

NUTRITIONAL GUIDE

ITEM	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

Crunchy Avocado Toast	443	27	6	0	15	435	40	9	3	11
Avo Tuna Melt	735	28	9	0	80	840	47	9	7	61
Josh's Overnight Oats	746	44	19	0	0	24	87	20	26	18
Fresh Fruit Salad	525	27	12	0	5	55	61	9	30	14
Huevos Rancheros Burrito	765	44	13	0	405	782	68	10	9	32
The Scrambled	722	44	15	0	441	728	39	8	6	21
Turkey Bacon Power Wrap	429	27	11	0	75	957	9	5	2	33
Paradise Acai Bowl	662	28	7	0	0	117	105	20	55	10
Almond Butter Acai Bowl	903	55	12	0	0	115	105	30	38	17
Jessie's Breakfast Bowl	588	30	6	0	215	746	58	13	5	27
Ultimate Croissant Eggwich	688	48	16	0	453	706	38	4	8	28
2 Eggs Any Style	672	48	16	0	460	1041	42	9	2	33
Gluten Free Carrot Waffle	660	31	6	0	30	352	84	11	33	15
Sunrise Croissant	680	42	15	0	375	790	48	1	3	28
Power Bagel	715	50	19	0	490	1125	66	7	10	36

LOADED SWEET POTATOES

Sweet Potatoes	208	0	0	0	0	130	48	7	9	4
Sweet Potato w/ Tuna Salad	508	24	3	0	45	730	52	7	10	22
Sweet Potato w/ Chicken Salad	558	28	4	0	65	710	51	7	10	24
Sweet Potato w/ Grilled Chicken	438	5	2	0	95	460	48	7	9	42
Jack Cheese	220	18	11	0	50	360	1	0	0	14

SOUPS

Garden Gazpacho	237	22	3	0	0	715	11	3	6	2
Carrot - Sweet Potato	79	3	3	0	0	306	11	2	12	1
Lentil & Kale	228	5	0	0	0	605	36	5	2	13
Vegetable	88	3	1	0	0	548	11	2	1	2

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SIDES										
Plain Tostones	280	10	1	0	0	220	43	5	8	2
Sweet Potato Fries	171	0	0	0	0	581	40	6	8	3
WRAPS										
Chicken Caesar	640	34	7	0	85	880	42	5	3	40
Legal	860	37	12	0	145	1000	59	7	4	56
LIV	891	44	14	0	135	780	51	9	3	60
Mahi-Mahi	590	28	5	0	70	680	46	6	4	36
Poke	866	43	7	0	35	1250	78	9	8	39
SALADS										
Green Goddess	296	25	4	0	0	15	12	6	2	11
Caesar Salad	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
Greek	204	12	6	0	30	700	27	4	5	24
Mediterranean Herb	629	59	10	0	35	450	31	6	12	21
SALAD DRESSINGS (2oz)										
Caesar	280	28	4	0	0	600	2	1	1	0
Cilantro- Lime	320	32	4	0	0	600	4	2	2	0
Eel Sauce	228	0	0	0	0	1006	57	0	51	0
Honey - Lime Vinaigrette	180	10	1	0	0	200	12	2	10	0
Honey - Lime Peanut Vinaigrette	180	14	2	0	0	200	12	10	1	1
Lemon - Apple Cider Vinaigrette	400	44	7	0	0	200	2	2	1	0
Miso - Sesame Ginger Vinaigrette	156	10	1	0	0	740	1	1	9	1
Soy - Ginger	135	11	2	0	0	456	2	0	7	1
Spicy Mayo	120	13	2	0	5	120	0	0	0	0
Greek Vinaigrette	400	44	7	0	40	200	2	0	1	0
Balsamic Vinaigrette	216	20	3	0	11	214	12	0	11	0

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SALAD ADD-ONS										
Turkey Burger	276	11	4	0	114	968	46	0	4	31
Chicken Breast	173	5	4	0	84	285	2	0	0	29
Chicken Salad	321	28	4	0	65	580	3	0	1	20
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
Crispy Chicken	510	26	6	0	135	430	19	1	1	29
CIABATTAS										
Chicken Goddess	685	31	9	0	110	960	47	5	5	53
Tuna Cado	610	29	5	0	70	850	48	7	6	31
Chicken Cado	672	31	6	0	105	780	48	7	6	38
POWER BOWLS										
Healthy Burger	714	41	7	0	70	146	54	9	3	34
Healthy Burger w/ Tofu	573	30	4	0	0	1212	62	5	5	18
Healthy Burger w/ Turkey Burger	636	29	5	0	94	1720	61	5	5	32
Healthy Burger w/ Veggie Burger	568	22	3	0	13	1356	81	10	5	13
Healthy Burger w/ Salmon	602	27	4.7	0	70	1463	62	6	3	32
Mario's Favorite Chicken	647	27	4	0	85	957	58	5	8	40
Pesto Chicken	1193	79	14	0	135	1339	74	11	9	45
Poke	906	42	6	0	50	1195	95	13	30	42
Salmon Buddha	821	48	8	0	70	1166	67	11	20	42
Miami Vegan	771	39	9	0	0	407	93	18	11	34
Miso Salmon	702	32	5	0	69	1312	67	8	9	40
Build Your Chicken	420	4	1	0	83	85	44	4	0	38

