

Name	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Salads									
Caesar, no dressing/protein	200	9	4	20	560	24	5	3	13
Cobb, no dressing/protein	490	32	11	235	1490	30	8	5	29
Ginger Sesame Crunch, no dressing/protein	200	8	1.5	0	120	26	8	14	8
Mediterranean, no dressing/protein	240	13	4	25	890	27	6	5	10
Harvest, no dressing/protein	710	49	8	25	610	62	15	36	16
Mexicali, no dressing/protein	240	6	0	0	200	43	11	8	9
Tuscan Sun, no dressing/protein	560	36	15	80	2140	31	9	5	30
Spicy Buffalo, no dressing/protein	250	11	4.5	25	700	31	6	6	11
The Gronk, no dressing/protein	360	21	10	65	1240	23	7	8	22
Southwest Caesar, no dressing/protein	350	19	4	20	300	34	7	6	8
Hot Honey Autumn Apple, no dressing/protein	220	7	4	25	440	33	5	27	7
Wraps									
Caesar, no dressing/protein	490	17	8	20	1200	71	7	3	21
Cobb, no dressing/protein	780	40	15	235	2130	77	10	5	37
Ginger Sesame Crunch, no dressing/protein	490	16	5.5	0	760	73	10	14	16
Mediterranean, no dressing/protein	530	21	8	25	1530	74	8	5	18
Harvest, no dressing/protein	1000	57	12	25	1250	109	17	36	24
Mexicali, no dressing/protein	530	14	4	0	840	90	13	8	17
Tuscan Sun, no dressing/protein	850	44	19	80	2780	78	11	5	38
Spicy Buffalo, no dressing/protein	540	19	8.5	25	1340	78	8	6	19
The Gronk, no dressing/protein	650	29	14	65	1880	70	9	8	30
Southwest Caesar, no dressing/protein	640	27	8	20	940	81	9	6	16
Hot Honey Autumn Apple, no dressing/protein	510	15	8	25	1080	80	7	27	15
Dressings									
Balsamic Vinaigrette 3 fl oz	440	42	6	0	2030	19	0	14	0
Caesar 3 fl oz	340	34	6	40	1370	3	0	2	4
Chipotle Ranch 3 fl oz	210	21	3	20	1290	3	0	3	3
Greenlane Goddess 3 fl oz	250	25	3.5	15	940	5	0	3	3
Whole Grain Honey Dijon 3 fl oz	470	45	6	40	670	15	0	15	0
Italian 3 fl oz	420	42	6	0	65	16	0	10	0
Ranch 3 fl oz	210	21	3	20	1290	3	0	2	3
Sesame Ginger 3 fl oz	320	27	4	0	1070	19	0	14	1
Spicy Buffalo 3 fl oz	160	15	2	15	1450	3	0	2	2
Poblano Caesar 3 fl oz	210	21	3	20	1290	3	0	3	3
Hot Honey Vinaigrette 3 fl oz	400	36	5	0	9090	24	0	23	0
Proteins									
Chicken 3.0 oz	70	1.5	0	35	270	4	0	0	12
Steak 2.5 oz	100	6	3	35	230	0	0	0	13
Tofu 2.5 oz	60	4	0.5	0	150	2	1	0	4
Salmon 3 oz	160	8	1.5	40	110	1	1	0	19
Turkey Burnt Ends 2.5 oz	100	4	1	46	267	4	0	3	13
Roll Ups									
The Gronk Roll Up	460	23	8	60	1620	45	2	4	26
Mexicali Roll Up	410	17	4.5	30	1110	51	3	3	18
Spicy Buffalo Roll Up	370	17	6	45	1380	41	2	3	19
Southwest Caesar Roll Up	460	26	7	50	1190	43	1	2	19
Snacks									
Caprese Salad (no dressing)	320	26	12	45	540	4	1	2	16
Goddess Pasta Salad (no dressing)	250	6	3.5	25	280	41	4	4	11
Crispy Chickpeas - Sea Salt	43	5	1	0	19	1	0.5	0	0.5
Crispy Chickpeas - Ranch	43	5	1	0	19	1	0.5	0	0.5
Crispy Chickpeas - Buffalo Ranch	43	5	1	0	19	1	0.5	0	0.5
Pretzel (1)	170	2.5	0	25	460	32	2	4	6
S'mores cookie	360	16	8	20	260	52	2	30	4
Chocolate Chip cookie	370	18	9	30	210	52	2	31	4
Caramel Apple Pie cookie	360	17.4	8	40	280	50	1	26	5
Drinks									
Lemonade 16 oz	265	0	0	0	0	70	0	70	0
Black Tea - Unsweet 16 oz	0	0	0	0	0	0	0	0	0
Sweet Tea 16 oz	30	0	0	0	1.25	5	0	5	0
Speciatly Drinks									
Strawberry Refresher 16 oz	290	0	0	0	0	76	1	76	0
Black Cherry Refresher 16 oz	315	0	0	0	0	83	0	83	0
St. Croix Storm 16 oz	0	0	0	0	0	0	0	0	0
Cherry Marg 16 oz	0	0	0	0	0	0	0	0	0
Frozen Drinks									
Strawberry Slushie, 16 oz	320	0	0	0	15	84	0	81	0
Mango Slushie, 16 oz	300	0	0	0	15	77	1	73	0