



SERVING SIZE CALORIES TOTAL FAT SATURATED FAT TRANS FAT CHOLESTEROL SODIUM TOTAL CARBOHYDRATE DIETARY FIBER SUGARS PROTEIN CALCIUM IRON

SIGNATURE CREATION BOWLS (Salad dressing included in nutritional values)

Bowled Buddha (V)	344g	670	29g	3g	0g	0mg	1160mg	92g	18g	17g	16g	20%	30%
Buffalo Cauliflower	502g	430	22g	10g	0g	110mg	910mg	18g	7g	8g	40g	35%	20%
Caesar (G)	323g	510	30g	4g	0g	80mg	540mg	30g	5g	7g	31g	30%	25%
Caesar, Substitute Roasted Shrimp (G)	301g	440	25g	3g	0g	185mg	640mg	26g	4g	6g	30g	30%	25%
Chickpea (G)	369g	470	31g	8g	0g	25mg	880mg	36g	6g	4g	17g	20%	20%
Cobb on King	513g	730	49g	16g	0g	295mg	1510mg	27g	11g	12g	49g	30%	25%
Far East	461g	450	26g	2.5g	0g	60mg	500mg	26g	10g	12g	32g	20%	30%
Farmers Market (V)	381g	410	31g	3g	0g	0mg	1250mg	26g	11g	8g	11g	25%	25%
Greek in the Knees (G)	482g	850	48g	11g	0g	35mg	2710mg	82g	13g	10g	24g	35%	50%
Jack of All Trades (V)	456g	540	33g	3g	0g	0mg	1280mg	51g	16g	11g	9g	15%	25%
Mesa Verde	575g	560	29g	3.5g	0g	60mg	770mg	45g	15g	11g	32g	10%	30%
Mesa Verde, Substitute Roasted Shrimp	547g	580	31g	2.5g	0g	170mg	590mg	37g	14g	9g	30g	15%	30%
Of Rice and Hen	569g	680	28g	8g	0g	85mg	360mg	67g	8g	10g	38g	30%	25%
Southern Harvest (G)	320g	510	27g	2.5g	0g	75mg	260mg	28g	3g	12g	32g	4%	20%
Whole Wheat Bread, 1 Slice (G)	31g	72	0g	0g	0g	0mg	175mg	15g	1g	2g	2g	1%	4%

SIGNATURE CREATION WRAPS (Salad dressing included in nutritional values)

Bowled Buddha (V)	455g	930	34g	6g	0g	0mg	1710mg	139g	23g	16g	25g	40%	45%
Buffalo Cauliflower	519g	680	27g	10g	0g	105mg	1600mg	64g	12g	6g	47g	60%	30%
Caesar (G)	311g	680	34g	7g	0g	55mg	1050mg	64g	9g	2g	30g	45%	30%
Caesar, Substitute Roasted Shrimp (G)	326g	690	34g	7g	0g	150mg	1620mg	65g	9g	2g	32g	50%	25%
Chickpea (G)	415g	710	33g	8g	0g	20mg	1580mg	83g	11g	4g	25g	45%	35%
Cobb on King (G)	587g	970	53g	15g	0g	280mg	2150mg	73g	16g	12g	55g	50%	40%
Far East	518g	700	29g	5g	0g	60mg	1030mg	73g	14g	10g	40g	45%	45%
Farmers Market (G, V)	458g	660	35g	5g	0g	0mg	1830mg	74g	16g	8g	19g	45%	40%
Greek in the Knees (G)	540g	1090	52g	13g	0g	35mg	3310mg	124g	16g	9g	32g	50%	60%
Jack of All Trades (V)	530g	790	37g	5g	0g	0mg	1810mg	98g	21g	10g	18g	35%	40%
Mesa Verde (G)	591g	800	33g	6g	0g	60mg	1330mg	90g	19g	9g	40g	30%	40%
Mesa Verde, Substitute Roasted Shrimp (G)	606g	790	32g	5g	0g	180mg	2080mg	91g	19g	9g	38g	40%	35%
Of Rice and Hen	598g	880	31g	10g	0g	85mg	960mg	106g	12g	10g	45g	50%	40%
Southern Harvest (G)	371g	740	31g	2.5g	0g	70mg	970mg	74g	8g	10g	39g	25%	30%
Whole Wheat Wrap (G, V)	104g	290	7g	3g	0g	0mg	750mg	50g	6g	0g	9g	25%	15%

HOUSEMADE DRESSINGS

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

SEASONAL SELECTIONS

Chicken Tikka Masala	533g	750	29g	4g	0g	120mg	1170mg	73g	11g	9g	52g	15%	35%
It's The Omega-3 For Me	446g	590	26g	3.5g	0g	15mg	1650mg	71g	9g	5g	17g	10%	45%
Everyday I'm Brusselin'	325g	380	25g	2g	0g	0mg	570mg	40g	9g	26g	7g	10%	20%

SEASONAL DRESSINGS

Garam Masala Vinaigrette	30mL	130	13g	1g	0g	0mg	110mg	1g	0g	1g	1g	0%	0%
Spicy Sriracha Dressing (V)	30mL	100	9g	.5g	0g	0mg	850mg	2g	0g	<1g	1g	0%	2%

SALAD DRESSING INGREDIENT LIST

AGAVE MUSTARD (V)

- Agave
- Dijon
- Vegenaise
- Garlic Powder

GREEN GODDESS (V)

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

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

BUTTERMILK

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

SESAME GINGER

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

TURMERIC VINAIGRETTE (V)

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

BALSAMIC VINAIGRETTE (V)

- Caramelized Onions
- Balsamic Vinegar
- Lemon Juice
- Salt
- Pepper
- Dry Mustard
- Garlic
- Sugar
- Herbs de Provence
- 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

TOMATO VINAIGRETTE (V)

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

LEMON TAHINI

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

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

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

V - VEGAN

G - CONTAINS GLUTEN