



NUTRITION INFO

	SERVING SIZE	CALORIES	FAT (g)	SATURATED FAT (g)	CARBOHYDRATES (mg)	PROTEIN (g)	FIBER (g)	SODIUM (mg)	GLUTEN FREE	DAIRY FREE	VEGETARIAN	VEGAN	HEALTHY ESSENTIALS
veggies													
Cauliflower Goat Cheese Mash	125ml	108	7	2.2	7.5	4.5	3.5	80.5	•		•		•
Asparagus	6 spears	25	0	0	4	2	2	234	•	•	•	•	•
Green Beans & Almonds	125ml	35	1	0.1	5.5	1.5	2.5	4.5	•	•	•	•	•
Sesame Brocollini	250ml												
deli salads													
Basil Pasta	125ml	135	4	0.3	20	3.5	1.5	91.5		•	•		
Artichoke Chickpea Feta	125ml	194	9	1.4	23	5.5	4.5	553	•		•		•
Mesa Bean	125ml	156	8.5	1.1	15	4	3.5	270	•	•	•	•	•
Greek	125ml	115	8.5	2.3	7.5	2.5	1	213	•		•		•
Broccoli Raisin Cheddar	125ml	191	14	14.2	13	4.5	1.5	191	•		•		
Caprese	125ml	191	11	4.5	7.5	10.5	0	116	•		•		
Asian Noodle	125ml	307	10.5	1.4	50	5	3	450		•	•		
Pancetta Potato	125ml	125	7	0.5	12	3	2.5	187	•				
vital greens salads													
Energize	Small	494	23	2	45	27	4.7	303					
	Large	893	34	4.1	81	34	8.8	536		•			•
Sustain	Small	387	22	5.5	23	24	3	385	•				•
	Large	588	36	8.9	42	26	5.6	485	•				•
Performance	Small	390	23	5.6	28	18	5	734	•				•
	Large	606	38	8.7	50	22	9.4	857	•				•



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HOT CUISINE ALL DAY													
Chicken Stir-fry on rice	Full	638	16.6	2.9	91.7	40.3	13.3	1721		•			•
Thai Beef Curry on egg noodle	Full	997	16.1	9.6	164	51	16	305		•			
Arrabiatta on rice	Full	658	24.8	7.4	61.6	34.5	8.6	1265	•	•			
Arrabiatta on linguini	Full	1170	24.5	6.3	179	50.3	12.6	1082		•			
Chicken Scallopine	Full	960	43	24	79.3	58.6	5.1	811					
Turkey Gnocchi Carbonara	Full	1854	139	73.9	67.5	85.2	3.7	3065					
Chicken Mushroom Alfredo	Full	1358	115	67.5	23.5	54.5	1.8	934					
Penne Primavera	Full	835	24	0.6	139	26.2	14.6	1779			•		
Rosemary Gnocchi	Full	563	22.6	13	71.8	8.2	4.6	863		•	•		
*BBQ Cheddar Burger		1088	73.4	37	55.9	49	7.2	1148					
*Truffle Burger		1385	113	53	52.9	37.9	4	906					
Lean & Greens with Chicken	Full	591	20.3	5.9	44.8	52.1	21.7	935					•
Lean & Greens with Prawns	Full	550	21.5	6.2	50.1	35.1	24.1	1002					•
Lean & Greens with Beef	Full	692	29.5	9.3	44.8	56.3	21.7	901					•
Lean & Greens with Salmon Fillet	Full	670	27.2	7.2	42	48.8	20.3	881					•
*item served with soup or salad, nutrition calculated without side													



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sandwiches													
Rosemary Ham Wrap	Full	659	30.9	8	62.1	34.9	6.8	1760					
Rosemary Ham Ciabatta	Full	629	26.9	7.7	63.7	34.6	3.4	1748					
Rosemary Ham 9 Grain	Full	668	23.5	6.6	83.6	36.3	11.9	1578					
Smoked Turkey Wrap	Full	768	36.8	7	62.6	49.6	6.7	2434					
Smoked Turkey Ciabatta	Full	741	33	6.6	63.9	49.9	3.3	2453					
Smoked Turkey 9 Grain	Full	772	29	5.7	84.5	50	11.9	2207					
Italian Wrap	Full	891	51.6	10.9	53.8	51.9	6.2	2482					
Italian Ciabatta	Full	873	48.7	10.7	54.8	52.5	2.8	2508					
Italian 9 Grain	Full	882	42.5	9.2	76.2	52	11.4	2244					
Signature Roast Beef Wrap	Full	700	36.4	10	51.5	40.6	6	1022					
Signature Roast Beef Ciabatta	Full	679	33.1	10	53	41.1	2.6	977					
Signature Roast Beef 9 Grain	Full	693	28	8.4	72.7	40.9	11	891					
Tarragon Chicken Wrap	Full	724	32.7	3.3	55.5	50.6	7.3	992					
Tarragon Chicken Ciabatta	Full	689	28.5	2.6	56	50.6	3.9	923.6					
Tarragon Chicken 9 Grain	Full	740	25.6	2.3	79	51.5	12.6	894.1					
Veggie Wrap	Full	684	37.9	8.5	60.2	27.4	7.9	1794			•		
Veggie Ciabatta	Full	651	34.1	8.2	61.3	26.4	4.5	1774			•		
Veggie 9 Grain	Full	697	30.1	7.1	82.6	29.7	13	1624			•		
Coconut Curry Lentil Wrap	Full	451	10.2	2	72.5	19.6	14.3	989		•	•	•	•
Coconut Curry Lentil Ciabatta	Full	408	5	1.3	74.8	18.4	11.4	933		•	•	•	•
Coconut Curry Lentil 9 Grain	Full	476	4.5	1.1	92.8	22.3	18.7	873		•	•	•	•



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breakfast & brunch													
Bulkers Omelette*	Full	477	24	7.1	13.4	48.2	.4	1226	•				•
Turkey Sundried Tomato Omelette*	Full	366	14	7	16	43	2	1274	•				
Bocconcini Veggie Omelette*	Full	414	24	7	11	34	1	384	•				
Southwest Quinoa Bowl	Full	469	14	3	61	24	10	356	•	•	•		•
Italian Quinoa Bowl	Full	559	27	8	46	33	7	1028	•	•			•
Hot Quinoa Cereal	Full	731	25	10	112	16	10	176	•				•
Gold Medal Wrap	Full	586	27	9	61	27	7	1115					
Bridgeland Breakfast Sandwich	Full	807	29	11	84	50	4	2185					
Strawberry Banana Pancakes	Full	714	33	20	92	13	3	270					
Monte Cristo French Toast	Full	879	36.1	12	99	39.5	3	1799					
TMD Bridgeland Benny**	Full	638	42	21	32	31	2	1288					
TMD Florentine Benny**	Full	744	41	20	60	32	6	813					
2 Eggs Your Way - Scrambled	Full	862	56	19	56.4	35.7	5.3	1336					
Sweet Potato Hash*	Full	536	28.3	9.3	40.6	32.4	6	994		•			
Breakfast Hash*	Full	391	27.8	7.3	12.3	23.4	2.3	575		•			
TMD Weekday Breakfast	Full	517	27	8.2	41.5	28.2	4.7	1151					
Bacon & Egg Sandwich	Full	478	29.2	13	25.3	28.7	3.1	1136					
*Nutrition value does not include side toast													
**Nutrition value does not include potato cake													