

**B.GOOD** FOOD  
WITH  
ROOTS

# Ingredients

| Category                     | Menu Item                                | Ingredients   |
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| Summer Menu                  | Farmstand Bowl                           | Marinated kale (kale, lemon juice, sunflower oil, kosher salt) quinoa (quinoa, kosher salt, sunflower oil), grilled zucchini (zucchini, salt, sunflower oil), grilled red pepper (red bell pepper, salt, sunflower oil), tomato, corn, halloumi cheese (pasteurized sheep's milk, salt, non-animal rennet, mint.), balsamic glaze (vinegar, concentrated grape must, caramel, antioxidant), basil, basil vinaigrette* |
|                              | Picnic Sandwich                          | Country bread*, grilled zucchini (zucchini, salt, sunflower oil), grilled red pepper (red bell pepper, salt, sunflower oil), tomato, mozzarella cheese (RBST free pasteurized milk, vinegar, salt, enzymes), pesto*, basil, balsamic glaze (vinegar, concentrated grape must, caramel, antioxidant)   |
|                              | Summer Mix Side                          | grilled zucchini (zucchini, salt, sunflower oil), grilled red pepper (red bell pepper, salt, sunflower oil), tomato, corn, balsamic glaze (vinegar, concentrated grape must, caramel, antioxidant), basil   |
| Craft Burgers                | The Classic                              | Choice of protein, pickles*, B.GOOD sauce*, romaine lettuce, tomatoes, choice of bun*   |
|                              | The Farmhouse                            | Choice of protein*, cheddar cheese (fresh pasteurized milk, cheese cultures, salt, enzymes), bacon*, caramelized onions*, crispy shallots*, choice of bun*  |
|                              | The Cali                                 | Choice of protein, avocado puree*, cilantro, chipotle puree*, corn & tomato salsa*, choice of bun*  |
|                              | Jalapeno Ranch                           | Choice of protein*, pepper jack cheese (pasteurized milk, salt, cultures, enzymes, habanero peppers), bacon*, ranch slaw*, jalapeno ranch*, choice of bun*  |
|                              | Mushroom & Swiss                         | Choice of protein, swiss cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), sauteed mushrooms (mushrooms, garlic, sunflower oil, salt), caramelized onions*, BBQ sauce*, choice of bun*   |
|                              | Power Play                               | Choice of protein*, cheddar cheese (fresh pasteurized milk, cheese cultures, salt, enzymes), avocado puree*, bacon*, egg, choice of bun*  |
| Signature Sandwiches & Wraps | Buffalo Ranch Sandwich (Grilled Chicken) | Antibiotic-free chicken breast, ranch slaw*, buffalo sauce*, buffalo ranch dressing*, pickles, brioche bun*   |
|                              | Buffalo Ranch Sandwich (Chicken Tenders) | Chicken tenders*, ranch slaw*, buffalo sauce*, buffalo ranch dressing*, pickles, brioche bun*   |
|                              | Buffalo Ranch Wrap (Grilled Chicken)     | Antibiotic-free chicken breast, ranch slaw*, buffalo sauce*, buffalo ranch dressing*, pickles, tortilla wrap*   |
|                              | Buffalo Ranch Wrap (Chicken Tenders)     | Chicken tenders*, ranch slaw*, buffalo sauce*, buffalo ranch dressing*, pickles, tortilla wrap*   |
|                              | Grilled Chicken Pesto Sandwich           | Antibiotic-free chicken breast, pesto*, mozzarella cheese (RBST free pasteurized milk, vinegar, salt, enzymes), frisee, tomato, roasted red pepper (Fire roasted peppers, water, salt, citric acid), country bread*   |
|                              | Chipotle Bacon Chicken Sandwich          | Antibiotic-free chicken breast, cheddar cheese (fresh pasteurized milk, cheese cultures, salt, enzymes), bacon*, romaine lettuce, tomato, chipotle aioli*, brioche bun*   |
|                              | Kale Chicken Caesar Wrap                 | Antibiotic-free chicken breast, parmesan cheese (pasteurized cultured part-skim milk, salt, enzymes, potato starch and powdered cellulose (to prevent caking)), romaine lettuce, marinated kale (kale, sunflower oil, lemon juice, salt), grape tomato, avocado, croutons*, Caesar dressing*, tortilla wrap*  |
|                              | Southwest Chicken Wrap                   | Antibiotic-free chicken breast, GOOD greens (romaine lettuce, kale, frisee, red cabbage, brussels sprouts), grape tomatoes, avocado, toasted corn (whole corn, soybean oil, sunflower oil, sea salt), chipotle puree*, balsamic vinaigrette*, black bean & corn salsa*, tortilla wrap*  |
|                              | Avocado BLT                              | Bacon*, romaine lettuce, tomato, avocado puree*, chipotle aioli*, country bread*  |
|                              | Crispy Chicken Sandwich                  | Chicken tenders*, romaine lettuce, tomato, B.GOOD Sauce*, brioche bun*  |
| Harvest Bowls                | Buffalo Bowl (Grilled Chicken)           | Antibiotic-free chicken breast, marinated kale (kale, lemon juice, sunflower oil, kosher salt), quinoa (quinoa, kosher salt, sunflower oil), grape tomatoes, cucumbers, ranch slaw*, buffalo sauce*, ranch dressing*  |
|                              | Buffalo Bowl (Chicken Tenders)           | Chicken tenders*, marinated kale (kale, lemon juice, sunflower oil, kosher salt), quinoa (quinoa, kosher salt, sunflower oil), grape tomatoes, cucumbers, ranch slaw*, buffalo sauce*, ranch dressing*  |
|                              | Buffalo Bowl (Buffalo Cauliflower Bites) | Buffalo cauliflower bites*, marinated kale (kale, lemon juice, sunflower oil, kosher salt), quinoa (quinoa, kosher salt, sunflower oil), grape tomatoes, cucumbers, ranch slaw*, ranch dressing*  |
|                              | Spicy Avocado & Lime Bowl                | Marinated kale (kale, lemon juice, sunflower oil, kosher salt), avocado, sauteed zucchini (zucchini, yellow zucchini, sunflower oil, salt) black bean & corn salsa*, quinoa (quinoa, kosher salt, sunflower oil), grape tomatoes, queso fresco (pasteurized milk, salt, enzymes culture), cilantro, lime wedge, chipotle vinaigrette*   |
