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CHOKEGINGERMILKBROCCOLI **FALL 2019** TA
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RAREFRUITOLIVEPEPPERTRUEASPARAGUS

Food - Starters

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Butternut Squash Soup	170	60	7	6	0	0	570	24	3	14	1	Allergen Statement: Contains Soy, Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Gluten.
Roasted Brussels Sprouts	280	200	23	2.5	0	0	1030	18	5	7	6	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Roasted Beet & Goat Cheese Flatbread	560	260	29	6	0	20	1350	60	5	15	17	Allergen Statement: Contains Wheat, Milk. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts.
Charred Cauliflower	410	250	28	3.5	0	0	1010	36	8	24	11	Allergen Statement: Contains Tree Nuts (Pistachios). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Kale Guacamole	580	290	33	4.5	0	0	1290	65	12	6	12	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts.
Herb Hummus	710	410	46	7	0	5	1160	62	8	8	15	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Edamame Dumplings	270	90	11	4	0	15	740	32	3	3	10	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Seasonal Vegetable Crudités	750	560	63	7	0	25	1500	38	13	18	15	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.

Food - Salads

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Seasonal Ingredient	610	320	36	4.5	0	0	1260	60	8	19	13	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Seasonal Ingredient (No Dressing)	510	230	26	3	0	0	1030	59	17	18	13	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Good Earth Kale Cobb	470	310	34	10	0	25	950	34	9	9	17	Allergen Statement: Contains Milk, Tree Nuts (Cashews). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Good Earth Kale Cobb (No Dressing)	310	190	21	8	0	25	570	25	9	7	14	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Chopped Salad	570	310	35	6	0	15	560	58	10	33	11	Allergen Statement: Contains Egg, Milk, Tree Nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Other Tree Nuts.
Chopped Salad (No Dressing)	360	120	14	4.5	0	15	230	52	10	27	11	Allergen Statement: Contains Egg, Milk, Tree Nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Other Tree Nuts.

Food - Salads CONTINUED

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Organic Tuscan Kale	350	290	33	5	0	5	600	12	4	3	5	Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Mediterranean Salad	580	320	36	5	0	10	730	51	11	14	16	Allergen Statement: Contains Milk, Tree Nuts (Almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Mediterranean Salad (No Dressing)	420	190	21	4	0	10	580	47	10	10	16	Allergen Statement: Contains Milk, Tree Nuts (Almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Add On: Chicken	180	80	9	1.5	0	60	750	1	0	0	22	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Grass-fed Steak*	240	200	22	5	0	75	170	0	0	0	18	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Shrimp*	140	50	6	1	0	180	230	1	0	0	20	Allergen Statement: Contains Shellfish (Shrimp). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Salmon*	260	140	16	3.5	0	70	450	2	0	0	29	Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Tofu	230	170	19	2.5	0	0	115	6	0	0	12	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.

Food - Pizzas

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Butternut Squash	940	390	44	4.5	0	0	1290	122	12	11	21	Analysis for 1 pizza. Allergen Statement: Contains Tree Nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts.
Margherita	850	310	35	16	0	95	1010	100	6	6	35	Analysis for 1 pizza. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Chicken Sausage	860	290	32	12	0	90	1610	105	7	8	38	Analysis for 1 pizza. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Tomato & Arugula	620	160	18	2	0	0	950	101	7	8	17	Analysis for 1 pizza. Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts.
Gluten Free Crust	360	25	3	0	0	0	390	78	0	9	3	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Food - Bowls

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Ancient Grains	690	330	37	4.5	0	0	1190	80	13	15	15	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Add On: Chicken, Wok	180	70	8	1	0	65	400	3	0	2	23	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Grass-fed Steak*, Wok	260	200	23	5	0	75	410	3	0	2	19	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Shrimp*, Wok	160	60	6	1	0	180	480	4	0	2	20	Allergen Statement: Contains Shellfish (Shrimp), Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Salmon*	260	140	16	3.5	0	70	450	2	0	0	29	Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Tofu, Wok	250	170	19	2.5	0	0	360	9	0	2	13	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Cauliflower Polenta	350	210	24	3.5	0	0	1820	28	7	7	13	Contains Soy, Tree Nuts (Cashews). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Add On: Chicken	160	60	7	1	0	65	150	0	0	0	23	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Grass-fed Steak*	240	200	22	5	0	75	170	0	0	0	18	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Shrimp*	140	50	6	1	0	180	230	1	0	0	20	Allergen Statement: Contains Shellfish (Shrimp). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Salmon*	260	140	16	3.5	0	70	450	2	0	0	29	Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Tofu	230	170	19	2.5	0	0	115	6	0	0	12	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.

