

BREAKFAST SCRAMBLES

MENU ITEM	Protein (g)	Calories	Fat (g)	Saturated Fats (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)
Steak & Eggs	35	370	23	3.5	0	500	760	7	1	0	4
Morning Goddess	25	470	39	8	0	490	660	9	4	0	3
Morning Mexicali	31	440	28	7	0	495	1290	21	6	0	5
Sunrise Spinach & Pesto	23	270	19	5	0	485	520	3	0	0	1
Bacon, Egg & Cheese	42	390	23	8	0	780	900	4	2	0	1

BREAKFAST BURRITOS

MENU ITEM	Protein (g)	Calories	Fat (g)	Saturated Fats (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)
Steak & Eggs	42	560	28	4	0	500	940	43	1	0	8
Morning Goddess	32	670	43	8	0	490	840	45	4	0	7
Morning Mexicali	38	640	33	8	0	495	1470	57	6	0	9
Sunrise Spinach & Pesto	30	460	23	5	0	485	700	39	0	0	5
Bacon, Egg & Cheese	49	590	28	8	0	780	1080	40	2	0	5

POWER OATMEAL

MENU ITEM	Protein (g)	Calories	Fat (g)	Saturated Fats (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)
Whey Strong	24	480	14	2	0	0	170	76	15	1	11
Almost Naked	8	290	4	0.5	0	0	95	63	17	0	8
PB&A Oatmeal	15	590	22	3.5	0	0	160	94	42	0	10
Overnight Oats	17	380	6	1	0	5	150	71	33	10	9

ENERGY REFRESHERS

MENU ITEM	Protein (g)	Calories	Fat (g)	Saturated Fats (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)
Acai Cooler	0	230	1	0	0	0	30	54	49	19	0
Power Punch	1	150	0	0	0	0	30	37	36	26	0

ACAI BOWLS & PARFAITS

MENU ITEM	Protein (g)	Calories	Fat (g)	Saturated Fats (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)
The Elvis	18	860	41	6	0	0	160	117	73	13	0
Triple Berry Acai	5	460	13	1	0	0	40	88	61	11	0

ACAI BOWLS & PARFAITS

MENU ITEM	Protein (g)	Calories	Fat (g)	Saturated Fats (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)
Green Machine	20	490	26	4	0	0	280	52	24	2	9
Beach Bowl	19	530	16	6	0	0	85	89	49	1	11
Nice Cream	17	440	22	5	0	1	150	54	26	2	9
Power Berry Crunch	17	670	18	3.5	0	0	80	120	81	1	11
Chia Berry Parfait	24	400	11	1.5	0	5	100	58	31	1	8
Honey Granola Parfait	23	380	10	1.5	0	5	95	54	29	1	6

PROTEIN SHAKES

MENU ITEM	Protein (g)	Calories	Fat (g)	Saturated Fats (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)
Cherry Bomb	15	250	2	0	0	0	80	45	35	0	4
The Perk	23	180	5	0.5	0	5	240	13	5	0	1
PB&J	19	350	18	2.5	0	0	210	31	21	0	4
The Hippie	27	580	26	4	0	0	210	71	16	4	11
Jokes Acai'd	20	490	5	0.3	0	2	65	94	69	0	6

PROTEIN SHAKES

MENU ITEM	Protein (g)	Calories	Fat (g)	Saturated Fats (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)
Bay Watch	16	340	3	1	0	0	190	68	47	1	5
Big Date	15	420	9	3	0	0	125	75	42	2	8
Feel Good	15	230	7	1	0	0	90	29	19	0	4
Cloud Berry	14	280	10	5	0	0	125	36	25	5	3
Strawberry Matcha	14	250	10	1	0	0	150	30	23	0	4
Very Berry	21	320	5	0.4	0	2	120	52	33	2	5
Cocoa Puff	15	330	17	4	0	1	180	35	15	4	7
Wrigley Peeled	25	480	31	5	0	0	240	32	150	0	6

SMOOTHIES

MENU ITEM	Protein (g)	Calories	Fat (g)	Saturated Fats (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)
Cherry Lime Revive	2	180	1	0	0	0	35	46	36	0	4
Strawberry Breeze	3	330	12	10	0	0	10	58	40	5	5
Gr8 Greens	3	260	1	0.1	0	0	45	67	50	0	6
Daily Grind	6	420	15	2.4	0	0	135	70	43	2	5



NUTRITIONAL INFORMATION

SMOOTHIES

MENU ITEM	Protein (g)	Calories	Fat (g)	Saturated Fats (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)
Berry Banana	4	360	8	0.5	0	0	115	74	43	4	8
Mango Cure	4	340	2	0.3	0	0	20	84	57	14	7

BOWLS

[illegible]

BURRITOS

MENU ITEM	Protein (g)	Calories	Fat (g)	Saturated Fats (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)
Steak & Seoul	35	810	24	2.5	0	25	1600	121	28	0	11
Chicago Med	45	960	38	7	0	100	1500	120	18	0	13
Classic Buffalo	40	690	20	5	0	90	2240	102	2	0	13
Spinach & Pesto	46	860	35	7	0	95	1130	103	2	0	14
Miso Salmon	45	1020	44	6	0	60	1850	122	7	0	15
Mexicali	47	880	35	7	0	105	1790	108	9	0	17
Saigon	30	840	33	3	0	0	680	116	17	1	22

SALADS

MENU ITEM	Protein (g)	Calories	Fat (g)	Saturated Fats (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)
Crispy Chicken Elote	23	780	54	6	0	65	860	52	20	2	9
Southwest	34	510	24	5	0	80	900	49	13	0	10
Chicken Caesar	34	600	47	11	0	110	870	16	7	2	7
Superfood	20	500	27	2.5	0	0	500	48	19	0	11
Classic Cobb	46	720	51	12	0	330	1480	22	10	2	8
Green Goddess	31	430	27	5	0	80	750	21	8	0	6

WRAPS

MENU ITEM	Protein (g)	Calories	Fat (g)	Saturated Fats (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)
Crispy Chicken Elote	34	1070	61	7	0	65	1130	104	20	2	15
Southwest	45	810	31	6	0	80	1170	101	13	0	16
Chicken Caesar	45	890	54	12	0	110	1140	68	7	2	13
Superfood	31	790	34	3.5	0	0	770	100	19	0	17
Classic Cobb	57	1010	58	13	0	330	1750	74	10	2	14
Green Goddess	42	720	34	6	0	80	1020	73	8	0	12