|                              | The Tuscan Bowl                          | Marinated kale (kale, lemon juice, sunflower oil, kosher salt), quinoa (quinoa, kosher salt, sunflower oil), sauteed zucchini (zucchini, yellow zucchini, sunflower oil, salt), eggplant meatballs*, marinara*, grape tomatoes, parmesan cheese (pasteurized cultured part-skim milk, salt, enzymes, potato starch and powdered cellulose (to prevent caking)), pesto*  |

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|                               | <b>Harvest Kale Bowl</b>          | Marinated kale (kale, lemon juice, sunflower oil, kosher salt), quinoa (quinoa, kosher salt, sunflower oil), acorn squash (acorn squash, sunflower oil, kosher salt), brussels sprouts (brussels sprouts, sunflower oil, kosher salt), parmesan cheese (pasteurized cultured part-skim milk, salt, enzymes, potato starch and powdered cellulose (to prevent caking)), bacon*, dried cranberries, pecans*, balsamic vinaigrette*  |
| <b>Gathered Greens</b>        | <b>Kale Chicken Caesar Salad</b>  | Antibiotic-free chicken breast, parmesan cheese (pasteurized cultured part-skim milk, salt, enzymes, potato starch and powdered cellulose (to prevent caking)), romaine lettuce, maintained kale (kale, sunflower oil, lemon juice, kosher salt), grape tomato, avocado, croutons*, Caesar dressing*  |
|                               | <b>Southwest Chicken Salad</b>    | Antibiotic-free chicken breast, GOOD greens (romaine lettuce, kale, frisee, red cabbage, brussels sprouts), grape tomatoes, avocado, toasted corn (whole corn, soybean oil, sunflower oil, sea salt), chipotle puree*, balsamic vinaigrette*, black bean & corn salsa*  |
|                               | <b>Summer Cobb Salad</b>          | romaine lettuce, bacon*, egg, avocado, grilled zucchini (zucchini, salt, sunflower oil), tomato, corn, blue cheese dressing*  |
|                               | <b>Vegan Taco Salad</b>           | Romaine lettuce, Beyond plant-based spiced ground "beef" (beyond burger, spanish onions, garlic [natural garlic, water, soybean oil, olive oil, phosphoric acid], cumin, coriander, oregano, chili powder, salt, sunflower oil, tomato [fresh vine-ripened tomatoes, tomato juice, salt, calcium chloride, citric acid]), bean & corn salsa*, cucumber, red onions, avocado, pickled jalapenos (sliced jalapenos, water, vinegar, salt), cilantro, plantain chips*, umami vinaigrette*  |
| <b>Market Sides</b>           | <b>Real Fries</b>                 | Potatoes, expeller pressed canola oil, rice flour, tapioca starch, dextrin, corn starch, salt, sea salt, xanthan gum, gluconic acid, fry spice*   |
|                               | <b>Sweet Potato Fries</b>         | Sweet potatoes, canola oil, cane sugar, rice flour, tapioca starch, dextrin, corn starch, spice, sea salt, salad mustard powder (vinegar, mustard seed, salt, turmeric, paprika), gluconic acid, xanthan gum  |
|                               | <b>Chicken Tenders</b>            | Chicken Tenders*, choice of dipping sauce   |
|                               | <b>Buffalo Chicken Tenders</b>    | Chicken Tenders*, buffalo sauce*, choice of dipping sauce   |
|                               | <b>Buffalo Cauliflower Bites</b>  | Cauliflower, panko bread crumbs (wheat flour, cane sugar, yeast, sea salt), water, cayenne pepper sauce (aged cayenne red peppers, distilled vinegar, water, salt, garlic powder), tempura flour (wheat flour, rice flour, corn starch, leavening system [sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate]), 2% or less of cayenne pepper powder (dehydrated cayenne pepper sauce [aged cayenne red peppers, distilled vinegar, salt, garlic powder], maltodextrin, rosemary extract [as an antioxidant] and silicon dioxide), food starch-modified, degermed yellow corn meal, tapioca dextrin, spices, sea salt. |
|                               | <b>Avocado Toast</b>              | Country bread*, avocado puree*, paprika, garlic powder  |
|                               | <b>Eggplant Meatballs (5pc.)</b>  | Eggplant meatballs (eggplant, soy, flour, parmesan cheese (pasteurized milk, cheese cultures, salt enzymes)), parmesan cheese (pasteurized cultured part-skim milk, salt, enzymes, potato starch and powdered cellulose (to prevent caking)), marinara sauce*   |
| <b>Smoothies &amp; Shakes</b> | <b>Kale Crush Smoothie</b>        | Pineapple juice, kale, apples, pineapple, banana  |
|                               | <b>Berry Smoothie</b>             | Strawberry, blueberry, banana, agave, pineapple juice, acai   |
|                               | <b>Power Up! (or The Husky!)</b>  | Cashew milk (cashew milk [filtered water, cashews], almonds, vitamin and mineral blend [calcium carbonate, vitamine e, acetate, vitamine a palmitate, vitamin d2], salt locust bean gum, sunflower lecithin, natural flavor, gellan gum, ascorbic acid), flax oil (organic cold pressed flax oil), spirulina, protein powder*, peanut butter (dry roasted peanuts, sugar, hydrogenated rapeseed oil, salt), banana  |
|                               | <b>Strawberry Banana Smoothie</b> | Cashew milk (cashew milk [filtered water, cashews], almonds, vitamin and mineral blend [calcium carbonate, vitamine e, acetate, vitamine a palmitate, vitamin d2], salt locust bean gum, sunflower lecithin, natural flavor, gellan gum, ascorbic acid), peanut butter (dry roasted peanuts, sugar, hydrogenated rapeseed oil, salt), banana, strawberries, agave   |
|                               | <b>Vanilla Shake</b>              | vanilla ice cream (cream, milk, sugar syrup, corn syrup, buttermilk powder, carob bean gum, guar gum, lecithin, carrageenan, and vanilla), skim milk  |
|                               | <b>Chocolate Shake</b>            | vanilla ice cream (cream, milk, sugar syrup, corn syrup, buttermilk powder, carob bean gum, guar gum, lecithin, carrageenan, and vanilla), raw cocoa, skim milk   |
|                               | <b>Strawberry Shake</b>           | vanilla ice cream (cream, milk, sugar syrup, corn syrup, buttermilk powder, carob bean gum, guar gum, lecithin, carrageenan, and vanilla), strawberries, skim milk  |
| <b>Kid's Meals</b>            | <b>Kids Burger</b>                | Antibiotic-free and hormone-free beef, romaine lettuce, tomato, choice of fries, applesauce*, choice of apple juice or milk   |
|                               | <b>Kids Cheeseburger</b>          | Antibiotic-free beef, cheddar cheese (fresh pasteurized milk, cheese cultures, salt, enzymes), romaine lettuce, tomato, served with choice of fries, applesauce*, choice of apple juice or milk   |
