



JUST SALAD NUTRITION GUIDE

**Ingredients, Nutritional +
Allergen Information**



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Nutritional Information

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Allergen Information

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NUTRITIONAL INFORMATION





INGREDIENTS

| GREENS | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--------------------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Arugula | 15 | 0 | 0 | 0 | 0 | 20 | 2 | 1 | 1 | 2 |
| Baby Spinach | 15 | 0 | 0 | 0 | 0 | 40 | 2 | 1 | 0 | 2 |
| Extra Crisp Romaine | 30 | 0.5 | 0 | 0 | 0 | 15 | 6 | 4 | 2 | 2 |
| Supergreens Blend | 25 | 0 | 0 | 0 | 0 | 35 | 5 | 2 | 1 | 2 |
| Shredded Kale | 20 | 0 | 0 | 0 | 0 | 20 | 5 | 2 | 1 | 2 |
| Shredded Cabbage | 70 | 0 | 0 | 0 | 0 | 65 | 16 | 6 | 8 | 4 |
| ESSENTIALS | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Sliced Apples | 20 | 0 | 0 | 0 | 0 | 0 | 6 | 1 | 4 | 0 |
| Hand-Cut Beets | 15 | 0 | 0 | 0 | 0 | 25 | 3 | 0 | 2 | 0 |
| Shaved Broccoli | 15 | 0 | 0 | 0 | 0 | 15 | 3 | 1 | 0 | 1 |
| Regenerative Brown Rice | 90 | 1.5 | 0 | 0 | 0 | 110 | 17 | 0 | 0 | 2 |
| Sliced Carrots | 15 | 0 | 0 | 0 | 0 | 25 | 3 | 1 | 1 | 0 |
| House-Cooked Chickpeas | 20 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 1 |
| Fresh Cilantro | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Roasted Corn | 35 | 0.5 | 0 | 0 | 0 | 0 | 8 | 0 | 2 | 1 |
| Garlic Butter Croutons | 120 | 4.5 | 1.5 | 0 | 0 | 280 | 16 | 1 | 1 | 3 |
| Sliced Cucumbers | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 |
| Ocean Spray® Dried Cranberries | 110 | 0 | 0 | 0 | 0 | 0 | 29 | 2 | 26 | 0 |
| Edamame | 50 | 0 | 0 | 0 | 0 | 0 | 4 | 3 | 0 | 5 |
| Sliced Grape Tomatoes | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 1 | 0 |
| Overnight Pickled Onion | 25 | 0 | 0 | 0 | 0 | 125 | 6 | 0 | 3 | 0 |
| Spicy Harissa Pita | 80 | 2.5 | 0 | 0 | 0 | 150 | 12 | 0 | 0 | 2 |
| Tajin® Spiced Pumpkin Seeds | 140 | 6 | 1 | 0 | 0 | 340 | 17 | 6 | 0 | 6 |
| Roasted Sweet Potatoes | 100 | 5 | 1 | 0 | 0 | 85 | 12 | 2 | 4 | 1 |
| Organic Quinoa | 90 | 3 | 0 | 0 | 0 | 5 | 13 | 2 | 0 | 3 |
| Crunchy Tortilla | 90 | 4 | 0.5 | 0 | 0 | 65 | 13 | 1 | 0 | 1 |
| Crunchy Onions | 35 | 2 | 0 | 0 | 0 | 65 | 4 | 0 | 0 | 0 |
| Crunchy Wonton Strips | 110 | 4 | 1 | 0 | 0 | 200 | 16 | 0 | 0 | 3 |
| Japanese Furikake Shake | 5 | 0.5 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 |





