

Name	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Salads									
Caesar, no dressing/protein	200	9	4	20	560	24	5	3	13
Cobb, no dressing/protein	490	32	11	235	1490	30	8	5	29
Ginger Sesame Crunch, no dressing/protein	200	8	1.5	0	120	26	8	14	8
Golden Greek, no dressing/protein	240	13	4	25	890	27	6	5	10
Harvest, no dressing/protein	710	49	8	25	610	62	15	36	16
Mexicali, no dressing/protein	240	6	0	0	200	43	11	8	9
Tuscan Sun, no dressing/protein	560	36	15	80	2140	31	9	5	30
Spicy Buffalo, no dressing/protein	250	11	4.5	25	700	31	6	6	11
The Gronk, no dressing/protein	360	21	10	65	1240	23	7	8	22
Wraps									
Caesar, no dressing/protein	460	16	7.5	20	1210	71	6	4	21
Cobb, no dressing/protein	750	39	14.5	235	2240	77	9	6	37
Ginger Sesame Crunch, no dressing/protein	460	15	5	0	770	73	9	15	16
Golden Greek, no dressing/protein	500	20	7.5	25	1540	74	7	6	18
Harvest, no dressing/protein	970	56	11.5	25	1260	109	16	37	24
Mexicali, no dressing/protein	599	13	3.5	0	850	95	12	9	17
Tuscan Sun, no dressing/protein	820	43	18.5	80	2790	78	10	6	38
Spicy Buffalo, no dressing/protein	510	18	8	25	1350	78	7	7	19
The Gronk, no dressing/protein	650	28	13.5	65	1960	69	7	8	30
Dressings									
Balsamic Vinaigrette 3 fl oz	440	42	6	0	2030	19	0	14	0
Caesar 3 fl oz	340	34	6	40	1370	3	0	2	4
Chipotle Ranch 3 fl oz	210	21	3	20	1290	3	0	3	3
Greenlane Goddess 3 fl oz	250	25	3.5	15	940	5	0	3	3
Whole Grain Honey Dijon 3 fl oz	470	45	6	40	670	15	0	15	0
Italian 3 fl oz	420	42	6	0	65	16	0	10	0
Ranch 3 fl oz	210	21	3	20	1290	3	0	2	3
Red Wine Vinaigrette 3 fl oz	420	42	6	0	65	15	0	10	0
Sesame Ginger 3 fl oz	320	27	4	0	1070	19	0	14	1
Spicy Buffalo 3 fl oz	160	15	2	15	1450	3	0	2	2
Proteins									
Chicken 3.0 oz	70	1.5	0	35	270	4	0	0	12
Steak 2.5 oz	100	6	3	35	230	0	0	0	13
Tofu 2.5 oz	60	4	0.5	0	150	2	1	0	4
Salmon 3 oz	160	8	1.5	40	110	1	1	0	19
Snacks									
Caprese Salad (no dressing)	320	26	12	45	540	4	1	2	16
Goddess Pasta Salad (no dressing)	250	6	3.5	25	280	41	4	4	11
Pretzels	510	7.5	0	45	1710	93	6	9	12
S'mores cookie	360	16	8	20	260	52	2	30	4
Caramel Apple Pie cookie	360	17.4	8	40	280	50	1	26	5
Drinks									
Lemonade 16 oz	265	0	0	0	0	70	0	70	0
Black Tea - Unsweet	0	0	0	0	0	0	0	0	0
Peach Tea - Unsweet	0	0	0	0	0	0	0	0	0
Sweet Tea 16 oz	30	0	0	0	1.25	5	0	5	0
Frozen Drinks									
Strawberry Lemonade Slushie, 16 oz	320	0	0	0	15	84	0	81	0
Mango Slushie, 16 oz	300	0	0	0	15	77	1	73	0
Tropical Greenlane Smoothie, 16 oz	230	0	0	0	25	60	3	53	2
Pumpkin Cold Brew Smoothie, 16 oz	350	4.5	0.5	0	85	72	7	48	6