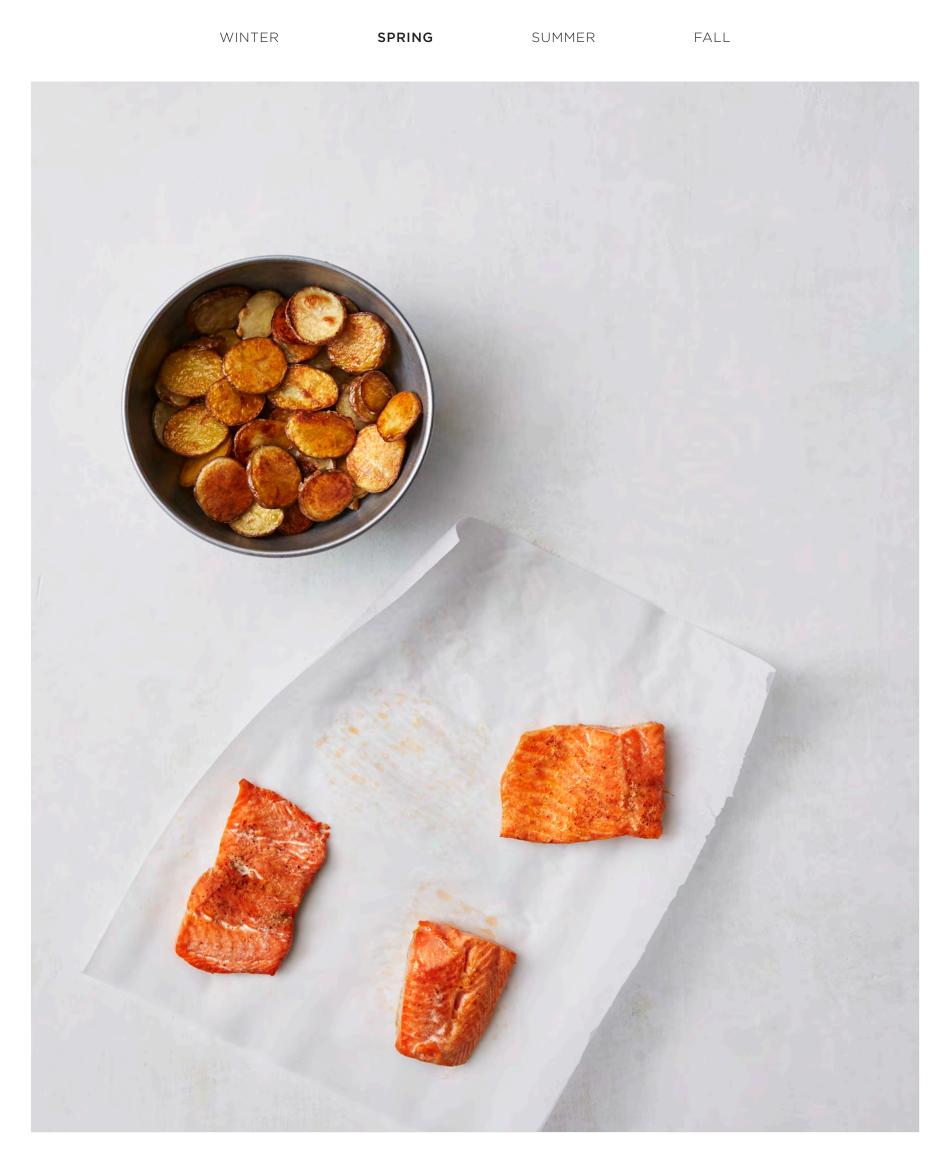
THE MENU



sweetgreen

CALIFORNIA MARYLAND MASSACHUSETTS NEW YORK PENNSYLVANIA VIRGINIA WASHINGTON DC







Spring forward.

After a long winter, the soil is coming back to life. Spring flavors are fresh, new and delicate, and they transition us from the cold of winter to the warmth of summer. So, too, does our seasonal menu.

Spring has a totally different meaning on the East Coast and West Coast, and as such, the seasonal menus are very different. In mild California, our farmers are already growing fresh produce berries, cucumbers and zucchini are young, tender and delicious. But back east, temperatures are still creeping out of the 40s, so our supply network is thawing out and just starting to plant the seeds of those same fruits and vegetables. East Coasters won't get to savor those flavors until the early summer menu, but that's the way it's meant to be. We're just following Mother Nature's lead.

This season, we're proud to bring back the everpopular **Umami Grain Bowl**, which became a cult favorite last spring. It's the first salad we created after reading Blue Hill Chef Dan Barber's legendary book, *The Third Plate*, and as such, the bowl is plant-based. In fact, it's full-on vegan, with roasted mushrooms, roasted organic sesame tofu, pea shoots (typically a cover crop) and a hearty quinoa + farro base.

As always, our spring menu continues our commitment to our food ethos, and the principles of transparency, local sourcing, sustainability and scratch cooking. There's a reason behind everything we do, and we're always looking to grow. You can follow our transparent evolution on Medium (we're @sweetgreen) for an explanation of why we do the things the way we do.

Happy spring.

–Jonathan, Nicolas and Nathaniel



EAST COAST MENU

Before placing your order, please inform your server if a person in your party has a food allergy.

SEASONALS

UMAMI GRAIN BOWL ® Ø

organic quinoa + farro, swiss chard, pea shoots, red onion, spicy sunflower seeds, organic roasted tofu, roasted mushrooms, miso ginger sesame dressing 555 cal

GREENS

KALE CAESAR

shredded kale, chopped romaine, tomatoes, shaved parmesan, parmesan crisps, roasted chicken, fresh lime squeeze, caesar dressing 430 cal

HUMMUS TAHINA ③

shredded kale, chopped romaine, tomatoes, red onion, cucumbers, pita chips, local feta, housemade hummus, baked falafel, cucumber tahini yogurt dressing *610 cal*

GRAINS

WILD CHILD \odot

organic wild rice, organic baby spinach, cilantro, peppers, raw beets, shredded cabbage, carrots, raw seeds, avocado, miso sesame ginger dressing 545 cal

CUSTOM

BASES

shredded kale organic baby spinach organic arugula organic mesclun chopped romaine organic quinoa + farro ⊕ organic wild rice

TOPPINGS

swiss chard pea shoots new potatoes asparagus raw pecans

NOT SO NIÇOISE organic mesclun, chopped

AVOCOBBO

705 cal

RAD THAI

dressing

375 cal

775 cal

+ pickled onions

organic chickpeas

shredded cabbage

spicy broccoli

organic carrots

bean sprouts

raw corn

tomatoes

raw beets

spicy quinoa

cucumbers

red onion

apples

cilantro

basil

shredded kale, chopped

romaine, tomatoes, raw

blue cheese dressing

organic arugula, organic

carrots, shredded cabbage,

mesclun, bean sprouts,

basil. cucumbers. spicv

sunflower seeds, citrus

shrimp, spicy cashew

EARTH BOWL ®

quinoa + farro, organic

arugula, tomatoes, raw

corn, organic chickpeas,

spicy broccoli, organic

white cheddar, roasted

chicken, pesto vinaigrette

corn, avocado, bacon, hard-

boiled egg, roasted chicken,

romaine, roasted asparagus, new potatoes, hard-boiled egg, roasted steelhead, horseradish vinaigrette 545 cal

BEETS DON'T KALE MY VIBE

organic wild rice, shredded kale, roasted beets + pickled onions, local goat cheese, raw pecans, roasted chicken, balsamic vinaigrette 595 cal

GUACAMOLE GREENS

organic mesclun, tomatoes, red onion, tortilla chips, avocado, roasted chicken, fresh lime squeeze, lime cilantro jalapeño vinaigrette 540 cal

SPICY SABZI ()

organic baby spinach, shredded kale, spicy quinoa, spicy broccoli, carrots, bean sprouts, raw beets, basil, roasted sesame tofu, sriracha, carrot chili vinaigrette 430 cal

HARVEST BOWL

organic wild rice, shredded kale, apples, sweet potatoes, toasted almonds, local goat cheese, roasted chicken, balsamic vinaigrette 685 cal

toasted almonds raw seeds spicy sunflower seeds pita chips ⊙ tortilla chips mixed peppers

PREMIUMS

roasted steelhead roasted mushrooms citrus shrimp roasted chicken bacon baked falafel © © organic roasted tofu © avocado housemade hummus ⊗ local goat cheese organic white cheddar local feta shaved parmesan parmesan crisp hard-boiled egg

DRESSINGS

horseradish vinaigrette spicy cashew dressing © lime cilantro jalapeno vinaigrette © miso sesame ginger vinaigrette © pesto vinaigrette © carrot chili vinaigrette ©

SOUPS

ORGANIC LENTIL CHICKPEA © small 160 cal large 240 cal

BEVERAGES

HIBISCUS LIME FRESCA 10 cal, 3g sugar

LEMON FRESCA 60 cal, 15g sugar

CUCUMBER GINGER LIME FRESCA 60 cal, 12g sugar

CHAMOMILE MINT ICED TEA O cal, Og sugar

JASMINE GREEN ICED TEA O cal, Og sugar

ICED CHAI O cal, Og sugar

beverages vary by location

cucumber tahini yogurt dressing blue cheese dressing caesar dressing balsamic vinaigrette balsamic vinegar extra virgin olive oil lime / lemon squeeze

Before placing your order, please inform your server if a person in your party has a food allergy.

