



# 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)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)
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## ALL DAY BREAKFAST

California Eggwich	599	37	34	11	0	395	705	32	5	3	21
Huevos Rancheros Burrito	820	50	49	16	0	397	1,335	61	6	7	33
Turkey Bacon Power Wrap	429	56	28	12	0	88	1,158	57	5	2	39
Fresh Fruit Salad	635	4	19	10	0	7	121	109	14	61	14
Josh's Overnight Oats	673	42	26	8	0	6	122	101	14	42	15

## AÇAÍ BOWLS

Almond Butter Açaí Bowl	904	31	42	11	0	11	54	121	21	73	14
Paradise Açaí Bowl	765	28	23	7	0	11	79	128	14	82	9

## AVOCADO TOASTS & MORE

Crunchy Avocado Toast	498	67	24	5	0	14	1,737	57	8	2	7
Avocado Toast w/ Chicken Salad	711	70	43	8	0	54	1,788	58	10	2	17
Avocado Toast w/ Salmon Tartare	723	49	31	6	0	48	4,466	74	9	14	26
Avocado Toast w/ Sunny Side Up Egg	567	56	30	6	0	193	1,270	56	9	1	11
Avocado Toast w/ Tuna Salad	731	58	43	7	0	31	1,414	57	9	1	23
Avocado Toast w/ Tuna Tartare	672	44	25	5	0	38	4,220	74	8	14	28
Epic Tuna Melt	948	56	43	9	0	150	2,850	63	12	13	19

## CIABATTAS

Chicken Goddess	1,475	54	69	26	0	189	2,393	139	9	18	76
Portobello Dream	627	32	28	7	0	21	1,070	64	4	7	17
Pesto Passion	908	52	40	16	0	159	1,654	65	3	4	60
Tuna-Cado or Chicken-Cado	717	22	39	6	0	69	1,310	67	8	5	29

## SOUP & SIDES

Lentil & Kale Soup	126	16	2	0.2	0	0	547	25	8	1	9
Plain Tostones	454	11	6	1	0	0	573	94	5	2	4
Sweet Potato Fries	171	1	0	0	0	0	581	40	6	8	3
Carrot Sweet Potato	352	32	4	0	0	0	784	34	11	3	9

## LOADED 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
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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<b>SALADS</b>											
Ancient Grains	496	31	25	3	0	0	196	54	15	5	16
Green Goddess	276	55	14	2	0	0	54	29	12	2	11
Caesar	278	41	13	6	0	0	684	28	3	3	19
La Mexicana	471	51	30	11	0	51	589	30	9	7	20
Oriental Crunch	454	56	32	4	0	0	104	36	8	6	13
Shaved Brussels Sprouts	340	47	18	7	0	0	482	31	7	19	19
Teeka	275	30	10	1	0	0	80	43	10	6	11
Strawberry Fields	336	21	34	7	0	10	294	9	3	5	5
<b>DRESSING (2OZ) 2 SERVINGS</b>											
Caesar	320	80	17	2	0	30	190	1	0	0	1
Cilantro-Lime	125	90	12	2	0	0	11	4	0	3	0
Eel Sauce	57	0	0	0	0	0	1,006	14	13	0	2
Honey-Lime Peanut Vinaigrette	96	31	4	0	0	20	9	0	8	0	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	70	77	6	1	0	0	240	4	3	0	0.5
Strawberry Vinaigrette	317	28	35	5	0	0	184	5	0	4	0
<b>ADD TO YOUR SALAD</b>											
Turkey Burger	276	37	11	4	0	113	341	7	0	4	31
Chicken Breast	243	28	5	4	0	84	285	2	0	0	29
Chicken Salad	321	45	18	3	0	46	258	2	1	1	12
Falafel	160	15	2	0	0	0	533	27	27	5	8
Veggie Burger	194	16	3	0	0	16	467	31	6	4	8
Impossible Burger	230	49	12	6	0	0	363	9	6	1	19
Miso Tofu	279	51	9	1	0	0	23	5	5	0	16
Seared Ahi-tuna	387	4	0.5	0	0	35	55	0	0	0	24
Mahi-Mahi	200	7	0.7	0.2	0	73	88	0	0	0	18
Salmon Burger	305	47	16	3	0	68	70	5	0	1	27
Scottish Salmon	312	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
Crispy Chicken	527	12	23	9	0	81	873	48	4	6	35
Sliced Chicken	173	12	4	4	0	72	226	2	0	0	19



