

MENU ITEMS

SALADS (Salad nutrition includes one portion of pulled chicken, without dressing.Tofu +30 calories; Steak +50 calories; No Protein -100 calories)

BBQ RANCH	1 Salad	370	16	4.5	0	70	1170	29	9	6	28	X		X		Milk
BUFFALO CHICKEN	1 Salad	290	10	1.5	0	50	1700	28	6	6	23					Milk, Wheat
CAESAR	1 Salad	280	9	3.5	0	65	860	23	4	2	29	X				Milk, Wheat
COBB	1 Salad	460	28	12	0	295	1350	11	5	4	39			X		Egg, Milk
FAJITA	1 Salad	310	14	4.5	0	70	870	23	10	5	28			X		Milk
GREEK	1 Salad	240	11	5	0	75	1400	12	4	5	24	X		X		Milk
JALAPEÑO RANCH	1 Salad	350	15	7	0	105	1150	18	4	6	32			X		Milk
ROASTED AUTUMN	1 Salad	490	19	5	0	65	990	56	10	33	29	X		X		Milk, Peanut, Tree Nuts
SOUTHWEST HARVEST	1 Salad	330	10	3.5	0	70	520	33	6	10	27			X		Milk
THAI	1 Salad	170	2	1	0	55	390	16	6	6	22	X	X	X	X	
KIDS SALAD	1 Salad	140	3.5	0	0	0	320	24	3	3	5	X	X			Milk, Wheat

WRAPS (Wrap nutrition includes one portion of pulled chicken, tortilla, and 1 oz of dressing. Tofu +30 calories; Steak +50 calories; No protein -100 calories)

BBQ RANCH	1 Wrap	630	25	5	0	55	1820	73	9	10	31	X				Milk, Wheat
BUFFALO CHICKEN	1 Wrap	680	32	8	0	60	2620	71	6	6	31					Egg, Milk, Wheat
CAESAR	1 Wrap	670	32	8	0	80	1880	65	4	3	37					Anchovy, Egg, Milk, Soy, Wheat
COBB	1 Wrap	850	49	18	0	300	2070	54	6	4	47					Egg, Milk, Wheat
FAJITA	1 Wrap	650	32	8	0	70	1790	62	9	5	35					Milk, Wheat
GREEK	1 Wrap	550	24	7	0	70	1920	53	4	3	32	X				Egg, Milk, Wheat
JALAPEÑO RANCH	1 Wrap	700	33	11	0	105	1880	60	5	6	40					Milk, Wheat
ROASTED AUTUMN	1 Wrap	870	40	9	0	65	1920	100	10	35	36	X				Milk, Peanut, Tree Nuts, Wheat
SOUTHWEST HARVEST	1 Wrap	790	36	12	0	95	1900	82	8	13	37			X		Milk
THAI	1 Wrap	430	10	3.5	0	55	1130	58	6	6	28	X	X		X	Wheat
FLOUR TORTILLA (12")	1 each	280	8	3	0	0	750	44	2	1	7	X	X		X	Wheat

BREAKFAST BURRITOS (Includes wheat flour tortilla, without salsa. Breakfast bowls -270 calories)

BACON, EGG & CHEESE	1 Burrito	590	30	12	0	410	1570	46	2	1	31					Milk, Eggs, Wheat
FIESTA	1 Burrito	610	27	7	0	195	1950	64	2	3	28					Milk, Eggs, Wheat
MEDITERRANEAN	1 Burrito	480	24	8	0	195	1190	50	2	2	18					Milk, Eggs, Wheat
SOUTHWEST	1 Burrito	500	23	7	0	195	1390	47	2	2	26					Milk, Eggs, Wheat
TRADITIONAL	1 Burrito	640	29	11	0	230	2080	67	2	3	27					Milk, Eggs, Wheat
TURKEY SAUSAGE, EGG & CHEESE	1 Burrito	560	27	9	0	375	1350	46	2	1	32					Milk, Eggs, Wheat
BREAKFAST POTATOES	2.3 oz	60	2	0	0	0	340	11	1	1	1	X	X	X	X	
SCRAMBLED EGG	1.7 oz	70	4.5	1.5	0	180	170	0	0	0	6	X		X	X	Eggs
TURKEY SAUSAGE	1.7 oz	80	5	0	0	0	370	0	0	0	9			X	X	

	SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	Vegetarian	Vegan	Gluten Friendly*	Dairy Friendly**	ALLERGENS*
--	------	----------	---------------	-------------------	---------------	------------------	-------------	-------------------	-----------	-----------	-------------	------------	-------	------------------	------------------	------------

SIDES

GREEN ENCHILADA CHILI (WITH TORTILLA STRIPS) - 8 oz Cup	6 oz	150	4	0	0	15	740	21	4	1	8			X	X	
GREEN ENCHILADA CHILI (WITH TORTILLA STRIPS) - 12 oz Cup	10 oz	210	4.5	0	0	25	1210	30	6	2	12			X	X	
SWEET POTATO GOCHUJANG SOUP (WITH 1oz OF SWEET POTAOES) - 8 oz Cup	6 oz	210	10	9	0	0	610	25	2	9	3	X	X	X	X	Soy, Sesame
SWEET POTATO GOCHUJANG SOUP (WITH 1oz OF SWEET POTAOES) - 12 oz Cup	9 oz	300	16	13	0	0	910	35	3	13	4	X	X	X	X	Soy, Sesame
HUMMUS	4 oz	210	11	0	0	0	480	18	4	0	7	X	X	X	X	Sesame
HUMMUS WITH CHICKPEAS	~ 4 oz	250	13	0	0	0	600	22	5	1	9	X				Sesame
HUMMUS WITH FETA	~ 4 oz	280	16	4	0	25	760	19	4	1	11	X				Sesame, Milk
PITA CHIPS (Larger Size)	2 oz	260	6	0.5	0	0	290	41	1	2	7	X	X		X	Wheat
SLOW-ROASTED PULLED CHICKEN QUESADILLA	1 Quesadilla	220	11	6	0	45	530	14	1	1	15					Milk, Wheat
QUESADILLA (CHEESE ONLY)	1 Quesadilla	240	15	9	0	40	510	15	1	1	12					Milk, Wheat
CHEWY MARSHMALLOW BAR (GF)	1 Bar	230	4	3	0	15	230	45	0	22	2	X		X		Milk

DRESSINGS/SALSA (1 Packet)

BALSAMIC VINAIGRETTE	2.5 oz	310	32	3.5	0	0	470	7	0	5	1	X	X	X	X	
BBQ RANCH	2.5 oz	170	14	1.5	0	0	510	10	0	8	1	X		X		Milk
CAESAR	2.5 oz	340	37	5	0	35	680	3	0	1	3			X		Milk, Eggs, Fish, Soy
CREAMY BLUE CHEESE	2.5 oz	320	32	9	0	20	430	4	0	1	3	X		X		Milk, Eggs
GREEK	2.5 oz	220	22	5	0	20	360	4	0	1	4				X	Milk, Eggs
JALAPEÑO RANCH	2.5 oz	230	24	2.5	0	0	460	3	0	1	2	X		X		Milk
RANCH	2.5 oz	220	23	3.5	0	10	410	2	0	1	2	X		X		Milk
THAI PEANUT	2.5 oz	300	27	4	0	0	250	10	1	6	4			X	X	Fish, Peanuts, Soy, Sesame
EXTRA VIRGIN OLIVE OIL	1 oz	230	26	4	0	0	0	0	0	0	0	X	X	X	X	
BALSAMIC VINEGAR	1 oz	30	0	0	0	0	0	6	0	6	0	X	X	X	X	
TRADITIONAL SALSA	1.5 oz	10	0	0	0	0	190	2	0	1	0	X	X	X	X	
SALSA VERDE	1.5 oz	15	0	0	0	0	80	3	0	2	0	X	X	X	X	
SPICY ADOBO	2.5 oz	180	18	5	0	20	630	4	0	2	2	X		X		Milk

