	Recommended Dressing	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soy
Salads and Grain Bowls*																									
Greek to Me	GV	360	360	150	17	6	0	90	1080	21	7	3	34	110	60	25	30	X							
Nom Namaste	YM/GLS	421	331	100	12	2	1	15	250	41	10	9	19	27	137	27	26					X			X
Hail Kale (All Hail Kale)	RC	330	400	150	17	7	0	100	670	10	3	2	42	230	100	50	15	X						X	
Fiesta Fresca	ACC	490	550	290	32	9	0	70	570	44	15	8	29	140	120	30	40	X							X
Falafel-Osophy	CD	490	471	120	11	5	0	25	456	81	15	28	17	203	48	33	30	X							
Chi-Cobbo-O	MYD	520	670	390	44	9	0	280	910	26	12	5	47	480	300	25	30		X						
Bravocado		325	690	380	43	8	0	20	420	67	15	25	17	230	330	35	25	X							
Bean Rice Knowing Ya		598	838	315	35	13	1	80	1572	103	15	16	30	16	42	28	53	X							
Seasonals																									
Strawberry Fields (Farro-Ever)	BV	405	430	140	16	6	0	15	310	55	13	8	19	80	190	15	30	X				X		X	
Peachy Keen	BT/Rasp	392	304	90	13	6	0	20	629	34	8	19	17	25	97	54	21	X				X			
Watermeloom	BV	400	270	130	14	5	0	25	420	29	9	13	11	90	70	30	25	X							
One in a Melon		395	420	196	22	9	0	63	455	31	6	17	31	240	124	87	30	X							
Aw Shucks		383	624	243	27	7	0	28	602	82	10	11	18	83	196	35	24	X							
Peasy Beaning Green		301	355	234	26	9	0	27	257	22	6	12	12	143	121	20	21	X				X			
A Pad Thai Zing		319	231	117	13	6	0	0	165	25	8	15	9	353	199	16	27					X	X		
Brussel and Flow		369	205	72	8	4	0	13	617	26	7	10	12	156	118	22	22	X							
The Lentil Things		353	678	387	43	7	0	25	546	52	19	17	28	319	82	48	44	X				X			
Watermeloom		284	240	126	14	5	0	25	347	20	8	8	12	158	64	38	50	X							
Squash the Beet		446	884	153	17	6	0	13	240	157	29	15	37	290	66	25	60	X						X	
Apple-y Ever After		429	681	348	38	9	5	63	823	63	9	26	26	423	47	18	20	X				X			
***Disclaimer:** Does not include nutritional and caloric contributions from dressings																									
Soups																									
Minestrone Soup (8oz)		240	113	27	3	0	0	1	910	18	5	4	7	57	71	7	9								
Minestrone Soup (16oz)		480	226	45	5	1	0	3	1817	36	9	8	14	115	141	15	18								
Vegan Chili (8oz)		240	107	9	1	0	0	0	335	20	5	5	6	16	61	4	11								
Vegan Chili (16oz)		480	213	18	2	0	0	0	670	40	10	10	12	33	123	9	22								
Tortilla Soup (8oz)		240	74	27	3	0	0	0	1415	11	2	5	2	18	62	3	7								
Tortilla Soup (16oz)		480	148	54	6	1	0	0	2837	23	4	9	4	37	124	7	14								
Split Pea Soup (8oz)		240	124	0	0	0	0	0	1617	31	11	6	9	107	55	4	10								
Split Pea Soup (16oz)		480	248	9	1	0	0	0	3231	61	22	11	17	214	109	8	21								
Tomato Soup (16oz)		480	167	90	10	1	0	0	1863	17	3	10	4	126	93	5	11								
Tomato Soup (8oz)		240	83	45	5	0	0	0	928	9	2	5	2	65	49	3	6								
Dressings											1	1	0	0	2	4	4	X							
Greek Vinaigrette	GV	30	180	160	20	1	0	0	90	5	1	8	0	0	0	2	2								
Chipotle Date	CD	30	150	110	13	2	0	0	260	10	0	6	2	0	0	2	0	X							
