

Nutrition & Allergy Information

		NUTRITIONAL INFORMATION															ALLERGY INFO*										
BOWLS		Serving Size	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Sugar (g)	Fiber (g)	Protein (g)	Calcium (%DV)	Iron (%DV)	Vitamin A (%DV)	Vitamin C (%DV)	Peanut	Tree Nuts	Sesame	Wheat + Gluten	Shellfish	Fish	Dairy	Egg	Soy	
BUENO BOWL	GF	18.3 oz	650	270	28	6	0.0	180	1370	57	10	11	43	15%	40%	20%	40%										X
COUNTRY BBQ	GF	16.2 oz	620	220	23	8	0.0	155	1160	53	8	8	48	30%	40%	45%	30%						X	X			
ZEUS	GF	16.0 oz	560	230	24	7	0.0	195	960	43	6	6	41	10%	15%	20%	30%							X			
MO' MISO		16.4 oz	660	250	26	4	0.0	115	1230	56	12	8	49	10%	15%	50%	35%			X	X						X
THE GOOD BOWL	GF	16.1 oz	790	390	42	10	0.0	195	650	56	6	9	51	25%	35%	240%	90%							X			X

SALADS

CHRISTINA'S KALE	GF	13.9 oz	520	180	18	3	0.0	115	530	38	8	9	51	20%	25%	180%	160%			X								X
w/ Tamari Ginger Vin	GF	14.9 oz	590	230	24	3.5	0.0	115	780	43	13	9	51	20%	25%	180%	170%			X								X
FGC COBB	GF	16.5 oz	590	310	33	10	0.0	335	860	12	4	7	61	20%	25%	250%	40%							X	X			
w/ White Balsamic Vin	GF	17.5 oz	740	440	47	12	0.0	335	940	16	7	7	61	20%	25%	250%	40%							X	X			
GOOD KARMA		13.4 oz	410	140	15	2.5	0.0	115	490	21	7	7	48	15%	25%	210%	70%			X	X							X
w/ Spicy Miso Dressing		14.4 oz	490	200	21	3	0.0	115	810	28	12	7	48	15%	25%	210%	70%			X	X							X
KALEPENO	GF	12.4 oz	440	180	18	7	0.0	155	590	23	9	7	46	35%	30%	200%	190%						X	X				
w/ Charred Jalapeno Vin	GF	13.4 oz	540	270	29	8	0.0	155	680	25	11	7	46	35%	30%	210%	200%			X			X	X				
THE GOOD SALAD	GF	12.1 oz	530	280	31	7.5	0.0	195	800	24	9	8	45	20%	25%	70%	100%		X					X				
w/ Apple Miso Vin	GF	13.1 oz	680	430	47	9	0.0	195	1030	26	10	8	45	20%	25%	70%	100%		X					X			X	

CHICKEN

QUARTER BIRD	GF	1 ea	260	100	11	3	0.0	110	530	<1g	0	0	36	2%	10%	6%	0%											
HALF BIRD	GF	1 ea	520	210	22	6	0.0	215	1070	1	0	<1g	73	4%	20%	15%	0%											
WHOLE BIRD	GF	1 ea	1030	410	44	12	0.0	430	2130	3	0	1	146	8%	40%	30%	0%											
GRILLED MOJO THIGH	GF	5.0 oz	260	120	13	3.5	0.0	180	180	<1g	0	0	34	2%	10%	4%	2%											
HERB GRILLED BREAST	GF	5.0 oz	250	70	7	1.5	0.0	115	170	0	0	0	43	2%	8%	2%	0%											
PULLED BBQ	GF	5.0 oz	250	100	10	2.5	0.0	135	220	3	2	<1g	35	2%	10%	10%	2%						X					

GF = Gluten Free

V = Vegetarian

** Based on a 3lb chicken

%Daily Values (%DV) are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. For more on your specific needs, go to <http://www.choosemyplate.gov/myplate/index.aspx>

* Because all of our food is prepared fresh in the same facility, cross contact between allergens is possible. Please inform a team member if you or someone in your party has food allergies.

