

nutritional info

Our Oil

We only use non-GMO Avocado and high oleic expeller Sunflower oil in our kitchen.

Our Seasoning

We use minimal seasoning mix in house container salt, pepper, garlic & gluten free broth (~2 K/Cal).

Pick One

Hot Bowl | Wrap

*For wrap add +129 K/Cal | 0.0 Fat(g) | 29 Carbs(g) | 3 Protein(g)

*Dressing calories not included. Dressing information below in "build one" section.

Superfood

468 K/Cal | 19 Fat(g) | 53 Carbs(g) | 12 Protein(g)

Power

498 K/Cal | 14 Fat(g) | 71 Carbs(g) | 15 Protein(g)

Rise & Shine

527 K/Cal | 19 Fat(g) | 48 Carbs(g) | 27 Protein(g)

Cali

416 K/Cal | 17 Fat(g) | 36 Carbs(g) | 17 Protein(g)

Boca Fiesta

415 K/Cal | 12 Fat(g) | 64 Carbs(g) | 14 Protein(g)

Teriyaki Cauli

332 K/Cal | 5.9 Fat(g) | 43 Carbs(g) | 15.73 Protein(g)

Greek

494 K/Cal | 9 Fat(g) | 77 Carbs(g) | 17 Protein(g)

Keto

384 K/Cal | 19 Fat(g) | 23 Carbs(g) | 19 Protein(g)

Paleo

250 K/Cal | 10 Fat(g) | 22 Carbs(g) | 8 Protein(g)

Cold Salad | Wrap

*For wrap add +129 K/Cal | 0.0 Fat(g) | 29 Carbs(g) | 3 Protein(g)

*Dressing calories not included. Dressing information below in "build one" section.

Signature

358 K/Cal | 19 Fat(g) | 39 Carbs(g) | 13 Protein(g)

Fiji

396 K/Cal | 19 Fat(g) | 19 Carbs(g) | 20 Protein(g)

Mediterranean

162 K/Cal | 6 Fat(g) | 21 Carbs(g) | 10 Protein(g)

Kale Caesar

449 K/Cal | 25 Fat(g) | 31 Carbs(g) | 27 Protein(g)

Build One

Bowl | Salad | Wrap

*For wrap add +129 K/Cal | 0.0 Fat(g) | 29 Carbs(g) | 3 Protein(g)

Choose 2 Bases

Brown Rice

3.5 oz. Serving | 101.5 K/Cal | 0.7 Fat(g) | 21 Carbs(g) | 2 Protein(g)

Cauliflower Chop

3.5 oz. Serving | 22.5 K/Cal | 0.0 Fat(g) | 3.7 Carbs(g) | 2 Protein(g)

Kale

1 oz. Serving | 14 K/Cal | 0 Fat(g) | 2.4 Carbs (g) | 0.8 Protein(g)

Quinoa

3.5 oz. Serving | 97.1 K/Cal | 1.5 Fat(g) | 17.1 Carbs (g) | 3.5 Protein(g)

Romaine

2 oz. Serving | 9.5 K/Cal | 0.1 Fat(g) | 1.8 Carbs(g) | 0.7 Protein(g)

Spinach

1.5 oz. Serving | 13 K/Cal | 0.2 Fat(g) | 2.05 Carbs(g) | 1.6 Protein(g)

Sweet Potatoes

4 oz. Serving | 101.6 K/Cal | 0.2 Fat(g) | 23.1 Carbs(g) | 2.2 Protein(g)

Three Egg Scramble

3 Egg Serving | 159 K/Cal | 12 Fat(g) | 3 Carbs(g) | 2 Protein(g)

Zoodles (Zucchini Noodles)

8 oz. Serving | 27 K/Cal | 0.3 Fat(g) | 5.7 Carbs(g) | 2.1 Protein(g)

Choose 4 Mixins

Bell Peppers

1 oz. Serving | 6 K/Cal | 0.1 Fat(g) | 5.7 Carbs(g) | 2.1 Protein(g)

Black Beans

3/4 oz. Serving | 65.5 K/Cal | 0.2 Fat(g) | 11.7 Carbs(g) | 4.4 Protein(g)

Broccoli

2.5 oz. Serving | 38 K/Cal | 0.5 Fat(g) | 7.3 Carbs(g) | 3 Protein(g)

