 | 0 | 610 | 21 | 7 | 6 | 4 | | | | | | | | | | X | X |
| Greek Medley + Feta | 160 | 10 | 5 | 0 | 30 | 720 | 10 | 2 | 4 | 7 | | X | | | | | | | | X | |
| Kale Chickpea & Seed Salad + Feta | 270 | 22 | 6 | 0 | 30 | 640 | 9 | 3 | 2 | 12 | | X | | | | | | | | X | |
| Kale Chickpea & Seed Salad + Pepperoncini | 200 | 14 | 1.5 | 0 | 0 | 760 | 8 | 3 | 1 | 7 | | | | | | | | | | X | X |

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

| CURATED COMBOS (CONT.) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Pickled Onions + Corn | 60 | 0 | 0 | 0 | 0 | 25 | 14 | 2 | 4 | 2 | | | | | | | | | | X | X |
| Pico de Gallo + Avocado Mash | 140 | 12 | 1.5 | 0 | 0 | 450 | 10 | 6 | 2 | 2 | | | | | | | | | | X | X |
| Roasted Beets + Hot Honey Goat Cheese | 200 | 11 | 5 | 0 | 30 | 400 | 17 | 2 | 14 | 9 | | X | | | | | | | | X | |
| Roasted Mushrooms + Parmesan | 260 | 19 | 2 | 0 | 5 | 600 | 16 | 6 | 7 | 10 | | X | | | | | | | | X | |
| Sweet Potatoes + Hot Honey Goat Cheese | 250 | 13 | 5 | 0 | 30 | 310 | 24 | 3 | 10 | 9 | | X | | | | | | | | X | |
| Sweet Potatoes + Pickled Red Cabbage | 150 | 6 | 0 | 0 | 0 | 180 | 22 | 4 | 8 | 2 | | | | | | | | | | X | X |

| BASE: SALADS | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Arugula | 20 | 0.5 | 0 | 0 | 0 | 20 | 3 | 1 | 2 | 2 | | | | | | | | | | X | X |
| Kale | 25 | 0 | 0 | 0 | 0 | 20 | 5 | 2 | 1 | 2 | | | | | | | | | | X | X |
| Red Cabbage | 80 | 1 | 0 | 0 | 0 | 65 | 15 | 5 | 3 | 5 | | | | | | | | | | X | X |
| Romaine | 30 | 0 | 0 | 0 | 0 | 15 | 5 | 4 | 2 | 2 | | | | | | | | | | X | X |
| Spinach | 20 | 0 | 0 | 0 | 0 | 60 | 3 | 2 | 0 | 3 | | | | | | | | | | X | X |
| Supergreens Blend | 30 | 0 | 0 | 0 | 0 | 50 | 6 | 3 | 2 | 3 | | | | | | | | | | X | X |

| BASE: MARKET PLATES | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Arugula | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | | | | | | | | | | X | X |
| Basmati Rice | 260 | 3.5 | 0 | 0 | 0 | 150 | 53 | 0 | 0 | 4 | | | | | | | | | | X | X |
| Basmati Rice + Black Lentil Mix | 340 | 5 | 0 | 0 | 0 | 290 | 64 | 5 | 0 | 10 | | | | | | | | | | X | X |
| Black Lentils | 330 | 6 | 0.5 | 0 | 0 | 530 | 46 | 19 | 0 | 20 | | | | | | | | | | X | X |
| Kale | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | | | | | | | | | | X | X |
| Romaine | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | | | | | | | | | | X | X |
| Spinach | 0 | 0 | 0 | 0 | 0 | 10 | 1 | 0 | 0 | 1 | | | | | | | | | | X | X |
| Supergreens Blend | 5 | 0 | 0 | 0 | 0 | 10 | 1 | 1 | 0 | 1 | | | | | | | | | | X | X |

