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

NEW Baja Bowl
375 K/Cal | 4.5 Fat(g) | 60 Carb(g)| 12 Protein(g)

NEW Harvest Bowl
425 K/Cal | 17 Fat(g) | 57 Carb(g)|14.5 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)

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

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

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

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

Salads

*Dressing calories are not included. Dressing information can be found in the "design your own" section

NEW Feta Crunch Salad

345 K/Cal | 16.5 Fat(g) | 36 Carb(g)| 16 Protein(g)

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

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)

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)

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

Whipped Feta Dip
345 K/Cal | 15 Fat(g) | 40.5 Carb(g)| 13 Protein(g)

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

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
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)

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
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 Toppings

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

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)

Roasted 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)

NEW Cilantro
1 K/Cal | 0 Fat(g) | 0.1 Carb(g) | 0.1 Protein(g)

Corn
46 K/Cal | .7 Fat(g) | 9.7 Carb(g) | 1.6 Protein(g)

NEW Street Corn
64 K/Cal | 2.6 Fat(g) | 9 Carb(g) | 2.8 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

54 K/Cal | 2.3 Fat(g) | 4 Carb(g) | 5.3 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)

Crispy Onions

50 K/Cal | 4 Fat(g) | 3.5 Carb(g)| 0.5 Protein(g)

Red Onions

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

Pickled Onions

25 K/Cal | 0 Fat(g) | 6 Carb(g)| 0.5 Protein(g)

Strawberries

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

Roasted Sweet Potatoes

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

NEW Toasted Pepitas

97 K/Cal | 8.3 Fat(g) | 2.5 Carb(g)| 5.1 Protein(g)

Tomatoes

8 K/Cal | 0.1 Fat(g) | 1.7 Carb(g)| 0.4 Protein(g)

Add A Sauce

Avocado Crema
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)

Sweet 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)

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

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

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

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

Creamy Herb 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)

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)

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

Premium Toppings

NEW Whipped Feta
69 K/Cal | 5.4 Fat(g) | 1.4 Carb(g)| 3.7 Protein(g)

Avocado
114 K/Cal | 10.5 Fat(g) | 5.9 Carb(g)| 1.3 Protein(g)

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

Feta Crumble
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)

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