Carrots

1 oz. Serving | 12 K/Cal | 0 Fat(g) | 2.8 Carbs(g) | 0.3 Protein(g)

Chickpeas

1.5 oz. Serving | 154.5 K/Cal | 2.5 Fat(g) | 25.8 Carbs(g) | 8.2 Protein(g)

Corn

1.5 oz. Serving | 45.7 K/Cal | 5.2 Fat(g) | 10.6 Carbs(g) | 1.4 Protein(g)

Jalapeños

1 oz. Serving | 9 K/Cal | 0.2 Fat(g) | 1.7 Carbs(g) | 0.4 Protein(g)

Mushrooms

2.5 oz. Serving | 15 K/Cal | 0.2 Fat(g) | 2.3 Carbs(g) | 2.2 Protein(g)

Onion

1 oz. Serving | 11 K/Cal | 0 Fat(g) | 2.7 Carbs(g) | 0.3 Protein(g)

Apple

1/4 Apple Serving | 27 K/Cal | 0.1 Fat(g) | 6.5 Carbs(g) | 0.1 Protein(g)

Cucumber

1 oz. Serving | 4 K/Cal | 0 Fat(g) | 1 Carbs(g) | 0.2 Protein(g)

Orange

1.5 oz. Serving | 20 K/Cal | 0.1 Fat(g) | 5 Carbs(g) | 0.4 Protein(g)

Raisins

1 oz. Serving | 78 K/Cal | 0.1 Fat(g) | 20.6 Carbs(g) | 0.8 Protein(g)

Tomatoes

1 oz. Serving | 5 K/Cal | 0.1 Fat(g) | 1.1 Carbs(g) | 0.3 Protein(g)

Almonds

0.5 oz. Serving | 85 K/Cal | 7.1 Fat(g) | 2.8 Carbs(g) | 2.8 Protein(g)

Sunflower Seeds

0.5 oz. Serving | 79.2 K/Cal | 6.8 Fat(g) | 3.2 Carbs(g) | 2.8 Protein(g)

Walnuts

0.5 oz. Serving | 38 K/Cal | 0.5 Fat(g) | 7.3 Carbs(g) | 3 Protein(g)

Choose a Scratch Made Sauce

*Serving size 1 tablespoon

Avocado Green Goddess

56 K/Cal | 5 Fat(g) | 1 Carbs(g) | 1 Protein(g)

Balsamic Vinaigrette

86 K/Cal | 9 Fat(g) | 1 Carbs(g) | 0 Protein(g)

Avocado Green Goddess

56 K/Cal | 5 Fat(g) | 1 Carbs(g) | 1 Protein(g)

Caesar

78 K/Cal | 8 Fat(g) | 1 Carbs(g) | 1 Protein(g)

Citrus Agave Mustard

68 K/Cal | 6 Fat(g) | 3 Carbs(g) | 0 Protein(g)

Garlic-Herb Vinaigrette

74 K/Cal | 7 Fat(g) | 1 Carbs(g) | 0 Protein(g)

Kale-Basil Pesto

21 K/Cal | 2 Fat(g) | 0 Carbs(g) | 1 Protein(g)

Lemon Squeeze

2 K/Cal | 0 Fat(g) | 0 Carbs(g) | 0 Protein(g)

Lime Squeeze

2 K/Cal | 0 Fat(g) | 0 Carbs(g) | 0 Protein(g)

Teriyaki

26 K/Cal | 0 Fat(g) | 7 Carbs(g) | 0 Protein(g)

Tzatziki

11 K/Cal | 0 Fat(g) | 1 Carbs(g) | 2 Protein(g)

Vegetable Broth

12 oz. Serving | 15 K/Cal | 0 Fat(g) | 3 Carbs(g) | 1.5 Protein(g)

Complete Your Meal

Chicken

4 oz. | 187 K/Cal | 4 Fat(g) | 0 Carbs(g) | 35 Protein(g)

Tofu

4 oz. | 69 K/Cal | 4 Fat(g) | 1.7 Carbs(g) | 8 Protein(g)

Zoodles

8 oz. | 27 K/Cal | 0.3 Fat(g) | 5.7 Carbs(g) | 2.1 Protein(g)

Steak

4 oz. | 160 K/Cal | 4 Fat(g) | 0 Carbs(g) | 20 Protein(g)

