

Nutrition & Allergy Information

BOWLS		NUTRITIONAL INFORMATION															ALLERGY INFO*									
		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
SWEET PEA	GF	18.5 oz	750	380	41	8	0.0	190	1400	51	9	9	45	15%	25%	15%	80%			X				X		

SALADS		NUTRITIONAL INFORMATION															ALLERGY INFO*										
		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	
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		
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	
CURRY CHICKEN SALAD	GF	10.9 oz	460	280	30	8	0.0	75	410	27	9	7	26	15%	25%	150%	70%		X								
w/ White Balsamic Vin	GF	11.9 oz	610	410	45	10	0.0	75	490	30	11	7	26	15%	25%	150%	70%		X								

CHICKEN		NUTRITIONAL INFORMATION															ALLERGY INFO*									
		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
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 BREST	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	NUTRITIONAL INFORMATION											ALLERGY INFO*												
			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%									
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
BRUSSELS & BLUE	GF, V	4.0 oz	190	140	16	3	0.0	10	240	11	5	3	6	8%	6%	10%	80%		X				X		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						

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
LEMON OREGANO	GF, V	1.0 oz	90	80	9	1	0.0	0	35	2	2	0	<1g	0%	0%	0%	6%										

SAUCES

TANGY BBQ	GF	1.0 oz	25	5	0.5	0	0.0	0	230	5	4	<1g	<1g	2%	2%	4%	2%											
HABANERO MANGO	GF	1.0 oz	35	10	1	0	0.0	0	190	6	4	0	<1g	0%	0%	0%	8%											
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%											
TZATZIKI	GF, V	1.5 oz	60	35	4	2	0.0	10	260	3	1	<1g	2	4%	0%	0%	2%								X			

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