SEASONALS

UMAMI GRAIN BOWL ® Ø

organic quinoa + farro, swiss chard, pea shoots, red onion, spicy sunflower seeds, roasted sesame tofu, roasted mushrooms, miso ginger sesame dressing *615 cal*

GREENS

KALE CAESAR

shredded kale, chopped romaine, tomatoes, shaved parmesan, parmesan crisps, roasted chicken, fresh lime squeeze, caesar dressing 430 cal

HUMMUS TAHINA ③

shredded kale, chopped romaine, tomatoes, red onion, cucumbers, pita chips, local feta, housemade hummus, baked falafel, cucumber tahini yogurt dressing *610 cal*

GRAINS

HELLO PORTOBELLO ③

organic wild rice, shredded kale, raw beets, basil, bean sprouts, spicy sunflower seeds, roasted portobello mushrooms, miso sesame ginger dressing *510 cal*

CUSTOM

BASES

shredded kale organic baby spinach organic arugula organic mesclun chopped romaine organic quinoa + farro ⊕ organic wild rice

TOPPINGS

swiss chard pea shoots new potatoes roasted beets + pickled onions asparagus

545 cal

NOT SO NIÇOISE

organic mesclun, chopped

new potatoes, hard-boiled

egg, roasted steelhead,

horseradish vinaigrette

romaine, roasted asparagus,

OMG OMEGA

organic arugula, baby spinach, cucumbers, tomatoes, basil, avocado, nori furikake, roasted steelhead, miso sesame ginger dressing 550 cal

RAD THAI

organic arugula, organic mesclun, bean sprouts, carrots, shredded cabbage, basil, cucumbers, spicy sunflower seeds, citrus shrimp, spicy cashew dressing *375 cal*

EARTH BOWL ®

raw pecans

organic chickpeas

shredded cabbage

spicy broccoli

organic carrots

bean sprouts

raw corn

tomatoes

raw beets

spicy quinoa

toasted almonds

tortilla chips

cucumbers

red onion

apples

basil

quinoa + farro, organic arugula, tomatoes, raw corn, organic chickpeas, spicy broccoli, organic white cheddar, roasted chicken, pesto vinaigrette 775 cal

BEETS DON'T KALE

organic wild rice, shredded

kale, roasted beets + pickled

raw pecans, roasted chicken,

onions, local goat cheese.

balsamic vinaigrette

MY VIBE

595 cal

GUACAMOLE GREENS

organic mesclun, tomatoes, red onion, tortilla chips, avocado, roasted chicken, fresh lime squeeze, lime cilantro jalapeño vinaigrette 540 cal

SPICY SABZI ()

organic baby spinach, shredded kale, spicy quinoa, spicy broccoli, carrots, bean sprouts, raw beets, basil, roasted sesame tofu, sriracha, carrot chili vinaigrette 430 cal

HARVEST BOWL

organic wild rice, shredded kale, apples, sweet potatoes, toasted almonds, local goat cheese, roasted chicken, balsamic vinaigrette 685 cal

spicy sunflower seeds pita chips ⊛

PREMIUMS

roasted steelhead roasted portobello mushrooms

hard-boiled egg citrus shrimp roasted chicken baked falafel © roasted sesame tofu © avocado housemade hummus local goat cheese ©

organic white cheddar

local feta shaved parmesan parmesan crisps

DRESSINGS

horseradish vinaigrette spicy cashew dressing © lime cilantro jalapeno vinaigrette © miso sesame ginger vinaigrette © pesto vinaigrette © carrot chili vinaigrette © cucumber tahini yogurt dressing caesar dressing balsamic vinaigrette

SOUPS

ORGANIC LENTIL CHICKPEA © small 160 cal large 240 cal

BEVERAGES

HIBISCUS LIME FRESCA 10 cal, 3g sugar

LEMON FRESCA 60 cal, 15g sugar

CUCUMBER GINGER LIME FRESCA 60 cal, 12g sugar

CHAMOMILE MINT ICED TEA O cal, Og sugar

JASMINE GREEN ICED TEA 0 cal, 0g sugar

ICED CHAI O cal, Og sugar

beverages vary by location

balsamic vinegar extra virgin olive oil lime / lemon squeeze

sweetgreen S2 ALLERGEN INFORMATION

| | | WHEAT + GLUTEN | MILK + DAIRY | FISH + SHELLFISH | TREE NUTS | EGGS | SOY | SEEDS + SESAME | | | WHEAT + GLUTEN | MILK + DAIRY | FISH + SHELLFISH | TREE NUTS | EGGS | SOY | SEEDS + SESAME |
|-----------|--|-------------------|-----------------|---------------------|-----------|------|-----|---|---|-----------------------------|-------------------|-----------------|---------------------|-----------|------|-----|---|
| | UMAMI GRAIN BOWL | x | | | | | | CONTAINS SESAME OIL | | BREAD | x | | | | | | |
| | NOT SO NICOISE | | | x | | x | x | | | | | | | | | | |
| | BEETS DON'T KALE MY VIBE | | x | | x | | | | i | ⊈ QUINOA + FARRO | x | | | | | | |
| | SPICY SABZI | | | | | | x | | | NORI FURIKAKE | | | | | | | CONTAINS FLAX, SESAME AND SUNFLOWER SEEDS |
| SALADS | GUACAMOLE GREENS | | | | | | | | | COLUMBIA RIVER STEELHEAD | • | | x | | | | |
| SAI | KALE CAESAR | | х | × | | х | | | | LOCAL GOAT CHEESE | | x | | | | | |
| | HUMMUS TAHINA | х | х | | | | | CONTAINS SESAME SEEDS | | LOCAL FETA CHEESE | | × | | | | | |
| | RAD THAI | | | × | x | | | | | ORGANIC WHITE CHEDDAR | | × | | | | | |
| | AVOCOBBO | | × | | | × | | | | SHAVED PARMESAN | | × | | | | | |
| | WILD CHILD | | | | | | | CONTAINS FLAX, SESAME AND SUNFLOWER SEEDS | | PARMESAN CRISP | | × | | | | | |
| | EARTH BOWL | × | × | | | | | | | HARDBOILED EGGS | | | | | × | | |
| | HARVEST BOWL | | х | | х | | | | | CITRUS SHRIMP | | | × | | | | |
| | HORSERADISH VINAIGRETTE | | | | | х | х | | 0 | ROASTED TOFU | • | | | | | × | |
| | BALSAMIC VINAIGRETTE | | | | | | | | | BAKED FALAFEL | x | | | | | | |
| | CARROT CHILI VINAIGRETTE | | | | | | | | | HUMMUS | | | | | | | CONTAINS SESAME SEEDS |
| | BLUE CHEESE DRESSING | | х | | | х | | | | PITA CHIPS | x | | | | | | |
| INGS | CAESAR DRESSING | | х | x | | x | | | | PECANS | | | | x | | | |
| DRESSINGS | CUCUMBER TAHINI YOGURT DRESSING | | x | | | | | CONTAINS SESAME SEEDS | | TOASTED ALMONDS | • | | | x | | | |
| | LIME CILANTRO JALAPENO VINAIGRETTE | | | | | | | | | RAW SEEDS | | | | | | | CONTAINS FLAX, SESAME AND SUNFLOWER SEEDS |
| | SPICY CASHEW DRESSING | | | | x | | | | | SPICY SUNFLOWER SEEDS | • | | | • | | | CONTAINS SUNFLOWER SEEDS |
| | MISO SESAME GINGER DRESSING | | | | | | x | CONTAINS SESAME OIL | L | TORTILLA CHIPS | • | | | * | | | |
| | PESTO VINAIGRETTE | | | | | | | | | TART SWEETFLOW | | х | | | | | |
| SOUP | ORGANIC LENTIL CHICKPEA SOUP | | | | | | | | | | | х | | | | | |
| | | | | | | | | | | O → ORGANIC GRANOLA | x | | | | | | |

X = contains allergen

* = contains ingredients or is processed in a facility with peanuts, tree nuts and/or wheat + gluten

INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, SWEETGREEN DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY.

Gluten:

Many people have an intolerance or allergy to gluten, which can cause many symptoms from stomach pain, to headaches and vomiting. This is a serious allergy! If one of our guests states that they have Gluten Allergy or Celiac Disease, we must take extra precautions to ensure their safety. They need to avoid: Warm Grains, Pita Chips, Bread & Falafel. Make sure to wash your hands and put on fresh gloves before Vegetarian:

Vegetarians follow a mostly plant based diet, but allow for some animal products like honey, cheese, eggs in most cases. The term vegetarian can mean a lot of things, so if a guest tells you that they are

Vegan: Vegans follow a strict diet that does not allow for any animal protein or animal products, like cheese, eggs or honey. They need to avoid the cucumber tahini yogurt dressing, all cheeses, meats, seafood, eggs,

Paleo, Caveman, No Carb, Atkins Diet: These diets are all low carb diets in different degrees of intensity. For the most part aside from our whole grains, we are low carb. Fruits and vegetables are lower in carbs than most processed foods, although

What has added sugar?

lemon Fresca, Ginger Lime Cucumber Fresca & Hibiscus Lime Fresca all have added Agave Nectar, which is a form of sugar. Miso Sesame Ginger dressing, Spicy Cashew and Carrot Chili Dressing all have

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NUTRITION INFORMATION - UPDATED 02/18 FOR ALLERGEN INFORMATION, SEE LAST PAGE

AT SWEETGREEN:

WE SOURCE LOCAL AND ORGANIC INGREDIENTS FROM FARMERS WE KNOW. WE LEAVE A GENTLE FOOTPRINT TO PROTECT OUR PLANET. WE SHARE FUN, FOOD, MUSIC AND IDEAS WITH OUR FRIENDS. WE BUILD MEANINGFUL RELATIONSHIPS WITH THOSE AROUND US.

