

nutrition facts

salads

 gluten free  vegan  dairy free  locally sourced  spicy  full salad  lite salad

	Calories		Sugar grams		Fat grams		Carbs grams		Protein grams		Fiber grams		Sodium milligrams	
Bluegrass Blackberry  														
Totals	569	284.5	11.5	5.75	50	25	26	13	7.5	3.75	3	1.5	559	279.5
 Spring Mix	21	11	0	0	0	0	3	1.5	2.5	1.25	1	0.5	9	4.5
 Red Onion	12	6	0	0	0	0	2	1	0	0	0	0	1	0.5
 Crumbled Feta	75	37.5	0	0	6	3	1	0.5	4	2	0	0	260	130
 Strawberries	10	5	0	0	0	0	2	1	0	0	0	0	0	0
 Apple Chips	38	19	2	1	2	2	5	2.5	0	0	1	0.5	2	1
 Pecans	100	50	0	9	10	5	3	1.5	1	0.5	1	0.5	0	0
Dressing totals based on two 1 oz servings														
Blackberry Sorghum Vinaigrette	313	156.5	9.5	4.75	32	16	10	5	0	0	0	0	287	143.5

Harvest Kale

Totals	749	374.5	26	13	49	24.5	63	31.5	16	8	10	5	616	308
 Baby Kale	42	21	0	0	0	0	7.5	3.75	3.5	1.75	3	1.5	12	6
 Quinoa	56	28	0	0	1	0.5	7	3.5	2	1	1	0.5	9	4.5
 Sweet Potatoes	49	24.5	2	1	0	0	11	5.5	1	0.5	2	1	31	15.5
 Parmesan	42	21	0	0	3	1.5	0	0	4	2	0	0	170	85
 Dried Cranberries	49	24.5	8	4	0	0	12	6	0	0	1	0.5	0	0
 Sunflower Seeds	160	80	1	0.5	14	7	6	3	5	2.5	3	1.5	100	50
 Pita Chips	35	17.5	0	0	2	1	4	2	0	0	0	0	90	45
Dressing totals based on two 1 oz servings														
Honey Balsamic Vinaigrette	316	158	15	7.5	29	14.5	15.5	7.75	0.5	0.25	0	0	204	102

Classic Chicken Salad

Totals	777	388.5	17	8.5	62	31	25.5	12.75	35.5	17.75	3.15	1.58	1843	921.5
 Chicken Salad	756	378	17	8.5	62	31	22	11	34	17	2.65	1.33	1840	920
 Spring Mix	11	5.5	0	0	0	0	1.5	0.75	1.5	0.75	0.5	0.25	3	1.5
 Strawberries	10	5	0	0	0	0	2	1	0	0	0	0	0	0

nutrition facts

salads



gluten free



vegan



dairy free



locally sourced



spicy



full salad



lite salad

BLT Deluxe



	Calories		Sugar grams		Fat grams		Carbs grams		Protein grams		Fiber grams		Sodium milligrams	
Totals	569	284.5	2	1	45	22.5	17	8.5	25.5	12.75	2.5	1.25	1470	735
Chopped Romaine	15	7.5	0	0	0	0	1.5	0.75	1.5	0.75	1.5	0.75	2	1
Iceberg	9	4.5	0	0	0	0	2.5	1.25	1	0.5	1	0.5	2	1
Bacon	252	126	0	0	19	9.5	0	0	19	9.5	0	0	1102	551
Grape Tomatoes	4	2	0	0	0	0	1	0.5	1	0.5	0	0	1	0.5
Croutons	60	30	0	0	2	1	10	5	2	1	0	0	150	75
<i>Dressing totals based on two 1 oz servings</i>														
Bourbon Smoked Paprika Ranch	215	107.5	2	1	24	12	2	1	1	0.5	0	0	218	109

Acapulco Ceasar



	Calories		Sugar grams		Fat grams		Carbs grams		Protein grams		Fiber grams		Sodium milligrams	
Totals	420	210	0	0	39	19.5	19.6	9.8	8	4	3.3	1.65	816	408
Chopped Romaine	26	13	0	0	0	0	5	2.5	2	1	3.3	1.65	2	1
Red Onion	12	6	0	0	0	0	2	1	0	0	0	0	1	0.5
Parmesan	42	21	0	0	3	1.5	0	0	4	2	0	0	170	85
Grape Tomatoes	4	2	0	0	0	0	1	0.5	0	0	0	0	1	0.5
Croutons	60	30	0	0	2	1	10	5	2	1	0	0	150	75
<i>Dressing totals based on two 1 oz servings</i>														
Chipotle Lime Caesar Dressing	276	138	0	0	34	17	1.6	0.8	0	0	0	0	492	246

Chicken Taco



	Calories		Sugar grams		Fat grams		Carbs grams		Protein grams		Fiber grams		Sodium milligrams	
Totals	567	283.5	2.5	1.25	30	15	33.2	16.6	43.5	21.75	7.5	3.75	999	499.5
Chopped Romaine	15	7.5	0	0	0	0	1.5	0.75	1.5	0.75	1.5	0.75	2	1
Iceberg	9	4.5	0	0	0	0	2.5	1.25	1	0.5	1	0.5	2	1
Red Onion	12	6	0	0	0	0	2	1	0	0	0	0	0	0
Roasted Chicken	191	95.5	0	0	8	4	0	0	29	14.5	0	0	110	55
Cheddar Cheese	115	57.5	0	0	10	5	0	0	7	3.5	0	0	183	91.5
Black Beans	60	30	0	0	0	0	12	6	4	2	3	1.5	5	2.5
Grape Tomatoes	4	2	0	0	0	0	1	0.5	0	0	0	0	1	0.5
Tortilla Strips	60	30	0	0	4	2	8	4	0	0	0	0	13	6.5
Avocado Cream	51	25.5	0.5	0.25	4.5	2.25	2.5	1.25	0.5	0.25	1	0.5	394	197
<i>Dressing totals based on two 1 oz servings</i>														
Salsa Vinaigrette	50	25	2	1	3.5	1.75	3.7	1.85	0.5	0.25	1	0.5	289	144.5

