

nutrition facts

salads

 gluten free  vegan  dairy free  locally sourced  spicy

	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
Bluegrass Blackberry  							
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
Dressing totals based on two 1 oz servings							
Blackberry Sorghum Vinaigrette	313	9.5	32	10	0	0	287

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
 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
Dressing totals based on two 1 oz servings							
Honey Balsamic Vinaigrette	316	15	29	15.5	0.5	0	204

Classic Chicken Salad

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



Totals	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
	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	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
	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	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
	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
Dressing totals based on two 1 oz servings							
Creamy Lemon Vinaigrette	280	0	31.5	0.6	0	0	206

Tuscan

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
Dressing totals based on two 1 oz servings							
Tuscan Vinaigrette	279	0	31	1	0	0.3	338

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spicy

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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Bibim Bowl

	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
Totals	475.6	21.8	23.6	50.5	17.7	5.4	1737
 Yakisoba Noodles	50	0	1	8.1	2	0.25	130
 Super Food	14	0	0	3	1.3	0.5	10
 Edamame	50	0	0	4	0	0	15
 Ginger Sauteed Vegetables	54.15	3.9	3	6.8	1.1	1.9	274.36
 Pickled Red Onions	28.61	4.3	0.05	7	0.6	0.9	583.4
 Black and White Sesame Seeds	15.8	0	1.3	0.7	0.5	0.4	0.31
 Hard Boiled Egg	63	0	4	0	6	0	71
Dressing totals based on two 1 oz servings							
Gochujang Vinaigrette	200	0	12.2	20.8	2.3	0.4	653
 Total with Shrimp	545.6	21.8	24.6	51.5	30.7	5.4	1808.1

Havana Summer Bowl

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
Dressing totals based on two 1 oz servings							
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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seasonal 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   	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
12 oz; Bowl	435	3	18.5	42	22	10	1702
8 oz; Cup	284	2	12	27	15	7	1113

Creamy Tomato 	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
12 oz; Bowl	161	7	11	11	1	0.2	1560
8 oz; Cup	100	5	7	7	1	0	1040

Burnt Carrot   	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
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   	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
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 	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
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

Herb Chicken and Wild Rice	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
12 oz; Bowl	360	4	12	29	20	2.4	1689
8 oz; Cup	238	2.6	18	19	13	1.6	1126

nutrition facts

dressings

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	200	0	4	20.8	2.3	0.4	653
 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

nutrition facts

drinks & extras

		Portion Size	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
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
	Salami	1 serving	255	0	17	0	17	0	968
	Avocado	1 half	117	0	10.5	6	1.5	5	5
	Grain Blend <i>(Quinoa, Farro, Black Rice)</i>	1 cup	167.3	0.1	11.2	70.8	14.5	3.3	10
	Grain Blend <i>(Farro, Bulghur)</i>	1 cup	96	0	0	13	7	4	2
	Black Bean Salad	1/2 cup	113	1	5	12.5	4	4	439
	Chickpea Salad	1/2 cup	111	1	4	19	3	1	242

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