CALORIES INCLUDE LIGHT DRESSING ∅ = VEGAN / * = CONTAINS GLUTEN / + = CONTAINS CAFFEINE

| Shubbe Souther Souther <th< th=""><th>SEASONAL MENU - WINTER 2016</th><th></th><th>Serving Size (g)</th><th>Calories</th><th>Calories from Fat</th><th>Total Fat (g)</th><th>Saturated Fat (g)</th><th>Trans Fat (g)</th><th>Cholesterol (mg)</th><th>Sodium (mg)</th><th>Total Carbs (g)</th><th>Dietary Fiber (g)</th><th>Sugars (g)</th><th>Protein (g)</th></th<> | SEASONAL MENU - WINTER 2016 | | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
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| SignATURE SALADS Serving Size (g) Calories Fait Calories Fait Calories Fait Saturated Fait (g) Trans Fait (g) Cholesterol (mg) Sodium (mg) Total Carbs (ng) Dietary Fiber (ng) Sugars (g) Protein (g) GREENS | BEVERAGES | | | | • | | • | | | | | | | |
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| GRAINS Image: constraint of the second s | Kale Caesar Avocobbo Guacamole Greens Rad Thai Spicy Sabzi (East Coast) | | 319 477 402 323 329 | 430 705 540 385 410 | 223 413 325 203 228 | 26 46 37 24 28 | 8 11 4 3 1 | 0 0 0 0 0 | 95 300 70 145 0 | 1200 990 635 715 873 | 10 23 26 17 26 | 3 9 6 2 5 | 2 4 2 4 5 | 40 48 26 25 13 |
| Hello Portobello Image: Constraint of the structure of the str | Kale Caesar Avocobbo Guacamole Greens Rad Thai Spicy Sabzi (East Coast) Spicy Sabzi (West Coast) | | 319 477 402 323 329 359 | 430 705 540 385 410 440 | 223 413 325 203 228 263 | 26 46 37 24 28 32 | 8 11 4 3 1 2 | 0 0 0 0 0 | 95 300 70 145 0 0 | 1200 990 635 715 873 993 | 10 23 26 17 26 27 | 3 9 6 2 5 5 5 | 2 4 2 4 5 5 5 | 40 48 26 25 13 17 |
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| Harvest Bowl 362 685 318 38 7 0 80 975 57 9 10 39 Hollywood Bowl 388 685 308 37 7 0 80 905 57 9 10 39 BREAD Image: Serving Size (g) Calories Calories from Fat Total Fat (g) Saturated Fat (g) Cholesterol (mg) Sodium (mg) Total Carbs (g) Dietary Fiber (g) Sugars (g) Protein (g) Buckwheat Bread (DMV + PHL) * 47 100 0 0 0 0 230 20 2 0 33 Whole Wheat Bread (DNY * 34 80 10 0 0 0 190 20 2 1 4 Whole Wheat Bread (LA) * 34 90 5 1 0 0 190 20 2 1 4 BASES (g) Serving Size (g) Calories from Fat (g) Saturated Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Total Carbs (g) Sugars (g) Protein (g) Organic Arugula </td <td>Kale Caesar Avocobbo Guacamole Greens Rad Thai Spicy Sabzi (East Coast) Spicy Sabzi (West Coast) OMG Omega GRAINS</td> <td>\otimes</td> <td>319 477 402 323 329 359 399</td> <td>430 705 540 385 410 440 550</td> <td>223 413 325 203 228 263 418</td> <td>26 46 37 24 28 32 47</td> <td>8 11 4 3 1 2 8</td> <td>0 0 0 0 0 0</td> <td>95 300 70 145 0 0 20</td> <td>1200 990 635 715 873 993 795</td> <td>10 23 26 17 26 27 16</td> <td>3 9 6 2 5 5 8</td> <td>2 4 2 4 5 5 4</td> <td>40 48 26 25 13 17 21</td> | Kale Caesar Avocobbo Guacamole Greens Rad Thai Spicy Sabzi (East Coast) Spicy Sabzi (West Coast) OMG Omega GRAINS | \otimes | 319 477 402 323 329 359 399 | 430 705 540 385 410 440 550 | 223 413 325 203 228 263 418 | 26 46 37 24 28 32 47 | 8 11 4 3 1 2 8 | 0 0 0 0 0 0 | 95 300 70 145 0 0 20 | 1200 990 635 715 873 993 795 | 10 23 26 17 26 27 16 | 3 9 6 2 5 5 8 | 2 4 2 4 5 5 4 | 40 48 26 25 13 17 21 |
| Hollywood Bowl 388 685 308 37 7 0 80 805 62 9 19 38 BREAD Serving Size (g) Calories (g) Calories from Fat Total Fat (g) Saturated Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Total Carbs (g) Dietary Fiber (g) Sugars (g) Protein (g) Buckwheat Bread (DMV + PHL) * 47 100 0 0 0 0 20 2 0 3 Whole Wheat Bread (BOS) * 34 80 10 0 0 0 200 18 3 0 3 Whole Wheat Bread (NY) * 34 90 5 1 0 0 190 20 2 1 4 Whole Wheat Bread (LA) * 34 90 5 1 0 0 190 20 2 1 4 BASES Serving Size (g) Calories from Fat Total Fat (g) Saturated Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Total Carbs (g) Dietary Fiber (g) Sugars (g) Protein (g) | Kale Caesar Avocobbo Guacamole Greens Rad Thai Spicy Sabzi (East Coast) Spicy Sabzi (West Coast) OMG Omega GRAINS Hello Portobello | \otimes | 319 477 402 323 329 359 359 399 312 | 430 705 540 385 410 440 550 510 | 223 413 325 203 228 263 418 278 | 26 46 37 24 28 32 47 32 32 | 8 11 4 3 1 2 8 3 | 0 0 0 0 0 0 0 0 | 95 300 70 145 0 0 20 0 | 1200 990 635 715 873 993 795 1120 | 10 23 26 17 26 27 16 49 | 3 9 6 2 5 5 8 8 | 2 4 5 5 4 8 | 40 48 26 25 13 17 21 21 14 |
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| BREAD Calories Fat I otal Fat (g) (g) I rans Fat (g) (mg) Sodium (mg) (g) Sugars (g) Protein (g) Buckwheat Bread (DMV + PHL)* 47 100 0 0 0 0 230 20 2 0 34 Whole Wheat Bread (BOS)* 34 80 10 0 0 0 200 18 3 0 3 Whole Wheat Bread (NY* 34 90 5 1 0 0 190 20 2 1 4 Whole Wheat Bread (LA)* 34 90 5 1 0 0 190 20 2 1 4 BASES (g) Calories Calories from Fat Total Fat (g) Saturated Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Total Carbs Dietary Fiber (g) Sugars (g) Protein (g) Organic Arugula 95 25 5 1 0 0 25 3 2 2 <td>Kale Caesar Avocobbo Guacamole Greens Rad Thai Spicy Sabzi (East Coast) OMG Omega GRAINS Hello Portobello Earth Bowl * Harvest Bowl</td> <td>\otimes</td> <td>319 477 402 323 329 359 399 312 443 362</td> <td>430 705 540 385 410 440 550 510 770 685</td> <td>223 413 325 203 228 263 418 278 383 318</td> <td>26 46 37 24 28 32 47 32 44 38</td> <td>8 11 4 3 1 2 8 3 10 7</td> <td>0 0 0 0 0 0 0 0 0 0</td> <td>95 300 70 145 0 0 20 0 105 80</td> <td>1200 990 635 715 873 993 795 1120 1213 975</td> <td>10 23 26 17 26 27 16 49 51 57</td> <td>3 9 6 2 5 5 8 8 8 8 9</td> <td>2 4 5 5 4 8 4 10</td> <td>40 48 25 13 17 21 14 43 39</td> | Kale Caesar Avocobbo Guacamole Greens Rad Thai Spicy Sabzi (East Coast) OMG Omega GRAINS Hello Portobello Earth Bowl * Harvest Bowl | \otimes | 319 477 402 323 329 359 399 312 443 362 | 430 705 540 385 410 440 550 510 770 685 | 223 413 325 203 228 263 418 278 383 318 | 26 46 37 24 28 32 47 32 44 38 | 8 11 4 3 1 2 8 3 10 7 | 0 0 0 0 0 0 0 0 0 0 | 95 300 70 145 0 0 20 0 105 80 | 1200 990 635 715 873 993 795 1120 1213 975 | 10 23 26 17 26 27 16 49 51 57 | 3 9 6 2 5 5 8 8 8 8 9 | 2 4 5 5 4 8 4 10 | 40 48 25 13 17 21 14 43 39 |
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| Whole Wheat Bread (NY)* 34 90 5 1 0 0 190 20 2 1 4 Whole Wheat Bread (LA)* 34 90 5 1 0 0 190 20 2 1 4 BASES Image: Serving Size (g) Calories Calories from Fat Total Fat (g) Saturated Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Total Carbs (g) Sugars (g) Protein (g) Organic Arugula 95 25 5 1 0 0 0 25 3 2 2 2 Organic Baby Spinach 105 25 0 0 0 0 85 4 2 0 3 | Kale Caesar Avocobbo Guacamole Greens Rad Thai Spicy Sabzi (East Coast) Spicy Sabzi (West Coast) OMG Omega GRAINS Hello Portobello Earth Bowl * Harvest Bowl Hollywood Bowl BREAD | 0 | 319 477 402 323 329 359 399 312 443 382 388 Serving Size (g) | 430 705 540 385 410 440 550 510 770 685 685 685 685 Calories | 223 413 325 203 228 263 418 278 383 318 308 Calories from | 26 46 37 24 28 32 47 47 32 44 44 38 37 | 8 11 4 3 1 2 8 3 10 7 7 5aturated Fat | | 95 300 70 145 0 0 20 0 105 80 80 80 Cholesterol | 1200 990 635 715 873 993 795 1120 1213 975 805 Sodium (mg) | 10 23 26 17 26 27 16 49 51 57 62 Total Carbs (g) | 3 9 6 2 5 5 8 8 8 8 8 9 9 9 9 Dietary Fiber (g) | 2 4 5 5 4 8 4 10 19 | 40 48 26 25 13 17 21 44 43 39 38 |
| Whole Wheat Bread (LA)* 34 90 5 1 0 0 0 190 20 2 1 4 BASES Image: Serving Size (g) Calories Calories from Fat Total Fat (g) Saturated Fat (g) Trans Fat (g) Cholesterol (g) Sodium (mg) Total Carbs (g) Dietary Fiber (g) Sugars (g) Protein (g) Organic Arugula 95 25 5 1 0 0 0 25 3 2 2 2 2 Organic Baby Spinach 105 25 0 0 0 0 85 4 2 0 3 | Kale Caesar Avocobbo Guacamole Greens Rad Thai Spicy Sabzi (East Coast) Spicy Sabzi (West Coast) OMG Omega GRAINS Hello Portobello Earth Bowl * Harvest Bowl Hollywood Bowl BREAD Buckwheat Bread (DMV + PHL) * | 0 | 319 477 402 323 329 359 399 312 443 362 388 Serving Size (g) 47 | 430 705 540 385 410 440 550 510 770 685 685 685 685 685 685 700 710 710 710 710 710 710 710 710 710 | 223 413 325 203 228 263 418 263 418 278 383 318 308 Calories from Fat 0 | 26 46 37 24 28 32 47 32 44 38 37 Total Fat (g) 0 | 8 11 4 3 1 2 8 3 10 7 7 5 aturated Fat (g) 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 95 300 70 145 0 20 20 105 80 80 80 Cholesterol (mg) 0 | 1200 990 635 715 873 993 795 1120 1213 975 805 Sodium (mg) 230 | 10 23 26 17 26 27 16 51 57 62 Total Carbs (g) 20 | 3 9 6 2 5 5 8 8 8 9 9 9 9 0 Dietary Fiber (g) 2 | 2 4 2 5 5 4 8 4 10 19 Sugars (g) 0 | 40 48 26 25 13 17 21 44 43 39 38 7 Protein (g) 3 |