|                               | <b>Kids Chicken Tenders</b>       | Chicken tenders*, BBQ Sauce* or honey mustard*, choice of fries, applesauce, choice of apple juice or milk  |
|                               | <b>Kids Grilled Cheese</b>        | Country bread*, Cheddar Cheese (fresh pasteurized milk, cheese cultures, salt, enzymes), choice of fries, applesauce, choice of apple juice or milk   |
|                               | <b>Applesauce</b>                 | Apples, water, ascorbic acid (vitamin C)  |
|                               | <b>Avocado Puree</b>              | Avocado, lime juice, salt   |

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| <b>B.GOOD Sauce</b>                | Mayonnaise*, spice blend (smoked paprika, shitake mushroom powder, garlic, onion, turbinado sugar, black pepper, thyme, natural lemon, sea salt, cayenne pepper, chipotle, cumin)  |
| <b>Balsamic Vinaigrette</b>        | Water, distilled vinegar, balsamic vinegar, olive oil, vegetable oil (soybean/canola), sugar, salt, contains less than 2% garlic, spice, rice starch, xanthan gum, mustard flour, red bell pepper, onion   |
| <b>BBQ Sauce</b>                   | Sugar, Distilled Vinegar, Water, Tomato Paste, Molasses, Modified Potato Starch, Salt, Contains Less Than 2% Of Natural Smoke Flavor, Mustard Flour, Spice, Paprika, Onion,* Garlic,* Caramel Color, Maltodextrin, Chili Powder (Chili Pepper, Spice, Salt, Garlic), Autolyzed Yeast Extract, Natural Flavor. *Dried   |
| <b>Black Bean &amp; Corn Salsa</b> | Black beans, tomato salsa*, corn, lime juice, salt   |
| <b>Blue Cheese Dressing</b>        | Soybean oil, cultured buttermilk, blue cheese (cultured pasteurized milk, salt, enzymes, penicillium roquefort), natamycin (natural mold inhibitor), distilled vinegar, egg yolk, sugar, salt, mustard flour, dried garlic, xanthan gum, spice, yeast extract, natural flavor  |
| <b>Buffalo Sauce</b>               | distilled vinegar, aged cayenne, red peppers, salt water, modified corn starch, canola oil, paprika, xanthan gum, carrot fiber, garlic powder, natural flavors   |
| <b>Buffalo Ranch Dressing</b>      | Buffalo sauce*, ranch dressing*  |
| <b>Caramelized Onions</b>          | Spanish onions, sunflower oil, kosher salt   |
| <b>Chipotle Vinaigrette</b>        | Balsamic vinaigrette*, chipotle puree*   |
| <b>Caesar Dressing</b>             | Soybean oil, water, romano cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), egg yolk, lemon juice concentrate, contains less than 2% of salt, anchovies, garlic, natural flavor, xanthan gum, spice, distilled vinegar, onion, lactic acid, molasses, mustard seed |
| <b>Chipotle Aioli</b>              | Chipotle puree*, mayonnaise*   |
| <b>Chipotle Puree</b>              | Chipotle peppers (chipotle peppers, water, distilled vinegar, sugar, salt, tomato paste, artificial smoke flavor, xanthan gum, onion and garlic powder), ketchup*, agave, apple cider vinegar, sunflower oil   |
| <b>Crispy Shallots</b>             | Onions, enriched flour (wheat flour, niacin, reduce iron, thiamin mononitrate, riboflavin, folic acid), sunflower, safflower and/or canola oil, salt   |
| <b>Croutons</b>                    | Multi grain bread (Unbleached white, whole wheat, oat flours, organic soy flour and rye flour, yeast, sea salt, millet, poppy and sesame seeds), certified non-GMO canola oil, fresh garlic, thyme, pepper and rosemary  |
| <b>Fry Spice</b>                   | Salt, garlic, sugar, paprika, spices, contains 2% or less of cellulose   |
| <b>Honey Mustard</b>               | Soybean oil, yellow mustard (distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice), distilled vinegar, sugar, water, egg yolk, honey, contains less than 2% of salt, xanthan gum, spice, oleoresin paprika, oleoresin turmeric   |
| <b>Jalapeno Ranch</b>              | Ranch dressing*, pickled jalapenos (sliced jalapenos, water, vinegar, salt), lime juice, fry spice*  |
| <b>Ketchup</b>                     | Tomatoes, tomatoes paste, organic sugar, onions, organic distilled vinegar, salt, lime juice concentrate, green bell peppers, allspice, citric acid  |
| <b>Marinara Sauce</b>              | Vine ripened fresh tomatoes, extra virgin olive oil, sunflower oil, salt, onions, sugar, black pepper, basil, oregano, parsley, naturally derived citric acid  |
| <b>Mayonnaise</b>                  | Organic sunflower oil, organic egg yolks, water, organic distilled vinegar, organic lemon juice, organic sugar, salt, organic ground mustard, organic black pepper   |
| <b>Mustard</b>                     | Organic white vinegar, water, mustard seed, organic sugar, maple syrup, salt   |
| <b>Pecans</b>                      | Pecans, sugar, salt, sunflower oil   |
| <b>Pesto</b>                       | Basil, canola oil, water, parmesan cheese (pasteurized part-skim cows' milk, cheese culture, salt, enzymes), garlic, salt  |
| <b>Pickles</b>                     | Cucumbers, water, white vinegar, white wine vinegar, salt, garlic, chili flakes and tumeric  |
| <b>Plantain Chips</b>              | Plantains, non-hydrogenated palm oil, sea salt   |
| <b>Protein Powder</b>              | Orgain organic protein blend (organic pea protein, organic brown rice protein, organic chia  |
| <b>Ranch Dressing</b>              | Soybean oil, cultured buttermilk, water, maltodextrin, distilled vinegar, egg yolk, contains less than 2% of salt, sugar, garlic, buttermilk solids, lactic acid, spice, xanthan gum, onion, corn starch, mustard seed, guar gum, autolyzed yeast extract, natural flavor  |
| <b>Ranch Slaw</b>                  | Broccoli slaw, kohrabi, colored carrots, brussels sprouts, green kale, radicchio, fry spice*, celery, ranch dressing*  |
| <b>Toasted Corn</b>                | Whole corn, soybean oil, sunflower oil, sea salt   |
| <b>Tomato Salsa</b>                | Fire roasted tomatoes, tomato puree, diced jalapeno peppers, diced anaheim peppers, sea salt, dehydrated onions, citric acid, calcium chloride, spices, acetic acid, dehydrated garlic   |
| <b>Umami Vinaigrette</b>           | Balsamic vinaigrette*, agave, spice blend (smoked paprika, shitake mushroom powder, garlic, onion, turbinado sugar, black pepper, thyme, natural lemon, sea salt, cayenne pepper, chipotle, cumin)   |