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HEALTHY BURGERS										
Turkey Burger	535	28	5	0	85	540	34	5	6	32
Salmon Burger	490	26	5	0	70	520	30	4	5	33
Veggie Burger	445	24	4	0	5	620	38	6	6	16
PITA MELTS										
Tuna Salad Pita Melt	570	24	6	0	75	820	44	4	6	36
Chicken Salad Pita Melt	605	27	7	0	110	770	43	4	6	45
Shroom Pita Pelt	678	46	9	0	43	822	52	7	10	19
PLATTERS										
Grilled Chicken Breast	375	16	5	0	140	120	3	1	1	53
Pesto Chicken Breast	455	24	6	0	150	280	4	1	1	54
Scottish Salmon Simply Baked	430	25	5	0	80	550	5	1	3	45
Pesto Scottish Salmon	490	30	6	0	85	880	4	1	1	45
BBQ Chicken Breast	420	17	5	0	145	380	9	1	6	53
Crispy Chicken Breast	510	26	6	0	135	430	19	1	1	53
SIDES-CHOOSE TWO										
Avocado	120	11	2	0	0	5	6	5	0	1
Cilantro Brown Rice	220	2	0	0	0	10	46	4	1	5
Quinoa Almondine	240	6	0	0	0	15	35	5	1	7
Broccoli	35	1	0	0	0	30	7	3	1	3
Tostones	210	14	3	0	0	150	23	2	2	2
Sweet Potato Fries	280	10	1	0	0	220	43	5	8	2
Baked Sweet Potatoes	130	0	0	0	0	70	30	4	7	3
Roasted Butternut Squash	79	3	0	0	0	80	15	2	8	1
House Salad	150	12	1	0	0	150	9	3	5	2

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DESSERTS										
Matcha Cloud Cake	573	26	5	0	109	200	81	1	56	8
Chocolate Chip Cookie	638	35	17	0	82	345	78	4	41	9
Pumpkin Chai Donut	213	9	2	0	37	257	33	1	21	2
Brownie	612	33	16	0	74	240	78	4	56	7
Vegan Banana Bread*	498	30	4	0	0	256	30	3	33	5
Carrot Cake*	871	55	14	0	87	366	91	3	67	8
Oatmeal Cookie	686	34	18	0	102	400	86	7	39	12
Chocolate Chunk Walnut Cookie	712	41	19	0	75	785	84	5	50	9
Coconut Guava Cookie	467	27	23	0	13	195	60	8	56	7
Honey Almond Cake	823	58	6	0	98	212	68	5	43	14
Almond Butter Power Bites	351	29	6	0	0	75	18	7	7	10
Key Lime Date Power Bites	157	8	4	0	0	57	22	3	17	2
Cocoa Date Power Bites	199	13	3	0	0	50	22	4	16	3
Carrot Cake Truffles	140	9	2	0	8	71	16	1	9	2

*Contains 2 servings

POWER SMOOTHIES										
Choco Dream	346	18	3	0	0	180	31	8	14	20
Skinny Green	239	4	1	0	0	142	43	8	26	25
Peanut Butter Cup	680	32	6	0	10	174	70	12	38	40
Blue Magic	535	21	3	0	30	170	54	10	22	35
Berry Wild	736	46	32	0	0	142	80	22	42	9
Sunrise Smoothie	355	5	1	0	0	184	67	7	40	16
Strawberry Passion	321	1	0	0	0	28	82	7	60	3
Julie's Smoothie	331	1	0	0	0	5	82	7	58	5

FRESHLY SQUEZZED JUICES										
California Carrot	188	1	0	0	0	132	44	4	18	4
Carrot & Orange Juice	204	1	0	0	0	68	48	8	26	14

CARROT EXPRESS®

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REFRESHERS										
Berry Fusion	154	0	0	0	0	2	41	1	38	1
Wellness Peach	163	0	0	0	0	2	44	1	41	1
Matcha Lemonade	142	0	0	0	0	2	38	1	35	1
WELLNESS SHOTS										
Immunity 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
Ginger Shot	10	0	0	0	0	0	1	0	0	0