

NUTRITION FACTS



		Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Gluten Free	Vegetarian	Vegan
Sandwiches (Ciabatta)	Harvest Brie & Turkey	256	450	13	5	0.2	65	1540	57	3	5	29	8	6	15	35			
	Prosciutto & Brie	219	470	12	6	0.2	65	1580	66	4	14	25	10	10	15	40			
	Baja Chicken Avocado	274	510	19	4	0.3	55	1340	58	5	4	27	15	15	10	35			
	Crazy Quinoa Bomb	256	460	9	1.5	0	0	1140	79	6	5	15	30	45	4	40		✓	
	Chilli Lime Tilapia + Mango Salsa	230	390	7	1.5	0.1	25	850	59	4	5	22	15	20	4	35			
	Red Garbanzo Chicken	273	400	7	1.5	0	40	1190	58	5	4	26	4	20	4	40			
	Mediterranean Feta	224	480	23	6	0.2	20	1400	54	3	2	16	10	50	15	30		✓	
	Farmhouse Goat Cheese Chicken	264	540	21	7	0.3	80	1460	55	3	2	33	15	20	10	35			
	Mighty Tempeh	242	480	17	3	0.2	10	680	59	8	4	21	30	25	15	60		✓	
Note: The nutritional information above includes white Ciabatta bread. Dressing or sauce is included.																			
Wraps	Turkey & Brie	264	510	19	7	0.2	60	1510	61	3	7	29	25	15	35	30			
	Prosciutto & Brie	219	530	18	8	0.2	65	1600	70	4	15	25	15	10	35	35			
	Baja Chicken Avocado	304	590	26	6	0.3	50	1330	64	5	6	27	25	25	30	30			
	Crazy Quinoa Bomb	278	520	16	3	0	0	1160	84	6	6	15	40	60	25	35		✓	
	Chili Lime Tilapia with Mango Salsa	256	460	13	3.5	0.1	25	900	65	4	7	22	25	35	25	30			
	Red Garbanzo Chicken	305	460	13	3	0	35	1180	63	5	6	26	8	25	25	35			
	Mediterranean Feta (Roasted Vegetable & Feta)	224	540	29	8	0.2	20	1420	58	3	3	16	10	50	35	25		✓	
	Farmhouse Goat Cheese Chicken	259	600	26	9	0.3	75	1450	59	3	3	32	15	25	30	30			
	Mighty Tempeh	281	540	23	4.5	0.2	10	710	65	9	6	21	50	40	35	60		✓	
Note: The nutritional information above includes plain wrap.																			
Cultures Club	Chicken Salad	207	290	4	1	0	35	1080	39	5	6	21	8	35	6	25			
	Egg Salad	207	330	11	3	0	275	870	37	5	6	17	15	20	8	25		✓	
	Ham & Swiss	197	290	6	3	0.1	25	1500	39	5	7	19	6	15	10	20			
	Seafood Salad	207	300	4	1	0	5	1170	48	5	7	15	8	30	8	20			
	Tuna Salad	207	330	11	1.5	0	15	710	40	5	6	13	10	60	6	25			
	Turkey & Swiss	197	310	7	3	0.1	15	1250	39	5	6	20	6	15	15	20			
Cultures Bagel	Smoked Salmon	226	450	15	6	0	50	950	59	3	4	21	15	15	10	25			
Note: The nutritional information above is based on sesame bagel and excludes cream cheese																			
Beet Burger	Beet Burger	276	660	33	10	0	55	860	64	1	11	16	0	8	30	4			
Culture Bowls	Southwest	413	690	24	4.5	0	0	500	89	14	15	27	50	35	30	60			
	California	430	660	27	4.5	0	190	950	78	7	13	25	45	30	6	25			
	Mediterranean	465	570	19	2	0.1	35	670	75	8	5	24	20	25	10	35			
	Peru	516	720	21	3	0	10	1190	113	11	19	16	15	160	8	35		✓	
	Zen	436	710	33	6	0	40	830	76	8	11	27	45	35	8	25			
	Zen (with Chili Lime Tilapia)	442	750	37	7	0.1	30	650	79	9	10	26	45	35	10	25			
	Zen (with Quinoa Bites)	483	820	34	6	0	10	1080	111	12	12	20	50	35	10	35			
	Zen (with Salmon)	456	780	41	7	0	55	530	73	8	10	30	45	35	10	25			
	Zen (with Tempeh)	446	790	41	8	0	10	480	82	14	11	27	45	35	25	60			
Bali	413	690	24	4.5	0	0	500	89	14	15	27	50	35	30	60			✓	

