



CESQUASHLEMONEGGPLANTFRESHGING
ARROTSTRAWBERRYTRUESORBETPEPPER
OFFEEVEGANCHAIO LIVEPEPPERTRUEASPA
USBEANFARMCORNSEEDCHEESETOMATO
CHOKEFLAVORPEARADISHSUSTAINABLEH
STMUSHROOMCINNAMONHEALTHPOTATO
ONALMONDJICAMAAVOCADOJALAPENOC
CBASILCREAMCOCOAMILKFENNELONION
EORGANICARUGULACARAMELVANILLABEE
AULIFLOWERCUCUMBERLOCALDATEGRAIN
ANTROLOCALDATEGRAINCILANTROBROCC
INTPISTACHIORICEBOKCHOYVEGANGING
ILKVEGETARIANLETTUCESQUASHLEMONE
LANTFRESHCARROTGRAPEFRUITOLIVEPEP
RUEPARAGUSBEANFARMCORNSEEDCHEES
ASILFENNELONIONKALEORGANICARUGUL
EETCAULIFLOWERCUCUMBERPISTACHIOVA
UIDERICEBOKCHOYNUTRITIONALGUIDEV
KEGINGERMILKBROCCOLI SUMMER 2020TA
ETUCESQUASHLEMONEGGPLANTFRESHCA
RAPEFRUITOLIVEPEPPERTRUEASPARAGUS

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
Summer Corn & Tomato Flatbread	420	180	20	5	0	20	860	49	2	6	13	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Heirloom Tomato & Watermelon	90	5	.5	0	0	0	1230	21	3	15	2	Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Seasonal Avocado Toast	330	150	17	2.5	0	0	420	38	8	4	9	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Edamame Guacamole	650	340	38	5	0	0	1560	66	11	4	17	Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, 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.
Jackfruit Lettuce Wraps	250	60	7	1	0	0	1860	37	17	12	10	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.
Miso Soup	130	35	4	.5	0	0	1900	17	2	6	9	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

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 Salad	220	160	18	2.5	0	5	340	12	4	8	5	Allergen Statement: Contains Egg, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanut, Shellfish, Soy, 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.
Organic Tuscan Kale Salad	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.
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 - 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
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. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
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.
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.

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
Spinach & Mushroom	970	420	48	5	0	0	1240	117	6	8	24	Analysis for 1 pizza. Allergen Statement: Contains Tree nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, 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.
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 - 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
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.
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.
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.
Shrimp Tacos*	440	220	25	3	0	180	610	32	5	4	23	Allergen Statement: Contains Shellfish (Shrimp). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Grass-fed Steak Tacos*	650	450	51	9	0	105	700	31	5	4	30	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.
Grilled Sustainable 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.
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.

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
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.
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.
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 - 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
Seasonal Avocado Toast	330	150	17	2.5	0	0	420	38	8	4	9	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Add On: Organic Egg*	70	45	5	1.5	0	185	70	0	0	0	6	Allergen Statement: Contains Egg. Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
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.
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.

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
Key Lime Mousse	330	170	18	13	0	0	270	40	3	19	3	Allergen Statement: Contains Tree Nuts (Almond, Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, 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.
Chocolate Quinoa Brownie Sundae	660	290	32	22	0	135	260	90	4	71	7	Allergen Statement: Contains Egg, Milk, Tree Nuts (Coconut). Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Dark Chocolate Quinoa Brownie	390	150	17	10	0	135	250	57	4	40	7	Allergen Statement: Contains Egg, Milk. Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, 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
Grass-fed Burger*	750	310	35	13	1	120	1110	60	6	15	48	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, 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.

Beverage - Refreshers & Tea

	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
Watermelon Lemonade	80	0	0	0	0	0	0	21	0	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.
Honeydew Limeade	100	0	0	0	0	0	10	26	0	23	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.
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.
Sparkling Peach Tea	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.
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. 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.

Beverage - Organic Fair Trade Coffee

	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
Drip Coffee	0	0	0	0	0	0	0	0	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.
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 (Oat Milk)	60	10	1	0	0	0	70	1	1	3	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.
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 - Craft 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
Watermelon Mojito	190	0	0	0	0	0	0	23	0	20	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.
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.
Honeydew Margarita	200	0	0	0	0	0	0	24	0	21	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.
Peaches & Bourbon	180	0	0	0	0	0	0	16	0	15	0	Allergen Statement: Contains Gluten. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Causemo	170	0	0	0	0	0	0	11	0	9	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.
Honeydew Mimosa	150	0	0	0	0	0	5	9	0	8	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.
Watermelon Mimosa	100	0	0	0	0	0	0	6	0	5	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.
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 & Seltzer

	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.
Dogfish Head “60 Minute IPA”	210	0	0	0	0	0	0	23	0	0	0	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Truly Hard Seltzer	100	0	0	0	0	0	0	2	0	1	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 June 2020. 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.