

MENU ITEMS

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

	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*
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
GOOD GREENS	1 Salad	530	26	7	0	40	1210	55	5	6	26					Milk, Wheat
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 2.5 oz of dressing (full sachet). Tofu +30 calories; Steak +50 calories; No protein -100 calories)

	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*
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
GOOD GREENS	1 Wrap	720	40	9	0	40	1530	71	5	9	28					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)

	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*
BIG AZ BREAKFAST BURRITO	1 Burrito	540	34	16	<1	495	1180	9	0	2	47					Milk, Eggs, Wheat
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		60	2	0	0	0	340	11	1	1	1	X	X	X	X	
SCRAMBLED EGG		70	4.5	1.5	0	180	170	0	0	0	6	X		X	X	Eggs
TURKEY SAUSAGE		80	5	0	0	0	370	0	0	0	9			X	X	

SIDES

	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*
GREEN ENCHILADA CHILI (WITH TORTILLA STRIPS) - 8 oz Cup		150	4	0	0	15	740	21	4	1	8			X	X	
GREEN ENCHILADA CHILI (WITH TORTILLA STRIPS) - 12 oz Cup		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		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		300	16	13	0	0	910	35	3	13	4	X	X	X	X	Soy, Sesame
HUMMUS		210	11	0	0	0	480	18	4	0	7	X	X	X	X	Sesame
LOADED GREEK HUMMUS		280	15	2.5	0	15	730	21	4	1	10	X				Sesame, Milk
HUMMUS WITH CHICKPEAS		250	13	0	0	0	600	22	5	1	9	X				Sesame
HUMMUS WITH FETA		280	16	4	0	25	760	19	4	1	11	X				Sesame, Milk
PITA CHIPS (Larger Size)		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		
KOREAN BBQ VINAIGRETTE	2.5 oz	360	37	4	0	0	420	10	0	8	1	X	X		X	Soy, Sesame, Tree Nut		
LEMON BASIL VINAIGRETTE	2.5 oz	280	29	3	0	0	260	8	0	7	1	X						
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		90	1.5	1	0	55	350	1	0	0	18			X	X			
BUFFALO CHICKEN		160	10	2	0	55	1270	2	0	1	17			X		Milk		
STEAK		140	7	3.5	0	40	150	0	0	0	18			X	X			
TOFU		140	4.5	1	0	0	640	14	2	6	10	X	X	X	X	Soy, Sesame, Tree Nut		
SHREDDED BEEF		180	9	5	0	90	470	2	0	1	23				X			
CHEESES																		
BLUE CHEESE		70	6	4	0	15	210	1	0	0	4	X		X		Milk		
FETA		60	5	3.5	0	20	250	1	0	1	3	X		X		Milk		
PARMESAN (SHAVED)		60	4.5	3	0	15	230	0	0	0	6	X		X		Milk		
PEPPER JACK CHEESE		70	5	3	0	20	110	1	0	0	4	X		X		Milk		
GREENS																		
MIXED GREENS		15	0	0	0	0	65	3	1	0	1	X	X	X	X			
ROMAINE		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)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	Vegetarian	Vegan	Gluten Friendly	Dairy Friendly	ALLERGENS*
ROMAINE WITH MIXED GREENS		25	0	0	0	0	40	5	3	1	2	2	X	X	X	X		
SPINACH		20	0	0	0	0	60	3	2	0	2	2	X	X	X	X		
FRUITS, VEGGIES AND MORE																		
AVOCADO		60	6	1	0	0	0	3	0	0	1	X	X	X	X			
BACON		110	7	3.5	0	35	380	0	0	0	7				X	X		
BANANA PEPPERS		0	0	0	0	0	250	1	0	0	0	X	X	X	X			
BLACK BEANS, SPICY		30	0	0	0	0	190	5	1	0	2	X	X	X	X			
BRUSSELS SPROUTS		49	3	0	0	0	120	5	2	1	2	X	X	X	X			
CARROTS		10	0	0	0	0	15	2	1	1	0	X	X	X	X			
CELERY		5	0	0	0	0	20	< 1	0	0	0	X	X	X	X			
CRANBERRIES (DRIED)		70	0	0	0	0	0	18	0	16	0	X	X	X	X			
CROUTONS		100	3	0	0	0	280	16	0	0	3	X	X		X	Milk, Wheat		
CUCUMBERS		5	0	0	0	0	0	1	0	1	0	X	X	X	X			
EGG - HARD BOILED		80	5	2	0	185	60	< 1	0	< 1	6	X		X	X	Eggs		
KALAMATA OLIVES		50	5	1	0	0	510	1	0	0	0	X		X	X			
MARINATED CHICKPEAS		70	3.5	0	0	0	220	8	2	1	3	X	X	X	X			
PECANS (CANDIED)		130	9	1	0	0	60	12	0	11	1	X		X		Milk, Peanuts, Tree Nuts		
PICO DE GALLO		10	0	0	0	0	210	2	1	1	0	X	X	X	X			
POBLANOS - ROASTED		20	1	0	0	0	0	3	0	1	< 1	X	X	X	X			

RED CABBAGE		10	0	0	0	0	10	3	1	1	<1	X	X	X	X	
RED ONIONS - PICKLED		18	0	0	0	0	1	5	0	3	0	X	X	X	X	
RED ONIONS - FRESH		15	0	0	0	0	0	3	1	1	0	X	X	X	X	
RED PEPPERS - FRESH		15	0	0	0	0	0	3	1	2	0	X	X	X	X	
ROASTED CORN		40	1	0	0	0	0	7	2	3	1	X	X	X	X	
SWEET POTATOES		54	2	0	0	0	265	7	1	6	1	X	X	X	X	
SWICY CARROTS		45	1.5	0	0	0	180	9	2	5	1	X		X	X	Soy
TOMATOES		10	0	0	0	0	0	2	1	1	0	X	X	X	X	
TORTILLA STRIPS		50	3	0	0	0	15	6	0	0	1	X	X	X	X	
WATERMELON RADISH		5	0	0	0	0	10	1	0	1	0	X	X	X	X	
WONTON STRIPS		110	6	0	0	0	180	0	0	0	3				X	Wheat, Soy
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)	CHOLESTROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	Vegetarian	Vegan	Gluten Friendly	Dairy Friendly	ALLERGENS*
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BEVERAGES

GREEN REVIVER	24 oz	180	0	0	0	0	75	45	1	34	2	X	X	X	X	
ORANGE REVIVER	24 oz	140	0	0	0	0	70	33	1	27	1	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 - 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
CITRUS ZEN JUICE	16 oz															
GREEN REVIVER	16 oz	130	0	0	0	0	50	31	1	23	1	X	X	X	X	
ORANGE REVIVER	16 oz	100	0	0	0	0	50	22	1	19	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 - 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		15	1	0	0	0	45	2	0	1	0	X	X	X	X	Tree Nuts
OAT MILK		35	2	1	0	0	25	4	1	2	<1	X	X	X	X	
HALF-AND-HALF		90	6	4	0	30	55	4	0	2	2	X				Milk
COLD FOAM		60	2.5	0	0	15	25	0	0	9	0	X		X		Milk, Soy
SIMPLE SYRUP SHOT (24 oz Cup)		70	0	0	0	0	0	18	0	18	0	X	X	X	X	
CARAMEL FLAVOR SHOT (24 oz Cup)		80	0	0	0	0	0	20	0	19	0	X	X	X	X	
HAZELNUT FLAVOR SHOT (24 oz Cup)		80	0	0	0	0	0	19	0	19	0	X	X	X	X	Tree Nuts