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## WRAPS

Chicken Caesar	894	51	51	13	0	136	1,928	70	7	2	46
La Bomba	562	17	11	2	0	0	1,161	104	31	10	23
Legal	901	35	33	14	0	122	2,153	98	7	2	53
LIV	815	35	32	14	0	123	1,307	83	10	3	56
Mahi-Mahi	635	33	26	4	0	78	915	88	9	4	32
Poke Wrap Bowl w/ Salmon	1,0	32	37	9	0	47	2,286	107	12	16	37
Poke Wrap Bowl w/ Tuna	951	16	17	4	0	45	2,327	107	12	15	46

## POWER BOWLS

Healthy Burger Bowl w/ Salmon Burger	659	23	32	27	5	0	1,508	59	5	2	29
Healthy Burger Bowl w/ Tofu	573	48	30	4	0	0	1,212	62	5	5	18
Healthy Burger Bowl w/ Turkey Burger	636	35	29	5	0	94	1,720	61	5	5	32
Healthy Burger Bowl w/ Impossible Burger	689	40	35	10	0	0	1,367	66	112	3	13
Mario's Favorite Chicken Bowl	904	54	11	0	0	84	1,061	58	5	5	39
Pesto Chicken Bowl	1,295	62	94	20	0	106	1,873	75	8	6	48
Poke Bowl w/ Salmon	964	48	56	12	0	54	2,373	81	10	20	33
Poke Bowl w/ Tuna	876	31	44	9	0	45	2,363	81	10	20	38
Salmon Buddha	701	38	33	5	0	42	1,894	69	8	15	34
Vegan Picadillo Bowl	679	29	21	3	0	0	1,809	105	12	29	19
Guilt Free Fried Rice	440	18	21	3	0	0	1,929	38	5	9	7
The Express Bowl	471	6	9	4	0	84	1,105	46	1	0	34

## HEALTHY BURGERS

OMG! Turkey Burger	724	35	29	5	0	94	1,720	61	5	5	32
Salmon Burger	672	40	32	5	0	68	79	53	6	2	29
The Impossible Burger	594	40	26	8	0	0	1,360	58	7	15	28
Veggie Burger	568	37	23	3	0	21	1,443	68	7	8	16

## PLATTERS

Barbecue Chicken	306	13	7	5	0	118	861	10	0	4	40
Crispy Chicken	527	41	23	8	0	81	873	48	4	6	36
Grilled Chicken	243	16	9	6	0	134	727	4	0	0	46
Pesto Chicken	318	18	24	9	0	137	882	5	0	0	48
Pesto Salmon	387	11	26	6	0	75	114	0	0	0	34
Seared Ahi-tuna	349	0	0	0	69	109	0	0	0	0	48
Scottish Salmon	312	6	19	4	0	74	37	0	0	0	33

## DESSERTS

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

Carrot Juice	372	2	1	0	0	0	373	68	19	28	4
Orange & Carrot Juice	257	1	1	0	0	0	254	62	16	38	6
Orange Juice	211	0	0	0	0	0	0	53	11	42	4

## TROPICAL SMOOTHIES

Almond Joy	927	53	58	23	0	0	167	95	16	54	18
Coco Kale	424	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	627	29	19	13	0	4	71	102	16	70	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	541	28	14	13	0	0	69	61	11	35	6
Peanut Butter Cup	669	44	29	5	0	0	400	59	8	33	33
Skinny Green	239	20	4	1	0	0	142	31	7	15	13

## SHOTS

Flu Shot	111	0	0	0	0	0	30	1	6	0	1
Valentina Shot	20	0	0	0	0	25	4	0	2	0	0
Power Shot	35	0	0	0	0	0	7	0	4	0	0

## COLD PRESSED JUICES

Green Power	112	0	0	0	0	0	12	20	1	14	1
Unbeatable	135	0	0	0	0	0	90	34	2	19	2
Zeus	75	0	0	0	0	0	128	12	0	9	3
Rejuvenate	113	0	0	0	0	0	2	16	1	12	2
Orange Juice	150	0	0	0	0	0	0	35	1	29	2
Here Comes The Sun	135	0	0	0	0	0	83	33	2	24	2
Carrot & Orange	60	0	0	0	0	0	45	15	0	10	1