

ORIGINAL  
**ChopShop**

## NUTRITIONAL INFORMATION

| Name                   | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes   |
|------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| <b>CHOPS</b>           |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |   |
| American               | 590             | 420                      | 47      | 13                | 0                    | 235              | 1000        | 24                | 5                       | 13               | 19          | <b>Allergen Statement:</b> Contains Egg, Milk, Soy.<br><b>Gluten Statement:</b> Flavoring May Contain Gluten.   |
| Asian                  | 280             | 220                      | 25      | 4                 | 0                    | 0                | 730         | 12                | 4                       | 5                | 4           | <b>Allergen Statement:</b> Contains Soy, Tree Nuts (Cashews).<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross contact may occur.<br><b>Cross Contact:</b> May Contain Egg, Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Gluten.                              |
| BBQ Chicken            | 390             | 180                      | 19      | 7                 | 0                    | 85               | 770         | 26                | 5                       | 12               | 29          | <b>Allergen Statement:</b> Contains Egg, Milk, Soy.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.  |
| Beef                   | 260             | 120                      | 14      | 4                 | 0                    | 15               | 1090        | 29                | 5                       | 21               | 8           | <b>Allergen Statement:</b> Contains Milk, Tree Nuts (Cashews).<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients.<br><b>Cross Contact:</b> May Contain Egg, Peanuts, Soy, Other Tree Nuts, Wheat, Gluten.  |
| Danish                 | 320             | 160                      | 18      | 4.5               | 0                    | 15               | 760         | 34                | 6                       | 27               | 9           | <b>Allergen Statement:</b> Contains Milk, Soy, Tree Nuts (Almonds).<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.  |
| Kale & Quinoa          | 640             | 290                      | 32      | 5                 | 0                    | 15               | 900         | 74                | 12                      | 15               | 20          | <b>Allergen Statement:</b> Contains Egg, Fish (Anchovies), Milk, Soy, Tree Nuts (Almonds).<br><b>Gluten Statement:</b> Flavoring May Contain Gluten.  |
| Kale Caesar            | 250             | 160                      | 18      | 4                 | 0                    | 15               | 480         | 17                | 5                       | 6                | 7           | <b>Allergen Statement:</b> Contains Egg, Fish (Anchovies), Milk, Soy, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.   |
| Raw Vegetable          | 310             | 180                      | 20      | 3.5               | 0                    | 5                | 690         | 28                | 10                      | 14               | 9           | <b>Allergen Statement:</b> Contains Milk, Tree Nuts (Pistachios).<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.  |
| The Chops: Add Chicken | 130             | 25                       | 3       | 1                 | 0                    | 65               | 380         | 2                 | 0                       | 1                | 24          | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| The Chops: Add Shrimp  | 200             | 130                      | 15      | 2.5               | 0                    | 120              | 490         | 0                 | 0                       | 0                | 15          | <b>Allergen Statement:</b> Contains Shellfish (Shrimp).<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.  |
| The Chops: Add Steak   | 190             | 90                       | 11      | 4                 |                      | 70               | 45          | 0                 | 0                       | 0                | 22          | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.<br><b>Cross Contact:</b> May contain Shellfish.   |
| The Chops: Add Tofu    | 250             | 190                      | 21      | 3                 | 0                    | 0                | 110         | 4                 | 4                       | 0                | 13          | <b>Allergen Statement:</b> Contains Soy.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| <b>PROTEIN BOWL</b>    |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |   |
| Green Curry Tofu       | 400             | 260                      | 29      | 7                 | 0                    | 0                | 600         | 20                | 9                       | 8                | 18          | Analysis does not include choice of base.<br><b>Allergen Statement:</b> Contains Soy, Tree Nuts (Coconut).<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Red Chili Lime Shrimp  | 410             | 170                      | 19      | 2.5               | 0                    | 240              | 1790        | 23                | 4                       | 15               | 34          | Analysis does not include choice of base.<br><b>Allergen Statement:</b> Contains Shellfish (Shrimp), Soy.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross contact may occur.<br><b>Cross Contact:</b> May contain Egg, Fish, Milk, Peanuts, Other Shellfish, Tree Nuts. |