Maple Yogurt Dijon	MYD	30	35	5	0	0	0	0	85	6	0	1	1	4	2	2	0	X							
Avocado Cucumber Cilantro	ACC	30	40	30	3.5	0.5	0	5	120	1	0	6	1	0	4	0	2								
Bacon Tahini	BT	30	160	130	14	4.5	0	10	230	8	0	2	0	0	0	0	2								
Balsamic Vinaigrette	BV	30	190	180	20	3	0	0	40	2	1	7	1	0	2	0	0								
Yuzu Mizo	YM	30	80	40	4.5	0.5	0	0	300	10	0	5	0	0	2	0	0								
Romano Caeser Dressing	RC	28	104	99	11	1	0	3	240	0	0	0	2	1	1	5	0	X							
Ginger Lemon Sriracha	GLS	30	160	140	16	1	0	0	200	5	0	0	0	0	0	0	0	X							
Drew's All Natural Raspberry	Rasp	30	60	40	4.5	0	0	0	80	5	0	1	0	0	0	0	0								
Drew's All Natural Ranch	Ran	30	130	130	14	1	0	0	240	2															
Siracha mayo		28	155	153	17	3	0	9	357	1	0	1	0	0	6	0	0	X							
Maple Balsamic Vinaigrette		23	105	81	9	2	0	0	114	7	0	6	0	0	0	1	0								
Citrus Vinaigrette		29	74	72	8	1	0	0	489	1	0	1	0	0	6	0	1								
Marinade		28	122	117	13	1	0	0	405	1	0	0	0	1	4	1	2								X
Honey Tamarind Dressing		28	66	18	2	0	0	0	204	11	0	9	1	0	1	1	4							X	X
The Basics		Ounces									2	0	2												
Spinach		3.7	25	0	0	0	0	0	80	4	3	2	2												
Romaine		5.3	25	5	0	0	0	0	10	5	2	0	4												
Kale		3	40	5	1	0	0	0	30	7	2	0	2												
Mesclun Greens		3.35	15	0	0	0	0	0	80	4	2	2	3												
Arugula		3.5	25	5	0.5	0	0	0	25	4	3	1	4												
Quinoa		3.5	120	15	2	0	0	0	5	21	6	0	6											X	
Farro		3.5	170	10	1.5	0	0	0	0	32															
The Wraps											6	0	9											X	

	Recommended Dressing	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soy
Whole Wheat Tortilla		104g	290	60	7	3.5	0	0	750	50	2	0	9											X	
Spinach Tortilla		104g	310	60	7	3	0	0	740	51															
The Goods		Ounces									1	0	3									X			
Slivered Toasted Almonds		0.5	90	60	7	0.5	0	0	0	3	1	3	2									X			
Candied Walnuts		0.5	80	70	7	1	0	0	30	4	2	0	3												
Sunflower Seeds		0.5	80	70	7	1	0	0	0	3	1	0	1												
Tortilla Chips		0.55	80	35	4	0.5	0	0	85	9	2.3	26	3												
Dried Cranberries		1.4	120	5	0.5	0	0	0	1	33	1	1	1												
Artichoke Hearts		1.4	15	0	0	0	0	0	115	3	3	2	4												
Black Beans		1.4	50	0	0	0	0	0	0	9	1	1	0												
Shredded Carrot		1	10	0	0	0	0	0	20	3	3	2	4												
Chickpeas		1.4	70	10	1	0	0	0	0	11	0	0	0												
Cilantro		0.17	0	0	0	0	0	0	0	0	0	0	0												
English Cucumber		1.4	5	0	0	0	0	0	0	1	0	2	0												
Grapefruit		1	10	0	0	0	0	0	0	3	0	1	0												
Jalapenos		0.5	5	0	0	0	0	0	0	1	2	1	0												
Jicama		1.5	15	0	0	0	0	0	0	4	0	3	0												
Pickled Red Onion		1.2	20	0	0	0	0	0	110	4	1	1	0												
Radish		1.4	5	0	0	0	0	0	15	1	1	2	0												
Red Bell Pepper		1.4	10	0	0	0	0	0	0	2	2	3	1												
Roasted Corn		1.25	45	10	1	0	0	0	0	8	0	0	0												
Roasted Garlic		0.75	60	20	2	0	0	0	0	0	1	1	0												
