

NUTRITION INFORMATION



- All of our Chicken is antibiotic-free and humanely raised
- All of our Cheeses are pasteurized
- Allergy Information can be found on pages 4-5

- G** = Contains Gluten
- V** = Vegan
- = Vegetarian
- D** = Contains Dairy

BOWLS, SALADS, SANDWICHES	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Total Sugar (g)	Fiber (g)	Protein (g)
BOWLS												
Bueno Bowl	19.1 oz	710	300	31	6	0.0	185	1690	63	10	12	47
The Good Bowl D	15.8 oz	830	420	45	8	0.0	185	1530	59	9	9	49
Sesame Chicken Bowl	15.4 oz	630	250	27	4	0.0	110	1580	50	10	7	48
SALADS												
Christina's Kale	14.9 oz	320	110	11	3	0.0	110	1030	33	11	9	50
w/ Tamari Ginger Vin	10 oz	600	260	27	3.5	0.0	110	1350	40	17	9	51
Fields Good Cobb D	15.9 oz	560	290	30	9	0.0	300	990	12	4	6	58
w/ White Balsamic Vin	16.9 oz	700	420	44	11	0.0	300	1060	15	7	6	58
w/ Green goddess, no chick	11.8 oz	440	330	36	10	0.0	190	710	14	6	6	17
w/ Sesame Vin	10.4 oz	440	230	24	4.5	0.0	115	580	8	5	2	45
Fields Greens	6.4 oz	320	190	22	4.5	0.0	15	680	24	10	2	9
w/ Herb Chicken	5.0 oz	250	80	8	1.5	0.0	110	350	1	0	0	41
w/ Mojo Chicken	5.0 oz	250	110	12	3.5	0.0	185	490	<1g	0	0	35











PLATES	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Total Sugar (g)	Fiber (g)	Protein (g)
CHICKEN												
Herb Grilled Breast	5.0 oz	240	70	8	1.5	0.0	105	330	1	0	0	38
Mojo Grilled Thigh	5.0 oz	250	110	12	3.5	0.0	185	490	< 1g	0	0	35
Qtr Leg & Thigh	4.5 oz	230	100	11	3	0.0	165	490	< 1g	0	0	31
Qtr Breast	6.9 oz	330	70	8	2	0.0	165	550	< 1g	< 1g	0	60
Half Bird	11.4 oz	560	170	18	5	0.0	330	1040	1	< 1g	0	91
GRAINS & GREENS												
Brown Rice V	4.1 oz	180	70	7	1	0.0	0	440	25	0	2	2
Quinoa V	4.6 oz	200	90	9	1.5	0.0	0	280	25	1	3	5
SIDES (PLATES)												
Beets & Bleu D	3.5oz	110	60	7	1.5	0.0	<5mg	330	10	7	2	3
Black Beans V	4.6 oz	140	30	3	0	0.0	0	330	23	< 1g	6	8
Brown Rice V	4.1 oz	180	70	7	1	0.0	0	440	25	0	2	2
Charred Sweet Potatoes	3.5 oz	210	110	11	1	0.0	0	430	27	9	4	2
Green Beans	3.0 oz	90	60	6	1	0.0	0	260	8	5	2	2
Mac & Cheese G	5.6 oz	230	50	5	3	0.0	15	430	34	4	1	9
Quinoa V	4.6 oz	200	90	9	1.5	0.0	0	280	25	1	3	5
Rice and Beans V	4.3 oz	160	50	5	1	0.0	0	390	24	0	4	5
Roasted Broccoli V	3.2 oz	100	70	7	1	0.0	0	360	8	2	3	3
Smashed Herb Potatoes	6.0 oz	200	60	7	1	0.0	0	490	32	2	4	4
SAUCES												
Habanero Mango	1.5 fl oz	50	15	2	0	0.0	0	290	9	6	0	< 1 g
Maple Chipotle V	1.5 fl oz	60	0	0	0	0.0	0	290	13	12	0	1
Tangy BBQ	1.5 fl oz	25	5	0.5	0	0.0	0	215	5	4	< 1g	< 1 g
Green Goddess	1.0 fl oz	60	50	6	1	0.0	0	240	2	1	0	1

WHOLE BIRD	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Total Sugar (g)	Fiber (g)	Protein (g)
CHICKEN												
Whole Bird	22.8 oz	1110	340	37	10	0.0	660	2070	3	2	0	181

SPECIALS	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Total Sugar (g)	Fiber (g)	Protein (g)
Maple Chipotle Smoked Chicke	12 oz	620	280	30	7	0.0	300	1770	25	21	1	60