| BASES Ø Serving Size (g) Calories (g) Calories from Fat Total Fat (g) Saturated Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Total Carbs (g) Dietary Fiber (g) Sugars (g) Protein (g) Organic Arugula Organic Baby Spinach 95 25 5 1 0 0 0 25 3 2 2 2 Organic Baby Spinach 105 25 0 0 0 0 85 4 2 0 3 | Kale Caesar Avocobbo Guacamole Greens Rad Thai Spicy Sabzi (East Coast) Spicy Sabzi (West Coast) OMG Omega GRAINS Hello Portobello Earth Bowl * Harvest Bowl Hollywood Bowl BREAD Buckwheat Bread (DMV + PHL) * | 0 | 319 477 402 323 329 359 399 312 443 362 388 Serving Size (g) 47 34 | 430 705 540 385 410 550 510 770 685 685 Calories 100 80 | 223 413 325 203 228 263 418 278 383 318 308 Calories from Fat 0 10 | 26 46 37 24 28 32 47 32 47 47 32 44 38 37 7 Total Fat (g) 0 0 | 8 11 4 3 1 2 8 3 10 7 7 7 Saturated Fat (g) 0 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 95 300 70 145 0 20 20 0 105 80 80 Cholesterol (mg) 0 0 | 1200 990 635 715 873 993 795 1120 1213 975 805 Sodium (mg) 230 200 | 10 23 26 17 26 27 16 49 51 57 62 Total Carbs (g) 20 18 | 3 9 6 2 5 5 8 8 8 9 9 9 Dietary Fiber (g) 2 3 | 2 4 2 5 5 4 4 8 4 10 19 9 Sugars (g) 0 0 | 40 48 26 25 13 17 21 14 43 39 38 9 7 rotein (g) 3 3 3 |
| DASES U G Calories Fat I otal Pat (g) (g) I rans Pat (g) (mg) Sodum (mg) (g) Sugars (g) Protein (g) Organic Arugula 95 25 5 1 0 0 0 25 3 2 2 2 Organic Baby Spinach 105 25 0 0 0 0 85 4 2 0 3 | Kale Caesar Avocobbo Guacamole Greens Rad Thai Spicy Sabzi (East Coast) Spicy Sabzi (West Coast) OMG Omega GRAINS Hello Portobello Earth Bowl * Harvest Bowl Hollywood Bowl BREAD Buckwheat Bread (DMV + PHL) * Whole Wheat Bread (DNY * | 0 | 319 477 402 323 329 359 399 312 443 362 388 Serving Size (g) 47 34 34 | 430 705 540 385 410 440 550 510 770 685 685 685 685 685 685 685 685 00 80 90 | 223 413 325 203 228 263 418 278 383 318 308 Calories from Fat 0 10 5 | 26 46 37 24 28 32 47 32 44 38 37 Total Fat (g) 0 0 | 8 11 4 3 1 2 8 3 10 7 7 5 aturated Fat (g) 0 0 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 95 300 70 145 0 20 20 0 105 80 80 80 80 Cholesterol (mg) 0 0 0 | 1200 990 635 715 873 993 795 1120 1213 975 805 Sodium (mg) 230 200 190 | 10 23 26 17 26 27 16 49 51 57 62 Total Carbs (g) 20 18 20 | 3 9 6 2 5 5 8 8 8 8 8 8 9 9 9 9 Dietary Fiber (g) 2 2 3 2 | 2 4 5 5 4 8 4 10 19 Sugars (g) 0 0 1 | 40 48 26 25 13 17 21 14 43 39 38 Protein (g) 3 3 4 |
| Organic Baby Spinach 105 25 0 0 0 0 0 85 4 2 0 3 | Kale Caesar Avocobbo Guacamole Greens Rad Thai Spicy Sabzi (East Coast) Spicy Sabzi (West Coast) OMG Omega GRAINS Hello Portobello Earth Bowl * Harvest Bowl Hollywood Bowl BREAD Buckwheat Bread (DMV + PHL) * Whole Wheat Bread (DNY * | 0 | 319 477 402 323 329 359 399 312 443 362 388 Serving Size (g) 47 34 34 | 430 705 540 385 410 440 550 510 770 685 685 685 685 685 685 685 685 00 80 90 | 223 413 325 203 228 263 418 278 383 318 308 Calories from Fat 0 10 5 | 26 46 37 24 28 32 47 32 44 38 37 Total Fat (g) 0 0 | 8 11 4 3 1 2 8 3 10 7 7 5 aturated Fat (g) 0 0 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 95 300 70 145 0 20 20 0 105 80 80 80 80 Cholesterol (mg) 0 0 0 | 1200 990 635 715 873 993 795 1120 1213 975 805 Sodium (mg) 230 200 190 | 10 23 26 17 26 27 16 49 51 57 62 Total Carbs (g) 20 18 20 | 3 9 6 2 5 5 8 8 8 8 8 8 9 9 9 9 Dietary Fiber (g) 2 2 3 2 | 2 4 5 5 4 8 4 10 19 Sugars (g) 0 0 1 | 40 48 26 25 13 17 21 14 43 39 38 Protein (g) 3 3 4 |
| | Kale Caesar Avocobbo Guacamole Greens Rad Thai Spicy Sabzi (East Coast) Spicy Sabzi (West Coast) OMG Omega GRAINS Hello Portobello Earth Bowl * Harvest Bowl Hollywood Bowl BREAD Buckwheat Bread (DMV + PHL) * Whole Wheat Bread (BOS) * Whole Wheat Bread (NY) * Whole Wheat Bread (LA) * | © () () | 319 477 402 323 329 359 399 312 443 362 388 Serving Size (g) 47 34 34 34 34 Serving Size (g) | 430 705 540 385 410 440 550 510 770 685 685 685 685 Calories 100 80 90 90 Calories | 223 413 325 203 228 263 418 278 383 318 308 Calories from Fat 0 5 5 5 Calories from Fat | 26 46 37 24 28 32 47 32 44 33 37 Total Fat (g) 1 Total Fat (g) | 8 11 4 3 1 2 8 8 3 10 7 7 Saturated Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 95 300 70 145 0 20 20 20 0 105 80 80 80 Cholesterol (mg) 0 0 0 0 0 Cholesterol (mg) | 1200 990 635 715 873 993 795 1120 1213 975 805 Sodium (mg) 230 200 190 190 190 Sodium (mg) | 10 23 26 17 26 27 16 49 51 57 62 Total Carbs (g) 20 20 20 20 Total Carbs (g) | 3 9 6 2 5 5 8 8 9 9 9 Dietary Fiber (g) 2 2 3 2 2 Dietary Fiber (g) | 2 4 2 5 5 4 4 10 19 Sugars (g) 0 0 1 1 1 Sugars (g) | 40 48 26 25 13 17 21 44 43 39 38 Protein (g) 3 3 4 4 4 9 Protein (g) |
| Organic Mesclun 95 15 0 0 0 0 25 2 <1 0 1 | Kale Caesar Avocobbo Guacamole Greens Rad Thai Spicy Sabzi (East Coast) Spicy Sabzi (West Coast) OMG Omega GRAINS Helio Portobello Earth Bowl * Harvest Bowl Hollywood Bowl BREAD Buckwheat Bread (DMV + PHL) * Whole Wheat Bread (BOS) * Whole Wheat Bread (NY) * Whole Wheat Bread (LA) * BASES Organic Arugula | © () () | 319 477 402 323 329 359 399 312 443 362 388 Serving Size (g) 47 34 34 34 34 34 34 34 34 95 | 430 705 540 385 410 440 550 510 770 685 685 685 685 Calories 100 80 90 90 90 Calories 25 | 223 413 325 203 228 263 418 278 383 318 308 Calories from Fat 0 10 5 5 Calories from Fat 5 | 26 46 37 24 28 32 47 32 44 38 37 Total Fat (g) 0 0 0 1 1 Total Fat (g) 1 | 8 11 4 3 1 2 8 8 3 10 7 7 7 Saturated Fat (g) 0 Saturated Fat (g) 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 95 300 70 145 0 20 0 105 80 80 80 80 80 Cholesterol (mg) 0 0 0 Cholesterol (mg) 0 | 1200 990 635 715 873 993 795 1120 1213 975 805 Sodium (mg) 230 200 190 190 190 Sodium (mg) 25 | 10 23 26 17 26 27 16 49 51 57 62 7 0 20 18 20 20 18 20 20 Total Carbs (g) 3 | 3 9 6 2 5 5 8 8 9 9 9 0 Dietary Fiber (g) 2 Dietary Fiber (g) 2 | 2 4 2 5 5 4 4 8 4 4 10 19 9 Sugars (g) 0 0 0 1 1 1 5 Sugars (g) 2 | 40 48 26 25 13 17 21 14 43 39 38 8 Protein (g) 3 3 4 4 4 4 9 7 7 7 9 9 3 8 9 9 3 8 9 9 9 3 8 9 9 9 3 8 9 9 9 9 |
| | Kale Caesar Avocobbo Guacamole Greens Rad Thal Spicy Sabzi (East Coast) Spicy Sabzi (West Coast) OMG Omega GRAINS Hello Portobello Earth Bowl * Harvest Bowl * Harvest Bowl * Hollywood Bowl BREAD Buckwheat Bread (DMV + PHL) * Whole Wheat Bread (DMV + PHL) * Whole Wheat Bread (BOS) * Whole Wheat Bread (DNY * Whole Wheat Bread (LA) * BASES Organic Arugula Organic Baby Spinach | © () () | 319 477 402 323 329 359 399 312 443 362 388 Serving Size (g) 47 34 34 34 34 34 34 5erving Size (g) 95 105 | 430 705 540 385 410 440 550 510 770 685 685 685 685 Calories 20 Calories 25 | 223 413 325 203 228 263 418 278 383 318 308 Calories from Fat 0 10 5 5 5 Calories from Fat 5 0 0 | 26 46 37 24 28 32 47 32 44 38 37 7 Total Fat (g) 0 0 1 1 1 Total Fat (g) 1 0 0 | 8 11 4 3 1 2 8 3 10 7 7 5 aturated Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 95 300 70 145 0 0 20 0 105 80 80 Cholesterol (mg) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 1200 990 635 715 873 993 795 1120 1213 975 805 Sodium (mg) 230 200 190 190 190 190 Sodium (mg) 25 85 | 10 23 26 17 26 27 16 51 57 62 Total Carbs (g) 20 20 20 20 Total Carbs (g) 20 20 3 4 | 3 9 6 2 5 5 8 8 8 8 9 9 9 9 0 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | 2 4 5 5 4 4 8 4 4 10 19 19 Sugars (g) 0 0 1 1 1 5 Sugars (g) 2 0 0 | 40 48 26 25 13 17 21 14 43 39 38 8 Protein (g) 3 3 4 4 4 4 9 7 7 7 9 9 3 8 9 9 3 8 9 9 9 3 8 9 9 9 3 8 9 9 9 9 |

