



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

	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

	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 + Peppercornini	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

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

Additional nutritional information available upon request.



FALL SEASONALS

	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