

nutrition facts

salads



gluten free



vegan



dairy free



locally sourced



spicy

Bluegrass Blackberry



	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
Totals	569	11.5	50	26	7.5	3	559
Spring Mix	21	0	0	3	2.5	1	9
Red Onion	12	0	0	2	0	0	1
Crumbled Feta	75	0	6	1	4	0	260
Strawberries	10	0	0	2	0	0	0
Apple Chips	38	2	2	5	0	1	2
Pecans	100	0	10	3	1	1	0
<i>Dressing totals based on two 1 oz servings</i>							
Blackberry Sorghum Vinaigrette	313	9.5	32	10	0	0	287

Harvest Kale

	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
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
Sweet Potatoes	49	2	0	11	1	2	31
Parmesan	42	0	3	0	4	0	170
Dried Cranberries	49	8	0	12	0	1	0
Sunflower Seeds	160	1	14	6	5	3	100
Pita Chips	35	0	2	4	0	0	90
<i>Dressing totals based on two 1 oz servings</i>							
Honey Balsamic Vinaigrette	316	15	29	15.5	0.5	0	204

Classic Chicken Salad



	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
Totals	777	17	62	25.5	35.5	3.15	1843
Chicken Salad	756	17	62	22	34	2.65	1840
Spring Mix	11	0	0	1.5	1.5	0.5	3
Strawberries	10	0	0	2	0	0	0

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BLT Deluxe



Calories

Sugar
grams

Fat
grams

Carbs
grams

Protein
grams

Fiber
grams

Sodium
milligrams

Totals	569	2	45	17	25.5	2.5	1470
Chopped Romaine	15	0	0	1.5	1.5	1.5	2
Iceberg	9	0	0	2.5	1	1	2
Bacon	252	0	19	0	19	0	1102
Grape Tomatoes	4	0	0	1	1	0	1
Croutons	60	0	2	10	2	0	150
<i>Dressing totals based on two 1 oz servings</i>							
Bourbon Smoked Paprika Ranch	215	2	24	2	1	0	218

Acapulco Ceasar

Totals	420	0	39	19.6	8	3.3	816
Chopped Romaine	26	0	0	5	2	3.3	2
Red Onion	12	0	0	2	0	0	1
Parmesan	42	0	3	0	4	0	170
Grape Tomatoes	4	0	0	1	0	0	1
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

Chicken Taco



Totals	567	2.5	30	33.2	43.5	7.5	999
Chopped 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
Roasted Chicken	191	0	8	0	29	0	110
Cheddar Cheese	115	0	10	0	7	0	183
Black Beans	60	0	0	12	4	3	5
Grape Tomatoes	4	0	0	1	0	0	1
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

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Vegan Power



	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
Totals	684	0	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
Quinoa	56	0	1	7	2	1	9
Chickpeas	78	0	1.4	12.5	4	3.5	12
Cucumbers	5	0	0	1	0	0	2
Grape Tomatoes	4	0	0	1	0	0	1
Red Peppers	16	0	0	3	1	1	2
Sunflower Seeds	160	0	14	6	5	3	100
Edamame	50	0	2	4	4	1	15
<i>Dressing totals based on two 1 oz servings</i>							
Creamy Lemon Vinaigrette	280	0	31.5	0.6	0	0	206

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
Mozzarella	100	0	8	1	9	1	213
Artichoke Hearts	40	1	0	9	3	5	398
Roasted Red Peppers	5	0	0	1	0	0	333
Kalamata Olives	85	0	8	4	0	0	435
Grape Tomatoes	4	0	0	1	0	0	1
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

nutrition facts

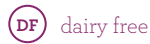
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Calories