INGREDIENTS (CONTINUED)

| Essentials (cont.) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-----------------------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Sliced Pepperoncini | 15 | 0 | 0 | 0 | 0 | 860 | 4 | 0 | 2 | 0 |
| Grillo's Pickles | 5 | 0 | 0 | 0 | 0 | 300 | 1 | 0 | 0 | 0 |
| PREMIUMS | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Hass Avocado | 70 | 7 | 1 | 0 | 0 | 0 | 4 | 3 | 0 | 0 |
| Homemade Avocado Mash | 90 | 8 | 1 | 0 | 0 | 170 | 5 | 4 | 0 | 1 |
| Bob's Red Mill® Hemp Hearts | 60 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 |
| Chopped Almonds | 60 | 5 | 0 | 0 | 0 | 50 | 2 | 1 | 0 | 2 |
| Roasted Balsamic Mushrooms | 50 | 3 | 0 | 0 | 0 | 200 | 6 | 2 | 3 | 2 |
| Homemade Pico Gallo | 15 | 0 | 0 | 0 | 0 | 350 | 3 | 0 | 2 | 0 |
| Roasted Cauliflower | 25 | 2 | 0 | 0 | 0 | 75 | 2 | 1 | 0 | 0.5 |
| Roasted Fajitas + Corn | 45 | 0.5 | 0 | 0 | 0 | 200 | 10 | 1 | 4 | 1 |
| Black Lentils | 90 | 1.5 | 0 | 0 | 0 | 85 | 13 | 4 | 0 | 6 |
| Buffalo Cauliflower | 70 | 6 | 1 | 0 | 0 | 1010 | 4 | 2 | 2 | 1 |
| CHEESE | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Grated Cotija | 50 | 4.5 | 2.5 | 0 | 15 | 210 | 0 | 0 | 0 | 3 |
| Crumbled Feta | 100 | 8 | 6 | 0 | 35 | 350 | 2 | 0 | 2 | 5 |
| Violife® Creamy Vegan Feta | 60 | 4.5 | 4.5 | 0 | 0 | 210 | 3 | 0 | 0 | 0 |
| Creamy Goat | 110 | 8 | 6 | 0 | 20 | 180 | 0 | 0 | 0 | 7 |
| Shaved Parmesan | 120 | 8 | 4.5 | 0 | 25 | 500 | 4 | 0 | 0 | 8 |
| Sharp White Cheddar | 110 | 9 | 5 | 0 | 30 | 190 | 0 | 0 | 0 | 6 |
| PROTEIN | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Cage-free Jammy Egg | 70 | 4.5 | 1.5 | 0 | 185 | 70 | 0 | 0 | 0 | 6 |
| Oven Crispy Chicken | 210 | 10 | 2 | 0 | 30 | 510 | 17 | 0 | 0 | 13 |
| Braised Chicken Thigh | 200 | 13 | 3.5 | 0 | 115 | 370 | 0 | 0 | 0 | 21 |
| Oven Roasted Chicken | 130 | 3 | 1 | 0 | 65 | 220 | 0 | 0 | 0 | 24 |
| Impossible™ Chicken (Plant-Based) | 110 | 5 | 0.5 | 0 | 45 | 250 | 9 | 2 | 0 | 6 |
| Organic Sesame Tofu | 80 | 6 | 1 | 0 | 0 | 120 | 1 | 0 | 0 | 7 |





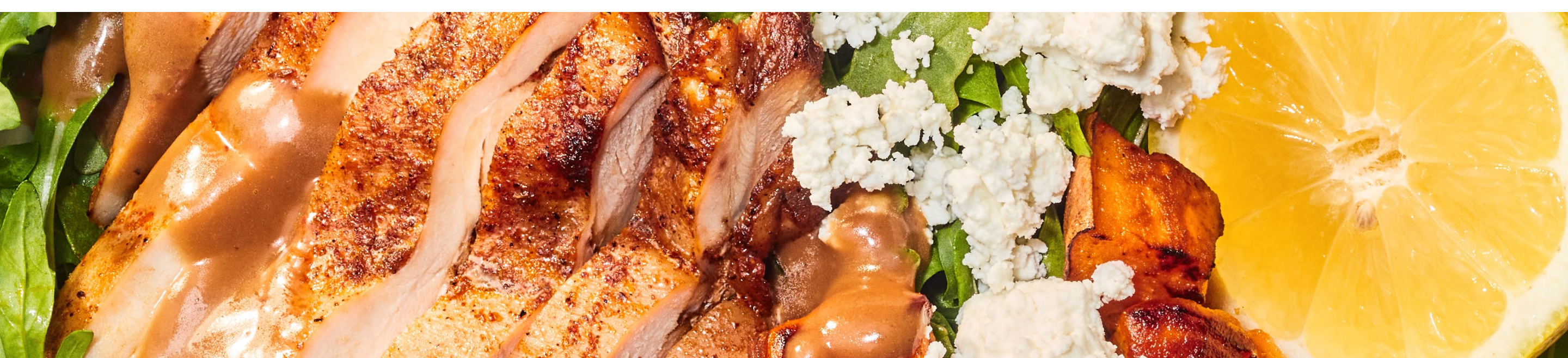
DRESSINGS (1 OZ)