| 1 | | | | | | | | | | | | |
|--|---|---|---|---|--|---|---|---|---|---|---|---|
| Chopped Romaine | 150 | 25 | 0 | 0 | 0 | 0 | 0 | 10 | 5 | 3 | 2 | 2 |
| Shredded Kale Quinoa + Farro mix * | 85 | 40 | 0 | 1 | 0 | 0 | 0 | 35 | 9 | 2 | 0 | 3 |
| Organic Wild Rice | 100 95 | 160 130 | 25 10 | 3 | 0 | 0 | 0 | 90 90 | 29 26 | 3 | < 1 | 6 5 |
| Organic Wild Rice | 95 | 130 | 10 | Ζ | 0 | 0 | 0 | 90 | 20 | Ζ | < | 5 |
| INGREDIENTS | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Basil | 7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Crushed Red Pepper | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Cilantro | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Cucumbers | 40 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Local Apples | 29 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 3 | 0 |
| Organic Carrots | 23 | 10 | 0 | 0 | 0 | 0 | 0 | 15 | 2 | 0 | 1 | 0 |
| Organic Chickpeas | 40 | 35 | 5 | 1 | 0 | 0 | 0 | 110 | 5 | 2 | 0 | 2 |
| Raw Red Beets | 40 | 15 | 0 | 0 | 0 | 0 | 0 | 30 | 4 | 1 | 3 | 0 |
| Raw Corn | 36 | 30 | 0 | 0 | 0 | 0 | 0 | 5 | 7 | 0 | 2 | 1 |
| Red and Green Peppers | 38 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 1 | 0 |
| Red Onion | 35 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 1 | 0 |
| Roasted Sweet Potatoes | 39 | 70 | 10 | 1 | 0 | 0 | 0 | 170 | 13 | 2 | 3 | 1 |
| Shredded Cabbage | 25 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Spicy Broccoli | 33 | 45 | 30 | 4 | 0 | 0 | 0 | 170 | 3 | 1 | 0 | 2 |
| Spicy Quinoa | 36 | 50 | 10 | 2 | 0 | 0 | 0 | 160 | 7 | 0 | 0 | 2 |
| Sprouts | 19 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Tomatoes | 46 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 1 | 0 |
| Pita Chips * | 20 | 90 | 30 | 4 | 0 | 0 | 0 | 190 | 14 | 1 | 0 | 2 |
| Raw Seeds | 40 | 80 | 60 | 7 | 1 | 0 | 0 | 0 | 3 | 2 | 0 | 3 |
| Spicy Sunflower Seeds | 13 | 70 | 50 | 6 | 1 | 0 | 0 | 55 | 3 | 1 | 0 | 2 |
| Sprouted Almonds | 14 | 80 | 60 | 7 | 1 | 0 | 0 | 0 | 3 | 2 | 0 | 3 |
| Toasted Almonds | 14 | 80 | 60 | 7 | 1 | 0 | 0 | 0 | 3 | 2 | 0 | 3 |
| Tortilla Chips | 16 | 80 | 35 | 4 | 1 | 0 | 0 | 15 | 11 | 0 | 0 | 1 |
| Nori Furikake | 3 | 10 | 5 | 1 | 0 | 0 | 0 | 105 | 0 | 0 | 0 | 0 |
| Grapes | 45 | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 0 | 7 | 0 |
| Jicama | 35 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 2 | 0 | 0 |
| Raisins | 14 | 40 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 0 | 8 | 0 |
| PREMIUMS | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Roasted Chicken | 78 | 130 | 40 | 5 | 1 | 0 | 70 | 380 | 0 | 0 | 0 | 22 |
| Citrus Shrimp | 70 | 140 | 50 | 6 | 0 | 0 | 145 | 430 | 2 | 0 | 0 | 20 |
| Roasted Steelhead | 86 | 230 | 170 | 18 | 5 | 0 | 20 | 280 | 0 | 0 | 0 | 15 |
| Bacon | 32 | 170 | 120 | 13 | 5 | 0 | 35 | 330 | 0 | 0 | 0 | 13 |
| Hard Boiled Egg | 50 | 80 | 50 | 5 | 2 | 0 | 185 | 60 | 0 | 0 | 0 | 6 |
| Gluten Free Falafel | | 120 | 60 | 7 | - 1 | 0 | 0 | 360 | 11 | 3 | 2 | 3 |
| Gluten Free Falafel | 87 | 140 | 110 | 13 | 2 | 0 | 0 | 5 | 7 | 6 | 0 | 2 |
| Roasted Organic Tofu |) 45 | 70 | 45 | 5 | 0 | 0 | 0 | 290 | 1 | 0 | 0 | 5 |
| Roasted Organic Tofu G Roasted Sesame Tofu | 75 | 130 | 80 | 9 | 1 | 0 | 0 | 410 | 2 | 0 | 0 | 9 |
| Housemade Hummus | | 90 | 50 | 6 | 0 | 0 | 0 | 230 | 8 | 2 | 0 | 3 |
| Local Goat Cheese | 34 | 80 | 60 | 7 | 5 | 0 | 10 | 70 | 0 | 0 | 0 | 5 |
| Local Feta Cheese | 31 | 80 | 60 | 7 | 5 | 0 | 30 | 280 | 1 | 0 | 1 | 4 |
| Organic White Cheddar | | | | | 7 | | 35 | | | | | 8 |
| | | | 90 | 10 | | 0 | | 190 | 0 | 0 | | |
| | 32 | 130 | 90 30 | 10 4 | | 0 | | 190 150 | 0 | 0 | 0 | |
| Shaved Parmesan | | 130 45 | 30 | 4 | 2 | 0 | 0 | 150 | 0 | 0 0 4 | | 4 |
| Shaved Parmesan Baked Falafel | 32 12 | 130 | | | | | | | | 0 | 0 | |
| Shaved Parmesan Baked Falafel Parmesan Crisp | 32 12 60 | 130 45 150 100 | 30 70 | 4 8 7 | 2 1 | 0 0 0 | 0 | 150 520 430 | 0 16 | 0 4 | 0 0 0 0 | 4 5 10 |
| Shaved Parmesan Baked Falafel | 32 12 60 20 | 130 45 150 | 30 70 60 | 4 | 2 1 5 | 0 | 0 0 20 | 150 520 | 0 16 0 | 0 4 0 | 0 0 0 | 4 5 |
| Shaved Parmesan Baked Falafel Parmesan Crisp | 32 12 60 20 Serving Size (g) 30 | 130 45 150 100 | 30 70 60 Calories from | 4 8 7 Total Fat (g) 16 | 2 1 5 Saturated Fat | 0 0 0 | 0 0 20 Cholesterol | 150 520 430 Sodium (mg) 230 | 0 16 0 Total Carbs | 0 4 0 Dietary Fiber | 0 0 0 0 | 4 5 10 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS | 32 12 60 20 Serving Size (g) 30 30 | 130 45 150 100 Calories 150 100 | 30 70 60 Calories from Fat 130 90 | 4 8 7 Total Fat (g) 16 10 | 2 1 5 Saturated Fat (g) 1 2 | 0 0 0 Trans Fat (g) 0 0 | 0 0 20 Cholesterol (mg) 0 10 | 150 520 430 Sodium (mg) 230 190 | 0 16 0 Total Carbs (g) | 0 4 0 Dietary Fiber (g) 0 0 | 0 0 0 0 Sugars (g) 3 0 | 4 5 10 Protein (g) |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Caesar Dressing | 32 12 60 20 Serving Size (g) 30 30 30 | 130 45 150 100 Calories 150 100 100 | 30 70 60 Calories from Fat 130 90 90 | 4 8 7 Total Fat (g) 16 10 10 | 2 1 5 Saturated Fat (g) 1 | 0 0 0 Trans Fat (g) 0 | 0 0 20 Cholesterol (mg) 0 | 150 520 430 Sodium (mg) 230 190 220 | 0 16 0 Total Carbs (g) 3 | 0 4 0 Dietary Fiber (g) 0 | 0 0 0 Sugars (g) 3 | 4 5 10 Protein (g) 0 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Caesar Dressing Carrot Chili Vinaigrette | 32 12 60 20 Serving Size (g) 30 30 30 30 30 | 130 45 150 100 Calories 150 100 100 150 | 30 70 60 Calories from Fat 130 90 90 140 | 4 8 7 Total Fat (g) 16 10 10 17 | 2 1 5 Saturated Fat (g) 1 2 2 2 1 | 0 0 0 Trans Fat (g) 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 10 5 0 | 150 520 430 Sodium (mg) 230 190 220 150 | 0 16 0 Total Carbs (g) 3 1 1 1 2 | 0 4 0 Dietary Fiber (g) 0 0 0 0 | 0 0 0 Sugars (g) 3 0 0 1 | 4 5 10 Protein (g) 0 2 1 0 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Carrot Chili Vinaigrette Cucumber Tahini Yogurt Dressing | 32 12 60 20 Serving Size (g) 30 30 30 30 30 30 30 | 130 45 150 100 Calories 150 100 150 100 | 30 70 60 Calories from Fat 130 90 90 140 90 | 4 8 7 Total Fat (g) 16 10 10 17 11 | 2 1 5 Saturated Fat (g) 1 2 2 | 0 0 0 Trans Fat (g) 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 10 5 0 0 0 | 150 520 430 Sodium (mg) 230 190 220 150 140 | 0 16 0 Total Carbs (g) 3 1 1 2 2 2 | 0 4 0 Dietary Fiber (g) 0 0 0 0 0 | 0 0 0 0 0 0 3 0 0 0 1 0 0 | 4 5 10 Protein (g) 0 2 1 0 1 0 1 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Caesar Dressing Carrot Chili Vinaigrette Cucumber Tahini Yogurt Dressing Lime Cilantro Jalapeno Vinaigrette | 32 12 60 20 Serving Size (g) 30 30 30 30 30 30 30 30 30 | 130 45 150 100 200 150 100 150 150 100 140 | 30 70 60 Calories from Fat 130 90 90 140 90 140 | 4 8 7 Total Fat (g) 16 10 10 17 11 16 | 2 1 5 Saturated Fat (g) 1 2 2 2 1 1 1 1 | 0 0 Trans Fat (g) 0 0 0 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 10 5 0 0 0 | 150 520 430 Sodium (mg) 230 190 220 150 140 210 | 0 16 0 Total Carbs (g) 3 1 1 2 2 0 | 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 Sugars (g) 3 0 0 1 1 0 0 | 4 5 10 Protein (g) 0 2 1 0 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Careat Chili Vinaigrette Cucumber Tahini Yogurt Dressing Lime Cilantro Jalapeno Vinaigrette Miso Sesame Ginger Dressing | 32 12 60 20 Serving Size (g) 30 30 30 30 30 30 30 30 30 30 | 130 45 150 100 Calories 150 100 100 150 100 140 | 30 70 60 Calories from Fat 130 90 90 140 140 130 | 4 8 7 Total Fat (g) 16 10 10 17 17 11 16 15 | 2 1 5 Saturated Fat (g) 1 2 2 1 1 | 0 0 0 Trans Fat (g) 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 10 5 0 0 0 0 0 | 150 520 430 230 190 220 150 140 210 350 | 0 16 0 Total Carbs (g) 3 1 1 2 2 2 | 0 4 0 Dietary Fiber (g) 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 3 0 0 0 1 0 0 | 4 5 10 Protein (g) 0 2 1 0 1 0 1 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Caesar Dressing Carrot Chil Vinaigrette Cucumber Tahini Yogurt Dressing Lime Cilantro Jalapeno Vinaigrette Miso Sesame Ginger Dressing Pesto Vinaigrette | 32 12 60 20 Serving Size (g) 30 30 30 30 30 30 30 30 30 30 | 130 45 150 100 Calories 150 100 150 100 150 100 140 140 190 | 30 70 60 Calories from Fat 130 90 90 140 90 140 130 190 | 4 8 7 Total Fat (g) 16 10 10 17 11 16 15 22 | 2 1 5 Saturated Fat (g) 1 2 2 1 1 1 1 3 | 0 0 Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 | 0 20 Cholesterol (mg) 0 10 5 0 0 0 0 0 0 0 0 0 0 0 0 0 | 150 520 430 230 190 220 150 140 210 350 240 | 0 16 0 Total Carbs (g) 3 1 1 2 2 0 0 3 0 0 | 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 Sugars (g) 3 0 0 1 0 0 0 2 0 | 4 5 10 Protein (g) 0 2 1 0 1 0 1 0 0 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Careat Chili Vinaigrette Cucumber Tahini Yogurt Dressing Lime Cilantro Jalapeno Vinaigrette Miso Sesame Ginger Dressing Pesto Vinaigrette Solicy Cashew Dressing | 32 12 60 20 Serving Size (g) 30 | 130 45 150 100 Calories 150 100 100 150 100 140 | 30 70 60 Calories from Fat 130 90 90 140 140 130 | 4 8 7 Total Fat (g) 16 10 10 17 17 11 16 15 | 2 1 5 Saturated Fat (g) 1 2 2 1 1 1 1 1 | 0 0 Trans Fat (g) 0 0 0 0 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 10 5 0 0 0 0 0 | 150 520 430 230 190 220 150 140 210 350 | 0 16 0 Total Carbs (g) 3 1 1 2 2 0 3 3 | 0 4 0 Dietary Fiber (g) 0 0 0 0 0 0 0 0 | 0 0 0 Sugars (g) 3 0 0 1 0 0 2 | 4 5 10 Protein (g) 0 2 1 0 1 0 1 0 1 |
