

nutrition facts
salads



gluten free



vegan



dairy free



locally sourced



spicy

Acapulco Ceasar

	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
Totals	420	0	39	19.6	8	3.3	816
Romaine	26	0	0	5	2	3.3	2
Red Onion	12	0	0	2	0	0	1
Tomatoes	4	0	0	1	0	0	1
Parmesan	42	0	3	0	4	0	170
Croutons	60	0	2	10	2	0	150
<i>Dressing totals based on two 1 oz servings</i>							
Chipotle Lime Caesar Dressing	276	0	34	1.6	0	0	492

Bluegrass Blackberry



Totals	569	11.5	50	26	7.5	3	559
Spring Mix	21	0	0	3	2.5	1	9
Strawberry	10	0	0	2	0	0	0
Red Onion	12	0	0	2	0	0	1
Feta	75	0	6	1	4	0	260
Pecans	100	0	10	3	1	1	0
Apple Chips	38	2	2	5	0	1	2
<i>Dressing totals based on two 1 oz servings</i>							
Blackberry Sorghum Dressing	313	9.5	32	10	0	0	287

BLT Deluxe



Totals	495	2	43	7	22.5	2.5	1107
Romaine	15	0	0	1.5	1.5	1.5	2
Iceberg	9	0	0	2.5	1	1	2
Tomatoes	4	0	0	1	1	0	1
Bacon	252	0	19	0	19	0	1102
<i>Dressing totals based on two 1 oz servings</i>							
Bourbon smoked Paprika Ranch	215	2	24	2	1	0	218

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Chicken Taco



	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
Totals	567	2.5	30	33.2	43.5	7.5	999
Romaine	15	0	0	1.5	1.5	1.5	2
Iceberg	9	0	0	2.5	1	1	2
Red Onion	12	0	0	2	0	0	0
Tomatoes	4	0	0	1	0	0	1
Black Beans	60	0	0	12	4	3	5
Cheddar Cheese	115	0	10	0	7	0	183
Roasted Chicken	191	0	8	0	29	0	110
Tortilla Strips	60	0	4	8	0	0	13
Avocado Cream	51	0.5	4.5	2.5	0.5	1	394
<i>Dressing totals based on two 1 oz servings</i>							
Salsa Vinaigrette	50	2	3.5	3.7	0.5	1	289

Classic Chicken Salad



Totals	777	17	62	25.5	35.5	3.15	1843
Spring Mix	11	0	0	1.5	1.5	0.5	3
Strawberries	10	0	0	2	0	0	0
Chicken Salad	756	17	62	22	34	2.65	1840

Harvest Kale

Totals	749	26	49	63	16	10	616
Baby Kale	42	0	0	7.5	3.5	3	12
Quinoa	56	0	1	7	2	1	9
Parmesan	42	0	3	0	4	0	170
Sweet Potatoes	49	2	0	11	1	2	31
Sunflower Seeds	160	1	14	6	5	3	100
Craisins	49	8	0	12	0	1	0
Pita Chips	35	0	2	4	0	0	90
<i>Dressing totals based on two 1 oz servings</i>							
Honey Balsamic	316	15	29	15.5	0.5	0	204

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Heart and Seoul Grain Bowl

	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
Totals	547.8	25.1	29.8	113.8	27.8	7.3	1449.9
Kale	14	0.1	0	2.5	1	1	12
Grain Blend	167.3	0	11.2	70.8	14.5	3.3	20
Red Onion	12	0	0	2	0	0	1
Shredded Carrots	5	0	0	2	0	0	22
Cucumber	5	0	0	1	0	0	2
Edamame	50	0	2	4	4	1	15
Hard Boiled Egg	31.5	0	2	0	3	0	35.5
Sesame/Pumpkin Seed Granola	105	2	9	5	3	1.5	0.4
<i>Dressing totals based on two 1 oz servings</i>							
Gochujang Vinaigrette	158	23	5.6	26	2.3	0.5	1342

Maki Shrimp

	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
Totals	510	2.8	37.5	24	22.75	9.55	559
Spring Mix	21	0	0	3	2.5	1	6
Superfood/Cabbage Mix	14	0	0	3	0.5	1.3	10
Avocado	117	0	10.5	6	1.5	5	5
Bell Pepper	16	0	0	3	1	1	2
Cucumber	5	0	0	1	0	0	2
Shrimp	70	0	1	1	13	0	71
Edamame	50	0	2	4	4	1	15
<i>Dressing totals based on two 1 oz servings</i>							
Sriracha Aioli	217	2.8	24	3	0.25	0.25	448

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Santorini

	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
Totals	613	3.7	46.4	35.5	11	5.5	668
Romaine	26	0	0	5	2	3.3	2
Red Onion	12	0	0	2	0	0	0
Tomatoes	4	0	0	1	0	0	1
Feta	75	0	6	1	4	0	260
Pita Chips	35	0	2	4	0	0	90
Quinoa	56	0	1	7	2	1	9
Bell Peppers	16	0	0	3	1	1	2
Cucumbers	5	0	0	1	0	0	2
Chickpeas	78	0	1.4	12.5	4	3.5	12
<i>Dressing totals based on two 1 oz servings</i>							
Olive Oil/Lemon Juice Vinaigrette	332	3.7	36	4	0	0	290