| BASE: WARM BOWLS | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Arugula | 10 | 0 | 0 | 0 | 0 | 10 | 1 | 1 | 1 | 1 | | | | | | | | | | X | X |
| Basmati Rice | 130 | 1.5 | 0 | 0 | 0 | 75 | 26 | 0 | 0 | 2 | | | | | | | | | | X | X |
| Black Lentils | 160 | 3 | 0 | 0 | 0 | 260 | 23 | 9 | 0 | 10 | | | | | | | | | | X | X |
| Kale | 10 | 0 | 0 | 0 | 0 | 10 | 2 | 1 | 1 | 1 | | | | | | | | | | X | X |
| Romaine | 15 | 0 | 0 | 0 | 0 | 5 | 3 | 2 | 1 | 1 | | | | | | | | | | X | X |
| Spinach | 10 | 0 | 0 | 0 | 0 | 30 | 2 | 1 | 0 | 1 | | | | | | | | | | X | X |
| Supergreens Blend | 15 | 0 | 0 | 0 | 0 | 25 | 3 | 1 | 1 | 1 | | | | | | | | | | X | X |

| BASE: WRAPS | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Arugula | 10 | 0 | 0 | 0 | 0 | 10 | 1 | 1 | 1 | 1 | | | | | | | | | | X | X |
| Kale | 10 | 0 | 0 | 0 | 0 | 10 | 2 | 1 | 1 | 1 | | | | | | | | | | X | X |
| Red Cabbage | 40 | 0.5 | 0 | 0 | 0 | 30 | 8 | 3 | 2 | 3 | | | | | | | | | | X | X |
| Romaine | 15 | 0 | 0 | 0 | 0 | 5 | 3 | 2 | 1 | 1 | | | | | | | | | | X | X |
| Spinach | 10 | 0 | 0 | 0 | 0 | 30 | 2 | 1 | 0 | 1 | | | | | | | | | | X | X |
| Supergreens Blend | 15 | 0 | 0 | 0 | 0 | 25 | 3 | 1 | 1 | 1 | | | | | | | | | | X | X |
| Spinach | 0 | 0 | 0 | 0 | 0 | 10 | 1 | 0 | 0 | 1 | | | | | | | | | | X | X |
| Supergreens Blend | 5 | 0 | 0 | 0 | 0 | 10 | 1 | 1 | 0 | 1 | | | | | | | | | | X | X |

# DRESSINGS

Calories reflect 1 oz serving (Light).

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Balsamic Vinaigrette | 150 | 16 | 0 | 0 | 0 | 100 | 2 | 0 | 2 | 0 | | | | | | | | | | X | X |
| Balsamic Vinaigrette + Fresh Lemon | 155 | 16 | 0 | 0 | 0 | 100 | 3 | 0 | 2 | 0 | | | | | | | | | | X | X |
| Balsamic Vinegar | 25 | 0 | 0 | 0 | 0 | 5 | 5 | 0 | 4 | 0 | | | | | | | | | | X | X |
| Balsamic Vinegar + Extra Virgin Olive Oil | 130 | 14 | 2 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | | | | | | | | | | X | X |
| Buttermilk Ranch | 120 | 12 | 2.5 | 0 | 15 | 135 | 2 | 0 | 1 | 0 | | X | X | X | | | | | | X | |
| Chipotle Vinaigrette | 160 | 17 | 0 | 0 | 0 | 240 | 2 | 0 | 2 | 0 | | | | | | | | | | X | X |
| Cilantro Lime Vinaigrette | 150 | 16 | 0 | 0 | 0 | 105 | 1 | 0 | 0 | 0 | | | | | | | | | | X | X |
| Creamy Caesar | 140 | 15 | 2 | 0 | 15 | 160 | 2 | 0 | 0 | 0 | | X | X | X | | | | X | | | |
| Cucumber Tzatziki | 45 | 4 | 0 | 0 | 0 | 160 | 1 | 0 | 1 | 2 | | X | | | | | | | | X | |
| Extra Virgin Olive Oil | 240 | 28 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | X | X |
| Extra Virgin Olive Oil + Fresh Lemon | 245 | 28 | 4 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | | | | | | | | | | X | X |
| Fresh Lemon | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | | | | | | | | | | X | X |
| Fresh Lime | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | | | | | | | | | | X | X |

Spicy

# DRESSINGS (CONT.)

Calories reflect 1 oz serving (Light).

