

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	Gluten-Free (GF), Dairy-Free (DF), Vegan (V)	ALLERGENS*
SALADS / WRAPS (salads based on standard portions that fill a 48 oz container, not including added protein unless indicated, or dressing; for wraps, add flour tortilla)													
BBQ RANCH	510	210	23	6	0	15	800	65	17	12	20	**	Dairy
BRUSCHETTA CAPRESE	310	140	15	7	0	40	720	24	7	6	21		Dairy, Wheat
BUFFALO CHICKEN (includes a Buffalo Chicken portion)	300	80	9	2	0	65	1170	29	11	9	28		Dairy, Wheat
CAESAR	170	50	6	2.5	0	10	300	23	8	6	11		Dairy, Wheat
COBB	470	330	36	11	0	225	610	19	11	6	18	GF	Dairy
GREEK	170	80	9	4.5	0	25	520	18	7	7	8	GF	Dairy
JALAPEÑO RANCH	410	200	22	9	0	35	460	38	8	17	16	GF	Dairy
WINTER HARVEST (seasonal)	420	17	19	0	0	30	500	50	10	20	18		Dairy, Wheat
THAI	100	10	1.5	0	0	0	55	20	10	9	6	GF, DF, V	
KIDS SALAD	100	15	1.5	0	0	0	120	18	5	4	4		Dairy, Wheat
FLOUR TORTILLA (12")	260	70	8	1.5	0	0	400	44	4	2	5	DF, V	Wheat
PROTEINS (based on 1/2 cup portion)													
BUFFALO CHICKEN	150	60	7	1	0	65	1020	1	0	1	21	GF	Dairy
CHICKEN	130	30	3.5	1	0	75	620	1	0	0	25	GF, DF	
TOFU - ORGANIC	130	30	3.5	1.5	0	0	135	6	1	4	18	GF, DF, V	Soy
DRESSINGS (serving size is 2 tbsp or 1 oz; each packet contains 2.5 servings which equals 5 tbsp or 2.5 oz)													
BALSAMIC VINAIGRETTE	120	110	13	1.5	0	0	150	2	0	2	0	GF, DF, V	
BASIL PESTO	160	150	17	2	0	0	60	< 1	0	0	< 1	GF	Dairy, Pine Nuts
BBQ RANCH	60	45	5	0	0	0	170	4	0	3	0	GF	Dairy
CAESAR	120	110	13	2.5	0	10	190	1	0	0	1	GF	Dairy, Eggs, Fish, Soy
CREAMY BLUE CHEESE	130	120	13	3.5	0	10	180	2	0	0	< 1	GF	Dairy, Eggs
CREAMY GREEK	80	70	8	2	0	10	120	1	0	0	1	GF	Dairy, Eggs
JALAPEÑO RANCH	80	80	9	0.5	0	0	130	1	0	0	< 1	GF	Dairy
RANCH	90	90	10	1.5	0	< 5	160	1	0	1	< 1	GF	Dairy
THAI PEANUT	130	110	12	1.5	0	0	135	4	0	3	2	GF, DF	Fish, Peanuts, Soy
CHAMPAGNE VINAIGRETTE (seasonal)	120	110	12	0	0.1	0	290	2	0	1	0	GF, DF	
BREAKFAST BURRITOS (includes all-natural flour tortilla)													
BACON, EGG & CHEESE BURRITO	600	320	36	12	0	220	1100	48	5	4	21	GF w/out tortilla	Dairy, Eggs, Wheat
FIESTA	640	270	30	8	0	145	1100	71	8	5	26	GF w/out tortilla and strips **	Dairy, Eggs, Wheat
SOUTHWEST	480	210	23	7	0	145	900	50	5	5	23	GF w/out tortilla	Dairy, Eggs, Wheat
TRADITIONAL	630	310	35	11	0	130	1180	60	6	5	19	GF w/out tortilla	Dairy, Eggs, Wheat
TURKEY SAUSAGE, EGG & CHEESE	520	230	26	8	0	235	940	48	5	4	26	GF w/out tortilla	Dairy, Eggs, Wheat
FLOUR TORTILLA (12")	260	70	8	1.5	0	0	400	44	4	2	5	DF, V	Wheat
HOUSE-MADE SALSA	10	0	0	0	0	0	180	2	1	1	0	GF, DF, V	
SOUP													
THREE BEAN CHILI (seasonal)	14 oz	260	60	7	0	0	1630	41	10	7	11	GF, DF, V	
BEVERAGES													
HOUSEMADE LEMONADE - TRADITIONAL	24 oz	330	0	0	0	0	20	85	0	82	0	GF, DF, V	
HOUSEMADE LEMONADE - CUCUMBER MINT	24 oz	180	0	0	0	0	25	46	1	43	< 1	GF, DF, V	
HOUSEMADE LEMONADE - SANGRIA (seasonal)	24 oz	210	0	0.5	0	0	20	55	1	52	0	GF, DF, V	
HOUSEMADE LEMONADE - FROZEN STRAWBERRY	24 oz	290	0	0	0	0	25	74	2	68	< 1	GF, DF, V	
ORGANIC ICED TEA - BLACK	24 oz	0	0	0	0	0	20	0	0	0	0	GF, DF, V	
ORGANIC ICED TEA - MANGO GREEN	24 oz	0	0	0	0	0	20	0	0	0	0	GF, DF, V	
ORGANIC COLD BREW ICED COFFEE	24 oz	0	0	0	0	0	25	0	0	0	0	GF, DF, V	
COLD BREW ADD-INS													
ALMOND MILK - GMO-free	2 oz	15	10	1	0	0	45	2	0	1	0	GF, DF, V	Tree Nuts
OAT MILK - GMO-free	2 oz	35	15	2	1	0	25	4	1	2	< 1	GF, DF, V	
HALF-AND-HALF	2 oz	90	60	6	4	0	30	55	4	0	2	GF	Dairy
SIMPLE SYRUP SHOT	1 oz	70	0	0	0	0	0	18	0	18	0	GF, DF, V	
CARAMEL FLAVOR SHOT	1 oz	80	0	0	0	0	0	20	0	19	0	GF, DF, V	

