

# NUTRITIONAL INFORMATION

2020



protein bar & kitchen

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
<b>BREAKFAST SCRAMBLES</b>											
AM Summer Protein Scramble	21g	420	32g	4.5g	0g	365mg	970mg	9g	15g	6g	6g
<i>Allergens: Egg, Tree Nuts, Sesame</i>											
Beyond Chorizo Barrito	43g	460	22g	7g	0g	380mg	1200mg	21g	35g	14g	4g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Soy Protein</i>											
Beyond Chorizo Scramble	28g	270	16g	6g	0g	380mg	990mg	4g	6g	2g	3g
<i>Allergens: Egg, Dairy, Soy Protein</i>											
Beyond Chorizo Skinny	23g	240	11g	3.5g	0g	195mg	680mg	11g	19g	8g	2g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Soy Protein</i>											
Big Bacon Barrito	51g	530	27g	8g	0g	625mg	1340mg	21g	33g	12g	3g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Soy Protein</i>											
Big Bacon Scramble	36g	350	21g	7g	0g	625mg	1140mg	4g	4g	0g	2g
<i>Allergens: Egg, Dairy, Soy Protein</i>											
Big Bacon Skinny	25g	260	13g	4g	0g	270mg	650mg	11g	18g	7g	1g
<i>Allergens: Egg, Dairy</i>											
Egg White, Spinach & Feta Barrito	38g	450	23g	8g	0g	30mg	1350mg	22g	36g	14g	4g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Soy Protein</i>											
Egg White, Spinach & Feta Scramble	23g	260	17g	7g	0g	25mg	1140mg	4g	6g	2g	3g
<i>Allergens: Egg, Dairy</i>											
Egg White, Spinach & Feta Skinny	23g	270	15g	6g	0g	20mg	890mg	13g	21g	8g	3g
<i>Allergens: Wheat/Gluten, Egg, Dairy</i>											
Mexicali Skinny	19g	280	16g	4g	0g	200mg	730mg	14g	24g	10g	1g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Soy Protein</i>											
Morning Mexicali Barrito	41g	540	29g	8g	0g	385mg	1300mg	28g	45g	17g	4g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Soy Protein</i>											
Morning Mexicali Scramble	22g	330	23g	7g	0g	385mg	850mg	9g	14g	5g	1g
<i>Allergens: Egg, Dairy, Soy Protein</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
<b>BREAKFAST OATMEAL</b>											
Maple Bacon Oatmeal	24g	410	16g	6g	0g	70mg	880mg	42g	47g	5g	8g
<i>Allergens: Dairy</i>											
Overnight Oats	17g	370	6g	1g	0g	5mg	570mg	60g	70g	10g	33g
<i>Allergens: Tree Nuts, Dairy, Sesame</i>											
Peanut Butter Acai Oatmeal	13g	460	17g	3g	0g	0mg	360mg	63g	72g	9g	24g
<i>Allergens: Peanut, Sesame</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
<b>SHAKES</b>											
Avo Matcha	15g	240	8g	2g	0g	20mg	250mg	26g	29g	3g	26g
<i>Allergens: Tree Nuts, Dairy, Soy Protein</i>											
Berry Good	15g	220	3g	0g	0g	20mg	200mg	31g	36g	5g	26g
<i>Allergens: Dairy, Soy Protein</i>											
Big Date	17g	360	9g	3g	0g	20mg	130mg	53g	61g	8g	38g
<i>Allergens: Dairy</i>											
Health Nut	9g	340	16g	2.5g	0g	0mg	190mg	37g	44g	7g	29g
<i>Allergens: Peanut, Tree Nuts</i>											
Hi-Five	3g	180	0.5g	0g	0g	0mg	35mg	44g	45g	1g	31g
<i>Allergens:</i>											
Hippie Shake	29g	610	27g	4.5g	0g	20mg	240mg	61g	73g	12g	19g
<i>Allergens: Peanut, Tree Nuts, Dairy, Soy Protein, Sesame</i>											
Jokes Acai'd	19g	410	4.5g	0g	0g	20mg	95mg	74g	58g	4g	61g
<i>Allergens: Dairy, Soy Protein</i>											
PB&J	19g	330	17g	2.5g	0g	20mg	290mg	25g	30g	5g	22g
<i>Allergens: Peanut, Tree Nuts, Dairy, Soy Protein</i>											
The Perk	25g	190	5g	1g	0g	25mg	350mg	12g	14g	2g	7g
<i>Allergens: Wheat/Gluten, Tree Nuts, Dairy, Soy Protein</i>											
Wrigley Peeled	25g	500	30g	5g	0g	20mg	320mg	33g	39g	6g	24g
<i>Allergens: Peanut, Tree Nuts, Dairy, Soy Protein</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
<b>BOWLS/BAR-RITOS</b>											
Basic Black Bean Bowl	47g	600	21g	5g	0g	100mg	1860mg	56g	71g	15g	3g
<i>Allergens: Dairy, Soy Protein</i>											
Black Bean Burrito	57g	700	25g	7g	0g	100mg	1880mg	60g	81g	21g	3g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Buffalo Burrito	46g	540	20g	6g	0g	90mg	3290mg	41g	57g	16g	3g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Buffalo Bowl	34g	410	16g	4.5g	0g	90mg	3110mg	33g	38g	5g	2g
<i>Allergens: Dairy, Soy Protein</i>											
Chimichurri Bowl	23g	28g	46g	10g	0g	0mg	840mg	19g	28g	9g	0g
<i>Allergens:</i>											
Falafel Bowl	27g	670	32g	6g	0g	15mg	1190mg	63g	80g	17g	22g
