



Signature Salads and Bowls | Undressed

	calories	total fat (g)	sat. fat (g)	trans fat (g)	chol. (mg)	sodium (mg)	carbs (g)	dietary fiber (g)	sugars (g)	protein (g)
Spicy Chicken	440	25	5	0	95	540	35	9	3	23
Portobello Road	660	45	8	0	95	560	40	11	4	32
Harvest Bowl	620	38	10	0	110	830	44	12	9	32
Greek Salata	280	23	6	0	20	1070	18	9	6	7
My Thai	270	19	3	0	0	380	19	10	4	12
Avo Kale Caesar	410	23	11	0	20	610	27	9	4	22



Signature Salads and Bowls Allergens | Undressed

	Wheat	Dairy	Fish	Shellfish	Tree Nuts	Peanuts	Egg	Soy	Sesame
Spicy Chicken									
Portobello Road					X				
Harvest Bowl		X			X				
Greek Salata		X							
My Thai					X			X	
Avo Kale Caesar	X	X							



Signature Salads and Bowls | Dressed

	calories	total fat (g)	sat. fat (g)	trans fat (g)	chol. (mg)	sodium (mg)	carbs (g)	dietary fiber (g)	sugars (g)	protein (g)
Spicy Chicken	570	39	7	0	95	1160	38	10	3	24
Portobello Road	750	54	9	0	95	970	41	11	4	32
Harvest Bowl	750	51	11	0	110	1050	47	12	11	32
Greek Salata	360	29	7	0	20	1240	19	10	6	9
My Thai	360	27	4	0	0	950	21	10	4	14
Avo Kale Caesar	540	38	12	0	20	6990	27	10	5	23



Signature Salads and Bowls Allergens | Dressed

	Wheat	Dairy	Fish	Shellfish	Tree Nuts	Peanuts	Egg	Soy	Sesame
Spicy Chicken									
Portobello Road					X			X	X
Harvest Bowl		X			X				
Greek Salata		X							X
My Thai					X			X	X
Avo Kale Caesar	X	X						X	

Buns & Toasts



	calories	total fat (g)	sat. fat (g)	trans fat (g)	chol. (mg)	sodium (mg)	carbs (g)	dietary fiber (g)	sugars (g)	protein (g)
Chill Out Toast	490	28	4	0	0	520	54	14	3	12
Amalfi Toast	580	36	11	0	40	1070	50	10	3	17
Breakfast Bun	550	38	11	0	255	890	37	7	8	16
G.O.A.T. Bun	520	32	11	0	90	870	35	7	7	23
Montauk Bun	630	44	9	0	265	1090	36	7	7	23

Buns & Toasts Allergens



	Wheat	Dairy	Fish	Shellfish	Tree Nuts	Peanuts	Egg	Soy	Sesame
Chill Out Toast	X								X
Amalfi Toast	X	X							X
Breakfast Bun	X	X					X		
G.O.A.T. Bun	X	X	X				X		
Montauk Bun	X	X	X				X		



Smoothies

	calories	total fat (g)	sat. fat (g)	trans fat (g)	chol. (mg)	sodium (mg)	carbs (g)	dietary fiber (g)	sugars (g)	protein (g)
Mango Lime	300	14	2	0	0	15	45	8	34	4
Spirulina Almond	440	18	1.5	0	0	230	61	8	30	23
Lychee Dragonfruit	230	12	2	0	0	115	31	9	18	3
Kale Matcha	290	12	7	0	0	25	45	5	30	3

Smoothies Allergens

All smoothies are free of gluten, soy, sesame, and are vegan



	Wheat	Dairy	Fish	Shellfish	Tree Nuts	Peanuts	Egg	Soy	Sesame
Mango Lime					X				
Spirulina Almond					X				
Lychee Dragonfruit					X *coconut water				
Kale Matcha					X *coconut milk				



Dressings

	serving size (g)	calories	total fat (g)	sat. fat (g)	trans fat (g)	chol. (mg)	sodium (mg)	carbs (g)	dietary fiber (g)	sugars (g)	protein (g)
Ginger Sesame	30	90	8	1.5	0	0	580	2	0	0	2
Tahini	30	80	7	1	0	0	160	1	0	0	2
Habanero Hot Sauce	30	70	7	1	0	0	500	2	<1	<1	0
Lime Citronette	30	120	13	1	0	0	420	1	0	0	0
Smoky Balsamic	30	130	13	1	0	0	220	3	0	3	0
Pesto	30	170	19	2	0	0	290	<1	0	0	0
Caesar	30	130	14	1	0	0	80	0	0	0	0
Chipotle Mayo	30	90	10	0.5	0	0	410	1	0	0	0
Balsamic Vinegar	15	15	0	0	0	0	0	3	0	2	0
EVOO	15	130	14	2	0	0	0	0	0	0	0

