

NUTRITIONAL INFORMATION

2019



protein bar & kitchen

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
BREAKFAST SCRAMBLES											
AM Fall Protein Scramble	21g	370	26g	4g	0g	365mg	710mg	11g	18g	7g	4g
<i>Allergens: Egg, Tree Nuts, Sesame</i>											
Big Bacon Burrito	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>											
Morning Mexicali Burrito	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>											
Steak & Eggs Burrito	51g	470	18g	4g	0g	420mg	1320mg	28g	43g	15g	2g
<i>Allergens: Wheat/Gluten, Egg, Soy Protein</i>											
Steak & Eggs Scramble	36g	290	12g	3g	0g	420mg	1100mg	10g	13g	3g	1g
<i>Allergens: Egg, Soy Protein</i>											
Sunrise Pesto Burrito	37g	450	25g	7g	0g	380mg	990mg	20g	33g	13g	1g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Soy Protein</i>											
Sunrise Pesto Scramble	22g	270	19g	6g	0g	380mg	770mg	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											
Apple Walnut Oatmeal	10g	330	11g	1.5g	0g	0mg	360mg	51g	58g	7g	17g
<i>Allergens: Tree Nuts, Sesame</i>											
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
SHAKES											
Avo Matcha	15g	240	8g	2g	0g	20mg	250mg	26g	29g	3g	26g
<i>Allergens: Tree Nuts, Dairy, Soy Protein</i>											
Beauty Brew	30g	160	2.5g	0g	0g	20mg	270mg	5g	6g	1g	4g
<i>Allergens: Dairy, Soy Protein</i>											
Berry Good	15g	170	3g	0g	0g	20mg	200mg	21g	26g	5g	15g
<i>Allergens: Dairy, Soy Protein</i>											
Big Date	17g	360	9g	3g	0g	20mg	130mg	53g	61g	8g	38g
<i>Allergens: Dairy</i>											
Candy Cane	18g	260	7g	5g	0g	20mg	210mg	31g	34g	3g	27g
<i>Allergens: Tree Nuts, Dairy, Soy Protein</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>											
Smashing Pumpkin	18g	320	14g	4g	0g	20mg	135mg	30g	35g	5g	23g
<i>Allergens: Dairy, Soy Protein, Sesame</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
BOWLS/BAR-RITOS											
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>											
Fall Protein Bowl	35g	630	49g	7g	0g	170mg	1190mg	13g	20g	7g	5g
<i>Allergens: Egg, Tree Nuts, Sesame</i>											
Fall Protein Bowl- Poached Egg	39g	670	51g	8g	0g	265mg	1300mg	13g	20g	7g	5g
<i>Allergens: Egg, Tree Nuts, 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>											
Salmon TLC	41g	680	33g	11g	0g	40mg	1240mg	53g	69g	16g	36g
<i>Allergens: Peanut, Dairy, Soy Protein, Fish/Shellfish</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 w/ Meatballs	21g	600	32g	7g	0g	0mg	1420mg	52g	60g	8g	43g
<i>Allergens: Wheat/Gluten, Tree Nuts, Soy Protein</i>											
Spicy Korean Bowl w/Steak	28g	560	14g	2.5g	0g	60mg	1510mg	77g	84g	7g	41g
<i>Allergens: Wheat/Gluten, 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>											
Steakhouse Burrito	54g	730	30g	6g	0g	85mg	2020mg	61g	82g	21g	3g
<i>Allergens: Wheat/Gluten, Egg, Dairy, Soy Protein</i>											
Steakhouse Bowl	39g	550	24g	5g	0g	85mg	1800mg	44g	53g	9g	2g
<i>Allergens: Dairy, Soy Protein</i>											
Sweet Potato Falafel Bowl	25g	740	37g	7g	0g	15mg	1300mg	71g	86g	15g	26g
<i>Allergens: Dairy, Soy Protein, Sesame</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
SALADS/WRAPS											
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>											
Harvest Salad	16g	780	51g	9g	0g	15mg	840mg	63g	74g	11g	29g
<i>Allergens: Tree Nuts, Dairy</i>											
Harvest Wrap	30g	960	57g	10g	0g	15mg	1040mg	81g	103g	22g	30g
<i>Allergens: Wheat/Gluten, Tree Nuts, Dairy, Soy Protein</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
CHILIS/SOUPS											
Beyond Chili Bowl	34g	430	12g	4g	0g	25mg	1460mg	45g	55g	10g	8g
<i>Allergens: Dairy</i>											
Beyond Chili Cup	17g	210	6g	2g	0g	10mg	740mg	23g	28g	5g	4g
<i>Allergens: Dairy</i>											
Beyond Chili Cup	17g	210	6g	2g	0g	10mg	740mg	23g	28g	5g	4g
<i>Allergens: Dairy</i>											
Bowl Spicy Chickpea & Lentil	15g	310	16g	1.5g	0g	0mg	1190mg	26g	38g	12g	9g
<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>											
Cup Spicy Chickpea & Lentil Soup	7g	150	8g	1g	0g	0mg	590mg	13g	19g	6g	4g
<i>Allergens: Tree Nuts</i>											
Cup Vegan Chili	8g	160	7g	1g	0g	0mg	480mg	17g	24g	7g	4g
<i>Allergens: Soy Protein</i>											
Cup Veggie Chili	12g	160	5g	2g	0g	10mg	550mg	17g	22g	5g	5g
<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>											
Quinoa Vegan Chili	17g	290	9g	1g	0g	0mg	1150mg	35g	49g	14g	9g
<i>Allergens: Soy Protein</i>											
Quinoa Veggie Chili	23g	330	11g	4g	0g	25mg	1270mg	36g	47g	11g	10g
<i>Allergens: Dairy, Soy Protein</i>											

	PROTEIN	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	NET CARBS	TOTAL CARBS	DIETARY FIBER	SUGARS
KIDS MENU											
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
COFFEE											
Cocoa Mint Latte	1g	190	14g	13g	0g	0mg	85mg	16g	16g	0g	16g
<i>Allergens: Tree Nuts</i>											
Golden Milk Latte	1g	190	16g	11g	0g	20mg	25mg	11g	11g	0g	9g
<i>Allergens: Dairy</i>											
Honey Oat Latte	2g	240	18g	10g	0g	20mg	50mg	19g	20g	1g	14g
<i>Allergens:</i>											
Keto Coffee	1g	140	15g	10g	0g	20mg	0mg	1g	1g	0g	0g
<i>Allergens:</i>											
Maple Coffee	1g	140	2g	0g	0g	0mg	30mg	31g	31g	0g	26g
<i>Allergens:</i>											
The Great Pumpkin Latte	1g	130	7g	6g	0g	0mg	30mg	17g	18g	1g	13g
<i>Allergens:</i>											