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--|----------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Balsamic Vinaigrette | 160 | 18 | 1.5 | 0 | 0 | 45 | 2 | 0 | 1 | 0 |
| Chipotle Vinaigrette | 150 | 17 | 1 | 0 | 0 | 95 | 1 | 0 | 0 | 0 |
| Lemon Basil Vinaigrette | 120 | 13 | 1 | 0 | 0 | 75 | 1 | 0 | 0 | 0 |
| Honey Mustard Vinaigrette | 110 | 9 | 0.5 | 0 | 0 | 140 | 8 | 0 | 7 | 0 |
| Thai Peanut | 130 | 13 | 1.5 | 0 | 0 | 140 | 4 | 0 | 3 | 1 |
| Miso Ginger Vinaigrette | 90 | 9 | 0.5 | 0 | 0 | 490 | 2 | 0 | 0 | 1 |
| Creamy Caesar | 150 | 15 | 3.5 | 0 | 15 | 240 | 0 | 0 | 0 | 3 |
| Buttermilk Ranch | 120 | 13 | 2 | 0 | 10 | 120 | 0 | 0 | 0 | 0 |
| Spicy Buffalo Ranch | 70 | 8 | 1 | 0 | 0 | 520 | 0 | 0 | 0 | 0 |
| Smoky Poblano Ranch | 130 | 13 | 2 | 0 | 10 | 130 | 0 | 0 | 0 | 0 |
| Cilantro Lime Vinaigrette | 150 | 17 | 1.5 | 0 | 0 | 250 | 2 | 0 | 0 | 0 |
| Yogurt Cucumber | 35 | 3 | 0 | 0 | 0 | 65 | 1 | 0 | 0 | 2 |
| Balsamic Vinegar | 25 | 0 | 0 | 0 | 0 | 5 | 5 | 0 | 4 | 0 |
| Red Wine Vinegar | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Extra Virgin Olive Oil | 250 | 28 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Fresh Lemon | 10 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 0 | 0 |
| Fresh Lime | 10 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 0 | 0 |
| Olive Oil + Balsamic Vinegar | 140 | 14 | 2 | 0 | 0 | 0 | 2 | 0 | 2 | 0 |
| Olive Oil + Red Wine Vinegar | 130 | 14 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Half Lemon + Balsamic Vinaigrette Drizzle | 170 | 18 | 1.5 | 0 | 0 | 50 | 7 | 2 | 3 | 0 |
| Extra Virgin Olive Oil + Fresh Lemon | 130 | 14 | 2 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |



SALADS

| ICONICS | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|------------------------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Crispy Chicken Poblano | 520 | 27 | 6 | 0 | 45 | 870 | 51 | 8 | 5 | 22 |
| Tokyo Supergreens, Tofu | 350 | 22 | 3 | 0 | 0 | 350 | 25 | 13 | 6 | 20 |
| Tokyo Supergreens, Chicken | 400 | 19 | 2.5 | 0 | 65 | 450 | 24 | 13 | 6 | 37 |
| Thai Chicken Crunch | 290 | 7 | 1.5 | 0 | 65 | 420 | 26 | 5 | 5 | 29 |
| EARTH-FRIENDLY | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| Impossible™ Chipotle Cowboy | 320 | 17 | 2.5 | 0 | 45 | 760 | 35 | 11 | 5 | 11 |
| Earth Bowl | 380 | 20 | 8 | 0 | 0 | 470 | 43 | 8 | 14 | 8 |
| Earth Bowl w/ Chicken | 510 | 23 | 8 | 0 | 65 | 650 | 43 | 8 | 14 | 33 |
| Buffalo Cauliflower | 330 | 22 | 7 | 0 | 30 | 1250 | 24 | 12 | 7 | 13 |
| CLASSIC | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| California Cobb | 380 | 21 | 4 | 0 | 250 | 320 | 14 | 9 | 4 | 36 |
| Chicken Caesar | 400 | 16 | 7 | 0 | 95 | 1000 | 27 | 4 | 3 | 37 |
| Buffalo Chicken | 410 | 25 | 10 | 0 | 140 | 670 | 20 | 7 | 7 | 32 |



