



# NUTRITION GUIDE

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TOTAL CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	DIETARY NEEDS	ALLERGENS (see below)
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## SPRING MENU 2024

Chicken Tortilla Soup (8oz)	330	17	8	0	60	850	23	4	2	20	-	6
Chicken Tortilla Soup (12 oz)	420	18	8	0	80	1330	35	7	5	30	-	6
Southwest Chicken Caesar on Spinach (1 ea)	970	52	14	0	120	2750	80	6	7	44	-	1, 2, 5, 6
Southwest Chicken Caesar on Wheat (1 ea)	960	52	14	0	120	2750	79	9	7	44	-	1, 2, 5, 6
Southwest Chicken Caesar on GF (1ea)	990	55	15	0	120	2670	80	5	12	44	GF	1, 2, 5
Southwest Chicken Caesar on Low Carb (1ea)	900	54	14	0	120	2400	66	16	7	53	-	1, 2, 5, 6
Fresca Market Salad ( 1 Bowl)	870	64	16	0	70	1640	57	12	10	20	Vegetarian, GF	1, 2, 5

## SPRING MENU 2024 – Ingredients

Fire Roasted Corn (1.45 oz)	50	1	0	0	0	0	8	1	4	1	Vegan, GF	-
Southwest Caesar Dressing (75g)	300	31	7	0	35	2160	3	0	0	4	Vegetarian, GF	1, 2, 5
Tortilla Strips (0.85 oz)	120	7	0	0	0	50	14	0	0	0	Vegan, GF	-

## MANGO PASSION BOWL – LIMITED TIME ONLY

Mango Passion Bowl (1 ea)	650	31	14	0	0	50	92	8	59	9	VEGETARIAN, GF	4
Mango (65g)	35	0	0	0	0	0	10	0	9	0	VEGAN, GF	--
Passion Fruit Syrup (1 Tbsp)	45	0	0	0	0	0	12	0	0	0	VEGETARIAN, GF	

## WINTER MENU 2024 – LIMITED TIME ONLY

Chipotle Chicken Bacon Ranch – Low Carb (1ea)	730	27	13	0	138	1670	63	14	22	54	-	2, 5
Chipotle Chicken Bacon Ranch – Gluten Friendly (1ea)	820	29	14	0	138	1940	77	3	27	45	-	2, 6
Chipotle Chicken Bacon Ranch – Wheat (1ea)	790	25	14	0	138	2020	76	7	22	45	-	2, 5
Chipotle Chicken Bacon Ranch – Spinach (1ea)	800	25	13	0	138	2020	77	4	22	45	-	2,5
Raspberry Rizz Smoothie (20 oz)	780	28	23	0	0	105	123	14	97	7	VEGETARIAN, GF	2, 4, 5

## WINTER MENU 2024 – NEW INGREDIENTS

Chipotle Glaze (2 Tbsp)	80	0	0	0	0	65	18	0	18	0	VEGETARIAN, GF	-
Chipotle Glazed Chicken (116 g)	200	3	1	0	58	630	21	0	19	20	GF	-
Ranch (2 oz)	220	23	3.5	0	20	450	4	0	2	0	VEGETARIAN, GF	1, 2, 6
White Chocolate Chips (Smoothies) (2 oz)	300	15	13	0	0	75	34	0	34	4	GF	1, 6
White Chocolate Chips (Bowls) (1 oz)	100	5	4.5	0	0	25	1	0	11	1	GF	1, 6



COMMON ALLERGENS: 1. CONTAINS EGG / 2. CONTAINS MILK / 3. CONTAINS PEANUTS / 4. CONTAINS TREE NUTS (INCLUDES COCONUT) / 5. CONTAINS SOY / 6. CONTAINS WHEAT / 7. CONTAINS FISH / 8. CONTAINS SHELLFISH / 9. CONTAINS SESAME

\*Strawberries in smoothies are fresh frozen and sweetened with cane sugar for consistent flavor year round      \*\* This item contains Caffeine      \*\*\* Contains Fresh Juiced Orange      \*\*\*\* Items containing halal meats may differ from our standard menu items.