Mighty Salads	Powerhouse (light dressing)	361	520	34	3.5	0	0	360	43	8	15	17	0	0	10	30	✓	
	Oriental Mango Chicken	413	450	19	2.5	0	40	1030	44	9	25	27	150	130	10	20		
	California	384	430	23	4	0	135	1290	30	6	17	26	160	80	6	15		
	Kale Chicken Caesar	304	600	47	4.5	0	80	1150	22	4	2	25	150	130	20	15		
	Super Greek	478	450	27	7	0	60	1890	31	4	3	29	0	0	15	10		
Soups	Broccoli & Cheese	250	140	4.5	3.5	0.1	5	670	18	1	6	4	2	15	10	2	✓	
	Butternut Squash Bisque	250	150	4	3	0.1	5	480	27	2	6	3	50	18	4	2	✓	
	Chicken Noodle	250	80	1.5	0.4	0	5	660	13	1	2	4	10	2	2	4		
	Chicken with Rice	250	80	1.5	0.5	0	5	740	14	1	1	3	25	10	2	4		
	Clam Chowder	250	180	6	5	0.1	10	660	26	1	5	5	0	6	8	4		
	Cream of Broccoli	250	130	4	3	0.1	5	480	19	1	6	4	2	10	8	2	✓	
	Cream of Carrot	250	130	3.5	1.5	0	5	480	22	2	9	4	50	15	6	4	✓	
	Cream of Cauliflower & Cheese	250	140	7	4.5	0.1	20	740	16	1	5	3	4	25	10	2	✓	
	Cream of Chicken	250	150	7	2.5	0.1	15	850	18	1	7	6	20	4	10	4		
	Cream of Mushroom	250	130	4	3	0.1	5	610	19	1	5	4	0	2	8	4	✓	
	Cream of Potato & Leek	250	160	4	3	0.1	5	580	27	1	6	5	0	8	10	4	✓	
	Cream of Vegetable	250	170	8	4.5	0.1	20	800	21	1	6	4	20	30	10	4	✓	
	Creamy Tomato & Roasted Red Pepper	250	100	1.5	1	0	5	590	18	2	10	4	15	35	10	4	✓	
	French Canadian Pea	250	160	1.5	1	0	0	480	27	6	2	10	15	2	4	10	✓	
	Harvest Vegetable	250	70	0	0	0	0	470	14	3	4	2	20	25	4	4	✓	
	Italian Style Wedding	250	120	3.5	1	0	10	680	17	1	1	6	4	2	2	8		
	Lentil Roasted Garlic	250	170	2	0	0	0	630	29	7	3	9	10	6	4	20	✓	
	Louisiana Spicy Chicken	250	100	2.5	0.5	0	10	830	16	2	4	5	30	30	4	6		
	Minestrone	250	90	0.5	0	0	0	570	17	2	4	0	15	25	4	6	✓	
	Pasta Fagioli	250	170	3	0.5	0	0	780	28	6	5	8	6	15	6	15	✓	
Red Thai Chicken Curry	250	150	6	5	0.1	5	470	20	1	3	4	6	20	4	4	✓		