WARM BOWLS

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-----------------------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Edamame Crunch | 410 | 22 | 3 | 0 | 0 | 630 | 40 | 9 | 8 | 21 |
| Chicken Fajita Bowl | 430 | 23 | 5 | 0 | 115 | 1100 | 35 | 6 | 5 | 26 |
| Cilantro Lime Chicken | 590 | 27 | 6 | 0 | 115 | 790 | 59 | 10 | 5 | 34 |
| Warm Chicken + Goat Cheese | 470 | 30 | 11 | 0 | 130 | 840 | 21 | 5 | 8 | 33 |



WRAPS

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-----------------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Buffalo Chicken | 550 | 35 | 10 | 0 | 140 | 1300 | 49 | 37 | 4 | 44 |
| Spicy Chicken Caesar | 560 | 27 | 8 | 0 | 95 | 1630 | 60 | 36 | 2 | 51 |
| Honey Crispy Chicken | 660 | 34 | 9 | 0 | 65 | 1630 | 85 | 39 | 7 | 40 |
| Vegan Chipotle | 510 | 27 | 0 | 3.5 | 45 | 1100 | 75 | 41 | 3 | 26 |



SOUPS

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|---------------------------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Chicken Noodle (S) | 100 | 3 | 1 | 0 | 25 | 680 | 11 | 1 | 2 | 7 |
| Chicken Noodle (L) | 200 | 6 | 2 | 0 | 50 | 1360 | 22 | 2 | 4 | 14 |
| Broccoli Cheddar (S)* | 220 | 15 | 9 | 0 | 50 | 720 | 14 | 2 | 4 | 8 |
| Broccoli Cheddar (L)* | 440 | 30 | 18 | 0 | 100 | 1440 | 28 | 4 | 8 | 16 |
| Organic Lentil + Chickpea (S)* | 160 | 2.5 | 0 | 0 | 0 | 730 | 28 | 9 | 5 | 8 |
| Organic Lentil + Chickpea (L)* | 320 | 5 | 0 | 0 | 0 | 1460 | 56 | 18 | 10 | 16 |
| Chicken Poblano (S)* | 250 | 15 | 9 | 0 | 60 | 860 | 19 | 3 | 5 | 10 |
| Chicken Poblano (L)* | 500 | 30 | 18 | 0 | 120 | 1720 | 38 | 6 | 10 | 20 |
| Spiced Pumpkin Bisque (S)* | 210 | 11 | 7 | 0 | 35 | 360 | 23 | 2 | 13 | 4 |
| Spiced Pumpkin Bisque (L)* | 420 | 22 | 14 | 0 | 70 | 720 | 46 | 4 | 26 | 8 |

*Served when available.



DIGITAL EXCLUSIVES

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-----------------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Modern Greek Crunch | 260 | 12 | 6 | 0 | 35 | 590 | 30 | 6 | 9 | 12 |
| Honey Crispy Chicken | 500 | 23 | 8 | 0 | 65 | 1010 | 51 | 8 | 8 | 26 |
| Chicken Pita | 480 | 25 | 10 | 0 | 150 | 910 | 36 | 8 | 10 | 34 |
| Plant Power | 330 | 13 | 2 | 0 | 0 | 450 | 40 | 14 | 10 | 18 |
| The Keto | 500 | 30 | 9 | 0 | 280 | 640 | 16 | 8 | 4 | 43 |
| The Tex-Mex | 710 | 43 | 11 | 0 | 140 | 1500 | 70 | 40 | 5 | 48 |