<i>Allergens: Dairy, Sesame</i>											
Healthy Parm	33g	600	35g	12g	0g	25mg	1060mg	40g	49g	9g	7g
<i>Allergens: Dairy</i>											
Mexicali Burrito	55g	770	35g	8g	0g	95mg	2200mg	57g	78g	21g	6g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Mexicali Bowl	41g	600	30g	7g	0g	95mg	2010mg	41g	50g	9g	6g
<i>Allergens: Dairy, Soy Protein</i>											
Spicy Korean Burrito	41g	690	19g	3.5g	0g	60mg	1700mg	85g	102g	17g	42g
<i>Allergens: Wheat/Gluten, Soy Protein</i>											
Spicy Korean Bowl	21g	600	32g	7g	0g	0mg	1420mg	52g	60g	8g	43g
<i>Allergens: Tree Nuts, Soy Protein</i>											
Spinach & Pesto Burrito	54g	730	38g	9g	0g	100mg	1710mg	40g	56g	16g	1g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Spinach & Pesto Bowl	46g	740	43g	9g	0g	105mg	1760mg	42g	49g	7g	0g
<i>Allergens: Dairy, Soy Protein</i>											
Summer Protein Bowl	35g	520	37g	5g	0g	170mg	1440mg	10g	16g	6g	35g
<i>Allergens: Tree Nuts, Sesame</i>											
Summer Salmon & Vegetables	19g	370	28g	4g	0g	35mg	970mg	10g	16g	6g	7g
<i>Allergens: Tree Nuts, Fish/Shellfish</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
<b>BOWLS with RICED CAULIFLOWER</b>											
Basic Black Bean Bowl	47g	630	32g	7g	0g	100mg	1960mg	41g	56g	15g	5g
<i>Allergens: Dairy, Soy Protein</i>											
Buffalo Bowl	31g	390	26g	6g	0g	90mg	3170mg	7g	12g	5g	4g
<i>Allergens: Dairy, Soy Protein</i>											
Mexicali Bowl	41g	640	41g	8g	0g	95mg	2110mg	26g	36g	10g	8g
<i>Allergens: Dairy, Soy Protein</i>											
Spinach & Pesto Bowl	41g	600	52g	10g	0g	105mg	1780mg	8g	13g	5g	2g
<i>Allergens: Dairy, Soy Protein</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
<b>CHILIS/SOUPS</b>											
Beyond Chili Bowl	34g	430	12g	4g	0g	25mg	1460mg	45g	55g	10g	8g
<i>Allergens: Dairy</i>											
Beyond Chili Bowl Vegan	28g	390	10g	1g	0g	0mg	1330mg	44g	57g	13g	8g
<i>Allergens:</i>											
Beyond Chili Cup	17g	210	6g	2g	0g	10mg	740mg	23g	28g	5g	4g
<i>Allergens: Dairy</i>											
Beyond Chili Cup Vegan	14g	220	8g	1g	0g	0mg	670mg	22g	30g	8g	4g
<i>Allergens: Dairy</i>											
Coconut Lentil Bowl	18g	350	19g	5g	0g	0mg	1070mg	27g	43g	15g	6g
<i>Allergens: Tree Nuts</i>											
Coconut Lentil Bowl w/ Quinoa	19g	320	8g	3.5g	0g	0mg	910mg	44g	58g	14g	4g
<i>Allergens:</i>											
Coconut Lentil Cup	8g	160	9g	2.5g	0g	0mg	490mg	13g	20g	7g	3g
<i>Allergens: Tree Nuts</i>											
Cup Chicken Chili	14g	180	6g	2.5g	0g	35mg	550mg	18g	21g	3g	1g
<i>Allergens: Dairy, Soy Protein</i>											
Quinoa Chicken Chili	32g	400	13g	5g	0g	80mg	1310mg	38g	46g	8g	2g
<i>Allergens: Dairy, Soy Protein</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
<b>SALADS/WRAPS</b>											
Buffalo Salad	30g	280	13g	4.5g	0g	90ng	2730mg	7g	11g	4g	4g
<i>Allergens: Egg, Dairy</i>											
Buffalo Wrap	43g	440	19g	5g	0g	90mg	2920mg	23g	37g	14g	4g
<i>Allergens: Wheat/Gluten, Egg, Dairy</i>											
Greek Salad	40g	720	40g	7g	0g	95mg	1830mg	45g	53g	8g	18g
<i>Allergens: Dairy, Sesame</i>											
Greek Wrap	55g	900	45g	8g	0g	95mg	2030mg	63g	82g	19g	19g
<i>Allergens: Wheat/Gluten, Dairy, Sesame</i>											
Healthy Club Salad	42g	540	29g	3.5g	0g	135mg	1780mg	25g	30g	5g	16g
<i>Allergens: Egg, Dairy</i>											
Healthy Club Wrap	56g	710	34g	4.5g	0g	135mg	1960mg	40g	55g	15g	16g
<i>Allergens: Wheat/Gluten, Egg, Dairy</i>											
Kale Caesar Salad	44g	540	32g	10g	0g	110mg	1680mg	13g	20g	7g	6g
<i>Allergens: Egg, Dairy, Fish/Shellfish</i>											
Kale Caesar Wrap	57g	700	38g	11g	0g	110mg	1880mg	30g	46g	16g	6g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Fish/Shellfish</i>											
Southwest Salad	37g	600	30g	6g	0g	95mg	1470mg	40g	51g	11g	9g
<i>Allergens: Dairy, Soy Protein</i>											
Southwest Wrap	53g	780	38g	8g	0g	100mg	1780mg	52g	73g	21g	10g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Superfood Vegan Salad	21g	520	30g	3g	0g	0mg	810mg	36g	47g	11g	18g
<i>Allergens: Soy Protein, Sesame</i>											
Superfood Vegan Wrap	34g	670	34g	4g	0g	0mg	980mg	51g	73g	22g	18g
<i>Allergens: Wheat/Gluten, Soy Protein, Sesame</i>											



