



	CALORIES	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARB (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
<b>SMOOTHIES</b>										
<b>100% Clean Ingredients</b>										
Acai Energy	410	5	1	0	0	30	88	0	73	3
Apple Kiwi Kale	380	0	0	0	0	35	94	3	88	1
Bangin' Berry	330	0	0	0	0	25	80	1	77	0
Caribbean Craze	300	0	0	0	0	25	73	1	69	0
Cookie Dough	590	19	7	0	5	570	97	1	75	13
Goin' Green	280	0.5	0	0	0	35	70	1	57	1
Jamaican Jammer	330	0	0	0	5	200	70	1	65	12
Mango Me Crazy	320	0	0	0	0	15	80	1	74	0
Maui Mango	390	0	0	0	0	25	97	1	84	1
Orange Sunrise	330	2.5	1.5	0	10	50	73	0	68	3
PB Protein	480	12	2.5	0	5	410	69	2	63	24
Peach on the Beach	330	2.5	1.5	0	10	35	75	0	69	3
Tropical Therapy	530	4	4	0	0	15	81	3	120	0
Vegan Power Up	320	0	0	0	0	135	71	1	67	7
Wild Strawberry	300	0	0	0	0	15	76	1	73	0
<i>The Smoothie nutritional information is based on a 20 oz/RG serving.</i>										
<b>ALLERGENS:</b>										
<i>Jamaican Jammer, Orange Sunrise, Peach On The Beach contain: Milk</i>										
<i>Cookie Dough contains Milk &amp; Soy</i>										
<i>Peanut Butter Protein contain: Peanuts, Milk</i>										
<b>SALADS</b>										
Buffalo Chicken	480	28	9	0	100	1810	30	4	9	32
Chicken Caesar	510	37	7	0	70	1010	27	0	9	24
Roadhouse BBQ Chicken	420	17	5	0	70	960	43	4	19	22
Southwest Chipotle Chicken	570	31	7	0	85	1130	45	1	13	26
Strawberry & Kale	470	17	4.5	0	60	770	54	6	28	24
Chicken Avocado	600	38	11	0	205	1460	30	5	8	37
<b>RICE BOWLS</b>										
Buffalo	600	23	7	0	75	1810	70	2	3	27
Baja Queso	680	33	6	0	65	1100	74	2	5	21
Florence	610	14	5	0	55	1220	80	3	5	31
KC BBQ	610	11	5	0	65	1530	97	2	27	27
Mexican	710	29	6	0	65	1380	83	2	6	25
Spicy Korean BBQ	520	8	1.5	0	125	1200	90	1	19	22
Power Protein	810	30	8	0	170	2020	94	3	4	39

GRILLED FLATBREADS										
Chipotle Chicken Club	670	35	10	0	85	1470	58	3	6	34
BBQ Bacon Chicken	660	22	9	0	85	1760	81	3	29	36
Pesto Chicken	600	29	9	0	55	1220	58	3	6	30
Sante Fe	720	36	10	0	70	1680	64	2	7	31
Kale Caesar	650	34	10	0	75	1470	59	3	6	32
ARTISAN MELTS										
Mom's Grilled Cheese w/soup	1160	58	24	0	105	2350	118	3	8	37
Bacon Grilled Cheese w/soup	1220	62	25	0	125	2630	118	3	8	43
Chicken Bacon Ranch	1070	52	18	0	130	2390	105	3	1	44
Chicken Caprese	940	35	17	0	105	2110	110	4	4	37
Buffalo	1020	47	18	0	125	3770	106	3	1	44
Tomato Soup dipper	80	1.5	0.5	0	5	390	14	0	8	2
TOASTED WRAPS										
Chicken Avocado	570	31	8	0	70	1850	43	1	5	31
Diablo Chicken	410	15	5	0	45	2020	45	0	6	24
Mexicano	640	28	7	0	45	1950	68	1	7	27
Spinach Pesto	500	26	6	0	45	1320	42	0	3	26
Super Green	540	32	5	0	50	1460	44	1	5	25
MAC & CHEESE										
BBQ Bacon Cheddar	700	25	11	0	95	1660	77	0	28	37
Buffalo Chicken	760	42	16	0	120	2140	50	0	3	40
Four Cheese	910	52	29	0	145	1560	54	0	3	47
Southwest	800	44	13	0	100	1310	60	0	5	34
QUESADILLAS										
Classic Cheese	780	48	26	0	125	1480	46	0	7	34
Chicken	840	49	25	0	160	1850	47	0	7	45
Santa Fe	820	44	23	0	130	1900	60	1	9	41
Buffalo Chicken	930	62	24	0	135	3430	45	0	5	40
PIZZA										
Classic Cheese	1000	44	18	0	75	2020	111	3	6	43
Pepperoni	880	30	14	0	70	1980	116	3	6	36
Chicken Bacon Ranch	1300	79	20	0	120	2320	103	0	4	44
Sausage	950	41	14	0	60	1900	111	3	7	34
Perfect Pesto	1110	61	17	0	80	1880	106	0	5	39
Sausage & Pepperoni	1050	51	19	0	85	2260	111	3	7	38
BURRITOS										
Southwest	820	38	8	0	65	2190	87	1	8	30
Buffalo	710	30	8	0	70	2360	78	1	6	33
Southern BBQ	700	19	6	0	65	2020	98	1	24	33
Baja Queso	830	41	8	0	65	1950	86	1	8	29

Florence	780	39	10	0	60	1660	77	2	5	35
<b>ACAI BOWLS</b>										
Banana Berry Bowl	580	8	0.5	0	0	25	126	4	86	7
Pitaya Bowl	640	6	0	0	0	15	150	4	79	6
Detox Bowl	540	7	0.5	0	0	30	117	4	80	6
Acai Peanut Butter Bowl	640	19	3	0	0	120	112	3	79	11