

	MENU ITEM	Serving Size	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
BASES	Asian Sweet Potato Noodles	1 Serving	160	25	3	0	0	1	470	33	1	2	1
	Forbidden Black Rice	1 Serving	160	45	5	2	0	0	470	27	0	0	5
	Cilantro Noodles	1 Serving	180	45	5	0	0	0	380	27	0	0	5
	Jasmine Rice	1 Serving	220	45	5	0	0	0	315	45	0	0	5
	Kale Yeah Salad!	1 Portion	90	25	0	0	0	0	70	14	0	9	0
	Spinach	1 Portion	10	0	0	0	0	0	0	2	1	0	1
	Wrap (1 Wrap)	1 Serving	290	0	9	4	0	0	600	50	1	1	3
VEGGIES	Balsamic Glazed Mushrooms	1 Serving	25	0	0	0	0	0	26	5	0	3	3
	Ginger Broccoli	1 Serving	50	20	2	0	0	0	260	7	4	4	4
	Roasted Brussels Sprouts	1 Serving	175	90	11	0	0	0	805	14	7	4	4
	Power Bean Medley	1 Portion	120	35	4	0	0	0	595	18	4	0	7
	Herb Roasted Potatoes	1 Serving	100	20	2	0	0	0	280	21	4	0	4
	Tuscan Zucchini	1 Serving	70	35	5	0	0	0	315	7	0	4	0
PROTEINS	Lemon Chicken	1 Serving	180	100	10	2	0	100	500	0	0	0	24
	Teriyaki Chicken	1 Serving	180	60	8	0	0	100	680	8	0	8	20
	BBQ Chicken	1 Serving	230	0	8	4	0	120	790	8	0	8	24
	Miso Glazed Tofu	1 Serving	160	60	6	0	0	0	320	8	0	4	12
	Mojo Pork	1 Serving	240	140	14	6	0	60	480	0	0	0	20
	Spicy Thai Shrimp	1 Serving	160	60	6	0	0	180	920	4	0	0	20
	Steak Au Jus	1 Serving	170	70	7	3	1	81	490	0	1	0	27
TOPPINGS	Avocado	1 Serving	90	0	8	0	0	0	5	4	0	1	1
	Chopped Cilantro	1 Serving	0	0	0	0	0	0	1	0	0	0	0
	Parmesan	1 Serving	50	0	4	3	0	13	180	1	1	0	5
	Chimichurri Tomatoes	1 Serving	20	10	1	0	0	0	60	2	0	2	0
SAUCES	Creamy Garlic	1 Serving	220	0	24	2	0	0	25	3	0	0	0
	Spicy Thai	1 Serving	60	0	3	0	0	0	340	9	0	8	0
	Cilantro Pesto	1 Serving	250	0	26	3	0	0	290	3	3	2	2
Sriracha	1 Serving	40	0	0	0	0	0	680	8	0	8	0	
DESSERTS	Chia Seed Pudding	1 Serving	220	140	14	13	0	0	35	18	4	14	4
	Chocolate Chip Cookies (1 Cookie)	1 Serving	190	80	9	4	0	16	200	26	1	17	1
	Snickerdoodle Cookies (1 Cookie)	1 Serving	380	0	17	6	0	35	270	55	2	28	3
TEAS	Sweet Tea	1 Serving	160	0	0	0	0	0	0	48	0	48	0
	Hibiscus Raspberry Frenzy Tea	1 Serving	60	0	0	0	0	0	0	0	0	0	0
	China Mist Traditional Black Tea	1 Serving	50	0	0	0	0	0	3	0	0	0	0
FRESCAS	Barry Patch - Tractor	1 Serving	170	0	0	0	0	0	40	41	0	41	0
	Green Tea - Tractor	1 Serving	0	0	0	0	0	0	1	0	0	0	0
	Hibiscus - Tractor	1 Serving	160	0	0	0	0	0	39	0	39	0	0
	Lemonade - Tractor	1 Serving	170	0	0	0	0	0	7	43	0	41	1
	Mandarin - Tractor	1 Serving	170	0	0	0	0	0	0	40	0	40	1
SODA	Brisk Raspberry Iced Tea	1 Serving	90	0	0	0	0	0	70	24	0	24	0
	Pepsi	1 Serving	200	0	0	0	0	0	40	55	0	55	0
	Sierra Mist	1 Serving	200	0	0	0	0	0	47	55	0	55	0
	Brisk Strawberry Melon	1 Serving	93	0	0	0	0	0	80	24	0	24	0
	Diet Pepsi	1 Serving	0	0	0	0	0	0	73	0	0	0	0
	Agave Vanilla Cream	1 Serving	200	0	0	0	0	0	90	51	0	51	0
	Lemon Berry Acai	1 Serving	210	0	0	0	0	0	100	53	0	53	0
Pineapple Cream	1 Serving	200	0	0	0	0	0	70	51	0	51	0	