NUTRITIONAL INFORMATION

ALLERGY INFO*

SIDES

		Serving Size	Calories (kcal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Sugar (g)	Fiber (g)	Protein (g)	Calcium (%DV)	Iron (%DV)	Vitamin A (%DV)	Vitamin C (%DV)	Peanut	Tree Nuts	Sesame	Wheat + Gluten	Shellfish	Fish	Dairy	Egg	Soy
GRANNY SMITH APPLE SLAW	GF, V	5.7 oz	70	5	0	0	0.0	0	270	16	11	4	1	4%	2%	60%	50%									
BROWN RICE & BLACK BEANS	GF, V	6.4 oz	180	40	4	0.5	0.0	0	500	30	1	6	7	15%	35%	2%	4%									
BLACK BEANS	GF, V	8.0 oz	190	35	3	0	0.0	0	530	30	2	9	11	25%	70%	2%	8%									
BROWN RICE	GF, V	4.8 oz	180	45	5	0.5	0.0	0	480	30	0	2	3	2%	4%	0%	0%									
MEXICAN CORN OFF THE COBB	GF, V	4.5 oz	290	170	20	3	0.0	5	420	28	9	3	6	6%	6%	40%	20%							X		
ROASTED BROCCOLI	GF, V	5.9 oz	160	100	10	1.5	0.0	0	790	14	4	6	6	10%	8%	25%	320%									
SMOKED BEETS	GF, V	4.3 oz	140	70	7	3	0.0	10	750	14	7	3	6	6%	6%	6%	25%							X		
KALE & BUTTERNUT SQUASH	GF, V	5.2 oz	280	150	17	2	0.0	0	310	33	7	5	5	10%	10%	290%	90%								X	
STEAMED BABY POTATOES	GF, V	3.9 oz	150	60	7	1	0.0	0	470	20	1	3	2	2%	6%	4%	45%									
SESAME VEGGIES	GF, V	5.7 oz	90	10	1	0	0.0	0	470	20	12	4	2	10%	4%	110%	50%			X						X

DRESSINGS

TAMARI GINGER	GF, V	1.0 oz	70	50	5	0	0.0	0	250	5	5	0	<1g	0%	0%	0%	4%										X
WHITE BALSAMIC	GF, V	1.0 oz	140	130	15	2	0.0	0	80	3	3	0	<1g	0%	2%	0%	0%										
SPICY MISO	GF, V	1.0 oz	90	60	7	0.5	0.0	0	310	7	5	0	<1g	0%	0%	0%	0%			X							X
CHARRED JALAPENO	GF, V	1.0 oz	110	100	11	1.5	0.0	0	95	2	2	0	<1g	0%	2%	6%	10%			X							
APPLE MISO	GF, V	1.0 oz	150	150	16	1.5	0.0	0	230	2	2	0	<1g	0%	0%	0%	0%										X

SAUCES

TANGY BBQ	GF	1.0 oz	25	5	0.5	0	0.0	0	230	5	4	<1g	<1g	2%	2%	4%	2%							X			
HABANERO MANGO	GF	1.0 oz	35	10	1	0	0.0	0	190	6	4	0	<1g	0%	0%	0%	8%						X				
MAPLE CHIPOTLE	GF, V	0.6 oz	20	0	0	0	0.0	0	210	5	5	0	<1g	0%	0%	0%	0%										X
FRESH HERB SALSA VERDE	GF, V	1.0 oz	90	90	10	1.5	0.0	0	160	1	0	0	<1g	2%	2%	6%	15%										
TAMARIND YOGURT	GF, V	1.0 oz	25	5	0.5	0	0.0	0	85	4	4	0	1	2%	0%	2%	6%		X					X			
TZATZIKI	GF, V	1.5 oz	70	45	5	3	0.0	15	190	4	1	1	3	6%	0%	0%	0%							X			

SNACKS

MAPLE ALMOND GRANOLA	GF, V	1.1 oz	160	80	9	1	0.0	0	105	16	7	2	4	2%	6%	0%	0%		X								
SWEET PEA HUMMUS	GF, V	6.2 oz	270	190	20	2.5	0.0	0	670	19	4	8	10	10%	20%	2%	35%			X							

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