SMOOTHIES

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|---------------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Almond Berry Blast | 340 | 13 | 1 | 0 | 0 | 15 | 54 | 7 | 36 | 6 |
| Strawberry Banana | 280 | 5 | 0.5 | 0 | 0 | 15 | 59 | 7 | 39 | 4 |
| PB Protein | 370 | 8 | 1 | 0 | 0 | 45 | 68 | 6 | 44 | 11 |
| Detox Cleanse | 45 | 0 | 0 | 0 | 0 | 30 | 12 | 3 | 6 | 2 |

HOUSEMADE LEMONADES

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-------------------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Strawberry Lemonade | 140 | 0 | 0 | 0 | 0 | 10 | 36 | 2 | 28 | 0 |
| Cucumber Mint Lemonade | 130 | 0 | 0 | 0 | 0 | 15 | 32 | 1 | 23 | 0 |

BREAD

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-------------------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Batard Bread - 1 Slice | 60 | 0 | 0 | 0 | 0 | 125 | 13 | 0 | 1 | 2 |
| HERO Wraps™ | 170 | 11 | 1 | 0 | 0 | 640 | 36 | 33 | 0 | 15 |
| Chocolate Chip Cookies | 130 | 7 | 4 | 0 | 20 | 150 | 16 | 1 | 10 | 2 |

KIDS' MENU

| | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|----------------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|------------|-------------|
| Happy to be Harvest | 290 | 11 | 4.5 | 0 | 80 | 430 | 19 | 4 | 6 | 30 |
| Me Want Caesar | 300 | 6 | 1.5 | 0 | 70 | 350 | 34 | 5 | 19 | 28 |
| Om Nom Nom Bowl | 330 | 9 | 1.5 | 0 | 65 | 340 | 34 | 4 | 3 | 29 |
| Ah Ah Almond Berry | 260 | 13 | 1 | 0 | 0 | 10 | 34 | 7 | 18 | 7 |
| B Is For Banana | 200 | 5 | 0.5 | 0 | 0 | 10 | 39 | 7 | 21 | 4 |



ALLERGEN INFORMATION



INGREDIENTS

| GREENS | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
|--------------------------------|-----------------|----------------|---------------|---------------|---------------|--------------|-----------------|-------------------|--------------|--------------|
| Arugula | | | | | | | | | X | X |
| Baby Spinach | | | | | | | | | X | X |
| Extra Crisp Romaine | | | | | | | | | X | X |
| Supergreens Blend | | | | | | | | | X | X |
| Shredded Kale | | | | | | | | | X | X |
| Shredded Cabbage | | | | | | | | | X | X |
| ESSENTIALS | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
| Sliced Apples | | | | | | | | | X | X |
| Hand-Cut Beets | | | | | | | | | X | X |
| Shaved Broccoli | | | | | | | | | X | X |
| Regenerative Brown Rice | | | | | | | | | X | X |
| Sliced Carrots | | | | | | | | | X | X |
| House-Cooked Chickpeas | | | | | | | | | X | X |
| Fresh Cilantro | | | | | | | | | X | X |
| Roasted Corn | | | | | | | | | X | |
| Garlic Butter Croutons | X | X | | | | | | X | | |
| Sliced Cucumbers | | | | | | | | | X | X |
| Ocean Spray® Dried Cranberries | | | | | | | | | X | |
| Edamame | | | | | | X | | | X | X |
| Sliced Grape Tomatoes | | | | | | | | | X | X |
| Overnight Pickled Onion | | | | | | | | | X | |
| Spicy Harissa Pita | X | | | | | | | | X | |
| Tajin® Spiced Pumpkin Seeds | | | | X | | | | | X | |
| Roasted Sweet Potatoes | | | | | | | | | X | X |
| Organic Quinoa | | | | | | | | | X | X |
| Crunchy Tortilla | | | | | | | | | X | |
| Crunchy Onions | X | | | | | | | X | | |
| Crunchy Wonton Strips | X | | | | X | X | | | | |
| Japanese Furikake Shake | | | | | | | X | | X | |
| Grillo's Pickles | | | | | | | | | X | |