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HOLIDAY MENU 2023 – SMOOTHIES												
Peppermint Mocha Chip Smoothie (20oz)	550	16	9	0	50	230	85	7	53	23	VEGETARIAN, GF	2,4,5
Cookie Butter Smoothie (20oz)	870	46	10	0	15	250	110	4	74	11	VEGETARIAN	2,4,5,6

HOLIDAY MENU 2023 – EATERY												
Toasted Grilled Cheese (1 ea)	720	43	18	0	90	1260	56	1	2	26	VEGETARIAN	1,2,5,6,9
Creamy Tomato Soup (8oz)	190	11	7	0	35	730	22	4	12	5	VEGETARIAN, GF	2,5
Creamy Tomato Soup (12oz)	290	16	10	0.5	50	1100	33	6	18	7	VEGETARIAN, GF	2,5
Toasted Sourdough (1 Slice)	130	0	0	0	0	290	27	0	1	5	VEGETARIAN	6, 9

HOLIDAY MENU 2023 – TOPPINGS / INGREDIENTS												
Colby Jack Cheese (2 Slices)	110	10	6	0	30	180	0	0	0	7	VEGETARIAN, GF	2
Havarti Cheese (2 Slices)	160	14	8	0	40	220	0	0	0	8	VEGETARIAN, GF	2



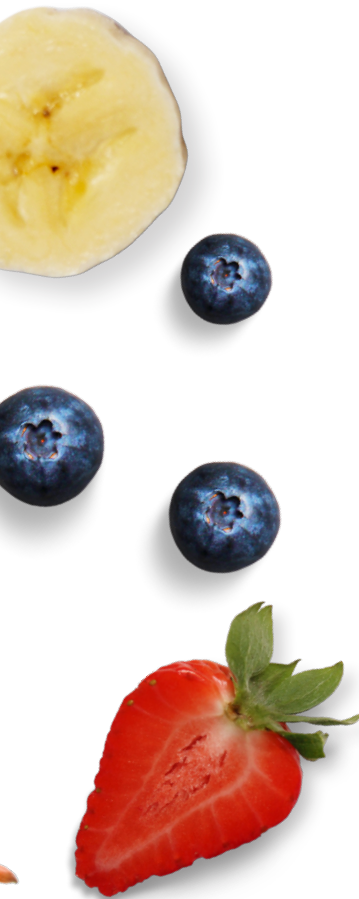
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## SMOOTHIES

* ***Alive (20 oz)	320	0	0	0	0	0	82	10	60	3	VEGAN, GF	-
*Anna's (20 oz)	360	12	1.5	0	0	15	61	9	43	7	VEGAN, GF	3, 4
Banana Nut w/ Almond Butter (20 oz)	530	14	1	0	0	0	106	8	71	6	VEGETARIAN,GF	4
Banana Nut w/ Almonds (20 oz)	540	14	1	0	0	5	107	10	70	8	VEGETARIAN,GF	4
Banana Nut w/ Peanut Butter (20 oz)	520	11	1.5	0	0	0	106	9	73	8	VEGETARIAN,GF	3
Carlo's Detox (20 oz)	320	0.5	0	0	0	25	81	10	53	4	VEGETARIAN,GF	-
**Colombian (20 oz)	430	6	4	0	15	200	95	3	68	4	VEGETARIAN,GF	2, 4, 5
Mango Tango (20 oz)	380	3	2	0	0	5	94	6	78	1	VEGETARIAN,GF	4
**Peanut Butter Mocha (20 oz)	550	16	4	0	0	180	98	9	49	10	VEGETARIAN, GF	2, 3, 4, 5
*Razzle Dazzle (20 oz)	230	0	0	0	0	15	57	9	37	2	VEGAN,GF	4
The Dimmer (20 oz)	240	1	0	0	0	25	61	8	38	3	VEGAN, GF	-
*Total Energy (20 oz)	330	0	0	0	0	5	84	9	64	2	VEGAN, GF	-
*Total Energy Plus (20 oz)	340	0	0	0	0	30	86	10	65	3	VEGAN, GF	-
*Very Berry (20 oz)	230	1	0	0	0	15	56	7	39	1	VEGAN, GF	4
*Sassy Strawberry (12 oz)	200	0	0	0	0	0	51	6	41	1	VEGAN, GF	-
Luau Louie (12 oz)	190	1.5	0	0	0	0	47	3	39	0	VEGETARIAN,GF	4
*Gino Berry(12 oz)	120	0.5	0	0	0	5	28	4	20	1	VEGAN, GF	4