INDIVIDUAL INGREDIENTS

PROTEINS

SLOW-ROASTED PULLED CHICKEN	3 oz	90	1.5	1	0	55	350	1	0	0	18			X	X	
BUFFALO CHICKEN	3.95 oz	160	10	2	0	55	1270	2	0	1	17			X		Milk
STEAK	2.5 oz	140	7	3.5	0	40	150	0	0	0	18			X	X	
TOFU	3.3 oz	140	4.5	1	0	0	640	14	2	6	10	X	X	X	X	Soy, Sesame, Tree Nut

CHEESES

BLUE CHEESE	.7 oz	70	6	4	0	15	210	1	0	0	4	X		X		Milk
FETA	.8 oz	60	5	3.5	0	20	250	1	0	1	3	X		X		Milk
PARMESAN (SHAVED)	.5 oz	60	4.5	3	0	15	230	0	0	0	6	X		X		Milk
PEPPER JACK CHEESE	.7 oz	70	5	3	0	20	110	1	0	0	4	X		X		Milk

GREENS

MIXED GREENS (SALAD PORTION)	3.5 oz	15	0	0	0	0	65	3	1	0	1	X	X	X	X	
ROMAINE (SALAD PORTION)	6 oz	30	0	0	0	0	10	6	4	2	2	X	X	X	X	

	SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	Vegetarian	Vegan	Gluten Friendly	Dairy Friendly	ALLERGENS*
ROMAINE WITH MIXED GREENS (SALAD PORTION)	4.85 oz	25	0	0	0	0	40	5	3	1	2	X	X	X	X	
SPINACH (SALAD PORTION)	2.7 oz	20	0	0	0	0	60	3	2	0	2	X	X	X	X	
MIXED GREENS (WRAP PORTION)	2.4 oz	10	0	0	0	0	45	2	1	0	1	X	X	X	X	
ROMAINE (WRAP PORTION)	3 oz	15	0	0	0	0	5	3	2	1	1	X	X	X	X	
ROMAINE WITH MIXED GREENS (WRAP PORTION)	1.6 oz	5	0	0	0	0	15	1	1	0	0	X	X	X	X	
SPINACH (WRAP PORTION)	1 oz	5	0	0	0	0	20	1	1	0	1	X	X	X	X	

FRUITS, VEGGIES AND MORE

AVOCADO	1/2 each	60	6	1	0	0	0	3	0	0	1	X	X	X	X	
BACON	.9 oz	110	7	3.5	0	35	380	0	0	0	7			X	X	
BANANA PEPPERS	.7 oz	0	0	0	0	0	250	1	0	0	0	X	X	X	X	
BLACK BEANS, SPICY	1.52 oz	30	0	0	0	0	190	5	1	0	2	X	X	X	X	
BRUSSELS SPROUTS	1.9 oz	49	3	0	0	0	120	5	2	1	2	X	X	X	X	
CARROTS	.8 oz	10	0	0	0	0	15	2	1	1	0	X	X	X	X	
CELERY	1.1 oz	5	0	0	0	0	20	<1	0	0	0	X	X	X	X	
CRANBERRIES (DRIED)	.8 oz	70	0	0	0	0	0	18	0	16	0	X	X	X	X	
CROUTONS	.8 oz	100	3	0	0	0	280	16	0	0	3	X	X		X	Milk, Wheat
CUCUMBERS	1.5 oz	5	0	0	0	0	0	1	0	1	0	X	X	X	X	
EGG - HARD BOILED	1 egg	80	5	2	0	185	60	<1	0	<1	6	X		X	X	Eggs
KALAMATA OLIVES	1.1 oz	50	5	1	0	0	510	1	0	0	0	X	X	X	X	
MARINATED CHICKPEAS	1.4 oz	70	3.5	0	0	0	220	8	2	1	3	X	X	X	X	
PECANS (CANDIED)	.8 oz	130	9	1	0	0	60	12	0	11	1	X		X		Milk, Peanuts, Tree Nuts
PICO DE GALLO	1.6 oz	10	0	0	0	0	210	2	1	1	0	X	X	X	X	
POBLANOS - ROASTED	1 oz	20	1	0	0	0	0	3	0	1	<1	X	X	X	X	
RED CABBAGE	1.3 oz	10	0	0	0	0	10	3	1	1	<1	X	X	X	X	
RED ONIONS - PICKLED	1 oz	18	0	0	0	0	1	5	0	3	0	X	X	X	X	

