



Nutrition Facts per serving

Item	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Gluten Free	Vegan	Vegetarian	Soy Free	Dairy Free	Nuts Free	Seeds Free	Eggs Free	Fish Free	Allergens
Sandwiches																			
Chicken & Waffle	670	41	20	465	550	39	3	6	35					by request			by request		dairy, soy, egg, black pepper, oats, garlic, onion
Chicken Melt	730	42	21	220	920	44	3	8	42					by request			by request		dairy, flaxseed, egg, garlic, sunflower oil, black pepper
Chicken Salad Sandwich	470	23	10	140	500	37	2	7	26					by request			by request		dairy, egg, egg, garlic, sunflower oil, black pepper
Classic BLT	720	56	14	125	830	48	3	9	12					by request			by request		dairy, egg, flaxseed, garlic, sunflower oil
Grilled Cheese	580	33	20	160	760	48	3	9	22								by request		dairy, egg
Grilled Chicken Sandwich	506	22	12	185	530	38	3	7	39					by request			by request		dairy, egg, garlic, black pepper
Mushroom Chicken Burger	570	29	14	210	650	43	3	8	35					by request			by request		dairy, egg, oats, soy, garlic, onion
Nut Chili Tacos	770	72	8	0	660	26	11	9	15								by request		nuts, soy, garlic
Portobello Sandwich	440	23	12	105	450	49	5	10	9		by request			by request			by request		dairy, egg, black pepper
Quinoa Burger	520	21	12	100	480	66	7	11	18		by request			by request			by request		dairy, egg, oats, onion, garlic, black pepper
Raw Lentil Burger	400	24	2.5	0	450	35	14	6	15										walnuts, sunflower seeds, soy, black pepper
Raw Lentil Burger (Grilled)	820	34	3.5	0	500	111	18	16	21										walnuts, sunflower seeds, soy, black pepper, oats
Slaw Chicken Burger	760	50	18	215	780	45	4	9	34					by request			by request		dairy, egg, flax seed, soy, oats, garlic, onion, sunflower seed, black pepper
Spinach Chicken Burger	580	29	14	200	570	49	4	13	31					by request			by request		dairy, egg, soy, oats, garlic, onion
Sweet Potato Burger	740	27	3.5	0	350	113	12	16	14					by request			by request		flaxseed, walnuts, onions, oat, garlic, black pepper, sunflower seed
Tuna Melt	630	33	14	145	980	45	3	7	38					by request			by request		fish, dairy, egg, flax seed, sunflower seed, garlic
Tuna Salad Sandwich	450	24	10	110	420	37	2	6	21					by request			by request		fish, dairy, egg, flax seed, sunflower seed, garlic
Vegan BLT	940	55	5	0	1060	96	8	21	23										soy, flax seed, onion, soy, oats, sunflower seed
Veggie Stack Sandwich	490	29	14	110	380	46	5	12	15		by request			by request			by request		dairy, egg, garlic black pepper
Salads																			
Asian Greens	460	42	6	0	410	18	10	7	8				by request						soy
Caesar Greens	560	34	3.5	0	270	59	6	9	9										cashew, flax seed, oats, garlic, sunflower seed
Grecian Greens	490	38	5	0	670	32	9	8	8										onion, garlic, black pepper
Moroccan Greens	370	15	1.5	0	115	57	13	38	11					by request					walnut, garlic, black pepper
Tuscan Greens	450	39	5	0	1250	20	6	7	7										garlic, black pepper
Bowls																			
Farm House Rice	640	37	5	0	710	68	9	9	11				by request						soy, black pepper
Fiesta Brown Rice	400	11	2	0	470	71	9	17	8								by request		black pepper
Fried Quinoa	570	26	4	200	520	63	10	8	20		by request						by request		egg, black pepper
Roasted Veggie Quinoa	600	38	5	0	530	56	9	8	12										garlic, black pepper
Super Quinoa	670	40	5	0	680	67	12	10	16				by request						soy, black pepper
