

## NUTRITIONAL INFORMATION

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Name	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	rans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	fotal Dietary Fiber (g)	otal Sugars (g)	Protein (g)	Notes
CHOPS		<u>  U</u>		<i>  0</i> ;	_	10	υ,	U	<u> </u>			
CHOTO		I	1	l I		Ι			l I	I	Ι	Allergen Statement: Contains Egg, Milk, Soy.
American	590	420	47	13	0	235	1000	24	5	13	19	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.
Beet	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.
Citrus Thai	250	100	11	1.5	0	0	600	33	10	14	9	Allergen Statement: Contains Peanuts, Soy Gluten Statement: Formulated with no gluten-containing ingredients. Cross- contact may occur.
Danish	320		18	4.5	0	15	760	34	6	27	9	Allergen Statement: Contains Mik, Soy, Iree 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 Stafement: 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. Allergen Statement: Contains Milk, Tree Nuts (Almonds).
Raw Vegetable	310	180	20	3.5	0	5	690	28	10	14	9	Allergen Statement: Comulated with no gluten-containing ingredients. Cross- contact may occur.  Allergen Statement: Does not contain any of the 8 major food
The Chops: Add Chicken	130	25	3	1	0	65	380	2	0	1	24	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		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		190		3	0	0		4		0	13	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing
PROTEIN BOWL	250	190	21	3	U	U	110	4	4	U	13	Giolen Stalement. Formulated with no giolen-containing
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.
												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
Red Chili Lime Shrimp		170		2.5			1790		4	15	34	Shellfish, Tree Nuts.  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,
Spicy Korean Steak	360	170	19	6	0	80	960	19	5	10	29	Tree Nuts.  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,
Sweet Soy Sesame Steak	380	170	19	5	0	80	1360	26	5	16	29	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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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
												Analysis does not include choice of base.  Allergen Statement: Contains Peanuts, Soy, Tree Nuts (Coconut)  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact: May contain Egg, Fish, Milk, Other
Thai Coconut Chicken	340	130	15	5	0	75	1010	20	5	9	34	Shellfish, Other Tree Nuts  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing
Protein Bowl Base: Brown Rice	360	35	4	0.5	0	0	150	73	3	0	7	ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.
Protein Bowl Base: Forbidden Rice	420	50	6	0	0	0	190	86	6	2	12	Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food
Protein Bowl Base: Quinoa	340	60	7	1	0	0	160	57	6	2	12	allergens.  Giuten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food
Protein Bowl Base: Sweet Potato Hash	160	5	0.5	0	0	0	105	36	6	11	4	Allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Protein Bowl Veggies: Roasted Veggies	440	20	2.2	0.4	0	0	335	10.8	30	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	66.9	20	2.2	0.4	U	10	335	10.8	3.8	4.9	3.4	ingledients. Cross-contact may occor.
												Analysis and allergens include pickle spear. <b>Allergen Statement:</b> Contains Egg, Fish (Anchovies), Milk, Soy, Wheat.
Chicken & Kale  Chicken & Prosciutto		220		9	0		1990 2690		3	5 8	59	Gluten Statement: Contains Gluten.  Analysis and allergens include pickle spear.  Allergen Statement: Contains Milk, Wheat.  Gluten Statement: Contains Gluten.
Grilled Steak		310			0	105			4	11	42	Gluten 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.  Allergen Statement: Contains Milk, Tree Nuts (Cashews), Wheat.
The Club	780	340	38	11	0	115	2290	68	9	15	48	Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Peanuts, Soy, Other Tree Nuts. Analysis and allergens include pickle spear. Allergen Statement: Contains Egg, Fish (Tuna), Soy, Wheat.
Tuna Salad	510	170	19	3	0	35	1600	58	6	11	27	Gluten Statement: Contains Gluten.  Analysis and allergens include pickle spear.  Allergen Statement: Contains Milk, Wheat.
Veggie & Hummus		250		4.5	0	5	1900		13	18	21	Gluten Statement: Contains Gluten.  Allergen Statement: Contains Egg. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Add: Gluten-Free Wrap	230	50	6	3	0	0	460	38	/	5	6	Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing
Add: Ham (2.5 oz)	100	40	4.5	1.5	0	45	700	3	0	1	13	ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.
Add: Prosciutto (1 oz)	70	35	4	1.5	0	25	510	1	0	1	7	Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.
Add: Prosciutto (2 oz)	140	70	8	3	0	50	1020	2	0	2	14	Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food
Add: Turkey (2.5 oz)	80	25	2.5	0.5	0	40	410	3	0	1	13	allergens. <b>Gluten Statement:</b> Flavoring may contain gluten.
Add: Whole Wheat Wrap		60	7	3	0	0	750	50	6	0	9	Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten.