RED ONIONS - FRESH	.9 oz	15	0	0	0	0	0	3	1	1	0	X	X	X	X	
RED PEPPERS - FRESH	2 oz	15	0	0	0	0	0	3	1	2	0	X	X	X	X	
ROASTED CORN	1.35 oz	40	1	0	0	0	0	7	2	3	1	X	X	X	X	
SWEET POTATOES	2.8 oz	54	2	0	0	0	265	7	1	6	1	X	X	X	X	
TOMATOES	1.7 oz	10	0	0	0	0	0	2	1	1	0	X	X	X	X	
TORTILLA STRIPS	.4 oz	50	3	0	0	0	15	6	0	0	1	X	X	X	X	
FLOUR TORTILLA (12")	1 each	280	8	3	0	0	750	44	2	1	7	X	X		X	Wheat
	SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	Vegetarian	Vegan	Gluten Free ^a	Dairy Free ^a	ALLERGENS*
BEVERAGES																
GREEN REVIVER	24 oz	180	0	0	0	0	75	45	1	34	2	X	X	X	X	
HOUSEMADE LEMONADE - TRADITIONAL	24 oz	270	0	0	0	0	10	73	0	69	1	X	X	X	X	
HOUSEMADE LEMONADE - CUCUMBER MINT	24 oz	180	0	0	0	0	50	49	0	46	1	X	X	X	X	
HOUSEMADE LEMONADE - BLUEBERRY BASIL	24 oz	230	0	0	0	0	15	62	0	58	1	X	X	X	X	
HOUSEMADE LEMONADE - APPLE CIDER	24 oz	280	0	0	0	0	20	72	0	67	1	X	X	X	X	
HOUSEMADE LEMONADE - CARAMEL APPLE	24 oz	330	0	0	0	0	25	85	0	80	1	X	X	X	X	
HOUSEMADE LEMONADE - FROZEN STRAWBERRY	24 oz	290	0	0	0	0	25	74	0	71	1	X	X	X	X	
FRUIT STAND LEMONADE - BLACKBERRY BRAMBLE	24 oz	320	0	0	0	0	20	86	0	82	1	X	X	X	X	
FRUIT STAND LEMONADE - SUMMER STONE FRUIT	24 oz	330	0	0	0	0	20	86	0	83	1	X	X	X	X	
FRUIT STAND LEMONADE - MANGO GROVE	24 oz	350	0	0	0	0	25	93	0	88	1	X	X	X	X	
FRUIT STAND LEMONADE - BLACK CHERRY ORCHARD	24 oz	350	0	0	0	0	15	91	0	87	1	X	X	X	X	
ICED TEA - BLACK	24 oz	0	0	0	0	0	20	0	0	0	0	X	X	X	X	
ICED TEA - MANGO GREEN	24 oz	0	0	0	0	0	20	0	0	0	0	X	X	X	X	
COLD BREW ICED COFFEE	24 oz	0	0	0	0	0	25	0	0	0	0	X	X	X	X	
TOASTED MARSHMALLOW LEMONADE (includes 1 portion of Cold Foam)	24 oz	390	2.5	0	0	15	40	86	0	92	1	X		X		Milk, Soy
TOASTED MARSHMALLOW COLD BREW ICED COFFEE (includes 1 portion of Cold Foam)	24 oz	140	2.5	0	0	15	55	18	0	27	0	X		X		Milk, Soy
GREEN REVIVER	16 oz	130	0	0	0	0	50	31	1	23	1	X	X	X	X	
HOUSEMADE LEMONADE - TRADITIONAL	16 oz	190	0	0	0	0	10	50	0	48	0	X	X	X	X	
