

# Nutritional Info

## Our Seasonings

- We lightly season with our house seasoning blend: Salt, pepper & garlic.
- We cook with **olive oil** & our gluten-free vegetable broth.

## Warm Bowls

\*Dressing calories are not included. Dressing information can be found in “build one” section

### **BBQ Bowl**

490 K/Cal | 15 Fat(g) | 74 Carb(g) | 17 Protein(g)

### **Bangkok Bowl**

848 K/Cal | 5 Fat(g) | 169 Carb(g) | 24 Protein(g)

### **Broth Bowl**

352 K/Cal | 9.7 Fat(g) | 59.75 Carb(g) | 8.4 Protein(g)

### **Cali Bowl**

419 K/Cal | 21 Fat(g) | 37 Carb(g) | 22 Protein(g)

### **Comfort Bowl**

404 K/Cal | 10 Fat(g) | 62 Carb(g) | 19 Protein(g)

### **Greek Bowl**

343 K/Cal | 10 Fat(g) | 51 Carb(g) | 15 Protein(g)

### **Harvest Bowl**

363 K/Cal | 2 Fat(g) | 76 Carb(g) | 8 Protein(g)

### **Poké Bowl**

498 K/Cal | 14 Fat(g) | 73 Carb(g) | 20 Protein(g)

### **Power Bowl**

451 K/Cal | 14 Fat(g) | 67 Carb(g) | 17 Protein(g)

### **Skinny Bowl**

168 K/Cal | 5 Fat(g) | 21 Carb(g) | 14 Protein(g)

### **Sriracha Veggie Bowl**

185 K/Cal | 2 Fat(g) | 39 Carb(g) | 6 Protein(g)

### **Superfood Bowl**

406 K/Cal | 18 Fat(g) | 54 Carb(g) | 12 Protein(g)

### **Teriyaki Bowl**

290 K/Cal | 2 Fat(g) | 62 Carb(g) | 7 Protein(g)

## Salads

\*Dressing calories are not included. Dressing information can be found in “design your own” section

### **Kale Caesar Salad**

275 K/Cal | 13 Fat(g) | 24 Carb(g) | 17 Protein(g)

### **Mediterranean Salad**

253 K/Cal | 9 Fat(g) | 32 Carb(g) | 14 Protein(g)

### **Signature Salad**

317 K/Cal | 18 Fat(g) | 31 Carb(g) | 14 Protein(g)

### **Strawberry Fuji Salad**

205 K/Cal | 12 Fat(g) | 16 Carb(g) | 12 Protein(g)

## Wraps & Quesadillas

### **Asian Fusion Wrap**

290 K/Cal | 6 Fat(g) | 56 Carb(g) | 12 Protein(g)

### **Boca Fiesta Wrap**

578 K/Cal | 20 Fat(g) | 88 Carb(g) | 23 Protein(g)

### **Classic Wrap**

384 K/Cal | 17 Fat(g) | 56 Carb(g) | 12 Protein(g)

### **Pesto Club Wrap**

524 K/Cal | 25 Fat(g) | 51 Carb(g) | 29 Protein(g)

### **Supergreen Caesar Wrap**

501 K/Cal | 18 Fat(g) | 66 Carb(g) | 25 Protein(g)

### **Buffalo Quesadilla**

791 K/Cal | 47 Fat(g) | 54 Carb(g) | 44 Protein(g)

### **Hummus Veggie Quesadilla**

542 K/Cal | 23 Fat(g) | 68 Carb(g) | 53 Protein(g)

### **Tulum Quesadilla**

980 K/Cal | 49 Fat(g) | 100 Carb(g) | 53 Protein(g)

# Smoothies

## **Avo Coconut Smoothie**

282 K/Cal | 15 Fat(g) | 38 Carb(g) | 4 Protein(g)

## **Banana & Date Smoothie**

499 K/Cal | 22 Fat(g) | 62 Carb(g) | 13 Protein(g)

## **Blueberry Delight Smoothie**

366 K/Cal | 1 Fat(g) | 92 Carb(g) | 4 Protein(g)

## **Kale & Apple Smoothie**

279 K/Cal | 1 Fat(g) | 63 Carb(g) | 4 Protein(g)

## **Strawberry & Banana Smoothie**

212 K/Cal | 1 Fat(g) | 51 Carb(g) | 2 Protein(g)

## **Sunrise Smoothie**

178 K/Cal | 1 Fat(g) | 44 Carb(g) | 2 Protein(g)

## **Tropicolada Smoothie**

155 K/Cal | 1 Fat(g) | 39 Carb(g) | 2 Protein(g)

\*For Protein Powder add +80 K/Cal | 2 Fat(g) | 3 Carb(g) | 15 Protein(g)