| Spicy Korean Steak     | 360             | 170                      | 19      | 6                 | 0                    | 80               | 960         | 19                | 5                       | 10               | 29          | Analysis does not include choice of base.<br><b>Allergen Statement:</b> Contains Soy.<br><b>Gluten Statement:</b> Formulated with not gluten-containing ingredients.<br><b>Cross Contact:</b> May contain Egg, Fish, Milk, Peanuts, Shellfish, Tree Nuts.   |
| Sweet Soy Sesame Steak | 380             | 170                      | 19      | 5                 | 0                    | 80               | 1360        | 26                | 5                       | 16               | 29          | Analysis does not include choice of base.<br><b>Allergen Statement:</b> Contains Soy, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.<br><b>Cross Contact:</b> May contain Egg, Fish, Milk, Peanuts, Shellfish, Tree Nuts.  |
| Teriyaki Chicken       | 370             | 130                      | 15      | 2.5               | 0                    | 75               | 1270        | 29                | 9                       | 15               | 34          | Analysis does not include choice of base.<br><b>Allergen Statement:</b> Contains Soy, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.   |

| Name                                 | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes   |
|--------------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Thai Coconut Chicken                 | 340             | 130                      | 15      | 5                 | 0                    | 75               | 1010        | 20                | 5                       | 9                | 34          | Analysis does not include choice of base.<br><b>Allergen Statement:</b> Contains Peanuts, Shellfish (Shrimp), Sooy, Tree Nuts (Coconut)<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. <b>Cross-contact:</b> May contain Egg, Fish, Milk, Other Shellfish, Other Tree Nuts |
| Protein Bowl Base: Brown Rice        | 360             | 35                       | 4       | 0.5               | 0                    | 0                | 150         | 73                | 3                       | 0                | 7           | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Protein Bowl Base: Forbidden Rice    | 420             | 50                       | 6       | 0                 | 0                    | 0                | 190         | 86                | 6                       | 2                | 12          | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Protein Bowl Base: Quinoa            | 340             | 60                       | 7       | 1                 | 0                    | 0                | 160         | 57                | 6                       | 2                | 12          | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Protein Bowl Base: Sweet Potato Hash | 160             | 5                        | 0.5     | 0                 | 0                    | 0                | 105         | 36                | 6                       | 11               | 4           | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| <b>BETWEEN BREAD</b>                 |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |   |
| Chicken & Kale                       | 740             | 220                      | 25      | 9                 | 0                    | 135              | 1990        | 66                | 4                       | 5                | 59          | Analysis and allergens include pickle spear.<br><b>Allergen Statement:</b> Contains Egg, Fish (Anchovies), Milk, Soy, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.   |
| Chicken & Prosciutto                 | 750             | 200                      | 22      | 8                 | 0                    | 150              | 2690        | 67                | 3                       | 8                | 64          | Analysis and allergens include pickle spear.<br><b>Allergen Statement:</b> Contains Milk, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.   |
| Grilled Steak                        | 770             | 310                      | 34      | 11                | 0                    | 105              | 1680        | 72                | 4                       | 11               | 42          | <b>Allergen Statement:</b> Contains Egg, Milk, Soy, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.<br><b>Cross Contact:</b> May Contain Fish, Peanuts, Shellfish, Tree Nuts.   |
| Grinder                              | 980             | 490                      | 55      | 15                | 0                    | 175              | 3310        | 66                | 7                       | 13               | 56          | Analysis and allergens include pickle spear.<br><b>Allergen Statement:</b> Contains Egg, Milk, Soy, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.   |
| Moroccan Turkey                      | 630             | 220                      | 24      | 4                 | 0                    | 80               | 1770        | 72                | 9                       | 18               | 37          | Analysis and allergens include pickle spear.<br><b>Allergen Statement:</b> Contains Egg, Milk, Soy, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.   |