Food - Bowls CONTINUED

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Korean Noodle	550	15	1.5	0	0	0	1950	125	5	14	8	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Add On: Chicken, Wok	180	70	8	1	0	65	400	3	0	2	23	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Grass-fed Steak*, Wok	260	200	23	5	0	75	410	3	0	2	19	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Shrimp*, Wok	160	60	6	1	0	180	480	4	0	2	20	Allergen Statement: Contains Shellfish (Shrimp), Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Salmon*	260	140	16	3.5	0	70	450	2	0	0	29	Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Tofu, Wok	250	170	19	2.5	0	0	360	9	0	2	13	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Teriyaki Quinoa	540	210	24	3	0	0	930	75	12	19	11	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Add On: Chicken, Wok	180	70	8	1	0	65	400	3	0	2	23	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Grass-fed Steak*, Wok	260	200	23	5	0	75	410	3	0	2	19	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Shrimp*, Wok	160	60	6	1	0	180	480	4	0	2	20	Allergen Statement: Contains Shellfish (Shrimp), Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Salmon*	260	140	16	3.5	0	70	450	2	0	0	29	Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Tofu, Wok	250	170	19	2.5	0	0	360	9	0	2	13	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.

Food - Bowls CONTINUED

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Spicy Panang Curry	710	270	31	18	0	0	1080	96	12	26	11	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Fish (Anchovy), Shellfish (Shrimp), Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Other Fish, Milk, Peanuts, Other Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Add On: Chicken	160	60	7	1	0	65	150	0	0	0	23	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Grass-fed Steak*	240	200	22	5	0	75	170	0	0	0	18	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Shrimp*	140	50	6	1	0	180	230	1	0	0	20	Allergen Statement: Contains Shellfish (Shrimp). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Salmon*	260	140	16	3.5	0	70	450	2	0	0	29	Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Tofu	230	170	19	2.5	0	0	115	6	0	0	12	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.

Food - Sandwiches

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Unbeetable Burger	700	200	22	3	0	0	1880	109	12	28	21	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Grilled Chicken Avocado Wrap	830	440	49	9	0	100	1510	55	4	8	43	Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Inside Out Quinoa Burger	630	400	45	7	0	130	1030	44	9	8	15	Analysis and allergens do not include choice of side. Allergen Statement: Contains Egg, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Turkey Burger	690	250	28	7	0	110	1270	56	5	14	52	Analysis and allergens do not include choice of side. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Grass-fed Burger*	860	410	46	13	1	120	1570	62	6	15	51	Analysis and allergens do not include choice of side. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
T.L.T	730	320	36	4.5	0	0	1610	75	21	16	31	Analysis and allergens do not include choice of side. Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Tree Nuts.

Food - Sandwiches CONTINUED

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Gluten Free Bun	190	45	5	0	0	0	360	32	4	5	5	Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Food - Sides

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Side, Kale Salad	120	100	11	1.5	0	0	200	4	1	1	2	Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Side, Cucumber Salad	110	80	9	1	0	0	650	7	1	4	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Side, Sweet Potato Hash	200	130	14	1.5	0	0	860	18	3	6	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Food - Entrées

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Thai Coconut Sea Bass*	650	210	23	19	0	70	600	69	6	14	39	Allergen Statement: Contains Fish (Seabass) Tree Nuts (Coconut), Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Mediterranean Chicken	790	470	53	13	0	150	1390	29	5	11	51	Allergen Statement: Contains: Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Lasagna Bolognese	450	250	28	11	0.5	120	1530	31	5	8	22	Allergen Statement: Contains Egg, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Spaghetti Squash Casserole	410	200	22	10	0	60	1360	39	8	16	19	Allergen Statement: Contains: Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Poke Bowl*	560	180	20	3.5	0	30	1980	68	9	16	31	Allergen Statement: Contains Fish (Albacore Tuna), Soy, Tree Nuts (Cashews), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Other Fish, Milk, Peanuts, Shellfish, Other Tree Nuts.
Grilled Salmon*	720	430	49	7	0	70	1430	36	5	9	39	Allergen Statement: Contains Fish (Salmon), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Other Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts.
Tacos, Grass-fed Steak*	680	320	36	13	0	90	2100	67	16	10	34	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.

