



# NUTRITIONAL GUIDE

While we're committed to providing accurate nutritional information, because our recipes are prepared to order, there may be differences between the actual nutritional content of your order and the nutritional values provided. The values are derived from standardized recipes and serving sizes. We will do our best to accommodate special requests to prepare your meal just the way you like it. Modifications may alter the nutritional values.

**CARROT EXPRESS®**



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CALORIES  
FAT CALORIES  
TOTAL FAT (G)  
SATURATED FAT (G)  
TRANS FAT (G)  
CHOLESTEROL (MG)  
SODIUM (MG)  
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SUGARS (G)  
PROTEIN (G)

## ALL DAY BREAKFAST

Berry Almond Butter Toast	248	35	10	8	0	0	248	38	5	16	2
California Eggwich	566	37	23	5	0	375	1,219	64	5	7	25
Epic Tuna Melt	782	67	59	16	0	88	1,344	22	4	2	43
Huevos Rancheros Burrito	908	50	50	16	0	471	633	75	6	7	38
Quinoa Breakfast Bowl	418	35	17	4	0	370	228	41	10	4	22
Turkey Bacon Power Wrap	448	56	28	12	0	88	1,158	6	5	2	39
Fresh Fruit Salad	189	4	1	0.2	0	0	4	48	5	5	36
add Granola	258	29	8	1	0	0	62	41	3	15	5
add yogurt	93	13	1	1	0	7	63	17	0	12	4
add Coconut Flakes	198	81	18	16	0	0	22	7	5	2	2
Josh's Overnight Oats	459	42	22	10	0	5	68	61	11	27	10
add Granola	258	29	8	1	0	0	62	41	3	15	5
add Coconut Flakes	198	81	18	16	0	0	22	7	5	2	2

## SALADS

Ancient Grains	658	47	36	4	0	0	262	70	9	6	21
Green Goddess	134	55	8	1	0	0	47	12	6	2	4
Kale Caesar	278	41	13	6	0	0	684	28	3	3	19
La Mexicana	467	51	26	11	0	51	637	37	10	7	23
Oriental Crunch	343	56	21	3	0	0	135	28	7	3	11
Shaved Brussels Sprouts	340	47	18	7	0	0	482	31	7	19	19
Teeka	287	30	10	1	0	0	80	43	10	6	11

## ADD TO YOUR SALAD

Turkey Burger	276	37	11	4	0	113	341	7	0	4	31
Chicken Breast	173	28	5	4	0	84	285	2	0	0	29
Chicken Salad	214	75	18	3	0	46	258	2	1	1	12
Falafel	160	23	4	0	0	0	400	20	20	4	6
Veggie Burger	194	16	3	0	0	16	467	31	6	4	8
Impossible Burger	227	49	12	6	0	0	363	9	6	1	19
Organic Tofu	158	51	9	1	0	0	23	5	5	0	16
Ahi tuna	317	4	6	1	0	35	283	4	0	3	24
Mahi- Mahi	85	7	0.7	0.2	0	73	88	0	0	0	18
Salmon Burger	305	47	16	3		68	70	5	0	1	27
Scottish Salmon	248	54	15	3	0	57	427	1	0	0	26
Tuna Salad	234	70	18	3	0	23	214	0.4	0	0.18	18



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## DRESSING (2OZ) 2 SERVINGS

Caesar	320	96	34	6	0	60	380	8	0	0	2
Cilantro- Lime	250	90	25	4	0.4		22	7	0	6	0
Eel Sauce	114	0	0				2,012	28		26	0
Honey- Lime Peanut Vinaigrette	296	94	31	4	0	0	20	9	0	8	0
Lemon- Apple Cider Vinaigrette	246	88	24	3	0	0	50	11	0	10	0
Lemongrass- Ginger Vinaigrette	134	49	7	1	0	0	304	18	0	18	1
Miso- Sesame Ginger Vinaigrette	156	13	10	1	0	0	740	12	0	9	2
Soy- Ginger	135	77	11	2	0		456	8	0	7	1

## WRAPS

Beyond Meat	888	21	21	4	0	0	1,153	150	15	27	28
Chicken Caesar	894	51	51	13	0	136	1,759	70	7.1	2	46
La Bomba	597	17	11	2	0	0	1,161	104	31	10	23
Legal	832	35	32	14	0	122	1,268	85	7	2	52
LIV	839	35	32	14	0	123	1,307	83	10	3	56
Mahi-Mahi	711	33	26	4	0	78	915	88	9	4	32
Poke Wrap Bowl With Salmon	1,022	32	37	9	0	47	2,286	107	12	16	37
Poke Wrap Bowl With Tuna	957	16	17	4	0	45	2,327	107	12	15	46
Scottish Salmon	827	35	32	6	0	59	1,177	92	8	2	40
The Fire	451	22	11	2	0	0	738	76	11	6	16

