

	Volume	Grams	Calories GRAMS	Protein GRAMS	Fat Saturated GRAMS	Fat Total GRAMS	Carbs Total GRAMS	Sugar GRAMS	Sugar Added GRAMS	Fiber MILLIGRAMS	Sodium MILLIGRAMS
COLD SIDES											
Cashew Caesar Broccoli	6 oz	90	113	2	1	11	3	1	0	1	210
Beet n Grapefruit Salad	6 oz	90	165	4	1	8	20	14	1	6	445
Cider Slaw	6 oz	90	54	1	0	3	5	2	0	2	146
Thai Carrots	6 oz	92	204	3	2	17	14	7	1	4	844
Spicy Sesame Couscous	6 oz	143	289	6	2	16	32	1	0	3	807
Kale Caesar Slaw	6 oz	90	203	3	2	20	4	1	0	3	397
Smashed Avocado	6 oz	45-65	124	1	2	12	7	0	0	5	6
Hummus	6 oz	90	185	8	1	9	19	3	0	6	242
TOPPINGS											
Fire Roasted Peppers	2 oz	20	26	0	0	2	2	1	0	0	54
Pickled Onions	2 oz	30	15	0	0	0	3	3	1	0	46
Israeli Pico	2 oz	30	19	0	0	2	1	1	0	0	52
Spicy Red Cabbage	2 oz	30	24	0	0	1	3	2	0	1	147
HOT SIDES											
Fresno Cauliflower	6 oz	120	167	1	3	17	3	1	0	1	468
Mac & Cheese	6 oz	145	256	11	5	9	32	2	0	2	498
Mashed Potatoes	6 oz	191	226	4	5	13	25	4	0	3	357
Pita Strips	7 pieces	88	236	6	1	7	37	0	0	2	656
Basmati & Quinoa	6 oz	193	235	6	4	6	39	1	0	2	240
Brussels Sprouts	6 oz	95	136	6	1	7	17	5	1	7	279
Sweet Potato Hash	6 oz	116	133	2	0	4	22	5	0	4	265
Spaghetti Squash	6 oz	150	91	1	0	6	10	4	0	2	339
Bone Broth	16 oz	-	30	4	0	1	2	0	0	0	1848
PROTEINS											
Falafel	4 pieces	76	247	8	1	12	26	5	0	7	736
Roasted Chicken	6 oz	165	395	38	6	23	1	0	0	0	850
Shredded Chicken	6 oz	160	345	52	3	13	1	0	0	1	1252
Pulled Pork	6 oz	160	383	51	5	15	12	11	10	0	969
Braised Beef	6 oz	160	450	58	8	23	5	1	0	1	1155
Tuna	6 oz	145	113	18	0	3	1	1	1	0	104
Steelhead Trout	1 piece	125	262	29	2	15	1	0	0	0	751
Chickpea Stew	-	-	608	31	18	2	84	13	0	21	2203
SIGNATURE DISHES											
Hash Hash	-	-	956	69	13	50	62	2	2	10	2202
Poke Tuna	-	-	804	37	5	51	76	11	2	13	2139
Chicken & Grains	-	-	760	63	10	36	41	3	1	4	1948
The Med 6.0	-	-	1269	29	7	61	98	11	0	19	2393
Good n' Plenty	-	-	1049	66	18	57	75	25	12	10	2211
Gary Garbanzo	-	-	674	26	6	30	79	10	0	16	1987
High Tide	-	-	642	44	5	40	30	11	0	7	2015
Cam Rising	-	-	845	61	7	40	57	13	0	10	2336
SIGNATURE SALADS											
Citrus Herb	-	-	494	10	5	38	31	8	3	5	1260
Kale Caesar	-	-	537	18	8	41	26	5	1	6	1667
Baby Jean	-	-	525	9	5	38	40	6	0	8	978
Mr. Miso	-	-	647	11	6	49	45	13	4	6	1754
SAUCES/DRESSINGS											
Ponzu Dressing	2 oz	57	258	1	3	26	7	6	5	0	590
Citrus Thyme Vinaigrette	2 oz	55	237	0	2	25	4	3	3	0	758
Cashew Caesar Dressing	2 oz	59	313	1	4	34	3	1	0	0	527
Miso Sesame	2 oz	49	244	1	4	26	2	1	0	0	549
Fresno Chili	2 oz	52	17	1	0	0	4	1	0	0	277
Horseradish Crema	2 oz	77	325	2	7	34	3	2	0	1	506
Spiced Tahini	2 oz	56	159	5	2	14	6	0	0	1	148
Peruvian Green Sauce	2 oz	45	158	2	3	16	3	1	1	0	350
Fresno Aioli	2 oz	52	132	0	2	14	2	1	1	0	264
TACOS											
Cali Beef	1 taco		403	28	5	18	35	6	2	3	1031
Fresno Pork	1 taco		329	24	4	14	30	8	5	2	903
Pollo Verde	1 taco		310	24	3	13	29	3	1	2	928
Yalla Falafel	1 taco		404	13	3	21	45	6	1	8	916