Kale Chips		0.5	50	35	4	0	0	0	95	5	0	0	8												
Cherry Tomoato		2	10	0	0	0	0	0	0	2	1	2	1												
Sugar Snap Pea		1.4	15	0	0	0	0	0	0	3	1	2	0												
Strawberry		1.4	15	0	0	0	0	0	0	3	1	1	1												
Broccoli		1.5	15	0	0	0	0	0	15	3	1	2	2											X	
Housemade Crouton		1.5	130	40	4.5	0.5	0	35	260	19	1	2	1												
Caramalized Onion		1.5	20	0	0	0	0	0	100	4	0	0	0												
Scallion		0.35	5	0	0	0	0	0	0	1	0	0	0												
Red Cabbage		1	9	0	0	0	0	0	8	2	1	1	0												
Apple Chips		2	284	126	14	2	0	0	30	41	4	24	0												
Peas		1.5	29	0	0	0	0	0	1	5	2	2	2												
Sliced Grapes		1.5	26	0	0	0	0	0	1	7	0	6	0												
Mandarin Oranges		2	18	0	0	0	0	0	2	4	1	4	0												
Green Beans		1	11	0	0	0	0	0	0	2	1	0	1												
Red Lentils		1	25	0	0	0	0	0	197	5	1	0	2												
Peanuts		0.5	80	63	7	1	0	0	3	2	1	1	4										X		
Elote		1	155	45	5	1	0	2	85	17	2	1	2					X							
Grilled Butternut Squash		1	19	9	1	0	0	0	1	4	1	1	0												
Grilled Sweet Potatoes		2	43	9	1	0	0	0	210	9	1	2	1												
Grilled Brussel Sprouts		1	18	9	1	0	0	0	184	2	1	1	1												
Grilled Cauliflower		2	19	9	1	0	0	0	255	2	1	1	1												
Watermelon		3	25	0	0	0	0	0	0	6	0	1	0												
Heirloom Tomato		1.4	5	0	0	0	0	0	0	2	1	5	1												
Peaches		2	20	0	0	0	0	0	0	5	1	0	0												
Mint		0.25	5	0	0	0	0	0	0	1	0	0	0												
The Works		Ounces									0	0	11												
Bacon		1	150	110	12	4	0	30	490	0	0	0	24												
Chicken		2.75	130	25	3	1	0	60	60	0	0	0	14							X					
Salmon		2	100	40	4.5	0.5	0	40	760	0	0	0	14												
Skirt Steak		2	130	70	8	3.5	0	50	55	0	1	0	6												X
Tofu		2	60	25	3	0	0	0	0	1	0	1	6						X						
Hardboiled Egg		1 egg	80	50	5	0	0	185	60	1	2	2	2												
Sweet Potato Falafel		1	50	10	1.5	7	0	0	140	9	0	0	8					X							
Cheddar Cheese		1.15	130	100	11	6	0	35	200	0	0	1	4					X							
Crumbled Feta		1.1	80	60	7	4.5	0	30	350	1	0	0	7					X							
Goat Cheese		1.1	110	80	9	6	0	25	160	0	0	0	5					X							
Shaved Parmesan		0.5	60	35	4	2.5	0	10	220	1	0	1	6					X							
Queso Fresco		1.1	90	70	7	4	0	20	230	1	1	1	2									X			
Parmesan Crisps		0.7	90	50	6	3.5	0	15	300	1	1	9	0												

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Dates		0.5	40	0	0	0	0	0	0	11	6	1	2												
Avocado		3	140	110	12	2	0	0	5	7	1	3	1												
Roasted Beets		1.4	15	0	0	0	0	0	115	4	1	1	3												
Edamame		1	30	10	1.5	0	0	0	0	2	0	0	0												
Kalamata Olives		0.5	40	35	3.5	0	0	0	230	1	1	1	1												
Pomegranate Seeds		0.75	16	0	0	0	0	0	1	4	1	1	0												
Blue Cheese Crumbles		1	100	72	8	5	0	21	325	1	0	0	6					X							
Shredded Coconut		0.25	25	18	2	2	0	0	13	2	0	2	0									X			
Marinaded Mushroom		1	18	9	1	0	0	0	33	1	0	1	1												
Sweet Potato Falafel		1	53	9	1	0	0	0	84	10	2	1	2												