Vegetable Beef & Barley	250	80	1	0.4	0	5	680	15	2	2	3	8	10	2	6			
Vegetable Florentine	250	90	1	0.5	0	5	590	17	1	5	3	20	45	4	6	✓		
Vegetarian Vegetable	125	70	0	0	0	0	820	16	3	8	2	10	8	4	4	✓		
Marketplace Salads	3-Bean Salad	310	410	23	15	0	0	470	42	10	3	11	30	80	6	25	✓	
	8-Veggie Salad	236	110	6	0.5	0	0	690	15	3	5	3	90	190	4	6	✓	
	Apple & Cranberry Quinoa Salad	170	190	6	0.5	0	0	220	33	3	110	4	30	15	2	20	✓	
	Apple & Raddish Salad	230	260	17	1	0	0	190	27	5	19	1	8	35	2	4	✓	
	Asian Noodle Salad	183	280	9	1	0	0	700	42	3	12	6	30	60	4	10		
	Beet Salad	125	140	10	1	0	0	100	12	2	2	2	2	20	2	6	✓	
	Bowtie Pesto Salad	100	240	14	1.5	0	5	260	25	2	1	6	4	8	8	8		
	Broccoli & Cauliflower Salad	101	40	2	0.2	0	0	55	6	2	2	2	20	90	2	4	✓	
	Caesar Salad	63	30	1.5	0.2	0	0	60	4	1	1	2	15	25	2	6		
	Carrot & Raisin Salad	120	160	12	1	0	0	300	14	3	8	1	150	20	4	4	✓	
	Chef Salad	147	30	0.3	0	0	0	15	4	1	3	1	10	50	2	4	✓ ^	
	Couscous Salad	110	280	5	0.3	0	0	75	49	3	0	8	2	25	2	6		
	Edamame & Corn Salad	151	190	8	1	0	0	250	19	6	3	11	15	90	6	20	✓	
	Fruit Salad	191	70	0.4	0.1	0	0	25	17	1	15	1	25	70	2	2	✓	
	Fusili	57	110	4	0.2	0	0	70	16	2	1	3	6	10	0	4		
	Greek Salad	125	60	4.5	1	0	5	160	5	1	3	2	6	25	2	4	✓	
	Kale Apple Slaw Salad	85	70	3	0.2	0	0	80	12	2	8	1	30	60	4	4		
	Kale-bouli Salad	83	70	4.5	0.5	0	0	55	8	2	1	2	45	70	4	6		
	Mango Salad	86	110	8	0.5	0	0	30	11	1	9	1	25	50	2	2	✓	
	Orzo & Sun-dried Tomato Pasta Salad	264	450	16	3.5	0.1	10	760	65	5	5	14	20	20	8	30		
	Southwestern Quinoa Salad	264	450	16	3.5	0.1	10	760	65	5	5	14	20	20	8	30	✓	
	Spinach Salad																	
	*excludes dressing	46	15	0	0	0	0	45	4	2	0	1	10	25	2	8	✓ ^	
Strawberry & Spinach Salad																		
*excludes dressing	166	60	0.3	0	0	0	120	14	6	5	2	25	100	6	20	✓ ^		