Zucchini Putanesca	730	49	7	0	2400	60	17	15	18										garlic, black pepper
Zucchini Putanesca (no dressing)	430	16	2	0	2220	58	16	15	18										garlic, black pepper
Soups																			
Carrot Ginger Soup cup	110	5	1	0	670	15	3	6	3										cashew, garlic, onion
Creamy Cauliflower Soup cup	80	4.5	0	0	350	8	3	3	4										almond, garlic, onion, black pepper
Hearty Chili Soup cup	120	1	0	0	170	21	7	3	8										soy, onion, garlic, black pepper
Lentil Garden Soup cup	110	1	0	0	440	19	8	3	7										onion, garlic, black pepper
Pea & Roasted Garlic Soup cup	100	0	0	0	300	18	5	6	6										garlic, onion, black pepper
White Bean & Red Pepper Soup cup	170	0	0	0	260	31	8	2	11										garlic, onion, black pepper
Sides																			
Hand Cut Slaw side	180	17	1	0	180	9	2	5	1										flax seeds, sunflower seed, garlic, black pepper
Side Salad	30	0	0	0	50	5	2	3	1										garlic, black pepper
Griddled Potato side	120	5	0	0	75	18	2	4	2										flax seeds, sunflower seed, garlic, black pepper
Potato Salad side	120	5	0	0	75	18	2	4	2										flax seeds, sunflower seed, garlic, black pepper
Chicken Burger Patty	190	10	3	110	180	3	<1	0	21										egg, oats, soy, garlic, onion
Chicken Salad side	170	9	1	55	210	2	0	1	21										flax seeds, sunflower seed, garlic, black pepper
Chicken Sausage Patties	100	5	1.5	50	270	3	<1	2	11										onion, black pepper
Granola Zoz	170	8	2.5	0	35	21	3	7	4										almond, cashew, oats, walnut, flax seed, hemp seed, sunflower seed, coconut
Lentil Burger Patty	350	22	2	0	370	30	10	6	14										walnuts, sunflower seeds, soy, black pepper
Quinoa Burger Patty	130	2	0	0	15	25	3	2	4										oats, onion, garlic, black pepper
Quinoa Sausage Patties	140	2	0	0	15	26	4	3	5										flax seed, garlic, onion, black pepper
Sweet Potato Burger Patty	210	6	0.5	0	250	31	5	4	8										walnuts, onions, oat, garlic, black pepper
Tuna Salad Side	160	10	1	25	125	2	0	1	15										fish, flax seed, black pepper, garlic, sunflower seed
Vegan Croutons	250	5	0.5	0	35	48	3	5	5										oats, garlic
Breakfast																			
Amazonian Acai Bowl	550	18	6	0	75	88	12	47	7					by request					almond, cashew, oats, walnut, flax seed, hemp seed, sunflower seed, coconut
Belgium Waffle	1150	78	28	200	580	100	10	24	21		by request		by request	by request			by request		dairy, egg, walnut
Belgium Waffle Vegan	1090	52	6	0	80	147	13	28	18					by request					walnut, oats
Egg & Quinoa Hash	570	24	4	400	210	66	9	12	23		by request						by request		egg, onion, oats, garlic, black pepper
Egg Breakfast	340	18	7	450	330	21	1	3	17										egg, dairy
Egg Sandwich	640	39	20	360	900	43	2	7	26		by request			by request			by request		eggs, dairy
Eggs Benedict	660	41	20	585	650	43	3	6	24		by request			by request					eggs, dairy, black pepper
Greek Yogurt	740	30	16	80	170	105	7	72	21					by request					dairy, almond, cashew, oats, walnut, flax seed, hemp seed, sunflower seed, coconut
Keywest Tofu	370	24	3	0	400	20	11	4	26										soy
Pancake Banana - 3 pancakes	330	4.5	0	0	220	70	9	21	7										flax seeds
Pancake Blueberry - 3 pancakes	310	4.5	0	0	220	65	8	19	6										flax seeds
Pancake Chocolate - 3 pancakes	700	30	14	0	220	106	13	52	11										flax seeds
Pancake Granola - 3 pancakes	620	20	5	0	290	101	14	27	15										