| The Club                             | 780             | 340                      | 38      | 11                | 0                    | 115              | 2290        | 68                | 9                       | 15               | 48          | <b>Allergen Statement:</b> Contains Milk, Tree Nuts (Pine Nuts), Wheat.<br><b>Gluten Statement:</b> Contains Gluten.<br><b>Cross Contact:</b> May Contain Egg, Peanuts, Soy, Other Tree Nuts.   |
| Tuna Salad                           | 510             | 170                      | 19      | 3                 | 0                    | 35               | 1600        | 58                | 6                       | 11               | 27          | Analysis and allergens include pickle spear.<br><b>Allergen Statement:</b> Contains Egg, Fish (Tuna), Soy, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.  |
| Veggie & Hummus                      | 670             | 250                      | 28      | 4.5               | 0                    | 5                | 1900        | 87                | 13                      | 18               | 21          | Analysis and allergens include pickle spear.<br><b>Allergen Statement:</b> Contains Milk, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.   |
| Add: Gluten-Free Wrap                | 230             | 50                       | 6       | 3                 | 0                    | 0                | 460         | 38                | 7                       | 5                | 6           | <b>Allergen Statement:</b> Contains Egg.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Add: Ham (2.5 oz)                    | 100             | 40                       | 4.5     | 1.5               | 0                    | 45               | 700         | 3                 | 0                       | 1                | 13          | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Add: Prosciutto (1 oz)               | 70              | 35                       | 4       | 1.5               | 0                    | 25               | 510         | 1                 | 0                       | 1                | 7           | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Add: Prosciutto (2 oz)               | 140             | 70                       | 8       | 3                 | 0                    | 50               | 1020        | 2                 | 0                       | 2                | 14          | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Add: Turkey (2.5 oz)                 | 80              | 25                       | 2.5     | 0.5               | 0                    | 40               | 410         | 3                 | 0                       | 1                | 13          | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Flavoring may contain gluten.  |
| Add: Whole Wheat Wrap                | 290             | 60                       | 7       | 3                 | 0                    | 0                | 750         | 50                | 6                       | 0                | 9           | <b>Allergen Statement:</b> Contains Soy, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.  |
| Add: Pickle Spear                    | 5               | 0                        | 0       | 0                 | 0                    | 0                | 330         | 1                 | 0                       | 0                | 0           | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| <b>RISE + SHINES</b>                 |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |   |
| Avocado Toast (AZ)                   | 550             | 370                      | 41      | 7                 | 0                    | 185              | 650         | 34                | 6                       | 2                | 13          | <b>Allergen Statement:</b> Contains Egg, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.  |
| Balanced Bowl, Chicken               | 620             | 270                      | 31      | 7                 | 0                    | 545              | 850         | 43                | 3                       | 4                | 43          | <b>Allergen Statement:</b> Contains Egg.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |

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|------------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Balanced Bowl, Steak               | 680             | 340                      | 38      | 10                | 0                    | 555              | 510         | 41                | 3                       | 3                | 41          | <b>Allergen Statement:</b> Contains Egg.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.<br><b>Cross Contact:</b> May Contain Shellfish.                                 |
| Cheat Day Wrap                     | 1000            | 540                      | 60      | 19                | 0                    | 540              | 2060        | 81                | 12                      | 6                | 40          | Analysis and allergens do not include optional choice of meat.<br><b>Allergen Statement:</b> Contains Egg, Milk, Soy, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.   |
| Egg & Veggie Hash                  | 930             | 520                      | 58      | 13                | 0                    | 370              | 1230        | 82                | 11                      | 10               | 25          | <b>Allergen Statement:</b> Contains Egg, Soy, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.   |
| Open Faced Sandwich                | 930             | 650                      | 73      | 18                | 0                    | 435              | 1690        | 31                | 4                       | 5                | 38          | <b>Allergen Statement:</b> Contains Egg, Milk, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.  |
