



	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARBOHYDRATE	DIETARY FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
SIGNATURE CREATION BOWLS (Salad dressing included in nutritional values)																
Bowled Buddha (V)	344g	670	260	29g	3g	0g	0mg	1160mg	92g	18g	17g	16g	300%	180%	20%	30%
Buffalo Cauliflower	502g	430	200	22g	10g	0g	110mg	910mg	18g	7g	8g	40g	560%	60%	35%	20%
Caesar (G)	323g	510	270	30g	4g	0g	80mg	540mg	30g	5g	7g	31g	350%	180%	30%	25%
Caesar, Substitute Roasted Shrimp (G)	301g	440	220	25g	3g	0g	185mg	640mg	26g	4g	6g	30g	300%	150%	30%	25%
Chickpea (G)	369g	470	270	31g	8g	0g	25mg	880mg	36g	6g	4g	17g	350%	20%	20%	20%
Cobb on King	513g	730	440	49g	16g	0g	295mg	1510mg	27g	11g	12g	49g	250%	50%	30%	25%
Far East	461g	450	230	26g	2.5g	0g	60mg	500mg	26g	10g	12g	32g	420%	110%	20%	30%
Farmers Market (V)	381g	410	280	31g	3g	0g	0mg	1250mg	26g	11g	8g	11g	130%	100%	25%	25%
Greek in the Knees (G)	482g	850	430	48g	11g	0g	35mg	2710mg	82g	13g	10g	24g	150%	60%	35%	50%
Jack of All Trades (V)	456g	540	300	33g	3g	0g	0mg	1280mg	51g	16g	11g	9g	160%	90%	15%	25%
Mesa Verde	575g	560	260	29g	3.5g	0g	60mg	770mg	45g	15g	11g	32g	460%	50%	10%	30%
Mesa Verde, Substitute Roasted Shrimp	547g	580	280	31g	2.5g	0g	170mg	590mg	37g	14g	9g	30g	350%	50%	15%	30%
Of Rice and Hen	569g	680	260	28g	8g	0g	85mg	360mg	67g	8g	10g	38g	310%	50%	30%	25%
Southern Harvest (G)	320g	510	240	27g	2.5g	0g	75mg	260mg	28g	3g	12g	32g	220%	10%	4%	20%
Whole Wheat Bread, 1 Slice (G)	31g	72	0	0g	0g	0g	0mg	175mg	15g	1g	2g	2g	0%	0%	1%	4%

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SIGNATURE CREATION WRAPS (Salad dressing included in nutritional values)																
Bowled Buddha (V)	455g	930	300	34g	6g	0g	0mg	1710mg	139g	23g	16g	25g	300%	180%	40%	45%
Buffalo Cauliflower	519g	680	240	27g	10g	0g	105mg	1600mg	64g	12g	6g	47g	410%	50%	60%	30%
Caesar (G)	346g	690	260	29g	3g	0g	70mg	1220mg	75g	10g	5g	36g	240%	120%	50%	35%
Caesar, Substitute Roasted Shrimp (G)	329g	680	220	25g	2g	0g	135mg	1490mg	86g	11g	4g	34g	170%	80%	50%	35%
Chickpea (G)	415g	710	300	33g	8g	0g	20mg	1580mg	83g	11g	4g	25g	270%	30%	45%	35%
Cobb on King (G)	587g	970	470	53g	15g	0g	280mg	2150mg	73g	16g	12g	55g	240%	45%	50%	40%
Far East	518g	700	270	29g	5g	0g	60mg	1030mg	73g	14g	10g	40g	360%	100%	45%	45%
Farmers Market (G, V)	458g	660	320	35g	5g	0g	0mg	1830mg	74g	16g	8g	19g	110%	100%	45%	40%
Greek in the Knees (G)	540g	1090	470	52g	13g	0g	35mg	3310mg	124g	16g	9g	32g	120%	45%	50%	60%
Jack of All Trades (V)	530g	790	330	37g	5g	0g	0mg	1810mg	98g	21g	10g	18g	140%	80%	35%	40%
Mesa Verde (G)	591g	800	300	33g	6g	0g	60mg	1330mg	90g	19g	9g	40g	310%	45%	30%	40%
Mesa Verde, Substitute Roasted Shrimp (G)	606g	790	290	32g	5g	0g	180mg	2080mg	91g	19g	9g	38g	310%	45%	40%	35%
Of Rice and Hen	598g	880	280	31g	10g	0g	85mg	960mg	106g	12g	10g	45g	290%	45%	50%	40%
Southern Harvest (G)	371g	740	270	31g	2.5g	0g	70mg	970mg	74g	8g	10g	39g	160%	10%	25%	30%
Whole Wheat Wrap (G, V)	104g	290	60	7g	3g	0g	0mg	750mg	50g	6g	0g	9g	0%	0%	25%	15%