| <b>Vegan "Honey" Mustard</b>       | Mustard*, agave, salt  |
| <b>Bacon</b>                       | Natural pork, water, sea salt, turbinado sugar, natural flavorings, maple syrup  |
| <b>Beef (Walden Local)</b>         | Ground beef  |
| <b>BEYOND BURGER® Patty</b>        | Water, Pea Protein Isolate, Expeller-Pressed Canola Oil, Refined Coconut Oil, Rice Protein, Natural Flavors, Mung Bean Protein, Methylcellulose, Potato Starch, Apple Extract, Salt, Potassium Chloride, Vinegar, Lemon Juice Concentrate, Sunflower Lecithin, Beet Juice Extract (for color), Pomegranate Fruit Powder, Lycopene Color (from Tomato)                |

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| <b>Protein Options*</b>               | <b>Chicken Tenders</b>                          | Chicken tenders with rib meat, water, seasoning (maltodextrin, salt, sugar, flavors, vegetable stock [carrot, onion, celery], carrot powder, garlic powder), sodium phosphates, salt, modified food starch, breaded with: wheat flour, water, salt, contains 2% or less of the following: dextrose, disodium inosinate and disodium guanylate, extractives of paprika, turmeric, garlic powder, leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate, monocalcium phosphate), onion powder, spices, wheat gluten, vegetable oil   |
|                                       | <b>Grilled Chicken</b>                          | Antibiotic-free chicken breast, sunflower oil, salt, sugar, lemon black pepper, smoked paprika, garlic powder, black pepper, dried thyme   |
|                                       | <b>Turkey Burger</b>                            | White turkey, turkey fat, contains 2% or less salt, rosemary extract, savory seasoning (black pepper, dehydrated garlic, onion powder)   |
|                                       | <b>Veggie Burger</b>                            | Cooked rice and bean mix (water, black bean, long grain parboiled rice enriched with iron [ferric phosphate], niacin, thiamine, mononitrate & folic acid, wild rice, olive oil, onion, vegetable base [carrot, celery, onion, tomato paste, corn oil, yeast extract, potato flour, salt, onion powder, garlic powder, natural flavor], spice), pablano peppers, crimini mushrooms, textured soy flour, corn, onion, red pepper, oats 2% or less of garlic, scallion, chickpea flour, cilantro, jalapeno, water, sea salt, tamari sauce (water, soybeans, salt, sugar), red wine (wine, salt, sulfates), food starch-modified, organix balsamic vinegar (wine vinegar, concentrated grape must), brown sugar, spices                              |
| <b>Breads &amp; Buns*</b>             | <b>Bed of Greens (No Bun)</b>                   | GOOD greens (romaine lettuce, kale, frisee, red cabbage, brussels sprouts)   |
|                                       | <b>Brioche Bun</b>                              | Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, coconut oil, soy powder, whet gluten, yeast, mold inhibitor (cultured wheat flour, vinegar), salt, whole wheat flour, sunflower lecithin, dough conditioner (wheat flour, salt, enzymes), malted barley flour, dough conditioner (wheat flour, enzymes), turmeric, ascorbic acid (oxidation), shine agent (water, vegetable proteins, vegetable oil, dextrose, maltodextrins, starch)   |
|                                       | <b>Country Bread</b>                            | Enriched unbleached unbromated flour (wheat, flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), dark rye flour, filtered water, sea salt, yeast   |
|                                       | <b>Gluten Free Bun</b>                          | Water, tapioca starch, brown rice flour, canola oil, resistant corn starch, egg whites, cane sugar syrup, tapioca maltodextrin, potato flour, cane sugar, tapioca syrup, yeast, sugarcane fiber, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids and citric acid (mold inhibitor), xanthan gum, enzymes   |
|                                       | <b>Tortilla Wrap</b>                            | Organic whole wheat flour, water, sunflower oil, cultured wheat flour added with vinegar, contains less than 2% of salt, sugar, soy lecithin, organic guar gum, citric acid, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), sodium bicarbonate   |
| <b>Desserts</b>                       | <b>Sweet Street Honduran Chocolate Brownies</b> | Sugar, Chocolate [unsweetened chocolate (processed with alkali), sugar, cocoa butter, milk fat, milk, soy lecithin, sunflower lecithin, vanilla, vanilla extract], Cage Free Eggs, Butter, Cocoa [processed with alkali], Brown Rice Flour [rice flour, rice bran], Safflower Oil, Gluten Free Tapioca Flour, Rice Syrup, Arrowroot Flour, Buckwheat Flour, Water, Whole Milk Powder, Cream, Salt, Non GMO Baking Powder [sodium acid pyrophosphate, bicarbonate soda, corn starch, monocalcium phosphate], Guar Gum, Natural Madagascar Vanilla Flavor, Stabilizer Blend [xanthan gum, sodium alginate, guar gum], Non GMO Glucose.   |
|                                       | <b>Sweet Street Chocolate Chunk Cookie</b>      | Chocolate [sugar, unsweetened chocolate (processed with alkali), cocoa butter, milk fat, whole milk, soy lecithin, salt, vanilla, vanilla extract], Enriched Wheat Flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Butter, Brown Sugar, Sugar, Cage Free Eggs, Pretzel Balls [enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola oil, salt, malt, sodium bicarbonate, yeast], Caramel [milk, cane sugar, sodium bicarbonate, natural vanilla], Baking Soda, Salt, Corn Starch, Rice Syrup, Caramelized Sugar Flavor [glycerin, caramel, water, molasses, natural flavor], Whole Milk Powder, Natural Madagascar Vanilla. |
|                                       | <b>Sweet Street Marshmallow Bar</b>             | Marshmallow [glucose syrup, sugar, modified corn starch, gelatin, water, tetrasodium pyrophosphate, natural vanilla flavor], gluten free crisped rice [rice, brown sugar, salt, distilled monoglycerides], corn syrup, butter, sugar, brown butter, sea salt, maltodextrin, vanilla  |
| <b>House-Made Beverages (Tractor)</b> | <b>Lemonade</b>                                 | Organic dried cane syrup, water, organic lemon juice concentrate, citric acid, natural flavors, organic tumeric extract  |