| Shaved Parmesan Baked Falatel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Carrot Chill Vinaigrette Cucumber Tahini Yogurt Dressing Lime Cilantro Jalapeno Vinaigrette Miso Sesame Ginger Dressing Pesto Vinaigrette Solicy Cashew Dressing | 32 12 60 20 Serving Size (g) 30 | 130 45 150 100 Calories 150 100 150 100 140 140 140 120 15 | 30 70 60 Calories from Fat 130 90 90 140 90 140 130 190 100 0 | 4 8 7 Total Fat (g) 16 10 17 11 16 15 22 12 0 | 2 1 5 Saturated Fat (g) 1 2 2 1 1 1 1 3 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 20 Cholesterol (mg) 0 10 5 0 0 0 0 0 0 0 0 0 0 0 0 0 | 150 520 430 230 190 220 150 150 150 140 210 350 240 190 0 | 0 16 0 Total Carbs (g) 3 1 2 2 0 3 0 5 2 | 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 Sugars (g) 3 0 0 1 0 0 2 0 2 2 | 4 5 10 Protein (g) 0 2 1 0 1 0 1 0 1 0 1 0 0 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Careat Chili Vinaigrette Cucumber Tahini Yogurt Dressing Lime Cilantro Jalapeno Vinaigrette Miso Sesame Ginger Dressing Pesto Vinaigrette Solicy Cashew Dressing | 32 12 60 20 Serving Size (g) 30 | 130 45 150 100 Calories 150 100 150 100 150 100 140 140 190 | 30 70 60 Calories from Fat 130 90 90 140 90 140 130 190 | 4 8 7 Total Fat (g) 16 10 10 17 11 16 15 22 12 0 14 | 2 1 5 Saturated Fat (g) 1 2 2 1 1 1 1 3 | 0 0 Trans Fat (g) 0 0 0 0 0 0 0 0 0 0 0 | 0 20 Cholesterol (mg) 0 10 5 0 0 0 0 0 0 0 0 0 0 0 0 0 | 150 520 430 230 190 220 150 140 210 350 240 190 0 0 | 0 16 0 Total Carbs (g) 3 1 1 2 2 0 0 3 0 0 | 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 Sugars (g) 3 0 0 1 0 0 0 2 0 | 4 5 10 Protein (g) 0 2 1 0 1 0 1 0 0 |
| Shaved Parmesan Baked Falatel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Carrot Chili Vinaigrette Cucumber Tahini Yogurt Dressing Lime Cilantro Jalapeno Vinaigrette (Miso Sesame Ginger Dressing Pesto Vinaigrette Spicy Cashew Dressing Balsamic Vinegar Extra Virgin Olive Oli Lemon Souezze | 32 12 60 20 Serving Size (g) 30 30 30 30 30 30 30 30 30 30 | 130 45 150 100 200 100 100 100 100 100 140 140 140 190 120 15 120 0 | 30 70 60 Fat 130 90 90 140 90 140 130 190 100 0 0 0 | 4 8 7 Total Fat (g) 16 10 10 17 11 16 15 22 12 0 14 0 | 2 1 5 Saturated Fat (g) 1 2 2 1 1 1 1 3 2 0 0 2 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 10 5 0 0 0 0 0 0 0 0 0 0 0 0 0 | 150 520 430 Sodium (mg) 230 190 220 150 140 210 350 240 190 0 0 0 | 0 16 0 Total Carbs (g) 3 1 1 2 0 3 0 5 2 0 1 1 | 0 4 0 (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 Sugars (g) 3 0 0 1 0 0 2 2 2 2 0 0 0 | 4 5 10 Protein (g) 0 2 1 0 1 0 1 0 1 0 0 1 0 0 0 0 0 |
| Shaved Parmesan Baked Falatel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Careat Chill Vinaigrette Cucumber Tahini Yogurt Dressing Lime Cilantro Jalapeno Vinaigrette Miso Sesame Ginger Dressing Oesto Vinaigrette Spicy Cashew Dressing Balsamic Vinegar Extra Virgin Olive Oli Lemon Squeeze | 32 12 60 20 Serving Size (g) 30 30 30 30 30 30 30 30 30 30 | 130 45 150 100 100 150 100 150 100 150 100 140 140 190 120 15 120 0 0 | 30 70 60 Calories from Fat 130 90 90 140 90 140 130 190 100 0 120 0 0 | 4 8 7 Total Fat (g) 16 10 17 11 16 15 22 12 0 14 0 0 0 | 2 1 5 Saturated Fat (g) 1 2 2 1 1 1 1 1 1 3 2 0 2 0 0 2 0 0 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 10 5 0 0 0 0 0 0 0 0 0 0 0 0 0 | 150 520 430 230 190 220 150 150 150 140 210 350 240 190 0 0 0 0 | 0 16 0 Total Carbs (g) 3 1 2 2 0 3 0 5 2 0 1 1 1 1 2 1 1 2 1 1 2 2 0 3 1 1 2 2 0 1 1 1 2 2 0 1 1 1 2 2 1 0 1 1 1 2 1 2 1 1 1 2 1 2 1 1 1 1 1 2 1 1 1 1 1 1 1 1 1 1 1 1 1 | 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 Sugars (g) 3 0 0 1 0 0 2 0 2 2 0 0 2 2 0 0 0 0 0 | 4 5 10 Protein (g) 0 2 1 0 1 0 1 0 1 0 0 0 0 0 0 0 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Carrot Chili Vinaigrette Cucumber Tahini Yogurt Dressing Lime Cilantro Jalapeno Vinaigrette (Miso Sesame Ginger Dressing Pesto Vinaigrette Spicy Cashew Dressing Balsamic Vinegar Extra Virgin Olive Oli Lemon Soueze | 32 12 60 20 Serving Size (g) 30 < | 130 45 150 100 200 100 100 100 100 100 140 140 140 190 120 15 120 0 | 30 70 60 Fat 130 90 90 140 90 140 130 190 100 0 0 0 | 4 8 7 Total Fat (g) 16 10 10 17 11 16 15 22 12 0 14 0 | 2 1 5 Saturated Fat (g) 1 2 2 1 1 1 1 3 2 0 0 2 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 10 5 0 0 0 0 0 0 0 0 0 0 0 0 0 | 150 520 430 Sodium (mg) 230 190 220 150 140 210 350 240 190 0 0 0 | 0 16 0 Total Carbs (g) 3 1 1 2 0 3 0 5 2 0 1 1 | 0 4 0 (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 Sugars (g) 3 0 0 1 0 0 2 2 2 2 0 0 0 | 4 5 10 Protein (g) 0 2 1 0 1 0 1 0 1 0 0 1 0 0 0 0 0 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Carrot Chili Vinaigrette Cucumber Tahini Yogurt Dressing Lime Cilantro Jalapeno Vinaigrette (Miso Sesame Ginger Dressing Pesto Vinaigrette Spicy Cashew Dressing Balsamic Vinegar Extra Virgin Olive Oil Lemon Squeeze Lime Squeeze Sriracha | 32 12 60 20 Serving Size (g) 30 < | 130 45 150 100 100 150 100 150 100 150 100 140 140 190 120 15 120 0 0 | 30 70 60 Calories from Fat 130 90 90 140 90 140 130 190 100 0 120 0 0 | 4 8 7 Total Fat (g) 16 10 17 11 16 15 22 12 0 14 0 0 0 | 2 1 5 Saturated Fat (g) 1 2 2 1 1 1 1 2 0 0 0 0 0 Saturated Fat Saturated Fat | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 10 5 0 0 0 0 0 0 0 0 0 0 0 0 0 | 150 520 430 230 190 220 150 150 150 140 210 350 240 190 0 0 0 0 | 0 16 0 Total Carbs (g) 3 1 1 2 2 0 3 0 5 2 0 1 1 3 Total Carbs | 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 3 0 0 0 1 0 0 2 0 0 2 2 0 0 0 0 0 0 0 0 0 | 4 5 10 Protein (g) 0 2 1 0 1 0 1 0 1 0 0 0 0 0 0 0 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Careat Chili Vinaigrette Cucumber Tahini Yogurt Dressing Lime Cilantro Jalapeno Vinaigrette Cilantro Jalapeno Vinaigrette Spicy Cashew Dressing Castaw Dressing Castaw Uressing Castaw Dressing Castaw Coressing Castaw Dressing Castaw Dressing Castaw Dressing Castaw Dressing Castaw Dressing Castaw Dressing Castaw Coressing Castaw | 32 12 60 20 Serving Size (g) 30 15 15 15 15 2 Serving Size (g) | 130 45 150 100 Calories 150 100 100 100 100 100 100 100 100 100 100 140 140 190 120 0 0 15 Calories | 30 70 60 Calories from Fat 130 90 90 140 90 140 130 190 140 130 190 0 0 0 20 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 4 8 7 Total Fat (g) 16 10 10 17 11 16 15 22 12 0 14 0 0 0 Total Fat (g) | 2 1 5 Saturated Fat (g) 1 2 2 1 1 1 1 3 2 0 0 2 0 0 0 Saturated Fat (g) 2 1 1 1 2 2 1 1 2 2 1 1 2 2 1 1 2 2 2 1 1 2 2 2 1 1 2 2 2 2 1 1 2 2 2 2 1 1 2 2 2 1 1 2 2 2 2 1 1 2 2 2 2 1 1 2 2 2 2 1 1 2 2 2 2 1 1 2 2 2 2 1 1 2 2 2 2 2 2 2 2 2 2 2 2 2 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 10 5 0 0 0 0 0 0 0 0 0 0 0 0 0 | 150 520 430 Sodium (mg) 230 190 220 150 150 150 140 210 350 240 190 0 0 0 0 0 0 0 0 0 0 0 0 Sodium (mg) | 0 16 0 Total Carbs (g) 3 1 1 2 2 0 3 0 5 2 0 1 1 3 Total Carbs (g) | 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 Sugars (g) 3 0 0 1 0 0 2 0 0 2 0 0 2 0 0 0 3 3 Sugars (g) | 4 5 10 Protein (g) 0 2 1 1 0 1 0 1 0 1 0 0 0 0 0 0 0 Protein (g) |
