

NUTRITIONAL INFORMATION

2022



protein bar & kitchen

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
BREAKFAST SCRAMBLES											
Bacon, Egg & Cheese Burrito	51g	530	27g	8g	0g	625mg	1340mg	21g	33g	12g	3g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Soy Protein</i>											
Bacon, Egg & Cheese Scramble	36g	350	21g	7g	0g	625mg	1140mg	4g	4g	0g	2g
<i>Allergens: Egg, Dairy, Soy Protein</i>											
Morning Mexicali Burrito	43g	540	27g	7g	0g	385mg	1420mg	31g	47g	16g	5g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Soy Protein</i>											
Morning Mexicali Scramble	22g	320	21g	6g	0g	385mg	850mg	9g	14g	5g	2g
<i>Allergens: Egg, Dairy, Soy Protein</i>											
Sunrise Pesto Burrito	35g	420	23g	6g	0g	380mg	730mg	19g	32g	13g	1g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Soy Protein</i>											
Sunrise Pesto Scramble	20g	240	17g	4.5g	0g	380mg	520mg	2g	3g	1g	0g
<i>Allergens: Egg, Dairy, Soy Protein</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
BREAKFAST OATMEAL											
Almost Naked Oatmeal	14g	360	10g		0g	0mg	230mg	54g	63g	9g	9g
<i>Allergens:</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
SHAKES											
Avo Matcha	15g	240	8g	2g	0g	20mg	250mg	26g	29g	3g	26g
<i>Allergens: Tree Nuts, Dairy, Soy Protein</i>											
Basic Beach	20g	250	2.5g		0g	0mg	135mg	36g	41g	5g	29g
<i>Allergens:</i>											
Berry Good	15g	220	3g	0g	0g	20mg	200mg	31g	36g	5g	26g
<i>Allergens: Dairy, Soy Protein</i>											
Ging & Juice	15g	200	1.5g	0g	0g	20mg	150mg	29g	32g	3g	23g
<i>Allergens: Dairy, Soy Protein</i>											
Hippie Shake	28g	590	26g	4g	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>											
Keto Shake	27g	530	40g	10g	0g	20mg	340mg	18g	26g	8g	10g
<i>Allergens: Peanut, Tree Nuts, 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>											
Pink Dragon	16g	300	6g	0.5g	0g	20mg	140mg	46g	53g	7g	29g
<i>Allergens: Dairy, Soy Protein</i>											
So Stoked	19g	370	17g	3g	0g	20mg	290mg	36g	40g	4g	27g
<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
SUPER BLENDS											
Detox	2g	180	0.5g	0g	0g	0mg	60mg	43g	45g	2g	31g
<i>Allergens:</i>											
Hydrate	1g	130	0.5g	0g	0g	0mg	30mg	29g	30g	2g	27g
<i>Allergens:</i>											
Immunity	4g	250	0g	0g	0g	0mg	25mg	60g	62g	2g	33g
<i>Allergens:</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
BOWLS/BAR-RITOS											
Basic Black Bean Bowl	44g	600	22g	6g	0g	75mg	1650mg	58g	73	15g	3g
<i>Allergens: Dairy</i>											
Black Bean Burrito	49g	640	24g	7g	0g	75mg	1500mg	56g	76g	20g	2g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Buffalo Burrito	42g	520	21g	6g	0g	65mg	3020mg	41g	57g	16g	3g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Buffalo Bowl	29g	400	16g	5g	0g	65mg	2810mg	33g	38g	5g	2g
<i>Allergens: Dairy</i>											
Egg Roll Bowl	22g	500	38g	7g	0g	60mg	1170mg	14g	20g	6g	10g
<i>Allergens: Soy Protein, Sesame</i>											
Mexicali Burrito	53g	780	35g	8g	0g	75mg	2190mg	61g	82g	21g	8g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Mexicali Bowl	39g	600	29g	7g	0g	75mg	1990mg	44g	53g	9g	7g
<i>Allergens: Dairy, Soy Protein</i>											
Spinach & Pesto Burrito	47g	670	36g	7g	0g	70mg	1320mg	39g	55g	16g	1g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Spinach & Pesto Bowl	39g	690	41g	8g	0g	70mg	1330mg	42g	49g	7g	0g
<i>Allergens: Dairy</i>											
Summer Carnitas Burrito	44g	710	26g	6g	0g	65mg	1080mg	70g	91g	21g	21g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Summer Carnitas Bowl	29g	520	20g	4.5g	0g	65mg	870mg	52g	61g	9g	20g
<i>Allergens: Dairy, Soy Protein</i>											
Summer Salmon Bowl	20g	380	29g	4g	0g	40mg	960mg	9g	15g	6g	6g
<i>Allergens: Fish/Shellfish</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