Food - Entrées CONTINUED

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Tacos, Grilled Fish*	570	160	18	8	0	70	1050	63	15	8	42	Allergen Statement: Contains Fish (Bass), Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Other Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Tacos, Grass-fed Steak*, Kansas City	610	360	40	13	0	90	940	47	9	9	27	Analysis and allergens do not include choice of side. Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Tacos, Grilled Fish*, Kansas City	460	150	17	8	0	70	670	43	8	7	35	Analysis and allergens do not include choice of side. Allergen Statement: Contains Fish (Bass), Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Other Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.

Food - Breakfast

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Bright Eyes	170	5	0.5	0	0	0	80	40	3	25	3	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients.
Banana & Date Smoothie	460	190	21	1.5	0	0	120	66	10	47	10	Allergen Statement: Contains Tree Nuts (Almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Kale & Coconut Smoothie	490	190	22	21	0	0	20	72	6	50	3	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Blueberry Muffin	440	230	26	4	0	35	250	49	3	24	5	Allergen Statement: Contains Egg, Milk, Tree Nuts (Almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Smashed Avocado Toast*	590	360	41	10	0	395	1310	34	10	7	25	Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Banana Pancakes	550	140	16	3.5	0	90	1040	94	4	45	11	Allergen Statement: Contains Egg, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Vegan Chorizo Bowl	720	340	38	5	0	0	1210	77	15	7	25	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Sunrise Bowl*	640	370	42	7	0	370	1730	48	9	9	21	Allergen Statement: Contains Egg, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Garden Scramble*	550	330	37	11	0	660	1570	23	5	8	31	Allergen Statement: Contains Egg, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add Chicken Sausage	110	45	5	1.5	0	45	610	3	0	1	12	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Egg & Chicken Sausage Sandwich	660	280	31	10	0	255	1310	57	5	13	37	Analysis and allergens do not include choice of side. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.

Food - Desserts

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Squash Pie	480	170	19	17	0	0	420	73	6	40	3	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Flourless Chocolate Cake	500	270	31	19	0	125	230	51	2	46	6	Allergen Statement: Contains Egg, Milk, Soy, Tree Nuts (Almonds, Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Other Tree Nuts, Wheat, Gluten.
Chia Seed Pudding	330	170	19	16	0	0	105	38	6	26	3	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Vanilla Ice Cream	220	110	12	10	0	0	20	28	0	25	0	Analysis includes blueberry & raspberry as typical seasonal fruit. Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.

Food - Kids

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Almond Butter, Banana & Apple Sandwich	680	290	33	2	0	5	550	85	16	29	19	Allergen Statement: Contains Egg, Milk, Tree Nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Other Tree Nuts.
Mozzarella & Organic Tomato Pizza	740	230	26	11	0	50	920	99	6	6	28	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Chicken Teriyaki Bowl	320	35	4	1	0	65	960	42	4	15	29	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Grass-fed Burger*	790	360	40	12	1	125	1190	59	5	15	48	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.

Beverage - Refreshers

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Dr. Weil's Wellness Shot	45	10	1	0	0	0	0	8	0	4	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Honey Lemonade	70	0	0	0	0	0	5	18	0	18	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add Matcha	45	0	0	0	0	0	5	12	0	12	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pomegranate Chia Limeade	90	5	0.5	0	0	0	10	21	1	19	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Sparkling Antioxidant Tea	80	0	0	0	0	0	10	20	0	19	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Sparkling Prickly Pear Tisane	70	0	0	0	0	0	5	18	0	16	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Medicine Man	110	5	0	0	0	0	10	26	0	22	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Original Ginger "O.G."	120	0	0	0	0	0	10	32	1	27	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Hangover Rx	70	0	0	0	0	0	10	18	0	16	1	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Kale Aid	100	5	0.5	0	0	0	80	25	2	15	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients.
Health-Ade Kombucha	70	0	0	0	0	0	20	16	0	5	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients.