| Sunrise Wrap                       | 760             | 360                      | 40      | 12                | 0                    | 25               | 1600        | 74                | 12                      | 8                | 32          | <b>Allergen Statement:</b> Contains Egg, Milk, Soy, Tree Nuts (Pine Nuts), Wheat.<br><b>Gluten Statement:</b> Contains Gluten.<br><b>Cross Contact:</b> May Contain Peanuts, Other Tree Nuts.                                   |
| The Brekkie                        | 880             | 560                      | 62      | 14                | 0                    | 395              | 1350        | 51                | 4                       | 6                | 29          | <b>Allergen Statement:</b> Contains Egg, Milk, Tree Nuts (Pine Nuts), Wheat.<br><b>Gluten Statement:</b> Contains Gluten.   |
| Zen Bowl                           | 630             | 360                      | 41      | 12                | 0                    | 505              | 520         | 41                | 2                       | 2                | 24          | <b>Allergen Statement:</b> Contains Egg, Milk.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.<br><b>Cross Contact:</b> May Contain Soy.                                 |
| <b>FOR THE KIDDOS</b>              |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |   |
| Kids Cheese Crisp                  | 510             | 190                      | 21      | 12                | 0                    | 45               | 1020        | 66                | 7                       | 12               | 20          | <b>Allergen Statement:</b> Contains Milk, Soy, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.  |
| Kids Ham                           | 470             | 130                      | 14      | 4                 | 0                    | 55               | 1450        | 63                | 2                       | 18               | 24          | <b>Allergen Statement:</b> Contains Milk, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.<br><b>Cross Contact:</b> May contain Soy.   |
| Kids PB & J                        | 490             | 140                      | 15      | 2                 | 0                    | 0                | 680         | 77                | 4                       | 31               | 13          | <b>Gluten Statement:</b> Contains Gluten.<br><b>Cross Contact:</b> May contain Tree Nuts.   |
| Kids Turkey                        | 450             | 110                      | 13      | 3.5               | 0                    | 50               | 1200        | 63                | 2                       | 18               | 24          | <b>Allergen Statement:</b> Contains Milk, Wheat.<br><b>Gluten Statement:</b> Contains Gluten.   |
| <b>FRESH JUICES</b>                |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |   |
| Cold Buster                        | 250             | 15                       | 1.5     | 0                 | 0                    | 0                | 120         | 57                | 2                       | 36               | 5           | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Cool Down                          | 170             | 5                        | 0       | 0                 | 0                    | 0                | 10          | 41                | 1                       | 33               | 2           | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Daily Detox                        | 180             | 5                        | 0.5     | 0                 | 0                    | 0                | 45          | 43                | 2                       | 33               | 3           | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Face Lift                          | 190             | 5                        | 0       | 0                 | 0                    | 0                | 80          | 47                | 2                       | 33               | 3           | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Green #4                           | 120             | 0                        | 0       | 0                 | 0                    | 0                | 45          | 28                | 0                       | 24               | 1           | <b>Allergen Statement:</b> Contains Tree Nuts (Coconut).<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Green Glory                        | 180             | 5                        | 0.5     | 0                 | 0                    | 0                | 20          | 44                | 1                       | 35               | 2           | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Hydrator                           | 160             | 0                        | 0       | 0                 | 0                    | 0                | 85          | 39                | 0                       | 31               | 1           | <b>Allergen Statement:</b> Contains Tree Nuts (Coconut).<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Kale Cleanse                       | 180             | 5                        | 1       | 0                 | 0                    | 0                | 20          | 44                | 1                       | 34               | 2           | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Power Green                        | 140             | 5                        | 0.5     | 0                 | 0                    | 0                | 45          | 34                | 1                       | 25               | 1           | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| Slim Squeeze                       | 190             | 5                        | 0       | 0                 | 0                    | 0                | 10          | 46                | 1                       | 35               | 2           | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.   |
