



	ITEM	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)
ALL DAY BREAKFAST	California Eggwich	620	31	9	0	371	909	60	6	3	28
	Avo Tuna Melt	948	58	16	0	88	1842	54	6	3	44
	Huevos Rancheros Burrito	820	49	16	0	397	1335	61	6	5	33
	Turkey Bacon Power Wrap	429	27	12	0	75	121	9	5	2	33
	Fresh Fruit Salad	635	19	10	0	7	121	110	5	14	14
	Josh's Overnight Oats	673	26	8	0	6	122	101	14	42	15
AÇAÍ BOWLS	Almond Butter Acai Bowl	904	42	11	0	11	54	121	22	73	14
	Paradise Acai Bowl	765	26	12	0	11	79	129	16	88	8
AVOCADO TOASTS	Crunchy Avocado Toast	498	24	6	0	14	1737	57	8	2	7
	Avocado Toast with Sunny Side Up Egg	567	30	6	0	193	1270	56	9	1	11
STUFFED SWEET POTATO	Sweet Potato w/ Chicken Salad	458	18	3	0	46	414	59	9	13	16
	Sweet Potato w/ Grilled Chicken	417	6	4	0	84	441	59	9	12	33
	Sweet Potato w/ Tuna Salad	478	18	3	0	23	370	57	9	12	22
ADD CHEESE	Plain Baked Sweet Potato	244	0	0	0	0	156	57	9	12	4
	Jack Cheese	334	27	15	0	76	516	0	0	0	21
SOUP & SIDES	Carrot- Sweet Potato	352	20	11	0	0	1826	41	8	14	4
	Lentil & Kale Soup	126	2	0	0	0	547	25	8	1	9
	Plain Tostones	454	6	1	0	0	574	95	5	2	5
	Sweet Potato Fries	171	0	0	0	0	581	40	6	8	3
WRAPS	Chicken Caesar	894	51	13	0	136	1759	70	7	2	46
	La Bomba	562	11	2	0	0	1146	98	29	8	21
	Legal	901	33	14	0	122	2153	98	7	2	53
	LIV	815	32	14	0	123	1472	79	10	3	55
	Mahi-Mahi	635	26	5	0	78	1280	71	10	4	31
	Poke Wrap Bowl With Salmon	1016	48	11	0	47	2462	103	13	16	37
	Poke Wrap Bowl With Tuna	951	38	9	0	45	2503	103	13	16	45



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SALADS	Ancient Grains	496	26	3	0	0	196	54	15	5	16
	Green Goddess	276	14	2	0	0	54	29	12	2	11
	Kale Caesar	278	13	6	0	0	684	28	3	3	19
	La Mexicana	471	31	11	0	51	589	30	9	7	20
	Oriental Crunch	454	32	5	0	0	104	36	9	6	13
	Shaved Brussels Sprouts	940	70	13	0	25	687	71	14	52	19
	Teeka	275	10	1	0	0	84	40	10	7	11
ADD TO YOUR SALAD	Turkey Burger	230	9	3		94	807	6	0	3	26
	Chicken Breast	173	5	4	0	84	285	2	0	0	29
	Chicken Salad	214	18	3	0	46	258	2	1	1	12
	Falafel	160	3	0	0	0	533	27	27	5	8
	Veggie Burger	194	3	0	0	16	467	31	6	4	8
	Miso Tofu	279	21	3	0	0	342	7	0	3	14
	Mahi- Mahi	85	1	0	0	73	88	0	0	0	19
	Scottish Salmon	312	19	4	0	74	37	0	0	0	33
	Tuna Salad	351	27	4	0	34	320	1	0	0	27
DRESSING (4OZ)	Caesar	640	68	12	0	120	720	4	0	0	4
	Cilantro- Lime	500	50	8	1	0	44	14	0	13	0
	Eel Sauce	228	0	0	0	0	4024	57	0	51	0
	Honey- Lime Peanut Vinaigrette	592	62	88	16	0	40	18	0	17	0
	Lemon- Apple Cider Vinaigrette	492	48	7	0	0	100	21	0	21	0
	Lemongrass- Ginger Vinaigrette	268	15	2	0	0	608	37	0	36	1
	Miso- Sesame Ginger Vinaigrette	312	20	3	0	0	1480	23	1	18	3
	Soy- Ginger	268	23	3	0	0	912	16	0	13	2
	Spicy Mayo (1 TBSP)	120	13	2	0	5	120	0	0	0	0
CIABATTAS	Chicken Goddess	1475	69	26	0	189	2393	139	9	18	76
	Pesto Passion	908	40	16	0	159	1654	65	3	4	60
	Tuna- Cado	741	39	6	0	34	942	64	7	4	38
	Chicken Cado	717	39	6	0	69	1310	67	8	5	29