								,				Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing
Add: Pickle Spear RISE + SHINES	5	0	0	0	0	0	330	11	0	0	0	ingredients. Cross-contact may occur.
Avocado Toast	665	441	49	9	0	372	933	38	7	6	19	Allergen Statement: Contains Egg, Wheat. Gluten Statement: Contains Gluten.
ATOCAGO IOGSI	000	741	7/	1′	U	J/ Z	/ 55	JU	1'	U	1.7	

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Nome	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Irans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	otal Dietary Fiber (g)	otal Sugars (g)	Protein (g)	Notes
Name	Ü	Ü	2	Š	Ĕ	O	Š	Ü	2	1	P.	Allergen Statement: Contains Egg, Cashews Gluten Statement: Formulated with no gluten-containing
Balanced Bowl, Chicken	655	262	29	7	0	546	829	54	8	7	46	ingredients. Cross-contact may occur.  Gluten Statement: Formulated with no gluten-containing
Balanced Bowl, Steak	710	331	37	4	0	554	494	52	8	6	44	ingredients. Cross-contact may occur.  Cross Contact: May Contain Shellfish.
Charles War												Analysis and allergens do not include optional choice of meat. <b>Allergen Statement:</b> Contains Egg, Milk, Soy, Wheat.
Cheat Day Wrap		540			0		2060		12	6		Gluten Statement: Contains Gluten.  Allergen Statement: Contains Egg, Soy, Wheat.
Egg & Veggie Hash		583		14	0	372	1226	84	14	11		Gluten Statement: Contains Gluten.  Allergen Statement: Contains Egg, Milk, Wheat.
ABC Toast	838	576	64	17	0	412	1444	38	6.9	5.7	25	Gluten Statement: Contains Gluten.  Allergen Statement: Contains Egg, Milk, Soy, Tree Nuts
Sunrise Wrap	760	360	40	12	0	25	1600	74	12	8	32	Cashews), Wheat. Gluten Statement: Contains Egg, Milk, 30y, 1166 Nots Cross Contact: May Contain Peanuts, Other Tree Nots.
The Brekkie	893	564	63	17	0	394	1416	56	9	1	30	Allergen Statement: Contains Egg, Milk,Tree Nuts (Cashews), Wheat.
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	000	000		1		000	020		ı- -	-		
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.  Allergen Statement: Contains Milk, Wheat.
Kids Ham	470	130	14	4	0	55	1450	63	2	18	24	Gluten Statement: Contains Gluten. Cross Contact: May contain Soy.
	470	130	1-4			55	1430	00		10	24	Allergen Statement: Contains Milk, Peanut, Wheat.
Kids PB & J	490	140	15	2	0	0	680	77	4	31	13	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		l	l							1		Allergen Statement: Does not contain any of the 8 major food
												allergens.  Gluten Statement: Formulated with no gluten-containing
Cold Buster												
	250	15	1.5	0	0	0	120	57	2	36	5	ingredients, Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food
SOME SOME	250	15	1.5	0	0	0	120	57	2	36	5	Allergen Statement: Does not contain any of the 8 major food allergens.
Cool Down	170		0	0	0	0	120	57 41	1	36	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.
									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. Allergen Statement: Does not contain any of the 8 major food allergens.
		5		0					1 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. 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.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.
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.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  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  Daily Detox  Face Lift	170	5	0.5	0	0	0	10 45 80	41 43 47	2	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.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing
Cool Down  Daily Detox	170	5	0	0	0	0	10	41	2	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.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Cool Down  Daily Detox  Face Lift	170	5 5 0	0.5	0	0	0	10 45 80	41 43 47	2	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.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Contains Tree Nuts (Coconut).  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Cool Down  Daily Detox  Face Lift  Green #4  Green Glory	170 180 190 120	5 5 0 5	0.5	0 0 0	0	0	10 45 80 45	43 47 28	2 0	33 33 24 35	3 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.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Cool Down  Daily Detox  Face Lift  Green #4	170 180 190	5 5 0 5	0.5	0	0	0 0 0	10 45 80 45	41 43 47 28	2	33 33 24	3 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.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Contains Tree Nuts (Coconut).  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Contains Tree Nuts (Coconut).  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Cool Down  Daily Detox  Face Lift  Green #4  Green Glory  Hydrator	180 190 120 180	5 5 0 0	0.5	0 0 0 0 0 0	0 0 0 0 0	0	10 45 80 45 20	43 47 28 44 39	2 0	33 33 24 35	3 3 1 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.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Gluten Statement: Contains Tree Nuts (Coconut).  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing
Cool Down  Daily Detox  Face Lift  Green #4  Green Glory	170 180 190 120	5 5 0 0	0.5	0 0 0	0	0	10 45 80 45	43 47 28	2 0	33 33 24 35	3 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.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Contains Tree Nuts (Coconut).  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Contains Tree Nuts (Coconut).  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.