|                                       | <b>Peach</b>                                    | Water, organic cane sugar, organic apricot puree, organic jurusalem artichoke inulin, organic peach puree, organic peach juice concentrate, organic lemon juice concentrate, organic blackstrap molasses, malic acid, citric acid, organic cinnamon, natural flavors, organic natural flavors, organic nutmeg oil  |
|                                       | <b>Farmers Punch</b>                            | Organic cane sugar, water, organic dark sweet cherry juice concentrate, organic pomegranate juice concentrate, organic apple cider vinegar, organic concord grape juice concentrate, citric acid, organic jurusalem artichoke inulin, organic fruit and vegetable juice for color, malic acid, organic straweberry juice concentrate, organic blueberry juice concentrate, organic cranberry juice concentrate, organic natural flavors, natural flavor  |
|                                       | <b>Unsweetened Iced Tea</b>                     | Water, organic black tea, natural flavor   |

**B.GOOD** FOOD  
WITH  
ROOTS

Allergens



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| Smoothies & Shakes    | Power Up! (or The Husky!)  | GF, V+ |   | X |   | X |   |   |   |  |
|                       | Strawberry Banana Smoothie | V+, GF |   | X |   | X |   |   |   |  |
|                       | Vanilla Shake              | GF, V  |   |   |   |   | X |   |   |  |
|                       | Chocolate Shake            | GF, V  |   |   |   |   | X |   |   |  |
|                       | Strawberry Shake           | GF, V  |   |   |   |   | X |   |   |  |
| Kid's Meals           | Kids Burger                |        | X |   |   |   |   | X |   |  |
|                       | Kids Cheeseburger          |        | X |   |   |   | X | X |   |  |
|                       | Kids Chicken Tenders       |        | X |   |   |   |   |   |   |  |
|                       | Kids Grilled Cheese        | V      | X |   |   |   | x |   |   |  |
|                       | Applesauce                 | GF, V+ |   |   |   |   |   |   |   |  |
|                       | Avocado Puree              | GF, V+ |   |   |   |   |   |   |   |  |
|                       | BBQ Sauce                  | GF, V+ |   |   |   |   |   |   |   |  |
|                       | B.GOOD Sauce               | GF, V  |   |   | X |   |   |   |   |  |
|                       | Balsamic Vinaigrette       | GF, V+ |   |   |   |   |   |   | X |  |
|                       | Black Bean & Corn Salsa    | GF, V+ |   |   |   |   |   |   |   |  |
|                       | Blue Cheese Dressing       | GF, V  |   |   | X |   | X | X |   |  |
|                       | Buffalo Sauce              | GF, V+ |   |   |   |   |   |   |   |  |
|                       | Buffalo Ranch Dressing     | V      | X |   | X |   | X | X |   |  |
|                       | Caramelized Onions         | GF, V+ |   |   |   |   |   |   |   |  |
|                       | Chipotle Vinaigrette       | GF, V+ |   |   |   |   |   |   | X |  |
|                       | Caesar Dressing            | GF     |   |   | X |   | X | X | X |  |
|                       | Chicken Marinade           | GF     |   |   |   |   |   |   |   |  |
|                       | Chipotle Aioli             | GF, V  |   |   | X |   |   |   |   |  |
|                       | Chipotle Puree             | GF, V+ |   |   |   |   |   |   |   |  |
|                       | Crispy Shallots            | V+     | X |   |   |   |   |   |   |  |
|                       | Croutons                   | V+     | X |   |   |   |   |   |   |  |
|                       | Fry Spice                  | GF, V+ |   |   |   |   |   |   |   |  |
|                       | Honey Mustard              | GF, V  |   |   | X |   |   |   | X |  |
|                       | Jalapeno Ranch             | V      | X |   | X |   | X | X |   |  |
|                       | Ketchup                    | GF, V+ |   |   |   |   |   |   |   |  |
|                       | Marinara Sauce             | GF, V+ |   |   |   |   |   |   |   |  |
|                       | Mayonnaise                 | GF, V  |   |   | X |   |   |   |   |  |
|                       | Mustard                    | GF, V+ |   |   |   |   |   |   |   |  |
|                       | Pecans                     | GF, V+ |   |   |   |   | X |   |   |  |
|                       | Pickles                    | GF, V+ |   |   |   |   |   |   |   |  |
|                       | Pesto                      | GF, V  |   |   |   |   | X | X |   |  |
|                       | Plantain Chips             | GF, V+ |   |   |   |   |   |   |   |  |
|                       | Protein Powder             | GF, V+ |   |   |   |   |   |   |   |  |
|                       | Ranch Dressing             | V      | X |   | X |   | X | X |   |  |
|                       | Ranch Slaw                 | V      | X |   | X |   | X | X |   |  |
|                       | Toasted Corn               | GF, V+ |   |   |   |   |   |   | X |  |
| Tomato Salsa          | GF, V+                     |        |   |   |   |   |   |   |   |  |
| Umami Vinaigrette     | GF, V+                     |        |   |   |   |   |   | X |   |  |
| Vegan "Honey" Mustard | GF, V+                     |        |   |   |   |   |   |   |   |  |
| Protein               | Bacon                      | GF     |   |   |   |   |   |   |   |  |
|                       | Beef (Walden Local)        | GF     |   |   |   |   |   |   |   |  |
|                       | BEYOND BURGER® Patty       | GF, V+ |   |   |   |   |   |   |   |  |
|                       | Chicken Tenders            |        | X |   |   |   |   |   |   |  |
|                       | Grilled Chicken            | GF     |   |   |   |   |   |   |   |  |
|                       | Turkey Burger              | GF     |   |   |   |   |   |   |   |  |
| Breads & Buns         | Veggie Burger              | GF, V+ |   |   |   |   |   | X |   |  |
|                       | Brioche Bun                | V+     | X |   |   |   |   | X |   |  |
|                       | Country Bread              | V+     | X |   |   |   |   |   |   |  |
|                       | Gluten Free Bun            | GF, V  |   |   | X |   |   | X |   |  |
|                       | Tortilla Wrap              | V+     | X |   |   |   |   | X |   |  |



**B.GOOD** FOOD  
WITH  
ROOTS