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| Shaved Parmesan Baked Falatel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Carrot Chill Vinaigrette Cucumber Tahini Yogurt Dressing Lime Cilantro Jalapeno Vinaigrette (Miso Sesame Ginger Dressing Pesto Vinaigrette Spicy Cashew Dressing Balsamic Vinegar Extra Virgin Olive Oli Lemon Squeeze Lime Squeeze Sriracha BEVERAGES Lemon Fresca Cucumber Ginger Lime Fresca | 32 12 60 20 Serving Size (g) 30 < | 130 45 150 100 200 150 100 150 100 150 100 140 190 120 15 120 0 15 Calories 60 60 | 30 70 60 Fat 130 90 90 140 90 140 130 140 130 140 130 0 0 0 0 Calories from Fat 0 0 | 4 8 7 Total Fat (g) 16 10 17 17 11 16 15 22 0 12 0 14 0 0 0 0 Total Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 | 2 1 5 Saturated Fat (g) 1 2 2 1 1 1 1 2 0 0 0 0 0 Saturated Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 10 5 0 0 0 0 0 0 0 0 0 0 0 0 0 | 150 520 430 Sodium (mg) 230 190 220 150 150 140 210 350 240 190 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 16 0 Total Carbs (g) 3 1 2 2 0 3 0 5 2 0 1 1 3 Votal Carbs (g) 17 17 | 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 Sugars (g) 3 0 0 1 1 0 0 2 2 0 0 2 2 0 0 0 3 3 Sugars (g) 15 12 | 4 5 10 2 1 0 2 1 0 0 1 0 0 1 0 0 0 0 0 0 0 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Carsot Chili Vinaigrette Cucumber Tahini Yogurt Dressing Cartot Chili Vinaigrette Cucumber Tahini Yogurt Dressing Carto Sesame Ginger Dressing Carto Sesame Ginger Dressing Carto Sesame Ginger Dressing Carto Sesame Ginger Context Second Secon | 32 12 60 20 Serving Size (g) 30 15 15 15 15 15 15 15 15 15 15 15 15 15 < | 130 45 150 100 Calories 150 100 100 100 100 100 100 100 100 100 100 140 140 190 120 0 15 Calories 60 60 0 | 30 70 60 Fat 130 90 90 140 90 140 140 130 190 140 0 0 0 Calories from Fat 0 0 | 4 8 7 Total Fat (g) 16 10 17 11 16 15 22 12 0 14 0 0 0 Total Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 | 2 1 5 Saturated Fat (g) 1 2 2 1 1 1 1 3 2 0 0 2 0 0 5 Saturated Fat (g) 0 5 Saturated Fat (g) 1 2 2 1 1 5 5 5 5 5 5 5 5 5 5 5 5 5 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 0 0 0 0 0 0 0 0 0 0 0 0 | 150 520 430 Sodium (mg) 230 190 220 150 140 210 350 240 190 0 0 0 0 0 0 0 0 0 5 5 20 | 0 16 0 Total Carbs (g) 3 1 1 2 2 0 3 0 5 2 0 0 1 1 3 Total Carbs (g) 17 17 0 0 | 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 1 0 0 0 2 0 0 0 2 2 0 0 0 0 | 4 5 10 2 1 1 0 1 1 0 1 1 0 1 0 0 1 0 0 0 0 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Carrot Chili Vinaigrette Cucumber Tahini Yogurt Dressing Lime Cilantro Jalapeno Vinaigrette (Miso Sesame Ginger Dressing Pesto Vinaigrette Spicy Cashew Dressing Balsamic Vinegar Extra Virgin Olive Oil Lemon Squeeze Sriracha BEVERAGES Lemon Fresca Cucumber Ginger Lime Fresca Jasmine Green Iced Tea + Iced Chai | 32 12 60 20 Serving Size (g) 30 < | 130 45 150 100 200 100 100 100 100 100 100 100 100 100 100 100 140 140 190 120 0 15 20 0 15 Calories 60 60 0 0 | 30 70 60 Fat 130 90 90 140 90 140 130 100 0 120 0 0 Calories from Fat 0 0 0 0 | 4 8 7 Total Fat (g) 16 10 10 17 11 16 15 22 12 0 14 0 0 0 Total Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 | 2 1 5 Saturated Fat (g) 1 2 2 1 1 1 2 0 0 0 0 Saturated Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 10 5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 150 520 430 230 190 220 150 140 210 350 240 190 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 16 0 Total Carbs (g) 3 1 1 2 2 0 3 0 5 2 0 1 1 1 3 Total Carbs (g) 17 17 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 1 0 0 0 2 2 0 0 0 0 2 2 2 0 0 0 0 | 4 5 10 Protein (g) 0 2 1 0 1 1 0 1 1 0 0 0 0 0 0 0 0 0 0 0 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Carrot Chili Vinaigrette Cucumber Tahini Yogurt Dressing Currot Chili Vinaigrette Cucumber Tahini Yogurt Dressing Carrot Chili Vinaigrette Cucumber Ginger Dressing Carrot Vinaigrette Cucumber Ginger Lime Fresca Jasmine Green Iced Tea + Iced Chai Ginger Kale Green Tea+ | 32 12 60 20 Serving Size (g) 30 < | 130 45 150 100 200 100 100 100 100 100 100 100 100 100 100 140 190 120 0 15 120 0 15 Calories 60 60 0 120 | 30 70 60 Calories from Fat 130 90 90 140 90 140 130 140 130 190 0 0 0 0 0 0 0 0 0 0 0 0 0 | 4 8 7 Total Fat (g) 16 10 17 17 11 16 15 22 12 0 14 0 0 0 12 0 0 14 0 0 0 0 0 12 12 0 0 14 0 0 0 12 12 0 14 15 12 0 0 12 12 0 0 14 15 12 0 0 12 12 0 0 14 15 12 0 0 12 12 0 0 14 0 0 17 15 12 0 0 12 0 0 14 0 0 17 14 15 12 0 0 0 14 0 0 0 14 0 0 0 14 0 0 0 14 0 0 0 14 0 0 0 0 14 0 0 0 14 0 0 0 12 0 0 0 0 0 14 0 0 0 0 0 12 0 0 0 0 0 0 0 0 0 0 0 0 0 | 2 1 5 Saturated Fat (g) 1 2 2 1 1 1 1 2 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 10 5 0 0 0 0 0 0 0 0 0 0 0 0 0 | 150 520 430 Sodium (mg) 230 190 220 150 150 140 210 350 240 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 16 0 Total Carbs (g) 3 1 1 2 2 0 3 0 5 2 0 1 1 1 3 Total Carbs (g) 17 17 0 28 | 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 Sugars (g) 3 0 0 1 1 0 0 2 2 0 0 0 2 2 2 0 0 0 3 3 Sugars (g) 15 12 0 0 13 | 4 5 10 Protein (g) 0 2 1 0 0 1 1 0 0 1 0 0 0 0 0 0 0 0 0 0 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Carsor Dressing Carsor Chili Vinaigrette Cucumber Tahini Yogurt Dressing Lime Cilantro Jalapeno Vinaigrette (Miso Sesame Ginger Dressing Pesto Vinaigrette Spicy Cashew Dressing Balsamic Vinegar Extra Virgin Olive Oli Lemon Squeeze Sriracha BEVERAGES Lemon Fresca Cucumber Ginger Lime Fresca Jasmine Green Iced Tea + Iced Chai | 32 12 60 20 Serving Size (g) 30 < | 130 45 150 100 200 100 100 100 100 100 100 100 100 100 100 100 140 140 190 120 0 15 20 0 15 Calories 60 60 0 0 | 30 70 60 Fat 130 90 90 140 90 140 130 100 0 120 0 0 Calories from Fat 0 0 0 0 | 4 8 7 Total Fat (g) 16 10 10 17 11 16 15 22 12 0 14 0 0 0 Total Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 | 2 1 5 Saturated Fat (g) 1 2 2 1 1 1 2 0 0 0 0 Saturated Fat (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 10 5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 150 520 430 230 190 220 150 140 210 350 240 190 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 16 0 Total Carbs (g) 3 1 1 2 2 0 3 0 5 2 0 1 1 1 3 Total Carbs (g) 17 17 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 1 0 0 0 2 2 0 0 0 0 2 2 2 0 0 0 0 | 4 5 10 Protein (g) 0 2 1 0 1 1 0 1 1 0 0 1 0 0 0 0 0 0 0 0 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Carrot Chili Vinaigrette Cucumber Tahini Yogurt Dressing Carrot Chili Vinaigrette Cucumber Tahini Yogurt Dressing Carrot Vinaigrette Cucumber Ginger Dressing Carrot Vinaigrette Cucumber Ginger Lime Cilator Betver AGES Lemon Fresca Cucumber Ginger Lime Fresca Jasmine Green Iced Tea + Iced Chai Ginger Kale Green Tea+ Crange Mint Chia Coconut Water DRESSINGS | 32 12 60 20 Serving Size (g) 30 475 475 475 9 Serving Size (g) | 130 45 150 100 200 100 100 100 100 100 100 100 100 100 100 140 190 120 0 15 120 0 15 Calories 60 60 0 120 | 30 70 60 Calories from Fat 130 90 90 140 90 140 130 140 130 190 0 0 0 0 0 0 0 0 0 0 0 0 0 | 4 8 7 Total Fat (g) 16 10 17 17 11 16 15 22 12 0 14 0 0 0 12 0 0 14 0 0 0 0 0 12 12 0 0 14 0 0 12 12 0 14 12 12 0 12 0 12 0 12 0 14 15 12 0 0 12 12 0 12 0 14 15 12 0 0 12 12 0 0 14 0 0 17 15 12 0 0 12 0 12 0 0 14 0 0 12 12 0 0 14 0 0 0 12 12 0 0 14 0 0 0 14 0 0 0 14 0 0 0 14 0 0 0 14 0 0 0 12 0 0 0 14 0 0 0 0 0 0 12 0 0 0 0 0 0 0 0 0 0 0 0 0 | 2 1 5 Saturated Fat (g) 1 2 2 1 1 1 1 2 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 10 5 0 0 0 0 0 0 0 0 0 0 0 0 0 | 150 520 430 Sodium (mg) 230 190 220 150 150 140 210 350 240 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 16 0 Total Carbs (g) 3 1 1 2 2 0 3 0 5 2 0 1 1 1 3 Total Carbs (g) 17 17 0 28 | 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 Sugars (g) 3 0 0 1 1 0 0 2 2 0 0 0 2 2 2 0 0 0 3 3 Sugars (g) 15 12 0 0 13 | 4 5 10 2 1 1 0 1 1 0 1 1 0 1 1 0 0 1 1 0 0 0 0 |
| Shaved Parmesan Baked Falafel Parmesan Crisp DRESSINGS Balsamic Vinaigrette Blue Cheese Dressing Caroot Chili Vinaigrette Cucumber Tahini Yogurt Dressing Caroot Chili Vinaigrette Cucumber Tahini Yogurt Dressing Caroot Chili Vinaigrette Comber Gashew Dressing Caroot Chili Vinaigrette Comber Gashew Dressing Caroot Chili Comparison Balsamic Vinegar Comber Gashew Dressing Comber Gashew Dressing Comber Gashew Dressing Comber Gashew Dressing Comparison Comparison Comber Gashew Dressing Comber Gashew Dressing Comparison Comparis | 32 12 60 20 Serving Size (g) 30 | 130 45 150 100 Calories 150 100 100 100 100 100 100 100 100 100 100 140 140 190 120 0 0 15 Calories 60 60 0 120 40 | 30 70 60 Calories from Fat 130 90 90 140 90 140 130 140 130 140 0 0 0 0 0 0 0 0 0 0 0 0 0 | 4 8 7 Total Fat (g) 16 10 10 17 11 16 15 22 12 0 14 0 0 0 0 0 0 0 0 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 | 2 1 5 Saturated Fat (g) 1 2 2 1 1 1 1 2 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 20 Cholesterol (mg) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 150 520 430 Sodium (mg) 230 190 220 150 140 210 350 240 190 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 16 0 Total Carbs (g) 3 1 2 2 0 3 0 5 2 0 1 1 1 3 Total Carbs (g) 17 17 0 28 7 Total Carbs | 0 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 1 0 0 0 0 0 0 0 0 0 0 0 0 | 4 5 10 Protein (g) 0 2 1 1 0 1 0 0 1 0 0 0 0 0 0 0 0 0 0 0 |
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DRESSING INGREDIENTS