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POWER BOWLS	Healthy Burger Bowl w/ Salmon Burger	659	32	5	0	58	2	59	6	2	29
	Healthy Burger Bowl w/ Tofu	573	30	4	0	0	1212	62	5	5	18
	Healthy Burger Bowl w/ Turkey Burger	636	29	5	0	94	1720	61	5	5	32
	Healthy Burger Bowl w/ Veggie Burger	568	22	3	0	13	1356	81	10	5	13
	Healthy Burger Bowl w/ Impossible Burger	689	35	10	0	0	1367	66	12	3	31
	Mario's Favorite Chicken Bowl	904	58	11	1	84	1061	58	5	6	40
	Pesto Chicken Bowl	1295	94	20	0	106	1873	74	8	6	49
	Poke Bowl With Salmon	964	56	12	0	54	2373	81	10	20	33
	Poke Bowl With Tuna	876	45	9	0	45	2363	81	10	20	38
	Salmon Buddha	701	32	5	0	42	1894	70	8	15	34
	Vegan Picadillo Bowl	679	21	4	0	0	1809	105	12	29	19
	Miso Salmon Bowl	702	32	5	0	69	1312	67	8	9	40
	Guilt Free Fried Rice	440	21	3	0	0	1929	38	5	9	7
Tropical Mahi Bowl	824	39.6	5.7	0	73	1167	97	8	37	27	
HEALTHY BURGERS	OMG! Turkey Burger	724	39	8	0	118	1947	47	4	8	39
	Salmon Burger	672	36	6	0	75	1690	40	1	4	34
	The Impossible Burger	594	26	8	0	5	1360	58	7	15	28
	Veggie Burger	568	23	3	0	21	1508	68	7	8	16
PLATTERS	Grilled Chicken	243	8	5	0	118	636	3	0	0	40
	Pesto Chicken	318	15	7	0	119	713	4	0	0	41
	Scottish Salmon	312	19	4	0	74	37	0	0	0	33
PICK 2 SIDES	Avocado	82	7	1	0	0	4	4	3	0	1
	Cilantro brown rice	228	2	0	0	0	470	47	2	0	6
	Quinoa almondine	395	9	1	0	0	20	75	7	61	7
	Broccoli	82	1	0	0	0	313	15	6	4	6
	Tostones	454	6	1	0	0	574	95	5	2	5
	Sweet potato fries	171	0	0	0	0	581	40	6	8	3
	Roasted butternut squash	79	3	0	0	0	80	15	2	8	1



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DESSERTS	Vegan Banana Bread	995	59	7	0	0	511	114	5	66	10
	Chocolate Chunk Walnut Cookie	813	46	21	0	100	505	98	6	60	12
	Coconut Guava Cookie	713	28	21	32	0	427	107	13	90	6
	Oatmeal Cookie	696	31	14	0	106	431	98	6	58	12
	Alfajor	687	27	17	0	103	532	101	1	55	9
	Chocolate Hazelnut Brownie	723	45	22	0	173	234	72	2	53	9
JUICES	Carrot Juice	372	2	0	0	0	626	87	25	43	8
	Freshly Squeezed Orange Juice	211	1	0	0	0	0	53	11	42	4
	Carrot & Orange Juice	257	1	0	0	0	254	62	16	38	6
TROPICAL SMOOTHIES	Almond Joy	927	58	23	0	0	167	95	16	54	19
	Julie's Smoothie	386	1	0	0	0	9	100	7	78	4
	Strawberry Passion	321	1	0	0	0	28	83	7	61	3
POWER SMOOTHIES	Berry Wild	627	19	13	0	4	71	102	16	70	6
	Blue Magic	375	17	1	0	0	150	51	8	24	13
	Choco Dream	390	19	6	2	18	271	35	9	17	26
	Mocha Power	541	15	6	2	18	241	79	13	26	30
	Peanut Butter Cup	669	31	6	0	0	515	70	9	45	35
	Skinny Green	239	4	1	0	0	142	43	8	26	14
SHOTS	Flu Shot	111	0	0	0	0	6	30	1	20	1
	Valentina Shot	58	0	0	0	0	40	14	1	8	1
	Power Shot	20	0	0	0	0	0	4	0	4	0