SIDES A LA CARTE	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Total Sugar (g)	Fiber (g)	Protein (g)
SIDES (12oz cup)												
Arugula Salad D	2.2	110	80	9	2	0.0	<5mg	125	5	2	2	4
Beets & Bleu D	6.1	180	105	11	2.75	0.0	0	575	16.5	12	4	6
Black Beans V	8.85	275	58	5.75	0.75	0.0	0	640	44	2	10.5	15
Brown Rice V	7.15	310	115	13	2	0.0	0	770	44	0	3.5	4
Butternut Soup V	10	410	290	32.5	10	0.0	0	1265	30.5	6	6	5.5
Charred Sweet Potatoes	6.1	370	185	19.5	2	0.0	0.0	740	47	16	7	4
Green Beans	6.1	185	120	12.5	1.5	0.0	0.0	535	18.5	5	4.5	4.5
Mac n Cheese G	9.3	360	80	9	4.75	0.0	22.5	625	54	2	2.5	15.5
Quinoa V	8.55	380	170	18	2.5	0.0	0	515	16.5	3	6.5	9.5
Smashed Potato V	9.1	300	100	10.5	1.5	0.0	0	745	49.5	3	6.5	5.5

ADD ONS, SAUCES, DRESSINGS	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Total Sugar (g)	Fiber (g)	Protein (g)
ADD ONS												
Avocado V	2.4 oz	110	100	10	1.5	0.0	0	5	6	0	5	1

Bacon		0.5 oz	70	45	5	1.5	0.0	15	240	0	0	0	5
Blue Cheese		0.7 oz	70	50	6	3.5	0.0	15	230	0	0	0	4
Cornbread	 	2.0 oz	160	70	8	2	0.0	5	350	17	4	< 1g	4
Cheddar		0.5 oz	60	40	4.5	3	0.0	15	90	0	0	0	4
Guacamole		2.0 oz	80	70	8	1	0.0	0	160	5	0	4	1
SAUCES													
Habanero Mango		1.5 fl oz	50	15	2	0	0.0	0	290	9	6	0	< 1 g
Maple Chipotle		1.5 fl oz	60	0	0	0	0.0	0	290	13	12	0	1
Tangy BBQ		1.5 fl oz	25	5	0.5	0	0.0	0	215	5	4	< 1g	< 1 g
Green Goddess		1.0 fl oz	60	50	6	1	0.0	0	240	2	1	0	1
DRESSINGS													
Tamari Ginger Vin		1.0 fl oz	80	50	5	0	0.0	0	310	7	6	0	< 1 g
White Balsamic Vin		1.0 fl oz	140	130	14	2	0.0	0	70	3	2	0	< 1 g
Spicy Miso Dressing		1.0 fl oz	80	60	7	1	0.0	0	310	5	4	0	< 1 g

ALLERGY INFORMATION



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.

X = Contains Allergen

BOWLS, SALADS, SANDWICHES	Peanut	Tree Nuts	Sesame	Wheat + Gluten	Shellfish	Fish	Dairy	Egg	Soy
Bueno Bowl									X
The Good Bowl	X						X		X
Sesame Bowl			X	X					X
Christina's Kale			X						X
w/ Tamari Ginger Vin			X						X
Fields Good Cobb							X	X	
w/ White Balsamic Vin							X	X	
Fields Greens									
CHICKEN	Peanut	Tree Nuts	Sesame	Wheat + Gluten	Shellfish	Fish	Dairy	Egg	Soy
Herb Grilled Breast									
Mojo Grilled Thigh									
Quarter Breast									
Quarter Leg & Thigh									
Half Bird									
Whole Bird									
GRAINS & GREENS	Peanut	Tree Nuts	Sesame	Wheat + Gluten	Shellfish	Fish	Dairy	Egg	Soy
Brown Rice									
Quinoa									
SIDES	Peanut	Tree Nuts	Sesame	Wheat + Gluten	Shellfish	Fish	Dairy	Egg	Soy
Beets & Blue							X		
Black Beans									
Green Beans									X
Mac & Cheese				X			X		
Rice & Beans									
Roasted Broccoli									
Charred Sweet Potatoes									
Smashed Potatoes									

ADD ONS	Peanut	Tree Nuts	Sesame	Wheat + Gluten	Shellfish	Fish	Dairy	Egg	Soy
Avocado									
Blue Cheese							X		
Cheddar							X		
Cornbread							X	X	
Guacamole									
SAUCES	Peanut	Tree Nuts	Sesame	Wheat + Gluten	Shellfish	Fish	Dairy	Egg	Soy
Habanero Mango						X			
Maple Chipotle									X
Tangy BBQ						X			
Green Goddess							X		
Spicy Miso			X						X
DRESSINGS	Peanut	Tree Nuts	Sesame	Wheat + Gluten	Shellfish	Fish	Dairy	Egg	Soy
Caesar Dressing						X	X	X	
Tamari Ginger									X
White Balsamic									
Spicy Miso Dressing			X						X