## Sides

### **Fruit Cup**

95 K/Cal | .5 Fat(g) | 22 Carb(g) | 1 Protein(g)

### **Roasted Broccoli**

40 K/Cal | 0 Fat(g) | 8 Carb(g) | 3 Protein(g)

### **Roasted Sweet Potatoes**

164 K/Cal | 0 Fat(g) | 39 Carb(g) | 2 Protein(g)

## Kids

### **Protein Bites**

302 K/Cal | 4 Fat(g) | 35 Carb(g) | 27 Protein(g)

### **Kung Fu**

282 K/Cal | 4 Fat(g) | 32 Carb(g) | 27 Protein(g)

### **Cheesy Quesadilla**

698 K/Cal | 40 Fat(g) | 32 Carb(g) | 43 Protein(g)

## Sweets

### **Chocolate Chip Cookie**

380 K/Cal | 19 Fat(g) | 54 Carb(g) | 4 Protein(g)

### **Chocolate Chip Brownie**

420 K/Cal | 21 Fat(g) | 56 Carb(g) | 5 Protein(g)

# Design Your Own

\*For a wrap add +310 K/Cal | 9 Fat(g) | 49 Carb(g) | 7 Protein(g)

\*For quesadillas add Mozzarella +550 K/Cal | 24 Fat(g) | 55 Carb(g) | 28 Protein(g)

