

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
CHOPS												
American	590	420	47	13	0	235	1000	24	5	13	19	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Flavoring May Contain Gluten.
BBQ Chicken	390	180	19	7	0	85	770	26	5	12	29	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Beef	260	120	14	4	0	15	1090	29	5	21	8	Allergen Statement: Contains Milk, Tree Nuts (Cashews). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Peanuts, Soy, Other Tree Nuts, Wheat, Gluten.
Danish	320	160	18	4.5	0	15	760	34	6	27	9	Allergen Statement: Contains Milk, Soy, Tree Nuts (Almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Greek-ish	298	21	17	3	0	7	624	25	11	6	13	Allergen Statement: Contains Milk Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Kale Caesar	360	180	22	4	0	16	494	31	15	15	9	Allergen Statement: Contains Egg, Fish (Anchovies), Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Raw Vegetable	310	180	20	3.5	0	5	690	28	10	14	9	Allergen Statement: Contains Milk, Tree Nuts (Almonds). Gluten Statement: 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	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: 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	Allergen Statement: Contains Shellfish (Shrimp). Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
The Chops: Add Steak	190	90	11	4	0	70	45	0	0	0	22	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur. Cross Contact: May contain Shellfish.
The Chops: Add Tofu	250	190	21	3	0	0	110	4	4	0	13	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
PROTEIN BOWL												
Hot Honey Chicken + Hummus Bowl	790	240	27	5	0	90	1720	96	8	36	42	Analysis does include choice of base. Allergen Statement: Contains Egg, Milk, Soy, Wheat Gluten Statement: Contains Gluten
Green Curry Tofu	400	260	29	7	0	0	600	20	9	8	18	Analysis does not include choice of base. Allergen Statement: Contains Soy, Tree Nuts (Coconut). Gluten Statement: 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. Allergen Statement: Contains Shellfish (Shrimp), Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross contact may occur. Cross Contact: 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. Allergen Statement: Contains Soy. Gluten Statement: Formulated with not gluten-containing ingredients. Cross Contact: 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. Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: 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. Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten.

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Thai Coconut Chicken	340	130	15	5	0	75	1010	20	5	9	34	Analysis does not include choice of base. Allergen Statement: Contains Peanuts, Shellfish, Soy, Tree Nuts (Coconut) Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact: 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	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: 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	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: 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	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: 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	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Protein Bowl Veggies: Roasted Veggies	66.9	20	2.2	0.4	0	0	335	10.8	3.8	4.9	3.4	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
BETWEEN BREAD												
Chicken & Kale	740	220	25	9	0	135	1990	66	4	5	59	Analysis and allergens include pickle spear. Allergen Statement: Contains Egg, Fish (Anchovies), Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Chicken & Prosciutto	750	200	22	8	0	150	2690	67	3	8	64	Analysis and allergens include pickle spear. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten.
Grilled Steak	770	310	34	11	0	105	1680	72	4	11	42	Analysis and allergens include pickle spear. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: 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. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Moroccan Turkey	630	220	24	4	0	80	1770	72	9	18	37	Analysis and allergens include pickle spear. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
The Club	780	340	38	11	0	115	2290	68	9	15	48	Allergen Statement: Contains Milk, Tree Nuts (Cashews), Wheat. Gluten Statement: Contains Gluten. Cross Contact: 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. Allergen Statement: Contains Egg, Fish (Tuna), Soy, Wheat. Gluten Statement: Contains Gluten.
Veggie & Hummus	670	250	28	4.5	0	5	1900	87	13	18	21	Analysis and allergens include pickle spear. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten.
Add: Gluten-Free Wrap	230	50	6	3	0	0	460	38	7	5	6	Allergen Statement: Contains Egg. Gluten Statement: 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	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: 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	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: 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	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: 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	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Flavoring may contain gluten.
Add: Whole Wheat Wrap	290	60	7	3	0	0	750	50	6	0	9	Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten.
Add: Pickle Spear	5	0	0	0	0	0	330	1	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
RISE + SHINES												

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Avocado Toast	665	441	49	9	0	372	933	38	7	6	19	Allergen Statement: Contains Egg, Wheat. Gluten Statement: Contains Gluten.
Balanced Bowl, Chicken	655	262	29	7	0	546	829	54	8	7	46	Allergen Statement: Contains Egg, Cashews Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Balanced Bowl, Steak	710	331	37	4	0	554	494	52	8	6	44	Allergen Statement: Contains Egg, Cashews Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur. Cross Contact: 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. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Egg & Veggie Hash	1001	583	65	14	0	372	1226	84	14	11	26	Allergen Statement: Contains Egg, Soy, Wheat. Gluten Statement: Contains Gluten.
ABC Toast	838	576	64	16.8	0	412	1444	38	6.9	5.7	25	Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten.
Sunrise Wrap	760	360	40	12	0	25	1600	74	12	8	32	Allergen Statement: Contains Egg, Milk, Soy, Tree Nuts (Cashews), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Peanuts, Other Tree Nuts.
The Brekkie	893	564	63	17	0	394	1416	56	9	1	30	Allergen Statement: Contains Egg, Milk, Tree Nuts (Cashews), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Peanuts, Soy, Other Tree Nuts.
Zen Bowl	630	360	41	12	0	505	520	41	2	2	24	Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
FOR THE KIDDOS												
Kids Cheese Crisp	510	190	21	12	0	45	1020	66	7	12	20	Analysis does not include choice of protein. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Kids Ham	470	130	14	4	0	55	1450	63	2	18	24	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Soy.
Kids PB & J	490	140	15	2	0	0	680	77	4	31	13	Allergen Statement: Contains Milk, Peanut, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Tree Nuts.
Kids Turkey	450	110	13	3.5	0	50	1200	63	2	18	24	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten.
FRESH JUICES												
Cold Buster	250	15	1.5	0	0	0	120	57	2	36	5	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Cool Down	170	5	0	0	0	0	10	41	1	33	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Daily Detox	180	5	0.5	0	0	0	45	43	2	33	3	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Face Lift	190	5	0	0	0	0	80	47	2	33	3	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Green #4	120	0	0	0	0	0	45	28	0	24	1	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Green Glory	180	5	0.5	0	0	0	20	44	1	35	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Hydrator	160	0	0	0	0	0	85	39	0	31	1	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Kale Cleanse	180	5	1	0	0	0	20	44	1	34	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Power Green	140	5	0.5	0	0	0	45	34	1	25	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Slim Squeeze	190	5	0	0	0	0	10	46	1	35	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.

