

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)

Poké Bowl

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

Broth Bowl

352 K/Cal | 9.7 Fat(g) | 59.75 Carb(g) | 8.4 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)

Vegan Chocolate Chip Brownie

420 K/Cal | 21 Fat(g) | 57 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)

Edamame

23.5 K/Cal | 1 Fat(g) | 1.75 Carb(g) | 2.3 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)

Poké Sauce

50 K/Cal | 1 Fat(g) | 9 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)

Wakame Salad

26.5 K/Cal | 1.8 Fat(g) | 2 Carb(g) | .7 Protein(g)

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)