## Choose 2 Bases

### **Shredded Kale**

22 K/Cal | 0 Fat(g) | 5 Carb(g) | 2 Protein(g)

### **Baby Spinach**

22 K/Cal | 0 Fat(g) | 3 Carb(g) | 3 Protein(g)

### **Brown Rice with Parsley**

117 K/Cal | 1 Fat(g) | 25 Carb(g) | 2 Protein(g)

### **Cauliflower Rice**

26 K/Cal | 0 Fat(g) | 4 Carb(g) | 4 Protein(g)

### **Extra Crisp Romaine**

19 K/Cal | 0 Fat(g) | 3 Carb(g) | 1 Protein(g)

### **Asian Garlic Noodles**

375 K/Cal | 0 Fat(g) | 79 Carb(g) | 9 Protein(g)

### **Red Quinoa with Lemon**

114 K/Cal | 2 Fat(g) | 19 Carb(g) | 5 Protein(g)

### **Zucchini Noodles**

34 K/Cal | 0 Fat(g) | 6 Carb(g) | 2 Protein(g)

## Choose 3 Mix-Ins

### **Almonds**

49 K/Cal | 4 Fat(g) | 2 Carb(g) | 2 Protein(g)

### **Fuji Apple**

5 K/Cal | 0 Fat(g) | 1 Carb(g) | 0 Protein(g)

### **Shredded Kale**

22 K/Cal | 0 Fat(g) | 5 Carb(g) | 2 Protein(g)

### **Black Beans**

55 K/Cal | 0 Fat(g) | 5 Carb(g) | 2 Protein(g)

### **Broccoli**

20 K/Cal | 0 Fat(g) | 4 Carb(g) | 2 Protein(g)

### **Carrots**

15 K/Cal | 0 Fat(g) | 3 Carb(g) | 0 Protein(g)

### **Chickpeas**

97 K/Cal | 1 Fat(g) | 16 Carb(g) | 5 Protein(g)

### **Corn**

95 K/Cal | 6 Fat(g) | 11 Carb(g) | 2 Protein(g)

### **Croutons**

92 K/Cal | 4 Fat(g) | 13 Carb(g) | 2 Protein(g)

### **Cucumbers**

4 K/Cal | 0 Fat(g) | 1 Carb(g) | 0 Protein(g)

### **Edamame**

88 K/Cal | 4 Fat(g) | 7 Carb(g) | 8 Protein(g)

### **Green Peppers**

8 K/Cal | 0 Fat(g) | 2 Carb(g) | 0 Protein(g)

### **Jalapenos**

5 K/Cal | 0 Fat(g) | 1 Carb(g) | 0 Protein(g)

### **Mushrooms**

13 K/Cal | 0 Fat(g) | 2 Carb(g) | 2 Protein(g)

### **Onions**

13 K/Cal | 0 Fat(g) | 3 Carb(g) | 0 Protein(g)

### **Raisins**

51 K/Cal | 0 Fat(g) | 13 Carb(g) | 1 Protein(g)

### **Roasted Sweet Potatoes**

44 K/Cal | 0 Fat(g) | 10 Carb(g) | 1 Protein(g)

### **Sunflower Seeds**

62 K/Cal | 5 Fat(g) | 2 Carb(g) | 2 Protein(g)

### **Tomatoes**

6 K/Cal | 0 Fat(g) | 1 Carb(g) | 0 Protein(g)

### **Walnuts**

89 K/Cal | 9 Fat(g) | 2 Carb(g) | 2 Protein(g)

## **Add A Sauce**

### **Avocado Creme**

53 K/Cal | 5 Fat(g) | 1 Carb(g) | 1 Protein(g)

### **Balsamic Vinaigrette**

170 K/Cal | 17 Fat(g) | 5 Carb(g) | 0 Protein(g)

### **BBQ**

80 K/Cal | 1 Fat(g) | 18 Carb(g) | 0 Protein(g)

### **Caesar**

200 K/Cal | 21 Fat(g) | 1 Carb(g) | 1 Protein(g)

### **Sweet Citrus Mustard**

160 K/Cal | 14 Fat(g) | 9 Carb(g) | 0 Protein(g)

### **Spicy Mayo**

190 K/Cal | 20 Fat(g) | 3 Carb(g) | 0 Protein(g)

### **Pesto**

190 K/Cal | 19 Fat(g) | 2 Carb(g) | 4 Protein(g)

### **Lemon (Quarter)**

4 K/Cal | 0 Fat(g) | 1 Carb(g) | 0 Protein(g)

### **Creamy Ranch**

160 K/Cal | 16 Fat(g) | 3 Carb(g) | 1 Protein(g)

### **Teriyaki**

80 K/Cal | 0 Fat(g) | 20 Carb(g) | 1 Protein(g)

### **Tzatziki**

24 K/Cal | 2 Fat(g) | 1 Carb(g) | .5 Protein(g)

### **Vegetable Broth**

1 K/Cal | 0 Fat(g) | .2 Carb(g) | 0 Protein(g)

## Choose A Protein

### **Antibiotic-Free Chicken Breast**

195 K/Cal | 4 Fat(g) | 0 Carb(g) | 36 Protein(g)

### **Antibiotic-Free Blackened Chicken**

195 K/Cal | 4 Fat(g) | 0 Carb(g) | 36 Protein(g)

### **Antibiotic-Free Citrus Chicken Thigh**

240 K/Cal | 13 Fat(g) | 2 Carb(g) | 32 Protein(g)

### **Antibiotic-Free Buffalo Chicken**

206 K/Cal | 6 Fat(g) | 2 Carb(g) | 36 Protein(g)

### **Organic Tofu**

108 K/Cal | 4 Fat(g) | 4 Carb(g) | 14 Protein(g)

### **Sirloin Steak**

191 K/Cal | 7 Fat(g) | 0 Carb(g) | 32 Protein(g)

### **Raw Wild-Caught Ahi Tuna (Poke-Style)**

110 K/Cal | 1 Fat(g) | 0 Carb(g) | 25 Protein(g)

### **Blackened Salmon**

229 K/Cal | 13 Fat(g) | 0 Carb(g) | 28 Protein(g)

### **Peeled Shrimp**

81 K/Cal | 1 Fat(g) | 0 Carb(g) | 18 Protein(g)

## Premium Mix-ins

### **Avocado**

60 K/Cal | 6 Fat(g) | 3 Carb(g) | 1 Protein(g)

### **Bacon**

166 K/Cal | 13 Fat(g) | 0 Carb(g) | 11 Protein(g)

### **Cauliflower Rice**

26 K/Cal | 0 Fat(g) | 4 Carb(g) | 4 Protein(g)

### **Feta**

87 K/Cal | 7 Fat(g) | 1 Carb(g) | 4 Protein(g)

### **Goat Cheese**

83 K/Cal | 7 Fat(g) | 0 Carb(g) | 6 Protein(g)

### **Hard Boiled Egg**

72 K/Cal | 5 Fat(g) | 1 Carb(g) | 6 Protein(g)

### **Hummus**

144 K/Cal | 11 Fat(g) | 7 Carb(g) | 4 Protein(g)

### **Mozzarella**

94 K/Cal | 7 Fat(g) | 1 Carb(g) | 7 Protein(g)

### **Parmesan**

61 K/Cal | 4 Fat(g) | 1 Carb(g) | 5 Protein(g)

### **Strawberries**

21 K/Cal | 0 Fat(g) | 5 Carb(g) | 0 Protein(g)

### **Wakame Salad**

27 K/Cal | 0 Fat(g) | 5 Carb(g) | 2 Protein(g)