



	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARBOHYDRATE	DIETARY FIBER	SUGARS	PROTEIN	CALCIUM	IRON
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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%
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 (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%
Jack of All Trades (G, 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 (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%
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

Unbelievable Burger Bowl (V)	1233g	430	27g	4.5g	0g	0mg	980mg	39g	16g	9g	12g	20%	30%
Backyard BBQ Salad	411g	520	34g	10g	0g	65mg	1100mg	33g	7g	11g	21g	20%	20%
From Zero to Gyro	327g	470	19g	8g	0g	115mg	880mg	33g	7g	8g	41g	25%	30%

SEASONAL DRESSINGS

BBQ Vinaigrette	30mL	130	11g	0.5g	0g	0mg	135mg	6g	0g	5g	0g	0%	0%
Cucumber-Yogurt Dressing	30mL	30	2g	.5g	0g	<5mg	170mg	1g	0g	<1g	2g	2%	0%
Thousand Island Dressing (V)	30mL	110	11g	0.5g	0g	0mg	220mg	1g	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

SALSA VERDE (V)

Vegenaise
Tomatillos
Jalapeños
Onions
Salt
Cilantro

V - VEGAN

G - CONTAINS GLUTEN