| <b>SUPERFRUIT BOWLS + PARFAITS</b> |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |   |
| Acai Bowl                          | 560             | 110                      | 12      | 2.5               | 0                    | 0                | 55          | 112               | 14                      | 72               | 7           | <b>Allergen Statement:</b> Contains Soy, Tree Nuts (Coconut).<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients.<br><b>Cross Contact:</b> May Contain Milk, Peanuts, Other Tree Nuts, Wheat, Gluten. |
| Chocolate Mint Parfait             | 510             | 160                      | 18      | 4.5               | 0                    | 5                | 160         | 60                | 7                       | 35               | 27          | <b>Allergen Statement:</b> Contains Milk, Soy, Tree Nuts (Pistachios).<br><b>Gluten Statement:</b> Flavoring May Contain Gluten.<br><b>Cross Contact:</b> May Contain Peanuts, Other Tree Nuts, Wheat, Gluten.                  |

| Name                                | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes   |
|-------------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Coconut & Mango Parfait             | 460             | 90                       | 10      | 4.5               | 0                    | 5                | 115         | 69                | 5                       | 49               | 23          | <b>Allergen Statement:</b> Contains Milk, Soy, Tree Nuts (Coconut).<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients.<br><b>Cross Contact:</b> May Contain Peanuts, Other Tree Nuts, Wheat, Gluten. |
| Coconut Chia Pudding Parfait        | 720             | 430                      | 48      | 28                | 0                    | 0                | 80          | 56                | 10                      | 27               | 12          | <b>Allergen Statement:</b> Contains Soy, Tree Nuts (Coconut).<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients.<br><b>Cross Contact:</b> May Contain Milk, Peanuts, Other Tree Nuts, Wheat, Gluten. |
| PB&J Parfait                        | 560             | 130                      | 14      | 1.5               | 0                    | 5                | 95          | 89                | 7                       | 53               | 27          | <b>Gluten Statement:</b> Formulated with no gluten-containing ingredients.  |
| Pitaya Bowl                         | 550             | 70                       | 7       | 1.5               | 0                    | 0                | 40          | 117               | 14                      | 59               | 8           | <b>Gluten Statement:</b> Formulated with no gluten-containing ingredients.  |
| <b>PROTEIN SHAKES</b>               |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |   |
| Beach Burn                          | 160             | 0                        | 0       | 0                 | 0                    | 0                | 135         | 31                | 3                       | 19               | 11          | <b>Gluten Statement:</b> Formulated with no gluten-containing ingredients.  |
| Jacked Up PB&J                      | 430             | 90                       | 10      | 1.5               | 0                    | 5                | 220         | 68                | 6                       | 50               | 24          | <b>Allergen Statement:</b> Contains Milk, Peanuts, Soy.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients.<br><b>Cross Contact:</b> May Contain Egg, Tree Nuts, Wheat, Gluten.                       |
| Muscle Malt                         | 460             | 170                      | 19      | 3.5               | 0                    | 5                | 250         | 55                | 6                       | 28               | 26          | <b>Gluten Statement:</b> Contains Gluten.<br><b>Cross Contact:</b> May Contain Egg, Tree Nuts, Wheat.   |
| Pina-Kale-Ada                       | 270             | 15                       | 2       | 0                 | 0                    | 0                | 110         | 51                | 4                       | 30               | 15          | <b>Allergen Statement:</b> Contains Milk, Soy.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients.<br><b>Cross Contact:</b> May Contain Egg, Peanuts, Tree Nuts, Wheat, Gluten.                       |
| <b>LEMONADES</b>                    |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |   |
| Lemonade, Original, Large           | 510             | 0                        | 0       | 0                 | 0                    | 0                | 20          | 134               | 0                       | 129              | 0           | Analysis does not include ice.<br><b>Allergen Statement:</b> Does not include any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.         |
| Lemonade, Original, Medium          | 310             | 0                        | 0       | 0                 | 0                    | 0                | 10          | 80                | 0                       | 77               | 0           | Analysis does not include ice.<br><b>Allergen Statement:</b> Does not include any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.         |