## ENERGY SMOOTHIES

**Acai Berry Lit Energy Smoothie (20 oz)	420	4	0	0	0	10	99	10	64	2	GF, VEGETARIAN	-
**Island Surge Energy Smoothie (20 oz)	470	6	5	0	0	15	108	7	89	2	GF, VEGETARIAN	4
**Beyond Energy Supplement (7.68g)	25	0	0	0	0	0	6	0	0	0	GF, VEGETARIAN	-

## SUPERFOOD SORBET BOWLS

Cosmic Dream Bowl	640	31	12	0	0	55	89	10	47	12	VEGETARIAN,GF	3, 4
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## SMOOTHIE INGREDIENTS

Agave (21ml)	60	0	0	0	0	0	16	0	16	0	VEGAN, GF	-
(Green) Apple (150g)	90	0	0	0	0	0	20	4	14	1	VEGAN, GF	-
Almonds (Sliced) (25g)	150	13	1	0	0	0	5	3	1	5	VEGAN, GF	4
Almond Butter (24g)	150	14	1	0	0	0	5	1	2	4	VEGAN, GF	4
Almond Milk (Unsweetened) (1 fl oz)	0	0	0	0	0	15	0	0	0	0	VEGAN, GF	4
Avocado (68g)	110	10	1.5	0	0	0	6	5	0	1	VEGAN, GF	-
Banana (118g)	100	0	0	0	0	0	27	3	14	1	VEGAN, GF	-
Blueberries (60g)	35	0	0	0	0	0	7	2	5	0	VEGAN, GF	-
Cayenne Pepper (1/8 tsp)	0	0	0	0	0	0	0	0	0	0	VEGAN, GF	-
Chia Seeds (12g)	60	3.5	0	0	0	0	5	4	0	2	VEGAN, GF	-
Cinnamon (1 tsp)	5	0	0	0	0	0	2	1	0	0	VEGAN, GF	-
Coconut Flakes (Unsweetened) (13g)	95	9	8	0	0	0	3	2	1	1	VEGAN, GF	4
Coconut Water (Goya) (1 fl oz)	5	0	0	0	0	5	2	0	2	0	VEGAN, GF	4
Coffee (2 fl oz)	0	0	0	0	0	0	0	0	0	0	VEGAN, GF	-
Cream of Coconut (7.5g)	25	1	1	0	0	0	4	0	3	0	VEGAN, GF	4
Flaxseed (10g)	60	4.5	0	0	0	0	3	3	0	2	VEGAN, GF	-
Frozen Yogurt (85g)	110	3.5	2.5	0	15	50	16	0	13	3	VEGETARIAN,GF	2
Gluten Friendly Oats ( 25g)	100	2	1	0	0	0	18	3	0	3	VEGAN, GF	-
Honey GF Granola (25g)	90	1.5	0	0	0	30	18	2	5	2	VEGETARIAN,GF	-
Honey (1 T)	60	0	0	0	0	0	17	0	17	0	VEGETARIAN,GF	-
Kale (20g)	10	0	0	0	0	10	2	0	0	1	VEGAN, GF	-
Lime Juice (7.5g)	0	0	0	0	0	0	0	0	0	0	VEGAN, GF	-
Mango (65g)	35	0	0	0	0	0	10	0	9	0	VEGAN, GF	-
**Mocha Powder (40g)	160	2.5	1.5	0	0	148	35	0	24	0	VEGETARIAN,GF	2, 4, 5
***Orange (1 ea)	45	0	0	0	0	0	11	2	9	1	VEGAN, GF	-
Peaches (65g)	25	0	0	0	0	0	6	1	4	1	VEGAN, GF	-
Peanut Butter (28g)	130	11	1.5	0	0	0	5	2	4	6	VEGAN, GF	3
Pineapple (65g)	35	0	0	0	0	0	8	0	7	0	VEGAN, GF	-
Raspberries (65g)	35	0	0	0	0	0	8	4	3	1	VEGAN, GF	-
Spinach (20g)	0	0	0	0	0	15	0	0	0	1	VEGAN, GF	-