Sugar
grams

Fat
grams

Carbs
grams

Protein
grams

Fiber
grams

Sodium
milligrams

Santorini

Totals	639	3.7	46.4	40.5	13	8.8	668
Chopped Romaine	26	0	0	5	2	3.3	2
Red Onion	12	0	0	2	0	0	0
Crumbled Feta	75	0	6	1	4	0	260
Quinoa	56	0	1	7	2	1	9
Chickpeas	78	0	1.4	12.5	4	3.5	12
Red Peppers	16	0	0	3	1	1	2
Grape Tomatoes	4	0	0	1	0	0	1
Cucumbers	5	0	0	1	0	0	2
Pita Chips	35	0	2	4	0	0	90
<i>Dressing totals based on two 1 oz servings</i>							
Lemon Juice/Olive Oil	332	3.7	36	4	0	0	290

Maki Shrimp









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
Cucumber	5	0	0	1	0	0	2
Red Peppers	16	0	0	3	1	1	2
Edamame	50	0	2	4	4	1	15
Shrimp	70	0	1	1	13	0	71
<i>Dressing totals based on two 1 oz servings</i>							
Sriracha Aioli Dressing	217	2.8	24	3	0.25	0.25	448

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grain bowls

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Heart and Seoul Bowl

	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
Totals	548	25.1	29.8	113.8	27.8	7.3	1449.9
 Baby Kale	14	0.1	0	2.5	1	1	12
 Grain Blend (Quinoa, Farro, Black Rice)	167.3	0	11.2	70.8	14.5	3.3	20
 Red Onion	12	0	0	2	0	0	1
 Cucumber	5	0	0	1	0	0	2
 Shredded Carrots	5	0	0	2	0	0	22
 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

Havana Summer Bowl

	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
Totals	735	6.6	57.2	106.3	22.6	11.8	835
 Chopped Romaine	5	0	0	1	1	1	0
 Grain Blend (Quinoa, Farro, Black Rice)	167.3	0	11.2	70.8	14.5	3.3	20
 Black Bean Salad	113	1	5	12.5	4	4	439
 Grape Tomatoes	13	2	0	3	0	1	0
 Red Peppers	15	2	0	3	1	1	0
 Avocado	117	1	11	6	1	1	5
 Plantain Chips	75	0	4	9	0.5	0.5	25
<i>Dressing totals based on two 1 oz servings</i>							
Creamy Cilantro Lime Dressing	230	0.6	26	1	0.6	0	346

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Pharaoh Bowl



Calories

Sugar
grams

Fat
grams

Carbs
grams

Protein
grams

Fiber
grams

Sodium
milligrams

Totals	785	5	54	62	18	13	1547
Chopped Romaine	6	1	0	1	0	1	3
Grain Blend (<i>Farro, Bulgur</i>)	96	0	0	13	7	4	2
Cucumber	2	0	0	2	0	0	0
Grape Tomatoes	2	0	0	1	0	0	1
Kalamata Olives	55	0	6	4	0	0	540
Chickpea Salad	157	3	8	17	5	7	422
Tahini Sauce	119	0	11	2	3	0	76
Pita Chips	111	1	4	19	3	1	242
<i>Dressing totals based on two 1 oz servings</i>							
Lemon Parsley Vinaigrette	237	0	25	3	0	0	261

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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	137	17	0.5	28	3	6	1695
8 oz; Cup	91	11.5	0.5	18	2	4	1130

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 Dressing	2 oz	217	0.25	24	0.25	0.25	2.8	448
 Blackberry Sorghum Vinaigrette	2 oz	313	9.5	32	10	0	0	287
 Chipotle Lime Caesar Dressing	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
 Lemon Juice/Olive Oil	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
 Creamy Cilantro Lime Dressing	2 oz	230	0.6	26	1	0.6	0	346
 Lemon Parsley Vinaigrette	2 oz	237	0	25	3	0	0	261

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
 Grain Blend (Quinoa, Farro, Black Rice)	1 cup	167.3	0.1	11.2	70.8	14.5	3.3	10
 Black Bean Salad	1/2 cup	113	1	5	12.5	4	4	439

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