Beverage - Coffee & Teas

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Cinnamon Vanilla Latte (Almond Milk)	120	10	1.5	0	0	0	85	27	0	25	1	Allergen Statement: Contains Tree Nuts (Almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Cinnamon Vanilla Latte (Skim Milk)	130	0	0	0	0	0	60	29	0	27	4	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Cinnamon Vanilla Latte (Soy Milk)	140	20	2	0	0	0	60	26	1	24	4	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Cinnamon Vanilla Latte (Whole Milk)	160	35	4	2.5	0	10	60	28	0	27	4	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Cascara Cold Brew	90	30	3.5	3.5	0	0	5	13	0	13	0	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Matcha Horchata	200	15	1.5	0	0	0	130	25	2	30	4	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Adaptogenic Tulsi Tea	60	0	0	0	0	0	15	16	0	14	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Generic Tea (with Lemon Wedge)	5	0	0	0	0	0	0	1	0	0	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Espresso	5	0	0	0	0	0	10	1	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Cappuccino or Latte (Almond Milk)	35	10	1.5	0	0	0	85	5	0	4	1	Allergen Statement: Contains Tree Nuts (Almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Cappuccino or Latte (Skim Milk)	45	0	0	0	0	0	60	7	0	6	4	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Cappuccino or Latte (Soy Milk)	60	20	2	0	0	0	60	4	1	3	4	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Cappuccino or Latte (Whole Milk)	80	35	4	2.5	0	10	60	7	0	6	4	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Beverage - Cocktails

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Beets by Jon	190	0	0	0	0	0	5	16	0	14	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Ginger Margarita	180	5	0	0	0	0	0	16	0	14	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Citrus Skinny Margarita	170	0	0	0	0	0	18	0	16	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pom Collins	170	0	0	0	0	0	0	18	0	17	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Oaxacan Piña Punch "O.P.P."	230	0	0	0	0	0	0	22	0	20	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Passion Colada	230	25	2.5	2.5	0	0	10	22	0	20	0	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Juniper Rose	170	0	0	0	0	0	17	0	14	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Apple Gold Rush	150	0	0	0	0	0	0	13	0	12	0	Allergen Statement: Contains Gluten. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Rosé Sangria	280	0	0	0	0	0	5	33	0	29	0	Analysis includes blueberry & pineapple as typical seasonal fruit.
The Detox Retox	120	0	0	0	0	0	5	10	0	9	0	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Antioxidant Mimosa	130	0	0	0	0	0	5	13	1	11	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Prairie Mary	150	5	0	0	0	0	630	5	0	3	0	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.

Beverage - Wine (Red, White, Rosé & Sparkling)

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Wine, 6 fl oz	150	0	0	0	0	0	10	5	0	1	0	USDA average values for table wine; analysis for 6 fl oz.
Wine, 9 fl oz	220	0	0	0	0	0	15	7	0	2	0	USDA average values for table wine; analysis for 9 fl oz.
Wine, Bottle (750mL)	620	0	0	0	0	0	40	20	0	6	1	USDA average values for table wine; analysis for 750 mL.

Beverage - Beer & Cider

	Total Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Notes
Beer, Regular, 12 fl oz	150	0	0	0	0	0	15	13	0	0	2	USDA average values for beer; analysis for 12 fl oz.
Stella Artois	140	0	0	0	0	0	0	11	0	0	0	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Samuel Adams "Sam'76"	130	0	0	0	0	0	20	12	0	0	1	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Michelob Ultra "Pure Gold"	85	0	0	0	0	0	0	2.5	0	0	0.4	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Sierra Nevada	180	0	0	0	0	0	0	15	0	0	0	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Cider, Generic, 12 fl oz	190	0	0	0	0	0	15	20	0	20	0	USDA average values for beer; analysis for 12 fl oz.
Crispin Rosé Cider	160	0	0	0	0	0	10	13	0	10	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Values shown are for full dish. Values are current as of September 2019. The nutrition information provided is a compilation of the nutrient data from True Food Kitchen's suppliers, the USDA and nutrient database analysis of True Food Kitchen's recipes and our analysis. Please note the following: (i) Test menu items, specials, limited time offers, and/or regional items may not be included in the nutrition information contained herein. (ii) Special or customized orders will alter the nutrition information contained herein. (iii) From time to time, True Food Kitchen may have to obtain products from different or substitute suppliers which may alter the nutrition information contained herein. (iv) Menu item ingredients are based upon recipes and portions, but variations may occur based upon ordinary differences inherent in the preparation, local suppliers, region of the country, and season of the year. (v) Each of our menu items are prepared by hand, individually, so serving sizes can vary. (vi) Differences in available dishware, packaging, or containers may affect the serving size. The nutrition information is updated periodically in an attempt to reflect the current nutritional value of our menu items. *These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.