Shrimp

3 oz. | 76 K/Cal | 1 Fat(g) | 1 Carbs(g) | 15 Protein(g)

Salmon

4 oz. | 234 K/Cal | 14 Fat(g) | 0 Carbs(g) | 25 Protein(g)

Ahi Tuna

4 oz. | 148 K/Cal | 0.7 Fat(g) | 0 Carbs(g) | 33.3 Protein(g)

Avocado

1/4 Avocado | 72 K/Cal | 6.7 Fat(g) | 3.7 Carbs(g) | 0.9 Protein(g)

Bacon

1 oz. | 107 K/Cal | 8 Fat(g) | 0.4 Carbs(g) | 8 Protein(g)

Feta

3/4 oz. | 56.25 K/Cal | 4.5 Fat(g) | 0.9 Carbs(g) | 3 Protein(g)

Goat Cheese

3/4 oz. | 57 K/Cal | 4.5 Fat(g) | 0.2 Carbs(g) | 4.1 Protein(g)

Parmesan

3/4 oz. | 67.5 K/Cal | 4.5 Fat(g) | 0.7 Carbs(g) | 6.75 Protein(g)

White Cheddar

3/4 oz. | 90 K/Cal | 7.5 Fat(g) | 0.7 Carbs(g) | 5.25 Protein(g)

Egg

1 Egg | 63 K/Cal | 4.4 Fat(g) | 1 Carbs(g) | 5 Protein(g)

Drinks

Crimson Berry (Caffeine Free) | St. Tropez Green | Bergamot Black Iced Tea

4 K/Cal | 0 Fat(g) | 1 Carbs(g) | 0 Protein(g)

Cucumber Mint Limeade

151 K/Cal | 0 Fat(g) | 39 Carbs(g) | 2 Protein(g)

Orange Lemon Fresca

128 K/Cal | 0 Fat(g) | 23 Carbs(g) | 1 Protein(g)

Pink Sunrise

146 K/Cal | 0 Fat(g) | 33 Carbs(g) | 1 Protein(g)

Homemade

Smoothies & Juices

Kale & Apple

325 K/Cal | 1 Fat(g) | 66 Carbs(g) | 4 Protein(g)

Banana & Date

481 K/Cal | 20 Fat(g) | 84 Carbs(g) | 11 Protein(g)

***Add Vega Sport Plant Protein**

80 K/Cal | 2 Fat(g) | 2 Carbs(g) | 15 Protein(g)

Kale Tonic Juice

168 K/Cal | 1 Fat(g) | 40 Carbs(g) | 4 Protein(g)

Kids

Cheesy Quesadilla

794 K/Cal | 49 Fat(g) | 44 Carbs(g) | 43 Protein(g)

***Add chicken**

150 K/Cal | 3 Fat(g) | 0 Carbs(g) | 26 Protein(g)

Kung Fu

As Bowl: 332 K/Cal | 7.7 Fat(g) | 32 Carbs(g) | 31.6 Protein(g)

As Wrap: 498 K/Cal | 12.34 Fat(g) | 62.42 Carbs(g) | 38 Protein(g)

Protein Bites

w/ chicken: 416 K/Cal | 11.4 Fat(g) | 35.3 Carbs(g) | 40.7 Protein(g)

w/ tofu: 266 K/Cal | 8.4 Fat(g) | 35.3 Carbs(g) | 14.4 Protein(g)

Sides

Fruit Cup

47 K/Cal | 0 Fat(g) | 12 Carbs(g) | 1 Protein(g)

Salad

78 K/Cal | 6 Fat(g) | 8 Carbs(g) | 5 Protein(g)

Chips

148 K/Cal | 9 Fat(g) | 17 Carbs(g) | 1 Protein(g)

Broccoli

68 K/Cal | 4 Fat(g) | 7 Carbs(g) | 3 Protein(g)

Sweet Potatoes

103 K/Cal | 4 Fat(g) | 23 Carbs(g) | 2 Protein(g)

Zoodles (Zucchini Noodles)

57 K/Cal | 4 Fat(g) | 6 Carbs(g) | 2 Protein(g)

Gluten Free Cookie

165 K/Cal | 7 Fat(g) | 29 Carbs(g) | 4 Protein(g)