

## Nutritional Info

### Our Oil

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

### Our Seasonings

We use a minimal seasoning mix in house: Salt, pepper, garlic, and gluten free broth (~2 K/Cal).

### Warm Bowls

\*For a wrap add +124 K/Cal | 0.0 Fat(g) | 28 Carbs(g) | 3 Protein(g)

\*Dressing calories are not included. Dressing information can be found in "build one" section

#### **Superfood**

429 K/Cal | 21 Fat(g) | 48 Carb(g) | 12 Protein(g)

#### **Skinny**

108 K/Cal | 4 Fat(g) | 9 Carb(g) | 9 Protein(g)

#### **Cali**

283 K/Cal | 11 Fat(g) | 35 Carb(g) | 11 Protein(g)

#### **Greek**

265 K/Cal | 9 Fat(g) | 35 Carb(g) | 11 Protein(g)

#### **Power**

479 K/Cal | 15 Fat(g) | 68 Carb(g) | 18 Protein(g)

#### **Comfort**

439 K/Cal | 11 Fat(g) | 69 Carb(g) | 16 Protein(g)

#### **BBQ**

427 K/Cal | 7 Fat(g) | 74 Carb(g) | 17 Protein(g)

#### **Teriyaki Stir Fry**

278 K/Cal | 2 Fat(g) | 59 Carb(g)| 6 Protein(g)

**Sriracha Veggie**

178 K/Cal | 2 Fat(g) | 34 Carb(g)| 6 Protein(g)

**Rise and Shine**

498 K/Cal | 14 Fat(g) | 73 Carb(g)| 20 Protein(g)

**Broth Bowl**

117 K/Cal | 1 Fat(g) | 22 Carb(g)| 5 Protein(g)

**Salads**

\*For a wrap add +124 K/Cal| 0.0 Fat(g)| 28 Carbs(g)| 3 Protein(g)

\*Dressing calories are not included. Dressing information can be found in "design your own" section

**Signature**

326 K/Cal | 18 Fat(g) | 29 Carb(g)| 12 Protein(g)

**Mediterranean**

317 K/Cal | 9 Fat(g) | 43 Carb(g)| 16 Protein(g)

**Kale Caesar**

189 K/Cal | 9 Fat(g) | 14 Carb(g)| 13 Protein(g)

**Strawberry Fuji**

203 K/Cal | 11 Fat(g) | 16 Carb(g)| 10 Protein(g)

**Wraps & Quesadillas**

**Classic**

258 K/Cal | 10 Fat(g) | 37 Carb(g)| 5 Protein(g)

**Pesto**

248 K/Cal | 8 Fat(g) | 32 Carb(g)| 12 Protein(g)

### **Boca Fiesta Wrap**

398 K/Cal | 10 Fat(g) | 61 Carb(g)| 16 Protein(g)

### **Tulum Quesadilla**

516 K/Cal | 15 Fat(g) | 65 Carb(g)| 30 Protein(g)

## Smoothies

### **Kale & Apple**

279 K/Cal | 1 Fat(g) | 63 Carb(g)| 4 Protein(g)

### **Strawberry & Banana**

212 K/Cal | 1 Fat(g) | 51 Carb(g)| 2 Protein(g)

### **Banana & Date**

499 K/Cal | 22 Fat(g) | 62 Carb(g)| 13 Protein(g)

\*For Protein Powder add +80 K/Cal | 2 Fat(g) | 3 Carb(g)| 15 Protein(g)

