

Nutritional Info

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

406 K/Cal | 18 Fat(g) | 54 Carb(g) | 12 Protein(g)

Skinny

168 K/Cal | 5 Fat(g) | 21 Carb(g) | 14 Protein(g)

Cali

419 K/Cal | 21 Fat(g) | 37 Carb(g) | 22 Protein(g)

Greek

343 K/Cal | 10 Fat(g) | 51 Carb(g) | 15 Protein(g)

Power

451 K/Cal | 14 Fat(g) | 67 Carb(g) | 17 Protein(g)

Comfort

404 K/Cal | 10 Fat(g) | 62 Carb(g) | 19 Protein(g)

BBQ

490 K/Cal | 15 Fat(g) | 74 Carb(g) | 17 Protein(g)

Teriyaki Stir Fry

290 K/Cal | 2 Fat(g) | 62 Carb(g) | 7 Protein(g)

Sriracha Veggie

185 K/Cal | 2 Fat(g) | 39 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

317 K/Cal | 18 Fat(g) | 31 Carb(g) | 14 Protein(g)

Mediterranean

253 K/Cal | 9 Fat(g) | 32 Carb(g) | 14 Protein(g)

Kale Caesar

275 K/Cal | 13 Fat(g) | 24 Carb(g) | 17 Protein(g)

Strawberry Fuji

205 K/Cal | 12 Fat(g) | 16 Carb(g) | 12 Protein(g)

Wraps & Quesadillas

Classic

384 K/Cal | 17 Fat(g) | 56 Carb(g) | 12 Protein(g)

Pesto

524 K/Cal | 25 Fat(g) | 51 Carb(g) | 29 Protein(g)

Boca Fiesta Wrap

578 K/Cal | 20 Fat(g) | 88 Carb(g) | 23 Protein(g)

Tulum Quesadilla

980 K/Cal | 49 Fat(g) | 100 Carb(g) | 53 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

68 K/Cal | 1 Fat(g) | 12 Carb(g) | 5 Protein(g)

Roasted Broccoli

40 K/Cal | 0 Fat(g) | 8 Carb(g) | 3 Protein(g)

Roasted Sweet Potatoes

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

Kids

Protein Bites

302 K/Cal | 4 Fat(g) | 35 Carb(g) | 27 Protein(g)

Kung Fu

282 K/Cal | 4 Fat(g) | 32 Carb(g) | 27 Protein(g)

Cheesy Quesadilla

698 K/Cal | 40 Fat(g) | 32 Carb(g) | 43 Protein(g)

Chicken Quesadilla

828 K/Cal | 42 Fat(g) | 46 Carb(g) | 66 Protein(g)

Sweets

Chocolate Chip Cookie

380 K/Cal | 19 Fat(g) | 54 Carb(g) | 4 Protein(g)

Chocolate Chip Brownie

420 K/Cal | 21 Fat(g) | 56 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

22 K/Cal | 0 Fat(g) | 5 Carb(g) | 2 Protein(g)

Baby Spinach

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

Cauliflower Chop

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

Chopped Romaine

19 K/Cal | 0 Fat(g) | 3 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

34 K/Cal | 0 Fat(g) | 6 Carb(g) | 2 Protein(g)

Choose 3 Mix-Ins

Apple

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

Baby Kale

22 K/Cal | 0 Fat(g) | 5 Carb(g) | 2 Protein(g)

Black Beans

55 K/Cal | 0 Fat(g) | 5 Carb(g) | 2 Protein(g)

Broccoli

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

Carrots

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

Cauliflower

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

Chickpeas

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

Corn

95 K/Cal | 6 Fat(g) | 11 Carb(g) | 2 Protein(g)

Croutons

92 K/Cal | 4 Fat(g) | 13 Carb(g) | 2 Protein(g)

Cucumbers

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

Green Peppers

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

Jalapenos

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

Mushrooms

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

Onions

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

Raisins

51 K/Cal | 0 Fat(g) | 13 Carb(g) | 1 Protein(g)

Strawberries

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

Sweet Potatoes

44 K/Cal | 0 Fat(g) | 10 Carb(g) | 1 Protein(g)

Sunflower Seeds

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

Tomatoes

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

Edamame

88 K/Cal | 4 Fat(g) | 7 Carb(g) | 8 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

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

Kale-Basil Pesto

190 K/Cal | 19 Fat(g) | 2 Carb(g) | 4 Protein(g)

House Made Sriracha

190 K/Cal | 20 Fat(g) | 3 Carb(g) | 0 Protein(g)

Citrus Agave Mustard

160 K/Cal | 14 Fat(g) | 9 Carb(g) | 0 Protein(g)

Tzatziki

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

Caesar

200 K/Cal | 21 Fat(g) | 1 Carb(g) | 1 Protein(g)

Ranch

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

Teriyaki

80 K/Cal | 0 Fat(g) | 20 Carb(g) | 1 Protein(g)

BBQ

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

Lemon (Quarter)

4 K/Cal | 0 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

Grilled Chicken Breast

130 K/Cal | 3 Fat(g) | 0 Carb(g) | 23 Protein(g)

Buffalo Chicken: LTO

150 K/Cal | 6 Fat(g) | 2 Carb(g) | 23 Protein(g)

Fire Braised Chicken Thigh

338 K/Cal | 28 Fat(g) | 2 Carb(g) | 20 Protein(g)

Organic Tofu

144 K/Cal | 9 Fat(g) | 4 Carb(g) | 16 Protein(g)

Gulf Shrimp

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

Sustainable Salmon

230 K/Cal | 15 Fat(g) | 0 Carb(g) | 22 Protein(g)

Wild Caught Ahi Tuna

93 K/Cal | 1 Fat(g) | 0 Carb(g) | 20 Protein(g)

Grass-fed Steak

234 K/Cal | 14 Fat(g) | 0 Carb(g) | 24 Protein(g)

Extras

Avocado

60 K/Cal | 6 Fat(g) | 3 Carb(g) | 1 Protein(g)

Bacon

166 K/Cal | 13 Fat(g) | 0 Carb(g) | 11 Protein(g)

Hard Boiled Egg

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

Wakame Salad

27 K/Cal | 0 Fat(g) | 5 Carb(g) | 2 Protein(g)

Almonds

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

Walnuts

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

Mozzarella

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

Parmesan

61 K/Cal | 4 Fat(g) | 1 Carb(g) | 5 Protein(g)

Feta

87 K/Cal | 7 Fat(g) | 1 Carb(g) | 4 Protein(g)

Goat Cheese

83 K/Cal | 7 Fat(g) | 0 Carb(g) | 6 Protein(g)