



## NUTRITIONAL INFORMATION



Our menu is full of some of our favorite flavors and brilliant new ingredients to enjoy.

We believe real ingredients just taste better and if you can't pronounce it, your body probably can't process it.

Calories (g)    Protein (g)    Total Carbs (g)    Fiber (g)    Fat (g)    Sat Fat (g)    Cholesterol (mg)    Sodium (g)

<b>SALADS</b>	Calories (g)	Protein (g)	Total Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (g)
Asian Chicken	538	44	27	6	29	4	96	401
California Cobb	629	26	23	12	51	14	228	885
Caprese	522	16	14	3	45	10	27	1234
Chicken Caesar	616	53	30	6	31	9	128	1135
Santa Fe	508	19	55	15	26	11	45	1240
San Remo	718	48	22	10	49	11	111	1075
Mexi-Caesar	938	62	67	11	47	13	165	1110
My Thai	798	44	78	7	37	6	0	260

Calories (g)    Protein (g)    Total Carbs (g)    Fiber (g)    Fat (g)    Sat Fat (g)    Cholesterol (mg)    Sodium (g)

<b>SANDWICHES</b>	Calories (g)	Protein (g)	Total Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (g)
San Remo	497	45	13	6	30	8	111	668
Cali Club	698	51	21	12	51	14	228	885



Caprese	346	9	9	2	30	6	18	686
Chili Baja	620	53	11	0	40	12	190	770
Fresh Stack	164	8	11	4	11	4	20	36
Scottish	229	23	3	1	14	6	53	2657
Soprano	377	29	9	3	27	10	71	1859
Chicken CTB	274	41	3	0	10	5	111	272
Feather	485	27	5	0	37	4	74	372
Fin	289	24	16	0	14	2	20	624

Calories (g)    Protein (g)    Total Carbs (g)    Fiber (g)    Fat (g)    Sat Fat (g)    Cholesterol (mg)    Sodium (g)

<b>BREAKFAST</b>								
Malibu Melt	577	34	39	6	31	11	242	1299
Morning Glory w/ Bacon	696	26	1	0	27	10	249	1483
Morning Glory w/ Sausage	700	20	2	0	30	13	247	1475
<i>new</i> Healthy Start	284	24	29	3	7	4	20	529
Sunrise Burrito	774	24	4	0	32	14	297	1585
Sweet n' Crunchy	495	16	75	9	16	4	2	152
Breakfast Bowl	298	29	59	14	9	8	110	658

Calories (g)    Protein (g)    Total Carbs (g)    Fiber (g)    Fat (g)    Sat Fat (g)    Cholesterol (mg)    Sodium (g)

<b>SALAD TOPPINGS</b>								
Basil	7	0	0	0	0	0	0	0
Cilantro	5	0	0	0	0	0	0	0
Cucumber	5	0	1	0	0	0	0	1
Organic Carrots	23	0	10	0	0	0	0	17



SALAD TOPPINGS								
Organic Chickpeas	70	4	11	4	2	0	0	222
Cooked Red Beets	9	0	2	0	0	0	0	16
Grape Tomatoes	5	0	1	0	0	0	0	1
Red Onion	9	0	2	0	0	0	0	1
Sun Dried Tomatoes	45	1	5	1	3	0	0	57
Quinoa	111	4	20	3	2	0	0	57
Avocado	114	1	6	5	10	1	0	5
Banana Pepper	6	0	1	1	0	0	0	3
Bean Sprouts	13	1	3	1	0	0	0	3
Black Beans	13	1	3	1	1	0	0	34
Broccoli	2	0	0	0	0	0	0	2
Capers	2	0	0	0	0	0	0	238
Roasted Corn	54	2	13	2	0	0	0	3
Bean Sprouts	13	1	3	1	0	0	0	3
Hard Boiled Egg	80	6	0	0	5	2	185	60
Baked Spicy Sesame Tofu	130	9	2	0	9	1	0	410
Toasted Almonds	80	3	3	2	7	1	0	0
Cilantro Lime Shrimp	140	20	2	0	6	0	145	420
Shaved Parmesan	45	4	0	0	0	2	0	450
Aged Cheddar	190	12	2	0	16	9	55	320



SALAD TOPPINGS								
Local Feta	130	7	130	0	11	7	45	550
Local Blue Cheese	130	8	1	0	10	7	25	490
Aged Swiss	120	14	0	0	6	3	20	240
Shaved Parmesan	45	4	0	0	0	2	0	450
Aged Cheddar	190	12	2	0	16	9	55	320
Toasted Almonds	80	3	3	2	7	1	0	0
Cilantro Lime Shrimp	140	20	2	0	6	0	145	420
Organic Tofu	70	6	2	2	4	0	0	5
Falafel	210	6	24	9	10	1	0	330
Croutons	70	2	8	0	3.5	0	4	190
Romaine	45	3	8	5	1	0	0	20
Mesclun	40	3	8	4	0	0	0	45
Organic Spinach	40	5	6	4	.5	0	0	135
Organic Kale	50	3	10	2	1	0	0	43
Organic Spinach	45	4	6	3	1	0	0	45
Egg White	30	7	1	0	0	0	0	105