Cool Down  Daily Detox  Face Lift  Green #4  Green Glory  Hydrator  Kale Cleanse	180 190 120 180	5 5 0 0	0.5	0 0 0 0 0 0	0 0 0 0 0	0	10 45 80 45 20	43 47 28 44 39	2 0	33 33 24 35 31	3 3 1 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.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Gluten Statement: Contains Tree Nuts (Coconut). Gluten Statement: Contains Tree Nuts (Coconut).  Gluten Statement: Contains Tree Nuts (Coconut).  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Does not contain any of the 8 major food allergens.  Gluten 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  Daily Detox  Face Lift  Green #4  Green Glory  Hydrator	170 180 190 120 180	5 5 0 0	0 0.5 0 0.5	0 0 0 0 0 0	0 0 0 0 0	0	10 45 80 45 20	43 47 28 44 39	2 0	33 33 24 35	3 3 1 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.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Contains Tree Nuts (Coconut). Allergen Statement: Contains Tree Nuts (Coconut). Allergen Statement: Contains Tree Nuts (Coconut). Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Does not contain any of the 8 major food allergens.  Cluten Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Does not contain any of the 8 major food allergens.  Cluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Cool Down  Daily Detox  Face Lift  Green #4  Green Glory  Hydrator  Kale Cleanse	170 180 190 120 180	5 5 0 5 5	0 0.5 0 0.5	0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0	80 45 20 85	43 47 28 44 39	2 0	33 33 24 35 31	3 3 1 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.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Gluten Statement: Contains Tree Nuts (Coconut). Gluten Statement: Contains Tree Nuts (Coconut).  Gluten Statement: Contains Tree Nuts (Coconut).  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Does not contain any of the 8 major food allergens.  Gluten 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  Daily Detox  Face Lift  Green #4  Green Glory  Hydrator  Kale Cleanse  Power Green	170 180 190 120 180	5 5 0 5 5	0 0.5 0 0.5	0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0	80 45 20 85	43 47 28 44 39	2 0	33 33 24 35 31	3 3 1 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.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Does not contain any of the 8 major food allergens.  Cluten Statement: Does not contain any of the 8 major food allergens.  Cluten Statement: Does not contain any of the 8 major food allergens.  Cluten Statement: Does not contain any of the 8 major food allergens.  Cluten Statement: Does not contain any of the 8 major food allergens.
Cool Down  Daily Detox  Face Lift  Green #4  Green Glory  Hydrator  Kale Cleanse  Power Green	170 180 190 120 180 160	5 5 0 5 5 5 5	0 0.5 0 1	0 0 0 0 0 0	0	0	10 45 80 45 20 85	41 43 47 28 44 39	2 0	33 33 24 35 31	3 3 1 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.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Cool Down  Daily Detox  Face Lift  Green #4  Green Glory  Hydrator  Kale Cleanse  Power Green	170 180 190 120 180 160	5 5 0 5 5 5 5	0 0.5 0 1	0 0 0 0 0 0	0	0	10 45 80 45 20 85	41 43 47 28 44 39	2 0	33 33 24 35 31	3 3 1 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.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Cluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Contains Tree Nuts (Coconut).  Allergen Statement: Contains Tree Nuts (Coconut).  Allergen Statement: Contains Tree Nuts (Coconut).  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.

		at (kcal)		6	(g)	(6)		(a)	oer (g)			
	Calories (kcal)	Calories from Fat (kcal)	(6;	Saturated Fat (g)	Irans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrafes (g)	otal Dietary Fiber (g)	Fotal Sugars (g)	ein (g)	
Name	Cak	Calc	Fat (g)	Satu	Tan	ပ္ပ	Sodi	Carl	Tota	Tota	Protein	Notes
Coconut Chia Pudding Parfait	700	400	40	00			00	5.4	10	07	12	Allergen Statement: Contains Soy, Tree Nuts (Coconut). Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Peanuts, Other Tree Nuts, Wheat, Gluten.
Coconor chia i odding i diidii	720	430	48	28	0	0	80	56	10	27	12	Allergen Statement: Contains Soy, Tree Nuts (Coconut). Gluten
Acai Bowl	560	110	12	2.5	0	0	55	112	14	72	7	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	000	, 0	,	1.0	U	U	10	117	1.7	07	U	
												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,
Beach Burn	160	0	0	0	0	0	135	31	3	19	11	Wheat, Gluten.  Allergen Statement: Contains Milk, Peanuts, Soy.  Gluten Statement: Formulated with no gluten-containing
Jacked Up PB&J	430	90	10	1.5	0	5	220	68	6	50	24	ingredients.  Cross Contact: May Contain Egg, Tree Nuts, Wheat, Gluten.