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SMOOTHIE INGREDIENTS (CONT.)												
*Strawberries (Sweetened) (70g)	70	0	0	0	0	1	19	2	17	0	VEGAN, GF	-
Strawberries (Unsweetened) (50g)	15	0	0	0	0	0	4	1	2	0	VEGAN, GF	-
Vegan Chocolate Chips (1 T)	75	5	3	0	0	0	9	1	7	1	VEGAN, GF	-

SUPPLEMENTS + PROTEIN POWDERS												
Cacao (1 scoop)	35	2	0	0	0	0	4	2	0	2	VEGAN, GF	-
Chocolate Whey (1 scoop)	120	2.5	1.5	0	50	48	5	2	2	20	VEGETARIAN, GF	2
Collagen Peptides (1 scoop)	40	0	0	0	0	10	0	0	0	10	GF	-
**Get Energized (1 scoop)	20	0	0	0	0	0	5	0	0	0	VEGAN, GF	-
Get Essentials (1 scoop)	15	0	0	0	0	0	4	0	0	0	VEGAN, GF	-
Get Lean (1 scoop)	15	0	0	0	0	0	4	0	0	0	VEGAN, GF	-
Maca (1 scoop)	30	0	0	0	0	0	7	0	2	0	VEGAN, GF	-
Vanilla Whey (1 scoop)	110	2	1	0	55	53	3	0	2	21	VEGETARIAN, GF	2
Vegan Protein (1 scoop)	70	1	0	0	0	90	7	2	3	10	VEGAN, GF	4
Vitamin C (1/8 tsp)	0	0	0	0	0	0	0	0	0	0	VEGAN, GF	-

RAW JUICE / MADE TO ORDER												
Caliente (20 oz)	100	0.5	0	0	0	230	21	0	11	3	VEGAN, GF	-
Citrus Circuit (20 oz)	240	0	0	0	0	5	60	0	52	2	VEGAN, GF	-
Green Machine (20 oz)	90	0.5	0	0	0	240	20	0	10	3	VEGAN, GF	-
The Root (20 oz)	240	0.5	0	0	0	340	59	1	47	2	VEGAN, GF	-
Up Beet (20 oz)	230	1	0	0	0	370	53	1	39	4	VEGAN, GF	-
Verde (20 oz)	100	0.5	0	0	0	250	23	0	12	3	VEGAN, GF	-
Wheat Grass Shot (1 oz)	5	0	0	0	0	0	1	0	0	0	VEGAN, GF	-

