

**Weight (oz)    Calories (kcal)    Total Fat (g)    Saturated Fat (g)    Total Sugar (g)    Fiber (g)    Protein (g)    Sodium (mg)    Carb (g)    Potassium (mg)    % Salt by Weight**

**BOWLS**

Beet Falafel Bowl	21.3	820	43.0	6.0	17	19	24	2250	95	1220	1.0%
Brussel Hustle Bowl	17.5	970	67.0	11.0	26	11	45	1660	50	1250	0.9%
Chef's Soup Bowl	19.9	1000	67.0	22.0	13	11	42	1910	66	1330	0.9%
Yuzu Poké Bowl	15	770	59.0	8.0	14	10	27	2840	40	1080	1.8%
Keto Bowl	11.5	500	24.0	6.0	< 1	1	65	1280	3	1150	1.1%
Low FODMAP Bowl	18	690	32.0	4.5	11	11	39	2180	65	1460	1.1%
Paleo Bowl	18.4	680	50.0	19.0	11	7	32	2450	33	1590	1.3%
Whole 30 Bowl	15	560	31.0	4.5	12	10	35	1770	39	1340	1.1%
Junior Bowl	7.5	280	14.0	2.5	6	4	20	950	19	645	1.2%

**COOL SIDES**

Black Beans & Corn	4	160	6.0	0.5	1	7	77	240	22	300	0.6%
Roasted Beets & Lentils	4	140	7.0	0.0	6	4	5	305	15	325	0.7%
Shaved Brussels Sprouts	4	210	12.0	3.0	11	3	7	485	18	295	1.1%
Spicy Cold Noodles	4	150	9.0	1.0	6	2	2	1170	16	145	2.8%
Sesame Avocado	3.5	290	29.0	3.5	< 1	7	5	595	9	425	1.6%

**WARM SIDES**

Charred Broccoli	4	130	9.0	0.5	2	4	4	735	10	450	1.7%
Green Beans	4	110	7.0	1.0	4	4	3	600	11	305	1.4%
Roasted Rainbow Carrots	4	80	2.5	0.0	7	4	1	400	15	495	0.9%
Sautéed Greens	4	170	8.0	1.0	3	7	6	285	20	450	0.7%
Sweet Potatoes	4	100	1.5	0.0	6	3	2	595	20	255	1.4%
Cup of Butternut Squash Soup	9.9	300	24.0	19.0	7	3	3	1190	23	655	1.1%

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<b>P R O T E I N S</b>											
Baked Beet Falafel	3.7	180	10.0	2.0	4	4	5	415	22	240	1.1%
Braised Pork	4	200	9.0	3.0	0	0	27	750	< 1	400	1.8%
Roasted Chicken	4	220	12.0	3.0	0	0	26	190	1	325	0.4%
Salmon Poké	3.5	200	13.0	3.0	2	0	18	225	3	330	0.6%
Seared Salmon	4	170	8.0	1.5	0	0	24	560	0	450	1.3%
Sweet N Spicy Tofu	4	130	7.0	1.0	2	1	11	230	6	0	0.5%

<b>B A S E S</b>											
Basmati Rice	5	190	4.5	0.0	1	2	4	345	34	45	0.7%
Field Greens	2.5	15	0.0	0.0	< 1	1	1	25	3	245	0.1%
Quinoa	6	230	7.0	1.0	2	4	7	230	35	250	0.4%

<b>S A U C E S</b>											
Chimichurri	1	130	13.0	1.0	< 1	0	0	165	2	55	1.6%
Chipotle Aioli	1	130	13.0	1.5	2	0	0	180	3	10	1.7%
Sweet Chili Garlic	1	45	3.0	0.0	3	0	0	215	3	5	2.0%
Turmeric Tahini	1	80	7.0	1.5	0	< 1	3	185	2	10	1.8%
Avocado Bean Dip	1	20	0.0	0.0	0	1	1	190	3	25	1.8%
Beet Hummus	1	50	3.5	0.5	< 1	1	2	150	3	20	1.4%

<b>G A R N I S H E S</b>											
Pickled Ginger	0.1	0	0.0	0.0	0	0	0	65	0	0	6.2%
Pickled Onions	5.5	60	0.0	0.0	7	2	2	35	14	210	0.1%
Super Seeds	0.4	60	5.0	0.5	0	< 1	2	50	2	50	1.2%
Turmeric Almonds	0.4	60	5.0	0.0	0	< 1	2	55	2	65	1.3%