Sundried Tomato Barley Salad	191	390	7	0.5	0	0	310	69	16	8	16	8	50	8	35
Tabouleh Salad	102	130	10	1	0	0	270	8	3	1	2	45	120	6	25
Detox Salad	86	160	8	1.5	0	0	160	19	3	12	5	0	0	2	10
Green Bean & Pea	257	350	20	3.5	0	0	510	47	10	26	14	0	0	6	20

Note: ^Gluten-friendly if salads are served with any dressings with the exception of the Asian Sesame

Quiches & Pot Pies	Ham & Cheese Quiche	180	520	38	12	4	115	1110	29	1	7	17	15	0	15	15
	Broccoli & Cheese Quiche	180	490	37	11	4.5	110	980	26	1	7	13	15	0	15	10
	Spinach Quiche (1/5 quiche)	90	190	13	5	0	75	200	12	1	2	7	45	0	15	8
	Chicken Pot Pie	125	350	21	8	0.1	25	550	30	0	3	10	0	0	2	15
	Beef Pot Pie	225	540	36	13	0.4	35	850	41	1	6	14	0	0	2	20

Breakfast Sandwiches	Baja Morning (English Muffin)	198	390	23	8	0.5	205	660	31	4	4	18	30	10	25	15
	Baja Morning (Plain Bagel)	254	550	24	9	0.5	205	1050	63	5	5	24	30	10	30	35
	Baja Morning (Toast)	212	440	25	9	0.5	205	660	39	4	5	20	30	10	30	25
	Baja Morning (Wrap)	206	460	27	9	0.5	205	870	37	4	2	19	30	10	25	20
	Easy Morning (English Muffin)	146	330	17	7	0.5	205	650	27	1	3	17	20	0	25	15
	Easy Morning (Plain Bagel)	174	370	9	2.5	0.3	180	860	59	2	4	16	15	0	10	30
	Easy Morning (Toast)	132	260	10	2.5	0.3	180	470	35	1	4	12	15	0	8	20
	Easy Morning (Wrap)	126	280	12	2.5	0.3	180	680	33	1	1	11	15	0	6	20
	Good Morning - Bacon (English Muffin)	157	390	21	9	0.5	220	850	27	1	3	21	20	0	25	15
	Good Morning - Bacon (Plain Bagel)	185	430	13	4	0.3	195	1060	59	2	4	20	15	0	10	30
	Good Morning - Bacon (Toast)	171	440	24	9	0.5	220	850	35	1	4	23	20	0	25	20
	Good Morning - Bacon (Wrap)	137	340	16	4	0.3	195	890	33	1	1	15	15	0	6	20
	Good Morning - Ham (English Muffin)	194	370	18	8	0.5	225	1230	28	1	4	24	20	0	25	15
	Good Morning - Ham (Plain Bagel)	250	530	19	8	0.5	225	1620	60	2	5	30	20	0	30	30
	Good Morning - Ham (Toast)	208	420	20	8	0.5	225	1230	36	1	5	26	20	0	25	20
	Good Morning - Ham (Wrap)	202	440	22	9	0.5	225	1450	35	1	2	25	20	0	25	20
	Good Morning - Sausage (English Muffin)	204	510	31	12	0.5	225	1150	33	1	4	25	20	0	25	20
	Good Morning - Sausage (Plain Bagel)	260	670	32	13	0.5	225	1540	65	2	5	31	20	0	30	35
	Good Morning - Sausage (Toast)	218	560	33	13	0.5	225	1150	41	1	5	27	20	0	25	25
	Good Morning - Sausage (Wrap)	212	580	35	13	0.5	225	1360	39	1	2	25	20	0	25	25
	Power Morning - Bacon (English Muffin)	197	450	27	10	0.5	220	850	31	4	4	22	20	6	25	15
	Power Morning - Bacon (Plain Bagel)	253	610	29	10	0.5	220	1240	63	5	5	28	20	6	30	30
	Power Morning - Bacon (Toast)	211	500	30	10	0.5	220	850	39	4	5	24	20	6	25	20
	Power Morning - Bacon (Wrap)	205	520	31	10	0.5	220	1070	37	4	2	22	20	6	25	20
	Power Morning - Ham (English Muffin)	234	430	24	9	0.5	225	1230	32	4	5	25	20	6	25	15
	Power Morning - Ham (Plain Bagel)	290	590	25	9	0.5	225	1620	64	5	6	31	20	6	30	35
	Power Morning - Ham Toast	248	480	26	9	0.5	225	1230	40	4	6	27	20	6	25	25
	Power Morning - Ham (Wrap)	242	500	28	9	0.5	225	1450	38	4	3	25	20	6	25	20
	Power Morning - Sausage (English Muffin)	244	570	37	13	0.5	225	1150	37	4	4	26	20	6	25	20
	Power Morning - Sausage (Plain Bagel)	300	730	38	13	0.5	225	1540	69	5	5	32	20	6	30	35
	Power Morning - Sausage Toast	258	620	39	13	0.5	225	1150	45	4	5	28	20	6	25	25
	Power Morning - Sausage (Wrap)	252	640	41	14	0.5	225	1370	43	4	2	26	20	6	25	25
	Avocado Toast	159	340	18	2.5	0	0	140	43	8	18	6	0	0	4	10

Note: The nutritional information above for bagels only include plain bagels.