RAW JUICE INGREDIENTS												
(Green) Apple Juice (1 ea)	90	0	0	0	0	0	20	4	14	1	VEGAN, GF	-
Beet Juice (1 ea)	35	0	0	0	0	120	7	0	7	1	VEGAN, GF	-
Carrot Juice (1 ea)	20	0	0	0	0	60	4	0	3	0	VEGAN, GF	-
Celery Juice (1 oz)	0	0	0	0	0	23	0	0	0	0	VEGAN, GF	-
Cilantro Juice (1/2 oz)	0	0	0	0	0	7	0	0	0	0	VEGAN, GF	-
Cucumber Juice (1 ea)	30	0	0	0	0	6	6	0	3	1	VEGAN, GF	-
Ginger Juice (1/2 oz)	10	0	0	0	0	0	2	0	0	0	VEGAN, GF	-
Grapefruit Juice (1 ea)	35	0	0	0	0	0	10	0	7	0	VEGAN, GF	-
Kale Juice (1 oz)	5	0	0	0	0	11	1	0	0	0	VEGAN, GF	-
Lemon Juice (1/2 ea)	5	0	0	0	0	0	2	0	0	0	VEGAN, GF	-
Mint Juice (1/4 oz)	5	0	0	0	0	2	1	1	0	0	VEGAN, GF	-
Orange Juice (160 g)	10	0	0	0	0	0	2	0	2	0	VEGAN, GF	-
Parsley Juice (1 oz)	0	0	0	0	0	16	1	0	0	0	VEGAN, GF	-
Spinach Juice (1 oz)	0	0	0	0	0	0	0	0	0	0	VEGAN, GF	-
Turmeric Juice (15 g)	15	0	0	0	0	0	2	0	0	0	VEGAN, GF	-
Wheat Grass Juice (1 oz)	5	0	0	0	0	5	1	0	0	0	VEGAN, GF	-

RETAIL / BOTTLED JUICE												
Almond Milk (1 ea)	250	16	2	0	0	25	22	4	16	6	VEGAN, GF	4
Boost Hero (1 ea)	170	0.5	0	0	0	85	35	1	25	2	VEGAN, GF	-
Cold + Flu Hero (1 ea)	170	1	0	0	0	15	41	0	28	1	VEGAN, GF	-
Complexion Hero (1 ea)	110	1	0	0	0	90	22	0	16	3	VEGAN, GF	-
Detox Hero (1 ea)	130	0	0	0	0	10	30	0	24	1	VEGAN, GF	-
Essentials Hero (1 ea)	160	0.5	0	0	0	25	35	0	28	2	VEGAN, GF	-
Focus Hero (1 ea)	160	0.5	0	0	0	150	34	2	18	2	VEGAN, GF	-
Greens Hero (1 ea)	80	1.5	0	0	0	135	13	0	6	5	VEGAN, GF	-
Hot Shot (1 ea)	25	0.5	0	0	0	10	6	0	2	1	VEGAN, GF	4
Turmeric Shot (1 ea)	30	0	0	0	0	0	7	0	6	0	VEGETARIAN, GF	-
Cleanse (1 Day)	760	16	2	0	0	600	137	4	107	13	VEGAN, GF	4

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## SIGNATURE WRAPS

Avocado Turkey/Gluten Friendly	700	34	10	0	50	1420	68	8	9	31	GF	2,5,9
Avocado Turkey/Low Carb	610	33	9	0	50	1150	54	19	4	40	-	2,6,9
Avocado Turkey/Spinach	680	31	9	0	50	2990	68	9	4	31	-	2,6,9
Avocado Turkey/Wheat	670	31	9	0	50	1500	67	12	4	31	-	2,6,9
Cilantro Chicken/Gluten Friendly	800	44	12	0	95	1520	66	8	8	39	GF	2,5
Cilantro Chicken/Low Carb	710	43	11	0	95	1250	52	19	3	48	-	2,5,6
Cilantro Chicken/Spinach	780	41	11	0	95	1600	66	9	3	39	-	2,5,6
Cilantro Chicken/Wheat	770	41	12	0	95	1600	65	12	3	39	-	2,5,6
Chicken Caesar Wrap/Low Carb	840	48	14	0	120	1940	59	14	3	55	-	1,2,5,6
Chicken Caesar Wrap/Gluten Friendly*	930	49	15	0	120	2210	73	3	8	46	-	1,2,5,6
Chicken Caesar Wrap/Wheat	900	46	14	0	120	2290	72	7	3	46	-	1,2,5,6
Chicken Caesar Wrap/Spinach	910	46	14	0	120	2290	73	4	3	46	-	1,2,5,6
Greek Veggie/Gluten Friendly	510	20	6	0	15	1320	65	4	10	19	VEGETARIAN, GF	2,5,9
Greek Veggie/Low Carb	420	19	5	0	15	1050	51	15	5	28	VEGETARIAN	2,6,9
Greek Veggie/Wheat	480	17	6	0	15	1400	64	8	5	19	VEGETARIAN	2,6,9
Greek Veggie/Spinach	490	17	5	0	15	1400	65	5	5	19	VEGETARIAN	2,6,9
Egg White Wrap/Gluten Friendly	610	30	11	0	35	1310	61	6	8	27	VEGETARIAN, GF	1,2,5
Egg White Wrap/Low Carb	520	29	10	0	35	1040	47	17	3	36	VEGETARIAN	1,2,6
Egg White Wrap/Spinach	590	27	10	0	35	1390	61	7	3	27	VEGETARIAN	1,2,6
Egg White Wrap/Wheat	580	27	10	0	35	1390	60	10	3	27	VEGETARIAN	1,2,6
Turkey Dijon/Gluten Friendly	730	31	14	0	90	1890	69	3	18	33	GF	2,5
Turkey Dijon/Low Carb	640	30	13	0	90	1630	55	14	13	42	-	2,6
Turkey Dijon/Spinach	710	33	13	0	90	1980	69	4	13	33	-	2,6
Turkey Dijon/Wheat	700	28	13	0	90	1980	68	7	13	33	-	2,6

