

LOCAVORES

Nutrition Guide - April 2018

Serving Size	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
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Specialties

Baja Fish Tacos	1	488	19.5	107.1	74	11.5	11	20.6
Cheesesteak - Steak	1	688	39	870	48	4	4	36
Cheesesteak - Gosar Sausage	1	760	49.5	1470	48	4	4	31.5
Colorado Cubano	1	720.5	35.5	1771	51.5	2	11.5	47.5
Loca Gyro	1	692.5	32	1102	67	7	14	35
Smashed Bahn Mi	1	540.5	27	706	44	3	4	27.5
Southwestern Chicken	1	728	21	1282	105	19	9	43.5
Southwestern Pulled Pork	1	763	25	1213	105	19	9	39.5

Panini's

Chicken, Bacon, Ranch	1	580	32	1009	91	3	1	36
Colorado Caprese	1	297.5	9	657	42	3	0	14
Panini Perfection	1	320	3.5	1390	51	3	2	11.5
Turkey, Bacon, Guac	1	531	20.5	1361	48.5	9	0	27

Salads

Asian Chop Salad	1	233.5	5.5	413.5	39.1	3.1	10.5	3
Cilantro Spice	1	536	29	96.5	50.6	3.6	9.5	22.1
Greek Getaway	1	412.5	18.9	562	28.5	7.3	9	32.1
Super Slaw Club	1	594	32	1635	75	9	10.5	47
Wedge Unwedged	1	416.5	21	512.5	18	4.5	6	26.5

Desserts

Chocolate Chip Cookie	1	240	12	180	33	1	19	3
Peanut butter Cookie	1	270	16	200	28	1	15	5
Mocha Brownie	1	260	13	115	33	1	27	2

Kids Meals

Pinch of Pita	1	270	18.5	393.5	20	1	1.5	11
Grilled Ham & Cheese	1	300	6.5	751	21	2.5	1	14
Tiny Tortilla	1	285	12	498	29	3	1	8

Breakfast Menu

El Loco Cerdo	1	321	16	530	86	9	2	8
Mod Toast	1	256.5	10	281	37	9	2	5
Morning Run	1	407	20	404	37	8	3	17
My Everything	1	456	21.9	796	38.5	5.3	5	25.1
Farmers Market Breakfast Tacos	1	353.5	19.5	137	27.1	9.1	3	14.1

Sides

Chips (BBQ flavor)	1	210	11	265	25	2	2	3
Jalepeno Cheddar	1	210	11	290	26	2	0	4
Malt Vinegar & Sea Salt	1	215	11	300	26	2	0	3
Sea Salt	1	210	11	180	25	2	0	3
Fingerlings, prepared	8 oz	178	2	150	5	0	0	1

Sauces

Balsamic Vinaigrette	15 mil	10	0	0	2	0	2	0
Basil Pesto	2 tbsp	120	12	290	2	0	2	2
BBQ Sauce	2 tbsp	70	0	290	18	0	16	0
Chipotle Creama	2 tbsp	60	5	15	1	0	1	1
Family Salsa	2 tbsp	10	0	150	3	0	2	0
Garlic Aioli	1 tbsp	100	10	70	1	0	0	0
Green Chile Vinaigrette	1.5 oz	121	17	31	1	0	1	0
Honey Mustard	2 tbsp	140	12	150	8	0	7	1
Jalepeno Ranch Dressing	2 tbsp	150	16	230	1	0	1	1

Oriental Sesame Dressing	2 tbsp	90	4.5	320	12	0	9	0
Ranch Dressing	2 tbsp	150	16	230	1	0	1	1
Sriacha Hot Chili Sauce	1 tsp	5	0	80	0	1	1	0
Tzatziki Sauce	2 tbsp	40	3	45	2	0	1	1

Complete Ingredient List

Bacon	2 slices	70	6	250	50	1	0	3
Baked Potato	1	161	0.2	17	37	3.8	2	4.3
Basil Pesto	2 tbsp	120	12	290	2	0	2	2
BBQ Sauce	2 tbsp	70	0	290	18	0	16	0
Bread, Panini Italian	2 slices	200	2	460	40	2	0	8
Cabbage, shredded coleslaw	1/4 cup	21	0	18	5	2	2	1
Cheddar Cheese	1 oz	110	9	180	1	1	0	7
Chicken	3 oz	160	8	69	0	0	0	24
Cilantro	1/4 cup	1	0	2	0.1	0.1	0	0.1
Cucumbers	1/4 cup	4	0	0.5	1	0	0.5	0
Eggs	2 eggs	156	10	124	1	0	1	12
Feta Cheese	1 oz	70	6	310	1	1	0	4
Fish, Basa Swai	3 oz	135	10	42.6	0	0	0	12.6
Garbanzon Beans	1/4 cup	40	1	70	6	2	1	2
Gaucamole	1/4 cup	91	8	0	5	5	0	0
Gosar Sausage	3 oz	300	25.5	600	0	0	0	16.5
Green Chile	1/4 cup	15	0	2.5	3.5	0.5	1.5	0.5
Green Peppers	1/4 cup	8	0	1	2	0	0	0
Ham	3 oz	90	2	1035	0	0	1.5	15
Hummus	1/4 cup	60	0	23	21	14	1	7
Jalapeños	1/4 cup	7	0	0	2	0	0	0
Kale Color Crunch	1/4 cup	35	0	40	6	5	1	3
Lamb	3 oz	250	18	61	0	0	0	21
Lettuce Base	1	20	0	0	2	1	0	0
Lettuce Topping	1	5	0	0	1	0.5	0	0
Mango Fruit Salsa	1.5 oz	25	0	0	24	0	0	0
Mozzerella Cheese	1/4 cup	90	7	190	1	0	0	6
Mulitgrain Bread	2 oz	160	2	280	31	3	2	5
Olives	1 tbsp	10	0.9	62	0.5	0.3	0	0.1
Pickeled Veggies	1/4 cup	10.5	0	86	2	0	1	0.5
Pickled Onion	2 oz	22	0	1.5	5	0.5	2	0
Pinto Beans	1/4 cup	60	0	23	21	14	1	7
Pita Bread	1	230	5	470	41	2	2	7
Pulled Pork	3 oz	195	12	0	0	0	0	20
Red Onion	1/4 cup	67	0	5	16	2	7	1
Rice	1/2 cup	108	1	5	22	2	0	2.5
Roasted Red Peppers	1/2 cup	30	0	210	6	1	4	1
Sauted Onion & Peppers	2.5 oz	20	0	150	5	1	2	1
Sour Cream	2 tbsp	60	5	15	1	0	1	1
Spinach	1/4 cup	2	0	6	0	0	0	0
Steak	3 oz	228	15	0	0	0	0	21
Swiss Cheese	1 slice	55	4.5	30	0.5	0	0	4
Tomato	1/4 cup	5.5	0	1	1	1	0	0
Tortilla - Corn	2	100	1.5	10	20	3	2	2
10" Tortilla - Flour	1	220	4.5	640	38	1	0	5
12" Tortilla - Flour	1	300	7	810	52	2	1	8
Turkey Breast	3 oz	75	1.5	720	1.5	0	0	12