HAZELNUT FLAVOR SHOT	1 oz	80	0	0	0	0	0	0	19	0	19	0	GF, DF, V	Tree Nuts
VANILLA FLAVOR SHOT	1 oz	80	0	0	0	0	0	0	20	0	20	0	GF, DF, V	
SUGAR-FREE VANILLA FLAVOR SHOT	1 oz	0	0	0	0	0	0	0	0	0	0	0	GF, DF, V	

CUSTOMIZE

CHEESES

BLUE CHEESE	.68 oz	60	40	5	3	0	15	210	1	1	0	3	GF	Dairy
FETA	.93 oz	70	50	6	4	0	25	290	1	0	1	4	GF	Dairy
FRESH MOZZARELLA BALLS	2.19 oz	160	90	10	6	0	40	380	2	0	1	15	GF	Dairy
PARMESAN	.39 oz	45	25	3	2	0	10	190	0	0	0	4	GF	Dairy
PEPPER JACK CHEESE	.68 oz	60	35	4	3	0	15	110	0	0	0	5	GF	Dairy

GREENS

MIXED GREENS - ORGANIC	1.85 oz	10	0	0	0	0	0	15	2	1	0	<1	GF, DF, V	
ROMAINE	4.86 oz	35	5	1	0	0	0	15	8	5	3	3	GF, DF, V	
SPINACH	2.74 oz	20	0	0	0	0	0	60	3	2	0	2	GF, DF, V	

FRUITS, VEGGIES AND MORE

AVOCADO (1/4 avocado)		110	90	10	2	0	0	5	6	4	0	1	GF, DF, V	
BACON - NITRATE-FREE	1.03 oz	170	140	15	6	0	25	300	0	0	0	3	GF, DF	
BEEF, RED (seasonal)	1.3 oz	15	0	0.1	0	0	0	30	4	1	2	<1	GF, DF, V	
BLACK BEANS	2 oz	80	0	0	0	0	0	480	14	3	1	5	GF, DF, V	
CARROTS - ORGANIC	.78 oz	10	0	0	0	0	0	15	2	1	1	0	GF, DF, V	
CELERY	.89 oz	0	0	0	0	0	0	20	<1	0	0	0	GF, DF, V	
CORN	1.23 oz	90	15	2	0	0	0	15	20	2	7	3	GF, DF, V	
CROUTONS	.45 oz	50	10	1	0	0	0	90	9	1	0	2	DF, V	Wheat
CRANBERRY, DRIED (seasonal)	.55 oz	48	0	0.2	0	0	0	0	13	1	10	0	GF, DF, V	
CUCUMBERS - ORGANIC	1.21 oz	5	0	0	0	0	0	0	1	0	1	0	GF, DF, V	
EGG - HARD BOILED (1 egg)		80	50	5	2	0	185	60	<1	0	<1	6	GF, DF	Eggs
FARRO (seasonal)	1.5 oz	60	0	0	0	0	0	0	11	2	0	3	DF, V	Wheat
GREEN ONIONS	.47 oz	0	0	0	0	0	0	0	1	0	0	0	GF, DF, V	
JALAPENOS	.54 oz	0	0	0	0	0	0	0	1	0	1	0	GF, DF, V	
KALAMATA OLIVES	.91 oz	30	25	3	0	0	0	190	2	1	0	0	GF, DF, V	
PICO DE GALLO	2.86 oz	25	2	0	0	0	0	105	2	1	1	0	GF, DF, V	
POBLANOS - ROASTED	1.01 oz	20	5	1	0	0	0	0	3	0	1	<1	GF, DF, V	
PUMPKIN SEEDS (seasonal)	.8 oz	130	100	11	0	0	0	0	2	1	0	7	GF, DF, V	
RED CABBAGE	1 oz	10	0	0	0	0	0	10	3	1	1	<1	GF, DF, V	
RED ONIONS - PICKLED	1.33 oz	40	0	0	0	0	0	0	8	1	6	0	GF, DF, V	
RED ONIONS - FRESH	1.04 oz	15	0	0	0	0	0	0	3	1	1	0	GF, DF, V	
RED PEPPERS - FRESH	1.5 oz	15	0	0	0	0	0	0	3	1	2	0	GF, DF, V	
SWEET POTATOES (seasonal)	2.5 oz	130	15	1.5	0	0	0	250	26	4	0	1	GF, DF, V	
TOMATOES	1.79 oz	10	0	0	0	0	0	0	2	1	1	0	GF, DF, V	
TORTILLA STRIPS	.8 oz	110	45	5	1	0	0	50	15	2	0	2	DF, V, **	

BREAKFAST HOURS ONLY

BREAKFAST POTATOES	1.3 oz	40	10	1	0	0	0	60	6	1	0	<1	GF, DF, V	
SCRAMBLED EGG	1.16 oz	50	30	4	1	0	90	50	<1	0	0	3	GF, DF	Eggs
TURKEY SAUSAGE	1.78 oz	90	60	6	2	0	40	160	<1	0	0	9	GF, DF	