Tuscan

	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
Totals	616	1	49	32	16	7.3	1878
Spinach	31	0	0	3	2	1	9
Red Onion	12	0	0	2	0	0	1
Tomatoes	4	0	0	1	0	0	1
Kalamata Olives	85	0	8	4	0	0	435
Roasted Red Peppers	5	0	0	1	0	0	333
Artichoke Hearts	40	1	0	9	3	5	398
Mozzarella	100	0	8	1	9	1	213
Croutons	60	0	2	10	2	0	150
<i>Dressing totals based on two 1 oz servings</i>							
Tuscan Vinaigrette	279	0	31	1	0	0.3	338

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Vegan Power



Calories

Sugar
grams

Fat
grams

Carbs
grams

Protein
grams

Fiber
grams

Sodium
milligrams

Totals	684	1	49.9	41.1	19	11.8	363
Spring Mix	21	0	0	3	2.5	1	6
Superfood/cabbage mix	14	0	0	3	0.5	1.3	10
Tomatoes	4	0	0	1	0	0	1
Bell Peppers	16	0	0	3	1	1	2
Quinoa	56	0	1	7	2	1	9
Cucumbers	5	0	0	1	0	0	2
Chickpeas	78	0	1.4	12.5	4	3.5	12
Edamame	50	0	2	4	4	1	15
Sunflower Seeds	160	0	14	6	5	3	100
Dressing totals based on two 1 oz servings							
Creamy Lemon	280	0	31.5	0.6	0	0	206

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soups



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White Chicken Chili



Calories

Sugar
grams

Fat
grams

Carbs
grams

Protein
grams

Fiber
grams

Sodium
milligrams

12 oz; Bowl

223

1

6

24

15

7

1812

8 oz; Cup

146

1

4

16

10

4.5

1189

Sausage, Kale, and Potato



12 oz; Bowl

435

3

18.5

42

22

10

1702

8 oz; Cup

284

2

12

27

15

7

1113

Creamy Tomato



12 oz; Bowl

161

7

11

11

1

0.2

1560

8 oz; Cup

100

5

7

7

1

0

1040

Burnt Carrot



12 oz; Bowl

63

6

1

11

1.5

3

740

8 oz; Cup

42

4

0

7.5

1

2

490

Pumpkin Bisque



12 oz; Bowl

95

12

0.5

21

1.75

2.75

936

8 oz; Cup

63

8

0

14

1

1.8

624

Potato Chowder



12 oz; Bowl

335

12.6

12.6

39

13.7

3.5

1458

8 oz; Cup

221

8

8

25.6

9

2

966

nutrition facts

drinks & extras

Dressings

	Portion Size	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
 Avocado Cream	2 oz	51	0.5	4.5	2.5	0.5	1	105
 Bourbon Smoked Paprika Ranch	2 oz	215	2	24	2	1	0	218
 Sriracha Aioli	2 oz	217	0.25	24	0.25	0.25	2.8	448
 Blackberry Sorghum	2 oz	313	9.5	32	10	0	0	287
 Chipotle Lime Caesar	2 oz	276	0	34	1.6	0	0	492
 Creamy Lemon Vinaigrette	2 oz	280	0	31.5	0.6	0	0	206
 Honey Balsamic Vinaigrette	2 oz	316	15	29	15.5	0.5	0	204
 Olive Oil and Lemon Juice	2 oz	332	3.7	36	4	0	0	290
 Tuscan Vinaigrette	2 oz	279	0	31	1	0	0.3	338
 Salsa Vinaigrette	2 oz	50	2	3.5	3.7	0	1	289
 Gochujang Vinaigrette	2 oz	158	23	5.6	26	2.3	0.5	1342

Proteins & Grains

 Chicken Salad	1 scoop	378	8.5	31	11	17	1.3	1840
 Bacon	1 serving	252	0	19	0	19	0	1102
 Hard Boiled Egg	1 egg	63	0	4	0	6	0	71
 Boiled Shrimp	1 serving	70	0	1	1	13	0	181
 Roasted Chicken	1 serving	191	0	8	0	29	0	110
 Salmon	4oz filet	100	0	1	2	21	1	240
 Country Ham	1 serving	135	0	5	0	21	0	2520
 Salami	1 serving	255	0	17	0	17	0	968
 Avocado	1 half	117	0	10.5	6	1.5	5	5
 Farro/Black Rice Blend	1 Cup	167.3	0.1	11.2	70.8	14.5	3.3	10

Lemonades

 Strawberry	16 fl oz	281	38	0.025	39	0.05	1.35	82.8
 Classic	16 fl oz	276	37.2	0	38	0	1.2	76.8