






























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 |
| <i>Dressing totals based on two 1 oz servings</i> | | | | | | | | | | | | | | |
| 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 |
| <i>Dressing totals based on two 1 oz servings</i> | | | | | | | | | | | | | | |
| 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

| | | | | | | | | | | | | | | |
|---|------------|------------|----------|----------|-----------|-------------|-------------|------------|----------|----------|------------|-------------|------------|------------|
| 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

| | | | | | | | | | | | | | | |
|---|------------|--------------|------------|-------------|-----------|-----------|-------------|-------------|-------------|--------------|------------|-------------|------------|--------------|
| 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 |

nutrition facts

salads



gluten free



vegan



dairy free



locally sourced



spicy



full salad



lite salad

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 |
| <i>Dressing totals based on two 1 oz servings</i> | | | | | | | | | | | | | | |
| 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 |
| <i>Dressing totals based on two 1 oz servings</i> | | | | | | | | | | | | | | |
| Tuscan Vinaigrette | 279 | 139.5 | 0 | 0 | 31 | 15.5 | 1 | 0.5 | 0 | 0 | 0.3 | 0.15 | 338 | 169 |

nutrition facts

salads



gluten free



vegan



dairy free



locally sourced



spicy



full salad



lite salad

Santorini

| | Calories | | Sugar grams | | Fat grams | | Carbs grams | | Protein grams | | Fiber grams | | Sodium milligrams | |
|---|------------|--------------|-------------|-------------|-------------|-------------|-------------|--------------|---------------|------------|-------------|------------|-------------------|------------|
| | | | | | | | | | | | | | | |
| 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 |
| <i>Dressing totals based on two 1 oz servings</i> | | | | | | | | | | | | | | |
| 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 |
| <i>Dressing totals based on two 1 oz servings</i> | | | | | | | | | | | | | | |
| 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



gluten free



vegan



dairy free











locally sourced










spicy

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 |
| <i>Dressing totals based on two 1 oz servings</i> | | | | | | | |
| 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 |
| <i>Dressing totals based on two 1 oz servings</i> | | | | | | | |
| Creamy Cilantro Lime Dressing | 230 | 0.6 | 26 | 1 | 0.6 | 0 | 346 |

nutrition facts

grain bowls

 gluten free
  vegan
  dairy free
  locally sourced
  spicy

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 |

nutrition facts

seasonal soups



gluten free



vegan



dairy free



locally sourced



spicy

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 |





Herb Chicken and Wild Rice

| | | | | | | | |
|-------------|-----|-----|----|----|----|-----|------|
| 12 oz; Bowl | 360 | 4 | 12 | 29 | 20 | 2.4 | 1689 |
| 8 oz; Cup | 238 | 2.6 | 18 | 19 | 13 | 1.6 | 1126 |

Sweet Potato Gochujang Bisque

| | | | | | | | |
|-------------|-------|-----|------|----|-----|------|-------|
| 12 oz; Bowl | 553.5 | 8.1 | 52.8 | 21 | 4.8 | 4.65 | 493.5 |
| 8 oz; Cup | 369 | 5.4 | 35.2 | 14 | 3.2 | 3.1 | 329 |

nutrition facts
seasonal soups

-  gluten free
-  vegan
-  dairy free
-  locally sourced
-  spicy

| French Onion Soup | Calories | Sugar grams | Fat grams | Carbs grams | Protein grams | Fiber grams | Sodium milligrams |
|--------------------|----------|----------------|--------------|----------------|------------------|----------------|----------------------|
| 12 oz; Bowl | 136.5 | 13.5 | 0.9 | 28.5 | 2.4 | 5.9 | 3429 |
| 8 oz; Cup | 91 | 9 | 0.6 | 19 | 1.6 | 3.9 | 2286 |

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 |