| BALSAMIC VINAIGRETTE GRAPESEED OIL BALSAMIC VINEGAR DIJON MUSTARD HONEY SALT PEPPER | BLUE CHEESE DRESSING FAT FREE YOGURT MAYONNAISE BLUE CHEESE WHITE WINE VINEGAR GARLIC SALT PEPPER | CAESAR DRESSING FAT FREE YOGURT MAYONNAISE PARMESAN CHEESE LEMON JUICE ANCHOVIES GARLIC SALT PEPPER | CARROT CHILI VINAIGRETTE GRAPESEED OIL CARROT JUICE CHAMPAGNE VINEGAR AGAVE RED PEPPER FLAKES UMAMI SEASONING* GARLIC CHILI POWDER |
|--|--|--|---|
| CHAMPAGNE VINAIGRETTE GRAPESEED OIL CHAMPAGNE VINEGAR EXTRA VIRGIN OLIVE OIL RED ONION UMAMI SEASONING* WATER | CUCUMBER TAHINI YOGURT DRESSING FAT FREE YOGURT GRAPESEED OIL LEMON JUICE EXTRA VIRGIN OLIVE OIL TAHINI PASTE CUCUMBER GARLIC SALT RED PEPPER FLAKES BASIL UMAMI SEASONING* WATER | HORSERADISH VINAIGRETTE MAYONNAISE EXTRA VIRGIN OLIVE OIL GRAPESEED OIL WHITE WINE VINEGAR GARLIC RED ONION HORSERADISH UMAMI SEASONING* | CREAMY SUMAC DRESSING FAT FREE YOGURT MAYONNAISE LEMON JUICE EXTRA VIRGIN OLIVE OIL TAHINI WHITE WINE VINEGAR SALT GARLIC SUMAC CUMIN |
| LIME CILANTRO JALAPEÑO GRAPESEED OIL CUMIN LIME JUICE WHITE WINE VINEGAR CILANTRO JALAPENO PEPPERS SALT GARLIC | MISO SESAME GINGER DRESSING GRAPESEED OIL GLUTEN-FREE SOY SAUCE MISO PASTE RICE VINEGAR GINGER RED PEPPER FLAKES AGAVE NUTRITIONAL YEAST GARLIC SESAME OIL WATER LT, ONION, GARLIC, AND YEAST | PESTO VINAIGRETTE EXTRA VIRGIN OLIVE OIL GRAPESEED OIL CHAMPAGNE VINEGAR BASIL GARLIC SALT | SPICY CASHEW DRESSING GRAPESEED OIL LIME JUICE CASHEW BUTTER RED PEPPER FLAKES AGAVE GINGER RICE VINEGAR CILANTRO GARLIC SESAME OIL SALT UMAMI SEASONING* |
| | SOUP INGRED ORGANIC LENITL AND CHICKPE/ VEGETABLE STOCK (water, carro sea salt) LENTILS, TOMATOES (tr puree, naturally derived citric acid) (ONIONS, CARROTS, contains 2% cilantro, canola oil, sugar, turmeric, corn starch | A SOUP: ots, onion, celery, omatoes, tomato CHICKPEAS, or less of: garlic, | |

BREAD INGREDIENTS

BREAD (DMV + PHL) UNBLEACHED, UNBROMATED WHEAT FLOUR (malted barley flour, niacin, iron, thiamine, mononitrate, riboflavin, and folic acid) FILTERED WATER LEVAIN BUCKWHEAT FLOUR RYE FLOUR SALT contains 2% or less of : malted barley flour, yeast

BREAD (BOS) ORGANIC WHOLE WHEAT FLOUR UNBLEACHED, UNBROMATED WHEAT FLOUR (wheat, malted barley flour) FILTERED WATER NATURAL WHOLE WHEAT STARTER (organic whole wheat flour and filtered water) SEA SALT

BREAD (NYC) WHOLE WHEAT FLOUR WHITE FLOUR WATER SALT NATURAL STARTER WHEAT BRAN BREAD (LA) ORGANIC WHEAT FLOUR FILTERED WATER SEA SALT