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Vegan Power   	Calories		Sugar grams		Fat grams		Carbs grams		Protein grams		Fiber grams		Sodium milligrams	
														
Totals	684	342	0	0	49.9	24.95	41.1	20.55	19	9.5	11.8	5.9	363	181.5
 Spring Mix	21	10.5	0	0	0	0	3	1.5	2.5	1.25	1	0.5	6	3
 Superfood/Cabbage Mix	14	7	0	0	0	0	3	1.5	0.5	0.75	1.3	0.65	10	5
 Quinoa	56	28	0	0	1	0.5	7	3.5	2	1	1	0.5	9	4.5
 Chickpeas	78	39	0	0	1.4	0.7	12.5	6.25	4	2	3.5	1.75	12	6
 Cucumbers	5	2.5	0	0	0	0	1	0.5	0	0	0	0	2	1
 Grape Tomatoes	4	2	0	0	0	0	1	0.5	0	0	0	0	1	0.5
 Red Peppers	16	8	0	0	0	0	3	1.5	1	0.5	1	0.5	2	1
 Sunflower Seeds	160	80	0	0	14	7	6	3	5	2.5	3	1.5	100	50
 Edamame	50	25	0	0	2	1	4	2	4	2	1	0.5	15	7.5
Dressing totals based on two 1 oz servings														
Creamy Lemon Vinaigrette	280	140	0	0	31.5	15.75	0.6	0.3	0	0	0	0	206	103

Tuscan														
Totals	616	308	1	0.5	49	24.5	32	16	16	8	7.3	3.65	1878	939
 Spinach	31	15.5	0	0	0	0	3	1.5	2	1	1	0.5	9	4.5
 Red Onion	12	6	0	0	0	0	2	1	0	0	0	0	1	0.5
 Mozzarella	100	50	0	0	8	4	1	0.5	9	4.5	1	0.5	213	106.5
 Artichoke Hearts	40	20	1	0.5	0	0	9	4.5	3	1.5	5	2.5	398	199
 Roasted Red Peppers	5	2.5	0	0	0	0	1	0.5	0	0	0	0	333	166.5
 Kalamata Olives	85	42.5	0	0	8	4	4	2	0	0	0	0	435	217.5
 Grape Tomatoes	4	2	0	0	0	0	1	0.5	0	0	0	0	1	0.5
 Croutons	60	30	0	0	2	1	10	5	2	0	0	0	150	75
Dressing totals based on two 1 oz servings														
Tuscan Vinaigrette	279	139.5	0	0	31	15.5	1	0.5	0	0	0.3	0.15	338	169

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		Calories		Sugar grams		Fat grams		Carbs grams		Protein grams		Fiber grams		Sodium milligrams	
Santorini															
Totals		639	319.5	3.7	1.85	46.4	23.2	40.5	20.25	13	6.5	8.8	4.4	668	334
 Chopped Romaine		26	13	0	0	0	0	5	2.5	2	1	3.3	1.65	2	1
 Red Onion		12	6	0	0	0	0	2	1	0	0	0	0	0	0
 Crumbled Feta		75	37.5	0	0	6	3	1	0.5	4	2	0	0	260	130
 Quinoa		56	28	0	0	1	0.5	7	3.5	2	1	1	0.5	9	4.5
 Chickpeas		78	39	0	0	1.4	0.7	12.5	6.25	4	2	3.5	1.75	12	6
 Red Peppers		16	8	0	0	0	0	3	1.5	1	0.5	1	0.5	2	1
 Grape Tomatoes		4	2	0	0	0	0	1	0.5	0	0	0	0	1	0.5
 Cucumbers		5	2.5	0	0	0	0	1	0.5	0	0	0	0	2	1
 Pita Chips		35	17.5	0	0	2	1	4	2	0	0	0	0	90	45
Dressing totals based on two 1 oz servings															
Lemon Juice/Olive Oil		332	166	3.7	1.85	36	18	4	2	0	0	0	0	290	145

Maki Shrimp

Totals		510	255	2.8	1.4	37.5	18.75	24	12	22.75	11.38	9.55	4.78	559	279.5
 Spring Mix		21	10.5	0	0	0	0	3	1.5	2.5	1.25	1	0.5	6	3
 Superfood/Cabbage Mix		14	7	0	0	0	0	3	1.5	0.5	0.25	1.3	0.65	10	5
 Avocado		117	58.5	0	0	10.5	5.25	6	3	1.5	0.75	5	2.5	5	2.5
 Cucumber		5	2.5	0	0	0	0	1	0.5	0	0	0	0	2	1
 Red Peppers		16	8	0	0	0	0	3	1.5	1	0.5	1	0.5	2	1
 Edamame		50	25	0	0	2	1	4	2	4	2	1	0.5	15	7.5
 Shrimp		70	35	0	0	1	0.5	1	0.5	13	6.5	0	0	71	35.5
Dressing totals based on two 1 oz servings															
Sriracha Aioli Dressing		217	108.5	2.8	1.4	24	12	3	1.5	0.25	0.13	0.25	0.13	448	224

nutrition facts

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

nutrition facts

grain bowls

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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, Bulghur)</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	Serving 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

Proteins & Grains	Serving Size	Calories	Sugar grams	Fat grams	Carbs grams	Protein grams	Fiber grams	Sodium milligrams
 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