## POWER BOWLS

Healthy Burger Bowl w/ Salmon Burger	603	40	27	5	0	68	79	53	6	3	33
Healthy Burger Bowl w/ Tofu	591	48	31	4	0	0	487	60	10	9	22
Healthy Burger Bowl w/ Turkey Burger	574	35	22	5	0	113	350	55	6	6	36
Healthy Burger Bowl w/ Veggie Burger	492	26	14	2	0	16	476	79	12	6	14
Healthy Burger Bowl w/ Impossible Burger	525	40	23	7	0	0	372	57	11	3	25
Mario's Favorite Chicken Bowl	713	54	43	9	0	84	373	46	4	4	37
Pesto Chicken Bowl	569	33	21	8	0	99	1,384	57	7	5	42
Poke Bowl With Salmon	588	44	29	5	0	42	950	54	11	8	30
Poke Bowl With Tuna	523	31	18	3	0	40	991	54	11	8	39
Salmon Buddha	643	36	26	4	0	42	1,493	59	10	16	35
Vegan Picadillo Bowl	576	29	19	3	0	0	582	85	12	22	18

## ADD-ONS

Spicy Mayo	40	97	4	1	0	2	40	0	0	0	0
Eel Sauce	57	0	0				1,006	14		13	0



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## HEALTHY BURGERS

Chicken Goddess	538	40	24	6	0	67	1,118	48	2	8	32
OMG! Turkey Burger	724	48	39	8	0	118	1,320	47	4	8	40
Salmon Burger	672	48	36	6	0	73	1,046	40	1	4	3
The Impossible Burger	594	41	27	8	0	5	1,360	58	7	15	28
Veggie Burger	568	37	23	3	0	21	1,443	68	7	8	16

## PLATTERS

Barbecue Chicken	586	30	19	8	0	134	686	54	5	6	52
Chicken Salad	602	56	38	6	0	69	396	46	6	3	23
Grilled Chicken	557	31	19	7	0	134	464	47	5	2	52
Jessica's Favorite Tostones	518	27	15	1	0	30	3,736	67	10	23	25
Pesto Chicken	774	50	43	12	0	137	619	48	5	2	54
Pesto Salmon	667	51	38	6	0	75	123	44	5	2	40
Sesame Ahi Tuna	597	26	17	2	0	35	292	47	5	5	30
Scottish Salmon	694	53	41	6	0	74	166	45	5	3	38
Tuna Salad	749	57	47	7	0	46	436	44	5	2	41

## AVOCADO TOASTS

Crunchy Avocado Toast	337	67	25	5	0	8	585	25	8	1	5
Avocado Toast With Chicken Salad	551	70	43	8	0	54	1,292	27	8	2	17
Avocado Toast with Salmon Tartare	563	50	31	6	0	48	3,970	42	8	14	26
Avocado Toast with Sunny Side Up Egg	407	66	30	6	0	193	774	25	8	1	11
Avocado Toast with Tuna Salad	571	68	43	7	0	31	918	25	8	2	23
Avocado Toast with Tuna Tartare	512	44	25	5	0	38	3,724	42	8	14	28

## STUFFED SWEET POTATO

Sweet Potato w/ Chicken Salad	458	36	18	3	0	46	414	59	9	13	16
Sweet Potato w/ Grilled Chicken	417	12	6	4	0	84	441	60	9	12	33
Sweet Potato w/ Tuna Salad	478	35	18	3	0	23	370	57	9	12	22
Sweet Potato w/ Roasted Eggplant	272	1	0.3	0	0	0	158	64	12	16	6
Plain Baked Sweet Potato	244	1	0.15	0	0	0	156	57	8	12	4

## ADD CHEESE

Jack Cheese	334	0	27	15	0	76	516	0	0	0	21
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## SOUP & SIDES

Carrot- Sweet Potato	352	51	20	11	0	0	1,826	41	8	14	4
Lentil & Kale Soup	126	16	2	0.2	0	0	547	25	8	1	9
Plain Tostones	448	11	6	1	0	0	573	94	5	2	4
Sweet Potato Fries	171	1	0	0	0	0	581	40	6	8	3

## AÇAÍ BOWLS

Almond Butter Acai Bowl	787	31	27	6	0	11	59	130	15	87	11
Paradise Acai Bowl	745	28	23	7	0	11	79	128	14	82	9

## DESSERTS

Vegan Banana Bread	995	53	59	7	0	0	511	114	5	66	10
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## JUICES

Carrot Juice	372	5	2	0	0	0	626	87	24	43	8
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## TROPICAL SMOOTHIES

Almond Joy	927	53	58	23	0	0	167	95	16	54	18
Avo Guava	522	32	19	13	0	0	19	91	14	63	6
Coco Kale	377	35	15	13	0	0	69	61	11	35	6
Julie's Smoothie	386	2	1	0.2	0	0	9	100	7	78	4
Strawberry Passion	321	2	1	0	0	0	28	83	6	61	2

## POWER SMOOTHIES

Berry Wild	580	29	19	13	0	4	71	89	15	60	6
Blue Magic	375	41	17	1	0	0	150	51	8	24	13
Choco Dream	390	44	19	6	2	18	271	35	9	17	26
Mocha Power	471	28	14	13	0	0	69	61	11	35	6
Peanut Butter Cup	587	44	29	5	0	0	400	59	8	33	33
Pitaya Colada	535	23	14	3	0	0	141	59	8	43	7
Skinny Green	192	20	4	1	0	0	142	31	7	15	13

## SHOTS

FLU SHOT	45	0	0	0	0	0	11	0	6		1
VALENTINA SHOT	20	0	0	0	0	25	4	0	2		0
POWER SHOT	35	0	0	0	0	0	7	0	4		0