## Sides

### **Fruit Cup**

95 K/Cal | .5 Fat(g) | 22 Carb(g)| 1 Protein(g)

### **House Salad**

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

### **Zucchini**

16 K/Cal | .5 Fat(g) | 2 Carb(g)| 1 Protein(g)

### **Roasted Broccoli**

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

### **Roasted Sweet Potatoes**

164 K/Cal | 0 Fat(g) | 39 Carb(g)| 2 Protein(g)

## Kids

### **Protein Bites**

387 K/Cal | 7 Fat(g) | 46 Carb(g) | 35 Protein(g)

### **Kung Fu**

291 K/Cal | 7 Fat(g) | 29 Carb(g) | 28 Protein(g)

### **Cheesy Quesadilla**

338 K/Cal | 14 Fat(g) | 29 Carb(g) | 24 Protein(g)

### **Chicken Quesadilla**

499 K/Cal | 19 Fat(g) | 32 Carb(g) | 49 Protein(g)

## Sweets

### **Vegan Chocolate Chip Cookie**

373 K/Cal | 13 Fat(g) | 59 Carb(g) | 5 Protein(g)

## Design Your Own

\*For a wrap add +124 K/Cal | 0.0 Fat(g) | 28 Carbs(g) | 3 Protein(g)

\*For quesadillas add Mozzarella +216 K/Cal | 14 Fat(g) | 3 Carb(g) | 21 Protein(g)