HOUSEMADE LEMONADE - CUCUMBER MINT	16 oz	130	0	0	0	0	35	34	0	32	1	X	X	X	X	
HOUSEMADE LEMONADE - BLUEBERRY BASIL	16 oz	160	0	0	0	0	30	42	0	40	1	X	X	X	X	
HOUSEMADE LEMONADE - APPLE CIDER	16 oz	210	0	0	0	0	95	54	0	50	0	X	X	X	X	
HOUSEMADE LEMONADE - CARAMEL APPLE	16 oz	260	0	0	0	0	95	66	0	63	0	X	X	X	X	
HOUSEMADE LEMONADE - FROZEN STRAWBERRY	16 oz	190	0	0	0	0	15	51	0	49	1	X	X	X	X	
FRUIT STAND LEMONADE - BLACKBERRY BRAMBLE	16 oz	230	0	0	0	0	15	62	0	60	1	X	X	X	X	
FRUIT STAND LEMONADE - SUMMER STONE FRUIT	16 oz	240	0	0	0	0	15	63	0	60	0	X	X	X	X	
FRUIT STAND LEMONADE - MANGO GROVE	16 oz	240	0	0	0	0	15	64	0	61	1	X	X	X	X	
FRUIT STAND LEMONADE - BLACK CHERRY ORCHARD	16 oz	240	0	0	0	0	10	63	0	60	1	X	X	X	X	
ICED TEA - BLACK	16 oz	0	0	0	0	0	15	0	0	0	0	X	X	X	X	
ICED TEA - MANGO GREEN	16 oz	0	0	0	0	0	15	0	0	0	0	X	X	X	X	
COLD BREW ICED COFFEE	16 oz	0	0	0	0	0	15	0	0	0	0	X	X	X	X	
TOASTED MARSHMALLOW LEMONADE (includes 1 portion of Cold Foam)	16 oz	300	2.5	0	0	15	35	63	0	70	0	X		X		Milk, Soy
TOASTED MARSHMALLOW COLD BREW ICED COFFEE (includes 1 portion of Cold Foam)	16 oz	60	0	0	0	0	15	13	0	13	0	X		X		Milk, Soy
ADD-INS																
ALMOND MILK	2 oz	15	1	0	0	0	45	2	0	1	0	X	X	X	X	Tree Nuts
OAT MILK	2 oz	35	2	1	0	0	25	4	1	2	<1	X	X	X	X	
HALF-AND-HALF	2 oz	90	6	4	0	30	55	4	0	2	2	X		X		Milk
COLD FOAM	1 oz	60	2.5	0	0	15	25	0	0	9	0	X		X		Milk, Soy
SIMPLE SYRUP SHOT (24 oz Cup)	1 oz	70	0	0	0	0	0	18	0	18	0	X	X	X	X	
CARAMEL FLAVOR SHOT (24 oz Cup)	1 oz	80	0	0	0	0	0	20	0	19	0	X	X	X	X	
HAZELNUT FLAVOR SHOT (24 oz Cup)	1 oz	80	0	0	0	0	0	19	0	19	0	X	X	X	X	Tree Nuts
VANILLA FLAVOR SHOT (24 oz Cup)	1 oz	80	0	0	0	0	0	20	0	20	0	X	X	X	X	
SUGAR-FREE VANILLA FLAVOR SHOT (24 oz Cup)	1 oz	0	0	0	0	0	0	0	0	0	0	X	X	X	X	
TOASTED MARSHMALLOW FLAVOR SHOT (COLD BREW - 24 oz Cup)	1 oz	60	2.5	0	0	15	25	0	0	9	0	X	X	X	X	
TOASTED MARSHMALLOW FLAVOR SHOT (LEMONADE - 24 oz Cup)	.75 oz	60	0	0	0	0	0	13	0	13	0	X	X	X	X	