## Nutritional Info

| Category                     | Menu Item                                | Nutrition Information |               |                   |               |                  |             |                        |           |            |             |
|------------------------------|--|-----------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-----------|------------|-------------|
|                              |  | Calories              | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Fiber (g) | Sugars (g) | Protein (g) |
| Summer Menu                  | Farmstand Bowl                           | 368                   | 14.5          | 7.4               | 0             | 20               | 954         | 45                     | 33        | 12         | 15          |
|                              | Picnic Sandwich                          | 292                   | 1.3           | 0.1               | 0             | 5                | 654         | 50                     | 28        | 11         | 18          |
|                              | Summer Mix Side                          | 98                    | 1.5           | 0.1               | 0             | 0                | 61          | 18                     | 27        | 11         | 3           |
| Craft Burgers                | Jalapeno Ranch (Beef)                    | 507                   | 32            | 10                | 0.3           | 63               | 1170        | 35                     | 4         | 5          | 22          |
|                              | Jalapeno Ranch (Turkey)                  | 734                   | 46.2          | 15.5              | 0             | 153              | 1253        | 36                     | 4         | 5          | 44          |
|                              | Jalapeno Ranch (Beyond)                  | 606                   | 29.9          | 8                 | 0             | 46               | 1410        | 65                     | 6         | 8          | 22          |
|                              | Jalapeno Ranch (Veggie Burger)           | 492                   | 29.4          | 8.1               | 0             | 46               | 1263        | 41                     | 4         | 5          | 19          |
|                              | Jalapeno Ranch (Grilled Chicken)         | 623                   | 31.2          | 8.9               | 0             | 108              | 1510        | 36                     | 4         | 5          | 51          |
|                              | Jalapeno Ranch (Chicken Tender)          | 632                   | 34            | 9.1               | 0             | 90               | 1644        | 50                     | 4         | 6          | 32          |
|                              | The Classic (Beef)                       | 612                   | 44.7          | 11.1              | 1             | 112              | 1362        | 30                     | 1         | 7          | 23          |
|                              | The Classic (Turkey)                     | 683                   | 47.1          | 11.5              | 0             | 160              | 1367        | 31                     | 1         | 7          | 32          |
|                              | The Classic (Beyond)                     | 676                   | 48.5          | 10.1              | 0             | 54               | 1646        | 36                     | 3         | 7          | 25          |
|                              | The Classic (Veggie Burger)              | 441                   | 30.4          | 4.2               | 0             | 54               | 1377        | 36                     | 1         | 7          | 7           |
|                              | The Classic (Grilled Chicken)            | 572                   | 32.2          | 5                 | 0             | 115              | 1624        | 31                     | 1         | 7          | 39          |
|                              | The Classic (Chicken Tenders)            | 581                   | 35            | 5.1               | 0             | 97               | 1759        | 45                     | 1         | 8          | 20          |
|                              | The Farmhouse (Beef)                     | 730                   | 52.2          | 15.5              | 1             | 120              | 965         | 34                     | 2         | 4          | 33          |
|                              | The Farmhouse (Turkey)                   | 801                   | 54.6          | 16                | 0             | 168              | 970         | 35                     | 2         | 4          | 43          |
|                              | The Farmhouse (Beyond)                   | 794                   | 56            | 14.5              | 0             | 62               | 1248        | 40                     | 4         | 4          | 35          |
|                              | The Farmhouse (Veggie Burger)            | 559                   | 37.9          | 8.6               | 0             | 62               | 980         | 40                     | 2         | 5          | 17          |
|                              | The Farmhouse (Grilled Chicken)          | 690                   | 39.7          | 9.4               | 0             | 124              | 1227        | 35                     | 2         | 4          | 50          |
|                              | The Farmhouse (Chicken Tenders)          | 699                   | 42.5          | 9.5               | 0             | 106              | 1361        | 50                     | 2         | 5          | 31          |
|                              | The Cali (Beef)                          | 627                   | 41.4          | 9.4               | 1             | 58               | 1130        | 44                     | 8         | 6          | 25          |
|                              | The Cali (Turkey)                        | 697                   | 43.5          | 9.9               | 0             | 106              | 1135        | 45                     | 8         | 6          | 35          |