| Lemonade, Original, Small           | 210             | 0                        | 0       | 0                 | 0                    | 0                | 5           | 54                | 0                       | 51               | 0           | Analysis does not include ice.<br><b>Allergen Statement:</b> Does not include any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.         |
| Lemonade, Stevia, Large             | 25              | 0                        | 0       | 0                 | 0                    | 0                | 10          | 8                 | 0                       | 3                | 0           | Analysis does not include ice.<br><b>Allergen Statement:</b> Does not include any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.         |
| Lemonade, Stevia, Medium            | 15              | 0                        | 0       | 0                 | 0                    | 0                | 5           | 5                 | 0                       | 2                | 0           | Analysis does not include ice.<br><b>Allergen Statement:</b> Does not include any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.         |
| Lemonade, Stevia, Small             | 10              | 0                        | 0       | 0                 | 0                    | 0                | 0           | 3                 | 0                       | 1                | 0           | Analysis does not include ice.<br><b>Allergen Statement:</b> Does not include any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.         |
| Lemonade, Strawberry Ginger, Large  | 540             | 5                        | 0       | 0                 | 0                    | 0                | 20          | 141               | 1                       | 131              | 1           | Analysis does not include ice.<br><b>Allergen Statement:</b> Does not include any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.         |
| Lemonade, Strawberry Ginger, Medium | 330             | 0                        | 0       | 0                 | 0                    | 0                | 10          | 84                | 1                       | 79               | 1           | Analysis does not include ice.<br><b>Allergen Statement:</b> Does not include any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.         |
| Lemonade, Strawberry Ginger, Small  | 220             | 0                        | 0       | 0                 | 0                    | 0                | 10          | 56                | 0                       | 53               | 0           | Analysis does not include ice.<br><b>Allergen Statement:</b> Does not include any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.         |

| Name                                | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes   |
|-------------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Lemonade, Watermelon & Mint, Large  | 400             | 5                        | 0       | 0                 | 0                    | 0                | 15          | 104               | 1                       | 98               | 2           | Analysis does not include ice.<br><b>Allergen Statement:</b> Does not include any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur. |
| Lemonade, Watermelon & Mint, Medium | 240             | 5                        | 0       | 0                 | 0                    | 0                | 10          | 62                | 1                       | 59               | 1           | Analysis does not include ice.<br><b>Allergen Statement:</b> Does not include any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur. |
| Lemonade, Watermelon & Mint, Small  | 160             | 0                        | 0       | 0                 | 0                    | 0                | 5           | 42                | 0                       | 39               | 1           | Analysis does not include ice.<br><b>Allergen Statement:</b> Does not include any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur. |
| <b>SIDES</b>                        |                 |                          |         |                   |                      |                  |             |                   |                         |                  |             |   |
| Quinoa + Veggie                     | 630             | 360                      | 41      | 12                | 0                    | 505              | 520         | 41                | 2                       | 2                | 24          | <b>Allergen Statement:</b> Contains Egg, Milk.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.<br><b>Cross Contact:</b> May Contain Soy.                         |
| Simple Side Salad                   | 320             | 60                       | 6       | 1                 | 0                    | 0                | 150         | 54                | 6                       | 2                | 12          | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.                                   |
| Sweet Potato Hash                   | 60              | 30                       | 3.5     | 0.5               | 0                    | 0                | 260         | 5                 | 1                       | 4                | 1           | <b>Allergen Statement:</b> Does not contain any of the 8 major food allergens.<br><b>Gluten Statement:</b> Formulated with no gluten-containing ingredients. Cross-contact may occur.                                   |