BOWLS with RICED CAULIFLOWER											
Basic Black Bean Bowl	48g	560	27g	7g	0g	95mg	1540mg	40g	56g	16g	5g
<i>Allergens: Dairy, Soy Protein</i>											
Buffalo Bowl	22g	310	21g	6g	0g	85mg	2700mg	6g	11g	5g	4g
<i>Allergens: Dairy, Soy Protein</i>											
Mexicali Bowl	33g	580	38g	8g	0g	95mg	1870mg	26g	36g	10g	8g
<i>Allergens: Dairy, Soy Protein</i>											
Spinach & Pesto Bowl	30g	550	45g	9g	0g	95mg	1220mg	6g	11g	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
CHILIS/SOUPS											
Beyond Chili Bowl	34g	430	12g	4g	0g	25mg	1460mg	45g	55g	10g	8g
<i>Allergens: Dairy</i>											
Beyond Chili Bowl Vegan	28g	370	8g	0.5g	0g	0mg	1350mg	46g	58g	12g	9g
<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	15g	210	6g	0.5g	0g	0mg	720mg	24g	31g	7g	5g
<i>Allergens:</i>											
Quinoa Chicken Chili Bowl	32g	400	13g	5g	0g	80mg	1310mg	38g	46g	8g	2g
<i>Allergens: Dairy, Soy Protein</i>											
Quinoa Chicken Chili Cup	14g	180	6g	2.5g	0g	35mg	550mg	18g	21g	3g	1g
<i>Allergens: Dairy, Soy Protein</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
SALADS/WRAPS											
Buffalo Salad	28g	310	17g	4.5g	0g	70mg	1620mg	10g	14g	4g	4g
<i>Allergens: Egg, Dairy</i>											
Buffalo Wrap	42g	480	22g	6g	0g	70mg	1810mg	26g	40g	14g	4g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Soy Protein</i>											
Green Goddess Salad	30g	460	30g	6g	0g	60mg	1160mg	17g	22g	5g	7g
<i>Allergens: Dairy, Soy Protein</i>											
Green Goddess Wrap	43g	620	35g	7g	0g	60mg	1350mg	31g	47g	16g	7g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Healthy Club Salad	38g	520	27g	3.5g	0g	110mg	1630mg	26g	31g	5g	17g
<i>Allergens: Egg, Dairy</i>											
Healthy Club Wrap	51g	680	33g	4.5g	0g	105mg	1800mg	42g	57g	15g	17g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Soy Protein</i>											
Kale Caesar Salad	37g	470	28g	8g	0g	80mg	1390mg	13g	19g	6g	7g
<i>Allergens: Egg, Dairy, Fish/Shellfish</i>											
Kale Caesar Wrap	50g	630	34g	9g	0g	80mg	1600mg	30g	46g	16g	7g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Soy Protein, Fish/Shellfish</i>											
Southwest Salad	36g	610	31g	7g	0g	70mg	1270mg	45g	55g	10g	11g
<i>Allergens: Dairy, Soy Protein</i>											
Southwest Wrap	46g	710	35g	8g	0g	70mg	1420mg	51g	70g	19g	11g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Spicy Cesar Salad	32g	380	17g		0g	60mg	1210mg	23g	31g	8g	10g
<i>Allergens: Dairy</i>											
Spicy Cesar Wrap	45g	540	23g	5g	0g	60mg	1410mg	38g	55g	17g	9g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Superfood Vegan Salad	21g	510	28g	2.5g	0g	0mg	910mg	37g	48g	11g	19g
<i>Allergens: Soy Protein, Sesame</i>											
Superfood Vegan Wrap	34g	670	33g	3.5g	0g	0mg	1060mg	54g	76g	22g	19g
<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
KIDS MENU											
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
COFFEE											
Hot Beauty Brew Latte	31g	170	2.5g	0g	0g	20mg	270mg	6g	7g	1g	4g
<i>Allergens: Tree Nuts, Dairy, Soy Protein</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>											
Mocha Latte	3g	200	8g	5g	0g	0mg	60mg	32g	34g	2g	26g
<i>Allergens: Wheat/Gluten, Dairy</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
Acai Bowls + Parfaits											
Berry Banana Parfait	9g	340	15g	4g	0g	15mg	140mg	43g	50g	7g	26g
<i>Allergens: Tree Nuts, Dairy</i>											
Honey Granola Parfait	9g	320	15g	4g	0g	15mg	140mg	38g	45g	7g	23g
<i>Allergens: Tree Nuts, Dairy</i>											
Island Sunrise Parfait	9g	390	16g	7g	0g	15mg	160mg	50g	57g	7g	34g
<i>Allergens: Tree Nuts, Dairy</i>											
Triple Berry Acai	4g	510	14g	1.5g	0g	0mg	85mg	91g	98g	7g	71g
<i>Allergens: Tree Nuts</i>											
Tropical Acai Bowl	2g	450	10g	4.5g	0g	0mg	5mg	88g	93g	5g	76g
<i>Allergens: Tree Nuts</i>											