|                              | The Cali (Beyond)                        | 569                   | 27.3          | 2.4               | 0             | 0                | 1414        | 50                     | 10        | 6          | 27          |
|                              | The Cali (Veggie Burger)                 | 455                   | 26.7          | 2.5               | 0             | 0                | 1145        | 50                     | 8         | 7          | 9           |
|                              | The Cali (Grilled Chicken)               | 586                   | 28.6          | 3.3               | 0             | 62               | 1392        | 45                     | 8         | 6          | 42          |
|                              | The Cali (Chicken Tenders)               | 596                   | 31.4          | 3.5               | 0             | 44               | 1526        | 59                     | 8         | 7          | 23          |
|                              | Mushroom & Swiss (Beef)                  | 501                   | 27.3          | 11.5              | 1             | 96               | 600         | 40                     | 1         | 16         | 26          |
|                              | Mushroom & Swiss (Turkey)                | 571                   | 29.7          | 12                | 0             | 144              | 605         | 41                     | 1         | 16         | 36          |
|                              | Mushroom & Swiss (Beyond)                | 565                   | 31            | 10.5              | 0             | 38               | 884         | 46                     | 3         | 16         | 29          |
|                              | Mushroom & Swiss (Veggie Burger)         | 422                   | 13.4          | 4.7               | 0             | 38               | 818         | 62                     | 4         | 17         | 13          |
|                              | Mushroom & Swiss (Grilled Chicken)       | 461                   | 14.8          | 5.4               | 0             | 100              | 862         | 40                     | 1         | 16         | 43          |
|                              | Mushroom & Swiss (Chicken Tender)        | 470                   | 17.5          | 5.6               | 0             | 82               | 997         | 55                     | 1         | 17         | 24          |
|                              | Power Play (Beef)                        | 770                   | 53.6          | 19.2              | 1             | 380              | 1336        | 35                     | 5         | 6          | 42          |
|                              | Power Play (Turkey)                      | 840                   | 56            | 19.7              | 0             | 428              | 1341        | 37                     | 5         | 6          | 52          |
| Power Play (Beyond)          | 834                                      | 57.3                  | 18.2          | 0                 | 322           | 1620             | 41          | 7                      | 6         | 44         |             |
| Power Play (Veggie Burger)   | 691                                      | 39.7                  | 12.4          | 0                 | 322           | 1554             | 58          | 8                      | 7         | 29         |             |
| Power Play (Grilled Chicken) | 730                                      | 41.1                  | 13.1          | 0                 | 384           | 1599             | 36          | 5                      | 6         | 59         |             |
| Power Play (Chicken Tender)  | 739                                      | 43.8                  | 13.3          | 0                 | 366           | 1733             | 51          | 5                      | 7         | 40         |             |
| Signature Sandwiches         | Buffalo Ranch Sandwich (Grilled Chicken) | 516                   | 22.7          | 4                 | 0             | 77               | 3056        | 35                     | 4         | 4          | 42          |
|                              | Buffalo Ranch Sandwich (Chicken Tenders) | 579                   | 27.3          | 4.5               | 0             | 72               | 3336        | 54                     | 3         | 5          | 27          |
|                              | Buffalo Ranch Wrap (Grilled Chicken)     | 648                   | 26.1          | 4.2               | 0             | 73               | 2958        | 57                     | 8         | 2          | 46          |
|                              | Buffalo Ranch Wrap (Chicken Tenders)     | 711                   | 30.7          | 4.7               | 0             | 68               | 3237        | 76                     | 7         | 3          | 31          |
|                              | Grilled Chicken Pesto Sandwich           | 592                   | 18.4          | 2.7               | 0             | 67               | 990         | 47                     | 5         | 9          | 51          |
|                              | Chipotle Bacon Chicken Sandwich          | 610                   | 28.9          | 7.7               | 0             | 103              | 1070        | 36                     | 3         | 6          | 48          |
|                              | Kale Chicken Caesar Wrap                 | 1090                  | 69.6          | 13.2              | 0             | 102              | 1460        | 76                     | 17        | 3          | 57          |
|                              | Southwest Chicken Wrap                   | 990                   | 57.4          | 6.9               | 0.6           | 62               | 1214        | 94                     | 20        | 16         | 52          |

|                               |  |                           |      |      |     |     |      |     |    |    |    |
|-------------------------------|--|---------------------------|------|------|-----|-----|------|-----|----|----|----|
|                               | Avocado BLT                              | 654                       | 45.3 | 7.1  | 0   | 32  | 1914 | 51  | 13 | 5  | 17 |
|                               | Crispy Chicken Sandwich                  | 798                       | 53.6 | 5.5  | 0   | 114 | 1299 | 52  | 3  | 6  | 25 |
