



|  | 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% |
| Super Sesame                          | 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% |
| Unbelievable Burger Bowl (V)          | 1337g | 720 | 34g | 7.5g | 0g | 0mg   | 1730mg | 89g | 22g | 9g  | 21g | 45% | 45% |
| 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** (All wraps contain gluten. Salad dressing included in nutritional values)

|                                           |       |      |     |      |    |       |        |      |     |     |     |     |     |
|-------------------------------------------|-------|------|-----|------|----|-------|--------|------|-----|-----|-----|-----|-----|
| Bowled Buddha (G,V)                       | 455g  | 930  | 34g | 6g   | 0g | 0mg   | 1710mg | 139g | 23g | 16g | 25g | 40% | 45% |
| Buffalo Cauliflower (G)                   | 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% |
| Super Sesame (G)                          | 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% |
| Unbelievable Burger Bowl (V)              | 1337g | 720  | 34g | 7.5g | 0g | 0mg   | 1730mg | 89g  | 22g | 9g  | 21g | 45% | 45% |
| 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 (G)                       | 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% |
| Thousand Island Dressing (V) | 28g | 110 | 11g  | 0.5g | 0g | 0mg  | 220mg | 1g  | 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**

|                     |      |     |     |     |    |      |       |     |    |     |     |     |     |
|---------------------|------|-----|-----|-----|----|------|-------|-----|----|-----|-----|-----|-----|
| Good Gourd          | 398g | 740 | 37g | 10g | 0g | 45mg | 920mg | 81g | 9g | 24g | 26g | 15% | 30% |
| Big Poppy           | 327g | 480 | 27g | 5g  | 0g | 70mg | 890mg | 30g | 6g | 18g | 30g | 25% | 15% |
| For Better or Worst | 385g | 430 | 22g | 5g  | 0g | 40g  | 1370g | 45g | 7g | 5g  | 13g | 10% | 25% |

**SEASONAL DRESSINGS**

|                              |      |     |     |    |    |     |       |     |    |     |    |    |    |
|------------------------------|------|-----|-----|----|----|-----|-------|-----|----|-----|----|----|----|
| Maple Vinaigrette (V)        | 30mL | 150 | 14g | 1g | 0g | 0mg | 110mg | 7g  | 0g | 6g  | 0g | 2% | 0% |
| Honey Poppy Seed Vinaigrette | 30mL | 150 | 12g | 1g | 0g | 0mg | 170mg | 11g | 0g | 11g | 0g | 2% | 0% |
| Spicy Mustard                | 30mL | 70  | 7g  | 0g | 0g | 0g  | 40mg  | 2g  | 0g | 1g  | 0g | 0% | 0% |

**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

**THOUSAND ISLAND (V)**

Vegan Mayonnaise  
Ketchup  
Dill Pickles  
Pickle Juice  
Salt  
Garlic Powder

**V - VEGAN**

**G - CONTAINS GLUTEN**