## TORTILLAS

Gluten Friendly	300	8	2	0	0	570	50	1	6	8	VEGAN, GF	5
Wheat	270	5	1.5	0	0	650	49	5	1	8	VEGAN	6
Low Carb Wheat	210	7	1	0	0	300	36	12	1	17	VEGAN	6
Spinach	280	5	1	0	0	650	50	2	1	8	VEGAN	6

## SIGNATURE SALADS (INCLUDES 3 OZ DRESSING)

Chicken Caesar	740	51	15	0	130	1780	27	4	3	41	-	1, 2, 5, 6
Chicken Cali Salad	820	69	16	0	95	1080	22	8	9	31	GF	2
Hummus + Beet	620	48	9	0	15	1360	35	5	10	14	VEGETARIAN, GF	1, 2, 9
Strawberry + Almond	880	65	11	0	75	1290	37	8	12	37	GF	2, 4

## DRESSINGS

Caesar ( 3 oz)	370	39	9	0	45	520	1	0	0	5	VEGETARIAN	1, 2, 5
Balsamic Vinaigrette (3 oz)	410	43	6	0	0	260	4	0	4	0	VEGAN, GF	-
Hummus (34g)	100	7	1	0	0	150	6	1	0	2	VEGAN, GF	9
Maple Dijon (3oz)	210	13	2	0	0	480	21	0	15	0	VEGAN, GF	-
Ranch (3 oz)	330	35	5	0	25	680	5	0	3	0	VEGETARIAN, GF	1, 2, 5
Red Wine Vinaigrette (3 oz)	330	35	4.5	0	0	750	5	0	5	0	VEGETARIAN, GF	1
Salsa (side) (2 oz)	15	0	0	0	0	160	3	0	0	0	VEGAN, GF	-
Spicy Cilantro Sauce (3 oz)	340	34	3	0	0	440	9	3	0	3	VEGAN, GF	5

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\*Strawberries in smoothies are fresh frozen and sweetened with cane sugar for consistent flavor year round      \*\* This item contains Caffeine      \*\*\* Contains Fresh Juiced Orange      \*\*\*\* Items containing halal meats may differ from our standard menu items.

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# NUTRITION GUIDE

We strive to get the freshest products for our patrons and to provide a better-for-you option. We believe food needs to get back to the basics. Great ingredients make great food, it's that simple. Please refer to the charts below to choose the items that best suits your needs.