Aloha Smoothie - L	603	370	5	0	0	0	160	83	2	64	4	0	0	4	6	✓
Aloha Smoothie - R	405	250	3.5	0	0	0	110	55	2	43	3	0	0	4	6	✓

Non-Dairy Smoothies	Aloha Smoothie Bowl	485	320	6	2	0	0	115	69	4	52	4	0	0	4	6	✓
	Blue Spartan - L	535	320	10	1	0	0	200	55		34	5	0	0	4	6	✓
	Blue Spartan - R	360	210	7	0.5	0	0	135	37		23	3	0	0	4	6	✓
	Blue Spartan Smoothie Bowl	400	290	11	4	0	0	135	45	1	26	4	0	0	4	6	✓
	Cocoa-Nut - L	559	400	13	2.5	0	0	220	71	3	37	8	0	0	4	15	✓
	Cocoa-Nut - R	402	290	9	1.5	0	0	150	53	2	28	6	0	0	4	10	✓
	Cocoa-Nut Smoothie Bowl	466	380	12	2	0	0	180	66	3	35	8	0	0	4	10	✓
	Green Glow - L	615	350	17	1.5	0	0	260	44	9	32	11	0	0	6	10	✓
	Green Glow - R	421	240	12	1	0	0	180	29	6	22	8	0	0	4	6	✓
	Green Glow Smoothie Bowl	485	290	12	1	0	0	180	42	8	27	8	0	0	6	10	✓
	Strawberry Dream - L	660	290	7	0	0	0	240	59	2	35	4	0	0	6	10	✓
	Strawberry Dream - R	445	200	4.5	0	0	0	160	40	2	24	3	0	0	4	6	✓
	Strawberry Dream Smoothie Bowl	503	270	8	0.5	0	0	190	50	3	29	5	0	0	6	10	✓
Smoothies	Blueberry Whirl	370	250	3	1.5	0	5	135	50	1	45	10	10	15	25	6	
	Gotcha Matcha	370	260	3.5	1.5	0	10	160	50	0	48	11	10	0	30	6	
	Mango Tango	370	270	3	1.5	0	5	135	53	1	51	10	15	25	30	6	
	Strawberry Madness	370	250	3	1.5	0	5	130	51	1	46	9	8	30	25	8	
	Strawnana	370	260	3	1.5	0	5	135	51	1	45	10	10	40	30	8	
	Green Warrior	369	350	8	2.5	0	10	170	63	3	58	12	20	15	35	15	
	Very Berry	370	250	3	1.5	0	5	135	48	2	43	10	10	25	30	8	
Fro-Yo	Vanilla Cup	200g	260	4	2	0	10	120	52	0	50	8	4	0	20	8	
	Vanilla Cone																
	*excludes cone	130g	169	3	2	0	6	78	34	0	33	5	3	0	13	5	
	Strawberry Cup	200g	280	3	2	0	10	110	56	0	54	6	4	0	20	4	
	Strawberry Cone																
	*excludes cone	130g	182	2	1	0	6	72	36	0	35	4	3	0	13	3	
	Berries & Granola	240g	290	5	2	0	10	140	58	2	50	8	4	20	20	10	
	Coco-Mango	230g	290	5	3.5	0	10	115	1	53	8	6	20	20	8		
	Honey Almond	205g	320	6	2	0	10	115	61	1	58	9	4	0	20	8	
Peanut Butter & Banana	240g	370	10	4	0	10	180	66	2	54	11	6	4	20	10		
Plain	185g	240	3.5	2	0	10	110	48	0	46	7	4	0	20	8		

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