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Green Aji Sauce | 150 | 16 | 1.5 | 0 | 10 | 125 | 1 | 0 | 0 | 0 | | X | X | X | | | | | | X | |
| Honey Mustard Vinaigrette | 140 | 11 | 0 | 0 | 0 | 180 | 8 | 0 | 8 | 0 | | | | | | | | | | X | |
| Lemon Basil Vinaigrette | 140 | 16 | 0 | 0 | 0 | 150 | 1 | 0 | 1 | 0 | | | | | | | | | | X | X |
| Miso Ginger Vinaigrette | 120 | 12 | 0 | 0 | 0 | 300 | 3 | 0 | 2 | 1 | | | | X | | | | | | X | X |
| Red Wine Vinegar | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | X | X |
| Red Wine Vinegar + Extra Virgin Olive Oil | 120 | 14 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | X | X |
| Smoky Poblano Ranch | 130 | 14 | 3 | 0 | 20 | 160 | 2 | 0 | 1 | 1 | | X | X | X | | | | | | X | |
| Spicy Buffalo Ranch | 100 | 11 | 2.5 | 0 | 15 | 430 | 2 | 0 | 1 | 0 | | X | X | X | | | | | | X | |
| Sriracha | 30 | 0 | 0 | 0 | 0 | 720 | 7 | 1 | 5 | 1 | | | | | | | | | | X | X |
| Thai Peanut | 140 | 13 | 1.5 | 0 | 0 | 140 | 4 | 1 | 3 | 2 | X | | | X | X | | X | | | X | X |

Spicy

# SOUPS

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Chicken Noodle (L) | 220 | 6 | 2 | 0 | 50 | 1440 | 22 | 2 | 4 | 16 | X | | X | | | | | | | | |
| Chicken Noodle (S) | 110 | 3 | 1 | 0 | 25 | 720 | 11 | 1 | 2 | 8 | X | | X | | | | | | | | |
| Broccoli Cheddar (L)* | 460 | 32 | 18 | 0 | 110 | 1600 | 28 | 2 | 8 | 18 | X | X | | | | | | | | | |
| Broccoli Cheddar (S)* | 230 | 16 | 9 | 0 | 55 | 800 | 14 | 1 | 4 | 9 | X | X | | | | | | | | | |
| Chicken Poblano (L)* | 480 | 30 | 18 | 0 | 120 | 1760 | 36 | 4 | 12 | 18 | X | X | | | | | | | | | |
| Chicken Poblano (S)* | 240 | 15 | 9 | 0 | 60 | 880 | 18 | 2 | 6 | 9 | X | X | | | | | | | | | |
| Fire Roasted Vegetable (L)* | 140 | 5 | 0 | 0 | 0 | 900 | 24 | 4 | 8 | 4 | | | | | | | | | | X | X |
| Fire Roasted Vegetable (S)* | 70 | 2.5 | 0 | 0 | 0 | 450 | 12 | 2 | 4 | 2 | | | | | | | | | | X | X |
| Spiced Pumpkin Bisque (L)* | 380 | 14 | 9 | 0 | 50 | 1000 | 54 | 6 | 28 | 8 | | X | | | | | | | | X | |
| Spiced Pumpkin Bisque (S)* | 190 | 7 | 4.5 | 0 | 25 | 500 | 27 | 3 | 14 | 4 | | X | | | | | | | | X | |

*Served when available.