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SUPERFRUIT BOWLS + PARFAITS												
Nanner Crunch	765	496	0.2	28	0	0	136	56	12	17	15	Allergen Statement: Contains Soy, Tree Nuts (Almonds), Chocolate. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Peanuts, Other Tree Nuts, Wheat, Gluten.
Coconut Chia Pudding Parfait	720	430	48	28	0	0	80	56	10	27	12	Allergen Statement: Contains Soy, Tree Nuts (Coconut). Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Peanuts, Other Tree Nuts, Wheat, Gluten.
Acai Bowl	560	110	12	2.5	0	0	55	112	14	72	7	Allergen Statement: Contains Soy, Tree Nuts (Coconut), Gluten Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Peanuts, Other Tree Nuts, Wheat, Gluten.
PB&J Parfait	560	130	14	1.5	0	5	95	89	7	53	27	Allergen Statement: Contains Milk, Peanuts, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Tree Nuts, Wheat, Gluten.
Pitaya Bowl	550	70	7	1.5	0	0	40	117	14	59	8	Allergen Statement: Contains Soy, Tree Nuts (Coconut). Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Peanuts, Other Tree Nuts, Wheat, Gluten.
PROTEIN SHAKES												
Beach Bum	160	0	0	0	0	0	135	31	3	19	11	Allergen Statement: Contains Milk, Soy, Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Peanuts, Other Tree Nuts, Wheat, Gluten.
Jacked Up PB&J	430	90	10	1.5	0	5	220	68	6	50	24	Allergen Statement: Contains Milk, Peanuts, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Tree Nuts, Wheat, Gluten.
Muscle Mail	460	170	19	3.5	0	5	250	55	6	28	26	Allergen Statement: Contains Milk, Peanuts, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Tree Nuts, Wheat.
Pina-Kale-Ada	270	15	2	0	0	0	110	51	4	30	15	Allergen Statement: Contains Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Peanuts, Tree Nuts, Wheat, Gluten.
LEMONADES												
Lemonade, Original, Large	510	0	0	0	0	0	20	134	0	129	0	Analysis does not include ice. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: 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. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: 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. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: 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. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: 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. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: 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. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: 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. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.

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Lemonade, Watermelon & Mint, Large	400	5	0	0	0	0	15	104	1	98	2	Analysis does not include ice. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: 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. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: 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. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
SIDES												
Red Pepper Hummus	200	120	14	0	0	0	480	16	4	4	8	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
House Baked Chips	260	112	13	3	0	2	841	32	4	0	6	Allergen Statement: Contains Milk, Soy, Wheat Gluten Statement: Contains Gluten
Hummus Veggies												Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Quinoa + Veggie	260	60	7	1	0	0	350	40	5	2	9	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Simple Side Salad	60	30	3.5	0.5	0	0	260	5	1	4	1	Analysis and allergens include red wine vinaigrette. Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Sweet Potato Hash	270	130	15	2.5	0	0	1400	32	6	10	5	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
DRESSINGS												
Red Wine Vinaigrette	90.5	61	6.9	1.1	0	0	473	6.2	0	5.9	0	Allergen Statement: Does not contain any of the 8 major food allergens Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
BBQ Ranch	101	77	8.6	1.6	0	7.8	228	5.6	0	4.3	0	Allergen Statement: Contains Milk, Egg Yolk and Soy Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
1000 Island	140	108	12	2	0	10	260	6	0	6	0	Allergen Statement: Contains Egg and Soybean Oil Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Lemon Dijon	149	139	15.6	2.9	0	12.2	314	0.9	0.1	0.2	0.8	Allergen Statement: Contains Shellfish (from Worcestershire sauce), Egg and Dairy (from Cheese) Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Lemon Vinaigrette	77.6	0	8.75	1.25	0	0	71.3	0.1	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
SAUCES												
Hot Honey	45	10	1	0	0	0	20	9	0	8	0	Allergen Statement: Does not contain any of the 8 major food allergens Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Thai Coconut	86.8	4.1	4.6	2.8	0	0.1	196	4.8	0.2	2.8	1.2	Allergen Statement: Contains Gluten Free Soy Sauce Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Sweet Soy Sesame	60.7	8.1	0.8	0.1	0	0	680	13.2	0.3	11	0.6	Allergen Statement: Contains Gluten Free Soy Sauce Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Spicy Korean BBQ	32.3	8.4	0.9	0.1	0	0	250	5.8	0.2	4.3	0.5	Allergen Statement: Contains Gluten Free Soy Sauce Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Red Chili Lime	51	0.6	0.07	0	0	0	492	12	0.3	10	0.9	Allergen Statement: Contains Gluten Free Soy Sauce Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Green Curry	60.3	38	4.3	3	0	0	149	4.2	0.2	2.5	0.8	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.

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Teriyaki	40.8	0	0	0	0	0.1	451	9.8	0.1	8.1	0.7	Allergen Statement: Contains Wheat and Soy Gluten Statement: This sauce contains Gluten