



CALORIES	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARB (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
----------	---------	-------------	---------------	------------------	-------------	----------	-----------	-----------	-------------

SMOOTHIES

100% Clean Ingredients

Acai Energy	410	5	1	0	0	30	88	0	73	3
Apple Kiwi Kale	380	0	0	0	0	35	94	3	88	1
Bangin' Berry	330	0	0	0	0	25	80	1	77	0
Caribbean Craze	300	0	0	0	0	25	73	1	69	0
Cookie Dough	590	19	7	0	5	570	97	1	75	13
Goin' Green	280	0.5	0	0	0	35	70	1	57	1
Jamaican Jammer	330	0	0	0	5	200	70	1	65	12
Mango Me Crazy	320	0	0	0	0	15	80	1	74	0
Maui Mango	390	0	0	0	0	25	97	1	84	1
Orange Sunrise	330	2.5	1.5	0	10	50	73	0	68	3
PB Protein	480	12	2.5	0	5	410	69	2	63	24
Peach on the Beach	330	2.5	1.5	0	10	35	75	0	69	3
Tropical Therapy	530	4	4	0	0	15	81	3	120	0
Vegan Power Up	320	0	0	0	0	135	71	1	67	7
Wild Strawberry	300	0	0	0	0	15	76	1	73	0

The Smoothie nutritional information is based on a 20 oz/RG serving.

ALLERGENS:

Jamaican Jammer, Orange Sunrise, Peach On The Beach, Cookie Dough contains: Milk
Peanut Butter Protein contain: Peanuts & Milk

SALADS

Buffalo Chicken	380	28	9	0	100	1810	30	4	9	32
Chicken Caesar	410	37	7	0	70	1010	27	0	9	24
Roadhouse BBQ Chicken	320	17	5	0	70	960	43	4	19	22
Southwest Chipotle Chicken	470	31	7	0	85	1130	45	1	13	26
Strawberry & Kale	360	17	4.5	0	60	770	54	6	28	24
Chicken Avocado	490	38	11	0	205	1460	30	5	8	37

RICE BOWLS

Baja Queso	680	33	6	0	65	1100	74	2	5	21
Buffalo	600	23	7	0	75	1810	70	2	3	27
Thai Chicken	560	10	1	0	30	1740	96	4	25	23
KC BBQ	610	11	5	0	65	1530	97	2	27	27
Mexican	710	29	6	0	65	1380	83	2	6	25
Power Protein	810	30	8	0	170	2020	94	3	4	39
Frito Grande	630	21	5	0	45	810	87	3	2	23
Meatless Mexican	730	29	7	0	35	1170	91	2	8	24

GRILLED FLATBREADS										
Chipotle Chicken Club	670	35	10	0	85	1470	58	3	6	34
BBQ Bacon Chicken	660	22	9	0	85	1760	81	3	29	36
Pesto Chicken	600	29	9	0	55	1220	58	3	6	30
Sante Fe	720	36	10	0	70	1680	64	2	7	31
Nashville Hot!	580	23	6	0	65	1860	66	3	15	31
TOASTED WRAPS										
Chicken Avocado	570	31	8	0	70	1850	43	1	5	31
Thai Chicken	400	11	3	0	30	1330	58	2	12	21
Mexicano	640	28	7	0	45	1950	68	1	7	27
Spinach Pesto	500	26	6	0	45	1320	42	0	3	26
Super Green	540	32	5	0	50	1460	44	1	5	25
BREAKFAST POCKETS										
Bacon, Egg & Cheese	390	22	10	0	220	1150	21	0	2	24
Southwest Pocket	280	12	3.5	0	185	1130	25	0	4	16
Florentine Pocket	300	16	7	0	190	890	21	0	2	17
Sausage, Egg & Cheese	450	28	12	0	350	1080	22	0	2	25
BREAKFAST SANDWICHES										
Classic	500	20	9	0	50	1220	53	2	0	27
Sausage	490	20	9	0	40	1060	53	2	0	25
ACAI BOWLS										
Acai Banana Berry Bowl	580	8	0.5	0	0	25	126	4	86	7
Acai Peanut Butter	640	19	3	0	0	120	112	3	79	11