# BREAD

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sea Salt & Herb Focaccia | 80 | 1 | 0 | 0 | 0 | 310 | 15 | 1 | 0 | 2 | X | | | | | | | | | X | X |
| HERO Wraps™ | 170 | 11 | 1 | 0 | 0 | 640 | 36 | 33 | 0 | 15 | X | | | | | | | | | X | X |

# SMOOTHIES

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Açaí Protein Punch | 520 | 19 | 2 | 0 | 0 | 170 | 69 | 9 | 48 | 27 | | | | | | X | | | | X | X |
| PB Protein | 460 | 12 | 2.5 | 0 | 0 | 240 | 63 | 8 | 44 | 32 | | | | | | | X | | | X | X |
| Strawberry Banana | 330 | 1 | 0 | 0 | 0 | 5 | 86 | 7 | 59 | 3 | | | | | | | | | | X | X |
| Pineapple Paradise | 180 | 0.5 | 0 | 0 | 0 | 15 | 46 | 5 | 29 | 2 | | | | | | | | | | X | X |
| Vegan Protein Powder | 100 | 2 | 1 | 0 | 0 | 160 | 2 | 2 | 0 | 20 | | | | | | | | | | X | X |

# HOUSEMADE LEMONADES

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Pineapple Lemonade | 120 | 0 | 0 | 0 | 0 | 15 | 31 | 1 | 28 | 0 | | | | | | | | | | X | X |
| Strawberry Lemonade | 130 | 0 | 0 | 0 | 0 | 20 | 34 | 1 | 31 | 0 | | | | | | | | | | X | X |

# BEVERAGES

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Coke | 140 | 0 | 0 | 0 | 0 | 45 | 39 | 0 | 39 | 0 | | | | | | | | | | X | X |
| Diet Coke | 0 | 0 | 0 | 0 | 0 | 40 | 0 | 0 | 0 | 0 | | | | | | | | | | X | X |
| Coke Zero | 0 | 0 | 0 | 0 | 0 | 40 | 0 | 0 | 0 | 0 | | | | | | | | | | X | X |
| La Croix Sparkling Grapefruit | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | X | X |
| La Croix Sparkling Pure | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | X | X |
| Open Water | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | X | X |
| Poppi Doc Pop | 30 | 0 | 0 | 0 | 0 | 0 | 9 | 3 | 5 | 0 | | | | | | | | | | X | X |
| Poppi Orange | 25 | 0 | 0 | 0 | 0 | 0 | 9 | 3 | 5 | 0 | | | | | | | | | | X | X |

# BEVERAGES (CONT.)

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Poppi Strawberry Lemon | 30 | 0 | 0 | 0 | 0 | 0 | 9 | 3 | 5 | 0 | | | | | | | | | | X | X |
| Saint James Half & Half | 20 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 0 | | | | | | | | | | X | X |
| Saint James Passionfruit & Peach | 25 | 0 | 0 | 0 | 0 | 15 | 5 | 0 | 4 | 0 | | | | | | | | | | X | X |
| Saint James Pineapple & Mango | 25 | 0 | 0 | 0 | 0 | 15 | 5 | 0 | 4 | 0 | | | | | | | | | | X | X |

# SNACKS

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Andy's Amazing Chocolate Chunk Cookie | 130 | 7 | 4 | 0 | 20 | 150 | 16 | 1 | 9 | 1 | X | X | X | X | | | | | | X | |
| Issa's Hint of Lime Pita Chips | 290 | 14 | 1 | 0 | 0 | 130 | 36 | 1 | 1 | 5 | X | | | | | | | | | X | X |
| Miss Vickie's Jalapeno | 200 | 11 | 1.5 | 0 | 0 | 190 | 23 | 2 | 2 | 3 | | X | | | | | | | | X | |
| Miss Vickie's Sea Salt | 210 | 12 | 1.5 | 0 | 0 | 170 | 23 | 2 | 1 | 3 | | | | | | | | | | X | X |