	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
<b>KIDS MENU</b>											
KIDS Chick Parm Bowl	21g	230	11g	4g	0g	50mg	680mg	13g	15g	2g	1g
<i>Allergens:</i>											
KIDS Chick Parm Dilla	27g	270	12g	4.5g	0g	50mg	750mg	12g	19g	7g	1g
<i>Allergens:</i>											
KIDS Chickie Cheese Bowl	23g	340	22g	4.5g	0g	70mg	1060mg	15g	16g	1g	0g
<i>Allergens:</i>											
KIDS Chickie Cheese Dilla	29g	380	23g	5g	0g	70mg	1130mg	14g	20g	6g	0g
<i>Allergens:</i>											
KIDS Choconana	17g	320	2g	0g	0g	5mg	290mg	53g	58g	5g	46g
<i>Allergens:</i>											
KIDS Fruit Loop	2g	120	2g	0g	0g	0mg	85mg	26g	29g	3g	18g
<i>Allergens:</i>											
KIDS PB&Junior	7g	230	16g	2.5g	0g	0mg	170mg	14g	18g	4g	12g
<i>Allergens:</i>											
KIDS Pesto Bowl	23g	300	19g	5g	0g	55mg	830mg	12g	14g	2g	0g
<i>Allergens:</i>											
KIDS Pesto Dilla	29g	340	20g	5.5g	0g	55mg	900mg	11g	18g	7g	0g
<i>Allergens:</i>											
KIDS Taco Bowl	28g	490	28g	6g	0g	65mg	1230mg	31g	39g	8g	3g
<i>Allergens:</i>											
KIDS Taco Dilla	34g	530	29g	6.5g	0g	65mg	1300mg	30g	43g	13g	3g
<i>Allergens:</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
<b>COFFEE</b>											
Beauty Brew Latte	31g	170	2.5g	0g	0g	20mg	270mg	6g	7g	1g	4g
<i>Allergens: Tree Nuts, Dairy, Soy Protein</i>											
Golden Milk Latte	1g	190	16g	11g	0g	20mg	25mg	11g	11g	0g	9g
<i>Allergens: Dairy</i>											
Keto Coffee	1g	140	15g	10g	0g	20mg	0mg	1g	1g	0g	0g
<i>Allergens:</i>											
Matcha Latte	0g	130	7g	6g	0g	0mg	30mg	17g	17g	0g	17g
<i>Allergens:</i>											