

# NUTRITIONAL INFORMATION

2024



protein bar & kitchen

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
<b>BREAKFAST SCRAMBLES</b>											
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</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</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
<b>BREAKFAST OATMEAL</b>											
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
<b>SHAKES</b>											
Blue Heaven	15g	350	8g	0.5g	0g	0mg	105mg	43g	46g	3g	32g
<i>Allergens: Tree Nuts, Dairy</i>											
Hippie Shake	28g	580	25g	4g	0g	5mg	210mg	61g	72g	11g	19g
<i>Allergens: Peanut, Tree Nuts, Dairy, Soy Protein</i>											
Jokes Acai'd	20g	420	4g	0g	0g	5mg	65mg	74g	70g	4g	61g
<i>Allergens: Dairy, Soy Protein</i>											
Keto Shake	28g	530	40g	9g	0g	5mg	310mg	18g	26g	8g	10g
<i>Allergens: Peanut, Tree Nuts, Dairy, Soy Protein</i>											
PB&J	21g	330	17g	2.5g	0g	5mg	270mg	23g	28g	5g	21g
<i>Allergens: Peanut, Tree Nuts, Dairy, Soy Protein</i>											
The Perk	24g	190	5g	1g	0g	35mg	300mg	11g	14g	3g	6g
<i>Allergens: Wheat/Gluten, Tree Nuts, Dairy, Soy Protein</i>											
Wrigley Peeled	26g	520	32g	6g	0g	30mg	280mg	34g	41g	7g	25g
<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>SUPER BLENDS</b>											
Berry Banana Smoothie	4g	330	8g	0.5g	0g	0mg	120mg	60g	66g	6g	41g
<i>Allergens:</i>											
Lean & Green Smoothie	3g	250	0.5g	0g	0g	0mg	60mg	61g	63g	2g	44g
<i>Allergens: Tree Nuts</i>											
Mango Cure Smoothie	4g	250	0g	0g	0g	0mg	25mg	60g	62g	2g	33g
<i>Allergens:</i>											
Tropic Thunder Smoothie	2g	170	0.5g	0g	0g	0mg	20mg	40g	45g	5g	37g
<i>Allergens: Tree Nuts</i>											
Zenergy Smoothie	3g	300	12g	1.5g	0g	0mg	125mg	43g	46g	3g	35g
<i>Allergens:</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
<b>BOWLS/BAR-RITOS</b>											
Black Bean Burrito	49g	640	24g	7g	0g	75mg	1500mg	56g	76g	20g	2g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Black Bean Bowl	44g	600	22g	6g	0g	75mg	1650mg	58g	73	15g	3g
<i>Allergens: Dairy</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>											
Carnitas Burrito	46g	750	29g	8g	0g	75mg	1240mg	70g	91g	21g	21g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Carnitas Bowl	31g	560	23g	7g	0g	75mg	1030mg	53g	62g	9g	20g
<i>Allergens: Dairy</i>											
Japanese BBQ Bowl	33g	690	36g	5g	0g	40mg	2560mg	60g	68g	8g	25g
<i>Allergens: Wheat/Gluten, Soy Protein, Sesame, Fish/Shellfish</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>											
Winter Protein Bowl	32g	750	54g	7g	0g	65mg	2150mg	31g	43g	12g	13g
<i>Allergens: Tree Nuts</i>											

PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
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**BOWLS with RICED CAULIFLOWER**

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
<b>CHILIS/SOUPS</b>											
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>											
Tomato Soup Bowl	15g	220	11g	2.5g	0g	15mg	1150mg	16g	23g	7g	4g
<i>Allergens: Dairy</i>											
Tomato Soup Cup	6g	90	5g	1.5g	0g	5mg	470mg	6g	9g	3g	1g
<i>Allergens: Dairy</i>											



	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
<b>SALADS/WRAPS</b>											
Cobb Salad	42g	650	48g	11g	0g	235mg	1420mg	12g	19g	7g	8g
<i>Allergens: Egg, Dairy</i>											
Cobb Wrap	44g	570	30g	6g	0g	70mg	1150mg	31g	47g	16g	7g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Soy Protein</i>											
Green Goddess Salad	30g	390	24g	5g	0g	70mg	1010mg	14g	19g	5g	6g
<i>Allergens: Dairy, Soy Protein</i>											
Green Goddess Wrap	44g	620	34g	7g	0g	75mg	1580mg	33g	49g	16g	7g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Harvest Salad	30g	590	31g	6g	0g	75mg	1400mg	44g	54g	10g	19g
<i>Allergens: Tree Nuts, Dairy</i>											
Harvest Wrap	44g	760	36g	6g	0g	75mg	1590mg	62g	83g	21g	20g
<i>Allergens: Wheat/Gluten, Tree Nuts, Dairy, Soy Protein</i>											
Salmon Caesar Salad	39g	690	55g	12g	0g	95mg	920mg	8g	12g	4g	6g
<i>Allergens: Egg, Dairy, Fish/Shellfish</i>											
Salmon Caesar Wrap	51g	830	59g	13g	0g	90mg	1110mg	24g	37g	13g	5g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Soy Protein, Fish/Shellfish</i>											
Southwest Salad	40g	620	31g	7g	0g	90mg	1630mg	50g	57g	7g	10g
<i>Allergens: Dairy</i>											
Southwest Wrap	52g	730	36g	8g	0g	95mg	1420mg	58g	76g	18g	12g
<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
<b>KIDS MENU</b>											
Kids Chicken Tenders	30g	340	18g	3g	0g	60mg	600mg	15g	18g	3g	3g
<i>Allergens: Wheat/Gluten, Soy Protein</i>											
Kids Chickie Cheese Dilla	29g	380	23g	5g	0g	70mg	1130mg	14g	20g	6g	0g
<i>Allergens: Wheat/Gluten, Dairy, Soy Protein</i>											
Kids Chunky Monkey	17g	320	2g	0g	0g	5mg	290mg	53g	58g	5g	46g
<i>Allergens: Peanut, Tree Nuts</i>											
Kids Mini Mango	2g	150	0.5g	0g	0g	0mg	0mg	34g	38g	4g	30g
<i>Allergens:</i>											
Kids Pesto Bowl	23g	300	19g	5g	0g	55mg	830mg	12g	14g	2g	0g
<i>Allergens: Dairy</i>											
Kids Strawberry Fields	1g	120	2g	0g	0g	0mg	75mg	24g	26g	2g	17g
<i>Allergens: Tree Nuts</i>											
Kids Taco Bowl	28g	490	28g	6g	0g	65mg	1230mg	31g	39g	8g	3g
<i>Allergens: Dairy</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
<b>COFFEE</b>											
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, Soy Protein</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
<b>Acai Bowls + Parfaits</b>											
Chia Berry Parfait	17g	330	10g	1.5g	0g	5mg	120mg	43g	50g	7g	26g
<i>Allergens: Tree Nuts, Dairy</i>											
Coco Azul Bowl	15g	350	12g	1.5g	0g	0mg	105mg	43g	50g	7g	24g
<i>Allergens: Tree Nuts</i>											
Honey Granola Parfait	16g	310	10g	1.5g	0g	5mg	120mg	37g	44g	7g	22g
<i>Allergens: Tree Nuts, Dairy</i>											
The Elvis Acai	12g	780	30g	4g	0g	0mg	160mg	113g	124g	11g	85g
<i>Allergens: Peanut, Tree Nuts</i>											
Triple Berry Acai	4g	510	14g	1.5g	0g	0mg	85mg	91g	98g	7g	71g
<i>Allergens: Tree Nuts</i>											