## Choose Up to 2 Bases

### **Baby Kale**

24 K/Cal | 0 Fat(g) | 4 Carb(g) | 2 Protein(g)

### **Baby Spinach**

18 K/Cal | .2 Fat(g) | 2 Carb(g) | 2 Protein(g)

### **Cauliflower Chop**

18 K/Cal | 0 Fat(g) | 3 Carb(g) | 1.5 Protein(g)

### **Chopped Romaine**

12 K/Cal | 0 Fat(g) | 2 Carb(g) | 1 Protein(g)

### **Brown Rice**

117 K/Cal | 1 Fat(g) | 25 Carb(g) | 2 Protein(g)

### **Red Quinoa**

114 K/Cal | 2 Fat(g) | 19 Carb(g) | 5 Protein(g)

### **Zucchini Noodles**

14 K/Cal | .2 Fat(g) | 2 Carb(g) | 1 Protein(g)

## **Choose 3 Mix-Ins**

### **Apple**

28 K/Cal | 0 Fat(g) | 7 Carb(g) | 0 Protein(g)

### **Baby Kale**

24 K/Cal | 0 Fat(g) | 4 Carb(g) | 2 Protein(g)

### **Black Beans**

55 K/Cal | .3 Fat(g) | 9 Carb(g) | 4 Protein(g)

### **Broccoli**

12 K/Cal | 0 Fat(g) | 2 Carb(g) | 1 Protein(g)

### **Carrots**

12 K/Cal | 0 Fat(g) | 3 Carb(g) | 0 Protein(g)

### **Cauliflower**

18 K/Cal | 0 Fat(g) | 3 Carb(g) | 1.5 Protein(g)

### **Chickpeas**

179 K/Cal | 3 Fat(g) | 29 Carb(g) | 9 Protein(g)

### **Corn**

49 K/Cal | 1 Fat(g) | 9 Carb(g) | 1 Protein(g)

**Croutons**

48 K/Cal | 2 Fat(g) | 8 Carb(g)| 2 Protein(g)

**Cucumbers**

6 K/Cal | 0 Fat(g) | 1.5 Carb(g)| 0 Protein(g)

**Green Peppers**

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

**Jalapenos**

9 K/Cal | 0 Fat(g) | 2 Carb(g)| .2 Protein(g)

**Mushrooms**

24 K/Cal | .5 Fat(g) | 2.5 Carb(g)| 2.5 Protein(g)

**Onions**

12 K/Cal | 0 Fat(g) | 2.5 Carb(g)| .5 Protein(g)

**Raisins**

69 K/Cal | 0 Fat(g) | 17 Carb(g)| .5 Protein(g)

**Strawberries**

12 K/Cal | 0 Fat(g) | 3 Carb(g)| 0 Protein(g)

**Sweet Potatoes**

76 K/Cal | 0 Fat(g) | 18 Carb(g)| 1 Protein(g)

**Sunflower Seeds**

49 K/Cal | 3.5 Fat(g) | 2 Carb(g)| 2 Protein(g)

**Tomatoes**

5 K/Cal | 0 Fat(g) | 1 Carb(g)| 0 Protein(g)

**Add A Sauce**

\*Serving size is 1 tablespoon

**Avocado Creme**

53 K/Cal | 5 Fat(g) | 1 Carb(g)| 1 Protein(g)

**Balsamic Vinaigrette**

85 K/Cal | 9 Fat(g) | 1 Carb(g)| 0 Protein(g)

**Kale-Basil Pesto**

22 K/Cal | 2 Fat(g) | 0 Carb(g)| 1 Protein(g)

**House Made Sriracha**

59 K/Cal | 6 Fat(g) | 1 Carb(g)| 0 Protein(g)

**Citrus Agave Mustard**

66 K/Cal | 6 Fat(g) | 3 Carb(g)| 0 Protein(g)

**Tzatziki**

24 K/Cal | 2 Fat(g) | 1 Carb(g)| .5 Protein(g)

**Caesar**

76 K/Cal | 8 Fat(g) | 0 Carb(g)| 1 Protein(g)

**Ranch**

45 K/Cal | 5 Fat(g) | 0 Carb(g)| 0 Protein(g)

**Teriyaki**

16 K/Cal | 0 Fat(g) | 3 Carb(g)| 1 Protein(g)

**BBQ**

35 K/Cal | 0 Fat(g) | 9 Carb(g)| 0 Protein(g)

**Lemon (Quarter)**

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

**Balsamic Vinaigrette**

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

**Vegetable Broth**

1 K/Cal | 0 Fat(g) | .2 Carb(g)| 0 Protein(g)

**Choose A Protein**

### **Garlic Herb Chicken**

159 K/Cal | 6 Fat(g) | 1.5 Carb(g)| 25 Protein(g)

### **Grilled Citrus Chicken**

338 K/Cal | 28 Fat(g) | 1.5 Carb(g)| 20 Protein(g)

### **Organic Tofu**

75 K/Cal | 4 Fat(g) | 1.7 Carb(g)| 8 Protein(g)

### **Gulf Shrimp**

73 K/Cal | 1 Fat(g) | 1 Carb(g)| 15 Protein(g)

### **Beyond Sausage**

178 K/Cal |10 Fat(g) | 5 Carb(g)| 17 Protein(g)

### **Sustainable Salmon**

226 K/Cal | 14 Fat(g) | 0 Carb(g)| 25 Protein(g)

### **Wild Caught Ahi Tuna**

139 K/Cal | 0.7 Fat(g) | 0 Carb(g)| 33 Protein(g)

### **Grass-fed Steak**

116 K/Cal | 4 Fat(g) | 0 Carb(g)| 20 Protein(g)

## **Extras**

### **Avocado**

61 K/Cal | 5 Fat(g) | 3 Carb(g)| 1 Protein(g)

### **Bacon**

35 K/Cal | 3 Fat(g) | 0 Carb(g)| 2 Protein(g)

### **Hard Boiled Egg**

73 K/Cal | 5 Fat(g) | 1 Carb(g)| 6 Protein(g)

### **Scrambled Egg**

146 K/Cal | 10 Fat(g) | 2 Carb(g)| 12 Protein(g)



**Toasted Almonds**

58 K/Cal | 4.5 Fat(g) | 1.5 Carb(g)| 3 Protein(g)

**Walnuts**

139 K/Cal | 13.5 Fat(g) | 2 Carb(g)| 3 Protein(g)

**Mozzarella**

77 K/Cal | 5 Fat(g) | 1 Carb(g)| 7 Protein(g)

**Vegan Mozzarella**

95 K/Cal | 7 Fat(g) | 7 Carb(g)| 1 Protein(g)

**Parmesan**

45 K/Cal | 3 Fat(g) | .5 Carb(g)| 4 Protein(g)

**Feta**

74 K/Cal | 6 Fat(g) | 1 Carb(g)| 4 Protein(g)

**Goat Cheese**

96 K/Cal | 8 Fat(g) | 0 Carb(g)| 6 Protein(g)