INGREDIENTS (CONTINUED)



| PREMIUMS | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
|---|-----------------|----------------|---------------|---------------|---------------|--------------|-----------------|-------------------|--------------|--------------|
| Hass Avocado | | | | | | | | | X | |
| Homemade Avocado Mash | | | | | | | | | X | |
| Bob's Red Mill® Hemp Hearts | | | | | | | | | X | |
| Chopped Almonds | | | | X | | | | | X | |
| Roasted Balsamic Mushrooms | | | | | | | | | X | |
| Homemade Pico de Gallo | | | | | | | | | X | |
| Roasted Cauliflower | | | | | | | | | X | |
| Roasted Peppers + Onions | | | | | | | | | X | |
| Buffalo Cauliflower  | | | | | | | | | X | |
| Black Lentils | | | | | | | | | X | |
| CHEESE | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
| Grated Cotija | | X | | | | | | X | | |
| Crumbled Feta | | X | | | | | | X | | |
| Violife® Creamy Vegan Feta | | | | | | | | | X | |
| Creamy Goat | | X | | | | | | X | | |
| Shaved Parmesan | | X | | | | | | X | | |
| Sharp White Cheddar | | X | | | | | | X | | |
| PROTEIN | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
| Cage-free Jammy Egg | | | | | X | | | | | X |
| Oven Crispy Chicken | X | | | | | X | | | | |
| Braised Chicken Thigh | | | | | | X | | | | |
| Oven Roasted Chicken | | | | | | X | | | | |
| Impossible™ Chicken (Plant-Based) | X | | | | | X | | | X | |
| Organic Sesame Tofu | X | | | | | X | X | | X | |

 Spicy

DRESSINGS (1 OZ)

| | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
|---|-----------------|----------------|---------------|---------------|---------------|--------------|-----------------|-------------------|--------------|--------------|
| Balsamic Vinaigrette | | | | | | X | | | X | |
| Chipotle Vinaigrette  | | | | | | X | | | X | |
| Lemon Basil Vinaigrette | | | | | | X | | | X | |
| Honey Mustard Vinaigrette | | | | | | X | | X | | |
| Miso Ginger Vinaigrette | X | | | | | X | X | | X | |
| Creamy Caesar | | X | X | | X | X | | | | |
| Buttermilk Ranch | | X | | | X | | | X | | |
| Spicy Buffalo Ranch  | | X | | | X | | | X | | |
| Smoky Poblano Ranch  | | X | | | X | | | X | | |
| Cilantro Lime Vinaigrette | | | | | | X | | | X | |
| Yogurt Cucumber | | X | | | | | | X | | |
| Thai Peanut  | X | | | X | | X | X | | X | |
| Half Lemon + Balsamic Vinaigrette Drizzle | | | | | | X | | | X | |
| Balsamic Vinegar | | | | | | | | | X | |
| Red Wine Vinegar | | | | | | | | | X | |
| Extra Virgin Olive Oil | | | | | | | | | X | |
| Fresh Lemon | | | | | | | | | X | |
| Fresh Lime | | | | | | | | | X | |
| Extra Virgin Olive Oil + Fresh Lemon | | | | | | X | | | X | |


SALADS

| ICONICS | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
|---|-----------------|----------------|---------------|---------------|---------------|--------------|-----------------|-------------------|--------------|--------------|
| Crispy Chicken Poblano | X | X | | | | X | | | | |
| Tokyo Supergreens, Tofu* | X | | | X | | X | X | | X | |
| Tokyo Supergreens, Chicken* | | | | X | | X | X | | | |
| Thai Chicken Crunch  | X | | | | X | X | | | | |
| EARTH-FRIENDLY | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
| Impossible™ Chipotle Cowboy | X | | | | | X | | | X | |
| Earth Bowl | | | | X | | | | | X | |
| Earth Bowl w/ Chicken | | | | X | | X | | | | |
| Buffalo Cauliflower  | | X | | | | | | X | | |