CHEF BOLLS	Cals (kcal)		FatCals (kcal)		Fat (g)		SatFat (g)		Chol (mg)		Sod (mg)		Carb (g)		TotFib (g)		Sugar (g)		Prot (g)			
	REGULAR	LARGE	REGULAR	LARGE	REGULAR	LARGE	REGULAR	LARGE	REGULAR	LARGE	REGULAR	LARGE	REGULAR	LARGE	REGULAR	LARGE	REGULAR	LARGE	REGULAR	LARGE		
SERVINGS PER BOLL: 1																						
TERIYAKI CHICKEN & RICE BOL	510	920	140	240	16	29	0	0	0	100	200	1520	2510	68	121	7	7	15	23	32	56	
BAJIA BOL	680	960	200	320	28	41	2	4	0	100	200	1390	2220	74	91	7	11	4	7	37	65	
THAI SHRIMP & NOODLES BOL	480	800	120	200	12	21	0	1	0	181	362	1940	3340	66	103	9	10	6	8	28	49	
HAVANA BOL	700	1160	240	420	24	42	6	12	0	60	120	1670	2460	84	129	7	7	0	0	35	60	
LEMON CHICKEN & KALE BOL	600	870	230	350	26	37	5	7	0	113	213	1800	2400	49	63	11	11	13	22	36	60	
STEAK & POTATOES BOL	560	960	150	260	15	27	3	6	1	81	162	1350	2150	73	119	8	8	4	4	38	69	
VEGAN MISO TOFU BOL	410	660	120	200	10	16	0	0	0	0	0	930	1320	50	72	7	7	17	30	19	31	
LEMON CHICKEN CLASSIC	460	-	160	-	16	-	2	-	0	-	100	-	1080	-	52	-	4	-	4	-	32	-

FAMILY MEALS	Cals (kcal)		FatCals (kcal)		Fat (g)		SatFat (g)		Chol (mg)		Sod (mg)		Carb (g)		TotFib (g)		Sugar (g)		Prot (g)			
	REGULAR	PACKAGE	REGULAR	PACKAGE	REGULAR	PACKAGE	REGULAR	PACKAGE	REGULAR	PACKAGE	REGULAR	PACKAGE	REGULAR	PACKAGE	REGULAR	PACKAGE	REGULAR	PACKAGE	REGULAR	PACKAGE		
SERVINGS PER CONTAINER: 5																						
ASIAN INSPIRED FAMILY MEAL	510	2550	140	700	16	80	0	0	0	100	500	1520	7600	68	338	7	37	15	76	32	159	
BAJIA FAMILY MEAL	680	3400	200	1000	28	141	2	10	0	100	500	1390	6950	74	369	7	37	4	19	37	183	
THAI SHRIMP & NOODLES FAMILY MEAL	480	2400	120	599	12	62	0	2	0	1	181	905	1940	9698	66	329	9	44	6	28	141	
HAVANA INSPIRED FAMILY MEAL	700	3500	240	1200	24	119	6	30	0	60	300	1670	8350	84	420	7	37	0	1	35	177	
LEMON CHICKEN & KALE FAMILY MEAL	600	3000	230	1150	26	132	5	23	0	113	563	1800	9000	49	245	11	55	13	63	36	178	
STEAK & POTATOES FAMILY MEAL	560	2800	150	750	15	75	3	15	1	5	81	405	1350	6750	73	365	8	40	4	20	38	190
VEGAN MISO TOFU FAMILY MEAL	410	2050	120	600	10	49	0	0	0	0	0	930	4650	50	250	7	37	17	83	19	97	

CATERING PARTY PACKS	Cals (kcal)		FatCals (kcal)		Fat (g)		SatFat (g)		Chol (mg)		Sod (mg)		Carb (g)		TotFib (g)		Sugar (g)		Prot (g)		
	REGULAR	PACKAGE	REGULAR	PACKAGE	REGULAR	PACKAGE	REGULAR	PACKAGE	REGULAR	PACKAGE	REGULAR	PACKAGE	REGULAR	PACKAGE	REGULAR	PACKAGE	REGULAR	PACKAGE	REGULAR	PACKAGE	
SERVINGS PER PARTY PACK: 10																					
FAN FAVORITES PARTY PACK	810	8100	180	1800	48	480	8	80	0	113	1130	1890	18900	59	590	11	110	6	60	42	420
ASIAN INSPIRED PARTY PACK	510	5100	140	1400	16	161	0	0	0	100	1000	1520	15200	68	675	7	74	15	151	32	318
HAVANA INSPIRED PARTY PACK	700	7000	240	2400	24	238	6	60	0	60	600	1670	16700	84	840	7	74	0	1	35	353