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HOUSEMADE DRESSINGS																
Agave Mustard (V)	28g	60	20	2.5g	0g	0g	0mg	130mg	10g	0g	8g	0g	0%	4%	0%	0%
Balsamic Vinaigrette (V)	28g	140	130	14g	1g	0g	0mg	55mg	2g	0g	2g	0g	0%	2%	0%	0%
Caesar Dressing	28g	170	160	18g	1.5g	0g	10mg	55mg	1g	0g	0g	1g	0%	2%	2%	0%
Champagne Vinaigrette	28g	120	100	11g	1g	0g	0mg	140mg	5g	0g	4g	0g	0%	2%	0%	0%
Chipotle Lime Vinaigrette	28g	130	110	13g	1g	0g	0mg	200mg	4g	0g	3g	0g	0%	2%	0%	0%
Classic Buttermilk	28g	50	40	4.5g	1g	0g	5mg	100mg	2g	0g	1g	1g	0%	0%	2%	0%
Green Goddess (V)	28g	70	60	7g	1g	0g	0mg	65mg	2g	1g	0g	0g	0%	2%	2%	0%
Lemon Tahini	28g	150	140	16g	1.5g	0g	0mg	80mg	1g	0g	1g	2g	0%	2%	0%	0%
Salsa Verde (V)	28g	130	110	12g	0.5g	0g	0mg	290mg	2g	0g	<1g	0g	0%	0%	0%	0%
Sesame-Ginger	28g	150	130	14g	1g	0g	0mg	350mg	5g	0g	5g	1g	0%	2%	0%	2%
Sweet Tea Vinaigrette	28g	110	70	8g	.5g	0g	0mg	0mg	8g	0g	7g	1g	0%	4%	0%	0%
Tomato Vinaigrette (V)	28g	80	80	9g	1g	0g	0mg	40mg	<1g	0g	0g	0g	2%	4%	0%	0%
Turmeric Vinaigrette (V)	28g	120	90	10g	1g	0g	0mg	310mg	8g	0g	7g	0g	0%	0%	0%	2%

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SEASONAL SELECTIONS																
Six Degrees of Cravin Bacon	390g	660	330	37g	11g	0g	45mg	870mg	54g	11g	17g	29g	60%	50%	15%	35%
Eat, Drink, and Be Rosemary	428g	530	180	20g	2g	0g	<5mg	490mg	89g	12g	63g	8g	350%	100%	20%	20%
Burrata Friend in Me	259g	500	240	27g	6g	0g	<45mg	1080mg	52g	7g	38g	19g	20%	15%	30%	10%

SALAD DRESSING INGREDIENT LIST

AGAVE MUSTARD (V)

- Agave
- Dijon
- Vegenaise
- Garlic Powder

TURMERIC VINAIGRETTE (V)

- Turmeric
- Agave Nectar
- Apple Cider Vinegar
- Salt
- Black Pepper
- Garlic
- Non-GMO Expeller Pressed Canola Oil

LEMON TAHINI

- Tahini
- Water
- Lemon Juice
- Salt
- Sugar
- Non-fat Greek Yogurt
- Scallions
- Greek Seasoning
- Garlic Oil
- Non-GMO Expeller Pressed Canola Oil

GREEN GODDESS (V)

- Parsley
- Vegenaise
- Vegan Sour Cream
- Garlic Oil
- Capers
- Chives
- Tarragon
- Lemon Juice
- Red Wine Vinegar
- Salt
- White Pepper
- Basil

BALSAMIC VINAIGRETTE (V)

- Caramelized Onions
- Balsamic Vinegar
- Lemon Juice
- Salt
- Pepper
- Dry Mustard
- Garlic
- Sugar
- Herbs de Provence
- Non-GMO Expeller Pressed Canola Oil

CAESAR

- Egg
- Lemon Juice
- Garlic
- Worcestershire Sauce
- Red Pepper flakes
- Dry mustard
- Capers
- Parmesan Cheese
- Salt
- Black Pepper
- Water
- Non-GMO Expeller Pressed Canola Oil

CHIPOTLE LIME VINAIGRETTE

- Rice Wine Vinegar
- Lime Juice
- Garlic clove
- Honey
- Salt
- Cilantro
- Chipotle Peppers
- Non-GMO Expeller Pressed Canola Oil

BUTTERMILK

- Buttermilk
- Sour Cream
- Vegenaise
- White Wine Vinegar
- Sugar
- Garlic Powder
- Garlic Oil
- Greek Seasoning
- Salt
- Black Pepper
- Cayenne Pepper
- White Pepper
- Soy Lecithin

SWEET TEA VINAIGRETTE

- Sweet Peach Tea
- Apple Cider Vinegar
- Non-fat Greek Yogurt
- Dry Mustard
- Soy Lecithin
- Herbs de Provence
- Non-GMO Expeller Pressed Canola Oil

TOMATO VINAIGRETTE (V)

- Fresh Tomatoes
- Apple Cider Vinegar
- Garlic
- Oregano
- Salt
- Pepper
- Extra Virgin Olive Oil

CHAMPAGNE VINAIGRETTE

- Garlic
- Dijon Mustard
- Champagne Vinegar
- Lemon Juice
- Honey
- Salt
- Black Pepper
- Non-GMO Expeller Pressed Canola Oil

SALSA VERDE (V)

- Vegenaise
- Tomatillos
- Jalapeños
- Onions
- Salt
- Cilantro

SESAME GINGER

- Ground Ginger
- Garlic
- Honey
- Tamari
- Lime Juice
- Sriracha
- Sesame Oil
- Non-GMO Expeller Pressed Canola Oil

V - VEGAN
G - CONTAINS GLUTEN