# SNACKS (CONT.)

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Miss Vickie's Sea Salt & Vinegar | 200 | 11 | 1.5 | 0 | 0 | 240 | 23 | 2 | 2 | 3 | | X | | | | | | | | X | |
| Miss Vickie's Smokehouse BBQ | 200 | 11 | 1.5 | 0 | 0 | 190 | 23 | 2 | 3 | 3 | | X | | | | | | | | X | |
| PRETZELIZED Cheddar Pretzel Snackers | 250 | 8 | 1 | 0 | 5 | 930 | 36 | 2 | 3 | 7 | X | X | | | | | | | | X | |
| PRETZELIZED Sea Salt Pretzel Snackers | 250 | 9 | 1 | 0 | 0 | 740 | 37 | 2 | 2 | 6 | X | | | | | | | | | X | X |
| Skinny Dipped Almonds Dark Chocolate Cocoa | 170 | 12 | 4.5 | 0 | 0 | 85 | 15 | 6 | 5 | 5 | | X | | | | X | | | | X | |
| Skinny Dipped Almonds Dark Chocolate Peanut Butter | 170 | 12 | 3 | 0 | 0 | 150 | 14 | 7 | 4 | 5 | | X | | X | | X | X | | | X | |

Our food may contain or come into contact with common allergens such as wheat, milk, eggs, soy, sesame, tree nuts, peanuts, fish, and shellfish. Therefore, we cannot guarantee that any item is completely free of any allergen. If you have a food allergy or intolerance, please notify us before placing your order.

Nutritional information provided is based on standard recipes and serving sizes. Actual nutritional values may vary due to preparation techniques, ingredient substitutions, and regional differences

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2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutritional information available upon request.

# FALL SEASONALS

**Menu items do not include dressings in nutrition or allergens. Please see dressing information separately on page 12.**

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) | Contains Wheat | Contains Milk | Contains Eggs | Contains Soy | Contains Sesame | Contains Tree Nuts | Contains Peanuts | Contains Fish | Contains Shellfish | Vegetarian | Vegan |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Adobo Chicken Wrap | 800 | 43 | 7 | 0 | 85 | 1460 | 94 | 44 | 8 | 49 | X | X | | | | | | | | | |
| Autumn Caesar | 510 | 18 | 4.5 | 0 | 90 | 930 | 47 | 6 | 22 | 37 | X | X | | | | | | | | | |
| Buffalo Cauliflower | 380 | 29 | 8 | 0 | 25 | 1450 | 25 | 14 | 6 | 13 | | X | | | | | | | | X | |
| Chicken Caesar Wrap | 560 | 29 | 6 | 0 | 90 | 1570 | 56 | 35 | 1 | 51 | X | X | | | | | | | | | |
| The Clutch Wrap | 570 | 27 | 7 | 0 | 100 | 1350 | 66 | 36 | 8 | 48 | X | X | | | | | | | | | |
| Honey Adobo Chicken Salad | 560 | 32 | 8 | 0 | 85 | 960 | 33 | 11 | 8 | 40 | X | X | | | | | | | | | |
| Honey Adobo Chicken Market Plate | 700 | 24 | 3.5 | 0 | 85 | 1040 | 91 | 6 | 11 | 35 | | X | | | | | | | | | |
| Blue Cheese | 110 | 9 | 6 | 0 | 25 | 360 | 1 | 0 | 0 | 7 | | X | | | | | | | | X | |
| Corn Salsa | 70 | 1 | 0.5 | 0 | 5 | 140 | 14 | 2 | 2 | 3 | | X | | | | | | | | X | |
| Grillo's Pickles® | 5 | 0 | 0 | 0 | 0 | 230 | 1 | 0 | 0 | 0 | | | | | | | | | | X | X |
| Honey Adobo Chicken | 230 | 13 | 3 | 0 | 80 | 550 | 2 | 0 | 1 | 26 | | | | | | | | | | | |
| Hot Honey | 70 | 0 | 0 | 0 | 0 | 5 | 17 | 0 | 16 | 0 | | | | | | | | | | X | |
| Pickled Jalapeños | 15 | 0 | 0 | 0 | 0 | 20 | 3 | 1 | 2 | 0 | | | | | | | | | | X | X |