 Spicy




SALADS (CONTINUED)

| CLASSIC | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
|---|-----------------|----------------|---------------|---------------|---------------|--------------|-----------------|-------------------|--------------|--------------|
| California Cobb | | | | X | X | X | | | | |
| Chicken Caesar | X | X | | | | X | | | | |
| Buffalo Chicken  | X | X | | | | X | | | | |



WARM BOWLS

| | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
|--|-----------------|----------------|---------------|---------------|---------------|--------------|-----------------|-------------------|--------------|--------------|
| Edamame Crunch  | X | | | X | | X | X | | X | |
| Chicken Fajita Bowl | | | | | | X | | | | |
| Cilantro Lime Chicken | | X | | | | X | | | | |
| Warm Chicken + Goat Cheese | | X | | | | X | | | | |

DIGITAL EXCLUSIVES


| | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
|--|-----------------|----------------|---------------|---------------|---------------|--------------|-----------------|-------------------|--------------|--------------|
| Modern Greek Crunch | X | X | | | | | | | | |
| Honey Crispy Chicken | X | X | | | | X | | | | |
| Chicken Pita  | X | X | | | | X | | | | |
| Plant Power | | | | X | | X | | | X | |
| The Keto | | X | | X | X | X | | | | |
| The Tex-Mex | X | X | | | | X | | | | |

WRAPS

| | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
|--|-----------------|----------------|---------------|---------------|---------------|--------------|-----------------|-------------------|--------------|--------------|
| Buffalo Chicken  | X | X | | | | X | | | | |
| Spicy Chicken Caesar  | X | X | | | | X | | | | |
| Honey Crispy Chicken Wrap | X | X | | | | X | | | | |
| Vegan Chipotle | X | | | | | X | | | X | |

 Spicy

SOUPS

| | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
|---|-----------------|----------------|---------------|---------------|---------------|--------------|-----------------|-------------------|--------------|--------------|
| Chicken Noodle | X | | | | X | | | | | |
| Broccoli Cheddar | X | X | | | | | | | | |
| Organic Lentil + Chickpea | | | | | | | | | X | |
| Chicken Poblano  | X | X | | | | | | | | |
| Spiced Pumpkin Bisque | | X | | | | | | | | |

*Served when available.

SMOOTHIES

| | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
|--------------------|-----------------|----------------|---------------|---------------|---------------|--------------|-----------------|-------------------|--------------|--------------|
| Almond Berry Blast | | | | X | | | | | X | |
| Strawberry Banana | | | | | | | | | X | |
| PB Protein | | | | X | | | | | X | |
| Detox Cleanse | | | | | | | | | X | |

HOUSEMADE LEMONADES

| | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
|------------------------|-----------------|----------------|---------------|---------------|---------------|--------------|-----------------|-------------------|--------------|--------------|
| Strawberry Lemonade | | | | | | | | | X | |
| Cucumber Mint Lemonade | | | | | | | | | X | |

BREAD

| | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
|------------------------|-----------------|----------------|---------------|---------------|---------------|--------------|-----------------|-------------------|--------------|--------------|
| Batard Bread (NYC) | X | | | X | | X | | | X | |
| Hero Wraps™ | X | | | | | | | | X | |
| Chocolate Chips Cookie | X | X | | | X | X | | | | |

KIDS' MENU

| | Contains Gluten | Contains Dairy | Contains Fish | Contains Nuts | Contains Eggs | Contains Soy | Contains Sesame | Is It Vegetarian? | Is It Vegan? | Is It Paleo? |
|---------------------|-----------------|----------------|---------------|---------------|---------------|--------------|-----------------|-------------------|--------------|--------------|
| Happy to be Harvest | | X | | | | X | | | | |
| Me Want Caesar | X | X | | | | X | | | | |
| Om Nom Nom Bowl | | | | | | X | | | | |
| Ah Ah Almond Berry | | | | X | | | | | X | |
| B Is For Banana | | | | | | | | | X | |

 Spicy