## EATERY - INGREDIENTS

	TOTAL CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	DIETARY NEEDS	ALLERGENS (see below)
Almonds (Sliced) (25g)	150	13	1	0	0	0	5	3	1	5	VEGAN, GF	4
(Green) Apple (150g)	90	0	0	0	0	0	20	4	14	1	VEGAN, GF	-
Avocado (68g)	110	10	1.5	0	0	0	6	5	0	1	VEGAN, GF	-
Bacon (30g)	100	4	3	0	30	390	1	0	1	7	GF	-
Beets (40g)	10	0	0	0	0	35	2	0	1	0	VEGAN, GF	-
Cheddar (Shredded) (34g)	150	12	7	0	40	243	1	0	0	7	VEGETARIAN, GF	2
Chicken (85g)	120	3	0	0	60	560	3	0	1	20	GF	-
Chipotle Chicken (116g)	200	3	1	0	58	630	21	0	19	20	-	-
Croutons (3oz)	110	3	0	0	0	380	17	0	1	3	VEGETARIAN	2,6
Cucumber (40g)	5	0	0	0	0	1	1	0	1	0	VEGAN, GF	-
Egg White (2.5 Patties)	50	0	0	0	0	331	2	0	1	10	VEGETARIAN, GF	1
Feta (30g)	75	4.5	3	0	16	364	2	0	1	6	VEGETARIAN, GF	2
Fresh Strawberries (50g)	15	0	0	0	0	0	4	1	2	0	VEGAN, GF	-
Grain Friendly Granola (25g)	130	11	5	0	0	30	9	2	5	3	VEGETARIAN, GF	4
Grape Tomatoes (40g)	10	0	0	0	0	3	2	1	1	1	VEGAN, GF	-
Kale (bowl) (80g)	40	0.5	0	0	0	30	7	3	2	3	VEGAN, GF	-
Kale (wrap) (20g)	10	0	0	0	0	10	2	1	0	1	VEGAN, GF	-
Morton Seasoning (0.5g)	0	0	0	0	0	160	0	0	0	0	VEGAN, GF	-
Muenster (Shredded) (34g)	110	8	4.5	0	25	227	1	0	0	8	VEGETARIAN, GF	2
Parmesan (30g)	120	9	5	0	25	390	0	1	0	10	GF	2
Quinoa (55g)	100	2	0	0	0	70	15	2	1	3	VEGAN, GF	-
Red Onions (25g)	10	0	0	0	0	0	2	0	0	0	VEGAN, GF	-
Romaine (bowl) (140g)	25	0	0	0	0	10	5	3	2	2	VEGAN, GF	-
Romaine (wrap) (40g)	5	0	0	0	0	0	1	0	0	0	VEGAN, GF	-
Spicy Asparagus (30g)	10	0	0	0	0	180	2	0	0	0	VEGAN, GF	-
Spinach (bowl) (80g)	20	0	0	0	0	65	3	2	0	2	VEGAN, GF	-
Spinach (wrap) (20g)	0	0	0	0	0	15	0	0	0	1	VEGAN, GF	-
Turkey (50g)	60	1	0	0	25	445	2	0	2	10	GF	-

## RETAIL - BEYOND MADE BAKED GOODS

Beyond Cashew Cookies (1 ea)	60	5	1.5	0	0	60	4	0	2	1	VEGAN, GF	4
Beyond Paleo Nut Bites (1 ea)	90	5	2	0	0	60	9	2	7	2	VEGAN, GF	4
Beyond Peanut Butter Bites (1 ea)	90	5	2	0	0	0	9	2	4	2	VEGAN, GF	3, 4

## CLEANSSES

Juice Cleanse (1 Day)	760	16	2	0	0	600	137	4	107	13	VEGAN, GF	4
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## OTHER BEVERAGES

Regular Lemonade (w/o fruit) (16oz)	160	0	0	0	0	20	40	0	38	0	VEGAN, GF	-
Large Lemonade (w/o fruit) (32oz)	320	0	0	0	0	35	80	0	77	0	VEGAN, GF	-
Hot Lemonade (16 oz)	190	0	0	0	0	0	50	0	50	0	VEGAN, GF	-
Hot Coffee (16 oz)	5	0	0	0	0	9	0	0	0	0	VEGAN, GF	-

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