| Harvest Bowls*                | Buffalo Bowl (Grilled Chicken)           | 462                       | 18.1 | 5.8  | 0   | 69  | 2087 | 33  | 8  | 3  | 42 |
|                               | Buffalo Bowl (Chicken Tenders)           | 525                       | 22.7 | 6.3  | 0   | 64  | 2367 | 52  | 8  | 4  | 27 |
|                               | Buffalo Bowl (Buffalo Cauliflower Bites) | 592                       | 34   | 8.1  | 0   | 8   | 1664 | 63  | 8  | 3  | 10 |
|                               | Spicy Avocado & Lime Bowl                | 494                       | 27.3 | 8.2  | 0.1 | 12  | 826  | 52  | 38 | 6  | 16 |
|                               | Harvest Kale Bowl                        | 455                       | 19.4 | 7.6  | 0.2 | 23  | 1078 | 59  | 9  | 15 | 18 |
|                               | The Tuscan Bowl                          | 645                       | 26   | 9.1  | 0.2 | 37  | 1846 | 53  | 13 | 7  | 30 |
|                               |  | Kale Chicken Caesar Salad | 506  | 28   | 7.1 | 0   | 72   | 839 | 24 | 13 | 2  |
| Gathered Greens*              | Southwest Chicken Salad                  | 659                       | 37.6 | 4.7  | 1.1 | 62  | 731  | 44  | 17 | 13 | 44 |
|                               | Summer Cobb Salad                        | 414                       | 27.2 | 5.6  | 0   | 198 | 409  | 28  | 38 | 10 | 19 |
|                               | Vegan Taco Salad                         | 509                       | 24.9 | 2.8  | 0   | 0   | 1924 | 83  | 27 | 16 | 16 |
|                               |  | Regular Fries             | 380  | 6.8  | 0.6 | 0   | 0    | 877 | 72 | 9  | 0  |
| Market Sides                  | Sweet Potato Fries                       | 330                       | 7.5  | 0.6  | 0   | 0   | 328  | 62  | 12 | 18 | 4  |
|                               | Chicken Tenders (3-piece)*               | 275                       | 9.9  | 1.6  | 0   | 66  | 756  | 23  | 0  | 2  | 23 |
|                               | Buffalo Chicken Tenders (3-piece)*       | 275                       | 9.9  | 1.6  | 0   | 66  | 3004 | 23  | 0  | 2  | 23 |
|                               | Buffalo Cauliflower Bites*               | 307                       | 19.7 | 3.3  | 0   | 0   | 790  | 31  | 0  | 0  | 2  |
|                               | Eggplant Meatballs (5pc.)                | 359                       | 20   | 5.8  | 0.2 | 37  | 1305 | 25  | 7  | 6  | 24 |
|                               | Avocado Toast                            | 404                       | 22.9 | 3.2  | 0   | 0   | 1389 | 46  | 11 | 2  | 8  |
|                               |  | Kale Crush Smoothie       | 260  | 0.8  | 0.2 | 0   | 0    | 18  | 63 | 7  | 47 |
| Smoothies & Shakes            | Berry Smoothie                           | 340                       | 0.4  | 0.9  | 0   | 0   | 10   | 75  | 6  | 59 | 4  |
|                               | Power Up! (or The Husky!)                | 478                       | 20.9 | 4.3  | 0   | 0   | 233  | 59  | 8  | 30 | 23 |
|                               | Strawberry Banana Smoothie               | 473                       | 16.6 | 3.1  | 0   | 0   | 104  | 77  | 14 | 36 | 12 |
|                               | Vanilla Shake                            | 570                       | 25.4 | 17   | 0   | 116 | 412  | 73  | 0  | 71 | 12 |
|                               | Chocolate Shake                          | 600                       | 27.4 | 18.1 | 0   | 116 | 414  | 74  | 0  | 71 | 13 |
|                               | Strawberry Shake                         | 580                       | 25.4 | 17   | 0   | 116 | 412  | 79  | 1  | 75 | 12 |
|                               |  | Kids Burger               | 198  | 4.9  | 1   | 0.1 | 8    | 288 | 32 | 3  | 4  |
| Kid's Meals                   | Kids Cheeseburger                        | 280                       | 12.1 | 5.6  | 0.1 | 29  | 421  | 33  | 3  | 4  | 13 |
|                               | Kids Chicken Tenders                     | 240                       | 8.5  | 1.4  | 0   | 56  | 649  | 20  | 0  | 1  | 20 |
|                               | Kids Grilled Cheese                      | 380                       | 15.2 | 9.3  | 0   | 41  | 882  | 42  | 3  | 5  | 17 |
|                               |  | Basil Vinaigrette         | 136  | 9.5  | 1.6 | 0   | 0    | 431 | 11 | 2  | 4  |
| *Dressings<br>(2 oz. portion) | BBQ Sauce                                | 60                        | 0    | 0    | 0   | 0   | 380  | 15  | 0  | 13 | 0  |
|                               | B.GOOD Sauce                             | 517                       | 56.6 | 5.4  | 0   | 76  | 501  | 0   | 0  | 0  | 0  |
|                               | Balsamic Vinaigrette                     | 138                       | 11.8 | 2    | 0   | 0   | 532  | 6   | 0  | 4  | 0  |
|                               | Blue Cheese Dressing                     | 335                       | 35.5 | 6.9  | 0   | 30  | 375  | 2   | 0  | 2  | 2  |
|                               | Buffalo Ranch Dressing                   | 204                       | 21.8 | 4.1  | 0   | 20  | 1062 | 1   | 0  | 0  | 1  |
|                               | Buffalo Sauce                            | 0                         | 0    | 0    | 0   | 0   | 2248 | 0   | 0  | 0  | 0  |
|                               | Caesar Dressing                          | 306                       | 32.6 | 6.1  | 0   | 31  | 469  | 2   | 0  | 0  | 2  |
|                               | Chipotle Vinaigrette                     | 201                       | 18.3 | 2    | 0   | 0   | 410  | 9   | 0  | 7  | 0  |
|                               | Jalapeno Ranch                           | 252                       | 26.1 | 4.9  | 0   | 24  | 561  | 3   | 1  | 0  | 2  |
|                               | Ranch Dressing                           | 306                       | 32.6 | 6.1  | 0   | 31  | 469  | 2   | 0  | 0  | 2  |
|                               | Umami Vinaigrette                        | 152                       | 12.7 | 2.2  | 0   | 0   | 571  | 7   | 0  | 4  | 0  |
|                               | Vegan "Honey" Mustard                    | 134                       | 0.1  | 0    | 0   | 0   | 1036 | 19  | 4  | 11 | 0  |