												Allergen Statement: Contains Milk, Peanuts, Soy. Gluten Statement: Contains Gluten.
Muscle Malt	460	170	19	3.5	0	5	250	55	6	28	26	Cross Contact: May Contain Egg, Tree Nuts, Wheat.
												Allergen Statement: Contains Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Peanuts, Tree Nuts, Wheat,
Pina-Kale-Ada	270	15	2	0	0	0	110	51	4	30	15	Gluten.
LEMONADES			l		l	l	1	1				Analysis does not include ice.
Lemonade, Original, Large	510	0	0	0	0	0	00	134	0	129	0	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, Large	310	U	U	U	U	U	20	134	U	129	U	Analysis does not include ice.  Allergen Statement: Does not include any of the 8 major food allergens.
Lemonade, Original, Medium	210	0	0	0	0	0	10	80	0	77	0	Gluten Statement: Formulated with no gluten-containing lingredients. Cross-contact may occur.
Lemondae, Original, Medicin	310	U	U	U	U	U	10	00	U	//	U	Analysis does not include ice
Lemonade, Original, Small	210	0	0	0	0	0	E	EA	0	51	0	Allergen Statement: Does not include any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
comonado, originar, originar	210	U	U	U	U	U	5	54	U	31	U	Analysis does not include ice.
Lemonade, Stevia, Large	25	0	0	0	0	0	10	8	0	3	0	Allergen Statement: Does not include any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
	23	U	U	U	U	U	10	U	U	J	U	Analysis does not include ice.
Lemonade, Strawberry Ginger, Large	540	5	0	0	0	0	20	141	1	131	1	Allergen Statement: Does not include any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
community onlyer, targe	J4U	J	U	U	U	U	20	141	1	131	1	Analysis does not include ice.  Allergen Statement: Does not include any of the 8 major food allergens.
Lemonade, Strawberry Ginger, Small	220	0	0	0	0	0	10	56	0	53	0	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	allergens.  Giuten Statement: Formulated with no gluten-containing
Red Pepper Hummus  House Baked Chips				0	0	0			4	4	8	
	200	120					480 841	16	4	4	8	Gluten Statement: Formulated with no gluten-containing  Allergen Statement: Contains Milk, Soy, Wheat

	ı —	_			1	1				ı —		
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
Quinoa + Veggie		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.
												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
Simple Side Salad	60	30	3.5	0.5	0	0	260	5	1	4	1	ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.  Gluten Statement: Formulated with no gluten-containing
Sweet Potato Hash	270	130	15	2.5	0	0	1400	32	6	10	5	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	16	2.9	0	12	314	0.9	0.1	0.2	0.8	Allergen Statement: Contains Fish (Anchovies) (from Worchestershire sauce), Egg and Dairy (from Cheese) Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Lemon Vinaigrette	77.6	0	8.8	1.3	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												
												Allergen Statement: Does not contain any of the 8 major food allergens Gluten Statement: Formulated with no gluten-containing
Hot Honey	45	10	1	0	0	0	20	9	0	8	0	ingredients. Cross-contact may occur.  Allergen Statement: Contains Gluten Free Soy Sauce Gluten Statement: Formulated with no gluten-containing
Thai Coconut	86.8	4.1	4.6	2.8	0	0.1	196	4.8	0.2	2.8	1.2	ingredients. Cross-contact may occur.  Allergen Statement: Contains Gluten Free Soy Sauce Gluten Statement: Formulated with no gluten-containing
Sweet Soy Sesame	60.7	8.1	8.0	0.1	0	0	680	13.2	0.3	11	0.6	ingredients. Cross-contact may occur.  Allergen Statement: Contains Gluten Free Soy Sauce Gluten Statement: Formulated with no gluten-containing
Spicy Korean BBQ	32.3				0		250					ingredients. Cross-contact may occur.  Allergen Statement: Contains Gluten Free Soy Sauce Gluten Statement: Formulated with no gluten-containing
Red Chili Lime	51	0.6	0.1	0	0	0	492	12	0.3	10	0.9	ingredients. Cross-contact may occur.  Allergen Statement: Does not contain any of the 8 major food allergens.
Green Curry	60.3	38	4.3	3	0	0	149	4.2	0.2	2.5	8.0	Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.  Allergen Statement: Contains Wheat and Soy
Teriyaki	40.8	0	0	0	0	0.1	451	9.8	0.1	8.1	0.7	Gluten Statement: This sauce contains Gluten